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# EAT RIGHT TO HEAL

## How to Dis-ease Proof Yourself with Nutrients

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There are so many fad diets out there. All of them claim to have the right formula for weight loss and proper health. There's the "high protein," the "low carbs," or the "high carbs, low fat," and let's not forget the, "starve yourself portion size" diets.

If you are like most people, you are concerned about eating properly, as well as achieving your weight goals. You want to feed your body right, but, how do we decide what is right? This is the question of our times.

We live in a time where food choices are readily available. Our grocery stores are becoming larger, and they're filled with thousands of tempting options.

Sadly, we are also living in a time where diabetes, cancer, heart disease and other chronic illnesses, are shooting through the roof. Why are we becoming so sick, so tired, and so overweight?

Part of our problem comes from the fact that we just have so many tempting options available. Another part of the problem is that we are being given information about food that is, not necessarily, completely true.

There are a number of concepts that we have been taught about food, that need to change. Is it really just as simple as the proper balance of carbs, fats and proteins? Does it matter what the sources of each of these categories are? We have seen headlines that tell us that a certain food is healthy or unhealthy, then a little down the road we are told the exact opposite.

There seems to be just too much contradiction and conflict. All the while we just seem to be getting sicker as a nation.

Growing up with my "health nut" parents, we ate very differently than most of our friends. Strangely enough, many of the "weird" things we used to eat on a regular basis are becoming more recognized for their benefits today!

It is encouraging to see that so many people are willing

to learn; they are asking more questions and digging deeper into their food choices, and the science behind it all.

There are a growing number of health food stores, and even conventional grocery stores, that offer organic, non-GMO, and simply healthier, options. This is so encouraging!

One guideline my parents had for us when we considered a food choice, was to ask ourselves: "Is this how God would have packaged this food?" When we look at food from that perspective, it really changes what you want to put into your body.

If you or someone you love wants to learn some amazing techniques to improve your nutrition and your overall health, you won't want to miss our upcoming workshop: EAT. We will be talking about what foods to eat to enhance body performance and how to use food to reverse the common chronic diseases, like diabetes and heart disease, we see so readily in our world today.

Our "EAT RIGHT"

Workshop will be held here in the office at 7:00 pm on Tuesday, March 28th. See Ally to reserve your seats!

- Dr. Andrew