



Does One Size Really Fit All?

By Angelina Bertani, Your Radiant Health Mentor

There is no perfect way of living or eating that works for everyone. Nature created us as unique human beings who, while sharing many similarities, are more remarkable for the ways we differ than for ways that we are alike. While watching fad diets sweep through the country, from high carbohydrate diets in the 70's to low fat diets in the 80's to high protein diets at the dawn of the 21st century, I wondered how each of these nutrition experts could claim that their diet would work for everyone. We are too individualistic to all be doing the same things and eating the exact same food. We need to live and eat differently if we have an office job or if we are a dancer; if we are a teacher or a musician; if its Saturday night or Monday morning; if we are 25 or 55; if we're from Europe, Asia, Africa, or Venus.

Numerous factors shape our bio-individuality. An example of one is our ancestry. If our ancestors were Japanese, it's most likely that we will thrive on Japanese type diet, high in rice, sea vegetables, and fish, and that we will most likely have difficulty digesting dairy. If our ancestors were vegetarians from India, our system will probably process grain, lentils, beans, and spices more naturally than animal meat. If our ancestors were meat eaters from Holland, a diet that includes high quality meat and dairy will most likely work for us, while we may have difficulty digesting beans and grains.

Our personal tastes and preferences, natural shapes and sizes, blood types, metabolic rates, genetic backgrounds contribute to what foods will and won't work for us. So, when the experts say tomatoes are healthy or red meat is unhealthy, it is too much of a generalization. One person's food is another person's poison, and that is why fad diets do not work in the long run. They are not based on the premise that we all have different dietary needs.

Fortunately, you already have a free, 24 hour access to the world's most sophisticated laboratory for testing how foods affect your body and your health. Where is the lab? You're living in it! Your body is a sophisticated bio-computer. By learning to listen to your body and developing an understanding of what food it needs and when it needs them, you will discover what is best for you.

If you doubt your ability to do this, remember that your body is super smart. Your heart never missed a beat and your lungs are always breathing in and out. Even if you break up with your boyfriend, girlfriend, wife or husband, even if you receive traumatic news, your heart's four little chambers go right on pumping and your lungs continue to expand and contract. You can trust your body. It has evolved helpful instincts over thousands of years.

Just as a tree leans towards the light, humans and animals know instinctively how and where to get food that is best for them. You may have noticed that animals don't read nutrition books. Their bodies contain a built in program that tells them which plants to eat and which plants to avoid or if they're predators, which animals to kill when they are hungry. They heal themselves when they are sick, usually by resting a lot and eating very little until the sickness passes. ***Our heritage has given us the same instincts.*** Until a short time ago, these instincts guided the entire population, We knew what to eat; we grew and gathered locally available food; we learned from our elders how to prepare it and we cooked and ate together as a tribe and family. In more recent decades, we've become distracted. All kinds of foods that are not fit for human consumption have been invented, packaged and presented in highly colored containers to entice us.

Nobody wakes up in the morning and says, "Today I think I'll really mess my body up," But this happening because we are so confused about what to eat, we have lost touch with our bodies instincts. Contact me today to learn more ways of listening to your body and learn how it reacts to food.