



## Fuel Your Life—and Your Dreams!

By *Reneé S. Barasch*



Flight delays, back-to-back meetings, and snarled traffic—compounded by overwhelming voice mail and e-mail messages. A candy bar from the vending machine at a client's office

or a quick stop at a deli or drive-through between appointments. Sound familiar?

The demands of work compounded by the stress of traveling and keeping personal commitments often result in less-than-desirable eating habits, an overly-full stomach, or a stomach growling loudly enough for others to hear. Even with a consistent and healthy approach to eating, you might not be feeling as well as you could.

Is there an alternative? Yes! Healthier living—reflected in clear thinking, boundless energy, great memory, lean muscles and low body fat, great sleep quality, and the ability to manage stress—is at your fingertips. It all begins with changing the way you think about food.

Eating is not simply the recreational activity marketing professionals lead us to believe. Food sustains life—it gives us the energy we need to be productive and energetic whether we are working, playing, or just relaxing. Food can only do this if it provides true nutritional balance.

Today, nutritional balance is becoming more difficult to achieve because modern processing methods have denatured food, removing most of its nutrients. The void created by this processing has left millions suffering from digestive problems and nutritional deficiencies.

When food is steamed, broiled, roasted, boiled, fried, stewed, canned, pasteurized, or microwaved, enzymes—the catalyst needed for digestion—are destroyed. Most of the food we consume creates a perfect environment for the development of irritable bowel, acid reflux/GERD, gas, bloatedness, heartburn, excess acid, constipation,

diarrhea, and ulcers. Beyond obvious digestive problems, nutritionally-deficient food also generates blood sugar imbalances, high cholesterol, headaches, lactose intolerance, candida, yeast overgrowth, fibromyalgia, chronic fatigue, and hormone imbalances—problems that we don't often realize are associated with what we eat.

Yet, these symptoms can be reversed. Optimal health and vibrancy can be achieved naturally. Steps toward healthier eating and healthier living begin with changes in diet—as well as the addition of real food supplements and enzymes. By adding real food supplements and enzymes to your diet, your body will receive its needed nourishment—which it is always looking for—and your digestion will improve . . . paving the way for the highest level of well-being!

Real food supplements, which are available in capsule or powdered form, contain “raw” or “real” food—food that has not been denatured by modern processing methods. These supplements deposit nutrients where they are needed most, giving your body the opportunity to naturally correct any nutritional imbalances and deficiencies.

Enzyme formulations, created by renowned Digestive Health Specialist Dr. Howard Loomis, provide the catalyst that is missing from most food and is required for comfortable, proper digestion.

Enzymes will restore and maintain your digestive system, creating efficient and effective digestion that ensures nourishment to every part of your body.

Adding real food supplements and enzymes to an improved diet will:

- diminish cravings,
- restore your energy level,
- boost your immune system,
- promote sleep quality,
- detoxify your colon (and give it the opportunity to work the way it should!),
- reduce headaches,
- minimize joint and muscle pain, and
- improve the condition of your hair, skin, and nails.

It is true that “we are what we eat.” Although modifying eating habits is a challenge for even the most disciplined person, the changes and the results can be life-altering. Imagine how great you can feel once you move from feeling “full” to being truly “fed” and nutritionally balanced—and eating as though you are living in a pesticide-free, chemical-free, unpolluted world. Weary traveler or otherwise, when you are well-fed you can fuel your life—and all of your dreams!

*Reneé S. Barasch of Nutritional Health Solutions is a Certified Digestive Health Specialist.*

*She can be reached at 847-207-2034  
nhsolutions@sbcglobal.net.*

**Let's get you feeling better**

### Nutritional Health Solutions

**Reneé S. Barasch, LDHS**  
Certified Digestive Health Specialist  
Detoxification • Purification

**847-207-2034**

480 Elm Place, Suite 108  
Highland Park, Illinois 60035  
nhsolutions@sbcglobal.net

[www.digestivehealthsolutions.com](http://www.digestivehealthsolutions.com)

