

Wellness Works

“To wish to be well is a part of becoming well” – Seneca

The essential components of the basic four food groups are proteins, carbohydrates, healthy fats, vitamins and minerals. Each food group is an important component of a well-balanced diet and vital for strong immunity. When your body doesn't have enough nutrients, the body is fighting for more nutrients from the bones. Don't let it happen. Choose a nutrient-rich diet to nourish and maintain your health.

I suggest a slow and steady approach to changes in your diet. Do not try to do everything at once. Plan your meals. Begin planning your meals for the week. Planning ahead allows you to shop sensibly. First, go through the kitchen cabinets and see what you have, organize the food you have and shop for the missing products.

It is time to discover which food is for you. Listen closely to your body's signs and signals as you try different foods. For instance, if you get gas or heartburn after eating a certain food, it may not be the food for you. Everyone is completely individual. It is good to remember that every individual has slightly different vitamin and mineral requirements, depending on factors such as diet, stress levels, age and general health.

Foods for energy and a healthy metabolism are complex carbohydrates: brown rice, oats, millet, couscous, buckwheat, quinoa, red kidney beans, black-eyed peas, lentils, chickpeas, potatoes, whole wheat bread, apples, and bananas. Fruits, legumes, and cereals keep your energy levels constant.

Foods for bones, teeth and muscles: dairy, fish, herring, shrimp, cocoa, sunflower seeds, pumpkin seeds, sesame seeds, chicken, turkey, mushrooms, baked beans, dried figs, and leafy greens help to build strong bones. Calcium, phosphorous,

magnesium and vitamin D are vital for strong bones and teeth. Vitamin D is needed because it helps the body to absorb calcium.

A well-balanced diet will supply all the vitamins and minerals you require. Create your own wellness, and it will be your healthy eating style for life. In addition to improving your eating style, don't forget to exercise and get plenty of rest. When you feel better it shows – you look better.

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