



Take Charge

A personal invitation to learn about the causes of many lifestyle diseases how natural products and remedies can help prevent these conditions. deserve good health - so 'Take Charge', the answers are within your reach!



Introduction

The achievements of science, medicine, and public health in the twentieth century were enormous. These include improved surgical techniques, safer blood transfusions, the use of antibiotics, and the treatment for cancer just to mention a few. There is much to be proud of, and clearly more to come.

The study of diseases, however, is revealing the mystery that most of the modern killer diseases are actually lifestyle-related, and therefore there are opportunities to attack the causes rather than just the symptoms of the causes.

So, we're inviting you to learn more about the solutions to some common health problems, and having learned about these, we encourage you to 'Take Charge' and live a more healthy and fulfilling lifestyle.

Come and discover more in this booklet with us.



Dismantling Diabetes

DISARMING DANGEROUS BLOOD GLUCOSE LEVELS

As of 2024, over **five million people** in the UK are living with diabetes, which is equivalent to more than **1 in 14 people** – the majority of these cases are type 2 diabetes.

Until recent times, there has been no known cure. And yet many people are now beating diabetes. They are normalising their blood sugars, and removing their need for insulin. They are doing this by making better lifestyle choices.

Diabetes occurs when the body becomes unable to handle glucose (sugar), which builds up to dangerous levels in the blood, and can lead to an increased risk of eye problems, serious kidney damage, heart attacks and strokes.

Studies have shown that type 2 diabetics can normalise their blood sugar levels often within weeks by lowering the amount of fat and oil in the diet, and eating more natural, fibre-rich foods. This plays an important role in helping to stabilise blood sugar levels. Active physical exercise also burns up excess fuel and makes the body more receptive to insulin.

Have a look at our **7 Day Challenge** to learn more about some simple changes you can make today.





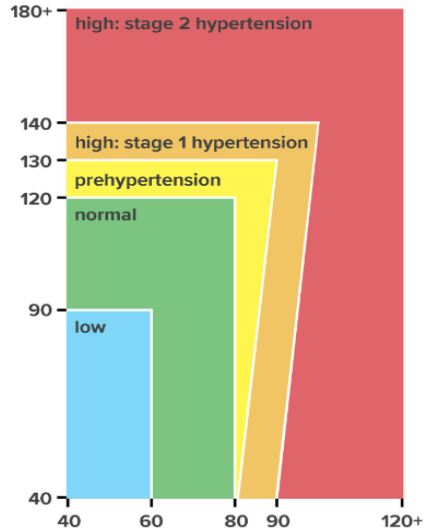
High Blood Pressure

THE SILENT KILLER

According to Public Health England (PHE), **over 5 million people** are unaware they have high blood pressure, yet it **affects more than 1 in 4 adults** and is one of the biggest risk factors for premature death and disability in England.

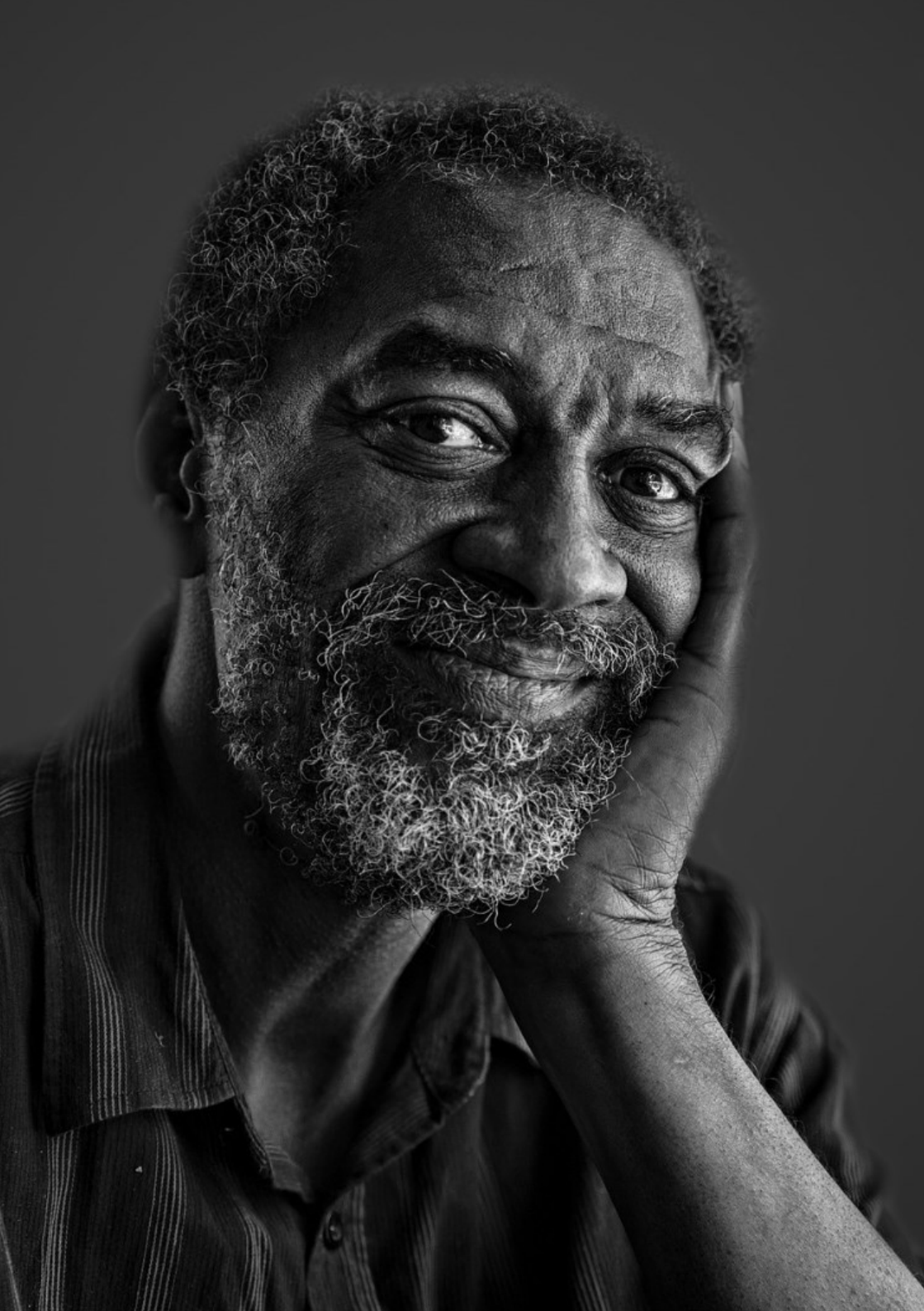
People with high blood pressure are three times more likely to have a heart attack, five times more likely to develop heart failure and eight times more likely to suffer a stroke than people with normal blood pressure.

High blood pressure has no symptoms (which is why it is called the silent killer), however, the following factors contribute to the condition: high intake of salt, lack of potassium, obesity, lack of exercise, smoking, and alcohol.



While we have seen an advancement of new drugs to lower blood pressure (many of which are life saving), studies have shown that simple dietary and lifestyle changes (done in partnership with an individual's GP) can reverse symptoms of high blood pressure in a matter of weeks without drugs.

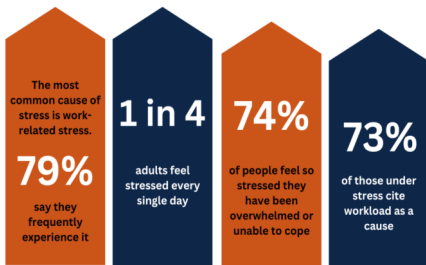
Our **7 Day Challenge** will introduce you to some simple changes you can make today.



Sidelining Stress

WHEN THINGS BECOME HARD TO BEAR

Stress is a feeling of being under abnormal pressure. This pressure can come from different aspects of your day to day life. This may include an increased workload, an falling out with a family member or financial worries. You may find that it has a cumulative effect, with each stressor building on top of one another.



Everyone experiences stress at some time in their life. This can cause a variety of physical symptoms, change the way you behave, and lead you to experience more intense emotions.

While stress affects everyone differently, there are common signs and symptoms you can look out for including constant worry or anxiety, mood swings, having a short temper, eating more/less than usual, changes in sleeping habits, depression, and using alcohol, tobacco or illegal drugs to relax

But there is help. Studies have shown that eating healthily can reduce the risks of diet-related diseases including the issue of stress. You can protect your wellbeing by ensuring that your diet provides adequate amounts of brain nutrients such as essential vitamins and minerals, as well as water.

Want to know more? Take a look at our **7 Day Challenge** for some simple changes you can make today.



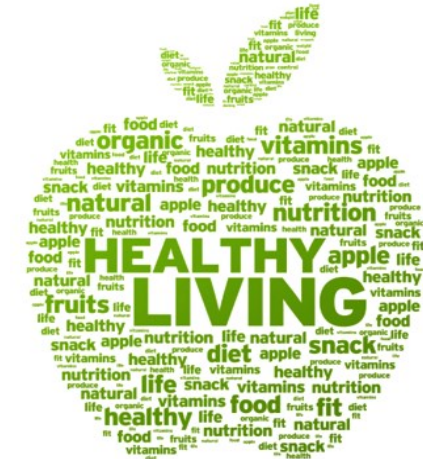
Natural Remedies

GETTING BACK TO BASICS

A growing body of research shows that the inclusion of fruits and vegetables are critical to promoting good health. Fruits and vegetables contain essential vitamins, minerals, and fibre that may help protect you from chronic diseases.

Man-made, factory-made or any foods that have been highly sugared, salted or processed will be lacking of many of the nutrients and life-giving substances that are so essential to good health.

There are food items that are not as healthy as imagined such as white flour based products, many boxed cereals, refined sugars and syrups, and sugary foods and drinks (cakes, biscuits, pastries, sports drinks, chocolate bars, and even some breakfast and cereal bars).



People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Similarly, adding fruit to your diet is a sure way to become healthier.

You will be amazed at how much better you will feel by eating more naturally healthy food. Why not start by signing up to our **7 Day Challenge** for some simple changes you can make today.

7 Day Challenge



We understand that making life-style changes will require some effort, and so we've put together this **7 Day Challenge** to help you to focus on different good health choices on different days. Go ahead and give it a try, and make a record of the benefits you experience. Remember, you deserve good health - so go ahead and take charge!

Day One:

Selfless Sunday

Doing something for someone else doesn't cost anything. Challenge yourself to a random perform act of kindness today, you'll be glad you did.

Day Two:

Meatless Monday

The evidence is now overwhelming that the benefits of a fruit and vegetable diet outweigh that of a high meat diet. Challenge yourself to eliminate meat from your diet for today.

Day Three:

Temperance Tuesday

Doing or eating too much of even a good thing can be bad for your health. Challenge yourself to cut back on something of your choice today.

Day Four:

Walking Wednesday

Incredibly, walking just 30 minutes a day, everyday, can dramatically improve your overall health. Challenge yourself to get 30 minutes of focused walking today.

Day Five:

Thirsty Thursday

Contrary to popular belief, water is the most important fluid the body needs. Water is necessary for every function of the body. Challenge yourself to drink at least 2 litres of water today.

Day Six:

Fasting Friday

What would happen if you purposely skipped a meal? How would you feel, do you have the will power? Challenge yourself to skip a meal today and make a note of the results.

Day Seven:

Slow Down Saturday

Everything needs to rest to maintain optimal performance. Challenge yourself to 'slow down' today. Maybe take a walk in nature and relax. Without rest, humans and machines breakdown prematurely.

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What next?

We hope you have found the content of this booklet an interesting read, and want to know more about taking steps to live a more healthy lifestyle.

We would love to keep in contact with you about our schedule of workshops and events, and to provide you with details of how you can access other information demonstrating practical tips for unlocking a healthy lifestyle online.

Please complete the 'Contact Us' form at www.mssda.co.uk/take-charge-seminars or text / call us on 07949 913098.

You deserve good health, so Take Charge...the answers are within your reach!

