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LIA Lifestyle Instruction Aid

abcde12. Tune up Time for Thin People

By Dr. Victor Jean Ouellette

Modified March 6, 2008

If you are thin, are you healthy? Not necessarily.

If you are thin, but sickly then you are definitely not healthy. You may very well be eating foods that are reacting poorly in your body. Food would be the first place for sickly people to look for answers after they have had a thorough medical check up. If you are thin and not sick, might there be some signs that you need a tune up for your body? Yes there might be some signs. Here are a few.

1. Low energy
2. Chronic constipation
3. The inability to climb stairs, lift a large container of juice or perform other easy exercises without huffing and puffing
4. Difficulty sleeping
5. Chronic irritation
6. Negative crabby nature to your personality
7. Aches and pains becoming more frequent
8. Frequent 'down days' where you don't feel up to par.
9. Depression that is beginning to interfere with your lifestyle.
10. Recurring negative thoughts that set up vicious cycles in your head.

What to do?

1. Have a medical checkup. Complete blood work and urine work up. Discuss everything with your doctor.
2. Establish a moderate exercise routine. You will want a daily routine and a more strenuous routine 3 or 4 times a week on a regular basis.
3. Take a close look at your food intake to see if it is balanced and appropriate for your body's genetics.
4. Reassess your need for a multivitamin and mineral supplement. There are a number of good high potency products on the market now.
5. Read the articles on Attitude & Perspective to get some hints on how to improve.