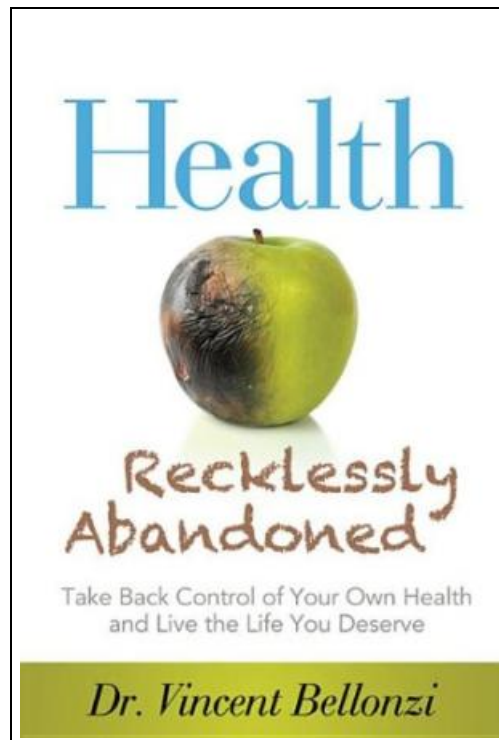


Health Recklessly Abandoned: Take Back Control of Your Own Health and Live the Life You Deserve



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Morgan James Publishing. Paperback. Condition: New. 250 pages. Dimensions: 8.9in. x 5.9in. x 0.8in. Do you want to be free and healthy? The only way to prevent disease and experience the freedom of health and wellness is to learn how to design your lifestyle better. This book tells you how. Health, Recklessly Abandoned describes a new paradigm when it comes to thinking about health and wellness. Health is truly a state of being self-sufficient from health-care. Prevention refers to not allowing disease to begin in the first place, as opposed to simply finding something early in development. Functional medicine describes how a human body working correctly, does not suffer disease. Science is proving that how you live your life, determines the quality of that life. The human body does not make mistakes, it is simply responding to the lifestyle that you subject it to. Eat genuine foods, and get a healthy response. Eat processed food substances, and often you get an inflammatory response. It is as if the human body knows what will be beneficial, as opposed to what will cause dysfunction. If you want your body to work properly then you must use its adaptive abilities correctly. When you are physically active, the body responds with better neural networks, better energy production, better hormone balance and in general better working of all the biological systems that make the body function. When your activity level decreases, and you consume primarily processed, convenience foods, then the body tends to proceed in the direction of degeneration. If you let this go on too long, then dysfunction becomes disease. At this point there is a need for health care interventions. Evolution is supposed to be a positive progression, allowing an increased chance for survival of an animal that is better suited for life in...



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