

GENETICS VS. HABITS

Many people blame high blood pressure, weight problems, diabetes, cancer etc. on their genetics (“My father had _____, so I do too!”). Acquired habits such as a sedentary lifestyle, poor diet, the way we prepare our foods and many other factors create a carbon copy of our childhood environment.

Medical doctors want you to believe that whatever is wrong with your health is permanent and out of your control once it is diagnosed. Therefore, drugs for “controlling your disease” is what they consider the safest thing to do. Not so! Drugs have side effects- how can they possibly be safe?

Change your habits, change your life. Changing your habits will remove the CAUSE of disease and allow your body to return to as near normal as possible.