

# Eating your way to Good Health

By Jocelyn Hoch

Nutritional healing starts with a full change of eating habits. Not only just reintegrating good nutrition, but understanding the micro biome and importance of the reset of the system. When you reset your diet there is an overhaul of the micro organisms within the gut, so they can have a reaction which will cause loose stools and gas and bloating. Don't give up, know that your body is reorganizing the interior of microbes, so they put up a fight. They need a smackdown of healthy stuff too, the yeast go down fighting. So stick with the good food its just a reaction of chemistry until it changes. Take more probiotics to cut the bloating down. No diet is uniform for everyone, you must try to begin with elimination of foods, then reestablish them back in different healthier forms. What is most important is eating Organic food so your liver can detox. Remember that our agriculture system here in the USA does not regulate chemicals, they are not proven safe for human consumption, yet it is the industry standard to prove that they are dangerous. Most countries force industry to prove their safety, we have it reversed here. Try to go ahead and prove they are bad so they say, and most labs have very expensive testing. The FDA doesn't care enough to regulate conventional farming. So Organic farmers get smacked with regulations for not using chemicals, very backwards model. The conventional farmers should have to label what they spray on our foods, not Organic labeling toxic free with only good nutrients inside. Conventional farms use chemically synthesized fertilizers that are byproducts of chemical industries are used and petrol chemicals used to kill pesticides dioxin, methamidophos, iprodione, procymidone, chlorothalonil, benomyl & maneb-dithiocarbamates sprayed on apples, grapes, strawberries, lettuce, pears, beans, bananas, & potatoes all contained residues not safe for human consumption. Simply switching to a Organic diet can vastly improve your health and detox your body. Just this one simple change can make a huge difference in long term health, next would be whole foods & Fruits and vegetables for a solid month.