

# Natural Health Lifestyle

by Alina Nunez

## How to Live a Happier and Healthier Life



Most of you have probably read a few articles, maybe even a book or two, on the subject of Natural Health without even knowing it. It encompasses so many aspects of our lives: the quality of air we breathe, the foods we eat and water we drink, exercise, sleep and

rest, stress and anxiety, spiritual connection, supplements and, of course, our state of mind.

Our bodies were made by our Creator to breathe oxygenated air without gas, chemical fumes or other environmental wastes. We need to drink good water without fluoride, chloride or any other additives. Our bodies and minds need exercise on a regular basis. A small amount of sunlight is good for us; it helps our bodies create Vitamin D naturally. We are meant to eat the foods that were put on this earth for us, such as fruits, vegetables, grains and a small amount of animal proteins. Our ancestors ate whole and healthy foods and lived happier and healthier lives. Unfortunately, with technology our daily intake of nutrients has changed to empty calories from refined and processed foods. Most of the foods we eat are manufactured or processed instead of grown. These refined foods do not have the nutrients our bodies need to perform properly; instead, they have added sugar and chemicals. Our bodies are not intended to ingest chemicals. This change in nutrition is just one of the causes of "toxemia" – better known as disease. Until recently the largest manufacturer of processed and refined foods was Phillip Morris, which, among other things, produces cigarettes. Our health is a direct result of what we eat! So what do you eat?

Where are your thoughts? Are you thankful for all the great things in your life, or are you constantly complaining about everything that is wrong? The way you think, the words you use to express yourself, your actions and perceptions make your life what it is today. You have control of what happens to you. So don't blame others or spend your time complaining. Change your thoughts to positive affirmations for your life. Speak only positive and loving words that come from your heart, your Spirit. The spoken word is very powerful! The universe/Universal Spirit is listening. What are you saying or thinking?

How much time do you dedicate to your spiritual connection or growth? Do you meditate? Do you pray? How do you connect? Or do you think it is not necessary? I have news for you, it is very necessary! We came from our Creator and we shall return. But in the meantime we need guidance, nurturing, love, strength, etc. Praying is affirming all the wonderful things we are experiencing in our life, as well as what we would like to experience in our lives – because we are creators. Meditating is listening to our heart, spirit, Guardian Angel, Creator or Universal Spirit. We need time every day to connect and listen in order to continue in our daily lives and purpose. If you suffer from fear, anxiety, stress, panic attacks, loneliness, and many more symptoms, you are spiritually disconnected. You have simply forgotten who you are, where you came from and what you are supposed to do. Forget the years of therapy and the pills. What you need is to connect to your Creator and remember who you truly are. ☺

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