7 Secrets to Heal Your Body

Secret 1: “Sugar-free” isn’t actually better: Most sugar-free products use artificial sweeteners like aspartame, saccharin, sucralose, and acesulfame potassium, which are nothing more than harsh man-made chemicals. If you want to lower your sugar intake, try substituting with organic applesauce when baking or using agave, coconut sugar, or raw honey to sweeten beverages like coffee.

Secret 2: Small diet changes could make a big difference in your inflammation: Inflammation is the body’s response to things like foreign bacteria, viruses, and infection. When the body thinks something is a threat, it releases chemicals and white blood cells, even when there is no actual threat. Different food groups like dairy and fatty red meats often register as a threat and cause an inflammatory response in people, so if you want to reduce your overall inflammation, try limiting these food groups for a period of time, and see if it helps.

Secret 3: Want to feel more cheerful? Try cutting out gluten: Studies have found that inflammatory foods like gluten are also linked to depression and anxiety. If you’re experiencing depression and/or anxiety and want to try to control them without medication, try reducing your gluten intake, and see if your mood stabilizes.

Secret 4: There is no one-size fits all diet: Just because a lot of people are trying a certain diet and losing weight or feeling better, doesn’t necessarily mean you will have the same results. It’s important for you to determine for yourself which foods make you feel your best and which don’t. Eating the foods that make you feel your best will help your overall wellness.

Secret 5: Your blood tests may not tell the whole story: When it comes to blood work, traditional medicine and naturopathic medicine have different standards for “normal” ranges. So while your traditional medical doctor may consider your test results to be within the normal ranges, a naturopathic doctor may not. If you’re suffering from on-going medical issues like fatigue, painful joints, or digestive issues, consider also consulting a naturopathic doctor.

Secret 6: Going 100% clean isn’t for everyone: For some people, eating 100% clean foods makes them feel their best. However, for other people, eating 100% clean leaves them feeling deprived and causes them to overeat. If you want to incorporate more clean eating in your diet, try following the 80/20 Rule. Try to eat clean 80% of the time and eat what you’re craving the other 20% of the time, that way you won’t feel deprived.

Secret 7: Exercise isn’t just for weight loss. When you exercise, your body releases chemicals called endorphins which reduce your perception of pain. Endorphins also trigger a positive feeling in your body and have been shown to improve self-esteem. So if you’re feeling blue, try getting in a quick workout.