

General Health Page

When you have your health, you have everything!

Nothing is truer than those immortal Words.

Here at When Health Matters we have combined the best of what we have learned for good Health & Fitness in order to treat, reverse and cure my type 2 Diabetes.

While this research took over ten years, we have condensed it here so you can get the information much faster!

We truly hope you will find this information as valuable as we did, start implementing what you can and start improving your Health today!

We have dedicated this Website to the Treatment, Care and Cure of Diabetes.

This is done through improving your overall Health & Fitness through Diet, Nutrition, Supplements, Water, Sleep and Exercise among other things listed throughout this Web site!

I was diagnosed with type 2 Diabetes about 10 years ago and since have studied, read and asked questions and I have found the combination that has greatly improved if not cured my Diabetes.

It is the mission of this website to get you the information needed to cure, or reverse the signs of your Diabetes.

If you are overweight, fit it. Obesity is the root cause of so many diseases and health issues!

Big bellies like mine is a direct indication of type 2 Diabetes, don't go there!

From 320lbs to 240 lbs, 80 lbs Gone in 80 days!

Below are some great things to do to improve your overall health!

So, just what is Health?

The encyclopedia says "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

I like to think of HEALTH as a state of well-being, while looking and feeling great and having the energy to do what we want, free of any Disease!

Whatever your definition of health is, Here at "When Health Matters" we have tons of insights, hints, tips and free information just for you!

Please remember this: "If you don't take the time to be healthy, you most certainly will have the time to be sick!"

We can categorize health as follows:

(We are not saying that this is all there is to health, but these are some of the main categories)

Diet: No, "Diet" is not a four letter word; it is just what makes up what we eat.

Nutrition: We need to eat the correct foods in the correct amounts to get the proper nutrition our bodies need.

Exercise: If you ever had a broken leg or arm, had a cast on it for a while, when that cast comes off, your muscles have gotten smaller, a condition known as atrophy (to waste away). If you don't use it you will lose it! This is true for your heart, lungs, and all your other organs, even your brain. Use it or lose it!

Environment: The environment that surrounds us is as important as or even more important than our diet and nutrition.

Stress: Some stress is good, too much stress is bad, but what is too much stress?

Age: We all age differently but we can help control how we age!

Disease: A disease is an abnormal condition of an organism that impairs bodily functions, associated with specific symptoms and signs.

Let's look at each one of these categories separately!

Diet: Our diet is made up of what we eat and drink. If you go on a weight loss program you may change your diet to a Low Carb, Low Fat, All Natural, Vegan or Vegetarian diet. But whatever you eat, that is your diet.

You can Count Calories, or Carbohydrates, Use the GI Index, the Water Diet or eat a Vegan or Vegetarian Diet. You can go on some very restrictive diets like the Grapefruit diet or others that only let you eat a very restricted diet. But a good healthy diet is what you are looking for and one that you can maintain for the rest of your life! Just make sure it is one that maintains a good healthy weight!

So you if you need to lose weight, you need to look at a weight loss program. Want to lose 10 pounds in 10 days or want to lose 200 pounds. There is a Diet for you!

If you need to gain weight, you need to look at a bulking up diets.

If you need to build muscle you should look at the muscle building diets.

If you are over 40 you may have additional needs/challenges that a younger person does not have.

For those that do not like eating animals, try a vegetarian diet.

If you do not like anything from an animal like oils, cheese etc, then look at the vegan diet.

The point is, no one diet is right for everyone and what may work for one person is not necessarily the correct diet for you! You need to find the kind of diet that you like and can do pretty much for the rest of your life as it will become your life diet.

Before going on any weight change diet you should consult your healthcare professional.

If you are going on a weight loss program or bulking up you should know what your goal weight is. Use this chart to find your correct weight!

Nutrition: Nutrition is a science that examines the relationship between diet and health. Dietitians are health professionals who specialize in this area of study, and are trained to provide safe, evidence-based dietary advice and interventions.

Deficiencies, excesses and imbalances in diet can produce negative impacts on health, which may lead to diseases such as cardiovascular disease, diabetes, scurvy, obesity or osteoporosis.

Your body gets its nutrition from what you eat and drink. If you eat a nutrient poor diet, then your body will not have the basic building blocks to for a good healthy body or to ward off diseases.

Only by eating, drinking and maybe supplementing your diet with all the correct nutrients in the proper amounts at the correct times can your body be at its healthiest.

Yep, supplements. Up until about 100 years ago, the food we ate was full of nutrients. Today, the soil is so depleted of its nutrients and the fertilizing that is done mostly allows big, fast growth, not for full nutrition, our food we eat is depleted of its nutrients. So how do we get proper nutrition? In a word, Supplements.

Now that we know a little about nutrition, what can we do about it to help better our health and our life?

Here is a trivia question: With just one bite, what is the most nutrient rich food you can eat. Now remember this is just one bite An Apple, Banana, an Egg, a piece of steak or hamburger... Well believe it or not, it is a pizza, yep, a pizza. A fully loaded pizza has more nutrients in it than any other single bite of food. But is it healthy? Fried, fats, oils, sugars, carbs, and white flour, no, pizza is not a health food.

The point is; nutrition has many definitions but When Health Matters you want to choose good healthy nutrition.

Exercise. Yep, exercise is the most important thing you can do for yourself after Diet and Nutrition.

No, you do not have to become a marathon runner or an Olympic swimmer but you do need to move. But the good news is, exercise for the most part is accumulative. 15 minutes in the morning and 15 minutes in the afternoon is the same as 30 minutes all at once for non-aerobic exercises like walking.

If your general health permits it, see your health care professional, then cardiovascular exercise is the best for your overall health. Doing an aerobic exercise that makes you sweat and raises your heart rate for 15-20 minutes or more is a good goal. Jumping rope, running and dancing are all good Aerobic exercises.

Find ways to make exercise fun and easy. Here is an idea! When you go to the store, movies, dinners etc. try parking at the far edges of the parking lot and walk to the door/entrance.

Try Mall Walking, race walking, walking marathons, bike events or walking for the cure etc. These can be a lot of fun.

Environment: The environment that surrounds you is very important to your overall health.

Remember the basic rule of three's. You can live 3 minutes without air; you can live 3 days without water and live three weeks without food.

- Bad air Quality, eating contaminated food and drinking, bathing and swimming in contaminated water is all hazardous to your health.
- Our water supply is contaminated with things like heavy metals, chlorine, fluoride and insecticides. While the amounts are low enough for the government, they may not be low enough for your best health. • Drink lots of good, clean, filtered, reverse osmosis water. Get a shower filter that filters out the chlorine and other contaminants. The Chlorine in your drinking water is the same as the chlorine in your bleach, and your bleach container says not to drink it.
- Once you have all your fresh fruits and vegetables home, wash them. Wash those grapes, apples, celery, lettuce etc. to make sure you get all the insecticides, bird droppings, fertilizers and other contaminants off.

Stress: While some stress is good too much is not. Learn how to control your stress levels.

- Get and listen to stress reducing tapes/CD's.
- Take up yoga, gardening, walking or other calming hobbies. • Again, get lots of exercise and drink lots of water. • Make adjustments to your lifestyle and remove dead lines. Dead lines are one of the highest stressors we have. • Avoid traffic jams. Readjust your schedule so you can miss the worst of the traffic.

Age: We all age differently but we can help control how we age! Stop all the excesses:

- Stop smoking
- Stop the sun burns, limit sun exposure between the hours of 10 am and 2 pm.
- You do want to get 15 minutes of sunlight a day without sunglasses.
- Stop the over drinking (alcohol), 1 or 2 drinks a day max. That is not zero drinks for a week, then 14 drinks on Sunday. It is a Max of 2 for the day.
- Remove as much Stress as you can.
- Eat a good health Diet.
- Get proper supplements. Make sure you get your essential oils.
- Exercise or move as much as possible. Aerobic is better for the heart than non-aerobic but any and all movement/exercise is good for you.

Drink lots of good, clean reverse osmosis water. Again, divide your weight by 2 and that s the number of ounces you should drink.

- Sleep. Get lots of sleep, Yes you need less and less as you get older, but that is still a good 8 hours into your 70s and 80s. And the most important time to be asleep is between the hours of 10 pm and 2 am. This is when the most recuperative and regenerative sleep occurs.
- Stop eating 3-6 hours before going to bed. Stop eating by 6 pm and go to bed by 10. If you go to bed latter you can eat a little later, if you go to bed earlier, then stop eating earlier.
- Eat many little meals or graze.

Disease: A disease is an abnormal condition of an organism that impairs bodily functions, associated with specific symptoms and signs.

Most diseases can be cured, reduced or avoided if you stay in good general health, keep your pH at 7.2 or above, eat a good healthy diet, get all your proper nutrition and take all your supplements if necessary, exercise regularly and reduce or eliminate stress, toxins and contaminants.

A simple test you can do to measure your susceptibility to cancer, heart disease, osteoporosis, arthritis, and many other degenerative diseases is the Saliva Test.

How to Do the Saliva pH Test

Wait at least 2 hours after eating. Fill your mouth with saliva and then swallow it. Do this again to help ensure that the saliva is clean. Then the third time, put some saliva onto pH paper.

The pH paper should turn blue. This indicates that your saliva is slightly alkaline at a healthy pH of 7.4. If it is not blue, compare the color with the chart that comes with the pH paper. If your saliva is acid (below pH of 7.0) wait two hours and repeat the test.

Where to Get pH Paper

It would be good if health food stores and pharmacies would stock pH paper. Why not go to your local health food store or pharmacy and suggest this to them? There are many suppliers of pH paper. Look for laboratory suppliers in the phone book. You want narrow range pH paper measuring pH 4.5 to 7.5 or pH 4.5

to 8.5. One source is Micro Essential Laboratory Inc., Brooklyn , N.Y. 11210 phone 718-338-3618. They will send you a catalogue. When sending a container of pH paper through the mail to a friend, a single roll dispenser (catalog #334 that measures pH 4.5 - 7.5) is quite sturdy and should not break. However, the Jumbo strips (catalog #3827) in the more fragile plastic tube container are larger and easier to read. These pH strips to measure acid/alkaline balance belong in every family medicine kit, right beside the thermometer to measure body temperature.

Saliva pH and Cancer

"When healthy, the pH of blood is 7.4, the pH of spinal fluid is 7.4, and the pH of saliva is 7.4. Thus the pH of saliva parallels the extracellular fluid...pH test of saliva represents the most consistent and most definitive physical sign of the ionic calcium deficiency syndrome...The pH of the non-deficient and healthy person is in the 7.5 (dark blue) to 7.1 (blue) slightly alkaline range. The range from 6.5 (blue-green) which is weakly acidic to 4.5 (light yellow) which is strongly acidic represents states from mildly deficient to strongly deficient, respectively. Most children are dark blue, a pH of 7.5. Over half of adults are green-yellow, a pH of 6.5 or lower, reflecting the calcium deficiency of aging and lifestyle defects. Cancer patients are usually a bright yellow, a pH of 4.5, especially when terminal." The Calcium Factor: The Scientific Secret of Health and Youth, by Robert R. Barefoot and Carl J. Reich, M.D., Gilliland Printing Inc., Arkansas City, Kansas, 1996.

Improving your health

- Eat a good healthy diet. Get the proper nutrition your body needs, use supplements if necessary
- Make sure your pH is 7.2 or above. For a great list of Acidic and alkaline foods please click [here!](#)
- Drink lots of good clean water. Divide your weight by 2, that is how many ounces of water you should drink a day. That s water, not coffee, tea, beer or orange juice.
- Do your cleanses. Colon , gallbladder, liver, whole body, etc.
- To know if you need a colon cleanse or not, here are a few of clues.
- Never had one • Not had one in the last year.
- You should have a good BM (Bowel Movement) after each good meal.
- Eat 3 main meals a day, 3 BMs day. 2 would not be bad, but if you only have 1 or less each day that is a big indication you need a good cleanse.
- You should not have to push and grunt to pass it.
- It should not be overly hard.
- Achieve your proper weight. See Chart
- Exercise. Remember exercise can be accumulative; 15 minutes in the morning and 15 minutes in the afternoon is as good as 30 minutes all at once, but you must move.

Stop all unhealthy habits like smoking, over drinking, over eating, junk foods, eating fried foods.

When Health Matters start making good healthy choices.