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**Costly Mistakes
Most People Make
With Their Health**

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10 Costly Mistakes Most People Make With Their Health

It's no secret that diseases are becoming more prevalent around the world. Every year, billions and billions of dollars are injected into research and products around health, nutrition and fitness, so why are disease rates soaring?

Unfortunately many people make mistakes when it comes to their health, and in many cases it's through no fault of their own. Most of the information out there is misinforming you on what proper healthcare is. I call it "unhealthcare."

Enough of all the misinformation out there! Through the right education, you can be empowered to make the right decisions when it comes to your health.

Here, I share with you some myth busting and secrets about health, fitness and nutrition that many "experts" don't know, or didn't want you to know. I'm in the business of changing people's lives - for the better.

After reading this it will be up to you to choose which path you take - the path to an unhealthy, disease ridden life or potentially an early death



Or the path to true health, happiness and wellbeing...



1. Is salt really bad for you?



There is a common thought that salt, or known as sodium chloride by today's scientists, is bad for you. If we were talking about that white powdered salt you find on many restaurant tables or the many different sodiums put into packaged, pre-prepared meals and fast foods, then yes, I'd agree with you. However, not all salts are the same.

Many medical studies underline what I have been saying for years - salt is essential for all living creatures. Unfortunately, government departments don't change their stance on salt.

Peer-reviewed medical studies documented:

- Type 2 Diabetes risk: In an Australian study with type 2 diabetes patients, lower sodium was associated with increased all-cause and cardiovascular mortality (death).
- A study published in the American Journal of Hypertension showed low sodium diets increase likelihood of premature death.
- Negative effects of low salt intakes: An analysis of 167 studies showed individuals placed on the U.S. Dietary Guidelines for recommended salt levels, experienced significant increases in all risk factors for diabetes and cardiovascular disease.

Some facts:

- Salt is critical for making the structure of the bones strong – your bones are 21–23% sodium. Ever wondered why osteoporosis has risen so high since the introduction of low salt diets?
- Salt is vital for the clearance of mucous plugs and phlegm in the lungs, which is essential for sufferers of asthma and cystic fibrosis.

- Salt is vital for balancing sugar levels in the blood, which is important for diabetics.

If you don't have adequate amounts of quality salt in your diet you could get bone problems, infections, inflammations, bacterial overwhelm, fatigue or you could go into depression. 10,000 trillion plus cells of the human body run off the electrolyte of salt!

2. Expose yourself to the sun's rays

I am constantly hearing “experts” tell people like you to stay out of the sun as it can cause skin cancer. They also tell you to cover up and put on sunscreen. Well, let me tell you a few things about all that...

Yes, you shouldn't bake yourself in the sun for long periods of time or get burnt. There is absolutely no question that excessive exposure to sunlight increases risk of non-melanoma skin cancer, which is Basal or Squamous cell cancer. That's not being sun smart at all.

Being smart about direct sun exposure is key. Also being particularly cautious if you have fair skin is a must as well. However, direct sun exposure is an essential key to good health.

Sunshine is essential to life. If you don't believe me, imagine if the sun went out
There would be no life!

Sunshine is the precursor to your bodies producing vitamin D. That's right, I'm sure many of you think you get vitamin D from the sun, but you don't. You need the sun's rays to penetrate your skin and that is the precursor to your bodies producing vitamin D. Isn't it interesting how we can get vitamin D naturally and for free, but some organisations, for example those that produce supplements, don't want you to know that because there's no money in it for them.

For decades we in the western world have been brain washed into believing the sun is evil, and that it will cause us an early death via cancer if we don't stay out of the sun or lather ourselves in sunscreens. Well let me tell you that the greatest source of vitamin D for humans is via moderate direct sunlight exposure!



Vitamin D deficiencies are now widespread throughout the western world due to this anti-sun agenda. Much like the anti salt agenda that took place and is now being debunked!

Researchers have found that vitamin D levels are low in 90 percent of people with degenerative diseases such as heart disease, certain cancers and autoimmune diseases. Vitamin D deficiency is now being linked to many diseases and health issues and this is because most people are mal-illuminated. It's simple - our bodies were designed to produce vitamin D directly from sunshine to promote health in the body.

Research on vitamin D has shown that:

- It may help to prevent cancer by controlling abnormal multiplication of cancer cells.
- It is vital for building strong bones and boosting the immune system by helping the intestine absorb nutrients, including calcium and phosphorus.
- It can help reduce obesity by activating the production of leptin, which sends signals to the brain and stomach to help curb food intake.
- It may help with depression by increasing serotonin levels that helps the brain balance mood levels and behaviour.

In the American Journal of Public Health in 2006, an article stated that after reviewing more than 60 studies on vitamin D and cancer, they found that increasing the levels of vitamin D in the body could reduce cancer occurrence as well as death. The incidence of colon cancer could be reduced by 80% and breast cancer by 50%.

There have been studies that have shown an overwhelming relationship between the incidence of multiple sclerosis (MS) and latitude, meaning the further away you are from the equator (*where there is more exposure to sunlight*) the greater your risk for developing MS.

I touched on sunscreen earlier. By putting sunscreen on your body you are actually preventing the sun from penetrating your skin, in turn stopping the production of vitamin D within your body. Here's an example of how powerful applying sunscreen is - If you apply sunscreen with only an SPF 8, it's been shown to reduce your body's ability to produce vitamin D by more than 95%. So pretty much shutting down vitamin D production within your body.

What's worse though, is that most of them are packed full of chemicals - these are absorbed into your body through the skin. So, when you're applying sunscreen, it penetrates your skin, entering your system and may be harmful to your body. If you're going to use sunscreen then do your research and find one that's produced with little to no chemicals.

Unknowingly, millions of people are suffering from chronic mal-illumination. Research is now discovering that humans need a 'full-spectrum' of light frequencies for physical, emotional and mental health. All we need is moderate, daily, sunlight exposure.

Sunlight exposure is truly an awesome healing therapy, as it allows us to produce vitamin D and benefit from its amazing healing qualities. Why isn't this front page news? Because your body produces it for free, no prescription or supplementation necessary and that's why hardly anyone is promoting it.

3. “They” tell you not to eat too many eggs



Eggs have been given a bad rap for far too long. They were deemed as bad for the heart by so called health experts for about 5 decades. They have been the subject of criticism and scrutiny for far too long and based on what I would call weak if not baseless science.

It's been said for decades that eating eggs raises blood cholesterol levels, which is said to be one of the main causes of heart disease.

However, during a statistical analysis conducted over 25 years by Dr. Wanda Howell and colleagues at the University of Arizona, evidence showed that eating a lot of dietary cholesterol doesn't increase blood cholesterol. The study revealed that people who consume two eggs each day did not show signs of increased blood cholesterol levels.

In a large study of 27,000 individuals, they found "the daily nutrient intake of egg consumers was significantly greater than that of non-egg consumers." Also, those individuals who reported eating four or more eggs daily actually had lower blood cholesterol levels than those who ate one egg or less daily.

Bruce Griffin, professor of nutritional metabolism at the University of Surrey, analysed 30 separate egg studies carried out over 30 years, and found eggs 'have no clinically significant impact' on cholesterol levels.

Eggs are a nutritional powerhouse and provide the body with a wide array of essential vitamins and minerals.

4. Muscling in on burning more calories

There is so much conflicting information out there about exercise, health and fitness – it can be so confusing that you just don't know what's right or wrong and more often than not, take the wrong path. Many of you may be time poor so it's important that you get the most out of your workouts. One thing I can assure you of is that using your larger muscle groups will burn more calories. What does this mean?

Think about it this way. If you have a car with a little engine, it doesn't use as much fuel as a car with a big engine, like the V8 engine. It's the same as if you're doing bicep curls compared to squats.

The biceps are not big muscles, so they don't burn as many calories when they are being used. Whereas when you do a squat, you use a number of different muscles such as gluteus maximus (bottom), hamstrings (back of thigh), quadriceps (front of thigh), lower abs (lower region of stomach area) and even calves. The glutes are generally referred to as the biggest muscle in the body. Along with hamstrings and quadriceps, the legs make up a large amount of muscle so they burn more calories when they are being used.

Known as the big 4 – Legs, Back, Chest and Core. These are the muscles groups you want to target in order to burn the most amount of calories. Working out big muscle groups not only burns more calories but also has been shown to help with slowing down the aging process.

Bill Evans, who is the director of the Nutrition, Exercise and Metabolism Laboratory at the University of Arkansas for Medical Sciences and longtime NASA adviser, is a pioneering researcher in age reversal. Evans said that his numerous studies about exercise and aging focus on moving around muscles, such as the glutes, hamstrings and quadriceps. Strong glutes and leg muscles mean more energy and fewer kilograms or pounds.

This is just another great reason to get those legs moving. Even though I am focusing on the big 4, you also want to work out your entire body each week. To just focus on one area will leave you with an unbalanced body.

5. Supplements – Do you really know what's in them?



The word supplement in its etymology or root meaning is something that's fractured or incomplete. I'm always asked what supplements someone should be taking. My answer to that is there is no need to supplement as you can get everything from your diet. Yes, some of them can be used as a stepping-stone while you get your diet on track if you have a deficiency, however there are other ways. This is why making sure you have a good diet is so vital to the health of the human body.

Why would you want to supplement your diet with synthetic vitamins and ground up rocks and elements to get your vitamins and minerals? Most people have no idea what supplements are, where they come from and what many of them contain. Let me tell you about a few things...

Nearly all minerals in supplements are industrial chemicals made from processing rocks with one or more acids. We are not meant to eat processed rocks or metals. Humans are meant to get their minerals from food. Foods do not naturally contain minerals bound to substances such as picolinic acid, carbonates, oxides, phosphates and so forth. For example, calcium carbonate exists as the rock commonly known as limestone. It also can come from any of the following:

Lime, ground limestone, dolomite, sugar lime, oyster shell, coral shell, marble dust, calcite, whiting, marl dust, putty dust.

It's processed and put into your supplement. Unfortunately many people don't have any idea that many of the vitamin, mineral, protein and antioxidant supplements out there contain a range of excipients, fillers and binders. They are added to supplements to help with the manufacturing and stabilisation of these products.

Excipients aid in the manufacturing process to help stabilise products so they can be taken in various dosage forms. Often, the active component of the supplement cannot be manufactured and put into a tablet or capsule form without a stabilising agent to help keep it active. There are several different types of excipients and fillers used in supplement products. Some have shown to be carcinogenic, which amazes me that they can be added to things that were made to go into your body. The most common include:

- Anti-adherents
- Binders
- Coatings
- Disintegrants
- Fillers and diluents
- Lubricants
- Preservatives
- Colours

You can get all the vitamins, minerals, enzymes, antioxidants and proteins you need from a healthy well balanced diet. Again, this is why you should have a good diet.

6. Fresh is best



In today's society, many of you are time poor, have limited time to yourself or your loved ones, and want to indulge and enjoy the life you have on this earth. I totally agree with you – I want to enjoy my life too! However, what is being promoted as a solution to this is quick and easy convenient meals that you can prepare in two minutes in a microwave, take-away food and “breakfast in a box.”

What you may not realise is that these foods may be packed with fillers, packers, fortified synthetic supplements, emulsifiers, preservatives, flavourings, colourings, sodiums and more. What I believe, is that the bigger the ingredients listing the more you should keep it away from entering your body!

Let's think about it... Take a product such as pre-packaged fruit yoghurt from the supermarket and look at the ingredients list. Compare that to an ingredients list for a fresh fruit salad made with natural fruit – there's no ingredients list for a fruit salad made with fresh fruit! Why is that? You are making your fruit salad from natural fruit. No preservatives, no colourings, no flavourings added – it's all healthy and natural.

Healthy diets rich in fresh fruits and vegetables may reduce the risk of cancer, heart disease, obesity and other chronic diseases. They also provide essential vitamins, minerals, enzymes, anti-oxidants, fibre, and other substances that are important for good health. Most fruits and vegetables are naturally low in fat and calories, and are filling.

I believe that if you can buy fresh, it's always best. Better yet, grow it yourself if you have that option. This is exactly why I push for everyone to purchase locally grown and in season. If it's locally grown then the food items don't need to be shipped all around the world and be treated with all sorts of things like irradiation or gases to keep them longer.

If it's in season then it's the freshest as it's newly grown and picked, being more nutrient dense, which is better for your health. Not only that, but buying locally grown in season will generally save you money. If you can, check out local farmers markets to buy your produce. More often than not, the quality is amazingly fresh and best of all - cheaper! Also, do a weekly shop. It's been shown in studies that the more times a person visits a supermarket the more they spend on other items they usually don't need. So complete your shopping list for the week and stick to it.

So my advice, GO FRESH!

7. Three meals a day is making you round

A great way to slow down your metabolism is to do what many of you have always been told - eat 3 square meals a day. I believe that the 3 square meals have made the people of the world round.

In order to keep your metabolism raised all day you need to keep it fuelled, with the right fuel of course. So instead of 3 square meals a day you want to raise it to 5 to 6 meals a day. I know some of you are saying "what?" It's true and works a treat. However, I'm not talking about the big main meals that many of you are used to. I'm talking about 5 to 6 smaller portioned meals.

Having nutritionally rich smaller portioned meals keeps quality fuel going in, keeping your metabolism firing. As they are small meals you haven't overeaten, therefore you won't feel bloated and sleepy, which happens to many people when they have a big meal.

I know it sounds weird, as you may have tried fad diets where you're told not to eat, and now I'm telling you to eat more frequently. Trust me on this one, as it will help keep your metabolism elevated, which in turn will be burning more calories.

So what is a smaller portioned meal? This is a hard one as you may be used to eating from a dinner sized plate. When you only have a little bit on there or it's half full, subconsciously you think that it's not enough. However I tell people to use a side plate also known as a bread plate. Even though the plate is smaller, when it has food on it, subconsciously it's seen as a full plate of food, which it is. It's just a smaller plate of food. If you're going to have meat, keep the serving to no bigger than the size of the palm of your hand. Most of the plate should be filled with vegetables and/or salads.



8. Lube up with the good oils



Many of you use moisturisers to keep your skin soft, supple and to rehydrate your skin. If you've ever worked in an office environment or where there is a lot of air conditioning, your skin tends to dry out more.

Studies have been conducted to analyse the toxins in products women put on their faces. It was found that the average woman has over 500 toxic chemicals on her face each day! Sounds pretty alarming! There are lots of men's skincare products on the market too. So, for you men, this applies to you too. You would think that when buying a product, you are getting what you paid for and most importantly that it would be fresh and in good condition wouldn't you? Well sometimes this is not the case.

What you may not know is that many of these products, such as ingredients in moisturisers, can actually make your skin drier, interfering with the barrier on your skin that prevents moisture from dissipating. Emulsifiers and binding agents that allow oil and water to mix, in moisturisers and lotions, leave a residue on the skin that disrupts your skin's lipid barrier, allowing water to evaporate from the skin faster.

So, many of these products cause your skin to dry out more, so you put more on, and in return you will use more of the product resulting in more sales.

Well, here's a natural remedy to keep your skin moist and help reduce those lines on your skin! Most of us know about extra virgin olive oil. It's great for salad dressings and cooking in general. But did you know that it is actually great for nourishing, hydrating and protecting your skin? I'm not talking about any oils though, I'm talking about good quality extra virgin olive oil. Be wary of the different types of extra virgin olive oils out there. Not all oils are the same, especially if they are being shipped around the world.

It was uncovered that we can't always trust what a label states. Tests commissioned by the Australian Olive Association showed that a number of imported oils labelled as extra virgin olive oil do not meet internationally recognised standards and are adulterated – meaning the oil is considered to be putrid or decomposed. In other words it had gone bad.

These tests conducted on a range of imported brands of extra virgin olive oil showed that not one imported oil on supermarket shelves met the recognised standards, which is shocking. The findings showed, it's basically just refined oil that is actually being sold as extra virgin olive oil and it was even found that some olive oils weren't even olive oil at all.

This problem has not been confined to Australia either as it's been found that these problems have been found in Canada and the USA as well as Europe. Basically it comes down to the market for extra virgin olive oil expanding, and the agribusiness industry can't keep up with demand. Therefore some manufactures are substituting with lower grade ingredients to meet demand.

Basically, good quality extra virgin olive oil is great as a moisturiser and has been used for this purpose in the Mediterranean for thousands of years.

9. Lemons – Mother Nature’s natural healer



Anyone who knows me knows that I am a huge fan of lemons. I have said for years that lemons are amazing. So read on!

Modern day nutritional science tells about the few vitamins that it contains but has no idea that lemons can help the body in so many ways. Lemons are so versatile.

You can eat them in different ways such as eating the pulp, juice them, add flavour to drinks, add them to salad dressings and more. What’s more, you can use them for more medicinal purposes.

Lemons help reduce scarring, help fade freckles, help remove moles naturally, lemons also target the liver and have a profound effect on it; they also help detoxify the body. Really, this little amazing fruit should be consumed every day. Try it and watch the benefits

Compounds in lemons have been shown to kill cancer cells while not affecting the healthy cells. After more than 20 laboratory tests since 1970, the extracts revealed that it destroys the malignant cells in 12 cancers, including colon, breast, prostate, lung and pancreatic.

The compounds showed to be 10,000 times stronger than the best chemotherapy drugs. So, why do we not know about that? Because there are laboratories interested in making a synthetic version that will bring them huge profits. Scary isn’t it.

You can now help a friend in need by letting him/her know that lemon juice is beneficial in helping to prevent the disease. The taste is pleasant in comparison and it doesn't produce the horrific effects of chemotherapy. How many people will die while this is kept a closely guarded secret, so as not to jeopardise the profits of vested interests?

Lemons are great as a liver detox. Let me give you an example... For those of you who indulge in alcohol every now and again such as beer, ask for a few slices of lemon. Then, make sure you squeeze the lemon juice into your beer to get all that juice in there. This will help to cleanse your liver. What's more, it's great for preventing a hangover! I'd suggest you drink naturally brewed beers if you can which are free from additives and preservatives. However, if you have a hangover what you can do is have a large glass or two of water and add the juice from one whole lemon. In no time you'll feel better.

Ever had a mosquito bite? For some people that mosquito bite can turn into a massive boil or welt or an itchy annoyance for hours on end. What's a simple remedy? Chop a lemon in half and rub the lemon over the bite. Or simply squeeze the juice and rub it over the bite. You'll see that not only the itchiness goes away but the redness and lump also dissipate. So you won't be covered in red lumps for days.

Keep some juice handy to rub on the uncovered areas of your skin when needed to keep those mosquitoes at bay! You'll be amazed at how a simple, natural lemon can heal your bite as well as keeping those mosquitoes away.

Everyone knows about the common cold or flu. Here is a tip

Once you start feeling some symptoms, such as that initial niggles in your throat or sore or achy joints and feeling run down, a healthy alternative to taking pills is having hot lemon and honey drinks (*research has shown that some cold and flu tablets may actually suppress your body's ability to produce antibodies to destroy the cold virus*).

All you need to do is get a cup or mug and add the juice from 1 fresh lemon (yes, the whole lemon), 1 tablespoon of raw honey and hot water. Mix together and drink it. I suggest you have at least 3-6 of these a day as soon as you feel a cold coming on. Consistently drink this much daily until the symptoms go away.

Lemons are also considered as an anti-microbial spectrum against bacterial infections and fungi, effective against internal parasites and worms, it regulates blood pressure, which is too high, and an anti-depressant, combats stress and nervous disorders.

So get those lemons into you, they're awesome!

10. Strong bones you don't actually need dairy products

As you can see by the image, a cow eats grass and spends time in the sunshine and it's able to get all the nutrients it needs. Cows get all the calcium they need by eating grass (plants).

I hear so many people tell me that you can only get calcium for strong bones from eating dairy products. I'm here to tell you that's not quite right. Horses, cows, elephants for example don't eat dairy and yet they don't get osteoporosis.



A lot of kids go out to farms for school excursions. I remember I did when I was younger. I milked the cow and out came fresh, unpasteurised milk. If you asked many dairy farmers out there, they know real fresh milk tastes great and is so good for you. Unfortunately in some countries consuming raw milk is prohibited. In my opinion, this is actually a shame.

So, what you'll find is fresh milk goes through the pasteurisation process. Once milk has been pasteurised its nutritional value has been dramatically reduced - valuable enzymes are destroyed, vitamins including A, C, B6 and B12 are reduced and some of the good bacteria is killed off. So, how much calcium are you really getting into your body then?

In some countries they are fortifying milk by adding powdered calcium. Remember reading about supplements in section 5? *Calcium carbonate exists as the rock commonly known as limestone.* Mmmmmmm I love to ingest ground up rocks **Not!**

Also, many people are or becoming lactose intolerant. Do you ever wonder why it's so prevalent nowadays?

You can actually get calcium from fruits, veggies and other foods including almonds, Brazil nuts, apricots, dark green leafy vegetables, broccoli, kale, spinach, tofu, legumes, and sesame seeds to name a few.

Relating this back to section 2 about sunlight, sufficient levels of vitamin D are crucial for calcium absorption in your intestines. Without sufficient vitamin D, your body cannot absorb calcium, no matter how much calcium you are eating or supplementing.

So be sure to include a good variety of the above mentioned foods to ensure you are getting adequate levels of calcium as well as safe, moderate, daily, sunlight exposure to produce vitamin D, so you can absorb the calcium in your system.

In conclusion

As you can see there are a lot of myths out there that have been talked about and repeated throughout the media for so long they have become fact - when in fact they are not!

It is actually quite easy to be or become healthy. The human body is so complex but we don't have to be. All we need to do is supply it with the truly natural things that Mother Nature gave us, and minimise the bad things that inhibit your body from doing its job.

It is meant to heal, rebuild and repair us on a nightly basis. Unfortunately and for most unknowingly, we don't let it do this job and in turn people get sicker and/or eventually become diseased.

Global Health Renegade was established for each one of you. So you have an insightful resource to go to in order to find the real truths on health, nutrition and fitness.

Tell me your stories; share it with all your friends, family and colleagues. Through your stories you may even help someone else...

To great health,

Paul

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