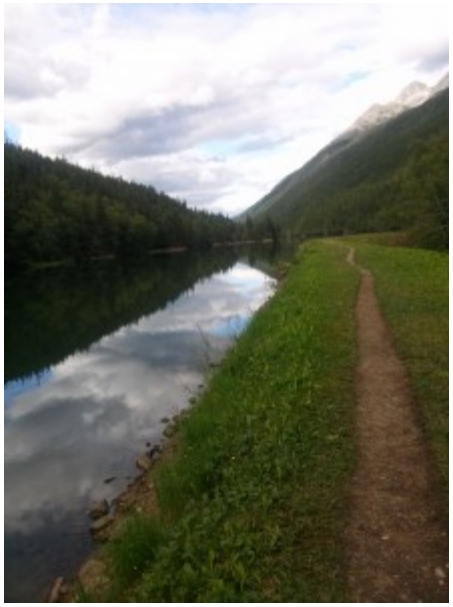
No Magic Pill to end Arthritis Pain

Description

Gentle Reader,

In the end, and in the beginning, there is only one thing we –you and I– can do to bring lasting health to our aching bodies. Life style change. As I travel the Alaska Marine Highway, eat in the cafeteria on board, snack along the wharf in the various Inside Passage towns, I struggle with how to maintain my eating habits with poor choices everywhere. Some people go on vacation and throw their healthy life-style to the winds for those 7 – 21 days. Unfortunately the stomach doesn't know you are on vacation and when the deep fried foods, extra sour dough bread with butter come rolling down the intestinal track, the joints react.

I've been having a few digestive and joint issues until yesterday when I found an IGA in Skagway with a ripe peach, some snap peas, and carrots. Amazing how getting back to the healthy routine will quickly restore one to their mobile less-pained body. Did I mention I also found a 4 mile round trip hike up to Dewey Lake right out of Skagway on 2nd Ave?



hiking in Skagway,Dewey Lakes

So good to move after strolling. What a difference.

This article about the new weight loss drug Dexaprine came across my desk. Dr. Chaney talks about the hazards of relying on a magic pill to take care of the pounds that weigh our joints down. It simply doesn't work. Read his whole article here.

Want to really make a difference in your health? Lose 10 pounds. Safely. Let the fat go, keep the lean muscle. Have the energy to work out, or a least begin a walking program. Change the way you eat, permanently. That's what the 180 Turnaround kit and the Lean and Healthy Kit are all about. Consider these Shaklee products as a way to launch yourself into a permanent life-style change. Personally, I'll be drinking –or pouring over my breakfast cereal–a Shaklee 180 smoothee for the rest of my life, just as I have been doing ever since I achieved my goal weight 25 years ago with the Shaklee shakes and vitamins. Why not? Excellent science behind the product. Delicious. Sustains energy all day. Convenient to use (I have packets with me on this trip.) Cheaper than the fast food items at Starbuck's or McDonalds. Begin today.

Be well, Do well and Keep Moving,

Betsy

PS to catch the latest on the Alaska expedition, click here

PPS Leave me your diet success/struggle stories in the comment section.



Category

1. Arthritis
2. Be Well health tips
3. Health and Fitness
4. Keep Moving: Managing Arthritis

Tags

1. Alaska Marine Highway
2. arthritis
3. arthritis pain
4. Dexaprine
5. diet
6. diet drinks
7. exercise
8. hiking
9. vitamins
10. weight loss
11. weight loss program

Date Created
August 2013
Author
betsyjbell