



OPTIONS CENTER NUTRITION TOPIC



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The Importance of Nutrition

From Lectures of Dr. Janet Lang

All of the structure and functions of the human body are built from and run on nutrients. *All of them.* Nutrients are obtained from what we eat. And every moment of every day, cells, tissues, organs, and thousand of biochemical messengers (like enzymes, neurotransmitters and hormones) are being broken down and rebuilt.

The Body Is Designed to Heal Itself

Through this inherent design, the body is always doing the best it can given the circumstances. If the body is provided with the precise, high-quality materials that it is made from, the self-regeneration design will work.

However, if the body is given rebuilding materials from the junk yard (junk food), as well as the devitalized, packaged foods that fill our supermarkets, it should not be surprising that the outcome will be poor. We can't make a high-performance, long lasting body with junkyard scrap, dead chemicals, and poison. Our bodies need the nutrients from organically grown food.

How Emotions Play a Part in Our Food Choices

Food and nutrition are not trivial subjects. Nutrition has not only to do with the food we put in our mouths, but in how we nourish our minds as well.

Most of us make connections between eating "good" food and feeling "good", which may mean feeling comforted or feeling nostalgic for simpler times.

Unfortunately, many of us are not satisfied with our indulgences and some of us abuse food, trying to regain some lost feeling or find some unfelt love. We try to fill a void in our lives with food, but come up empty and drained, often resorting to other self-destructive habits.

How to Avoid Junk Food Temptation

We see it there on the shelf--a chocolate covered doughnut, a king-size candy bar, an "everything" bagel--and we know we shouldn't have it. We know it's not good for us; we'll feel tired after we eat it and maybe get a head rush or jittery feeling, but at this moment, right now, we want it.

The first step to avoiding junk food is to change our mindset, which admittedly is not an easy task. But it is one that can be done.

Rather than looking at *junk food* as a reward that tastes good, we can think of it as:

- Providing extra calories that won't do our body any good
- A concoction of chemicals and artificial flavors
- A waste of money

Ways to think of *healthy food* are that it will:

- Fortify our bodies and boost our immune system
- Help us fight disease



- Slow down the aging process

Steps to Healthy Nutrition

The first step is to decide to make healthy choices. Changes we make need to fit our budget and our lifestyle. The nutritional program needs to be both nourishing and nurturing.

The second step is to get the support for the changes we are about to make. Support can come from information (such as from your hair analysis), this Web site, using Helen as a consultant (her email address is options@mtco.com), and getting emotional encouragement from family and friends.

Source: Dr. Janet Lang, Lang Nutritional Seminars

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