



Longevity Warning! A Possible Missing Link for Achieving the Elusive Centenarian Status

By: D. Graeme Shaw, MD

Could your chosen nutritional health programs and dietary choices be missing a key component for sustained health and longevity?

This is a question that many nutritionists, dieticians, naturopaths, herbalists, nutritionally educated doctors and other healthcare practitioners consider when working with their clients' care. Nutritional supplements are simply just supplements. They should be used in combination with a well-balanced diet to provide the body specific nutrients to promote a healthier body as well as compensate for any deficiencies that may exist.

In today's information society, many people spend a great deal of time weeding through the overabundance of information available on health, diet and nutrition. Many of those **people become their own guinea pigs as they try out different forms of diets and nutritional products** in their search for optimum health, more energy, a slimmer body, longevity and to lower their risk of illness and disease.

We all have unique dietary needs and metabolic rates. Because of this fact, understanding what a person's exact situation is can be very useful for eating foods that best match their body type.

While self-education and research is wonderful, it is more than **common for people to choose the wrong supplements and diets for their body and these types of mistakes can cause a major setback in achieving their health and longevity goals.** It is more than common for a

person's chosen dietary habits to include the wrong quantities or types of foods for their specific situation and body type.

We all have unique dietary needs and metabolic rates. Because of this fact, understanding what a person's exact situation is can be very useful for eating foods that best match their body type. One of the most common issues I see is in people with declining digestive function (low spleen energy). These people often gravitate toward sugars and starches because they are easier to digest. Unfortunately, this type of diet can contribute to their current health issues and can also lead to weight gain and other sugar related complications.

Many people will spend a lifetime trying to figure out that specific health protocol that keeps them healthy and disease free. Others will wait to change their diet or try a nutritional or herbal dietary supplement only after they experience a negative event like unhealthy amounts of weight gain, energy loss, illnesses or disease.

Good News! Eastern Medicine could hold the key to health & longevity.

The good news is that **it doesn't have to be so complicated** and confusing if a person simply investigates and applies the knowledge and power of thousands of years of Eastern Medicine principals for health and longevity.

One of the major advantages Eastern Medicine offers us is a more holistic approach to our health. Eastern Medicine practitioners believe that

physical health is directly connected with our union between our environment, weather, climate, diet, emotions, lifestyles and habits. Optimum health exists when there is a balance in all these areas. One of the common things I see is the relationship between the weather/climate and our health.

For those persons who can't move or change jobs or exercise more, there are numerous herbal remedies available.

All of us have a unique body temperature. Many patients with chronic illnesses tend to have a cooler Eastern Medicine based "body temperature". These peoples' health can be worsened when they are in cooler temperatures like living by the ocean, living in foggy climates, or in northern latitudes. Their "Eastern Medicine temperature" could be lowered even more due to stress, lack of exercise or eating cold foods like sandwiches, salads, or drinks with ice cubes.

My favorite example is a gentleman I saw who had various health issues which contributed to his moist, cold body type. He had lived in Monterey, California (noted for its fog and cool weather) for a long time. **He experienced a resurgence in his health when he moved to the dry heat of Arizona.** Body type differences can become a bigger issue as seen in married couples when one has a warm temperament and one has a cool one. For couples such as these, extreme cold or hot weather environments may not be good for both people so in these cases, a temperate climate may be a good compromise.

There are many examples of individuals whose health has benefited from a change in work or a change in living circumstances. **Dr. Andrew Weil makes a very profound recommendation in his book *Spontaneous Healing*.** In his list of “qualities of a successful patient,” he emphasizes the importance of making radical changes in lifestyle if we are experiencing some serious chronic illness. Too often, we tend to disregard the message of ill-health, not realizing that one of the key elements to health recovery may be to change something in ourselves and/or our surroundings that may contribute to our health issue.

For those persons who can’t move or change jobs or exercise more, there are numerous herbal remedies available around the world that can support the balancing of the body’s temperature, digestive function, stress responses and healing potential. Get Well Natural line of original herbal dietary supplements, are a good example of products that can be taken on a daily basis to simply provide that vital balanced support which may be lacking in one’s body, diet and lifestyle.

Please note that nutrition and diet does have its place and importance in any health program. But, it is important to understand that **nutrition does not provide that essential energetic balance and harmony in the body** that is crucial in Eastern Medicine philosophies.

In conclusion, if you feel you have not achieved your desired level of health, I encourage you to investigate the possibilities of implementing healthier lifestyle choices, working with a practitioner that is educated in Eastern

Medicine, and using daily dietary herbal supplements to give your body that balance and harmony required for healthy longevity.

In future issues, I will explain in greater detail how a person can better implement Eastern Medicine philosophies into their lives to best support their health.



D. Graeme Shaw, M.D.

If you have any questions regarding the use of herbal dietary supplements to support your health, contact Get Well Natural at contact@getwellnatural.com or call 1-888-522-HERB (4372) or 408-260-9714, or visit the GWN website at www.getwellnatural.com.

**Statements in this article have not been evaluated by the U.S. Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.*

© 2011 Get Well Natural, LLC

Contribution on article provided by:
David Leong