

Living a Healthy Lifestyle

by **Erleen
Tilton**



Author of *Enjoy Nature's Harvest* shares simple success principles on:

- Loosing weight naturally without dieting!
- Overcoming many health weaknesses / disorders!
- Why certain foods work with the body and why some work against!
- Increasing your energy and vitality!
- How to overcome the temptation to eat foods that are not good for you!
- How to enjoy eating for health not just for taste!

It is estimated that over 60% of the American population is overweight! We have more foods available to us like never before, yet we are starving nutritionally! Ironically, there is a direct parallel between junk food consumption and health disorders. Here are some of what Erleen discusses in her topics:

Do we really need fats? Fats are an energy source for the body along with proteins and carbohydrates. Fats are important for protection of our organs, they aid the digestive process, are important for brain functions, insulate the body from environmental conditions, and preserve body heat which is why we naturally eat more fats and proteins in times of cold. The key is being able to recognize what fats we do and don't need. Healthy sources of fats are raw nuts and seeds, cold pressed oils especially olive oil and omega-3 oil, and soy lecithin.

Why do many suffer with headaches? Headaches, in general, are specifically contributed to one of two problems: a) a blockage in the colon, or b) structural problems (neck/spinal). Migraine headaches are an acute condition of lacking water, water rich foods and fiber. If your diet is high in refined sugar and white flour, and animal products, especially cheeses, fried meats and such, then you can expect an acute "disorder" in the elimination process. The body is a system and without proper flow and function, there is "disorder". So if the colon is restricted in its elimination, the body can only react with a painful headache.

Eating whole foods has been a way of life for Erleen Tilton since her life changing experience as a young mother. While experiencing many health problems she was introduced to whole foods, and after eating a whole foods diet for several months, she realized all her health problems had disappeared. She came to understand the power of good wholesome foods and their healing properties, which led her to her intense study of all kinds of foods and how they affect the body.

Erleen has published four natural health cookbooks, as well as other health publications. She speaks to mixed audiences and particularly women, as well as on radio and television.

Today, Erleen is the voice for women's health and fitness needs. Her real life experiences and understanding of foods and how they affect the body in a negative or positive way, has helped thousands come to understand the simple secrets for naturally attaining their desired weight and enjoy optimum health – virtually free of disease and disorder! Her personalized success principles are simple, easy to understand and follow, and once applied achieve life changing results!

"If you want to fast-track your personal power, take care of your body first. Follow Erleen's principles and recipes and enjoy great health – the REAL foundation for success."

**Stephanie Frank, Author of
*The Accidental Millionaire***

"After learning about different foods, and how they affect my body, I decided to follow the whole foods diet Erleen recommends. I was absolutely amazed at the change."

Elizabeth Richins

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Nature's Healthy Choices

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