



Health & Nutrition Update October 2008

Maintaining our health in order to be more useful to the Lord—for as long as possible—is one of the primary reasons we are committed to helping others with their nutrition choices. We recommend **drinking sufficient water daily, regular exercise (heart rate increase, strength, and flexibility), organic “super” foods (if possible), and nutritional supplements in order to sustain optimal health.** However, it is wise to also be aware of certain things that might indicate a problem arising with your health.

The following short list of medical symptoms is written by Neil Shulman, MD, the author of *Your Body's Red Light Warning Signals*. In that volume, he describes hundreds of symptoms that could mean life or death for a person, but these are the true “red flags”:

1. Unexplained weight loss. “If you’re on a diet, you’re expecting this to happen,” Shulman says. “But if you’re eating the same way—and now have to adjust your belt a few notches tighter—you could have a serious problem.” Unexpected weight gain can also be a warning, especially with ovarian cancer. “Fluid builds in the abdomen, and women think they’re gaining weight. But if you have been at the same weight range for years, and doing nothing different, see a doctor.”
2. Slurred speech, numbness and/or weakness, and paralysis. You know what this one is—a potential stroke. Rush to the emergency room because quick treatment may save your life as well as prevent brain damage.
3. Black, tarry stools. The food you eat changes stool color, but according to Shulman, black, tarry stools could be the sign of cancer or a bleeding ulcer.
4. A headache with fever and a stiff neck. You may have bacterial meningitis. Quick test: if you can’t put your chin on your chest, you need immediate treatment.
5. A sudden severe headache. If you’re struck out of the blue by a headache that’s worse than any you’ve ever had before, you may have an aneurysm, which is a blood-filled pouch that bulges out from the wall of a brain artery. Get treatment before it breaks—it could save your life.
6. For women: postmenopausal vaginal bleeding. Bleeding after menopause is a symptom of several conditions, including deadly uterine cancer. For men: lump in the testicle. A lump could be a sign of cancer, and the best thing for men to do is to regularly check themselves in the shower.

When you seek treatment or consultation, be firm with physicians about testing and ruling out a potentially life-threatening emergency. “Sometimes you have to make a scene,” Shulman says. “The one person most likely to be concerned about whether you live or not is you” (Neil Shulman, MD, Newsmax article).

We hope this helps you be more knowledgeable about how to discover early warning signs about your potential health problems. But better yet, consider some of the preventative steps we have been recommending.

To a healthy life!
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