

### **The Three Main Health Indicators**

Blood sugar, blood pressure, and cholesterol are the three main health indicators used to assess overall health. If any one of these indicators is elevated, it is a symptom that the body is out of balance. They are a warning sign of bigger health issues to come if they are not corrected through diet and lifestyle changes.

Sometimes they are thought of as a disease when, in fact, they are actually symptoms of disease.

Medication can help to bring each one of these health indicators back down to an appropriate level; however, it is important to recognize that if they are being controlled by medication, the root cause has not been addressed, and the underlying inflammation is still present, gradually weakening the body and making it more susceptible to disease.

### **Exercise, Diet and Lifestyle Can Keep the Three Main Health Indicators at Healthy Levels**

Exercise helps to keep blood sugar, blood pressure and cholesterol levels at healthy levels. Diet and stress management are important too. The correct balance of macronutrients and eliminating processed foods is important for proper blood sugar maintenance. Proper hydration and magnesium help to maintain a healthy blood pressure. A reduction in saturated fats, increase in plant-based fats and fish oils as well as stress management help to maintain appropriate cholesterol levels and ratios.

You may have noticed that all of the diet and lifestyle changes recommended for weight loss, also help to control blood sugar, blood pressure and cholesterol.

### **The Act of Trying to Lose Weight Can Be Stressful**

Many people continuously struggle and strive to lose weight. If they manage to lose a few pounds, more often than not, they gain the weight back plus a few more pounds. Whether you realize it or not, the act of trying to lose weight and the resulting frustration that occurs when you can only see little, if any, results from your efforts, creates a significant amount of stress. This stress actually works against your weight loss efforts and is a contributing factor to your inability to lose weight.

### **Switch Your Focus**

If you switch your focus from *losing weight* to *gaining health*, you will reduce your overall stress levels, which will:

1. Help to reduce your cholesterol.
2. Impact your food/drink choices, so it will help to lower your blood sugar levels.
3. Help to lower blood pressure as less, sugar, alcohol and caffeine in the body helps to improve overall hydration levels.
4. Enable you to lose weight, which then becomes an added benefit, so you get what you want anyway.
5. Allow you to keep the excess weight off because in your quest to create health, you formed new healthy habits and created a healthy lifestyle for yourself, which is the key to maintaining a healthy body weight.