

Why Bother with Nutrition Now?

Why should you change how you eat this late in the ball game? Is there any benefit when you may only have a few years of life left?

This is a common and valid concern. However, nutrition can make a difference right here, right now no matter what age you are. Nutrition has impact on an hourly basis, not just over a lifetime. Studies have shown that just hours after eating a “junk food” meal, your body releases a tidal wave of harmful chemicals.

Within hours of *one* cheeseburger deluxe, your body tissues become inflamed just like an infection. Your blood vessels narrow making it harder for blood to flow. Free radicals are created and bounce around damaging the very structure of your body—your cells. These are linked to chronic disease (diabetes, hypertension, heart disease) and aging. Blood pressure goes up.

If that isn't bad enough, your body pumps out a stress hormone called cortisol. Cortisol plus a sudden drop in blood sugar after a high fat, high sugar meal make you crave more junk food. This creates a harmful cycle of craving more and more junk food.

The good news is just *one* healthy meal can help your body return to its normal levels. Nutrition is not about eating twigs & berries. Nutrition is important for your quality of life. It is about feeling better, being able to be active and take care of yourself longer, taking less medications, and living with less pain and disease. Living longer is a bonus, but no one has a guarantee on how long they will live. *Living better* and having a better quality of life is something we all want.

So next time you are hungry, make it a healthy snack. Do your body a favor no matter what age you are.