

# To be Healthy or Not to Be?

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Eat dairy or don't eat dairy? Eat meat or don't eat meat? Soy or no soy? There is so much information and yet so much confusion about what to eat and how to improve our health. The confusion that exists and the disappointing results that we experience from the endless dieting is frustrating and many people are starting to believe that living a healthy life is a complicated, tricky business as well as mind-numbing and unappealing. So, what are we doing wrong and how can we really feel, look and be better?

Achieving wellness does not really need to be complicated. There are two major factors to consider when seeking to achieve health. The first is acknowledging every person's *in-*

**dividuality.** Age, genes, blood type, metabolic rate, ancestry and environment are all factors that influence one's nutritional and biological needs. There is **no one right diet** for everyone, which explains why some diets seem to "work" for some people and not for others.

The second key factor is to take into consideration "food" that doesn't necessarily come on a plate, but is essential in the nourishment of our soul. Our relationships, career, spirituality, exercise, stress, love, even our entertainment or lack of, ultimately affect our well-being. A harmonious balance between our physical, emotional and spiritual body is essential for our well-being and when any one of these is off balance, it will ultimately cause an imbalance to the rest of the body. That is just how our bodies compensate and

it is no accident after all that when we are stressed or depressed we crave nicotine, alcohol and candy!

Understanding this new perspective, which goes beyond calorie and point counting, is the key to integrating all the interdependent factors that ultimately affect the *Whole You*. The first step to this process is building awareness of one's self followed by responsibility and commitment in taking consistent daily steps towards building and maintaining health.

No matter what your current health status, you can always improve your level of well-being. Even when there are temporary setbacks, you will be motivated by how good it feels to have lots of energy and enthusiasm for life, knowing that what you are doing will allow you to continue feeling great for years to come.



Helping clients create a balance and a healthy relationship between food and lifestyle

A customized approach to nutrition

Helping clients learn how to listen to their own bodies, understand their own unique needs for nutrition, and empowering and motivating them to change their lives once and for all

We have all tried different diets; some work for a short period, but most have disappointed us. None have made the drastic transformation we anticipated. Most of us know the basics of weight loss, but don't apply what we already know. Find out what makes this program different!

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Discovering What Nourishes  
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