

How to Maintain Health: The First Step

Last month, in my article “How to Maintain Health,” I listed the 9 most important healthy actions to focus your time and energy to achieve optimum results.

- **Diet or food**
- Sleep: quality and quantity
- Personal time
- Exercise
- Prayer/meditation
- Water intake
- Specific Supportive Nutrition
- Mental/Emotional Support
- Structure Balancing

In the coming months, I will highlight a different item on the list to help you understand how important each item is to your health.

You may have noticed that [6 of my last 7 articles](#) have been related to **diet or food** and it is the first item from my list above - this is by design. Do you want to become healthier? Eating a healthier diet is always the first place to start. While the other items I have listed are also important, eating a healthy diet is the single most important thing that you can do (on your own) to increase your level of health.

Diet is even more important as we age. The older we get, the less adaptable our bodies become. Years ago, I was taught that at 60 years of age our bodies produce only 20% of the hydrochloric acid (HCL) it produced at 20 years of age. HCL is critical for the normal health and

function of the digestive system. HCL helps your body to break down, digest, and absorb nutrients such as protein. It also eliminates bacteria and viruses in the stomach, protecting your body from infection. One of the biggest causes of the body's inability to produce HCL is a lifetime of poor diet. The two easiest ways to support your dwindling HCL production is to begin eating a healthy diet and take HCL supplements. However, I only recommend taking HCL supplements under the supervision of a qualified health care practitioner.

Plenty of information is available on healthy diets and why they are important. Yet I still see hundreds of patients a year who struggle with changing to a healthier diet. My success in getting my patients to change comes in two ways. I help them determine the diet or food plan that is best for their unique situation and I hold them accountable to make healthy choices so that they can succeed.

Success will only be found if you make the change to a healthier diet and lifestyle. Next month, I will be highlighting the importance of sleep and how it can affect your health.

I am available via email at drart@conceptsforhealth.com with any questions you may have regarding your diet or the use of HCL supplements.

With Health and Happiness,

Dr. Art