

Will you get the diseases of your parents?

So many clients come to me with a top concern that they will get diabetes or heart disease or some other disease passed down from their parents.

Do they have good reason for concern? Definitely, but it isn't the end of the story.

What you inherit from your parents

- Genes

- Lifestyles (high stress)

- Education (how to cook, how to shop)

Genes are only a small portion

- Not a guarantee

- More of a tendency

You have influence over them

- Path you are headed on (same as them)

You can change if you don't like where you are headed

- Diet is a huge factor esp sugar, refined carbs and is the underlying cause of many disease

- Lifestyle (stress, hurry, lack of sleep and what and how you eat)

Do need to take extra care and precautions to not end up with the diseases of your parents, but they are not a guarantee.

Take action today to make changes to get on a better path