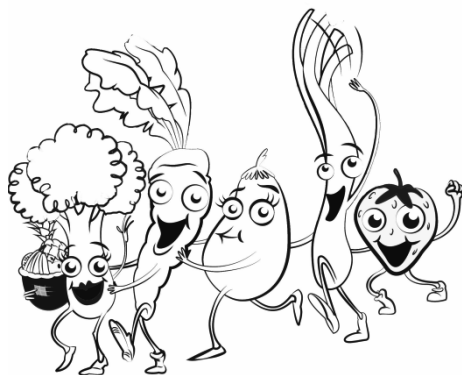


IT FEELS GOOD TO FEEL GOOD

It Feels Good To Feel Good

*Learn to eliminate toxins,
reverse inflammation and feel great again*



Cheryl Meyer
Illustrations by Nicholas Patton

It Feels Good to Feel Good,
Learn to Eliminate Toxins, Reduce Inflammation and Feel Great Again.
Updated and revised
Copyright© 2020 by Cheryl Meyer
Copyright© 2017 Illustrations by Nick Patton

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher or author, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

For permission requests, email the publisher or author at
heavenlytreepress@gmail.com
or send your request to
Heavenly Tree Press
624 E. Winnie Way
Arcadia, CA. 91006

To contact the publisher, visit
heavenlytreepress.com

To contact the author, visit
cheryl@cherylhealthmuse.com
ISBN-13: 978-1-7343859-0-8 (Custom Universal)
ISBN-10: 1734385908

Printed in the United States of America



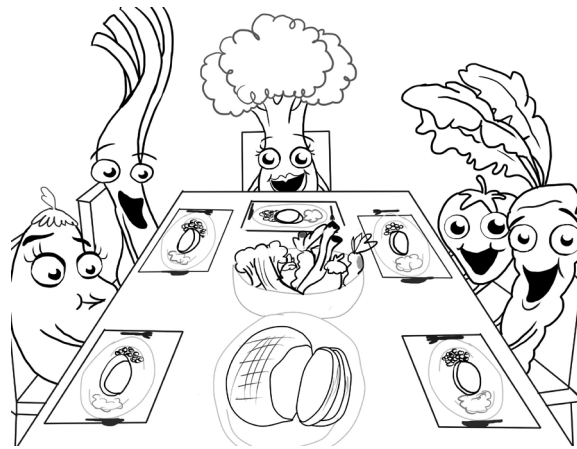
For information, contact heavenlytreepress@gmail.com

The content of this book is for general informational purposes only. It is not meant to be used, nor should it be used, to diagnose or treat any medical condition or to replace the services of your physician or other healthcare provider. The advice and strategies contained in the book may not be suitable for all readers.

Please consult your healthcare provider for any questions that you may have about your own medical situation. Neither the author, publisher, IIN nor any of their employees or representatives guarantees the accuracy of information in this book or its usefulness to a particular reader, nor are they responsible for any damage or negative consequence that may result from any treatment, action taken, or inaction by any person reading or following the information in this book.

Preface This information is for everyone.

*Blue Zones, and what we are discovering by
studying them*



Dousing the flame of inflammation:
THE BIG TAKEAWAYS ON Blue Zones

- We all agree our health care system is broken and more and more of us are getting ill.
- Do you want to live to an old age and feel great?
- Do you want your children to grow old and be healthy?
- If you knew what to do today to have longevity and feel great to the end of your life, would you do it?
- Blue zones are helping us discover that the important lifestyle changes I discuss in this book to end chronic illness are the same lifestyle changes necessary to live long and thrive.

PREFACE: THIS INFORMATION IS FOR EVERYONE. BLUE ZONES

- It is important to eat real food that is nutrient dense, to cook, to live in a healthy community, to live in purpose, to be mindful, to believe in a higher power, to eliminate stress, and to get 7+ hours of sleep. These elements are not only important to reverse chronic ailments and pain, they are the same things that will keep us healthy into old age and keep our minds dementia free.
- This information is just as important for you if you are well as it is if you are sick.
- It can take 20 years from when inflammation begins in the body for it to topple over the top into toxic load and chronic disease.
- I have a theory that if you want to avoid getting cancer, live like you have cancer now. If you want to avoid heart disease, eat like you have heart disease now. If you want to avoid autoimmune disease, eat like you have autoimmune disease now. If you want to avoid dementia, clean up your act now. Add in community, purpose, and movement and get enough sleep, and you are on to something to live a long life in wellness.
- In other words, this information is important for everyone.

This chapter is dedicated to people who are NOT suffering from a chronic illness. Yes, you should also read this book and implement these ideas.¹²

Ok, so you are healthy, your children are healthy and the other people in your life are healthy, so why should you care about the information in this book?

It comes down to quality of life as you age.

I get a lot of push back that this information should not be targeted to healthy folks, and that it is only useful to people with chronic illness.

Au contraire, this information IS for everyone.

Let's start with the fact that toxic load can take 20 years to build up until it topples over the top into toxic load.

IT FEELS GOOD TO FEEL GOOD

Sure, there are some signs along the way that toxic load in your body is building, but most of us are too busy “doing” to pay attention to the little signs along the way that the body is starting to get sick. I know I was aware that different products were bothering me, that my hay fever was worsening, that my body was unhappy when I ate certain foods or used certain products, that I was getting unexplained rashes, and a reaction to a variety of different products, but I didn’t stop to think about what this all meant. None of us do, until we get sick ... and then we are looking for the magic pill that will make us well, or at least make us comfortable.

Now that I eat organic nutrient dense foods, and have eliminated many of the toxins in my world, I get asked constantly, “Am I deprived”? Frankly, I was deprived when I was eating all of the junk, from fast food, in the majority of restaurants that we as a population eat in¹³ and from all the processed food with all the ingredients that I couldn’t pronounce and didn’t know what they were.

Convenience trumps health. And our health is showing the result. We are choosing foods on the run that we don’t cook. America is 37th in the world in health, even though we are the richest nation.

I have been told that toxins are boring; that people do NOT want to hear about them and to give it up; that talking about this depresses people and makes them feel bad.

Wow better to hear it now than to experience chronic illness personally in the near future.

We wonder why our health care system is broken, why the majority of our children are ill, why healthcare costs are so high, and why our system is failing.

So ok, this is not enough reason for you to stop eating the SAD, Standard American Diet. (SAD is such a perfect term for it.) You want to eat what everyone else eats. You want to eat for convenience, and you don’t want to go to the trouble to eat differently. You want your sugar and your fake sugars. You certainly don’t want to cook.

And we don’t care about all the chemicals being sprayed on our food and the poisons that we are eating in our food. Roundup, at this date, has lost 4 major lawsuits for causing cancer, and yet, it is still being sprayed on our crops, our green spaces, school yards, golf courses, public parks, and even our home yards and we don’t think twice about the fact that it has now been proven to cause cancer.

**What good is it for you to grow old if you are
uncomfortable in your body,
if your body has cancer, or heart disease,
or if you are one of the millions of people with
autoimmune disorders?
Or if, in old age, you have lost your mind to dementia?**

**Don't you want to grow old and feel great? Don't you want your children to
grow old? For the first time they will not live as long as us, and their last years
will not be pretty.**

This is important.

So, I have been thinking long and hard about what to write in this book that
would be worthy of your consideration, and I decided that I should talk about
Blue Zones and what we are all discovering from this study.

Blue Zones¹⁴ are the 5 areas in the world with the longest human longevity;
where it is common to live over 100 and to remain healthy and vibrant until the
end. Quality of life in these zones is very high.

Don't you want quality of life as you age?

So, what have we discovered from the Blue Zones?

There are some key elements that contribute to health, long term health, and
healthy longevity.

1. Community

All the Blue Zones have strong communities. Some are people that have
been connected for life, most have a faith-based connection. Sometimes
multi-generations live together. These communities share a sense of
purpose with their members. They are people that support each other
throughout life.

2. Diet

All the Blue Zones eat a healthy, toxin free diet. Most are vegetarian,
with some fish, and sometimes very small portions of meat twice a week.
Common foods that are eaten in Blue Zones are organic and include olive
oil (make sure it is real), lots of greens, coffee(organic), chickpeas,

IT FEELS GOOD TO FEEL GOOD

legumes, green tea, tomatoes, turmeric, sweet potatoes, salmon, squash and avocados.

3. Cook

Eating out is celebratory only. Food is made in the home and eaten in their family community. Food is never eaten standing up, or in the car. Plates are made in the kitchen and taken to the table.

4. Drink

The Blue Zones drink water. They don't drink sodas, with sugar or fake sugar. They don't drink energy drinks. They drink water. And at the end of the day they may have one glass of wine.

5. Treats

Blue Zones keep healthy food accessible and ready to eat on upper shelves in their fridge. Junk food is put away in a cabinet marked 'junk' and it is hard to reach. You eat what you see, and you eat what is convenient. Make the foods easy to eat freshly cut veggies and fruit.

6. Mind

Blue Zones have people with active minds. They are constantly learning: a new language, a new musical instrument, a new science. Often people in blue zones meditate.

7. Sleep

People in Blue Zones get 7 or more hours of sleep. The bedroom is used for sleep or sex. No TV, No Phone, No clock. The room is kept cool.

8. Movement

People in Blue Zones move naturally. They walk everywhere. They ride bikes for transportation. They get up and down to change the TV Channel; they do outdoor chores; they garden. They have pets that they walk.

To sum it all up, people living in Blue Zones have healthy social communities; they have strong family bonds; they have no time urgency; they eat a plant-based diet; they do not smoke; they eat legumes; they have low alcohol intake; they eat nuts. Their communities have empowered women in them. They garden. They have turmeric in their diet. They eat nutrient rich diets. They all

PREFACE: THIS INFORMATION IS FOR EVERYONE. BLUE ZONES

pre-plated their food in the kitchen so that they did not overeat. They eat from smaller plates.

Blue Zones are places where it is common for people to live to 100 and enjoy many more years of good health. People living in these places have significantly less cancer, lower rates of heart disease, and almost no dementia. They suffer a fraction of the diseases that kill people in the rest of the world.

Family comes first and all ages are socially active.

They all have life purpose. They stop eating when they are 80% full. Their smallest meal is their evening meal. They all enjoy some natural physical activity. They live low stress lives. They all enjoy some type of faith.

They eat chemical free. They live in clean environments. They support each other.

Does this information resonate with you? It did with me. Don't wait until you are sick and tired of being sick and tired. Clean up your life now. You only have one body. Honor it and take care of it and it will serve you well. And by the by, don't give me that bull that you have bad genes. You have the power to turn that switch on, or to leave it off. Having something in your genetics does not mean that you are going to get that disease. You make all the difference with your body. You hold the power. Own it and feel great for the rest of your life.

Things Blue Zones avoid:

- Sugar
- Sweet beverages
- Smoking
- Meat and dairy, although some blue zones eat small portions of meat twice a week.
- Processed foods
- Fast foods

Blue Zone findings are the same things I discuss in this book for people with chronic illness to adopt. They are just as important for YOU whether you are sick or well. Start today.