

When in doubt ...

Leave it to Nature



Do you ever stop and marvel at nature? Do you ever consider the amazing power that is happening around you every second of every day? I don't do it often enough ... but I have learned that, not only is nature incredibly beautiful but, if I really take notice I will live a life of optimal wellbeing. Open your eyes to see what is really happening and nature will show you the way ...

Nature's principle of consumption

I was watching a brilliant presentation yesterday by a great speaker, Sherry Strong, who describes herself as a *Food Philosopher and Nutritional Strategist!* I would encourage you to watch this 12 minute presentation – it could be life changing for you (<http://www.sherrystrong.com/portfolio-items/ted-talk/>). I found it so compelling and impacting that I wanted to share her main message with you this week.

With all the confusion, mixed messages, different theories, manipulative marketing and unhealthy foods that are in our face every day, Sherry gives a refreshingly simple way to make the right food choices daily and live a life of health and happiness. Her message is that we should simply consume things as they occur in nature!

According to Sherry, nature tells us what to eat and in what quantities by how easily it can be obtained in nature (that doesn't include the supermarket shelves!) In other words that which is most abundant in nature we should have the most of. If it is harder to get in nature we need to have less of it. If we can't get it in nature then, not only don't we need it but, it is most likely harmful to the body. I am sure you agree that this is a pretty simply rule to live by!



Think about it ... what is the nutrient that we can't survive minutes without? Air! It is everywhere, all around us and in total abundance! What is the nutrient we next depend on the most? Of course it is water. The planet is 70% water – our blood is made up of 93% water and our brain 80%!

What about our food?



Sherry uses a great example, what is better to eat; chicken or egg? Think about what would be easier to get in nature (again, not at the supermarket!) You could probably find an egg quite easily. To eat a chicken you would first have to find it, then catch it, then kill it, pluck it, gut it, cook it and then finally eat it. Which is easier? Therefore which is better?

This really should make our food choices easy ... right? I mean what is easier to get in nature; an apple or an apple muffin? What would be better; fruit salad or Froot loops? Which should you choose out of natural muesli or Weetbix? What is the best choice between fish and meat? What would give you a better chance for long term health and happiness; fresh vegetables or convenience, packaged & processed foods? The answer to all of these questions is pretty obvious isn't it? The question is not does the rule work every time (which it does) the questions to be answered are will you follow it and why would you follow it?

Simple rule - easy to follow ... will you?



So again, as I sit here reading what I have just written I know that I am master of the obvious. I am very aware what I have just written is really nothing new to you – it is just packaged in a slightly different way. The thing that I have to keep asking is why, if we all know this stuff, don't we do it consistently when our lives, our families and our future health & happiness are at stake?

Sherry's Nature Principle makes so much sense doesn't it? It is such a clever and simple way to make the right decisions about the foods that we will put into our bodies. These foods, by the way, will either make us happier and healthier or will put us on a path to disease and despair. Why do we still have to debate about what we choose to eat?

I would ask you again to think about what and who is most important to you. I would ask you consider the impact of your personal wellbeing on that thing or those people. When you know deep in your heart what and who is most important and you commit yourself to prioritise those things and people then following the Nature Principle will no longer cause consternation and debate ...

when ever you are in doubt about what you need to eat you will know that if you just leave it to nature you will be on the right track.

Have a natural and energy giving week.

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