

Wholesome Health Beyond the Realms of ‘No Sugar, No Trans Fats’

Let’s be honest, eating organic all the time isn’t the easiest thing to do, you ultimately start off with great intentions and you may have even set some “goals” to do a better job with your diet, but every single time you find yourself indulging in the very foods you swore off. Let’s just say, the difference between another failed diet and lifelong healthy wholesome living is just one: habits.

You might have read that it takes 21 days to form a new habit. Drastically changing everything about your life isn’t feasible for most people, nor will it be sustainable in the long run. The key to success for many people is a shift in mindset from total lifestyle overhaul to making and sticking to small, but lasting changes. We have all started something enthusiastically, only to lose steam and have the behavior fizzle out. Changing your life style for the better is not about your willpower, but it is rather a process, because change doesn’t happen overnight.

As the saying goes, “You are what you eat”, and if there is any truth to it, not a lot of people would be too happy to identify with what they have on their plates on a continuous basis. Inherently, our bodies were created in balance and harmony with our surroundings. The best way to go about a well-balanced and wholesome life, would be to keep it that way. Healthy eating does not have to be difficult and be a matter of 'counting calories' but rather developing a mindful, wholesome and balanced approach to living a wholesome life and nourishing your body.

Thanks to the internet, there is a surge of spending more money on fitness, gym memberships, “healthy food”, personal trainers, and other ‘life improvement’ products than ever before. Despite all of this, we continue to grow bigger, lazier, and weaker. The quality of life is decreasing at an alarming rate, and starving yourself or spending tons on “healthy food” is not going to help that.

Start off with a small and achievable goal. It is not important to be the pinnacle of perfect health, but incorporating all natural whole grains in your diet is a good place to start. Wheat bran would probably be a better choice for someone who needs a lot of fiber, as it would help in digestion, lowering cholesterol levels and aids in controlling weight. If you need a quick bran fix for your day, Whole Wheat Slices are your best choice. It is time to align your soul and body for a healthy and happy life.