



## Good Health: A Question of Luck?

Naturopath Hermann Keppler, Founder of ASNH (American School of Natural Health), suggests how we can tip the balance of 'luck' in our favor, when it comes to external factors that can affect our health.

Few will have missed the press reports at the start of 2015 claiming that 'bad luck', rather than lifestyle or genetics, is to blame for most cases of cancer. Since cases of cancer are on the rise, can it be assumed that we are becoming more unlucky?

Independent studies throw up potential connections between our adulterated food supply, ingredients in our personal care products, and the pollution of our environment, to disruption of our bodily systems, damage to our DNA, and cell mutations that can lead to cancer. Stressors on our system may include herbicides, pesticides, fungicides, additives, and the genetic modification of our food, and synthetic, petro-chemically derived, and hormone-disrupting ingredients in what we touch, breathe, or put on our skin.

Some vaccines contain known carcinogens. There are widely used pharmaceutical drugs which cause tumors in animal tests. Being overweight (often through over-consuming a processed diet high in empty calories, and full of artificial ingredients), is a huge risk factor for diseases, including cancer.

Given that we are also now exposed to high levels of 'electro smog' from electromagnetic radiation, a 'possible' carcinogen, and many other cancer causing pollutants, our 21st century lifestyle means that we are all at risk of poor health.

It seems unlucky indeed, that we are now subjected to an untested combination of numerous unnatural stressors every day of our lives, wearing down our body's ability to deal with its toxic payload. It is then that we can become sick, and since we are all individual, what will cause cancer in one person, can manifest

in another as an entirely different disease or condition.

Some of the risk factors are now so pervasive in our environment that they are beyond our control, however, we do have choice over many others. It's important not to give up and leave your fate entirely to 'luck' in the face of this seemingly overwhelming onslaught on our health. You can help yourself and your family enormously by knowing more about diet, lifestyle, and natural health.

Good nutrition reduces the overall toxic burden on the body, giving it the ability to help deal with the stressors that we can't change. It provides your body with the building blocks needed to improve your defenses, including by making your cell walls less susceptible to mutations that can lead to cancer, and by promoting a good supply of natural killer cells to help identify and destroy cells that do begin to mutate. Conversely, bad nutrition will leave your body in the worst possible position to do these things, making you more vulnerable to the overall toxic payload that we all now carry.

In short, good nutrition and a healthy lifestyle will help you load the dice of 'luck' in your favor. Why not take a first step today by deciding to consume foods in as close to their natural state as you can? This means preferably organic, fresh, whole foods, and making simple meals from scratch. Ask questions about how your food is produced, and look up the potential hazards of ingredients before putting personal care products and toiletries on your skin.

Our bodies constantly strive for health and we can help or hinder the process by what we eat, do, and use. By understanding the powerful impact of nutrition and lifestyle on health, you can provide your body with tools to help.



**HERMANN KEPPLER** has more than 30 years of experience in treating patients as a Naturopath. During his studies in Germany, Switzerland, Israel, Denmark and the USA, he gained specialist skills in Homeopathy, Nutrition, Herbal Medicine, Acupuncture and Clinic Management. He has written several books and has given many interviews on radio and TV. Hermann moved from Germany to England in 1997 to establish the first College (CNM, College of Naturopathic Medicine) in London. More colleges followed across England and Ireland. Today, CNM is with 10 colleges Europe's largest training provider in natural therapies. In 2012 Hermann moved to Tampa, Florida to open his first school in the US, the American School of Natural Health (ASNH). ASNH offers unique, comprehensive and holistic programs in natural health which train competent, safe and passionate professionals.

**DO YOU SUFFER CHRONIC...**

# BACK PAIN



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OR ALL OF THE FOLLOWING?**

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