

**DIETARY**  
**and**  
**LIFESTYLE**  
**CHOICES**  
**and their**  
**Effects on the Body**

**Craig Velardi, ND, MH, CHS**

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Pony X Press Publishing  
New York  
www.pxpprinting.com  
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First Edition: January 2009  
Revised Edition: May 2009, December 2012, February 2013

ISBN-10: 0615765440

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# Introduction

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It is my hope that in reading this booklet, your eyes will be opened to the reality of life and come to realize that you, and only you, have control as the decision maker that can make a difference in your life.

I encourage you not to fall into the rut of following society in its traditions, which easily enable you to becoming a “Prisoner of Yourself”.

Learn how the effects of poor dietary and lifestyle choices can bring you to a point of dis-ease.

Only through freeing yourself of the grips of the media and the misguidance of the marketing world, can you make educated decisions. Why not benefit in living a happier and healthier life through proper dietary and lifestyle choices.

Craig Velardi, ND, MH, CHS  
Holistic Health Practitioner

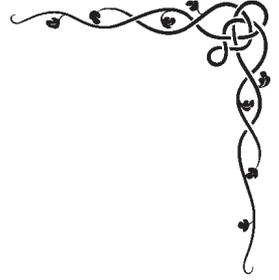
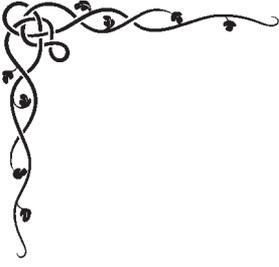
# Preface

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## **Being a Prisoner of Yourself**

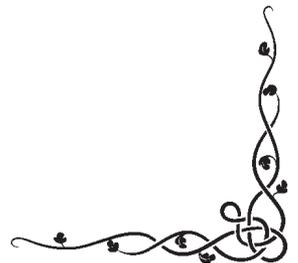
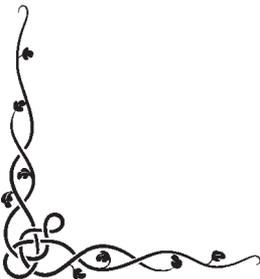
The effects of a poor diet and lifestyle are as simple as “being a prisoner of yourself”. By following the flow of others and not making wise decisions for our self in utilizing suitable research, we basically reap what we sow. Therefore, either by misguidance or prideful decisions, we have violated the practical laws of good health in formatting our lifestyle around the advice of others with or without confirmation, creating a comfort zone in which we exist. Even when sickness manifests itself or an illness disrupts daily routines, excuses to survive through these conditions are based upon what are believed to be symptoms of old age or hereditary disorders. Many individuals suffer continually from hidden ailments, causes of which are unable to be determined. Although they feel miserable and are subject to many symptoms such as frequent headaches, indigestion, or poor appetites, they refuse to reevaluate their lifestyles due to the grasping holds of family or societal traditions.

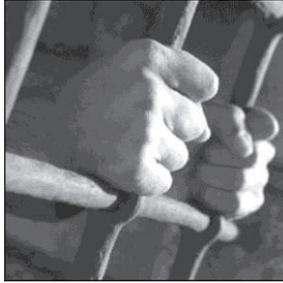
What is sad, is that mankind does not realize that with a simplistic engagement in proper nutrition, pure water, fresh air, sunshine, exercise and rest, we can live our allotted time experiencing a lifetime of ultimate wellness.



## **Part 1**

# **Effects of a Poor Diet and Lifestyle**





## Chapter One

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### **Poor Dietary Choices**

Too many people fall victim to the media and governmental agencies in trusting that the information that presents itself through avenues such as articles in magazines and newspapers, television and radio, and several other venues, are the truth about health and nutrition. But it is not too often that these two words, "trust" and "authority", can be used in the same sentence.

### **Dairy in Your Diet**

One such commercially motivated product and the advertised health benefits of its consumption, is dairy products, with milk being the most political food in

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## About the Author



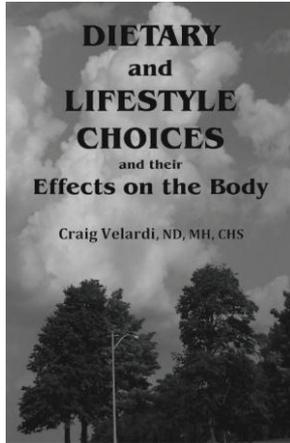
Craig Velardi, ND, MH, CHS, received his Doctorate of Naturopathy, Certification as Master Herbalist, and Certification as Health Specialist through Trinity College of Natural Health. He is also a graduate of Grace and Peace Institute of Biblical Studies.

Craig has a private practice in Otsego County, New York where he dedicates his efforts and passion for healthy living towards helping people live a spiritually connected, emotionally balanced, and physically thriving life.

Craig was also a Tai Chi Chuan instructor at Peter Kwok's Kung Fu Academy, Caldwell College adult night school and T & C Dance Company during the late 1970's and early 1980's while living in New Jersey.

Craig and his family have been vegetarians since 1991. He and his family now reside in rural Upstate New York.

## A Word from the Author



Additional copies of this book are available through the author's website. This book is also available at special quantity discounts for bulk purchase for sales promotions, fund-raisers, and educational purposes.

For further details, contact the author through his website:

Holistic Health and Wellness  
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## **and their Effects on the Body**

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