

For several weeks now I have been sharing examples of how common health conditions develop. There are two points I am hoping to make clear. First is that in one way or another we choose the health that we have. I am not saying there are no genetic factors, because there certainly are. I am also not saying that we are in complete control of all of the events that happen in our lives. Obviously we are not. What I am saying is that our state of health is a byproduct of several key factors; lifestyle choice, genetics, and unexpected or unknown events. Choice is only one of the three, but it is a significant factor.

Most people don't realize that choice can trump genetics. Most inherited diseases are really genetic tendencies, not absolutes. In other words, you might have a greater risk of developing a disease due to your genes. You can minimize that risk or completely negate the risk by living a healthy lifestyle.

There are many life events that can harm your health. There are physical events like car accidents and falls. Some jobs are physically stressful or carry higher risk of injury. There are emotional stress events that occur in life. There are chemical stress events where you might be exposed to a toxic substance like the workers at the nuclear plant in Japan. Most of us are exposed to environmental chemicals in our homes and at work or just outside. Chemicals on our lawns, pesticides, air pollution, out gassing from glues and plastics in our homes and cars are all environmental toxins that build up in the body. Studies have shown that the average American has dozens of foreign chemicals in their bodies. Even breast milk, which is supposed to be the purest form of food on the planet, has been shown to be contaminated with chemicals.

All of these physical, emotional and chemical stresses harm health in one way or another. Even still, with the right lifestyle choices, the effect of these stresses can be mitigated. The only problem is that we often don't make changes in our lifestyle soon enough. When enough damage is done it can be too late for a few changes in the diet and exercise habits to make a significant difference.

That is when we resort to medications and surgery and while those can help some aspects of our failing health, they don't address the underlying issue and they can have secondary negative effects. Next week I will discuss this topic further. Stay tuned and visit [lifetouchclinics.com](http://lifetouchclinics.com) to read previous articles in this series.