

# COMMON SENSE HEALTH

DIET, DETOX AND PHYSICAL ACTIVITIES



LAURIE  
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COMMON SENSE  
HOMESTEADING

*Using sound judgment to be more self-reliant*

## **Common Sense Health: Detox, Diet and Physical Activities**

By Laurie Neverman

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## **COMMON SENSE HOMESTEADING**

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### ***Praise from our readers about Laurie Neverman and Common Sense Homesteading:***

*“You provide the best information for self-sufficiency in a way that makes sense to everyone.”*

*“Your topics are interesting and humorous, insightful, intriguing, honest.”*

*“You strive to live the things that you teach, and that you are always willing to share not only your knowledge, but to actually research questions to help others in living a more green life.”*

*“You're my "go-to" person for all questions garden, fermenting, energy..... I figure if you don't know it, you've got a solid lead..... I refer to you as my "organic/heirloom garden, nutrition-foody, math-y fact-checker guru" in certain circles.... seriously, with modern homesteading questions, I check with Laurie before google.....”*

# Introduction: My Approach to Better Health

I don't follow a strict regimen. The thought of exactly counting calories or carbs is not appealing to me. I focus on the following:

**Eat Nutrient Dense Foods** – including [bone broth](#), [fermented foods and drinks](#), saturated fat, plenty of brightly colored veggies (especially greens) and fruits – fresh when possible and “variety meats” i.e. – organ meats.

**Exercise regularly, but don't over-exercise** – 3-5 hours of light aerobics, such as gardening, walking or a moderate aerobic video, weightlifting, and weekly sprints (you may find me flailing...err...running in place in my living room on Saturday mornings).

At least a couple times a month, challenge yourself with different activities. Work to include squatting in your routine to stretch the back muscles and help with incontinence issues.

**Get Enough Sleep** – no “all nighters” for me. I have noticed that since losing weight/changing my diet and exercise patterns, I don't get the afternoon crash like I used to before the changes.

**Get Sun and Earth** – I rarely wear sunscreen of any sort. At most, I'll put coconut oil on my face, which absorbs roughly 30% of ultraviolet rays. Your body needs sunlight to form vitamin D, which is essential for healthy bones, reducing inflammation and strengthening your immune system.

Note: Many sunscreens contain ingredients that have been shown to cause cancer. This is why I use coconut oil. I walk [barefoot](#) most of the time, keeping myself grounded and my feet strong.

**Stay mentally active** – as a homeschool mom, I think I'm learning more teaching my kids than I did the first time I went through this myself. This blog and its online community have been great for keeping me challenged with new information and ideas.



## **Low Fat Eating Plus Lots of Exercise Didn't Work for Me**

I'd been struggling with my weight for a while. Back in 2003, I went Oprah hardcore with Bob Greene and "Make the Connection." I was exercising like a fiend, eating low fat everything, and relying on willpower to keep me "eating right." I lost 30 pounds, and then I crashed and burned, and it all piled right back on. The food tasted nasty, and I just couldn't keep running myself ragged.

I'll confess some numbers here, because you already know about my [bowel movements](#) and I'm planning on writing about peeing your pants as you get older and why you shouldn't do Kegel exercises, so what the heck's a little lard between friends? At my heaviest non-pregnancy weight, I was pushing 220 pounds and was buying size 20 jeans, and eying up the larger ones. I started exercising pretty much daily, and got my weight down to around 213-214. From December 2008 to the beginning of December 2009, I dropped a couple of pounds, but I was pretty much stuck. I did light aerobics and stretching 30-40 minutes 5-7 days a week, watched my portion size and limited fat intake, but ate full fat and not fat free foods.

### **"Eat Fat, Lose Fat" – Could it be so simple?**

In early December 2009, I read the book "Eat Fat, Lose Fat: The Healthy Alternative to Trans Fats" by Mary Enig and Sally Fallon. Sure, I had read that saturated fat was healthy, and had read things in passing about animals being fed coconut oil actually losing weight, but these ladies flat out said, "**Eat More Fat!**" I looked over the recipes and hunted down ingredients like tamarind paste and fish sauce. I tried a few recipes. My family was underwhelmed. What can I say? We're not huge on exotic flavor profiles.

Frenzied life resumed as normal. The **one big diet change** I made that month was to **start eating a tablespoon of coconut oil before almost every meal**. I also started dry brushing and [cold rinses in the shower](#). I fried my morning egg in bacon grease, and often threw my bread in the pan to soak up any excess grease and toast a bit. I ate butter – LOTS of butter. I still ate sweets, including sugar cookies. I didn't change my exercise routine. **I lost ten pounds.**

Is this an ideal diet? Nope. Is it something that I could live with, without stress, indefinitely? Yep.

## **If You Want to Be Healthy, Make Choices You Can Live With**

Every person is different. Some thrive on calorie counting and strict goal setting. That's not me. I prefer small changes over time – **build up good habits and behaviors, and let the bad ones disappear naturally.**

It's been two years since I gave myself permission to eat as much healthy fat as I want, and I'm down around 30 pounds. (I usually weigh in between 178-182, although I have found that standing naked on one foot in the early morning immediately after using the bathroom, that number will be a little lower...) The size 20 jeans are gone, the 18s can only be held on with a belt, and the "skinny" 16s are now comfortable. Will I be seen in a bikini anytime soon? Not likely. Am I feeling better? Absolutely.

In this book I share some of the details of what has worked for me to improve my health – simple common sense ideas to help you make gradual changes. No doctor can heal you – all doctors can do is help or harm your body's own healing process. This information is for educational purposes only and is not meant to prescribe or treat any condition. As always, consult with your health care practitioner if you are pregnant, breastfeeding, or suffer from any medical conditions.

**If you're looking for a simple, common sense approach to taking better care of yourself and your family, it's time for Common Sense Health. I did it, you can, too.**

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