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Health & Wellness  
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[www.2goodhealthllc.com](http://www.2goodhealthllc.com)



September/October 2009 Issue

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## Greetings from 2 Good Health!

Greetings from Charles and Sheril.

**WOW!** It's September already. Can you believe it? It seems that every year the summer gets shorter and shorter.

Anyway, for 2GH, September means that our little newsletter vacation is over; we have to get off our duff and give you a full newsletter—our pleasure. We are thrilled to say that we did some exciting things this summer and continue to do new things for you, our valued subscribers.

To name a few things, **we are now on Facebook**, we conducted a volleyball skills and conditioning camp in Winder, and helped to create a fun **weight loss challenge** for 6 local women. More detail about these and other 2GH developments are available as you read on in this e-Newsletter.

Oh, last, but not least, you will finally get to read

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the third part of Charles' three-part article, *Superior Nutrition...Superior Health*, which was unveiled at the beginning of the summer.

As always, we invite your questions and comments. Please send them to us at [info@2GoodHealthLLC.com](mailto:info@2GoodHealthLLC.com) or call 770-881-7733. Enjoy this issue of the 2GH e-Newsletter. And, as we say on our radio show **“to be fit, healthy, and well, it takes 2, so let 2 Good Health help you.”**

To Your Health,  
The 2 Good Health Team

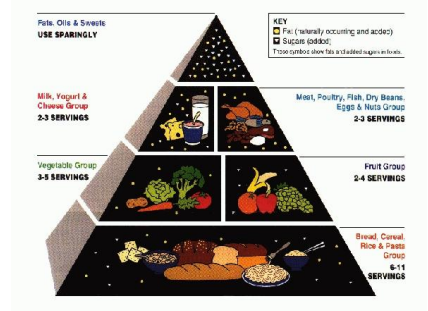
## Superior Nutrition...Superior Health – part 3

By Charles W. Burrage, Jr., Ed.D.

Previously in this article, I discussed the need for good nutrition in order for us to optimize our health. I discussed the food guide pyramid, and the need for us to utilize this important meal planning tool to improve our daily nutrition. I wanted to complete the puzzle with some additional information that you may not have necessarily heard about, and help you see that **there's more to good nutrition than simply eating right...**though that's a very important first step.

*It is not how much we eat, but how much we can fully digest, absorb and metabolize that counts.*

### Former Food Guide Pyramid



See “Superior” on Page



## 2GH Radio Show

Every Saturday at 10:30 am on WIMO Radio 1300 AM

**EXCITING NEWS!!** The 2 Good Health Radio Show is ONLINE! If you didn't get a chance to tune in, you can listen to prerecorded 2 Good Health Shows on our YouTube Channel – <http://www.youtube.com/2goodhealthllc>. Take a Look!



The 2 Good Health Radio Show is another FREE resource for you to get dependable, up-to-date information about health, fitness, and nutrition. We share tips and information that you can immediately use to improve your overall health and quality of life. Tune in every Saturday at 10:30am on WIMO Radio 1300 AM or online at [www.WIMOradio.com](http://www.WIMOradio.com).

Keep listening throughout the year to hear a fun, down-home show, win great prizes, and to hear special guests like Brad Bloom of Faith and Fitness Magazine, Karen Allen, a local TV Personality, and more.

We invite you to call in to the show with your Questions or Comments at **(678) 963-5482**

## Calling All Bloggers

Check out our new 2 Good Health blog sites. They are still a work in progress, but we want to hear your feedback.

**Personal Trainers:** Do you get frustrated with running from appointment to appointment? Do you wish there were more hours in a day? Do you ever wonder how you can further monetize your training business allowing you to work less and earn more? Then check out [www.personaltrainersuccessinstitute.com](http://www.personaltrainersuccessinstitute.com).

**Women & Weight Loss:** Are you a new Mom, stay-at-home Mom, or another special lady who struggles with weight loss or weight management? I've been there and done that. So, from woman to woman, this blog is for you! [www.yourfuturefigure.com](http://www.yourfuturefigure.com). Give me your feedback.

## You're Invited...to be a Fan



2 Good Health wants to make it easy for you to find the health, wellness, fitness, and nutrition information that you need. So, we have a page on Facebook for your convenience.

Visiting our 2GH page is also an easy way for you to send us your health-related questions or comments. As a matter of fact, here is our latest post:

2 Good Health wants to hear from you! We will begin monthly Wellness Conference Calls in October. Please share with us what you want to learn about. Do you want to improve your overall health? Are you one of the millions of people that suffer from Digestion Problems? Do you suffer from chronic aches and pains? Need to lose or maintain weight? Post your thoughts here or email [info@2goodhealthllc.com](mailto:info@2goodhealthllc.com). Thanks.

Become a fan (click the FB logo above), then make your contribution to our new Wellness Conference Calls. Tell us what you want to know.

## You Challenge, We Challenge

This summer, 2 Good Health had the pleasure of organizing a weight loss challenge for six local women (all co-workers).

All six women requested the help of 2 Good Health, chose to use a unique 12-week weight loss program called [The Enzyme Diet](#)® (the program that Sheril used to lose 30 pounds), and took advantage of 2GH **Wellness Coaching**, a FREE service for all 2GH clients and customers.

What is the prize for the winner of the challenge? Actually, there are two:

- ◆ Spa manicure and Pedicure
- ◆ ½ day off with pay (graciously offered by their employer)

If you and a group of ladies want a fun challenge and a proven way to lose weight, call us **770-881-7733**.



## Super Nutrition...

(continued from Page 1)

### Our Need for Digestive Enzymes

Consider This Quote... ***"It is not how much we eat, but how much we can fully digest, absorb and metabolize that counts."***

Did You Know that Over 100 million Americans suffer from some form of digestive disease? In fact, more Americans are hospitalized due to diseases of the digestive tract and colon than for any other group of disorders. Symptoms such as gas, bloating, diarrhea, constipation, belching, flatulence, food sensitivities, indigestion, mal-absorption, irritable bowel syndrome, and the list goes on.... are so common that they are seen as normal.

We can take in all the necessary nutrients however, if we're unable to break it down completely, we're not getting optimal nutrition!!

Metabolism and Weight Gain Issues occur when there is improper or incomplete digestion in the intestines. This leads to an increase in utilization of metabolic enzymes to support the activity of digestive enzymes.

### Probiotics

Consider this Statistic: *25% of resting metabolism is spent maintaining intestinal health.*

Do you know someone who struggles with frequent illnesses and infections? Sore throats, Ear Infections, Heartburn, Acid Reflux, etc... What do you think the problem is? It may be **Immunity Suppression from depletion of friendly flora (bacteria) in the digestive tract.** Threats to our immunity include:

- Antibiotics (medicines and meats)
- Carbonated beverages like sodas
- Refined products and sugars
- Environmental pollutants
- Stress

One of the ways we can combat these threats is to ***replenish our friendly flora every day.*** People take probiotics to strengthen their digestive tract and boost immunity, but we must be sure that it's stabilized – ***it has to be stable enough to make it through to the gut, where it's intended to act!***

### Utilization

Many researchers argue that a healthy diet is not enough, and that the average person is significantly deficient in essential nutrients unless supplements are taken.

Whether you believe this statement or not, it is important to remember that even in the presence of proper nutrition...that is...assuming that you eat a balanced and nutritious diet...There's another issue that has to be considered...***Utilization!!***

If we're not utilizing what we're putting in our bodies, then it really does not matter whether our nutrition is good. We need to make sure our supplements are doing what they're intended to do. We should select a supplement that is designed to not just provide the nutrition we need, but also can guarantee that it is getting into our body tissue so that we can actually benefit from it.

Well, I've said enough. If you'd like more info on how you can improve your nutrition through diet and premium all-natural supplements that do what they're intended to do, then email me at [info@2goodhealthllc.com](mailto:info@2goodhealthllc.com). I'll be glad to get you on the right track to become your absolute best.



Current Food Guide Pyramid