Five Native American Remedies We Can All Benefit From

Categories: General, Health/Fitness

It seems that people in the US and Western world are getting very good at eating foods and living lifestyles which are ruining our health and shortening our lives. How was it ever allowed for food to become so over processed, made from calorie dense processed seed oils, wheat/corn, and high fructose corn syrup? Then there is all the other chemical ingredients in our foods, that none of us know what they are or what they do... Our food has become high in calories (when we are more inactive than any previous time in history) but low on nutrition... It's the same with our lifestyles and careers, our choices create so much stress, depression, fatigue and ill health.

If you are struggling with the modern way of life, take a minute and read the post below, and consider the 5 native American remedies, and how they would benefit your life if you adopted some of them...

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(Image from: Nature Hacks)