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Your Connections To Diet and Health

At cdietconnections.com, we have sifted through mountains of information to help provide some clarity on the relationship between diet and health for you. You will find all the connections here.

* What Is A Healthy Diet
* This site is dedicated to help provide real solutions to the**CAUSE** of your health or weight problems and NOT relying on drugs that mask the **symptoms**. Many of the illnesses that people experience today could be eliminated if this was the focus.   
    
  God created within us a defense system more powerful than any drug or surgery which is capable of eliminating most illness that we experience today. That system is called our immune system which requires the proper "fuel"so that it will operate the way it was designed.
* **This diet/health relationship may be more profound than you know!**
* 
* **Healthy Eating Basics**

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| * + The result – a[**health diet plan**](http://weebly-link/391620566671775148) that works.  See some of the***results*** here.  Have you ever thought, is there such a thing as a [**quick weight loss diet**](http://weebly-link/120638757849677570)or [**what is a healthy diet**](http://weebly-link/316733179477701179)**?**  Why am I***sick***?  Can diet ***help you***  with your illness? Can I actually ***get off of this*** ***medication***?  With the vast amount of conflicting data available today, concerning our **health**, we at Creation Diet Connections have taken the common sense approach with proven scientific **studies** and real life **examples** from people just like you to achieve **ultimate** **health** and balance in your life.   We have done the research here so that you can make informed decisions about your health and lifestyle.   My goal was to***gain...****that is*to gain better health in order to eliminate prescribed medications. **You can do this also!**  Which makes more sense? Treating the **symptoms of your illness**with(drugs) or treating the **cause** of the illness. Most doctors today do not have adequate training in nutrition to treat the cause.   An article by Pauline W. Chen, M.D. in "[Academic Medicine](http://www.nytimes.com/2010/09/16/health/16chen.html?_r=0)", Sept 2010, reported that on average, medical students receive 22.3 contact hours of nutrition instruction during their medical school careers. The conclusion of the national survey was "The amount of nutrition education that medical students receive continues to be inadequate".   Yes, there is only one possible **“cure**” for any illness or physical issue that you may be facing and that cure cannot be found in any of the many **prescription** drugs on the market today.     We would like to take this journey with you as we uncover one of Gods great creations, the human body, and how it was designed to respond and eliminate many of the health issues we face today.  We want to***hear from you!***  Share with us your journey, your experience, and the many benefits of ***better health.*** |  |