

Roadblocks to Conception and Pregnancy: Diet

Our society places a strong emphasis on avoiding the virus and its variants. No one wants to be sick; however, not everyone has the knowledge base or the mindset necessary to overcome sickness and pursue and/or maintain health. "Running away" from people and hiding behind a mask is counter-productive to health. What we allow into our bodies, no matter the entry way, should be vetted for purity and should not be in opposition to God's design. Toxins in our environment come in all sorts of varieties and can affect our quality of life. If you don't know how to identify them, you could be inadvertently exposing yourself and making yourself sick.

Even if you're eating mostly organic, it doesn't mean these foods are filled with all the nutrients needed to sustain and maintain health. Eating organic just means you have a better chance of not ingesting additional toxins. Whole food supplementation is a necessary addition to your diet if you are truly interested in staying healthy. Humans are currently displaying the health consequences found from Dr. Pottenger's studies in the 1940s, aka "The Pottenger's Cats Phenomenon."

Learn how to identify some of the common toxins in our environment and in our food supply, as well as what you can do to reverse the Pottenger's Cats Phenomenon. For nearly 20 years, Drs. Tim and Cathy Taig have been helping their patients achieve optimal health. Tune in to the Faith and Family Frontier podcast every Wednesday on the Charisma Podcast Network and discover how to take your family's health to the next level. {eoa}

The Taig Team (Drs. Tim and Cathy Taig) *have been in chiropractic practice since 2002, serving West Michigan. They waited on the Lord for 16 years before their children came*

forth and that journey resulted in life experience, knowledge and wisdom that they now share with their listeners on the Faith and Family Frontier podcast. They are called to help inspire this next generation to achieve strong beginnings for their families.

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