

Building Wellness – CAUSES OF LIFESTYLE DISEASES

“The elimination of the cause of illness is the obvious and only way to healing and health” ~ Stanley Burroughs

Lifestyle-related diseases are on the rise in our country. These preventable chronic diseases are the outcome of our unhealthy choices. Identifying the causes of lifestyle diseases is critical, because the elimination of the causes is the obvious and only way to achieve healing and enhanced health.

First, we make a mistake when we confuse the name of the disease with the causes of the disease. Contrary to popular belief, a “heart attack” is not caused by “cardiovascular disease.” Cardiovascular disease is not the cause; it’s just the name of the disorder that led to the eventual dysfunction, shutdown or “attack” of the system. Cardiovascular disease and the subsequent “heart attack” is the **result of exposure to a combination** of risk factors over a period time.

Causes of Lifestyle Disease

1. **Dehydration** - Dehydration of the muscles and tendons is a primary cause of muscle fatigue, strain, tendonitis, and other disorders of the musculoskeletal system.
2. **Malnutrition** - The lack of living foods in our diet along with the overconsumption of dead foods causes chronic disease.
3. **Inflammation** – Inflammation is a primary cause of most lifestyle-related disorders, including heart disease and musculoskeletal disorders.
4. **Fatigue** - Lack of sleep is associated with numerous, serious medical illnesses including: high blood pressure, heart disease, stroke, obesity, and mental impairment.
5. **Poor physical fitness** - It’s widely recognized that there’s a direct correlation between poor levels of physical fitness and increased risk of chronic diseases.
6. **Poor health habits** - Smoking, alcohol, drug use/abuse, sugar, fast food, soft drinks, chocolate, artificial sweeteners, worry, and stress have a negative impact on your health.



Lifestyle Diseases

- › Heart disease
- › Diabetes
- › Cancer
- › Stroke
- › Arthritis
- › Migraine Headaches
- › Sleep Disorders
- › Musculoskeletal Disorders
- › Nerve Compression Disorders
- › Carpal Tunnel Syndrome
- › Tendonitis
- › Degenerative Neck and Back Disorders
- › Pulmonary Disease
- › Osteoporosis
- › Arteriosclerosis
- › Gallbladder Disease
- › Kidney and Liver Disease
- › Alzheimer’s and Dementia