



Simple Living or Simply Living?

by Teresa Jenkins, DCh

The lure of the phrase "simple living" draws me like no other. It usually happens when I am totally and completely overwhelmed by life. The children have school, ball practice, homework, play time and chores. Parents manage the household, have their own careers, run taxi for the children, and maybe, just maybe, have some time for themselves. We are all simply living, hanging on, until the next thing crowds its way into our lives. Where do I go to resign from the chaos? How do I get back to the good old days of simplicity?

One of the best things we could ever do for ourselves and our families is to commit to a simple life. What does that mean? Get rid of the television, limit the extra curricular activities or delegate some responsibilities? How about the computer? Do we turn off the cell phone? As a matter of fact, I know of a family who has a cell phone parking place as you walk in their door, and how much sweeter family time has become for them! The problem then becomes that we don't know how to stop. We do not know how to just be still.

Americans are action figures waiting for places to go and things to do. We forgot what it feels like to sit on the porch and wave as folks go by, or to sit quietly and read. Most of the time we have the television, the computer on and a book open, while we prepare dinner or carry on a conversation. While we often hear people express regret that they were too busy, no one ever says they wished that they had spent less time with their family and more time at work.

As I long for simpler times, the first step I'm taking is in the kitchen by adopting a raw foods lifestyle. It saves me hours of cooking and preparation, less time to clean up after, and besides, raw foods taste better, have more nutrients and enzymes, are less fattening, don't use electricity, don't overheat the kitchen, and did I mention it's so much better for you? You can start simple with simple salads and build from there. Dig out that old coleslaw or raw broccoli recipe or begin your meal with a plate of raw veggies. I've gone to fruits and nuts as my snacks, just as people did in simpler times.

What steps can you take toward a simpler, healthier lifestyle? Turn off the television, park the cell phone or start small with just one thing that adds a little peace to your day. Now, go, and just be. Stop simply living and start living simple.

For more info, contact Dr. Teresa Jenkins, DCh, at (803) 781-5866 or visit NatureWorksOnline.com. See ad page 27.



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