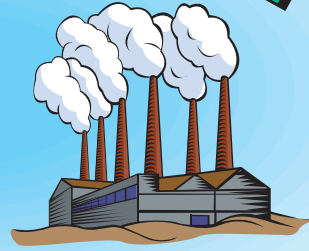
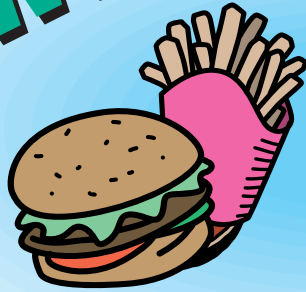


WHY WE ARE SO UNHEALTHY:



- + Poor food choices
- + Eating too much "bad" food
- + Not eating enough "good" food
- + Not drinking enough water
- + Lack of exercise
- + Stressful lifestyles
- + Environmental factors
- + Approach to medicine: "Treatment" instead of "Prevention"



What can we do about it?