

## **Saving Money Staying Healthy**

We often look at the organic food section at the grocery store and after careful inspection decide that eating healthy is just too costly! We believe that if we make those healthy choices that we know we should make we won't be able to afford it.

Well, I'd like to make an attempt to completely disprove that theory, and show you how, in fact, eating healthier will SAVE you money! The "America Saves" Campaign is bringing awareness to the community that there are many ways to save and invest in 2015--let's explore some healthy ideas!

The best choices for eating healthy do include fresh fruits-- bananas, apples, grapes, blueberries-- all excellent choices for breakfast or snacks. Avocados are an amazing, nutritious food-- a superfood! Making the choice to purchase organic meats, cage-free eggs, and chemical free vegetables are the wisest choices when it comes to your health and boosting your immune system!

But the "argument" is that all of these foods cost more than their less healthy counterparts, so how is it that making these choices will save me money?

Statistics show that families that make these choices do have stronger immune systems, and therefore are much less likely to catch the inevitable "bugs" that circulate throughout the year. A sick child will create havoc on the budget-- even one day off work to stay home and nurse someone back to health can be costly. Not only that, the costs of the doctor's visits (even if you have a co-pay), prescription drugs and over the counter remedies are all expenses that add up quickly. In our family, before we made this shift, one of the boys would bring home strep throat germs, and it would cycle through all 5 boys, my husband, then myself. As the caretaker (Mom!) of this rowdy crew, my lost wages after a week of passing the germs would definitely cost us financially. I personally know this works as a great way to save because since 2007 when we made the shift we have been symptom free of even a common cold!

When our bodies are receiving the correct fuel our brains work more efficiently as well. Productivity is up, profits are up, and we see more money and profit at the end of the day.

Another great money saving tip is to make the commitment not to spend frivolously by buying lunches out or stopping for that \$2 bottle of water or that \$3 cup of coffee! These small daily purchases add up to big bucks! In fact, the average coffee drinker spends \$75-\$150 on coffee by buying one cup at a time in the marketplace! Solution? Make a one-time purchase of a good water filter, buy healthier glass bottles and fill the water bottles, pack in an insulated bag and you can save \$30-\$50 per month on water alone! Buy a nice thermos and insulated coffee cup and make your coffee at home instead of hitting the first drive-through heading to work each morning. Pack a healthy

lunch, take healthy snacks such as humus and celery to avoid the cravings and impulse buying. Commit to eating out on special occasions only instead of daily trips to the restaurants during lunch and when you're on the go! The money that you save from not eating out at fast food restaurants will more than pay for the fresh and frozen fruits, raw veggies and organic meats and produce!

The most important aspect of all of this is that we must take control of our wealth (our money!) and our health! I believe in leaving a generational wealth legacy for our families, but unless we add to that a generational health legacy, nothing else really matters!

My 'saving advice'—start this week, make simple healthy choices that you can commit to and create new healthy habits! Creating one new habit each week is a simple way that fits into even the busiest lifestyle! You'll be saving money, time, and energy and creating a new and healthy body at the same time! It's easy if you do it "One Bite at a Time!"

Tracee Randall, founder of Generational Health, has created a simple program designed to empower families to create new habits making simple changes. Her program "One Bite at a Time" 50 Weeks & 50 New Habits has impacted the lives of families generationally across the nation. Contact her at [tracee@goldenvie.net](mailto:tracee@goldenvie.net) [www.fb.com/goldenvie](http://www.fb.com/goldenvie)