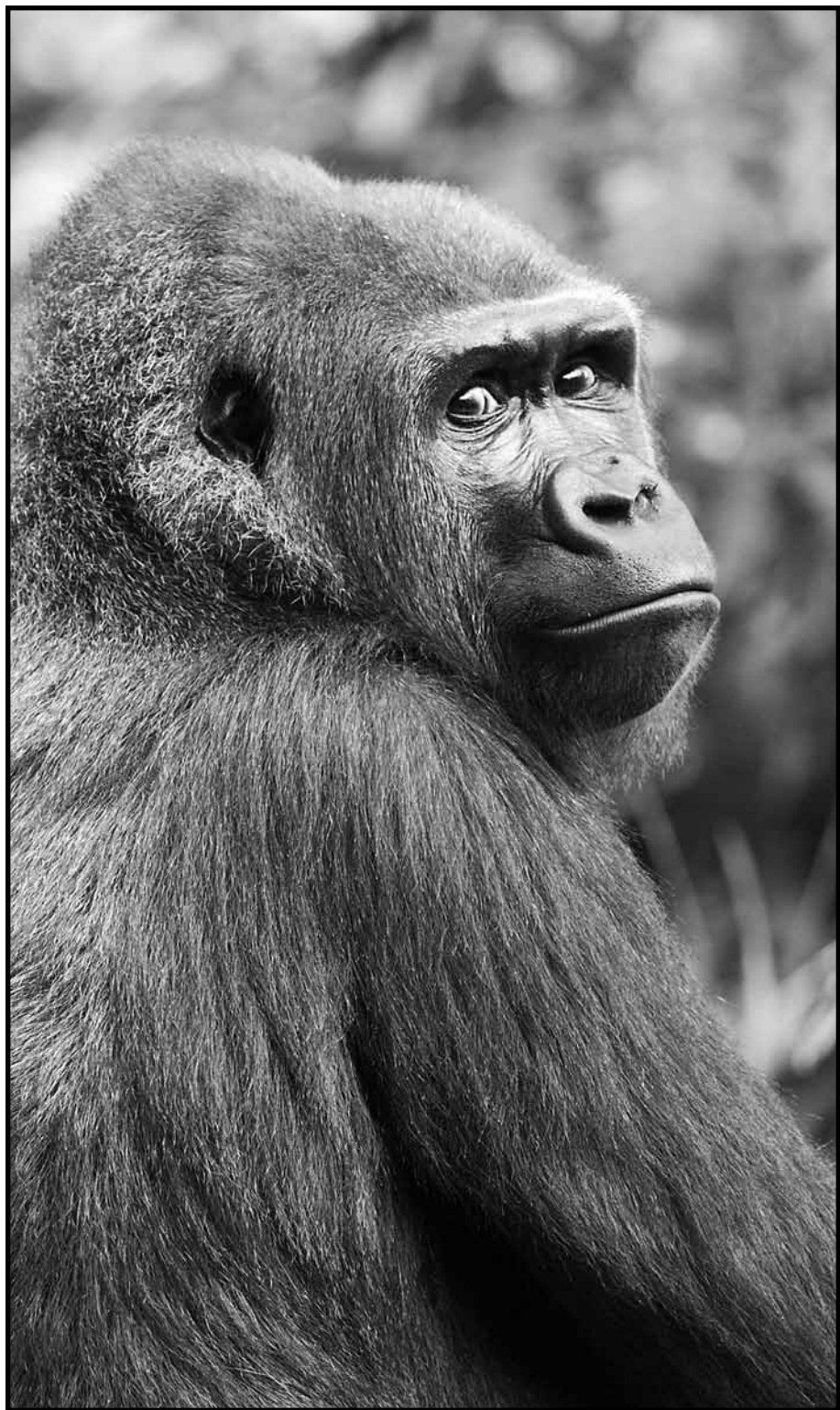


**CHAPTER 14**

# Body-Centered Lessons





## Nature

**A**ccording to Cindy Engel, PhD in Biology and lecturer at Open University in England, wild animals pay close attention to their health. Example: “Up to 90% of the natural diet of wild gorillas consists of the antimicrobial plant Aframomum (a member of the ginger family). What scientists have recently discovered is that this diet cleverly kills pathogenic bacteria such as Shigella and Salmonella while allowing facultative (helpful) bacteria to thrive in the gut.”

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## Business Lesson

**W**ild animals instinctively recognize the benefits of maintaining a healthy immune system. Unfortunately, most of us in the business world do not, so we skip breakfast, gulp down a cup of coffee and run from meeting to meeting, project to project with an impaired immune system; which of course weakens the body’s ability to fend off infection. According to most experts there are three things we can do to protect and strengthen our immune system: improve our diet and nutrition, exercise and reduce stress. I believe a strong immune system starts with eating a well-balanced diet by tapping into what Cindy Engel refers to as our “nutritional wisdom”. U.S. businesses lose billions of dollars each year due to absenteeism and reduced productivity due in large part to the secondary effects of poor nutrition. Improving the health of your business may require you to improve the health of your employees.