

Benefits of Eating Healthy

- *You will feel better, with better digestion and general well-being.
- *You will look better, with healthy skin, hair, eyes, teeth, etc.
- *You will live longer, at least with regard to health-related mortality.
 - *You will have more energy to do the things you love.
 - *You will require fewer visits to the doctor and dentist.
 - *You will sleep better.
 - *Your sex life will improve.
- *You will be less likely to develop diseases such as diabetes, cancer and heart disease.
 - *Your mood will improve.
 - *You are less likely to struggle with obesity.
- *If you are already suffering from a disease or disorder, eating healthy will help keep it under control or even reverse it.