



# American Employers Understand The Importance Of A Healthy Workforce

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*Many American companies are urging their workers to get healthy. They are understanding how the benefits of improving one's diet and lifestyle habits can lower their costs of health care to employees.*

PR9.NET January 04, 2007 - Flemington, MO, USA-Just like your mom use to tell you, so are many American companies telling their employees to eat their vegetables, get outdoors for fresh air, sunshine, and exercise. These are the best words of wisdom and safety precautions for anyone to avoid serious and costly health care issues.

Some companies are not being so gentle about it. One such company, The Hartford Financial Group Inc. insurance company, uses price manipulation in its cafeteria to encourage healthy eating. They increased prices of unhealthy foods and use this extra "donut tax" money to fund healthier sandwiches, fresh fruit, and salads.

Another company, L.L.Bean, shuts down it's manufacturing line three times a day for mandatory five-minute stretch breaks designed to prevent work related injuries. These are just a few of the strategies companies are using, others include: company sponsored physical fitness programs such as walking, use of the company gym, or loaning out exercise equipment.

Surging health care costs are fueling these necessary changes as companies that provide health care coverage for their employees can not continue to absorb the cost of rising premiums. Because of rising health care costs, most companies are realizing these costs are reducing their ability to sustain a profit..

Some companies are reacting to rising health care costs and high priced insurance premiums by reducing employee coverage by shifting more of the cost onto the employee. Still, others are choosing to help their workers all they can by encouraging healthy eating and lifestyle habits. This mindset goes a long way in avoiding disease brought on by poor eating habits and a sedentary lifestyle.

"In approximately the last fifteen years or so, there are three main health concerns plaguing Americans, and any other modern technological based country that adopts a Western diet. The typical Western diet consists mostly of highly refined or nutritionally stripped manufactured food," states Skidmore, "and the three main health plagues are obesity, joint mobility (arthritis), and mental infirmities (mental illness). These conditions and so many others respond beautifully to the strategies these companies are supporting."

Skidmore's favorite on line health news source is published by Dr. Joseph Mercola at mercola.com. Mercola believes the answers to the ever increasing health care crisis is in helping our fellow man, by teaching them how to take charge of this out of control problem themselves. Mercola says, "when we help our nation's people to focus on health achievements, rather than disease treatment, the total cost of providing medical care would dramatically decline, because healthy people require less medical resources."

"I couldn't agree with this statement more," states Skidmore, "that is why I felt motivated to start my own on line resource to help people discover the many different ways that are available to reach total control in one's health naturally. My Water 4 Life's mission is to help teach others how momentous the results of adding adequate daily water consumption can be in improving anyone's health."

"My Water 4 Life is poised and ready to help illuminate one of modern medical science's indifferences to a substance that is vital to human health," states Skidmore, "it's simplicity is in it's effectiveness, and inexpensive cost."

Brenda Skidmore is an alternative health care consumer advocate, and creator of a free weekly newsletter. Skidmore has written numerous articles relating to a wide variety of health care issues, and is the author of Disease And The Diet Connection/What Their Hoping You Won't Find Out. This e-book is available for purchase and can be downloaded directly from the website at...<http://www.mywater4life.com>

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## About My Water 4 Life

There are other options that provide for better health and support a longer life. Natural approaches to healthcare also support your mental, spiritual, and emotional health and growth!

There are a million strategies that you can benefit from other than relying on pharmaceuticals! You don't have to succumb to the side effects and dependency with prescription drugs or over the counter medicines.

What you may not know is that for every single ailment that you might be dealing with there are over a dozen or more natural treatments to heal you.

Natural, Alternative and Complimentary healing is the healthiest option out there for your specific needs!

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