

Lola's Life Lessons: Session 4

One of my favorite proverbs is:

“Kung may itinanim, may aanihin.”

Translation: “If you plant, you will harvest.”

Rewards will not come to you unless you work for them. Your mind may want to live a better, healthy life, but you need to make changes to reach that goal. My food choices were not always the best.

Of course, the Philippines is always in my heart. When I long for home, I remember the smells and foods of my province. But my favorite dishes have a lot of sodium. So Mila and I had to look for healthy and tasty ways to prepare Filipino dishes with less sodium. Now, I notice when something is too salty, and I do not even use the saltshaker at the table anymore! It takes time to change; you have to start with small steps first.

Look at my son Jose. He is a good nurse, but he is not a good patient. Jose did not try to control his high blood pressure, and he had a stroke! Do not wait for an emergency before you act. Take care of yourself and your family. Plan for the future. Love your life and make changes now. *Huli man daw at magaling, naihabol din.* It is never too late to offer anything that is good.

A Time To Reflect...

What things keep you from using less sodium in your foods or choosing foods with less sodium? What changes can you make in your life to continue on your journey to heart health?

(Use this space to write down your thoughts for this week's session.)