



*The following factors play a big part in our health and gene expression. I am going to share a few ideas to begin addressing these points and tips on how to give extra care to the areas that may need some special attention.*

## Diet

The most important thing I can teach you today is to eat REAL food as close to the way it's found in nature as possible. If it's in a package or premade then it has additives and chemicals in it that are going to make you overweight and sick.

1. Read labels - Try to eat only foods with 5 ingredients or less and only words that you can pronounce and know what they mean.
2. Reduce your carbohydrate consumption - This will reduce inflammation, help you lose weight and to be mentally sharp. Most of your carbohydrate consumption should come from vegetables like leafy greens, other low glycemic veggies, and a serving or two of fruit a day. This will have a huge positive impact on your health.
3. Aim for eating a minimum of 5 vegetables a day - If you can eat 7-9 servings a day, even better! Vegetables have many disease fighting chemical properties within them and lots of fiber. Fiber is needed to help us feel full and to remove toxins, waste, and fat from our bodies. Half your meal should be vegetables.
4. Eat smaller portions - Try eating on a salad plate instead of a dinner plate. Purchase smaller food storage containers for your lunches. These can be purchased at stores like Marshalls or Ross inexpensively.
5. Stop snacking while watching TV - Make a rule, "No eating when watching TV."
6. Stop eating after dinner - Make a rule, "The Kitchen is closed at 7pm."



7. Eat more healthy fats - Fats such as avocado, olives, hemp seeds, chia seeds, raw nuts, extra virgin olive oil, organic virgin coconut oil, ghee, and grass fed butter (Kerrygold). Fats satiate you and are essential for good communication between your cells.
8. Drink more water - Drink half your bodyweight in ounces of water per day. If someone weighs 200lbs then they need to be drinking 100oz of water per day. However, no one should drink more than 110oz per day. If you don't like the taste of water you could infuse your water with fruit and herbs. If you don't feel thirsty try a good electrolyte such as Matrix electrolyte which you can purchase from Heart of Wellness or on Amazon. One scoop in 8 oz of water first thing in the morning and again in the afternoon. This helps reduce your trips to the bathroom and ensures the water is getting into your cells. You will find you have more energy.
9. Reduce your caffeine intake - One cup of organic coffee a day and no more than two. I am talking 8oz not a 16oz coffee drink. If you drink energy drinks please, STOP! They are really bad for your health and you will pay dearly for drinking them down the road.

## Digestion

Make sure you are in a calm and relaxed state when you are going to eat. Stop doing other things. Allow yourself 5-10 minutes to eat your food. It takes a lot of energy to digest food properly.

1. Take small bites - Chew your food thoroughly. Put the food down in between bites.
2. Don't drink fluids when you eat - Except for a sip of room temperature water or warm tea or broth if you need it to help swallow the food. Liquid dilutes your digestive enzymes and then your body cannot digest food correctly.
3. Proper digestion is imperative to good health - If you are having digestive issues like burping, bloating, gas, heartburn or indigestion or if you don't have an easy to pass daily bowel movement, please contact me so I may help you. Digestion is King and your immune system is housed in your digestive tract.



## Exercise

Make a goal to exercise 30 minutes a day. Walking is really great!

1. Add some resistance training - Lifting weights or doing bodyweight exercises helps build muscle, improve bone density, and burn fat.
2. As we age we begin to lose muscle - The number one cause of elderly people going into nursing homes are broken hips when falling off a toilet. This happens because they have lost muscle mass in their legs and no longer have enough strength to stand up.
3. Find an activity you enjoy doing - We must move our bodies. We were not meant to be sedentary. If you don't use it you will lose it!

## Sleep

Create a dark, cool, electronic free sleep zone. Your bedroom should be for sleep and sex only!!

1. Turn your wifi off when you're sleeping - The EMF's it omits disrupts sleep.
2. Put your phone on airplane mode - Charge it in your bathroom. You can still use the alarm clock.
3. Put a blue light filter on your smartphone - Also on your tablet, PC and if you watch TV at night purchase blue light blocking glasses or stop watching it 2 hours before bed.
4. Have a regular bedtime schedule - In bed by 10pm and up by 6-7am. This is ideal, but you need to be shooting for 7-8 hours of good sleep a night.
5. Consider a sleep study - If you snore or wake with a very dry mouth get a sleep study done. You can even do them at home now. Addressing sleep apnea is crucial for your health.
6. Trouble sleeping? - If you have trouble sleeping stop drinking caffeine and alcohol for a few weeks to see if it fixes the problem. Many times these two culprits are the problem!



## Social Environment

We are social beings and need to participate in community. So find a group, club, a church or volunteer organization and participate. This really does a body and mind good. The societies with the longest and healthiest life spans have this factor in common. The citizens are part of a community where they feel needed and contribute to the whole.

## Stress

We cannot always control the stress in our life but we can manage how we react to it.

1. Take a stress inventory and see if there are stressors like certain relationships or obligations that you need to eliminate from your life and then eliminate them.
2. Begin a stress management practice and do it everyday for 5-20 minutes. Some ideas are deep breathing, prayer, meditation, nature walking, and adult coloring. There are great books that teach simple ways to practice mindfulness.

## Find Your Bliss

We spend so much time grinding away at our daily responsibilities like going to work, cooking, doing chores, running errands, etc. It is imperative to do things throughout the week that bring joy and pleasure. Think back to when you were a child or a teenager and what did you love to do? Many times as adults we don't allow ourselves the luxury of doing things we enjoy. It is time to reconnect to our inner child and have fun!

