

7

Tips To Enjoy Better Health Everyday!

Protect yourself against viruses, flus or infections with these 7 tips that will maintain your health with lasting results.

1

A Healthy Mindset

What's on your agenda to stay healthy, mentally active and fit? It's all about mindset, thinking positive, having purpose beyond expectations and engaging life!

2

Nourish With Water!

Nourish yourself with a glass of water and lemon juice each day. Lemon and water is a refreshing, mood enhancing and detoxifying drink. It is high in Vitamin C, good for boosting your immune system and providing energy. Although lemon juice is acidic, when it is digested into the stomach it becomes alkaline stimulating your stomach acid (Hydrochloric Acid or HCl) that sets the tone for proper digestion and overall well-being. It also benefits the enzyme functions in your body, moving foods through.

3

Energize With Food!

Select whole foods and quality proteins. Food has tremendous healing and energizing power! Eliminate processed and packaged foods loaded with preservatives and chemicals which seriously compromises your health. Eating quality proteins and whole foods can improve how you feel each day. Select organic foods for meats, dairy and greens. You've earned it to treat yourself to the best!

4

Fats Rule!

Eat Healthy Fats and Fibre. Healthy fats are comprised of fatty acids that come from your diet (avocado's, nuts and seeds, omega 3 oils, fish and coconut), that nurture cell integrity, reduce inflammation, boost your metabolism and burn off calories (for energy). Fibre helps move food through and out your system.

5

Move!

Engage in daily exercise. Include a range of movement everyday to strengthen your muscles and bones, stimulate the brain and support your immune system that protects your entire body against disease.

6

Brain Power!

A Daily mindfulness practice stimulates memory and brain. The brain continues to be flexible and versatile throughout your lifetime. Practicing relaxation techniques through deep breathing, meditation and mindfulness calms the mind and grows new cells building new neural pathways.

7

Community Equals Immunity

Isolation is one of the major causes of physical and mental decline for people. Studies have shown that socializing and cultivating human relationships increases brain function and health. ADD: Participate, engage and socialize in your community regularly.