

Ten Tips for a Healthier Life

One

Eat plenty of vegetables (less starchy and more leafy greens) and fruit (choose low glycemic fruits like berries). Meat should be consumed as a condiment and always be pasture raised, grass-fed, and grass-finished.

Buy as much organic food as your budget allows. The Environmental Working Group lists the "dirty dozen and the clean 15". These lists explain what absolutely should be organic as well as the ones that are safe to eat without being organic.

<https://www.ewg.org/foodnews/>; Avoid packaged, boxed or canned food. Frozen is a better option.

Two

Three

Consume foods rich in omega-3 fatty acids (found in fish such as salmon and sardines), nuts, and seeds. These foods are beneficial for heart health, brain function and development, mood and mental health, inflammation and joint health, eye and skin health, pregnancy, and infant development

Read labels. If your product has ingredients you do not recognize, do not buy it.

Four

Five

Embrace cooking at home. Restaurant food is often laden with salt, unhealthy fat, and sugar. Use only extra virgin olive oil for cooking. It is a heart-healthy fat.

Sugar is toxic! In addition to weight gain, it causes an increased risk of developing type 2 diabetes and heart disease and increases the risk of certain cancers. It also contributes to dental problems and skin issues, and it can trigger the brain's reward system similarly to addictive substances, leading to cravings and dependence on sugary foods.

Six

Incorporate herbs and spices into your diet. They have tremendous health benefits.

Seven

Eight

Consume probiotics. Foods such as plain yogurt, kefir, sauerkraut, or kimchi support digestive health, the immune system, and mental health.

Meditate. Start with 2-5 five minutes daily, gradually extending the duration. It is a practice that gets easier over time. Stick with it even if your mind races. That is normal. You will be so happy you did!

Nine

Ten

Prioritize a good night's sleep. High-quality sleep is essential for sustaining peak health and well-being across various aspects of life, including improved cognitive and emotional health, weight control, physical performance, immune function, healthy aging, and a reduced risk of chronic ailments. To facilitate better sleep, disconnect from electronic devices by 7 pm. Prepare for bedtime relaxation with activities such as indulging in herbal teas like lemon balm, chamomile, and lavender, enjoying a soothing bath, listening to calming music, using tranquil essential oils like lavender and chamomile, and aiming to be in bed by 10 pm.

In addition, consider allocating breaks from social media and utilizing that time to immerse yourself in nature. This shift will introduce greater tranquility into your life. Ultimately, unleash your inner sage instead of succumbing to the saboteur within. We often invest excessive energy into dwelling on our flaws and life's shortcomings rather than acknowledging what is going well. Remember to acknowledge your efforts daily and commend yourself for striving for your best.