

**Your
Practical Guide**

Insider Tips to Healthy Living

**Stress Management | Healthy Heart
Fitness | Energy | Focus | Memory**



**Striving For
All-round
Healthy Living**

**“A BETTER LIFESTYLE
BY CHOICE “**

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Introduction

It is time to take serious matter with our health, living and the choices we make, as it affects our today, tomorrow and our longevity. What we do and do not do NOW, will affect us down the road and later in life. The task and onus rests on our own shoulders to get to a spot of tranquility, enjoying life to its fullest, balanced, active living, healthy and happy, adding to our quality of life and investing in our later stages of life TODAY, ALREADY!

Many times our fascination with and dedication to our health and wellness is temporary, sporadic and only when or once it is threatened by illness or health scare – we rarely make it a top priority. We are the custodians of our bodies, health and overall well-being. Yes, we cannot add to our lives a day more than is destined (although some might argue they cheat death, gene-therapy and alternatives can have you live longer etc.)

How ready are you to commit to healthier living all-round? These days more and more of us want to make changes in our life and lifestyles to get the most from what it has to offer, live as long as we can, enjoying our health, keeping our faculties in-tact and just having FUN with life! The choices we make everyday does effect this a great deal. There are however, lots we can pro-actively and deliberately do to improve our quality of live and live happier and longer, fuller and healthier lives. In and throughout this guide, you will find hints and tips, sorted around TEN key areas and aspects of your life that can and will make all the difference for you . You too can meaningfully improve your physical, mental, and spiritual health. Individually and collectively, these approaches can fit into an overall personal plan for holistic health and well-being.

Positive vitality, energy, rejuvenating and replenishing processes and approaches across and in all areas of your life is rewarding and can work its magic for you. Delaying or postponing doing the right things today, can and

will cost you in the long-run. You do not have to and cannot afford to put off doing something GOOD FOR YOURSELF FOR A CHANGE!

Also, making tons of smaller adjustments can also have a great impact, improving your health, regardless of your age, condition, fitness, circumstance and individual challenges that you have. You can and need to improve your own personal health and fitness, as well as those around you, that you love and care for. Taking action and recognizing the need, are great first steps in the right direction, bold, empowered and with intent, purpose and determination will reap you results.

STEP 1: A Matter of Perspective and Choice — Living A Positive Lifestyle, filled with Outlook, Passion, Values and Actions

So, where exactly to start with your HEALTHIER, BALANCED LIFESTYLE ALL-ROUND? Look no further than yourself and your own resources as most of the answers are right within your reach. You have and nature will give you what you need to accomplish any, some and all of the above goals, targets and outcomes!

Three important elements for a healthier life are

Attitude and positive outlook

Values, beliefs and how you structure, organize, choose and live your own life

Personal choice, behavior, relationship with others and the world around you

Interconnected and dynamically influencing how you live, what you do, longevity, quality of life, happiness, etc. are all in the cards and under scrutiny here.

- Attitudes, reactions and responses to what life has, offers, brings across your path, people, places, things, events, possibilities, promise, potential, assumptions and beliefs, all learned behavior, patterns, habits and more that makes you YOU and YOUR LIFE!
- What you consider, know, think about yourself, other people, and situations – the balance FOR YOU between reality and interpretation, perceptions, values, expectations, thoughts and actions.
- Actions, learned patterns, choice, decisions, that you have adopted towards contexts, events and others.

These THREE areas are not separate in your life and all affect your body, health, future and wellbeing. They are pre-requisites for healthy, happy, full living. Role-modeling, respect, examples that work, modeled after what you value, see and recognize in others all matter and can be a guideline, milestone and route-marker on your personal path and life. You can also set your own tone and pace – which most of us believe we do, but sometimes abdicate to circumstance, demand and work/home life requirements.

For most they barely notice what they are doing and how they are doing it or how it affects them short, medium and long-term. Personal excellence and work-ethic sometimes have us stretching or overreaching, pushing our own personal success and boundaries at our own expense, including risking our health and wellbeing.

Those who we interact with can also affect how happy, healthy, and successful, fulfilled and balanced our lives are, could or might be (or not be!!) . This does not give us an excuse for self-defeating, bad, negative, behavior and choices that are not for the better, our health overall, balanced, positive living, choices and decisions.

There might be lots that we are currently doing in our lives that direly affect how successful, healthy, happy, fit, trim, interactive, fulfilled, balanced and well we are!

- Beliefs
- Change
- Empowering beliefs
- Hope
- Identify
- Limiting beliefs
- Others, support, network (or lack thereof)
- Parameters, boundaries or limits
- Personal and professional relationships
- personal health, illness, disease or threat to our wellbeing
- Productivity, imbalances between work, life and home priorities
- Self-full-filling prophesies
demanding or out of control areas of our lives
- Stress and anxiety
- Success
- Things, past, present of future holding you back.
- Unrealistic expectations

... or many more.

Self talk, psychology offers some explanation why we succeed or not in life, health, weight loss, career, fitness etc. We need to understand our motivations, thought, actions, behaviors a little better, in order to be happier, healthier, more in-balance than ever before. Life is complex and demanding and we all need a personal strategy to cope and thrive in and throughout our lives.

Paradigm shifts and changing your thinking are all part of succeeding at changing your good, bad habits and patterns of behavior for the changes and

adaptations that you make in and to your life to LAST! Positive thoughts, making the most of your bio-physiology are and becomes possible. Self-confidence and belief in your own abilities, competency and potential; can place your health and balance goals within your easy reach. You need to spend some time and attention to your own personal thought, attitudes, beliefs,, choices, decisions , actions and behaviors. Most of the actions you can take to foster and enhance your health will have you making changes, altering, discarding, or replacing things within and around your life, to get the personal life and achieve the health that you want, need, desire and deserve.

You can realize your life and potential easily and reliably, act with confidence and strive for balance. This is self-empowering and enriching to your life, health and wellbeing. Inner-confidence and belief in your potential is all it will take. Educate and empower yourself to manage, use and master concepts and ideas for health. Make improving your health and wellbeing, not only when you are sick or at risk a top priority in all you do, in all aspects of your life.

Doing all of this will have you realizing your potential more fully and even taking care of longer-term, unrecognized , career, life, relational, relationship, professional goals. You can live a purpose--driven and focused life. Sometimes our instincts about things are and can be wrong. We do not have to have all the answers BEFORE you start, it is more important that you get started with and for healthier living, the easier the BETTER!

Managing your emotions, control and anger, releasing stress, tension and built up resentment, negative emotions and not repressing or venting ONLY, or defaulting to extremes, that place a lot of pressure on the body, organs and systems, oftentimes direly affecting your health and wellbeing are all important too.

Emotions and relationships do take its toll and energy. We need to also take control of our emotions, responses and reactions (sometimes over-reacting, stressing for no reason, getting

worked up etc. are all for nothing, wasting our precious resources!)

- We need to take special care with our relationships, our work, and our health. Make the most of your instincts, fight-flight responses, get coping skills to help you better deal with your emotional wellness, reaction, responses, relationships, physical safety, or more frequently, to your psychological well-being. Our emotional health and mental health are just as important, if not more, than our physical well-being, but yet, we oftentimes do not pay much attention – not until something is wrong or our life in shambles. We can however be more self-aware, work on our relationships with others and how we react and emote in and towards the world around us.
- Causes and triggers to emotional outbursts should be minimized, it unnecessarily raises your blood pressure, makes more demands on your body, functioning and use resources that could otherwise be utilized to protect and restore, replenish and enrich your life and health!
- Spend and expend, conserve your energies to the things that really matter.
- Accountability and environment adjustments might be necessary in most cases to deal effectively with the challenges we face every day and that life throws at us and others.
- Distinguish between real and perceived threats and deal effectively with them. Enjoy moments that are positive, uplifting and work for your happiness, deal with regret, sadness, or any other emotion as opposed to suppressing it.
- **CONTROL YOUR ANGER AND OUTBURSTS** – think of them as wasting energy on things that do not matter, putting your health at risk in the long-term and you will see how quickly your mood, behavior and relationships change.

- Do process and progress checks on yourself in the moment, when you get angry or upset for example and try to do something different, try to mediate and resolve the situation more effectively, even re-evaluate, look at your response and actions objectively, altering course where required.

Avoid unnecessary assumptions, judgments, and overgeneralizations, irrational or rash judgments, alternative explanations, actions and interpretations. Do not underestimate the value and contributory power of mental alertness and psychological well-being. It can contribute greatly to your overall state of being, status quo and what is to come in future years, your longevity, happiness etc. You can learn and master new coping skills that will give you a wider arsenal of tools to call upon, even in moments of anger and crisis, not depleting your inner resources and bodily stores/strengths to cope, not even speaking of thriving! Venting and unconstructive, negative feelings encroach on your happiness, robbing you of balance and equilibrium in your life. Do something pro-active and deliberately try and expand your own interactive and communicative skills, build relationships and find ways to express yourself, your feelings, emotions, anger etc. Focus on the process, NOT THE PERSON or source of the anger, symptoms but underlying triggers, contributors and aggravators!

Give priority to reservation, even-keel type emotions and response, self-protection and preservation being part of the package deal you endeavor to pursue. Utilizing the right set and comprehensive scope of PERSONAL and INTERPERSONAL, psychological tools and techniques, hands-on and pro-actively, you can improve your quality and enjoyment of life.

Make it another top priority to lessen stress, tension, un-necessary worry and anxiety, panic and feelings of NOT being in control

Rest, relax, meditate and find some quiet moments every day, even just to reload your own inner batteries and resources to the point of coping, not even thriving – although there are myriads of ways to optimize these to TO YOUR

ADVANTAGE - NOT WORKING AGAINST YOURSELF OR OWN SELF-INTEREST, HAPPINES AND WELL-BEING. More on this a little later in the guide and discussion.

Structure and organize your life the way it makes the MOST sense to you
Clear thought and reflection PRIOR to action – look before you leap type strategies

Empowered and informed decisionmaking in your own best interest is critical to surviving and thriving in and throughout your life.

Deal with what is at hand and plan ahead without concern or worry, fear or anxious premonitioning.

WATCH YOUR SELF-TALK (self-fullfilling prophesies can be extremely devastating and undermine your best-intended efforts.

Journaling and to do lists help , get a notebook and note-cards, grocery lists and simplify your life, getting MORE organized, rid of clutter and better structured around what you need, when and where you can best use and access them/it.

Set goals and deal with issues or items on your "worry list".

SMART goals with time-frames build in and realistic, special significance for your life, health, finances, romance, personal and professional arenas of your life can help you cope and deal better and more effectively with what life may throw at you – even the curve balls!

Personal diaries and expressing your feelings and emotions, not bottling them up can also help you live a fuller and more even-keel life.

Relaxation techniques and skills abound in multiple fields and disciplines, avail yourself of their insights and wisdom and try it out for yourself – you will quickly find the ones that make the most impact in your own life.

Soothing music of your taste and preference, can also help. Getting involved

in the community, volunteering, breaking away or taking a mini-vacation, just to change scenery, mood, perspective can also help. There is not much like a nights full and deep sleep to restore your body! Take full advantage, get out there, move and explore the wonderful world and people you are privileged being part of and contributing to – BE PART OF LIFE AND ACTIVELY EFFECT YOUR HEALTHY BALANCED LIFESTYLE – YOU CAN MAKE A DIFFERENCE AND IMPACT YOUR LIFE AND THOSE OF OTHERS! FOR THE BETTER, ONCE AND FOR ALL, FOR GOOD!

STEP 2: Activity, Mobility, Movement, Workouts and Exercise Regimen for Busy Lives

Most will not argue with the point and fact that physical activity and routine exercise, can lead to a healthier, more balanced lifestyle. Different styles, types, intensity, duration, frequency of exercise, well into the optimal and targeted heart rate zones etc. can all contribute positively and beneficial to your body in a different way. You are utilizing your body and its systems to its fullest potential and keeping it in its optimal functioning state. All systems, elements and components work together, individually and collectively, cardiac, respiratory, circulatory, nervous system, muscles, skeletal/bones etc. You need to take care of each and of all to live at your best and get the most from exercises and workouts.

The body and all of its components, systems and dynamics are designed to move. You can tap into what it has to offer for balanced healthier living and wellness all-round.

Working separate muscle groups and systems reaps you great reward. Not all activity is exercise. Some daily routines, habits and patterns might also qualify and the more of it that is around, the more fit and healthy, responsive your body will be to deal with the increased demand and strain that workouts place on the different areas you are working out. For example core-training, abs, legs, arms, back etc. Energy is a pre-requisite for moving and exercising, working your muscles. Cardiac and respiratory systems step up and work together to get more blood and air, oxygen pumping through your body to respond to increased demand effectively and let you do what you want to do, move, walk, run etc. The more we exercise, the stronger and more conditioned, toned and responsive our bodies become.

When it does come to reaping reward from increased activity, there are many benefits, including:

- increased energy
- reduced risk for certain diseases such as Type 2 Diabetes and heart disease.
- weight loss

As a society and individuals we have to ensure that we are taking into consideration our own inactive lifestyles and the risks they pose, example they set for our children and putting us all at risk. We need to be less passive and sedentary and more active and healthy.

For weight management and control, you will be well advised to partake in active physical sports, workouts and exercises and refining, adjusting and changing your daily routines to be, get and stay MORE active. Burning excess body fat, lowering intake of calories can all help you and your body. Getting into a regular routine might not be easy to do, but it will be worth it in the long run. You will need to eat more smaller meals more frequently to sustain your bodily functions. Make exercise a top priority and part of your life, not an

extra or luxury but a necessity. Combining good nutrition and exercise regimens can pay off in many more ways.

Exercises to Consider for Optimal Functioning and Peak Performance

Variety and types of exercises abound. There are many customized workouts, private trainers and activities, levels of intensity that appeals to diverse tastes, fitness levels, age and interests. Here are just some of what to consider:

- aerobic classes
- Biking
- Running
- swimming
- walking
- yoga

... and many more.

The jury is NOT out on which exercises are best for what body types, fitness levels, ages etc. whether you have an illness or not, what your metabolic rate, target, goals and purposes are.

Not all types of exercise are even suited for all individuals and/or will get the results necessarily that you are hoping or working for. Even that is a balancing act. Running might not be suitable for someone with arthritis, for example, as the benefits you are getting for your heart, might take its toll on your joints, so you might be left, trying to find some middle-ground or picking another activity altogether. Keep it fun, mix it up, doing things that you typically love and would do, not make it a chore. Combination type training might also give more wide-spread benefits including cardio and resistance, weight or strength training.

Consulting with a fitness instructor, medical professional prior to starting any new exercise, putting demands on your body is advisable and recommended. Pace yourself, rest often and stay hydrated throughout. Gradually progress and add repetition, exercise longer and with more intensity. Avoid and protect yourself against injury, warming up and cooling down .

Yoga, Breathing Exercises, Relaxation, Stretching, Pilates and Related Sports, workouts and custom regimens that WORK!

There are many ways in every day and a variety of sports and physical pursuits that can make the difference for you and get you off to a great start customizing your new lifestyle, working for overall wellness, balanced holistic and natural living. Popular stretching and suppleness type light exercise regimens are to be recommended. Utilizing your skeletal, muscle and other systems in/of your body can make all the difference. You do not even need a gym or complex equipment – your own home, television, floor-mat and determination to live healthier, do something every day (up to 30 minutes), Core and mid-section strengthening tones and enables your body's optimal potential. Low-impact, gentle, known for results and relaxation, restoration and reward, make it an appealing popular choice of many and is increasingly becoming more mainstream, even recommended, safe, without supervisory oversight, professional trainers, even suitable for pregnant women.

Versatile and customizable for individual requirements, it has lots to offer. Abs, legs, back, core muscles , tone and form are all yours for the asking and taking. It does not have to cost you a lot of money.

Instruction, positioning of our body, posture and not over-exerting, injuring, videos to buy or rent, fitness instructors at a gym or that can come to your home are available. Beginner classes are offered and you might experience some stiffness initially, for you are using parts and muscles that you might not be using typically during the day. Stretch and warm up, drink lots of water and get help if you are not sure if it is right for you.

As opposed to seeing your exercising as an option, unpleasant task, must do, chore, you can make it fun, enjoyable and part of your routine, second nature – a new habit to replace bad old ones with!

It does not come naturally for us, but we have to put our minds to it, commit and stick to a fixed regimen that is good for us in the short, medium and longer-term.

When pulsed about committing to healthier living, the exercise part is normally guessed at right away. For most of us it makes perfect sense. Even if we do not hop right to it and do something about it right away!

However, there are much more at play here that meets the eye, for balanced, holistically speaking HEALTHIER living, like:

Nutritionally making better choices,
Preparing food in healthier ways,
less fat, healthier fats and oils (like fish and veggie oils),
less salt, lean protein, lots of fresh fruits and veggies
Smaller meals, more often and healthier snacks
No fried or fast, convenience foods laden in calories
Guarding against hidden or empty calories
Flavorings like natural herbs and spices, lime juice etc. , as opposed to dressings and heavy, buttery sauces, creams and such
Getting rest and giving your body and immunity, metabolism something to work with, everyday, not just sometimes or when a health crisis looms, threatens or takes hold! YOU TOO CAN MAKE IT A TOP PRIORITY TO stay fit and healthy.

Getting an exercise buddy, to support and motivate you, exercise and workout with, will increase your odds of staying with it. Joining a team or learning a new sport, like ice-skating for example.

Here are some examples of team-like sports that might just get you what you need:

- Baseball
- Basketball
- Soccer
- Volleyball

It is easier to stick to activities like these, shared with others, than having to go to the gym by yourself. Group exercises, like spinning and aerobics, or other swimming and fitness classes, can easily fill your three workouts every week. It is not boring and/or routine. Before you know it you are living healthier and enjoying it in the process.

Some popular choices of group exercises can also include a vast array of other related physical activities like:

- Ballroom dancing
- belly dancing
- pole-dancing
- kickboxing
- hip hop dance
- Pilates
- all levels of step classes
- spinning classes

Grouping together with others of like mind and commitment has in itself reward and motivational powers. You will not give up or skip a session so easily. The common bond that you share, mutual goals will keep you inspired to keep on going. You can make getting, staying and being in shape a priority and have fun in the process. It does not need to be hard and complex, or almost impossible to see it through. Partnering with others will keep you in shape more easily. Even taking an evening walk with your family after dinner

routinely or paying basketball outside with the family before dinner to work up and appetite, walk the dog or go to the community park to toss a ball around some after work, can work wonders to lift your mood, get other more involved and motivated too. Getting and staying in shape can be a priority for you and your family and you will reap the reward with heightened energy levels, better health and being altogether MORE happy – even despite our busy, fast-paced lives we can still find the time to spend with each other, even if it is just a couple of minutes each day, doing something active and physical together – living a healthier lifestyle. Getting kids involved in sports are another great way of getting your family fit and healthy as supposed to couch-potatoes – hockey, soccer, volleyball, basketball etc. are only a few of the popular community and team-sports that you might want to consider.

Local ice rinks might also have family skating or roller-skating/ roller-blading, skate-boarding and such to offer that you can gladly partake in. If you have a pool, indoor/outdoor or community pool close-by, getting wet and relaxing in the water a bit, swimming a couple of laps can also get your heart and lungs working better – even improving your cardio fitness and breathing (respiratory and circulatory systems will also benefit greatly from the regular regimen and workout!

Another way that you can introduce and maintain an adequate level of fitness in your life is to find an activity that you enjoy doing – TOGETHER. Do exercise for the right reasons, for you or you will not be able to stick with it consistently. Do not just do it for other doing it, to be seen, to be at the gym, for an unrealistic set of reasons, to tone, sculpt and improve your body and conditioning. Do not make it hard for yourself to get to and do. Build it into your lifestyle and make it easy to exercise.

If you do not like going to the gym, working out, doing weights, biking or treadmill, then do not think that a new membership will be enough! You need to find activities that inspire you and that you have fun with, enjoy sharing and doing and not set yourself up to fail before you have even started. They

type of activity you end up choosing, will have an effect on whether you stick with your plan, goal or not. Discipline and commitment are prerequisites for success in this department, so do not underestimate the role of routine, ease of access and use, fitting it into your daily planner and routines with relative ease CAN BE DONE, with a little effort and planning and determination! If you are doing it for the right reasons, sharing it with others, have variety in the activities that it does not get boring and enjoy what you are doing, you are and will be MORE likely to succeed in the longer run, making it part of your life, like breathing or brushing your teeth – just one more thing that you do for yourself to improve your quality of life, health and wellbeing.

Your body needs to be in motion to get and bring the BEST out of it.

If you are an outdoor-lover and the weather permits, (even in colder temperatures, join a local running room, biking club, hiking, skiing, canoeing, or power walking, even mall-walking crowd and set time aside to get to it each week. Once, twice or three times a week is optimal.

There are many benefits stemming from this type of physical activity, getting your body moving. Here are but a few of these:

- Increase your heart and strengthening it
- Regular workouts condition the body
- Core-weight and strength training toughens up your muscles
- Agility and mobility increases
- Flexibility and stamina grows over time
- Increased levels of energy to get more done in a day
- Less fatigue, stress and better coping with the demands of schedules and busy lives
- Try and stick with other people who share your same fitness interests
- plan your workouts, even building or scheduling them into your calendar might help you stick to it more easily

If you are a loner and enjoy exercising by yourself, listen to some music or read (if on treadmill) to keep your attention and not get bored – make it something you look forward to each day.

Reflect, relax and replenish, restore and rejuvenate – those should be your goals and motivation, outlook and inspiration for more active living. Even daily routine tasks like vacuuming, housework, laundry and cleaning floors can be opportunity to get some extra crunches, bends, stretches and even yoga-type exercises in – its does not cost any money or take lots of time, but your body, life, health and future will thank you for it.

Regardless of age, shape, reasons for increased physical activity, you need to make exercise, daily a built-in, default part of your routine, life and life-style. It is and does not have to be hard to do. Moderate and some activity, starting slow, getting assistance and sticking with it for a couple of minutes, hours, each day, then each week, every month, on weekends, will very soon have it part of your functioning and you will not even spare it a thought anymore. The experts say it take 14 days of repeated action and disciplined effort to establish a new routine, so set a goal for yourself over the next two weeks to get 15-30 minutes of activity into your day and see what happens!

Even for pregnant women, the elderly, professional athletes, those recovering from injury, accidents, surgery or rehabilitating, can all stay in shape by customizing and individualizing your very own personal workout, regimen, type of activities and routines, so that it's safe and optimally beneficial TO YOU! Keeping your body, parts and whole, toned, conditioned, in good shape, working order, will result in you having more success countering the effects of aging, such as arthritis, increasing your mental sharpness and energy levels – making you able to take on more and ENJOY LIFE for a change and for good.

A main, key and staple ingredient for your life is activity, mobility, physical movement, sports and exercise. Find ways to creatively include it in your life and you will not regret it. Make it easy on yourself to stick to a plan, lead and

maintain a healthy life, as an active deliberate and personal choice, commitment and priority. Find your favorite form of exercise and enjoy the rewards and the benefits of a healthy body and mind, living and infused and inspired, energetic life, as it was always designed and meant to be – you deserve nothing less.

YOU DO NOT NEED TO BECOME A FITNESS FREAK AND FANATIC OVERNIGHT, OBSESSING ABOUT EXERCISE, FEARING FAILURE OR GIVING UP, NOT STICKING WITH IT! TAKE IT SLOWLY... pace and prepare yourself to succeed! You have a lifetime ahead of you to find creative and enjoyable ways to get and stay more active and physically engaged. ROME WAS NOT BUILT IN A DAY, the popular saying goes, so here is your chance to get into things gradually. Set yourself up for success, not failure. Manage your expectations and schedule, so you do have time for this and NOT having moments or means not being handy excuses to NOT BE ACTIVE, WORK out or exercise regularly, daily and often!

Fitness is a complex matter, with lots of layers and aspects to it that will need your consideration, planning, intervention and focused attention. YOU CANNOT AND SHOULD NOT TRY TO CHANGE AND ADDRESS IT ALL AT ONCE. The task and commitment may be too overwhelming, having many quit before they had even started. Incorporating fitness into your life takes time and it is not typical to just be successful overnight. Your life, family, schedule, heart, body, mind, and being all will need time to adjust to the many changes, new demands and fitness regime that you are aspiring to daily. As you start to make physical activity and exercise a priority things in your life will change, daily routines will go for a bit of a loop as you get used to what to do, when and where and how to get to it all. Taking small steps towards your eventual goal will help you stick with the plan. You are more likely to succeed if you take on this elephant of living healthier and a more balanced lifestyle one bite at a time, and not trying to consume or address the whole thing in its

entirety off the bat and in one sitting! Set realistic targets and goals that you can actually achieve – that is motivational as well and an important part of what you need to do to stay on track. Make it less likely for you to get demotivated, quite or simply give up! set yourself up for success. Just getting a gym membership for the year or a couple of months might not be enough to get you ‘moving’!

If inactivity has been part of your life for a long time and you are worried or fearful of getting started with physical activity, then just talk to your doctor or adding some daily walking, 20-30 minutes at medium pace, in your neighborhood, the treadmill, to the office, up and down some stairs at work, as opposed to the escalator or elevator, walking during lunch, before and after dinner, with the dog, kids or even mall-walking, can get you off to a great start.

Very soon, even in as little as 1-2 weeks, you will start to feel and see the results and changes in your mood, body and fitness level. Power-walking or hiking, going faster, walking longer, increasing your heart rate into your optimal zone, where you are burning fat and calories, giving your body a true workout can be added as you gear up and increase the levels of demand.

Get good shoes and support your feet and back. Get a sports water bottle and stay hydrated. Cool off after exercises and warm up properly PRIOR to starting. Flex and stretch your muscles, walk and run on one spot for a bit, getting your body ready for what you are about to ask from it (your muscles, heart, lungs, circulatory , bones and all – what you are about to do and put it through. your feet are well supported and cushioned as you walk. Something like a step-counter or heart rate monitor watch, pedometer or related equipment, stopwatch, journal can all help you track and chart your progress. **BE INVOLVED IN YOUR LIFE** – not merely a spectator, passively going your way. You can make a difference through exercise, not only to your body, but also your frame of mind, outlook on life, mood etc.

As the days and weeks roll by and you keep to your new heightened activity schedule of 20-30 minutes daily, it will become easier and easier to do. You will even stop thinking about it. It will have become routine and second nature faster than you have initially thought and less of a mountain to climb with all respect. Distance, time and commitment no longer seems daunting. Having made some inroads and progress, from here on out, the coming weeks ramping things up, adding in more activity will not only become easier, but a sheer joy as your energy levels continue to rise and you wanting to do more FOR YOURSELF. Increased distances, intensity, frequency etc. even getting a fitness instructor, professional trainer to work with you can help your longer term strategy lots. Stretch your limits and keep reaching higher. Find practical ways to contribute to your health, well-being and balanced living, your body and future will thank you.

Another great way to include physical activity is to maybe leave the car home more often and walk to where you need to be/go for shorter distances, like the post office, library, mailbox, local store or merchants, getting your evening meal or groceries, parking further in the parking lot, biking to work if you can, visiting friends, keeping muscles, joints and all parts of your body, working at their peak! Increased activity and routine exercise will have immediate results - you will start to feel better, more inspired, positive, motivated, more energetic, sleeping more, deeply and uplifted mood will be characteristic and typical for you. Others will start noticing a difference and want to be around you more. There are also alternative wellness type of exercises and variations on themes to consider, like:

- T'ai Chi. Focusing in on movement itself, while also pursuing balance, peace and harmony for your parts and whole being
- Yoga. Breathing and focus on stretching, suppleness, relaxation as well as body postures to reduce stress, promote and relieve the physical symptoms of ill health and more, basic, intermediate or even advanced yoga sessions by yourself, in a class or with a qualified, professional,

licensed niche provider who knows the ins and outs, can make all the difference in the world.

- Martial arts.
- Qi Gong where breathing and mental exercises prevails for overall wellbeing are advocated, promoted and explored.

If you have variety and enjoyment as part of your fitness equation, you will reap the full benefit rather quickly in your life. Physical health and wellbeing will start improving and combining it with healthier choices, foods and eating habits, will result in lifestyle changes for life, deliberate action to get and stay better, healthy and more energetic a priority and part of life.

If you are suffering of an illness or debilitating disease, there are lots of easy, natural and alternative ways to treat and live with symptoms, overcome the challenges and live a full life. It does not have to hang over your life, like a sword or death sentence. **YOU CAN MAKE A DIFFERENCE FOR YOUR BODY, HEALTH AND LONGEVITY,** through better diet and exercise routines and regimens into every day, deliberate, disciplined and committed to your wellbeing, improving the quality of your life while at it!

What goes into our mouths, what we eat and drink, include in our meals, grocery cards, pantry shelves and cupboard, snack drawers, lunch-boxes and plates... all make a contribution too –whether positive or negative. It is not just about losing weight, choosing better and/or depriving ourselves of the foods we love, diet and sweet-teeth we might have to resist! Healthier living, more exercise, also includes calorie intake, burning and using calories, food and fuel for the body correctly, understanding it better, risks and rewards of certain eating habits, patterns and routines that might have to change, alter or be stopped, replaced or modified in some way to underpin your strategy for healthier living all round.

Try to find ways to include more essential nutrients in your diet, like vitamins and antioxidants. They can assist your healthier, balanced lifestyle in many ways.

- Reducing pain, dealing better with symptoms of illness and disease, healing faster, countering inflammation, build immunity, your body's means to fight off disease and heal better, reducing joint and muscle strain, pain, slowing down progressive diseases like cancer or arthritis.
- Including more vitamin A, C, D, Lutein, Lycopene, beta-carotene can also be beneficial. Be sure to discuss these with your doctor, fitness instructor and/or nutritionist, to ensure you find easy ways to supplement or include it in your daily diet and food choices.
- For those suffering from arthritis for example, or who have difficulty moving about, increase intake of calcium and magnesium, put less or little strain and demand on your muscles and limbs, which is not and excuse NOT to exercise – for moving will actually improve functioning and ensure your mobility over time remains a treasured reality and not taken for granted.

Personal commitment, discipline, persistence, courage and perseverance will be required to make these adjustments stick and make a difference. Pain and discomfort, disease, fear/loss of mobility, health can be scary to cope with, especially as we age, but if we do lots to preserve and improve our quality of life, now, this minute and for the future, we will not stand disappointed!

STEP 3: Appetite, Food and Nutritional Empowerment, Preparation and Balanced

Healthy eating and weight loss, management, control and sustaining a healthy body weight does not need to be a life sentence, but a joy and pleasure. You can enjoy LIFE, FOOD, MEALS, TREATS, SNACKS, EATING, SHOPPING, COOKING, DESSERTS, without indulging, experiment without the guilt /regret and just enjoy the right types of food, fueling your body and metabolism as it was meant to be for peak performance. If you know, understand and make some good/.better choices about what you put into your system, daily, occasionally and pay closer attention to what and why your body needs certain nutrients, should avoid others and do things in moderation! There are many dietary and nutritional aspects to consider if you are changing your life, deliberately to live a healthier, more balanced lifestyle.

We need to have a deeper appreciation and understanding on food, food groups, what to eat and why, what is more balanced and nutritious items, food choices, food preparation, portion sizes and more.

Most would argue that eating a balanced meal and/or following a life-friendly, health-enabling, diet means getting all of the five basic food groups each day in a balanced way. The food guide and food pyramid is a great and useful tool to ensure you get your daily regimen in and across these for balanced eating. Servings and portion sizes/control, variety and healthier foods become easy to do and not a major hurdle to overcome necessarily.

If you are talking about food, there are FIVE groups to consider and pick your menus from

- dairy
- Fats, oils and sugars
- Grains, breads and pasta
- Protein, nuts, meat/meat alternatives
- vegetables, fruits,

A balanced diet will contain something from each of these food groups every day.

Some food groups require more servings than other

Some foods should be consumed with discretion, in moderation

Your age, health, weight and activity level will all affect the portion sizes and choices that are optimal for you – consult with a nutritional specialist or your doctor on what that means for you and your personal, individual life, lifestyle, choices and challenges that you might face.

When you consider these factors, you can easily form your own menu, eating, nutritional plan that works its magic for you – especially when you combine it with your exercise and renewed energy-filled life!

A healthy, balanced diet can be extremely easy to incorporate into your life – start in the fruit and veggie section of your grocery store. Shop in the outer aisles, milk, dairy, meat, breads, fresh produce and stay away from processed foods, high calorie items, snacks, fats, oils, sugar, candy etc.

Here are just some of the things that you can consider for healthier eating:

- eating different colored veggies, boosting anti-oxidant intake for example (purple fruits and veggies, like eggplant, blueberries, plums, grapes, etc.)

- Eating more fresh, steamed, lightly cooked vegetables and vegetable juice
- Increasing the natural foods and sources of vitamins and minerals trace and essential nutrients that our bodies need.
- larger vegetables each day
- three to five servings of vegetables a day
- Enjoy two to four servings of fruit a day
- Fruits have their share of vitamins and minerals, as well as natural sugars (better than refined, white sugar, starches and processed, tinned, canned foods)
- Juice that is 100% pure with no sugar added is better
- whole fruits boosting intake of fiber (under-skin nutrients, fiber in the skins of peaches and apricots for example) are great too
- ***eat and drink more*** milk, yogurt, and cheese for strong teeth and bones,
- Two to three servings a day
- low-fat options being better for you in the long run
- ensure your daily regimen and intake of calcium and other vitamins
- for lactose intolerant or vegan diets , there are soy milk, rice water, other plants and nuts that can also boost this category for balanced eating
- six to eleven servings of grains each day
- preferably whole-grains for bread, rice, pasta, and cereal.
- Avoid refined flours, sugars and baked goods
- Eating lean and smaller servings of fish, poultry, beef, pork, eggs, beans, nuts, and of course tofu, two to three times a day
- fewer animal fats which aren't healthy need to be a priority too
- Lean meat and meat alternatives , protein, minerals and vitamins are growth essentials
- Include healthy services and choices of vegetable oils such as flax seed oil, olive, omega 3 and 6 fish oils

UNDERSTAND weight and the relationship it has with your habits, eating patterns, food choices, risks/rewards, loss, maintenance and control, the benefits for healthier, living speaks for itself ,yet most of us are not in touch with what, why and how food, weight and healthy living are intertwined. Once you understand the dynamics and fundamentals of what it takes, why certain foods are better for you than others, your body and system requirements, hidden, wrong, empty or too much calories can be harmful, etc. you start to look at what you put in your mouth quite differently! The reasons and rationale why and when you eat, the behavioral and social aspects of eating also needs some scrutiny and inquiry to probe, use and actively pursue BETTER CHOICES for your body, health and future!

Losing weight can be a tough challenge and most of us battle with it at some point in our lives, to some extent. There are lots written about BMI or body mass index and we are continuing to discover things about our human system, the foods that are best for us to keep it in tip-top condition and the like. Fad diets, lifestyle changes, all promising permanently losing our excess weight, control, sustained weight management and healthier living are all over headlines, TV shows, magazines, talk shows, advertising, food packaging, cooking shows, recipe books and more.

Balancing calorie intake and consumption is essential to NOT GAIN WEIGHT, LOSE WEIGHT, BE AND KEEP YOUR OPTIMAL, HEALTHY WEIGHT, but this is way more than merely 'counting, or eliminating, restricting calories!

A great starting point is awareness of what your daily intake is, calorie needs, too little or too much and what it will take to adjust your meals, snacks and types of food, portions etc. , what you drink to become second nature and healthier choices all-round. Your doctor or nutrition specialist can help you with this. Dieticians and lots of published and online sources can also provide some insights here. Portion sizes, how much and how often we eat will also

affect your weight and well-being. We oftentimes do not eat regularly enough to sustain our metabolic rates and needs. Indulgence and over-eating, snacking all make matters worse.

Restaurants, drive-through and eating out, convenience and fast foods, all have us putting more of the wrong elements into our bodies, resulting in gaining weight over time and not getting it off.

Diet and exercise go hand in hand when it comes to weight loss. Healthier eating most often requires emptying your fridge and pantry, grocery shelves of unhealthy foods, replacing food choices, preparation methods and meals with BETTER and HEALTHIER choices, and making these changes permanent, more often and consistently for us and our families to optimize a healthy lifestyle. You will be best served in your efforts to change for most people by including healthy and nutritious food as well as getting your body on the move, exercising regularly and maintaining a good BMI, healthy weight – NOT putting extra demand and strain on your body, systems, parts and whole!

Dieting is MORE about learning to eat healthy, stick with it for and over the stretch of our lifetime and understanding better what certain foods/fuels and nutrients can do for the rest of our lives, to our bodies, harm, hinder, help...

Getting to and keeping your optimal healthy body weight is the key to loss, sustaining and controlling your weight. Fad diets will not guarantee results long-term if you are not making the right choices for the right reasons, eating healthier, balanced diet at the right times, in the right amounts, of the right foods, for the right purposes! Too much of a good thing is never any good. Avoid eating too much or doing the body harm through what enters in your mouth – this includes things like alcohol, tobacco, treats, snacks, baked goods, indulgent sugary treats, ice creams etc. Moderation over indulgence,

health over over-eating! Both are good rules of thumb for a new lifestyle for balance and harmony.

In the opinion of many experts: *“Approaching losing weight with an attitude of health and longevity is the secret to dieting success.”*

Calorie counting and daily consumption, needs and requirements have to be understood and taken into consideration each and every day every meal and actively compared to how many you are using, for the optimal results and outcomes. Being healthy, not gaining weight, discussing and determining what range of calories you should be consuming each day to ensure you're getting the recommended amounts are all at stake here.

NOT starving and/or depriving yourself is key as well. Get medical professional and nutritional science input to baseline and map out your plan of action for dealing effectively with these aspects of your life to live well and BETTER, longer and healthier, more balanced!

Dieticians and nutritionists can also assist with taking a closer look at your personal situation, needs and requirements, current eating habits and how to change them.

Food preparation methods and adapting recipes to facilitate and enable healthier living will serve you well/better in the short, medium and over the longer term, for your health and life.

Cut the fat and extra calories, we often hear everywhere. Restricting, alternatives, changing and adapting your menus, flavorings, ingredients, types of foods and how you prepare them, does not have to be hard at all. Here are a couple of suggestions on how to get it done successfully:

- Apply this rule of thumb for all your home-made treats, cakes and cookies, muffins, quick breads, fruit recipes, custards, and puddings.

- Baked goods can be healthier and enjoyed in moderation, on occasion,
- Check the labeling and packaging, nutritional information on the baked goods you consume at present and eat only half what you are used to, in order to see if it makes a difference for you
- cut back on the amount of sugar and fat
- reduce the number of calories that a recipe has
- spice it up with things like nutmeg, cinnamon, and vanilla
- take less than ONE third of what is indicated
- Reducing the amount of fat in recipes is important too
- Healthier fats and oils, less of it are the two rules to stick to
- 2 tablespoons of fat for every cup of flour is a good relation – adding apple juice for consistency is highly recommended
- Reduce salt intake by 50% in all food preparation
- use salt-free seasonings, herbs, and spices even garlic, lime or fruit juices for extra taste and flavor
- Changing recipes for health is easy
- Avoid refined carbohydrates and overeating of the wrong foods are huge culprits in our fast-food nation type eating styles, habits and patterns.

Food allergies as well as insulin/glucagon balance needs to be considered as well

STEP 4: Equilibrium — Balanced Living

Menus, Meals and Food-Solutions

Where is the perfect middle ground for you, personally, balancing priorities, addressing the stress, demands on time and resources, energy and what you have to give, health, happiness, work, family, home , future...?

Knowing and discovering this for yourself, needs to be part of any process to improve your life and balance.

Set out to achieve the health goals that you've set for yourself. Diet, exercise, healthy eating etc. will not happen by random chance and/or by itself – you need to work actively and deliberately at and towards it.

The last thing that you want to say or have others say or see in your life, is that it seems that you are constantly sinking deeper or further away, getting heavier-set, living unhealthy or spiraling out of control and overall finding life just a little too overwhelming. Knowing, defining and coping with our life-needs are very important.

Mind-map, set priorities and organize your life!

You too can achieve more balance in your personal life as well as manage the projects and goals that are more or most important to you.

Personal and business balance in your live can address all areas and aspects, like:

- community
- family
- financial
- mental
- physical
- professional
- social
- spiritual

Cleaning, getting rid of unnecessary clutter or tasks, finding time-savers, more practical ways of doing things, being as productive as you could be, dealing in a planned, decisive, action-oriented way with unfinished tasks are all great stress-busters.

- Allow focus on what matters most, important in your personal and your business life.
- Find activities that are going to help you relax
- Make a list of the things that you enjoy doing and try to do at least one or two of them every week.
- Meditation , relaxation, visualization as well as reaffirming your goals and dreams will go a long way enhancing your life overall.
- Never lose sight of the things that are important
- Prioritize, clean, sorting, and complete
- Purpose, interest and inspiration will guide and lead you to what is most important, rewarding and needed for your balancing act, called life!
- Regroup and find focus.
- take time to breathe.
- Work towards your goals, having clear purpose and direction, combined with deliberate action!

**You can and must take the time and make the effort to change.
Clear your mind, relax and enjoy the things
that you like doing. THAT IS THE TRUE PATH TO HAPPINESS,
FULLFILLMENT, JOY, HEALTH AND WELL-BEING.**

***HOW YOU LOOK AND FEEL, WILL ALSO AFFECT HOW YOU LIVE
AND WANT TO EXECUTE AND ENJOY YOUR LIFE!***

You are one dynamic being and every aspect of you can affect how you feel and how happy, healthy and well you are, will be in the future! Straighten up

that posture, take pride in your own grooming, nurture and champion your looks, without being vain or arrogant, self-indulgent, just caring an care-taker or sorts!

Look at the habits and patterns of behavior in your life on the social, relational, relationship fronts, reaching your goals looking at all aspects and levels of your being, including the physical, social/emotional, spiritual, and mental areas of your life

You need to take a broader and deeper view, perspective, consideration and investigation initially at the very lease for self-awareness and a baseline or sorts, to in fact get closer to balance in your life and/or everything that you will potentially NEED/REQUIRE, in order to be successful in BOTH your personal and professional life, all-round health and wellness, balance and equilibrium, as intended and the very least that you deserve!

There are more than one side to this coin. You need to pay on the one hand, close attention and focus to the

- (i) physical balance in your life (most important, especially at first as you start your journey and path to wellness) , as well as
- (ii) maintaining **all other complexities, intricacies, and more layered** aspects of balance in your life.
- (iii) physical body care
- (iv) mental and spiritual challenges and make-up, resources and energy, even metabolism and energy management, replenishing, restoration, relaxation and re-evaluation,
- (v) Following a balanced diet and exercise.
- (vi) Building you your own personal arsenal of stamina, endurance, activity, mobility, agility, adaptability, flexibility, and strength (BOTH inner and outer)
- (vii) social and emotional aspects of the balance in your life

- (viii) the relationships that you have with the other people and the world out there, in which you live, exist, interact, exchange and communicate
- (ix) success and accomplishments, legacy and meaning, purpose and direction for/of your life in general
- (x) HEALTH AND WELLNESS (every detailed aspect as well as broadly speaking!)

Consideration and consequences in each individual and collective area mentioned here (*as well as others, depending on your PERSONAL situation and coping skills etc.) will vary from individual to individual. There is effectively NO one size fits all involved here.

You need to take this journey yourself, (not alone), but for your own wellbeing, purpose and discovery, to unearth the strong elements of your success.

Balance then is about so much more than diet, exercise, healthy food, sleep, relaxation techniques, stress and tension busters – it is about all of this, combined, and MORE!

You need to come up with an individualized system and personal plan for healthy living and balance in your own life. You are the only one that can take responsibility for it as well. Some suggest even having and reinforcing a PERSONAL PURPOSE OF MY LIFE – type statement or a personal mission if you will . Making your dreams and goals, reality, tangible, manageable and REAL!

Your physical and mental health , separately and in combination make you what you are, add to that your emotional, psychological, personality, learned behaviors, context, means and the people around you, what you do, how you cope, how you decide and prioritize and you have an interesting mix and customized ingredient list, recipe of your own choosing and making that only you can control and manipulate as best you can for the best process and

outcome! Deal, recognize your feelings, perceptions, thoughts and emotions, stay mentally sharp, exercised, agile and empowered, focus on things that make a difference, inform, educate and enlighten - cut the distractions and minimize things that upset or anger you. Foster your whole being, body, mind, soul and spirit, parts and whole.

STEP 5: From the Outside Inward – Skin, Personal and Body Care - Replenish Yourself

Staying and looking younger longer is almost an obsession these days. Getting rid of wrinkles, signs of aging, even campaigns that are pro-aging, in the name of beauty products grace our screens, magazines, advertising, lives and products. We are barraged and bombarded by these almost daily.

Miracle products, promise of looking pretty, youthful and beautiful at any age abound. Your skin is the largest organ you have and reflective of what is going on beneath the surface. It is layered and complex and most topical treatments and care products will only go that far, you need to also take care of it inside out (more on this later!)

Correction, intervention, prevention – all part of our daily skin-care routines and habitual patterns, invasive and even medical and surgical procedures are pursued in the name of beauty, aging with dignity and taking care of our skin and body.

Aging is inevitably part of life and we cannot cheat or escape it (although some claim they can!) Here are the facts, as we grow older, skin dies, loses its elasticity, fine lines, even age spots appear, deep wrinkles start being more noticeable.

We are exposed to things like sun, diet, and anxiety, damaging our skin, premature aging and many other manifestations in this category, with just as many contributory causes and aggravators! It is hard to escape or deny.

- Avoid cortisone creams and medicinal interventions, unless for medical purposes, healing
- Defense and protection is and should be a priority. Minimize exposure to harmful chemicals, environmental stimulants, aggravators, like the sun and wind, extreme cold/heat for example.
- Eat the right foods to keep your skin in mint condition
- Include in your diet things like omega 3 fatty acids (found in food such as salmon and flax seeds), vitamin C (found in blueberries, strawberries, and citrus fruits), vitamin E (found in many seeds), and anything containing antioxidants (such as green tea).
- Reduce Stress and Anxiety, reflect, relax and exercise for a skin regiment will do more than any topical treatment, ointment, lotion or 'miracle' product.
- There are numerous natural skin-care products that you can enjoy, apply to your hearts content, without fear of polluting your body or putting toxins into the otherwise balanced system, part and/or whole that is your body!
- Healing and optimal state of your skin, body and health, without medicines, procedures etc., or other side effects are essential and most effective, sustainable and preferable.
- Many elements with healing properties (like Aloe, Emu oils, Red clover, Copiaba, Neem and countless others), natural plants and applications exist, providing wide choice and options for optimal and ultimate care

- Many skin, body, as well as healthy habits, like drinking lots of water, eating fresh fruit, getting fresh air, physical activity etc. are often overlooked.
- Skin conditions like eczema, psoriasis, shingles, rosacea, skin irritations, and dry skin can all be symptoms and manifestations of other deeper or underlying issues that need to be dealt with. It is not just merely about skin, wrinkles and aging – it is the telltale signs of the condition, state and cry for help of your body, parts, systems and whole! You can make a difference for your skin, by what you put into and do with your body outside in and inside out!
- Treating pain and skin problems effectively and naturally is possible, by feeding it the right types of essential oils and fatty acids like Omega oils.

STEP 6: Holistic, Naturopathic, Alternative Therapies and Care

There is a lot to be said for alternative medicine and natural health For many conventional health practice, medications and invasive procedures do not hold the only and/or sole keys to wellbeing and full-life , balanced living, or quality of life type choices.

Many turn to these practices, theories and principles to get MORE!
Making maintaining health a priority through supplementation, other options and multiple natural remedies, methods and therapies, in addition to and in combination with diet and lifestyle natural choices and more, brings to mind

an empowered, informed, pro-active, hands-on embracing of personal involvement, engagement with your health and well-being and not abdicating it to someone else, outside forces, decisionmakers etc.

YOU TOO CAN make BETTER MORE RELEVANT, POIGNANT choices and more importantly significant life-style, habit and routine behavioral, changes. Adjusting, modifying and permanently altering what you eat, the way you think, the way you feel, and the way that you live your life – healthier, better, choices and decisions that can have effect and impact NOW, tomorrow and forever! Adding quality to your living and enjoyment of it.

There are many alternatives, thoughts, theories, philosophy and discipline within holistic, naturopathic and even Eastern-Chinese influenced type practice, medicine and natural, indigenous or even tribal, native remedies, healing practices have been with us for generations and ages.

- Acupuncture or acupressure stimulating the nervous system and pressure points throughout the body for healing is also considered an option by many to bring relief and hope where traditional medicines do not help or are not the optimal or ultimate personal choice or option.
- Aroma and scent therapy, plant extracts and natural oils, stimulating and balancing the senses.
- Ayurveda and other harmonic therapies, balancing your mind and body, even meditation and reflective type practices like envisioning, enlightenment, visualization, objectification etc. spiritual journeys and quests, as well as numerous other variations of alternative medicines exist. They all promote a more natural healthier way of being, living, existing, being in touch and harmony with self, others and the world we live in and share. They focus in on balance and healing in your life.
- Herbs, plants for health, healing, topical, ingesting, smoking, incense-type applications and contexts for a variety of conditions

- and/or diseases, treatments and the like are commonplace and increasingly more mainstream. It has proven highly effective for particular conditions and illnesses, using leaves, stems, flowers in teas, pills, dried powders etc. Heart, lungs, nerves, blood etc. are all seen as part of the body and treated parts and whole, with all natural products from nature, without medications, processing, toxins, risks, interactions, allergic reactions or potentially high-risk side-effects.
- Homeopathy and Homeopathic remedies derived from plants and all natural sources, distilled down, treating specific symptoms, getting rid of toxins, and restoring balance to the body, electro-bio-feedback type procedures to determine where it is and what to do, reek of individualized custom-health therapies, ascribing to the fact that no two individuals, situations, bodies or conditions are the same.
 - ***Immune-system boosters like*** Echinacea, Purple Coneflower, helps with infections and strengthening the body's own natural defenses against disease and illness.
 - Including essential oils, like polyacetylenes, betain, and polysaccharides, boosting iron, copper, Vitamin C, Vitamin A, Vitamin E, and tannins are all ways to be effectively building up, tapping into and stimulating your immune system.
 - Japanese Shiatsu practices and other manipulations with the use of hands, fingers, and palms stimulating circulatory systems, blood flow and energy throughout the body is also popular.
 - Native remedies from the tribal Comanche and the Cheyennes for example , wild flower treatments, fighting off and treating injury, coughs, sore throats, tooth problems, and blood disease, even poisonous insect or snake bites.
 - Natural and naturopathic therapeutic aids and alternative treatments supplement, underscore and can strengthen your immune system and immuno responses of your body for healthier living.
 - Reflexology involving the stimulation and manipulation of feet and toes, for tension release and treating energy imbalances are also

pursued by many as viable treatments to ensure they are optimally functioning.

- Therapeutic Massage or the treatment of touch therapy , related healing practices, even for emotional imbalances and problems are often toted to relax, stimulate, and enliven, brining relief, even if only temporarily, requiring repeat treatments.
- Yoga and other natural health methods and ancient practices focusing in on being in touch more with your body, as a whole, its parts, working to reduce stress, slow breathing and heart rate, lower your blood pressure, and promote relaxation all-round
 - Be and get in tune, remain and keep in balance, with the natural defense mechanisms in your body.
 - Underpin and enable the cells, organs, systems in your body, both parts and whole to fight against pathogens, threats, invaders, infection, inflammation etc.
 - Protect and prevent, correct and intervene – having a comprehensive strategy for balanced healthier living remains the key here.
 - OTC (over the counter) medicines and natural products are freely available, do check with your physician and treatment team , before staring any new regimen or treatment, product to avoid contra-indicators and interactions, risks and more.
 - Chinese, Ancient, Eastern, treatment, medicine and philosophy toting, advocating and supporting thought around internal harmony and balance, positive and negative energy, the so-called yin and yang, restore and integrate, resolve and rejuvenates, optimizing nature's and your own body's natural tendency to want to be in equilibrium, constantly and optimally.
 - All practices, aides, remedies and therapies focus in on how to get and keep body, mind, and spirit healthy and in perfect harmony or balance.
 - Treatments often involve extremes and naturally elements such as water and fire, cold and hot, or light and dark.
 - Combining diet, exercise, herbal remedies, acupuncture, and massage can go a long way to balance organs, systems, organics, season

elements, environmental factors, fiber and natural sugars, fish, seeds, nuts, soya, tofu, teas, herbs all work together to improve health and restore balance. Individualized medicine and treatment programs are quite typical in these streams of thought and therapies.

Eat a well balanced diet that is combined with a regular exercise program and daily physical activity seems to be at the top of the list and agenda for balanced, healthier living all-round.

Here are some of the more harmful, disturbing elements to avoid putting into your mouth, organs, body and system:

- alcohol
- all dairy products, including cheese
- coffee and other caffeine products
- cold drinks and foods
- food additives , preservatives, processed foods, colorants
- fried foods
- red meats
- refined flours and breads
- strong spices
- tropical and acidic fruits
- white sugar

Gradual steps and small increments are recommended when adding or removing certain things from your diet and live. If drastic actions are planned or to be taken, rapid weight loss occurring or foreseen , you are best advised to do so under and with medically supervised activity and overseeing by a professional and/or treatment team, specialists.

Many herbal remedies are utilized and advised for physical and emotional treatments, holistic therapies. These elements and potions,

concoctions, personalized ‘cocktails’ may help with a vast array of conditions or only be for specific pains, ills and discomforts:

- addictions
- allergies
- children’s conditions
- digestive problems and pains
- emotional problems
- heart conditions
- immune system disorders
- pain
- pregnancy
- respiratory problems

The BIG and MAJOR difference seems to be, treating symptoms versus underlying causes, contributing factors and a broader approach to health and treatment of illness and diseases are purported and supported here. No side-effects from prolonged use are also more likely. Less risk (not for all, so be sure to check with your doctor, PRIOR to taking or starting anything). Formulas and potions of herbals, teas, extracts, powders, capsules, pills, even sprays, spices are available.

ALL NATURAL IS BETTER seems to be the philosophy of so many these days, with great results and solid footing in science and research, there are much to be said for these alternatives.

Whether for pregnant women, the elderly, kids/children, infants, any stage of life, gender and age, there are some elements, natural occurring sources, herbals and remedies that are highly recommended. Here are a few examples from existing practice and therapies:

- Rose hip for Vitamin C helping against fatigue and infection

- Red raspberry leaf for healthy pregnancy and labor
- Oat-straw for magnesium and calcium, relieving stress and tension.
- Nettles for iron and calcium and added nutrition
- Chamomile for relaxation, sleep, insomnia.
- Alfalfa, Vitamin K, for blood clotting, essential minerals, enzymes, and Vitamins A, D, and E.

Combining a healthy exercise, diet, natural remedies, emotional health, good care from inside out and outside in can be the ultimate life-goal for every one of us. You have a much better chance than of increasing your quality of life, defying odds, staving off effects of aging, promoting longevity and leading a full, balanced, happy and healthier life! Being problem, hassle and worry free!

The sooner we start, educating and empowering ourselves to take better care of what we have and can get from nature, can give us more than just a fighting chance. Better pregnancies, labor and delivery, better early start to life, healthy childhood, better choices growing up, healthier lifestyles, families and kids, less strain on the health system, lower costs and worries as we age as individuals and as a society – especially now with the baby-boomers reaching retirement age.

Decision and choice takes center stage in the health and balance in and throughout our lives. We can control and manage, plan and execute BETTER all-round.

Emotional fostering, healthier environments and diets containing less sugar, refined and processed foods can also go a long way in improving conditioning , underscoring and supporting our choices and action for healthier, more balanced living!

STEP 7: Making Cardiac Fitness and Heart Health a Top Priority

An active heart is at the very center of your well-being. Not only is it the most important muscle you will ever have and build, it is delicate and needs to be protected, nurtured and strengthened.

Fresh foods, raw fruits and veggies, lean protein, heart-healthy diet, with less fats, salt and healthy oils, Omega fats (3, 6 and 9), fish, essential fatty acids, less , alcohol, chocolate, butter, red meats, refined sugars, soft drinks, fried foods, and refined grain products, lots of water and lowered intake of baking soda, preservatives, MSG, tenderizers, and table salt can all go a long way in taking care of your heart, health and overall well-being.



- yoga, meditation, visualization, or Tai Chi.
- Seeking and getting quality treatment
- regular exercise

- practicing some relaxation techniques
 - maintain a healthy weight
 - Focus on prevention of heart disease
 - Choosing to take natural supplements proven to help in the cure, treatment, and management of the heart
 - avoiding worry and being under constant stress
 - Adding supplements and herbs
- Vitamin C and antioxidants to assist with keeping your blood pressure in close check, optimal ranges.
 - Niacin, Chromium Picolinate, and Selenium, lowering bad LDL cholesterol
 - Mineral complexes and multivitamins to help support your health and wellbeing
 - Ginkgo Biloba getting rid of invaders, damager-makers and free-radicals in your system
 - Garlic to lower blood pressure, reducing the cholesterol levels in your body.
 - Essential fatty acids preventing arterial hardening, clogs and blockages
 - Control and take charge of your heart health and management and you, your life, future and quality of life will be richly rewarded.
 - Calcium and magnesium enabling and improving cardiac muscle function

STEP 8: Metabolism and Immune-boosters, Antioxidants and Natural Fighters, Enablers

There are many things in our lives, habits, foods, choices, patterns of behaviors that can help, hinder, even harm up. There are some that are however also extremely beneficial to our health, balance and well-being.

Essentially antioxidants are positive, things like free radicals more harmful. We need to understand and utilize the best of both to live balance and healthier lives.

We need to eat, exercise, live and treat, to prevent and protect the body from disease, aging and devastation, damage or ill repair. We need to maintain and give the body what its needs to boost functioning, protection, metabolism, activity etc. Getting rid of harmful elements, contributors to illness, bacteria, infections, diseases, free radicals, pollutants, irritants etc. can be an easy task if you put your mind to it.

There are numerous elements critical to your body, system and whole functioning and well-being. They are enablers and enhancers of sorts, not merely a luxury or casual supplement – they can make a difference, if and when used correctly.

Vitamin C, vitamin E, beta-carotene, and selenium

- Trace elements, nutritional building blocks to energy, vitality as well as healthy diet and body can be found in most of the types of vegetables, fruits, and grains, supplements and activities that we opt to pursue and partake in on a daily basis.
- **Eating MORE** oranges and grapefruits, tomatoes, red peppers, green peppers, yellow peppers, pineapple, and dark green veggies can get you your fair share of these ‘wonder’ elements and gifts of nature.
- Vitamins, minerals, trace and natural essential elements and nutrients, can come from choosing the right foods and produce, like vegetable oils, nuts, brown rice, legumes, whole grains, and dark leafy green vegetables, seafood, Brazilian nuts, poultry, dairy, whole grains, onions, garlic, and wheat germ. carrots, red and yellow peppers, broccoli, sweet potatoes, mangos, and a variety of other fruits and vegetables. These all qualify for making and getting you what you need to boost the intake of these champions and fighters for your health and well-being.
- Green tee and some anti-aging products on the market will help alleviate and protect your body, systems, skin and more. Cutting caffeine and other stimulant types from your diet, or at the very least limiting them are recommended as well to strengthen your efforts for healthier, balanced living.
- Polyphenols have been proven by science to counter the effects of aging as well as leaving the body, mind and soul replenished and rejuvenated, newly energized, functioning better all-round.
- Some suggest supplementing your diet with anti aging vitamins helping your body and organs (of which the skin is the largest one remember, and like a mirror reflecting what is going on inside!) function BETTER!

Innovations and miracle products, environmental factors, choices and lifestyles will all affect how we live and how we look to ourselves and the world outside, others and the onus is on each of us to make the best with and

of what we have received. We are custodians, caretakers, champions of our own well-being.

STEP 9: Slumber, Rest, Sleep and Lunar Moments for Restoration and Defenders

Here is a NEWSFLASH! You need to sleep more, deeper, more often to function properly, optimally and to be at your BEST! You are designed and put together that way. Without sleep you will face an unbalanced, unhealthy life and lifestyle. Depriving your body of sleep, is one of the surest ways to disaster and undermining everything else that you are trying to accomplish through your healthier living.

Insomnia and prolonged sleep loss , problems or interruptions in sleep patterns, can have devastating effects. They can span with relative intensity and severity the physical, the mental, and the emotional. Performance and health can be direly affected. There are lots of areas and aspects of your life that can be affected and various manifestations:

- sleep-deprivation
- Sleep Apnea
- Restless Leg Syndrome
- relationships
- Problems falling and staying a-sleep
- personal and professional life
- Not sleeping very deeply

- Not feeling rested upon waking
- mood, depression, anxiety
- Life changes and/or accumulation of life stressors
- Interrupted sleep
- Heart
- health
- Depression
- Circadian Rhythm Disorders
- Anxiety
- Alcohol and other drug abuse

... to name but a few.

- Avoid exercise before going to bed
- Chamomile tea or Valerian root also helps with insomnia and sleep-type issues
- Do not drink alcohol prior to going to bed
- Do not submit yourself to stimulation, light, television, computer etc. Meditate and reflect, just sit quietly and concentrate or relaxing the muscles in your body, from your head to toe
- Ear-buds, sleep-aides, brain-wave stimulation products are also available
- Eat some protein, grapes just before going to bed
- Expend most of your energy during the day, be physically active and allow your body to replenish
- Get up if you cannot sleep and read something, listen to music etc.
- If a medical diagnosis is not made, it can cause even life-threatening conditions. Focus on breathing and relaxing techniques, visualization type exercises, medication to assist you falling asleep more easily and readily.

- Inhaling and exhaling with deep breathing for 30 seconds, repeating it until you fall asleep can also help you do so easier and stay asleep for longer, not waking up feeling fatigue and tired.
- Surround yourself with tranquil colors, such as blue, yellow, or green.
- Take a hot shower or bath before bed.
- Turn off all lights and/or other disturbances, get liners for your curtains, to ensure that it is quite dark in the room

STEP 10: Tension Busters & Stress Relief Tactics - Lighten Your Load

Realities of modern life, oftentimes have us running desperately backwards and forward, multi-tasking, exhaustively trying to get to all things, with stress and tension pretty much a very real part of most people's everyday realities. These types of pressures, demands and stressors, triggers, intermittently or constant, do threaten our health and well-being in many diverse ways and in all areas (as mentioned earlier).

- Injury, risk accidents
- Setbacks
- financial difficulties
- death or loss
- problems at work
- family issues
- illness, disease and/or poor health
- managing stress and demands on time, energy, resources

- care of others
- mental, emotional, and physical health

... and many more.

- Identify and recognize triggers, causes and contributing factors that cause stress in the first place
- Changes to cope better and skills to learn and master, hone, harness and refine at work, at home, or for improving your health and well-being overall.
- Make relaxation techniques part of your personal strategy of life, take full advantage of what nature and alternative therapies have to offer, like massage, deep breathing, meditation, or yoga.
- Find creative, fun, variety and enjoyable ways to incorporate physical activity into your lifestyle.
- Organize, practical, de-clutter, structure, practice time management, prioritize, eliminate, simplify – see if you can put one action word into action every week and see your life change for the better.
- Tasks, lists and to do's plan and structure – but control and manage them, not being managed by it/them!
- Checklists, progress checks, tracking your development, improvement will be motivational as well – REWARD yourself for accomplishments
- EAT healthier and better, be happier and live with much less stress, even for 1 hour, 1 day and your life, health and future will thank you!
- REST AND RELAX ENOUGH – EVERY DAY – we are not designed or meant to be running on all cylinders 99.9% of the time!
- Deal with emotion, be authentic, honest and truthful with self and others
- Tap into your network and supportive framework of friends, family, professional counselors, and support groups.

- Work on developing a deep sense of purpose, belonging and contribution – that have all the makings of a full, promising, rewarding and balanced life!
- Do things that you enjoy and take some time out for yourself (especially if you are one of those who always says yes to the needs and wants of others, at the expense of your own/self!).
- Deal with tough emotions, difficult people and situations, avoid conflict and deal with the underlying causes of stress, not merely coping with symptoms or aftermath of what went or could go wrong.
- Break away ever so often and do not take on more than you feel confident you can handle – IT IS OK TO SAY NO – even if you do not believe it or can not image yourself ever declining try it, you will be pleasantly surprised at the response of self and others as well as the reward in the short, medium and longer term! SEE IT AS AN INVESTMENT IN YOUR OWN HEALTH AND WELLBEING – the dividends and benefits almost always outweighs the short-term effect, fall-out or aftermath!
- Don't try to be perfect in everything that you do.
- LAUGH, ENJOY AND SHARE LIFE TO THE FULLEST!

When you feel your shoulders tensing up with stress, tension or panic, feel your heart racing, take a deep breath, close your eyes, relax the muscles of your body and get back to the place where you feel it dissipating and get back the control you know you need, restore and ONLY THEN ACT!

- ***Align and have good posture*** We are a dynamic whole as a human being and every aspect of us, contributes, helps, hinders, enables, hurts, grows, changes, demands... we need to find and keep that balance, build, strengthen, cope and ENJOY – live life. That is the task at hand, calling and through will-full choice and action we can make a difference in our own lives and happiness. You are so much MORE than the sum-total of your parts.

- Contemplate your life and build your own self-awareness
- Develop and hone your strengths, improving the areas of weakness that you discover
- ENERGIZE AND EXERCISE!
- Enhance your coping skills
- ***GO BACK TO YOUR ROOTS! Know your place in the world, heritage, family, where you are going, your passion, career, personal and professional pursuits , goals and purpose, direction and how you personally define success and results. PARTICULARLY how this affects your life, health and wellbeing! IS IT WORTH IT?***
- Go for a regular power-walk
- Learn from others
- Master and learn new things, ways and harness what nature has given you and will continue to provide
- Setting goals

Brain, muscle, heart, arteries, lungs, emotions, thoughts, feelings, blood rushing, muscles working, we are one interactive system, inside out and outside in. It is up to us to maintain, care and make the most of it!

Conclusion

With all this in our minds, thoughts and hearts, it is quite easy to see that most of what is said here will resonate with the human mind, spirit and realities, regardless of our age, gender, heritage, culture, language, geography, level or stage, standing in life, means or where in our life journey we are at. WE ARE ALL IN IT! That is the beauty of humanity. No two journeys, bodies and lives are the same. Each have its own challenges, obstacles, opportunities promise and BALANCE! It is up to you to define in your own terms what the actually means to you.

Taking care of THE WHOLE YOU, your life and your reality, is a individualize and unique comprehensive and dynamic, constantly-changing combination of physical, mental, and spiritual.

You too can get started NOW, TODAY towards leading a healthier and happier life. YOU ALREADY HAVE SOME OF THE KEYS... YOURS TO UNLOCK AND UNEARTH! FIND YOUR HEALTH, WELL-BEING, QUALITY OF LIFE, BALANCED LIVING SOLUTIONS AND ANSWERS>

Healing your body is about MORE THAN YOUR HEALTH and organs, systems, cells, bio-chemistry, etc. it involves aspects, features and functions of your mind, your soul, and your body. YOU NEED IT ALL!

You can choose – that is the one thing that makes us particularly strong, vital, and alive. WE need and must want to be disciplined in it, committed to it, with consistence and practice, now, tomorrow over time. Sometimes habits are hard to break, form new ones, change and adapt, even abandon others, that don't work or will have you self-destructing, sacrificing your health and well-being, not being in balance, fighting and struggling against realities, imbalances and imperfections, but life does not need be a struggle, war and battle. ALL THE POWER TO YOU... YOU CAN BE HEALTHY, HAPPY and

live a full life – it is up to YOU! You are the owner and steward, the caretaker – have you done your rounds today?