

BASIC STEPS TO SUPPORT WELLNESS

FOODS/DIET

Eat organic fruits and vegetables, and chemical/hormone-free eggs, dairy & meats.

Eat brightly colored fruits & vegetables (these are nutrient and antioxidant-rich).

Refrigerate your bottles of cooking & salad oils to reduce oxidation.

Eat fats in moderation, and choose healthy fats (olive, canola, avocado, flax).

Avoid harmful fats - saturated fats (oils from animal products, palm oil, etc.), trans-fatty acids (margarine), cottonseed oil, and fried foods.

Drink purified water in sufficient amounts to keep urine stream clear or very pale yellow.

Avoid high intake of white sugar, refined (white) flour, and excessive use of alcohol.

LIFESTYLE/ENVIRONMENT

Get enough sleep to wake refreshed - average 8 hours.

Routinely exercise, breathe deeply, and experience fresh air, sunshine, and nature.

Use sunscreen that blocks both UVA and UVB rays.

Wash hands frequently to reduce the spread of viruses and bacteria.

Avoid smoking, recreational drugs, pollutants & chemical exposure (inc. paints or solvents).

Eat slowly, calmly, and chew your food well.

Maintain a healthy weight.

Meditate/quiet the mind, take a break from constant stimulus and noise.

MEDICAL

Have a health practitioner who understands and practices natural/preventive medicine.

Get periodic preventive medicine blood tests & evaluations.

Maintain healthy gums through flossing and proper dental care.

Get massages regularly for relaxation and to balance out your musculoskeletal system.

Get routine Chiropractic adjustments to maintain a healthy nervous system and spine.

Donate blood periodically (unless anemic).

ATTITUDE

Experience daily small joys and laughter.

Anticipate positive things happening, instead of negative.

Don't read or watch negative news that has no impact on you.

Keep an open mind and be more tolerant.

Participate in a healthy spiritual practice.

Don't accept that aging means a decline in health.

RECOMMENDED BOOK/READING LIST AUTHORS/WEBSITES:

Natural Medicine: Joe Pizzorno, ND; Andrew Weil, MD

Herbs: Michael Murray, ND; David Hoffman, MS; Don Brown, ND, Mark Blumenthal

Nutrition: Jean Carper; Robert Ronzio, Ph.D.; Michael Murray, ND; Steve Austin, ND;

Ray Sahelian, MD; Abram Hoffer, MD; Ann Louise Gittleman, MS; John McDougall, MD

Homeopathy: Dana Ullman, MPH; Judith Reichenberg-Ullman ND & Robert Ullman, ND

Websites: www.mercola.com, www.alternativemedicine.com