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## **You Don't Have to be Sick to Feel Better! 10 Tips You Can Do Now**

- 1. Eat whole, fresh foods. If it comes in a box or has ingredients you can't pronounce, chances are it will be more beneficial to the manufacturer in terms of shelf life than it is to your life.**
- 2. Drink six to eight, 8-ounce glasses of water every day. It will help you lose weight, flush out toxins, and hydrate your cells to better absorb nutrients.**
- 3. Avoid sugar, high fructose corn syrup and artificial sweeteners like aspartame. Sugar can be addictive and contributes to diseases like diabetes, cancer and Alzheimer's, but beware—it is a hidden ingredient in everything from soup to ketchup.**
- 4. Take a brisk walk for at least 20 minutes a day. It gets the blood flowing and boosts brainpower as well as promoting your cardiovascular health.**
- 5. Add a percentage of raw foods to your daily diet. As we age, our supply of enzymes diminishes and raw foods replenish us, helping our digestion and supporting other metabolic functions.**
- 6. Substitute green tea for coffee. It supplies high levels of antioxidants and won't trigger the blood sugar spikes that accompany a coffee habit.**
- 7. Meditate to de-stress. A regular practice of mindfulness meditation has been shown to reverse a natural thinning of the cerebral cortex that affects memory, perception, awareness and thought. It may even grow new neurons!**
- 8. If you eat animal protein, make sure it is grass-fed, free-range and free of antibiotics and growth hormones. If it led a good life, your body will absorb the benefits.**
- 9. Your dinner plate should be mostly vegetables, with no more than four ounces of animal protein, a small portion of whole grains, plus a dab of fat like olive or coconut oil.**
- 10. Take time out to eat with your family. It promotes smarter kids—a recent study found that high achievers had all enjoyed regular family meals—and it strengthens your relationships. You will also digest your food better in a comfortable, relaxed atmosphere.**

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