

52 Health & Lifestyle Tips

by

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and lasting
effects for
your personal
wellness

52

Health & Lifestyle Tips



01 If you are trying to lose weight, look at your liquid calories. Beverages now supply more than 20% of the calories in the average diet. Most liquid calories come from soda or alcoholic beverages. Studies show that people who get calories from beverages tend to subsequently eat more than those who get the same number of calories from solid food.



02 Exercise every day. Yes, every day. Your ancestors did it. It's the way our bodies are meant to work. Even 15-20 minutes. How important is it? If an insulin-dependant diabetic does 30 SECONDS of vigorous exercise 4 times a day, they lower their insulin requirements 20%!!! Just DO IT!

03 In view of the essentially harmless intervention of eliminating colorings and preservatives, and the large numbers of children taking drugs for hyperactivity; common sense should prevail. Why not begin eliminating colorings and preservatives from your diet AND your child's diet? What could happen if we all took steps to lead healthier lifestyles? We just might have healthier lives that didn't require expensive and dangerous drug treatments. Yes... we just might!

04 A thought about the “quick fix” mentality and how it impacts a person’s future. With almost every approach to a quick fix, whether it comes in the form of fast food because one is in a rush or in the form of an aspirin because one wants to “get rid” of a headache; the true cost of those quick fix approaches is a long term reduction in that person’s overall health and well-being. If there truly is that much to be done, get it done by living a longer and healthier life. Make yourself #1.



05 There it is again, everyone: a drug to make you feel better. But there is no drug to make you healthy. Becoming and being healthy are driven by lifestyle and by the lifestyle choices you make every single day. Awareness is the first step. Beyond awareness is desire and discipline. If you desire to be healthy and grow your health, you must be disciplined in deciding what is truly good for you and in your best health interests.





06 Laugh a little. The healing power of laughter is well documented. Laughter improves immune function by increasing T-cell production. It decreases pain and improves well being by increasing endorphin production and it even reduces stress by lowering the level of the stress hormone, cortisol.

07 According to a recent report in NaturalNews, North Americans spend about 90% of their total food budget on processed foods. And yet we wonder why we have a health care crisis. Processed foods are often crammed with chemicals, including colors, flavors and preservatives. Apparently, many people don't think twice about filling themselves and their children with chemicals.





08 Even an unhurried 30 minute stroll a day may reduce the risk for blood flow related dementia among the elderly. A lot of the things that have been proven to be good for the heart now show accumulating evidence that these work for the brain.

09 Healthy living starts in the mind. Stressful thoughts change your body chemistry to one of emergency operation... fight and flight. This state is not conducive to peaceful focus and concentration often needed for our daily tasks. So make it a habit to frame your challenges in a constructive way. Let go of things beyond your control—things which you cannot change.



10 Studies confirm that regular exercise not only helps maintain good health but may even prevent the onset of chronic diseases, such as heart disease, osteoarthritis and dementia. And, since these are the types of conditions that cost the most to the already strapped sickness care delivery system, an ounce of prevention may be worth far more than a pound of cure.



11 Chronically sick children often suffer from compromised immune, nervous and endocrine systems, predisposing them to more illnesses as adults. It's an issue that extends beyond health, but touches on self-esteem, productivity and economics. We suggest looking at how we all can add to the quality of our children's lives through healthy lifestyle choices!

12 You may be surprised to know, that the best cooking oils come from saturated fats. These fats remain stable when exposed to the higher temperatures and are safer to use. So protect your cells and get used to cooking with those fats that are solid at room temperature. These would include coconut oil, palm kernel oil, full fat butter, or even lard from grass fed animals!



13 How many more articles will have to be published? How many more news stories will have to report that the drug companies have their earnings ahead of your health? How many lawsuits will have to be filed? How many more drug companies will have to be found guilty of ghost-writing articles for publication in medical journals, promoting off-label (unapproved) uses of drugs, and making lavish gifts to doctors? Stand up and say, “No,” to drugs and, “No,” to Pfizer!

14 Junk food appears to be almost as addictive as heroin, according to a study conducted by researchers from the Scripps Research Institute and presented at the annual meeting of the Society for Neuroscience this March, 2010. The report said, “This is the most complete evidence to date that suggests obesity and drug addiction have common neuro-biological foundations.”



15 Become a Frequent Eater: every time you skip a meal, your body releases cortisol and lipotropic enzymes, which are fat-producing enzymes. To avoid this unnecessary fat gain when on the road, plan ahead and pack your cooler with multiple snacks and meals combining protein, fat, fruits, and vegetables so that you can be a frequent eater. Cold or hot soups and shakes in a thermos are excellent ways to add variety to this plan.

16 To make sure you have an adequate supply of omega-3 fatty acids in your diet, adding fish is a good start. While all fish have omega-3's, they are found in the highest concentration in salmon, sardines, herring and mackerel. Other food sources of omega-3's include walnuts, flaxseeds and pumpkin seeds.

Obviously a good omega-3 supplement could also contribute to a heart healthy and long life.



17 Consider the conscientious medical doctor... what a dilemma!

Aside from questioning whether or not the conditions they treat with drugs result from not enough of that drug in the patient's system, now they have to contend with thinking every time they sit down to write a prescription: "Is the patient actually going to get the right stuff? Is the patient getting the right drug? Is there something natural (like niacin) that would do just as good a job and cost way less?"

18 Can you have your cake and eat it too? Sure you can! Just because you're conscious of what you put in your body doesn't mean you have to have a boring menu. Consider the quality of your ingredients – can it be found in Nature or is it artificial and potentially harmful? Nine times out of 10 your natural cake is going to taste even better than the synthetic variety. So have your fun... eat some cake... just be sure you're eating real food!



19 Those seeking health answers from outside the realm of their own decisions are looking in the wrong place. Health doesn't happen by accident. Lasting health results from a lifetime of informed, deliberate lifestyle decisions aligned with nature's principles of health, not the distorted version of health promoted by mainstream medicine.





20 The traditional medical approach to health is in attempting to deliver relief, not in health development or the elimination of disease. Treating symptoms endlessly with pills, powders, potions, lotions, surgery and chemicals has never brought about a cure, let alone addressed a cause. The people are becoming more and more disenchanted with this approach and are finally beginning to demand that the cause of disease be addressed and eliminated.



21 Continually eating food processed from a microwave may cause long term health risks. Studies have shown that the human body cannot break down the unknown by-products created in microwaved food. It is also known that minerals, vitamins, and nutrients of all microwaved foods are reduced or altered so that the human body gets little or no benefit. Play it safe! It only takes a few minutes to cook or re-heat your food in a regular dish in the oven or stainless steel pan on the stove. Your health is worth it!





22 A recent study, published in the British Journal of Psychiatry, found that among 3,486 middle-aged women and men, those who ate a diet primarily composed of vegetables, fruits and fish were significantly less likely to be depressed than those who primarily ate refined (“white”) grains, processed meats, fried food, sweetened desserts and high-fat dairy products. A good diet leads to good health and a “junk” diet leads to “junk” health.

23 Have you ever heard that health problems often run in families? Sure. Everyone has and we think we’ve figured out why. Everyone knows that chronic stress often lays the foundation for health problems and everyone in a household is typically subject to the same stress as one another. Think about it—you all breathe the same air, drink the same water, and eat the same food. When one of you is “stressed out” doesn’t everyone feel it? You bet! Don’t wait for health problems to develop—let us see how stress is affecting your family.

24 Refined carbohydrates are grains, starches, vegetables, or fruits that have been altered in some way. Nutrients are removed or destroyed; they are exposed to extreme heat and drying; or colors, dyes, chemicals, and/or hydrogenated fats are added. This category of carbohydrates provides very little nutritional value to the body—merely acting as “filler.” If abused, refined carbohydrates will lead to mild or severe weight gain, as well as other life threatening illnesses such as diabetes, cardiovascular disease, hypertension, and more. When choosing your carbohydrate, pick the natural form such as steel cut oats, rice, or quinoa, and choose breads that only have whole grains listed in the ingredients.





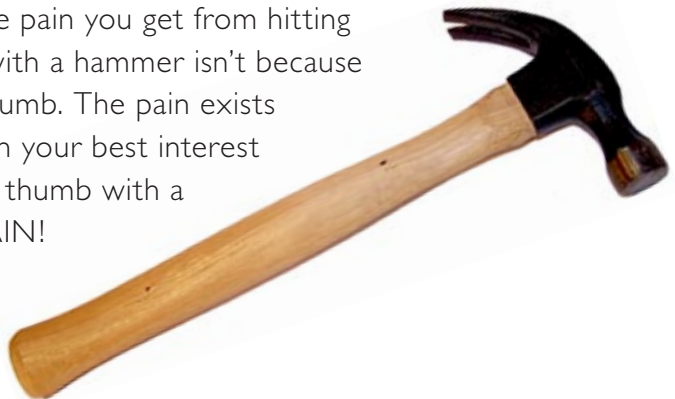
25 We've noticed something interesting in the office and that is when one member of the family is having a health problem; it often effects everyone else in the family. Remember: not only colds are contagious. And, if and when the health problem resolves, we still have a family full of people who have been impacted... and not in a good way. That's one of the reasons you see families coming to our office together so they can be healthy together.

26 Most people are waiting for something to go wrong rather than recognizing that the body is striving for 100% health all the time, as that is its normal state. What if we were waiting around for something to go right? Like not having to think about breathing or keeping our hearts beating or digesting our food to make a living, thinking us! That's right—so many things are happening right every moment that most of us don't pay our wonderful bodies any mind. You were born to be healthy!

27 When you're cooking your meals be cautious of the type of cookware you are using. Cookware made from aluminum, nickel, or copper can release these metals into your food and in-turn, your body. Teflon coated is the worst because it can easily loosen over time. Choose cookware made entirely from quality stainless steel or Pyrex. Although you'll pay a little more, you'll avoid the potential health risks associated from heavy metal toxicities that can result from frequent exposure.



28 Is pain always a bad thing? What could the purpose of pain be? What good could it possibly serve? Have you ever thought that perhaps one purpose of pain just might be a normal and natural response to let you know that damage is present and that the potential for even greater damage is on the horizon and could be avoided? Think about this: the pain you get from hitting your thumb with a hammer isn't because you hit the thumb. The pain exists because it is in your best interest to not hit the thumb with a hammer AGAIN!





29 How many elections can you remember where the politicians promised more money for health care? And, are people healthier now than they were 10 years ago? Every news report says the answer to that question is a resounding, “NO!” So more money doesn’t equal better health. In fact, as our country spends more money on health, our health as a country is declining. Could it be we should be focusing our attention on the causes of health rather than simply ineffective and more expensive treatments for disease?

30 Before considering expensive laboratory tests or medical fees, eliminate the common foods that can be the cause of many of your symptoms. Try removing foods that contain gluten, sugar, high-fructose corn syrup, soy or vegetable oil first and if, after 4-12 weeks, symptoms have not improved then contact your Metabolic Typing Advisor for guidance on investigating further.

31 So what drug are you or your family member taking that will later be proven to cause more harm than good? Isn't it time to seriously take a look at what you believe and why? Isn't it time to invest in health rather than waiting for some insurance company or drug manufacturer to "save" you from disaster? Isn't it time to take personal control over your health rather than hoping the government will? You bet!

32 Change starts by people choosing to invest their money in health, and I'm not talking about health insurance. Why? Because health insurance really should be called crisis insurance or sickness insurance because true health never resulted from it. Health is always cheaper than sickness. An ounce of prevention is worth a pound of cure. Start investing in your own health and well being NOW, TODAY!



33 Eat in peace. Distractions such as reading, watching TV, noisy environments, working at the computer, and dinner table arguments have very harmful effects on digestion. If you are upset, calm yourself and relax before eating. Try abdominally breathing. I know it sounds mad but if you can abdominally breathe you will be less stressed and as you try to abdominally breathe the effect of stress can reduce in minutes.

34 Are you a bargain shopper? That may not be a bad thing... depending on the item for which you're shopping. No one really wants to be a "bargain shopper" when it comes to their health... Or the health of their children. One really has to ask, "What kind of person

would want the cheapest doctor that they could find?" For my family and myself... we feel as if we deserve the best and we want the best. How about you? The cheapest form of health care ultimately becomes the most expensive... have you ever priced a Tylenol in a hospital?



35 Easier said than done, stress busters come in many forms. Some techniques recommended by experts are to think positive thoughts. Spend 30 minutes a day doing something you like. Soak in a hot tub; walk on the beach or in a park; read a good book; visit a friend; play with your dog; listen to soothing music; watch a funny movie. Get a massage, a facial or a haircut. Meditate. Count to ten before losing your temper or getting aggravated. Avoid difficult people when possible. Thought for the day: when seeing red, think pink clouds... then float on them.



36 Practice body awareness for better results. When you are learning what comprise the right foods for you, beware of your hunger for the next 1-2 hours. Think about your energy levels, sense of well-being and mental clarity. When at the gym also be aware of your body. Focus on your posture, breathing, technique and what muscles are working. Thinking about what you feel will help make the exercise more effective, prevent injury and identify when an exercise should stop before you lose form.



37 Make sure you get 6 to 8 hours of good sound sleep. Restorative sleep is key to good health. If you aren't getting good sleep then look at your habits. Take the TV out of the bedroom. Turn off the TV. Read a positive book. Write in your journal. Pray. Drink Sleepytime Tea. Avoid caffeine after lunchtime.

38 The American Academy of Environmental Medicine warns the public to avoid Genetically Modified foods, saying that there is a causative relationship between GM foods and adverse health effects. Many studies have implicated GM foods in health problems, including accelerated aging, immune dysfunction, insulin disorders, organ damage, and reproductive disruption. The further we get from a healthy lifestyle that includes both proper nutrition from natural food sources and adequate amounts of exercise, the further we get from health. When we start promoting healthy lifestyle habits, we'll get healthier kids.

39 Simple digestive system test. Eating plenty of vegetables, drinking water and regular exercise help maintain healthy digestion.

Bowel transit time is one way to check how healthy it is. Try eating 4 whole beetroots (or juiced), 2 hours after breakfast then check your next stool until you see a dark red/purple stool. Less than 12 hours means possible mal-absorption of nutrients. 12-24 hours is ideal. Beyond 24 hours can indicate the food is putrefying in the colon and increasing inflammation.



40 Can you remember a time when everything seemed to be going just right? We all have moments in life when we feel we are at our best. Use these special moments in your life to shine a light on the goals that will fulfill your needs and desires. Learn from and build on these. Create magic moments on a daily basis for the rest of your life.



41 A 10% reduction in body weight represents a tremendous improvement in overall wellness and well-being. There is attendant reduction in blood pressure, improved heart health and a reduced risk of Type 2 diabetes. For the obese, the end goal may not be thinness, but health, well-being and self-acceptance. These are more realistic and beneficial objectives. People who exercise absolutely improve their health, and the benefits continue as long as the healthy lifestyle does.

42 Find a source for locally grown produce in your area. Look for community supported agriculture, or farmer's markets that run during the spring, summer and fall. The more local your produce is, the fresher it is, meaning that there will be more nutrients in the food on your plate. Many local farms do not have official "Organic" labeling because of the cost restrictions to get that, even though they use organic practices.



43 Our advice to everyone at this time is simple... do everything possible to make sure you and your family are as healthy as you can possibly be. It is your greatest defense against stress and it is the smartest pro-active choice you can make to insure you maintain the highest possible levels of both happiness and productivity. Be the one whom others look up to during these high stress times and your value to your company and to society will be elevated. Be the change you want to see.



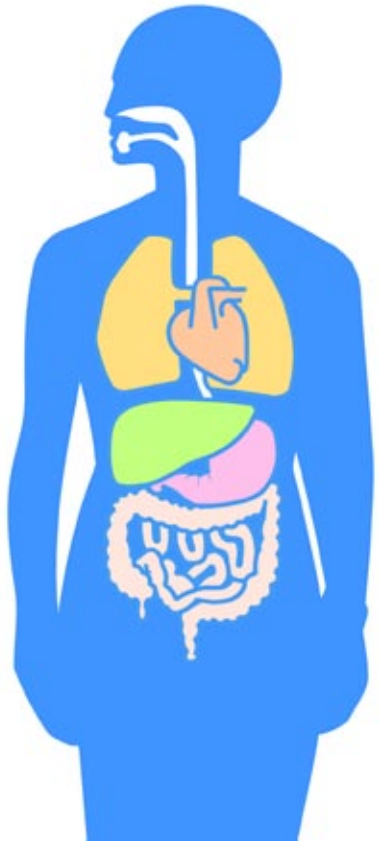


44 Exercise, proper nutrition, adequate rest, and a positive attitude are being touted by experts and lay people alike as ways and means of leading a happy and healthy life. And, it's about time! Think how many TV commercials there are these days promoting a pill for every ill and contributing to the common attitude that my lifestyle doesn't matter... when there's a problem, medicine will fix it. That attitude is just not working, folks. Time to look at lifestyle!!

45 Calorie restriction diets do not work. Reducing the calories lead the body to use muscles as fuel. This catabolic process slows down our metabolism since muscles are metabolically active. When you begin to eat regularly again the muscle mass lost is replaced by fat. Lifestyle changes and exercise are the permanent solutions to real fat loss.

46 It should be clear... the further we get from a natural environment and natural foods that are unaltered either in their cultivation or preparation, the more problems we create for kids today and for future generations. The further we get from a healthy lifestyle that includes both proper nutrition and proper and adequate amounts of exercise, the greater the potential negative effect on their health. When we start promoting healthy lifestyle habits, we will get healthier kids.

47 Connect! Most of the time, a symptom is the way your body or mind tells you that something is overloading your system. Maybe you've worked too hard, played too hard, eaten too much or stressed too long. When this happens, your body will give you a signal... the symptom... to encourage you to change the offending behavior. So the next time you notice some type of symptom try these three steps: (1) Stop what you're doing for a moment. (2) Check in. Is this behavior working for me? (3) Do something different!



48 The skin is the mirror of your gut. Instead of treating the symptoms using birth control pills, lotions, antibiotics and dangerous medications; healing your gut through proper lifestyle changes and therapies, leads to solving the problem.

49 Be grateful... you'll feel better. Researchers at the University of CA found that people who actively chose to experience regular feelings of gratitude and thankfulness reported fewer physical symptoms; felt better about their lives as a whole; and were more optimistic about the upcoming week. Take 5 minutes or more each day and simply focus your attention on something for which you feel grateful. The beautiful weather; your grandchildren; the kindness of a stranger. It doesn't matter. Try it. It works!



50 Exercise is medicine!! Research has repetitively shown that exercise is as effective as anti-depressants for mild to moderate depression. The key is to combine 3 kinds of movement at least 5 days per week: cardio; resistance training; flexibility training. To keep your brain in top shape, keep your body moving!



51 Don't stop moving, even while at the computer. Set a timer, and every 20-30 minutes, move your hands away from the keyboard and mouse, and stretch—alternate sitting stretches with standing stretches; focus on different parts of your body with each stretch. Rest your eyes for 20 seconds, and move. Your body will thank you with great productivity during the in-between times!



52 A healthy blood sugar level is needed in order for your body to function properly, which will make you feel good and be a happier, more productive, and relaxed person. Balanced blood sugar moderates your appetite, increases your metabolism, and keeps inflammatory hormones, such as adrenaline, at bay. Make sure to eat high quality, fresh proteins, fats, and carbohydrates from fruits and vegetables every two to three hours to keep your blood sugar levels where you want them to be.

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“in their OWN words”

After suffering 4 years of constant exhaustion, I met Darren...5 months on and I feel like I am waking up out of hibernation! I have also lost a considerable amount of excess weight along the way, which has been a fantastic bonus...Now, I look forward to each day with enthusiasm...which was something I thought I would never see happen.—**Jane B.**

I started training with Darren recently following a knee operation and now wonder whether the operation would have been necessary had I known about PT Health Solutions earlier. Through Darren's exercise programme I have been able to rectify muscle imbalances and hope soon to return to running. The nutritional advice I have received has been an added bonus and I am well on the way to achieving my target weight. I Wish I had come across PT Health Solutions prior to spending a small fortune.—**Liz D.**

Prior to meeting Darren, I had been suffering from IBS for 10 years. Despite investing a large amount of time, energy and money on treatment, I had all but given up on a IBS free life. It's been six months since my first session with Darren and the results have been amazing. I am now largely symptom free. I can't recommend this approach to treating IBS highly enough.—**Jennifer B.**

**Begin your own success story—read and
adopt 52 Health & Lifestyle Tips today!**

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