

## Achieving improved health and happiness in 2011

### Some health-enhancing ideas to help you accomplish your goal

1 - Replace sodas or soft drinks with tea or **water**. Water acts as a natural remedy to head your way towards achieving beautiful rich glowing skin. Drinking water skin benefits can be attributed to the fact that water acts as a body purifier, by removing toxins and waste from your body.

2 - Commit to eating one **raw fruit** (or serving of vegetables) at every meal. One of the best ways to improve the appearance of your skin is by incorporating raw food into your diet. Beautiful skin starts from the inside out. People who switch to eating mostly raw food often see an improvement in their skin and look younger

3 - Add just 5 minutes a day to your exercise routine. Don't have an exercise routine? Start with 5 minutes a day!

4 - **Get more sunshine**. We are spending too much time indoors with computers and TV. One of the major benefits of sunlight is that it will soothe your nerves and boost your mood leaving you with a renewed sense of well-being. Sunlight increases the production of endorphins and serotonin in your brain which will definitely leave you feeling much better.

- 5 - Learn some **Pilates**. Unlike some forms of exercise, Pilates does not over-develop some parts of the body and neglect others. While Pilates training focuses on [core strength](#), it trains the body as an integrated whole. Pilates workouts promote strength and balanced muscle development as well as flexibility and increased range of motion for the joints.

6 - Drink a **superfood smoothie** every day. • Smoothies are full of energy and nutrition and can provide you with the same energy that a whole meal can provide. In this busy day, it is sometimes impossible to take meal regularly. You can drink a glass of smoothies as an alternative to your meal.

7 – **Buy some plants**. Some houseplants are better at removing formaldehyde from the air, while others do a better job on benzene; none is much help when it comes to tobacco smoke. But there are enough known plants that do a good job of removing pollutants from the air we breathe to cause us to view houseplants as more than just an attractive feature in decorating the interior environment

8 - Take a quality, **multi-vitamin** for your health. A good vitamin is a foundation of health and nutrition. Take a look at the scientific reviews, of many of the popular brands for factors such as ingredients, areas of improvement, quality level, and overall value.

9 - Eat more **quinoa**: It's a high-protein, low-carb "grain" that can easily replace rice or couscous. One cup (cooked) quinoa contains eight grams of

protein, nearly twice the amount found in other grains. Quinoa is a complete protein, meaning it provides the body all nine essential amino acids. In addition to being a good source of protein.

10 - When you get out of bed each morning, do five sit-ups first. It sounds simple, but just 5 sit-ups a day can make a difference.

11 - Instead of trying to find a parking spot so close to the grocery store, park farther away. You'll get a little more walking exercise and a little more sunshine.

12 - Using a whole house water filter greatly enhances the overall healthfulness of drinking water. Using a whole house water filter can alleviate the effects of asthma and allergies (for those who already suffer) by providing cleaner air to breathe in the house.

13 - Pick up a "gentle" art like **Tai-Chi or Yoga**. Tai chi is for anyone, anywhere and any place. The body follows the mind and the mind follows the body. If one does an incredibly relaxing movement, the mind joins in the natural slow rhythm and begins to slow down. If we increase our awareness and focus on these Tranquil energising movements, we begin to feel the energy in our bodies and move into a deeper state of relaxation.

14- **Get a professional massage!** Massage therapy is really, really healthy, and it's a great way to reward yourself for some of the other accomplishments you're making. Get a head or body massage regularly to release tension and aches in your body. It releases toxins in your body and head and improves your immune system. A complete overhaul for your system. A car goes for overhaul every year, but what about your body? You should reward it because it takes you from place to place.

15- **Grow your own sprouts!** With a simple, low-cost sprouting machine, you can grow and eat your own sprouts. Eating just one ounce of sprouts a day still had a huge impact on preventing cancer and boosting immune function. They have digestive enzymes in them and they are very alkaline. Making your body alkaline, is guaranteed to reduce acid levels and flush out acid levels.

16 - **Prepare for a Spring garden.** Sure, it's cold and snowy right now, but make a commitment to start a garden this Spring, and you'll reap many health benefits in the months ahead. Gardening helps you to connect with mother nature and you will feel more grounded. It is also very rewarding to grow and eat your own vegetables. This is another way to help to reduce the chemicals from processed food easily.

17 - **Get a mini-trampoline** and do some rebounding in your living room. Rebounding is a affordable way of boosting your energy, getting your lymph flowing, losing weight, toning muscle, alkalising your body and getting a great, all over workout - right in your own home. The rebounder

exercises are simple to follow and are a low-impact, risk, pain free exercise that tones, builds muscle and burns fat, all while alkalising and energising your system..

18- Make a point to get at least eight hours of **sleep** for 2-3 nights a week (or more, if you can). Most people are sleep deprived, and the health cost is enormous. 15 minutes before you sleep, do some deep breathing exercises, this helps to relax the tired mind and prepares you to sleep. Doing some Insomnia acupuncture points on your face and body benefits and releases all the tension in the body.

19- If there is no opportunity or time for you to grow your food, then start visiting your local farmer's market and you will be assured of the **organic produce**. You will be amazed by the increased energy and vital – looking skin.

20 - Got a job you don't like? Quit it! Downgrade your lifestyle to live on less money, then *pursue what you really enjoy*. Being happy in a small house is better than being miserable in a big one. Engage a life coach who will be able to help you to clarify your goals and create a strategic action to get there.

21 - Get off those **medications!** You don't need them. Making positive changes in your lifestyle, like eating regular meals, exercising about 3 times in a week, and letting go of negative emotions with **EFT (Emotional Freedom Techniques)** a tapping technique which releases all negative emotions easily. Eating superfoods will boost up your immune system. The best insurance for your health.

22 - Throw out your **television!** Are you still watching cable TV or satellite TV? It's a complete waste of your life. Disconnect the cable. Instead read more books on personal self development which will motivate you inside out. It is the internal positive makeup, that takes care of the external world. Give yourself time and patience to make changes, and definitely see the difference.

23- Make a decision to think of **food as nourishment** instead of *entertainment*. Eat what your body needs, not what your taste buds. Eat to your nutritional type that will enhance your blood group. E.g. blood group A , ..... etc.

24. If you are unable to follow any or some of these goals, then the best is to do EFT tapping to motivate and encourage you in your success.

***EFT Really Works!***