

5-Steps to Better Health



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BREATHE

So many people get caught up in the day-to-day they forget one simple task... breathing. You can't survive if you don't breathe. Here is a good test to find out if you are stressed. Ask yourself, "How many times do I hold my breath?" You may be holding your breath without even realizing it. Other people clench their jaws often or grind their teeth when stressed. Some develop TMJ. That doesn't sound like any fun at all. The good news is you can easily release your stress or anticipation and improve your immune boosting powers by simply BREATHING.

Most people do not know how to do this right. They breathe shallow. They take a breath from their chest, because this is where the lungs are. This is not how you breathe. You breathe by inhaling deeply, filling your chest AND your abdomen with air, and then expelling loudly and softly.

Take Some Time Right Now To Practice BREATHING...

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If you've ever taken a yoga class you may be familiar with this form of breathing. It is called Prana by some or the breath of life. If you want to live a healthy life, then you have to learn how to breath. Practice when you are at home alone watching television, or while you are lying in bed at night trying to get to sleep.





REST

While we are on the subject of rest, let's talk about it. How often do you rest? Do you feel rejuvenated when you rest? Or, like so many others, do you feel tired and lethargic? Resting isn't just about sleep. It's about taking a break from your everyday activities so your mind and body have a chance to recover from a hard day of work. No matter your job, it is critical to your health that you rest.

SLEEP Isn't Enough... You Must REST To Feel Refreshed.

If you don't think you have time to rest, consider taking a 10-minute break. Walk outside, even if it is just outside the door, take a couple of big, deep breaths and return to work. It is as simple as that. Just like a potty break, only much better.



RESTORE

When you start breathing you begin learning how to restore your body. Restoration is necessary. It helps boost your strength. One way to restore or stock up on energy is by exercising. Exercise will help bolster your stamina and teach your body how to combat fatigue or lethargy.

If you do exercise, try to do at least 30 minutes daily. You don't have to do this all at once. You can for example, take a 10-minute walk up the stairs of your building and then down again. You can sprint to the mailbox and back (don't do this if wearing uncomfortable shoes or heels however).

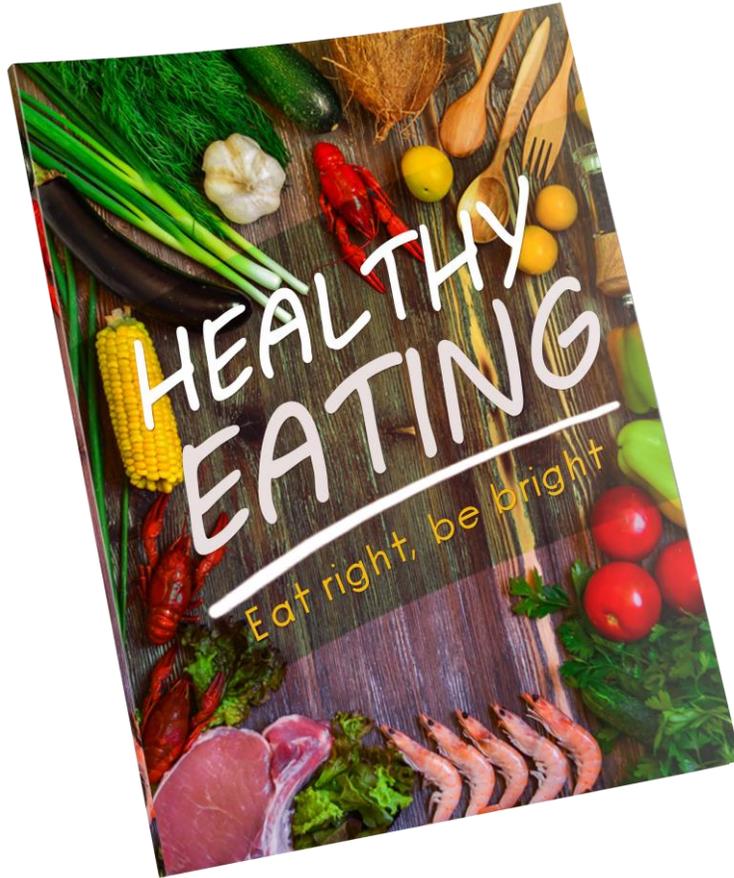
Each Year Take A Week Minimum Off And Do Not Work... This Will Give Your Body A Chance To Recharge And Heal.

You can do a few push-ups between commercials. The point is you shouldn't have to worry about exercise, it should come naturally. To help you on your path

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to restoration, why not create a list of the top five activities you can engage in that will restore your energy?





REPLENISH

Proper food is necessary for you to function well. You replenish your body by eating well. The best way to keep your metabolism revved for a long day is by eating five or six small meals during the day instead of three very large meals. If you eat a meal that is too heavy, your body's energy will slow down as your body struggles to digest all the food you've eaten.

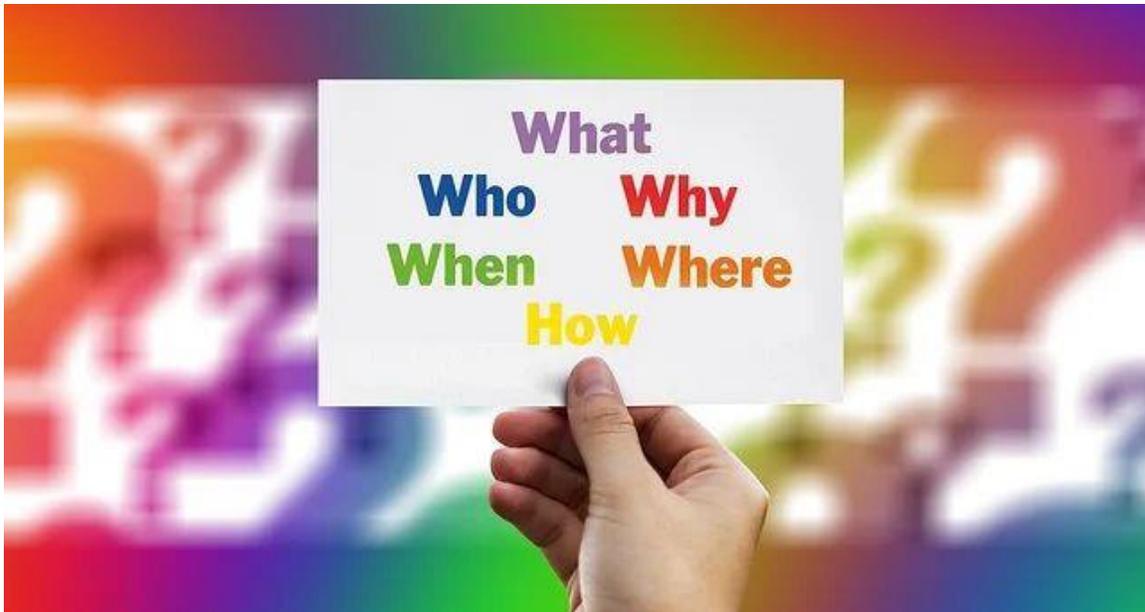
Here's a tip. Why not break your normal portions in half, and eat every 3-4 hours while awake? You will find you have a constant source of energy on hand without increasing the number of calories you take in.

Eating LESS Food MORE Often Will Help You Fight Off Viral And Infectious Diseases...

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The point is you need energy, and much of our energy comes from the foods we eat. You don't want to overeat any more than you want to under-eat. You also want to be sure to eat snacks that contain ample protein during the day, because protein is the key substance providing our bodies with energy and vigor. Closer to nap or bedtime you can indulge in a small, carbohydrate laden treat. Why? It may help you sleep. Just stay away from the chocolate too close to bedtime, because it contains caffeine, Many people are sensitive to caffeine and do not even know it.





INFORM

To get into shape and fight disease you need to know as much as possible about your body. This includes learning about your medical history and the medical history of your parents and siblings. Your doctor will be better equipped to treat any disease you may have if they have this information. Your best bet is finding a doctor you like and sticking with them.

You can plan on spending at least an hour with him or her once a year, sometimes twice a year, for a full physical. During this time you should talk with your doctor about any chronic symptoms you have. If you catch a disease early you are more likely to find a cure than if you catch it too late.

Be prepared... Arm yourself with information and create a list of questions before you see your doctor, so you cover all bases.

Your doctor can inform you about any illnesses your history may predispose you to. He or she can also help you establish an immune boosting diet and exercise

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program that is tailored to your needs. If your doctor does not specialize in this area do not worry, most will simply refer you to a specialist for a consult. Pay attention to the information you get during your consult, as it may prove life-saving.

Fighting off infection isn't nearly as hard as some people think it is. When you walk in with a smile on your face and you have all the knowledge you need about your body, you are going to win the battle against chronic viral, bacterial and other unwanted attacks on your immune system.

Good luck and remember... stay informed of the latest developments in health online or offline. Your health and life may depend on it!!

