

10 Simple Steps for Living a Healthier Life

When I decided I wanted to achieve better health and take responsibility for it myself, my first question was “where do I start?” I had no clue! I knew a few things, but I had tons of questions and a lot of it was trial and error.

I thought if I did not really know where to start, maybe others would be in the same boat. So that’s one of the reasons I decided to build this web site. It is dedicated to prevention. Prevention requires a little self-discipline and maybe some effort in the beginning, which the “average” person is reluctant to endure, even when their very life depends on it. But, because you are here visiting this site, my bet is that you are NOT the “average” person! Sadly, our culture is such that people who do choose to maintain good health by following a regimen that brings them into harmony with nature are considered to be idealists or extremists. At the very least, we will experience opposition even if it is only in some of its more subtle forms. I have encountered plenty of that, and if you follow this path] you probably will also.

Because of “average” people, there is a growing market for orthodox medicine’s “quick fix” approach. Because of this, pharmaceutical companies will continue to manufacture products to meet the growing demand. Doctors will continue to prescribe medications and do surgery to alleviate symptoms, but do little or nothing about the *cause* of those symptoms (which will undoubtedly return later on). In addition, the fast-food industry will also continue to flourish.

However, don’t be fooled. Things that come easy in life are seldom what they appear to be. Pharmaceuticals (drugs) have nasty side effects. They may be quick; they may be easy (they certainly are not cheap), but if you fall into that trap, at least be aware of the dangers. Buy yourself a Physician’s Desk Reference or at least read the fine print on the handout that comes with the medication and don’t fall into the trap of thinking you will be the exception to the rule when it comes to possible side effects. In the long run, many of those products don’t work all that well anyway. But even those that do may cause you more harm than good in the long run. But of course, the choice is yours.

In addition, please remember how EXPENSIVE drugs are, particularly when you start thinking about buying a juicer, or something of that nature that will help you PREVENT dis-ease! It’s all in how you look at it. Please don’t think that just because someone else (your “health’ insurance) is paying for it, that it’s o.k. We are ALL paying for skyrocketing “health care” (sick care) costs. There are no free rides.

If you are one of those rare and wise souls who are interested in prevention, however, we offer the following simple guidelines.

Where Do I **B**egin?

Here are some simple steps to take to move toward a healthier existence. You may want try some or all of them yourself and see what kind of difference it makes for you. It's not necessary to do them all at once (or ever!), but you may find once you start that you actually enjoy making the changes. But do start somewhere. The key to change is to incorporate each one **SLOWLY**, one at a time, until they become a habit. (Remember, it only takes repeating an action for 21 days, for it to become a habit!) Your body will need time to adjust too, so don't be in too big of a hurry. Above all, try to live as much of a stress-free life as humanly possible and always try to think positive thoughts. It will pay big dividends in the long run. (For each step you want to take, follow the link for more information.)

As a final note, please remember **SNACK**

Too much **S**ugar, **N**icotine, **A**lcohol or
Chemicals will **K**ill you!

First and foremost, change your way of thinking. Once you make up your mind about something, it's as good as done. Here are 10 simple steps you can start working on right away.

1. Feed your spirit daily from the Word of God, the Bible and other positive affirmations/books.
2. Feed your body nutritiously by **eating** more **FRESH RAW *fruits, vegetables nuts, grains*** and seeds
3. Chew your food thoroughly. (Incidentally, this has a spiritual application as well!)
4. Drink plenty of **PURE water**
5. Eliminate "junk food." That would be processed foods. If you think you cannot live without them, **PLEASE** read the labels and try to make the healthiest choices.
6. Eliminate animal and dairy products
7. **Exercise** 3-5 times per week
8. Get plenty of sleep
9. Love and laugh **more; avoid** stress
10. Remove all the "clutter" from your life which clears your mind also.

In addition to the ten primary steps, here is a list of other things you may wish to consider as well:

- Drink apple cider vinegar, **water**, **honey** & cayenne every day
- Drink more fresh fruit and **vegetable juices**
- Add probiotics and fermented **foods to your diet**
- *Incorporate a little flaxseed oil or freshly ground flaxseed into your diet every day
- Adopt a **vegetarian diet**

- Avoid the things that will make you sick, such as **artificial colorings, artificial flavorings and artificial sweeteners**
- Add foods that will make you healthier!
- If you must eat animal foods and processed foods, then please eat more live, raw foods – 80%.
- Brush your skin daily
- Get rid of your microwave oven it emits radiation
- Learn about natural remedies (which are as good or BETTER) to use in place of drugs!
We are rapidly becoming a nation of LEGAL drug addicts, and the drug companies love us for it!
For example, did you know 4 cloves of garlic equals one adult dose of penicillin?
Instead of suppressing your immune system like antibiotics, it enhances it.
- If you think you can eat anything you want without consequences, think **again!**
- Store your food in glass, not plastic!
 - Clean your colon!
 - **Use hot and cold water** therapy (hydration) Get a shower filter Get full-body massages
Consider not wearing tight clothing. especially a tight bra (if you are a woman)
- Get a thermagram, not a **mammogram!**
- Get rid of **acrylic nails**
- **Practice good dental health**
- **If you use a deodorant, use a natural one (more specifically, no aluminum in the ingredients list please) – crystal stones**
- **Use all natural products** - hair care, skin care, household cleaners, clothing etc. My personal favorites are Awareness shampoo and conditioner, skin (Wow!) & jojoba oil
- Use natural cleaners in your washing machine. I use a natural multi-use botanical soap for my laundry and all household cleaning.(more to come on this)! Avoid CHEMICAL products.
- Have a hair analysis done – it shows the levels of toxicity & essential elements within the body
- Sweat more! Incorporate the use of an infra-red sauna into your weekly routine
- Develop a relationship with your Creator
- Get an air purifier to clean the air in your home or office

“I have an earache.....”

200 BC..... Here eat this root.
 1000 AD..... That root is heathen, say this prayer.
 1850 AD..... That prayer is superstition, drink this potion.
 1940 AD..... That potion is snake oil, swallow this pill.
 1985 AD..... That pill is ineffective, take this antibiotic.
 2002 AD..... That antibiotic is artificial, here eat this root.