

Healthy, Happy, and Whole eBook!

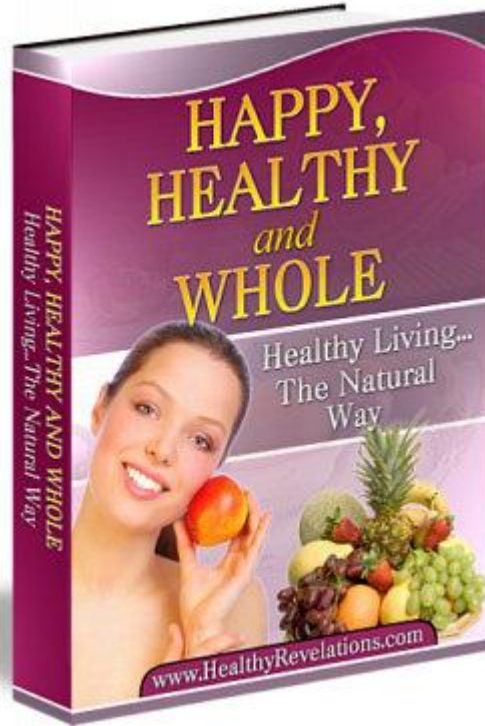


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Introduction

Health, Happiness, and Holistic Health



"Happiness cannot be found through great effort and willpower, but is already there, in relaxation and letting go. Nothing to do, nothing to force, nothing to want, and everything happens by itself."

~ Lama Gendun Rinpoche

You have a powerful force inside of you. You may or may not know it's there, but regardless of whether or not you recognize it, it's hard at work. Do you know you hold the key to *your potential* of health and joy? Regardless of the circumstances in your life, you have the power to have an impact on your life. All it takes is some honesty, introspection, and perhaps some hard work.

Do you want to be healthy?

Do you want to experience not just happiness, but joy?

If so, then this is the ebook for you!

I'm very lucky. Having a website that allows me to communicate actively with my subscribers gives me such a wonderful opportunity to get to know and help others. I hear firsthand about what really interests people and what's important to them. My website, www.healthyrevelations.com offers free newsletters and complimentary communication with me on all sorts of health topics. Everyday, I receive countless emails from people of all walks of life striving to attain two things: health and happiness.

Now I know we hear these words everyday, but really stop and think about them for a minute: HEALTH and HAPPINESS. Without health,

can we really get from life all we want out of it? If we're fighting illness, we're limited.

And what about happiness? I'm a firm believer that if you're happy and have a positive outlook towards life and its hardships in particular, you're more likely to fight illness and live a more exuberant life. I believe if you walk around miserable, angry, unhappy, thinking bad thoughts, and being harmful to others, it *will* affect your health and quality of life.

If we take this one step further, what really creates the difference in our life is not just happiness, but joy. There's a big difference between the two. Happiness is that feeling we get from things that happen *to* our life; it arrives from the outside and can come and go as quickly as the wind changes.

But joy is different. Joy comes deep from within, is constant, and connects us to something more powerful than ourselves. We can experience joy even amidst the most dreadful conditions. People and circumstances can rob us of a lot of things, but not of our joy. Joy finds the possibility in bleak situations and finds peace in the most upsetting of circumstances. This, my friend, is my personal goal in life: to live a life of joy and peace.

It's quite easy to spot someone *without* happiness or joy, isn't it? Have you ever seen someone who's bitter? Angry? Negative? They look run down, have a sunken in face, deep wrinkles, sad eyes, and oftentimes look decades older than they actually are.

What kind of life is that?

Where and when did they lose their *joy*?

I believe in a holistic view of health; that is, the treatment of the person as a whole, focusing not only on the physical but the spiritual and mental, as well. I believe that, to an extent, the health of our attitude impacts the health of our body. Now I realize we all experience bad health. Whether it's the flu or cancer, sometimes it's out of our control. Life just happens and before we know it, we're sick.

But I do believe the thoughts and attitudes we *allow* to run through our minds can *definitely* determine the kind of life we experience and how we handle the tough times, whether it's a health matter or a more extrinsic one. I believe our thoughts can make an illness worse, and sometimes they can make it better. My reflection is this:

Why not have positive thoughts?

What harm can it do?

What's the alternative? The alternative is the opposite of every lovely thought: angry, bitter thoughts that not only affect our health but our quality of life. And isn't that what we all want? A good quality of life?

I also believe what we eat has an affect on our happiness, joy, and the function of our brain. For example, have you heard of this amazing finding? Parents of children with Autism are finding that by changing their son or daughter's diet to include certain nutrients and excluding gluten & dairy, they can actually improve their child's behavior. Interesting!

Filling our body with healthy, nutritious fuel helps our body *and* our mind. A mentor of mine who's a psychotherapist believes simple food allergies and even the way our body interacts with different foods can cause some people to act irrationally. This speaks to a holistic view of health: considering the mental *and* the physical.

The importance of understanding the connection between the mind and the body leads me to this next question:

How do you want your life to be?

Imagine waking up to a new you...a new life. Picture yourself rising from your bed after a restful sleep feeling hopeful and excited for what the day will bring. You hop out of bed, get ready for the day's

activities, eat a healthy breakfast, and revel at all the wonderful blessings in your life. You see the promise and the hope in each new day.

Yes, you know this day may have its challenges. In fact, depending on your circumstance, those challenges may be starring you right in the face from the moment you open your eyes. But you know you have a secret weapon on your side; you have a power that is unseen yet hard at work. You have the power of positive thought and the knowledge that *you* can do what is necessary to steer your life in a positive and fulfilling direction.

Throughout this ebook, I will be discussing a number of aspects I believe are important to your holistic health. Whether it's based in nutrition, exercise, or methods to minimize stress, I'm sure you'll find all the topics interesting and even easy to apply.

Now, I realize there are many areas of your life you can and should focus on when pursuing a holistic lifestyle that are not included in this ebook. I've covered some of the things I think are the primary aspects you must consider when living your life holistically. Individuals have their own specific needs, so it's up to you to figure out exactly what areas you should improve upon. After reading this ebook, it will be your job to look deep inside yourself to determine

what those areas are. It is then that you will see the possibilities of true health and joy for you!

It's my hope after reading this ebook that you'll be equipped with some of the tools necessary to begin to steer your life in a new direction or even improve upon an already happy life.

For some, just a few changes are necessary. For others, there may be a lot of hard work ahead of you. If this is you, I encourage you to take the first step to improve your life. Think of it this way; you have two choices. One: you can continue on your current path, being miserable, unhealthy, etc. Or, two: you can do the hard work to make the necessary changes that need to be made in order for your soul to sing.

The choice is yours.

Chapter 1

Defining Holistic Health



"Health is a state of complete physical, mental, and social well-being and not merely the absence of disease and infirmity."

~ World Health Organization

Every thought and every emotion you have affects your health. A holistic approach to health entails treating the whole person: the body, mind, emotions and spirit. Many traditional cultures have known for thousands of years that these specific aspects are intimately connected. Every food you eat, every thought you entertain, every

emotion you feel and every interaction you experience impacts your overall health.

Many like to blame their health problems on genetics, a virus, toxins in the air, and/or stress. While these factors can and do contribute to illness, very often the problem results from a lack of basic and important health-enhancing qualities such as responsibility, a strong will, family support, passion, a balanced lifestyle and a knowledge of good health. Without these qualities incorporated into your life, whatever treatment is chosen becomes just another pill to be taken and discarded when the symptoms disappear.

When disease is artificially removed without changing the underlying cause, long-term health will NOT be achieved. This “quick fix” approach brings little or no permanent success.

Now, I’m not suggesting you abandon medical treatment or stop seeing your health practitioner. I believe there’s a time and a place for all sorts of treatment, including conventional medicine. I am, rather, suggesting you gather as much information as possible to come to your own conclusions and be an educated decision maker.

With some attention, the deeper causes of an illness will be discovered from a physical, mental, emotional, spiritual, and lifestyle

perspective. Long-lasting solutions can be found to a multitude of illnesses by simply getting to the root of the problem *holistically*.

I've observed patterns among those who have successfully fought and won a variety of illnesses. The traits I've found common among them are not rigid rules, but holistic approaches that each of us can easily apply to our own lives in order for us to maintain a natural state of health.

The following are some very important steps you can take to achieve optimal holistic health. Sometimes you have to reevaluate what it is you're doing with your life. It's through this process that you'll start to see the big picture and become aware of what you must do. I can assure you that by putting these into practice, your overall health will improve!

Lets start with the first step: **RESPONSIBILITY**. Taking responsibility means not blindly accepting the opinion of some outside authority as the *only way*. Take a look at your past choices, for they may have led you to your current problem, and recognize that you can make new choices to remedy the situation. Taking responsibility is meant to *empower* you to make new choices for a healthier result.

Next is **AWARENESS**, which simply knowing yourself by observing your thoughts & beliefs, your choices & outcomes, and your response

to the world around you. As you observe, ask yourself some questions. Do you believe you can recover your health? What does the illness have to teach you? Why do you make the choices you make? What do you need to know? Through questioning, you'll discover the things that seemed unchangeable are actually flexible and can be manipulated.

You cannot have awareness without introspection. A close friend of mine uses this great meditation system that you may enjoy: RelaxWithMeditation.com. Through this meditation program, you'll learn how to lower your stress, boost your immune system, increase your energy, remove fears, and reprogram your unconscious mind. Meditation is a great way to become more aware of your needs.

PROPER NUTRITION is the cornerstone of good health. Health and longevity depends on our daily nourishment. In 1988, the Surgeon General stated that two-thirds of the deaths in this country are related to diet. Our eating habits play a *major* role in many common diseases and emotional disorders. Most Americans have a limited awareness of the power of food in maintaining health and reversing disease. The most effective diet includes whole grains, vegetables, low in fat, no cholesterol, proteins and fruits.

LETTING GO OF THE PAST. Resolving conflicts and discovering their positive impact in our life is paramount to healing. Resentment,

anger, guilt and all negative emotional states are self-poisoning. They weaken your cells and immunity, and can be the reason for illness. Let it go and move on!

FAITH and the developing of sound judgments are important qualities in healing. Faith is believing there's an order and unity to life: a sense of wholeness and connectedness with something larger than oneself. With faith, opportunities unfold and we gain a sense of confidence in our choices.

FINDING YOUR PURPOSE IN LIFE is prevalent among those who are healthy. Everyone has talents and skills through which they express themselves, and so do you! If you don't find your unique creative expression, you'll be restless and frustrated regardless of your success in the conventional world. Purpose stimulates a deep sense of fulfillment and joy. Your life will take on much more meaning when you are fulfilling your purpose here on earth.

I didn't feel like I had a purpose for many years. The second I knew where I was going, my life took a turn for the best. If you don't feel like you have purpose yet, don't worry. Focus on what makes you the happiest and visualize where and what you want to be. By working towards a goal and a purpose, you'll feel alive and ready for anything.

Each of the above factors has a profoundly positive influence on your health and are most effective when used together. When utilized, you can go beyond sickness, to health, to happiness, and to joy! Start with small steps and build upon them for a holistic approach to your health. *Action* is the only thing preventing you from achieving your optimal health!

Chapter 2

Forgiveness



*“To forgive is to set a prisoner free and discover that the prisoner was
you.”*

~ Lewis B. Smedes

When you're able to sort through the issues in your life and focus on what's important, only then can true health begin. A large part of becoming mentally healthy and living a holistic lifestyle is to forgive and move on from whatever is holding you back. Whether it's a person or a circumstance that has caused you pain, true forgiveness releases you from its bondage and frees you up to live a life of joy.

I struggled with forgiveness for a long time until I really began to understand what it truly was all about. Like so many of us, I have been hurt deeply by the actions of another. I experienced betrayal and cruelty by a family member that has, to this day, caused a great deal of tension throughout my family. I tried everything I could to improve the situation but found nothing seemed to work. In fact, the more I tried, the worse it got. I tiredly “chased the sun”, trying to make the situation better with absolutely *no* results.

Then it hit me; I was *allowing* this person to cause me harm! This individual would hurt me and go on their merry way while I remained, picking up the pieces and over-analyzing each one. I was *allowing* their actions and my anger to invade each and every precious day. How could I allow this person to steal my life and my joy?

I had often heard, “You need to forgive”, but my initial thought of forgiveness was this: “If I forgive, then it makes everything that was done to cause me harm OK.” I felt that if I granted forgiveness, I would essentially be condoning the hurtful actions. The last thing I wanted to do was to say, “No biggie”.

I have now realized that nothing could be further from the truth! I had once heard it said that true forgiveness let’s go of the revenge we feel towards another. It releases the person up to the universe and says,

“OK...if there’s any revenge to be taken, the universe can handle it.”

“I’m not going to spend another day worrying about being angry at
you.”

“I’m not going to waste my time trying to figure out why you did this or
how to get back at you.”

“I no longer give you control over my emotions or my life.”

I have seen firsthand how forgiveness is often misunderstood. I believe forgiveness is one of the most misunderstood forces, even among people who are spiritual. It’s this misunderstanding of such a beautiful power that has caused such pain in some people that I feel it important to discuss with you what I firmly believe forgiveness is NOT.

True forgiveness does **NOT** mean you stay in the line of fire and continue to allow the person or circumstance to get the better of you. Get out of the way and run for cover!

True forgiveness does **NOT** mean you forget the hurtful actions. Sometimes you need to forgive *and* remove the person from your life. It doesn’t mean you don’t forgive them or even that you’ve stopped loving them. All it means is that you’re not going to give them a stage to continue.

You may not trust the person anymore, or you may want to protect you and your family from any possible continuance of the problem. Maybe in time you'll feel comfortable letting them in...or maybe you won't. The choice is yours. Look at the *power* forgiveness allows you!

True forgiveness does **NOT** mean you still won't feel some sadness or even some occasional anger, but it does free you from the hold the person had on you.

True forgiveness is **NOT** always instantaneous. Depending on the amount of hurt caused to you, forgiveness can take a while. It's a process, and one we must go through to attain a genuine sense of forgiveness toward another.

Now I want to make clear that in some situations, justice is needed and *required*. Please don't misunderstand me by thinking if someone has harmed you that you should lay like a puddle on the floor and take no action. We have an obligation to demand justice for some crimes against us in order to protect both ourselves and other potential victims.

The path to forgiveness can be relatively easy, or, depending on the circumstance, is a work in progress. Whatever your situation, below

is a bit of a roadmap through forgiveness to help guide you on your journey.

1. Take action and be the first. You don't have to wait for the other person to apologize; you can forgive without even being asked for it. Grant forgiveness without it being sought. Remember this: *To forgive another is the greatest favor you can do for yourself.* You are forgiving for your sake...not theirs!

2. If the forgiven person wants to reenter or remain in your life, it's fair and only right to demand truthfulness. Maya Angelou has a quote that has always stuck with me. "When someone shows you who they are, believe them the first time". Remember, you don't have to allow them back into your life. But if you are willing to open the door, even a crack, make sure the person understands how much you've been hurt and expect a sincere promise that they will not do it again.

3. Be patient. If the hurt is deep, you cannot forgive in a single moment. It's a process so let the process happen.

4. Don't expect too much. Just because you've forgiven someone doesn't mean that person will lovingly embrace you and say, "Thank you so much for your forgiveness." In fact, they may never allow themselves to see the hurt they've caused you. They may deny their

part and adamantly “refuse” your forgiveness. You can forgive without them accepting the gesture and then move on.

5. Don't be self-righteousness. Do not make yourself into a “saint”. You'll need forgiveness in the future, so get off your high-horse and humbly forgive.

6. Separate your anger from hate. Face your emotions, accept them as natural, and discuss them with someone you trust.

7. If you're the one who's asking for forgiveness, forgive yourself, admit your fault(s), give up your drive to be perfect, and be specific about what's bothering you. You may have done wrong...but you are not a “wrong person”.

Always remember that forgiveness is more for you than for the other person. You may not realize it, but holding onto a grudge truly does affect your well-being. Stop carrying around that elephant on your back and free yourself. You will live a healthier, happier, and more fulfilled life than you ever could have imagined!

Chapter 3

Fix Your Blind Spots



"We do not see things as they are. We see them as we are."

~ The Talmud

You are the driver in your life. You know yourself like no one else. The problem is that for many of us, life happens and heaps on loads of garbage that can cloud our judgment and cause us to ignore certain aspects of ourselves that we'd just like to pretend aren't there. We all, including myself, have those blind spots. You know, the characteristics of ourselves that others can see and experience but we can't, or chose not, to see?

Bad temper?

Manipulative?

Deceitful?

Weak?
Aggressive?
Etc...

How easy it is for us to see the faults in others while ignoring our own! I believe we cannot experience true *joy* if we're going about our daily lives hurting others or ourselves along the way, making poor choices, or thinking only of our own personal needs and ignoring the needs of our fellow man or fellow woman.

On the other hand, we'll never experience this same joy if we're the victims; the doormat where people in our lives can walk all over and use anytime they want.

I've seen people on both sides of this coin and can honestly say that while on the outside these people may appear happy, they truly are not joyful.

I've seen the aggressor; the one who's out laughing and smiling in public but is scheming against other's when they're alone. Can he or she be truly happy?

I've seen the victim who likewise appears happy, but continually puts him or her in the line of fire to be figuratively "shot at" by these people over and over again. Is this the picture of a joyful life?

How can you really experience joy in life if you're out there hurting other people or allowing yourself to be hurt? This is not the life our creator wanted for us and I believe it's our responsibility to acknowledge our weaknesses and change them.

I have a lot of respect for those who can take responsibility for their hurtful actions and begin on their journey to repent, repair and grow.

On the other hand, have no esteem for those who are comfortable with their blind spots, or those whom require no standard or accountability from themselves. These people, living their lives of ignorance, will never experience true joy. I have pity for them, for they'll never experience the bounty that life has to offer.

I'm a big proponent of introspection through meditation and quiet moments. I believe everyone should take inventory of their life and the qualities they carry with them on a regular basis. Ask yourself these questions:

If someone observed your life over the last month, what do you think they'd say you about you and your life?

If you died tomorrow, would you be happy about the things you've spent your time on or the way you've behaved?

What do you like about yourself?

What do you think others like about you?

How do you treat those close to you?

How do you allow other's to treat you?

How do you treat your fellow man?

What areas of your life need changing?

For me, I like to be in nature. There's something about communing among the quite simplicity of creation that allows truth to quietly and gently speak to me. I encourage you to take an honest look at your life wherever you feel that sense of peace. Think of the bounty of gifts that will eventually come to you from walking the path you should be on according to the Universe's plan.

You may need to apologize to a loved one, or you may need to apologize to yourself. You may even feel you need the guidance of a good friend or counselor to help you over hurdles that are just too big for one person to do alone.

Whatever the issue is, it can improve.

I encourage you to spend some time taking inventory of what's inside of you. I do this every week and it has made such an impact on my life. I like to put on headphones and listen to soft meditation music. Some of my favorite recordings are by renowned Reiki composer, Dave Watson. I highly recommend his music for easy relaxation and introspection: TheBenefitsOfReiki.com.

Finding the truth can be the hard part, and sometimes repairing a bad situation can be even more difficult. But the result of your hard work can only bring about good things: a life of abundance, of peace, of love, and of joy.

Chapter 4

Gratitude, Charity, and Fellowship



"How wonderful it is that nobody need wait a single moment before starting to improve the world."

~ Anne Frank

Gratitude

One of the most important things you can do to live a well-balanced and holistically healthy lifestyle is this: be grateful for all the blessings and good things in your life. I firmly believe that we'll never get where we want to be if we're not grateful for what we have now. With our eyes so fixated on what we don't have, it's easy to ignore all the blessings we do have.

Each day, stop and take a look at your life. Regardless of your circumstances, I'm sure you can find something to be grateful for. Be still in your life and give thanks for all you have! A roof over your head, your family, food to eat, your existence...the list can be endless.

Along with acknowledging the good things in your life, it's also important to communicate gratitude to those around you who have made an impact in your life. What a blessing you can provide to someone by thanking him or her, especially for the small things that often go unnoticed! It's a simple act, but one that touches the heart.

Charity

You need people and there are people out there who need you. It's our duty to do what we can to help others less fortunate than ourselves. Whether it's through donating money or time to a charity, it's our duty as holistic individuals to include charity as part of our daily routine.

Whether helping an elderly neighbor with some grocery shopping or subscribing to make donations to a charity organization, the holistically balanced individual receives food for their souls through these types of actions.

Fellowship

We were not created to go through life alone. There are times in our lives when we need people, whether it's to share a happy moment or to lean on someone during a difficult time. Let's face it; life's hard. I haven't heard of one life that has gone untouched by a tragedy. Those who surround themselves with supportive, like-minded friends are the ones who tend to live a physically healthier and joy-filled life...even when they're walking through a valley.

I have witnessed just a few people in my life who have isolated themselves while honestly proclaiming they don't need anyone. While they sound proud and content, they also drip with sadness and bitterness. Chances are, they were deeply hurt by someone and never forgave them (See Chapter 2).

I feel for those who have no one to share their successes, their failures, their joys, and their sorrows. How empty is a life where there's no opportunity to bring joy or comfort to a friend in need!

We were created to commune with one another through good times and bad. Nurture your friendships and don't allow petty distractions to eliminate you from deepening those relationships. If you're looking to widen your circle of friends, try joining a church, a synagogue,

community clubs, a gym, a non-profit organization...anywhere that people commune together.

Gratitude, charity, and fellowship are all so important if you're striving for a holistic lifestyle. We must recognize that we're not the center of the universe if we're to really experience from life all we were meant to. Think about ways you can incorporate gratitude, charity, and fellowship into your daily routine and witness all the beauty it brings into your life.

Chapter 5
Manage Stress and Anxiety



“I try to take one day at a time, but sometimes several days attack me at once.”

~ Jennifer Yane

Life's stressful: there's no way around it. Yes, there are moments when life feels perfect, but just around the corner can be lurking a

stressful event just waiting to pounce. What determines whether or not we'll successfully *respond* to stress depends on our ability to *manage* stress. If stress isn't handled well, it can lead to a greater problem like anxiety.

Approximately 30 million Americans have been diagnosed with a general anxiety disorder, including panic disorders, phobias and post-traumatic stress disorders.

On average, 70% of all people with a general anxiety disorder will consult with more than *ten physicians* before the cause of their symptoms is accurately diagnosed. A recent study at Harvard Medical School reported that patients who cope poorly with stress become ill four times more often than those with good coping skills. Talk about how your mind affects your health!

If you suspect you may suffer from a general anxiety disorder, check out the following list of the most frequent signs of anxiety.

Trembling, rapid heartbeat, lump in throat, a frozen smile, neck aches, indigestion, insomnia, overeating, preoccupation with illness, fear of embarrassment or rejection, and fear of being ugly or overweight.

Have you experienced any of these? If so, don't worry. We all go through stress at some point in our lives. As long as you don't have these feelings on a daily or weekly basis, you're probably fine.

However, if you do experience a good portion of these warning signs, (whether or not it's anxiety you're experiencing) read through the list below for strategies to help you avoid stress and anxiety and be on your path to developing inner peace.

Movement- Physical activity helps to reduce stress and anxiety. Walking is especially good! Try not to push yourself to the point where it's unpleasant; if you're straining or pushing yourself too hard, it won't be as beneficial in reducing stress.

Relax- Scientific studies have shown that when viewing natural landscapes (sky, trees, greenery, water or flowers) people tend to feel more relaxed and less anxious. Remember, you deserve to enjoy your life and there's no reason to feel guilty about relaxing!

Eat right- It's important to eat a balanced diet rich in fruits, vegetables and whole grains. Balancing the diet helps to balance the level of neurotransmitters involved in keeping stress, anxiety, and depression in check.

Take charge- One major cause of anxiety is the feeling of a lack of control. This lack of control or "helplessness" is a huge component in depression and anxiety. It's a good idea to ask yourself questions like, "Why am I doing this?" or "Do I have to

do this?" and "Will the world end if I don't?" Most importantly, don't be afraid to say "no" if you feel uncomfortable or unable to do something.

It's important to take inventory of what causes you stress or anxiety. I found this great test in the magazine, Natural Health, designed to help gain some perspective on how you're doing in the stress and anxiety arena. It's by no means a diagnostic tool, but rather an instrument to use in order to gain some understanding. Check below to see where you fall:

0= no anxiety

1= mild anxiety

2= moderate anxiety

3= severe anxiety

_____ confronting a loved one about a problem

_____ making a major purchase or investment

_____ making a mistake, failing

_____ being seen naked or in a bathing suit

_____ sexual preference

_____ keeping things neat and orderly

_____ heavy commuter traffic

_____ deadlines, evaluations or tests

_____ financial obligations, unpaid bills

_____ feeling stared at

- _____ going to a public restroom
- _____ being criticized
- _____ talking to people in authority
- _____ the sight of blood
- _____ socializing at a party
- _____ giving or receiving a gift
- _____ making cold calls at work
- _____ being on time for appointments or events
- _____ packing for a trip
- _____ waiting in line
- _____ being in enclosed places
- _____ eating alone in a restaurant
- _____ speaking to a group
- _____ taking a business call
- _____ the thought of death
- _____ being in a crowd
- _____ entering the elevator
- _____ going in an airplane
- _____ driving a car
- _____ going to a doctor or dentist
- _____ going to sleep or waking up
- _____ coming home to an empty house
- _____ rejection in love or at work

Add your score up. Which category do you fall in?

0-19: you have none to mild anxiety.

20-39: mild to moderate anxiety

40-59: moderate anxiety

60 and over: a possible anxiety disorder

If you suspect you may suffer from an anxiety disorder, please consult with someone who can help. Experiencing a great deal of stress or anxiety is detrimental to your health. Seek the help of health practitioners, whether it's a physician or a mental health professional.

It's important to note the importance of nutrition when discussing stress and anxiety since proper nourishment *does* have an effect on your mental health. Make sure your diet is rich in healthy proteins, whole grains, fruits, and vegetables. You may also want to consider supplementing your diet with Kava or Siberian Ginseng supplements to help relax you.

I also recommend reading the book Psycho-Cybernetics by Walter Maltz. This incredibly life-changing book discusses the power our mind has on our self-image and happiness. It's had such an impact on my life and I know it will on yours, as well.

Do you need further help conquering stress and anxiety? If so, this ebook may interest you. In it, you'll discover ways to naturally beat

stress, anxiety and depression and get it out of your life forever! To check it out, simply go to: NoMoreDepression.net.

Anxiety and stress are very real components in our lives. It's amazing how much they wear on our body, not to mention our mental health. If you experience high levels of stress or general anxiety, get it under control as soon as possible. See your physician and begin to take inventory of your life. You are important, so take care of yourself!

Chapter 6

Proper Nutrition and Weight Management



"If you don't do what's best for your body, you're the one who comes up on the short end."

~ Julius Erving

As I mentioned in the introduction of this ebook, nutrition is important to your health and happiness. What we put into our mouth is paramount in determining our quality of life. When considering proper nutrition and weight management, it's important to note that each of us has different personalities, genetic make-ups, and lifestyles that make us unique, therefore requiring different nutritional protocols. There are, however, some common tips that can help us regardless of where we all may be in our life.

Let me emphasize one point: I use the word "help". Ultimately, the decision comes down to you. Your daily choices will either help you or hurt you.

I used to have a horrible sweet tooth; one daily "choice" I struggled with and had to frequently keep in check. In fact, I still do! This sweet tooth of mine has a mind of its own and I find it is sometimes hard to subdue. It's a struggle that's ongoing, but one day, I had to make a decision. Yes, I could have some sweets now and then, but not several times a day! It was hard to overcome, but I did it with the help of a great ebook. This ebook helped me to get control of my food cravings by discovering the real reasons *why* I craved them so much. If you're like me and want to get your cravings under control, you may want to check out this helpful ebook at: ThinkAndLoseWeight.net.

Just like this ebook, I can offer you tips that have worked for me, yet ultimately, your nutrition and weight loss is in your hands. You are responsible for your health through your daily choices. Make each day count towards a healthy life!

So on that note, let's dive into the following suggestions and start taking control of our nutrition and/or weight loss for future health and happiness!

A Positive Mental Attitude

I start with this point because I think it is, by far, one of the most powerful tools we have. Our behavior reflects what we put into our mind. If we think of ourselves in negative terms, our behavior will follow. If we fill our minds with good, positive, and goal-striving thoughts, our behavior will mirror that.

Think good thoughts about yourself. Take 20 minutes a day if you can, just mediating on your weight loss and nutritional goals. Close your eyes. Relax. Envision yourself as a thin, healthy, and happy individual. Then, in as much detail as you can, picture what you will do to get there. Picture yourself exercising (and liking it!).

See yourself making healthy food choices. Imagine how happy you will be when you reach your goal weight! Try to do this everyday and, trust me, it will be easier to lose the weight. It worked for me! (If you would like to read further on this subject and learn more about the power the mind has in our life, read Psycho-Cybernetics by Maxwell Maltz.)

Don't Be a Slave to the Scale

Checking your weight constantly can be discouraging rather than helpful, especially if your weight fluctuates naturally. Try weighing yourself only once a week at the same time of day. I personally try to avoid the scale if I can. I like to judge how I'm doing by utilizing "the

clothes test". Check to see how your clothes are fitting you.

This method works great for me as I experience less anxiety and can focus more on making good choices rather than obsessing on the number I just saw on the scale. And for all my ladies out there, don't weight yourself or do "the clothes check" when you're PMS'ing. We're naturally going to be heavier and bloated because of our cycles. The last thing some of us need is more stress injected into such a "spirited" week!

Understand Your Metabolism

Some of you may be under the misconception that if you eat very little or nothing at all, you'll lose weight faster. Not true! The body needs a fairly consistent flow of healthy foods to keep the metabolism going. I want you to think of your metabolism as a fire. When you throw wood onto that fire, it gets bigger. Withhold the wood and the fire dies out.

The same concept can be applied to your metabolism. Withhold food, and your metabolism will slow down, burning less fat and eventually turning onto your lean muscle to feed on. A good rule of thumb is to eat every three hours or so. I like to carry around a handful of raw almonds or walnuts, fruit, or an energy or protein bar for when my "three hour snack" hits when I'm not home. Whatever you choose, make it a low calorie and healthy choice to activate that fire inside of

you!

Fill Up on Whole Fruits and Vegetables

Foods like fruits and vegetables are full of nutrients that not only help you lose weight, but also help you to care for your body. Be sure to include at least five servings of fruits and vegetables per day. The closer to raw they are, the more nutrients you'll absorb.

If you don't like raw veggies, try steaming them. You may also want to keep baby carrots, grapes, or some tasty fruit handy for you to grab when you need it. Superfoods (foods loaded with healthy nutrients) can be found in many healthy fruits & vegetables and can be a quick and easy way of getting your nutrients in.

Be Sure You Get in Your Whole Grains!

When choosing your carbohydrates, follow this simple rule: avoid anything white. This means no white potatoes, white rice, white breads, etc. Choose only whole grains; they not only help to support your digestive system, but also cause the brain to release serotonin to help calm the mind. Don't get caught up in the low-carb craze: just be smarter with the carbs you choose!

Take Your Supplements

Of course, whole food nutrition is best, but if you like to supplement your diet with vitamins and minerals, be sure they're whole food supplements.

Whole food supplements are made from actual food sources as opposed to sludge in a petri dish like most vitamins and minerals out on the market today. Your body is able to absorb more nutrients from a whole food supplement, therefore taking in more nutrients and maintaining a harmonizing balance within your system. You may end up paying more for a whole food supplement, but the benefits are fantastic!

Detox Your Body

It's amazing how the foods we eat and the air we breathe can pollute the insides of our bodies. Just like we take care to clean the outside of our bodies, we also need to periodically clean the inside as well. We need to detox. But how do you know it's time for a detox?

Are you feeling sluggish?

Experiencing acne?

Have digestive problems?

Not eating healthy?

If you answered "Yes" to any of these, then it's likely you're due for a detox.

Detoxing has been around for centuries. Both Ayurvedic and Chinese traditions have emphasized the importance of detoxing the body. When you detox, you remove toxins from the blood that can destroy your body and your organs such as the liver, kidney, lungs, skin, lymph, and intestines.

Detoxing your system also helps you to “reset” your old, unhealthy eating pattern and prepares your palate to accept a healthier way of eating. Pair a good detox plan with eating healthy nutrients and your on your way to protecting your body from disease.

Do you want to detox but just don't know how? If so, then you may be interested in the following ebook. This ebook educates the reader on the importance of detoxing the body, as well as how you actually go about doing it. I know you'll find this ebook helpful, just like many celebrities have! To check out this excellent plan, simply visit: DetoxCanHelpYou.com.

Consult Your Doctor

Before embarking on any new exercise or dietary program, please consult your physician. We all have unique needs; some may have a medical condition that's contributing to some extra pounds or a physical condition that keeps them from exercising. Whatever the

case, it's always best to see your doctor to discuss any changes in your lifestyle, exercise, or dietary programs.

Plan Your Meals Wisely

Does the thought of sitting down and planning every aspect of your meal tire you? Are you overwhelmed having to think, "OK, I need to make sure I get "X" amount of this or that nutrient today." If so, I want to share something with you that I've used to lose and maintain my weight while ensuring I'm getting the right amount of nutrients.

A while back, I stumbled upon a software program that planned out my meals for me. It was so easy! I put in my information such as height, weight, and body fat, as well as my personal goals and the foods I love to eat. Before I knew it, I had a meal plan of foods I loved and a plan to either lose weight or keep it off. I continue to use it even to this day. If you're interested in checking out the software, you can find it at: EatAndReducePounds.com. It's a program I know you'll love!

Remember: you only have one body. Treat it well and make good choices that will contribute to a lifetime of health and happiness for you!

Chapter 7

Water: Your Most Important Nutrient



"Water is life's matter and matrix, mother and medium. There is no life without water."

~ Albert Szent-Gyorgyi

Of all the nutrients out there, do you know which one is the most important? Vitamins, minerals: which one would you choose? Would you be surprised to hear that water is the most important nutrient in

your body? Your body is about 55% fluid, making water one of the most important nutrients in your body.

Losing as little as 5% of water in your body can cause headaches, fatigue, confusion, forgetfulness, and an elevated heart rate. You *easily* lose almost half that amount each day through urination and sweat, so replacing fluid is vital to maintaining a healthy body and a healthy mind.

Every part and every function of your body requires water in order to operate properly. Without water, no tissue can be formed or repaired and very few chemical reactions can take place. For example:

1. Blood, tears, saliva, gastric fluid, and mucus all contain water.
2. In order for our cells to dissolve and transport vital nutrients, cells must have adequate water.
3. Water dilutes and flushes toxins from the body.
4. Water helps to regulate the body's temperature.
5. Fluid lubricates our joints, cushions the body's organs, and makes skin soft.

Thankfully, your body can more or less control its balance of fluids. But how? When your body is low in fluids, sodium becomes elevated. As the brain reads this change in sodium levels, it signals to the kidneys to slow down. It's this signal that causes you to feel thirsty. By the time you feel thirsty, you've already lost about two cups of fluid from your system!

To be smart about water intake, it's important to drink water *even if you're not thirsty*. The recommended daily water intake is 8-12 8-ounce glasses of water a day, but other factors must come into consideration here. Hot and/or humid weather, exercise, and even the types of foods you eat will require that you take in more fluids. In these cases, you may want to drink an additional 1-3 cups.

Some of you may be thinking, "*Wow! How in the world will I get in that much water!?!*" Well, I'm here to tell you that it's really quite easy. Try carrying around a water bottle; I never leave home without it! Choose water with your meals over soda and sip water during your favorite show or while you're hard at work. You'll find that when you're in the habit of drinking water, it's easy to get in your required amount.

Teas, lemonade, flavored water; they're all great choices and add flavor to boot! Just stay away from liquids like fruit punch and sodas, which aren't good for you, anyways.

It's amazing how important water is to our overall health. Adequate water intake really does have a terrific impact on our bodies, so do your body good: drink a glass of water!

Chapter 8

There's No Way Around It: Exercise



“Movement is a medicine for creating change in a person's physical, emotional, and mental states.”

~ Carol Welch

There's no way around it: You've got to move it to lose it & maintain it! Exercise is one of those key ingredients a lot of us would rather ignore, but it's so crucial if you want to live a healthy life. Exercise helps you lose those extra pounds, tone your muscles, release stress, sleep better, breathe better, and function as a whole better. I know it can be hard for some of you to find the time to squeeze in your activity, but you've just got to do it.

You don't need to exercise excessively everyday; four days a week with your heart rate up for about a half an hour a day will do it. So sit

down, have a serious discussion with yourself, and make the time. You can join a gym, walk around your neighborhood, go to your local track, walk around the mall, and/or purchase exercise tapes and *actually use them*. Do anything that can get you moving.

Work on changing your mind about exercise. You'll find that once you're on an exercise schedule, it becomes easier and easier. The pounds and the stress will suddenly melt away!

But let's be honest; we all know how it goes. You have an epiphany and make up your mind that THIS TIME you're going to stick with an exercise program. The first week goes great and so does the second. Then the third week blues kick in and by week four that motivation you felt in the beginning has moved to the couch. We've all been there including myself, so don't beat yourself up.

Most of us know that exercise is imperative to long-term health. We know it, yet why is it that exercise is so easy for us to excuse from our daily life? I believe there are many reasons, with most pointing to this one thing: laziness.

Now trust me, I've been there. My life gets so busy at times that exercise is the last thing I want to do. I'm tired, stressed, and I don't feel like going to the gym and exerting energy I feel like I don't have.

It's at this point I come up with a lot of excuses. "I have a headache", "I'll hit the gym tomorrow", "I'm too tired and my body needs to rest", "I have too much to do", and the list goes on and on.

Sometimes my excuses are so outlandish and ridiculous that I'm shocked by my endless creativity! But when I buy into them, I'm also secretly disappointed in myself and so begins the cycle of inconsistent exercise and constant excuses.

I've found that with exercise, it all comes down to this: COMMITMENT. Without a commitment to exercise, it's incredibly difficult to do on a regular basis. I recently sat down with myself and had a talk. The outcome was this: I would not let my excuses deter me from exercising unless they were real and life threatening. It was hard in the beginning but I stuck with my commitment to exercise and now those excuses are whispering in my mind instead of screaming.

Let's get real together for a moment and look at exercise from another angle. Let's look at common excuses we all use for *not* exercising and finally put them to rest.

The infamous, "I'm too tired."

I've used this one all too often. But here's the fact: exercise can help! Exercise actually livens up our system not to mention helping us to lose weight, a common cause of tiredness.

The all too common, “I am too busy and don’t have the time.”

OK, I’m guilty of this, too. Think about this: most people now a days are truly very, very busy. But somehow, they find the time to exercise! We CAN fit in our workouts...it just comes down to scheduling and prioritizing.

“The gym’s too far. I’ll probably spend more time in traffic than at the gym.”

Is your gym further than 30 minutes from your house? If so, join one that’s closer. I did this a few years ago and it’s made all the difference in the world. With my gym only five minutes away, it’s difficult for me to make this excuse.

“I want to sleep in”.

Did you know that too much sleep can be just as bad as not enough? If this is a common excuse for you, go to bed earlier.

“I don’t want to go to work sweaty”.

Here’s an interesting one that comes with an easy solution. Most gyms have showers and enough space to get ready for work. Now that’s convenient!

“I have to take my kids to (insert whatever it is you do here)”.

Now I can totally understand this one. Of course, your children should be a top priority. There are a lot of activities your children need you for. But do you think there are some occasions where you can arrange for a carpool or some other arrangement?

Or why not try playing soccer or running through the park *with* your kids. Not only will this allow you to spend quality time with your children, but you can exercise as a family, as well. Now that's a win-win solution!

The ole' coach potato excuse, "My favorite show is on".

All right. If you're using this excuse, then stop right here. We live in an incredible age where TiVO and VCRs exist. Just tape your show and watch it later.

And now for one of my personal doozies,
"I'm feeling too fat to go to the gym".

Now I'm sure there are a lot of you saying to yourself, "Huh?" But I'm almost willing to bet there are some of you out there who can relate to what I'm saying. Sometimes, the gym can be uncomfortable and it's easy to feel out of place. There are a lot of people there who look absolutely fantastic, and I tend to compare my physique with theirs.

But here's the thing I always tell myself: most of them had to start somewhere. Plus, the gym (and exercise, for that matter) is what will

get me to my goal. So on those days when I'm feeling ultra-sensitive, I make myself suck it up for the betterment of me.

Do you let excuses rule your exercise? Do you tend to come up with colorful and creative excuses like me? If so, have an honest talk with yourself and find out what's really beneath the excuse.

Researchers in the field of exercise have found that people are much more successful in sticking to an exercise regime if it matches their personalities. The Physician and Sports Medicine Journal of December 2005 identifies specific activities that correspond with different personalities. Let's take a look and find out what your type is.

If you love to compete

Try activities with a competitive edge:

Team sports, tennis, volleyball, and golf.

If you like to take risks

Try activities that appeal to your adventurous spirit:

Mountain climbing and cross-country skiing.

If you're strong, assertive, and aggressive

Try activities that allow you to release tons of energy:

Martial arts, power weight lifting, and mountain biking.

If you're motivated by fun and excitement

Try group activities:

Dance classes, aerobics, skiing, and team sports.

If you enjoy mental focus

Try activities that allow you to concentrate:

Yoga, Pilates, and martial arts.

If you like to socialize

Try activities that allow you to interact with people:

Golf, join a gym, and team sports.

If you enjoy surprises and spontaneity

Try unpredictable activities:

Racquet sports, dancing, and outdoor hiking.

If you're introspective and enjoy solitude

Try activities that can be done alone:

Running, walking, yoga, and swimming laps.

If you like a sense of routine and control

Try structured activities:

Elliptical machines, tai chi, and weightlifting.

Do you struggle knowing what to do to keep yourself fit? If so, you may want to check out this ebook: SpotTargetExercise.com. This ebook presents an extensive workout routine utilizing dumbbells that targets every major muscle group in the body. It provides a description of the exercise PLUS pictures so you can easily learn what to do in your workout routine. For those of you who prefer to workout in the comfort of your own home, you'll definitely want to check this out.

Exercise is SO important if you want to live a healthy, vibrant life. Make exercise a priority and you'll see just how great your body can feel!

Chapter 9

Get Some Zzzz's



“O bed! O bed! delicious bed!

That heaven upon earth to the weary head.”

~ Thomas Hood, *Miss Kilmansegg - Her Dream*

I'll be honest with you. This is an area I can definitely improve upon. My husband is always encouraging me to go to sleep earlier, but I find it so difficult! When the family goes to bed, I find it's the perfect time for me to get things done. I tuck my son in, kiss my husband goodnight, and then it starts: the cleaning, laundry, answering emails, catching up with my girlfriends who run on the same schedule, etc.

If it needs to be done, I do it. And yes, I pay the price for it the next day as I'm usually tired. I vow to go to bed earlier and for a few nights I do, but then it starts all over again. Can you relate?

For a lot of us, our lives are chaotic and jam-packed. Our work, taking care of the kids, the endless errands, exercise, social events, and the daily stresses of life can invade our days so much that the last thing we think about is this: am I getting enough sleep and is it the quality of sleep I need?

It's astonishing that 40% of adults don't get the sleep they need to function at their optimum potential. This not only affects the person physically, but mentally as well. Without proper sleep, the body and the mind cannot work properly.

A lack of sleep is vital to our well-being and can have serious repercussions if neglected. Let's take a look at why we need enough sleep:

Sleep for your health. Sleep plays a vital role in your daily routine. As you sleep, your body is able to recharge and rejuvenate tired organs and tissues while restoring the body to an alert state. This is also the time when your brain commits new information to memory through a process called "memory consolidation".

Sleep for your waistline. Sleep is the time when the body is busy altering the levels of hormones that control appetite. Chronic

sleep deprivation may cause weight gain by affecting the way your body processes and stores carbohydrates.

For safety. If you don't get enough sleep, you're more likely to feel sleepy during the day. This sleepiness increases your risk of falls and mistakes such as traffic accidents and work errors.

Sleep for happiness. A lack of sleep can result in irritability, impatience, problems with concentration, and moodiness. Sleep loss can also cause you to be too tired for activities you enjoy.

Sleep for a healthy heart. Research has found a link between serious sleep disorders and hypertension, increased stress hormone levels, and irregular heartbeat.

Sleep to stay strong and healthy. A lack of sleep weakens your immune system, causing illness.

So now that you know why we need sleep, let's dive into what sleep really is.

Sleep can be defined as a state of unconsciousness. During sleep, the brain is more responsive to internal stimuli rather than external stimuli. Researchers of human sleep have discovered five defined

stages of sleep using EEG recordings and polysomnography. Their findings are as follows:

Stages 1-4 encompass the Non-Rapid Eye Movement (NREM) sleep. It occupies 75-80% of your total sleep time.

Stage 1 : This stage is sometimes referred to as "drowsy sleep". It appears at the onset of sleep and acts as a transition stage into Stage 2.

Stage 2: This stage can be associated with hypnagogic hallucinations (dreamlike images, sounds or sometimes smells before falling asleep or waking up), a loss of muscle tone, and a conscious awareness of the external environment. This stage can be thought of as a gateway between wake and sleep and is defined as "sleep spindles" when conscious awareness of the environment disappears. Stage 2 occupies 45-55% of your total sleep.

Stage 3 : This stage is primarily a transition into stage four. This stage occupies 3-8% of total sleep time.

Stage 4 : This stage is true "delta sleep". It predominates the first third of the night, occupying 10-15% of total sleep time. This is the deepest stage of sleep; it's difficult to wake a person while

they're in Stage 4. Night terrors and sleepwalking occur during this stage.

This next stage is known as Rapid Eye Movement (REM) sleep.

Stage 5: This stage is associated with dreaming, including strange visual and random dreams. REM sleep is largely found in the final third of Stage 5, linking it to our circadian rhythm. The circadian rhythm aids in coordinating the timing of your internal bodily functions, (including sleep), your interactions with the external world, and body temperature. In an EEG, this period is very active in the mind and appears similar to that of Stage 1.

The amount of sleep an individual requires varies from person to person due to lifestyle and health issues. As a basic rule of thumb, most adults require an average of eight hours of sleep each night. Children and teenagers, because they're still growing and developing, require approximately nine to ten hours of sleep. Make sleeping important to you and your family and schedule it, if necessary.

How's your sleep? Is it restful and peaceful, or sporadic and unfulfilling? Does the quantity and quality of your sleep require improvement? Whether you have a great sleeping pattern or need some help to improve it, the following tips can help maximize your

sleep to help you feel renewed and rejuvenated for the day ahead of you.

DURING THE DAY

- ✓ Don't take a nap. Napping during the day throws off your body's clock and makes it hard to sleep at night. If you're at a point where you're so tired that you desperately need a nap, go ahead and do so, but for no longer than 30 minutes.
- ✓ Get your exercise in early. Exercise stimulates the body, so doing it before bedtime can make it difficult to doze off. Thirty minutes of exercise every day in the morning or afternoon can help you sleep better.
- ✓ Limit or avoid caffeine and alcohol. Avoid caffeine (this includes chocolate!) and alcoholic beverages for several hours before bedtime. Alcohol may initially act as a sedative, but it typically interrupts normal sleep patterns later on during the night.
- ✓ Check your iron. Women who have an iron deficiency tend to have increased problems sleeping. If this is the case with you, a supplement might help your ability to sleep.

- ✓ Don't smoke. Because nicotine is a stimulant, it can make it difficult to fall asleep and stay asleep. This is also true of many over-the-counter and prescription drugs.
- ✓ Expose yourself to bright light or sunlight soon after you wake up. This will help to regulate your body's natural biological clock.

CREATE THE RIGHT AMBIANCE

- ✓ Make your bedroom primarily a place for sleeping. Help your body recognize that this is a place for rest or intimacy by clearing out any "life business" from your room: desks, computers, bills, homework, televisions, etc.
- ✓ Maintain a comfortable and peaceful retreat. Make sure your room has good airflow and a comfortable, consistent temperature. Do your best to block out any outside noise and keep clutter to a minimum.
- ✓ Have a large and comfortable bed. If your bedmate tends to be restless, you may want to switch to a queen or king-size bed. Test a variety of mattresses and pillows to find the perfect fit for you. Top it off with some comfortable cotton sheets that feel good on our skin.

- ✓ Hide your clock. A big illuminated clock may cause you to focus on the time and make you feel stressed and anxious. Put your clock in a location that can't be seen from your bed. This may also help for those of you who like the snooze button way too much in the morning!

DEVELOP A NIGHTTIME RITUAL

- ✓ Keep a regular schedule. This is important! Go to bed and wake up at the same time everyday, including on the weekends. By keeping a consistent sleep schedule, your body will expect sleep at the same time each day. If you get to bed at a later time than scheduled or if you didn't sleep well, don't oversleep to make it up. By doing this, you can reset your body clock and make it hard for you to get to sleep at night.
- ✓ Don't eat a large or heavy meal before bed. This causes indigestion and can interfere with your normal sleep cycle. Try not to eat least two hours before bedtime. In addition, drinking too much liquid before bed can cause you to get up during the night to visit the bathroom.
- ✓ Small bedtime snacks may help. Tryptophan, found in milk, turkey, and peanuts, helps the brain relax. Warm milk, a

slice of toast with peanut butter, or a bowl of cereal before bedtime may help you to fall asleep quicker.

- ✓ Journal your anxieties. Unresolved issues, stresses, and worries have a way of keeping our brain active and alert when we're trying to sleep. Write down your worries and possible solutions before you go to bed. By doing this, you'll feel less inclined to ruminate over problems and let them go for the moment.
- ✓ Relax before going to bed. Quiet time can help make falling asleep easier. Meditation, relaxation, a warm bath, or whatever else relaxes you can help make sleep easier.
- ✓ Have a bedtime ritual. Listen to relaxing music, have a cup of herbal tea, take a bath, etc. This clues your body in that it's time to slow down and begin to prepare for sleep.
- ✓ When you feel tired, go to bed. It's just that simple.
- ✓ Check your prescription or over the counter drugs. Make sure your medications don't cause insomnia. Want to try a "sleeping pill"? Think twice. Some evidence shows that these really don't work and can cause daytime drowsiness.

If you're having chronic problems with sleep, please see your physician right away. He/she can help!

WAKING UP IN THE MIDDLE OF THE NIGHT? TRY THIS!

- ✓ Visualization. Thinking about repetitive or mindless things will help your brain to shut down and adjust to sleep. Counting sheep really does help!

- ✓ Get out of bed. Don't lie in bed awake and worry about the fact that you're not falling asleep; this will actually keep you up. Go into another room and relax until you feel sleepy.

- ✓ Cut out the stimulates. Don't read or watch on TV anything job related or interesting as this only alerts your mind. Keep the lights low since light gives your brain a clue that it's time to wake up. Keep it mellow.

- ✓ Eat some Tryptophan. Best eaten on an empty stomach, turkey, milk, cottage cheese, yogurt, cashews, soybeans, and tuna all contain Tryptophan, which increases the feeling of sleepiness.

Do you struggle with sleep disorders but don't want to resort to sleeping medication? If so, you may be interested in this multi-media sleep program: DeepSleepEveryNight.com. This fantastic program

covers all aspects related to sleeping troubles and provides a variety of music options to use while you're trying to correct them.

Sleep is so important to our health, but is so overlooked. Make sure you're sleeping enough for your body and getting the quality of sleep you need. Your health depends on it!

Conclusion



Your life, your existence is important. You were put on this planet for a reason...we all were. With this knowledge, we have the responsibility and the obligation to live our life to the best of our abilities. By paying attention to how we treat our mind, body, and circumstance, we're able to experience from life all we were meant to have and serve our individual purposes for the short time we're here.

Throughout this ebook, I've discussed what I believe are some fundamental qualities that contribute to holistic health. I realize there exist many more elements that deserve consideration when planning a well-balanced life. Each person has their own individual needs, so I encourage you to take inventory of your life to uncover areas that may benefit from some improvement. The answers really are staring right at you...you just need to slow down, take a look at your life, listen to that quiet voice inside you, and act.

You hold the key to a life of health and joy. Use that powerful force inside you. Imagine the life you want and go after it with unabashed passion!

I wish you a lifetime of health, joy, and bountiful blessings!

Resources and Recommendations



1. RelaxWithMeditation.com. This meditation program will teach you how to lower your stress, boost your immune system, increase your energy, remove fears, and reprogram your unconscious mind.
2. TheBenefitsofReiki.com. One of my favorite meditation recordings is this one by renowned Reiki composer, Dave Watson. I highly recommend it for easy relaxation.
3. NoMoreDepression.net. In this ebook, you will discover ways to *naturally* beat stress, anxiety and depression and get it out of your life forever!
4. ThinkAndLoseWeight.net. This ebook has helped me to get control of my food cravings by discovering the real reasons why I crave certain foods so bad.
5. DetoxCanHelpYou.com. This ebook will teach you the importance of detox and how to do it. I know you'll find this ebook helpful, just like many celebrities have as well!

6. EatAndReducePounds.com. This fantastic meal plan software will effortlessly plan your meals for you to help you either lose and maintain your weight. A great product!

7. SpotTargetExercise.com. This ebook provides an extensive workout routine utilizing dumbbells that targets every major muscle group in the body. It provides a description of the exercise PLUS pictures so you can easily learn what to do in your workout routine.

8. DeepSleepEveryNight.com. This fantastic multi-media sleep program covers all aspects related to sleeping disorders, and provides a variety of music options to use while you're trying to correct them.