

7 SIMPLE TIPS TO AWESOME HEALTH FOR 2011

A-Air is the most important thing to human life, without it we are dead a necessity but taken for granted. Ensure you are breathing clean, pure fresh unpolluted air. Exercising or working in polluted environments cause damage to not only our lungs but living cells in turn damaging our health.

W-Water, drinking ½ our body weight in ounces daily of fresh clean water will help our cells, skin, and organs clean the unwanted toxins in our body. Water is also a necessity to live and for your well being. Most people are walking around dehydrated, causing them to have low energy, brain fog, and always feeling hungry, dry skin and constipation. Drinking more water is one of the single easiest ways to lose weight, just start by adding an extra glass in the morning, afternoon, and evening within a week you will notice the difference.

E-Enzymes,(this is my favourite subject) Everyone is born with a battery charge of enzyme energy at birth, and as we age our internal enzyme supply is depleted from our lifestyles of eating cooked processed foods and other ways, so the faster you use up your enzyme supply the closer you are to be dust(not good). To delay the aging process you want to boost your enzyme supply. There are 3 kinds of enzymes, 1- metabolic these help repair cells and tissues and the healing these are needed for all chemical reactions that take place in the body. 2. Our own digestive enzymes, these help break down the food and nutrients we take in and are the strongest enzyme in our entire body. 3. Fresh plant enzymes, these come from raw fresh foods such as veg and fruits. All food in its natural unprocessed states contain enough enzymes to digest them. **ONLY WHOLE FOOD ENZYMES GIVE YOUR BODY WHAT IT NEEDS TO WORK PROPERLY.** The best plant enzyme sources for humans are bananas mangos, sprouts, papaya, avocados, ginger and pineapples. Taking additionally whole food enzyme supplementation helps not only with digesting our food but helps slow down the aging of our body (this is good news).

S-Sunshine, as I sit in Costa Rica typing on my lap-top my body is full of life with the warmth of the sun beating upon me. Sounds like a movie or a book doesn't it? Everyone knows life comes from the sun and again another necessity for our survival of a long healthy life, think about the food chain without sun (not much fun). We are no different; especially Canadians notice the difference of our mood, body and lifestyle once the winter is over. We still need to try to get outside each day for 15-20 min without our sunglasses on and our skin exposed to the sun, do this early morning or late afternoon. In the winter I recommend a vit d3 supplement have your levels checked. Low vit d can be causing a large amount of health issues including not absorbing any other minerals or vitamins which you may be wasting your money on.

O-Organic living, unfortunately the food, clothing, furnishings and healthcare products just aren't what they use to be. For whatever the reason is mass production, best for travel time, better yield of product and bottom line more money none of it is good for us are family, loved ones or the environment we live in. Try to purchase only organic fruits, vegetables and meat start with this and look into other areas of your home such as your cleaning products and

beauty products. All the pesticides, herbicides, fungicides and additives we put into and on our bodies accumulate causing our liver to work triple time to get rid of them, those that it cant deal with are stored in our fat tissues (yuk) causing other health problems obesity for one and cancers for another. I hear many times over I cant afford to buy organic but really take a close look and see what else you can cut back on. I believe in spending good hard money on my inside of my body. I wear my designer clothes on the inside not on the outside. Really what good will your Gucci shoes or purse do if your to sick to get out of bed. So pay now or pay later---in the hospital.

M-Meditation- means so many different things to many different people, for me its- any chance you can get away from it all. This means 2 or 3 minutes silence in your office, bedroom, or outside to reflect and let your mind go empty, stop all the to do lists and the annoying chatter that goes on in our mind. Start with a minute work up to 5 soon you will see the benefits of quieting the mind and going within yourself listen carefully you never know what you will hear.

E-Exercise, this is a must to keep a strong healthy mind and body, without exercise your body will become mushy, less energetic, and disease sets in. Your body must move to detoxify, our bodies are built to work and move and play not sit on the couch and be a couch potatoes. I like rebounding as it gets everything going and helps drain your lymphatic system, walking for 20 minutes a day outside or on a treadmill at a good steady pace. Weight resistance training is also needed 3-5x a week especially as we age to keep our bones strong and healthy and stop osteoporosis from happening.



Enzyme Cooler

This is a great intestinal cleanser helps with lowering cholesterol and aids in the digestion of our foods.

This will make 2 l drinks

Juice or blend

1 apple cored

2 lemons peeled

1 pineapple cored and skinned