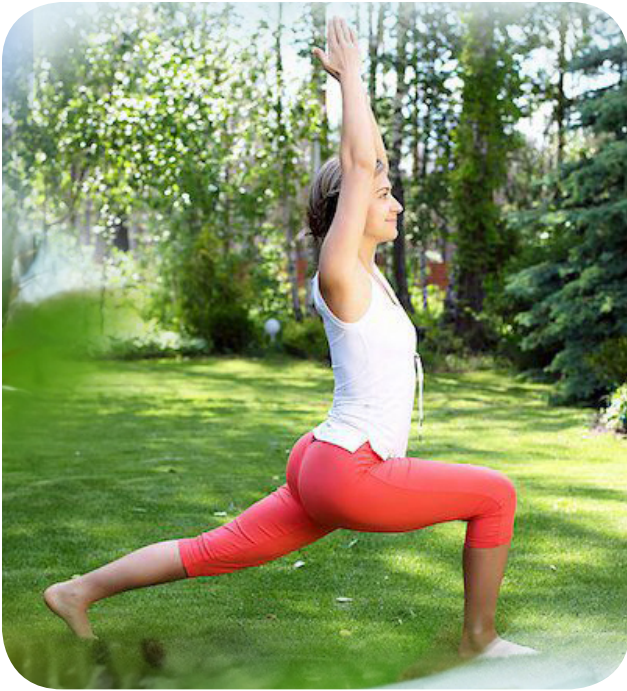


3 Must Do's For Healthy Living.....



3 “Must Do’s” for Health Living



Life is made up of choices and within those choices are ones that determine how healthy we are, given our body’s capabilities. Most of us, from our early years to 40, are sure, on some level, we are invincible! Then, in later years, we begin to see the results of our earlier choices...

Why not make some of those choices at an earlier age? And if we are now over 40, be clear that we can still overcome so many of those lifestyle results. I did just that when I was 40, tired, overweight & sleeping at work, and now, over 30 years later, I feel “fit and fabulous” and live as though I am 20-30 years younger. Why not you? ***Here are what I consider the top 3 “Must Do’s” for Healthy Living.***

1. Get Rid of “Brain Trash”

Have you ever heard of “Brain Trash”? That’s the self talk most of us have as we go through our day and we constantly remind ourselves that we are not good enough, not young enough or too young, unable to accomplish what we want. And that is just the short list.

Have you ever watched a baby learning to walk? How many times do they fall down and get up before they can finally take those first few steps and stay standing? What if they had given up and said to themselves, “I just can’t do this.” Or “this is just too difficult; I give up!”

People from the same neighborhood grow up and one ends up a successful neurosurgeon like Dr. Ben Carson and others have never made it through high school. What is that about?

It’s all about what we think of ourselves! This may be from years of non-supportive family and friends or just a few negative remarks that got stuck in our minds.

What does this have to do with your health? You may already know that an attitude that is forward looking, not dwelling on past hurts and aggravations or on a poor financial situation, produces hormones that enhance your health. You may also know that stresses, caused by negatives in our lives or just our negative attitudes towards everyone and ourselves, produce hormones that are a part of every disease (or dis-ease) and can set you up for ill health.

Years ago when I worked in a CPA’s office, I was delivering paperwork to a woman who had recently gotten divorced. When she opened the door, it was like a frosty cloud of black smoke was blowing at me. She was hunched over with a grim look on her face and every word that came out of her mouth reeked with anger. She even wanted to tell me, a perfect stranger, how horrible her ex-husband was! This is the kind of attitude that can ruin your life and your health and she looked as though both were on their way down.

We all have times when we are angry, sad, frustrated and more, but how we deal with these emotions can change our lives for better or worse.

Lifting up your Attitude

There are many ways to help yourself move from “Brain Trash” to and an “Attitude with Altitude”. Here are some of mine:



1. Become an observer of yourself. How many negative things do you say or think each day and how many unfair judgments do you make of others? You can write them in a small notebook so you can see what is actually going on inside your brain. Another way is to put a rubber band on your wrist and snap it whenever you think or say something negative. The redness on your wrist will tell you a lot about your day!
2. Once you recognize that your attitude needs some assistance, begin a daily notebook/journal where you write 10 things you are grateful for – EVERY DAY! You could be grateful you woke up, that the sun is shining, that someone made you breakfast, that you love your partner or your kids. The goal is not to repeat. You can even be grateful for the small things others (or yourself) have done to make you feel good. Be sure to be grateful for all of your good qualities and accomplishments (yes, they exist).
3. Make a list of the things that set you off. See if you can understand where this upset comes from (is it another “not good enough” story?) What some professionals say is it can also be your own “stuff” that you see. This gives you another opportunity to be an observer of yourself and begin to make changes.
4. When you begin to get angry, frustrated or upset at someone or something, first count to 10 and, as you do it, breathe in deeply – a belly breath – and slowly let it out.
5. Another idea is to breathe in slowly and think “I am” and slowly breathe out “Peace”. For whatever reason, breathing and thinking “I am Peace” helps to calm you.
6. If you now see all the good things you have done and that you have, make a list of those things you want to change. If you are disciplined enough to do these changes on your own, fantastic. If not, get help from someone you can trust so you can work through what is really bothering you.
7. Create goals and then the tasks to get you there. Again you may need help with this. These can be health goals or life goals. You can even create a “dream board” to have a long term picture to look forward to.
8. Stress and depressed attitudes tear down your body (as I said before). You can do some extra supplementation to help you cope more immediately. Some of your stress may be that you, like many Americans are overfed and undernourished. For combating stress, I recommend 3 different supplements: extra calcium and magnesium, a top quality B-Complex and a unique formula called Stress Relief Complex to get some immediate relief. For my personal recommendation of brands, go to the last section of this report. In addition, cut out as much fast food and sugar (including pop/soda) as possible. These are inflammatory and because there is a quick rise & fall of your metabolism, you can get easily agitated.
9. Consider meditating 5-10 minutes daily. It can be a great start to your day or a way to finish before you retire. Your job got you down? Do it just before you walk in the door!

This is a great beginning to get your attitude up and ready to take its ride high up in the clouds. Most people don’t wish you ill; give them a breather and think about their positive qualities. You will change how you deal with them and they will change how they deal with you!

All of this encourages the best of health for you!

2. Move It!!

We have all been told to Exercise. How many of you *LIKE* to “Exercise”?

I must be honest. I don't like to go to a gym to workout!!! What I do love to do, however, is dance, followed by doing yoga. Both have kept me in good shape and have been amazing stress relievers.

How about you? Most people cannot get their head around doing consistent exercise. And why? Either it is boring, their choices are too difficult or the idea of adding one more task that requires self-discipline to an already busy life is too overwhelming.

I can give you a long list of why exercise is so important to your health, but, instead, let's look at this in a different way. What would it take for you to make a new decision to begin to move more?

Think of it this way:

A man knows it would be good if he took better care of himself, especially begin some exercise and eat better. At his yearly checkup, his doctor has mentioned it, but, to him, that is last on his list as he is working long hours, trying to make sure his family and the bills are taken care of.

He then goes to the doctor's office because he has some pain. After his exam, the doctor informs him that he has a major health problem and that the only way he can get better is to completely change his diet and get into a regular exercise routine, as well as, a drug regimen.

What do you think this man will now do? He has a major life and death reason to make the change. What would it take for YOU to begin to take care of yourself? What if you had some incident – even another person's – that you could think about whenever you wanted to slack off? Would it trigger you to get moving?

Here are some ideas to help you:

1. Think about the scenario above and then look around at those you know. Who is taking good care of themselves and appears to be in great health vs. who is looking tired, overweight, sluggish and stressed? Think, “Which person do I want to be?” Think about those you know who have suffered illnesses, perhaps have even died, and ask yourself, “Given their cause of death, could changes in attitude, diet and exercise have made a difference?”
2. Now, if you are realizing it might be wise to get serious about your physical activity, start thinking about what you actually like to do. *Here are some ideas:*
 - a. Do you like to walk or hike? Do you prefer to walk with someone? Set up a walking or hiking time with a buddy or your dog. Pick locations that are appealing.
 - b. Is there a favorite sport you like? Even if you are out of practice, find a level that fits you.



- c. What new activity has always intrigued you that you can try?
- d. Don't give up! You owe it to yourself.
- 3. Set up your schedule – Do you already plan your day? If so, put 10-30 minutes in your schedule, preferably daily, but at least 3-4 times a week. You now have an appointment with yourself, on your calendar. This makes it so much easier to keep on track.
- 4. Keeping a journal with brief notes of what physical activities you do each day can not only keep you accountable but also build your confidence. And it just takes a minute to do. OR find an App that you can use to record your activities. Try a FitBit or another step counter and move towards 10,000 steps a day.
- 5. Do you enjoy music? If you do, just put some music on and rock out! It is totally amazing what it can do for your body.

3. Fuel Your Body Well

Remember the saying, “You are what you eat!”. Well, it is true. Plain and simple. At the same time, if you make good choices the majority of the time, you can splurge on that yummy chocolate cake on occasion.

I recently saw Ruth Heidrich, Phd, speak on her story of being diagnosed with breast cancer at age 47 and how now, over 30 years later, she has gone on to win over 900 athletic trophies and medals and been cancer-free. Her book shares her inspiring story of the change in her diet plus she has another book filled with healthy recipes. AND, she looks fantastic at 80!

Not everyone can be as disciplined as Ruth and I certainly don't proclaim to be, but I can always tell when I have overstepped the sugar level or eaten milk products. For me, it is an allergic reaction of sneezing and watery eyes or a build up of mucous in my throat and sinuses. Yuk!

So what can a person do who does not choose to go to the extremes of healthy choices like Ruth does? First, let me say, “choice” is the operative word. While becoming a vegan who eats only raw foods may not be appealing, the principles still apply. And you get to choose how to utilize the knowledge. Much as I would like to blame someone else or the food industry for what I eat, I now take full responsibility for my health, whether it be because of an attitude slip, lack of exercise or poor food choices. If you do this, you can succeed at creating great health.

First – Food Choices

What we already know -

1. Fruits and veggies are always a primary choice; however, what is your source? If you are eating canned veggies or purchasing non-organic fresh fruits and vegetables, you may be overloading your system with herbicides, pesticides, fungicides and other toxic elements like sugar & preservatives. Contact me for a list of foods you should only buy if they are organic.
2. Avoid trans fats – these are not always labeled but most processed foods, which have little or no value anyway, have them in their product.
3. Eat more home cooked meals – I know this takes longer; however, your health depends on it! You can find great



quick and healthy recipes online. Simple is better too. In addition, you can make large batches and freeze them in portion sizes.

4. Minimize refined sugar as much as possible – This means sodas, cookies, cakes and also read your labels for sugar content and ingredients. Fresh fruits and veggies have sugar but they also include the fiber to slow down the quick energy ups and downs of your sugary foods.

Some new ideas:

5. ALWAYS have protein for breakfast to level your blood sugar for the day. I recommend making a smoothie with a quality protein supplement (see more below), have eggs (yes, eggs) or add protein powder to cooked oatmeal. Keep as a goal 5 small meals a day – your normal 3 plus a morning and afternoon snack that also has protein. You will find you have less cravings, more energy and less highs and lows. For some, they can also lose weight more easily.
6. Treat your meats more as condiments as opposed to the main part of your entrée. In purchasing, if you can afford to buy range fed beef and chicken with no hormones or antibiotics, you can feel much safer in your choices. The toxins collect in your fat cells and are not easily released.

Second - Supplements – Vitamins, Minerals, Essential Fats, Proteins, Antioxidants

1. Do you realize how great an increase there has been in everything from asthma to leukemia, over the last 20-30 years? Besides our commercial foods having up to 38% less nutrients, all of the chemicals put on them and in them plus all of the toxins in everything else are having a very negative effect on our bodies. To counteract this, we again go back to “Choices” – And I recommend adding quality supplements to your intake to guarantee a daily supply of essential nutrients.

There are several good companies out there with quality products. I choose the Shaklee Corporation supplements for my own use (and have for over 30 years) because I know they have careful testing for purity, research that is published and proof the nutrients and nutrient combinations work, plus they can prove they are absorbed. If I am going to spend my money, I want to know it is well spent and that I will get benefit from what I purchase. If Shaklee makes it, I can trust it and don't have to do any further research.

2. What are the foundational nutrients to take?

- A complete multi-vitamin/mineral complex – these are the minimums to keep you from diseases like scurvy so don't depend on them for everything but they are a good start. I recommend Shaklee's Vita Lea.
- A quality protein supplement – put this in your smoothie, yogurt (plain) or oatmeal. Most of us need the extra protein, especially in the mornings and many of the meat-based proteins take too long to break down and have too much fat. I recommend a non-GMO, water washed soy that has been processed at room temperature or a non-soy combination with quality ingredients. I am very specific about this because so many of the soy products are not quality and most are genetically modified. Quality whey-based proteins are also acceptable. I recommend the Shaklee Life Plan meal replacement which includes a probiotic plus extra leucine to keep your muscle or the Energizing Soy without the extras for a meal replacement. There is also a non soy, non lactose protein available.
- Extra Vitamin C – For children, 500 mg a day and more when they start to get sick. For adults, 1000 mg a day and more when they start to get sick.

3. Important extras

- Immune boosters – There are several immune boosting products that are important if you have any immune deficiency or tend to get sick a lot. I recommend Shaklee's Nutriferon, Immune Formula I, Vitalized Immunity tablets (they fizz) and an herbal combination called Defend & Resist. I have my own regimen to take right at the beginning of feeling something coming on.
- Cleansing – Getting the body ready for its best nutrient absorption is important, especially if a

person has been on medications. I recommend a gentle colon cleanse (Herblax) and liver (Liver DTX) detox plus a guaranteed probiotic (Optiflora). Extra fiber and a quality mineral supplement (Alfalfa) will also get the body back in balance.

I offer consultations and assessments and product programs for those who are interested. With this e-zine you will also receive my monthly newsletter. Please contact me directly for more information.

Great health is a choice and I wish you all the best of health as you live each day. I am happy to say that I have found my own path to optimal wellness and I would love to help you do the same.

Joan



Joan Lubar-Alvarez has been studying nutrition and wellness for over 45 years. She has received certifications as a Wellness Educator and Nutrition Advisor through health care professionals and taken many seminars and workshops to keep her up to date and informed.

She got into the nutrition and wellness world to help her son with ADHD, then to improve her own poor health and later to support her former husband who has Parkinson's.

She is currently writing a book called "Rock & Roll at Any Age" and doing speeches and workshops on Healthy Living, Rock & Roll at Any Age and Self Care for the Caregiver. She also does individual consultations and small group get togethers to share her ideas and solutions on living each day feeling great, looking young and living fully.

She works with companies to keep their employees healthy so they can be more productive and take fewer sick days.

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