



101 TIPS

TO A HEALTHIER LIFESTYLE

REACH FOR TOMORROW



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HEALTHY EATING TIPS

A healthy diet does not have to be complicated, keep it simple and take it step by step.

① Eat your veg

Give vegetables a main role on your plate. Eat at least 250g of vegetables per day and feel the difference.

It's recommended to eat 2-3 cups of veggies per day. This means some people have a lot of catching up to do.

Pureed veggies are - certainly for children - a smart way to get more vegetables on the daily menu.

Easily smuggle fresh vegetables in a soup or sauce by pureeing them with a hand blender.

Vegetables derive their colour, among other things, from naturally occurring substances that contribute to our health. Each colour represents different nutritious elements. Orange vegetables, for example, contain beta-carotene, which is converted in our bodies into vitamin A. Green vegetables are rich in iron and folic acid. To get the best variety of nutrients make sure you 'eat the rainbow.'



② Eat healthy fats

Good fats lower your cholesterol level and maintain your heart healthy. Try to have a handful of nuts every day or have some avocado every now and then.

Healthy fats include:

Fish

Oily fish is an excellent choice for a healthy heart. They contain unsaturated fats that are good for cholesterol levels. For a good balance, it is recommended to eat fatty fish such as salmon, mackerel, herring, or sardines once a week. These fish are an excellent choice for lunches or light bites. Smoked salmon is a perfect breakfast option.

Avocado

This fruit is also a perfect source of unsaturated fats, which contributes to the maintenance of healthy cholesterol levels in the blood. But we also eat avocado because it is so delicious in salads, guacamole or simply on toast.

Nuts

A handful of unsalted nuts every day can be a great afternoon snack. The unsaturated fats in nuts are associated with a lower risk of cardiovascular disease. You can eat them over salads, pasta, stews or just as a snack.



③ Stay hydrated

We lose fluid all day long in different kinds of ways. Therefore, it needs to be supplemented. In addition, drinking 2 litres of water per day helps, among other things, controlling the body temperature, transporting nutrients through the body and participating in many chemical reactions.

An adult needs from 1.5 to 2 litres of fluid per day. Water is the best source; however, coffee, black, green or herbal teas also contribute to daily requirements.

④ Cook at home

When you cook yourself, you know exactly what is on your plate. As much as possible, make sure to choose unprocessed, natural single-ingredient foods. Add spices and fresh herbs to your dishes for more flavour.

Beware of any additional ingredients added to jars or tins; they usually contain a lot of salt, sugar, and preservatives. A sauce or herb mixture is easy to make yourself, therefore natural and healthier than shop alternatives.

⑤ Have non-meat days

Eating slightly less meat is good for your health and the environment. It's an excellent way to make sure you are eating plenty of vegetables, and there are plenty of tasty alternatives available.

Dedicate just 1 day a week to having a non-meat day, and you can save about 7% of the share of the greenhouse effect.

Some great options include:

- Falafel
- Legumes
- Nuts
- Lentils



⑥ Reinvent breakfast and lunch

Start having a healthier breakfast and lunch. Get more vegetables in your diet by opting for a salad. Prepare extra green beans, broccoli, or zucchini in the evening. The next day, add some lettuce or raw vegetables, some legumes and nuts and you have a salad ready in no time.

Treat yourself to a good breakfast that will give you 10 to 15% of the nutrients that you require every day. What does a good breakfast consist of? Fibre-rich carbohydrates (wholemeal cereals, fruit, vegetables), protein (low-fat yogurt, cheese, egg), and good fats (avocado, nuts, seeds).

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7 Avoid hidden ingredients

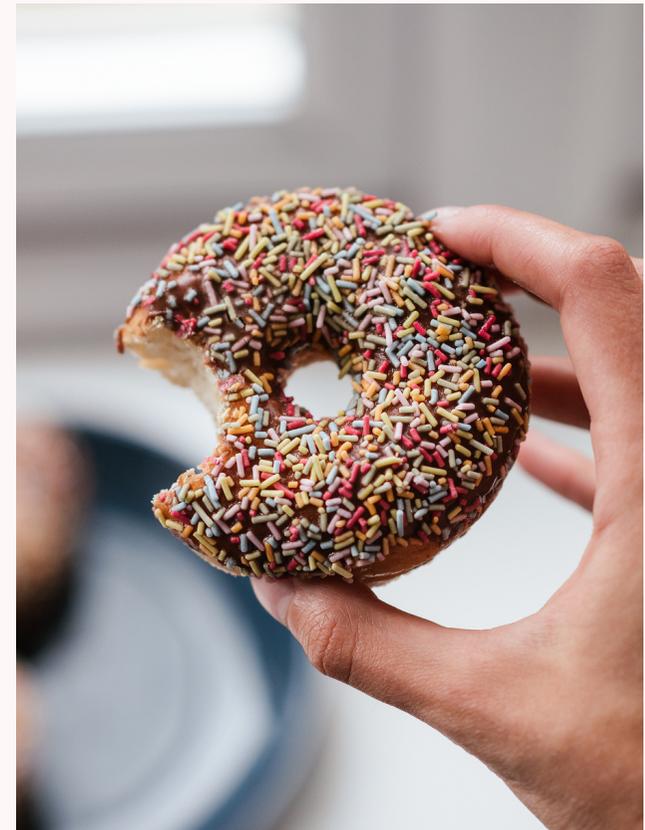
Attention: hidden sugar and salt! Many products contain sugar and salt without you noticing, which means you might consume more of it than the recommended amounts. With these tips, you can prevent that.

Sugar, like starch and fibre, is a carbohydrate. We receive from 40% to 70% of our energy from carbs. But what we do not need at all are added sugars such as those in soft drinks or coffee. Our body does not need salt but does need sodium, a mineral that is found in salt. But be careful, as too much sodium causes high blood pressure.

Cutting down is merely a matter of getting used to less sugar and salt. If you start eating less salty foods for a while and skip the sugar in your coffee, you will be surprised how quickly your taste buds get used to it. You can, therefore, train your taste buds, which will take a few weeks until they have adjusted.

It is not always easy to read the label to see how much added sugar a particular product contains. That is because there are dozens of different names for different types of sugar. You can unmask most of them by looking for words that end with -syrup, -honey, or -nectar.

These are the most common sugars: corn syrup, fructose, galactose, glucose, lactose, maltose, sucrose, agave nectar. .



IMMUNE SYSTEM

The immune system is a complex organ system in the body comprised of white blood cells, skin, mucus and bacteria. Its central role is to seek, recruit, attack and destroy foreign invaders, such as bacteria and viruses that enter the body.

⑧ Consume more vitamin D

Research shows that vitamin D supplementation may reduce the risk for viral infections, including respiratory tract infections, by reducing the production of pro-inflammatory compounds in the body.

Foods high in vitamin D:

- fatty fish, like tuna, mackerel, and salmon.
- beef liver.
- cheese.
- egg yolks.

⑨ Consume more vitamins C & E

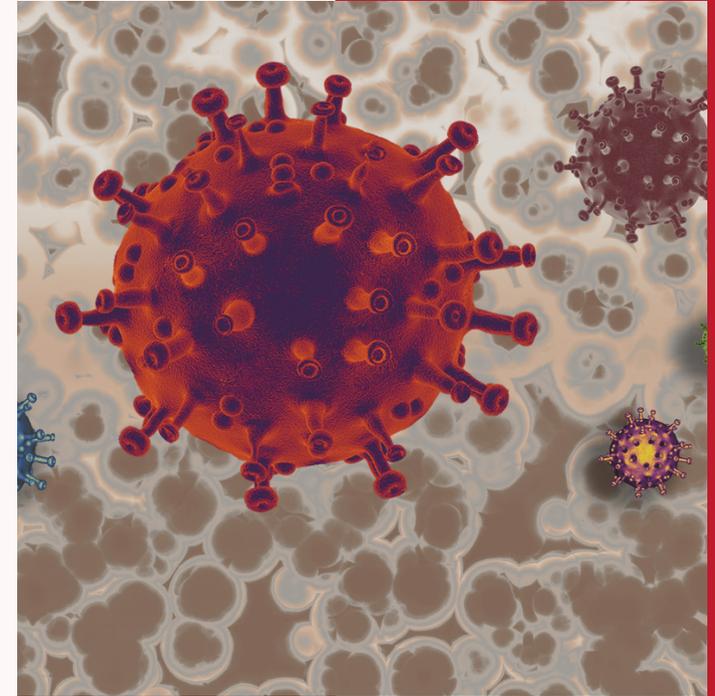
Vitamins C and E are antioxidants that help to destroy free radicals and support the body's natural immune response.

Vitamin C sources:

- red bell peppers
- oranges
- strawberries
- broccoli
- lemons

Vitamin E sources:

- almonds
- spinach
- avocado
- olives



10 Have more beta-carotene

Beta-carotene is a powerful antioxidant that can reduce inflammation and boost immune function by increasing disease-fighting cells in the body.

Sources include:

- sweet potatoes
- carrots
- green leafy vegetables

11 Consume more zinc

Zinc is a mineral that can help boost white blood cells, which defend against invaders.

Sources include:

- pumpkin seeds
- sesame seeds
- beans
- lentils

12 Consume more Allicin

Allicin is the principal bioactive compound present in the aqueous extract of garlic. When garlic is chopped or crushed, the alliinase enzyme is activated, and allicin is produced. When cooking with garlic, it is recommended to crush or chop it and leave for 10 mins for the enzyme to be activated.

The benefits of garlic to health has been proclaimed for centuries; however, only recently, it's been proposed as a promising candidate for maintaining a healthy immune system.

Most studies on garlic use a dosage range of 600-1,200mg a day, usually divided into multiple doses. The minimum effective dose for raw garlic is a single segment of a garlic bulb (called a clove), eaten with meals two or three times a day.

13 **Take some astragalus**

Astragalus membranaceus is an important herb in traditional Chinese medicine. It has been used in a wide variety of herbal blends and 'natural' remedies. This Chinese herb has been researched for its cardioprotective, anti-inflammatory, and longevity effects.

Astragalus membranaceus and Angelicae Sinensis are highly synergistic, meaning they are more powerful when taken together. This combination is traditionally called Dang-gui buxue tang.

The starting point for the preparation of Dang-gui buxue tang in traditional Chinese medicine is 30g of Astragalus membranaceus root paired with 6g of Angelicae Sinensis. This is a 5:1 ratio, which is ideal for extracting the bioactive ingredients of the plants.

The main bioactive compound in Astragalus membranaceus is astragaloside IV, which can be supplemented by itself. The standard dose for astragaloside IV is 5-10mg.



EASE STRESS

14 Improve time management

Delegate or remove unnecessary tasks after evaluating your priorities (ensuring there is time for you). Set aside time for different tasks throughout the day, such as answering emails, writing memos, and returning phone calls. Put away distractions while you're working online - no texts, tweets, emails, or games while you're doing your tasks.

15 **Improve your mood**
Take cognition distortions into account. Are you magnifying a problem, jumping to conclusions, or applying emotional reasoning? Take a moment to reflect and breathe. Many mistakes and regrets can be prevented this way.

16 **Feeling uncertain?**
If you ever feel uncertain about a situation or problem, ask for help. Don't be afraid to get support. Ask a knowledgeable friend, check reliable online sources, or call the local library or an organization that can supply the information you need. Write down other ways that you might get the answers or skills you need.



17 Find time to decompress

Make mini-relaxations a habit. Focus on each aspect of a specific task or pleasure. Commit to one week of rising a bit earlier or paring down your schedule enough to allow time for relaxation

18 Reduce tension

Consider massage, a hot bath, or a mindful walk. Even a brisk walk or a quick run up and down the stairs can help. Regular exercise reduces tension.

19 Stop with the pessimism

Remind yourself of the importance of optimistic thought: a more joyful life and, possibly, someone who is healthier. Reduce cognitive distortions by practicing deflation. Watch funny movies and read funny books. Write down the reasons you are grateful.

In case the list seems too short, consider beefing up your social network and adding creative, productive, and leisure pursuits to your life.

20 Reduce conflicts with others

Don't let the conflicts with others make you feel upset. Be open about how you feel but avoid placing the blame on the other person. State your needs or distress directly, and say, "I feel ____ when you ____." "I would really appreciate it if you could ____." "I need some help setting priorities". Ask yourself, "What needs to be done first, and what should I address later?" If conflicts are a significant source of distress for you, consider assertiveness training

21 **Feeling worn out?**

Nurture yourself. Care for your body by eating good, healthy food and for your heart by seeking out others. Consider creative, productive, and leisure activities. Consider your priorities in life: Is it worthwhile feeling this way, or is there another path you can take? Make sure you choose the right kind of assistance if you need it. Are there any tasks you would like to be removed from your work schedule? Could it be done at a later date? Is it necessary to have someone with a particular area of expertise on your team?

22 **Connect with others**

Having just a brief conversation with a friend or a stranger at a grocery store can make all the difference. Don't be afraid to make a conversation, most people would be happy to make new friends and talk. Become a volunteer. Participate in community or religious events. Invite an acquaintance to coffee. Get in touch with someone you miss.

23 **Take a break for yourself**

Taking a step away from the problem can reduce pain and calm fear. You can use them before an important meeting, in traffic, or when dealing with people or situations that bother you.

24 **Count down slowly**

Start at 10 and count down slowly to zero. Take a full breath before each number, inhaling and exhaling fully. Try inhaling deeply and saying "10" to yourself. Slowly exhale. Say "nine" on your next breath, then "ten," etc. Count down more slowly if you feel lightheaded. You should feel more relaxed when you reach zero. If not, repeat the exercise

25 **Meditate**

Sit on a straight-backed chair or cross-legged on the floor. Focus on an aspect of your breathing, such as the sensations of air flowing into your nostrils and out of your mouth, or your belly rising and falling as you inhale and exhale. Do this for 10 mins.

EXERCISE

26 Aerobic exercise

Walking is the most convenient and affordable form of aerobic activity. Researchers have found that brisk walking for at least half an hour five times a week has nearly the same health benefits as more vigorous exercise. People who walk briskly have a lower risk of heart disease, diabetes, high blood pressure, high cholesterol, colon cancer, osteoporosis, and possibly other diseases. Those who walk regularly even have fewer mental health issues.

27 Weight training

Resistance exercise, such as weight lifting, is beneficial to everyone of all ages, but especially beneficial for people in their 60s and older. This is because it builds muscle mass and strengthens bones and connective tissues. There is no need to use heavy barbells when weight lifting. Using hand weights or strength training machines at the gym can provide adequate resistance.



28 **Yoga and Tai Chi**

Yoga and tai chi are also proven stress-busters with substantial benefits for the mind. A 2013 study published in the Journal of Physical Activity and Health found that doing 20 minutes of yoga postures led to better cognitive functioning, especially an increased ability to focus and take in and process new information, than doing 20 minutes of aerobic exercise.

29 **Get some fresh air**

Try to get some fresh air every day by gardening, hiking, or taking walks along the beach. Currently, there are no scientific studies to prove that communing with nature can actually combat fatigue, but researchers are beginning to explore this idea. Research suggests that being in nature can have therapeutic and restorative effects. Biological scientist Edward O. Wilson has developed a theory, called "biophilia," which argues that humans have a natural connection with nature and have health benefits from contact with nature. The studies seem to support his findings.

30 **High Intensity Interval training (HIIT)**

High-intensity interval training (HIIT) is vital for your heart and metabolism. HIIT workouts are very short in duration but they are also very intense. There is no other type of exercise that has such an impressive effect on your metabolism.

Metabolism is a name given to all the biological and physiological processes that occur in the body. All of these processes require a number of calories every day, so if the metabolism is faster then you can manage your weight better. This can reduce the risk of heart disease, type 2 diabetes, and much more.

IMPROVE SEX AND SLEEP

31 Create a routine

A sleep routine is very important for your body as it helps it get into the swing of going to sleep at the same time, waking up and resting the same number of hours. As a result, you'll start to feel tired at the time you are meant to go to sleep and naturally start waking up around the time you should be waking up at.

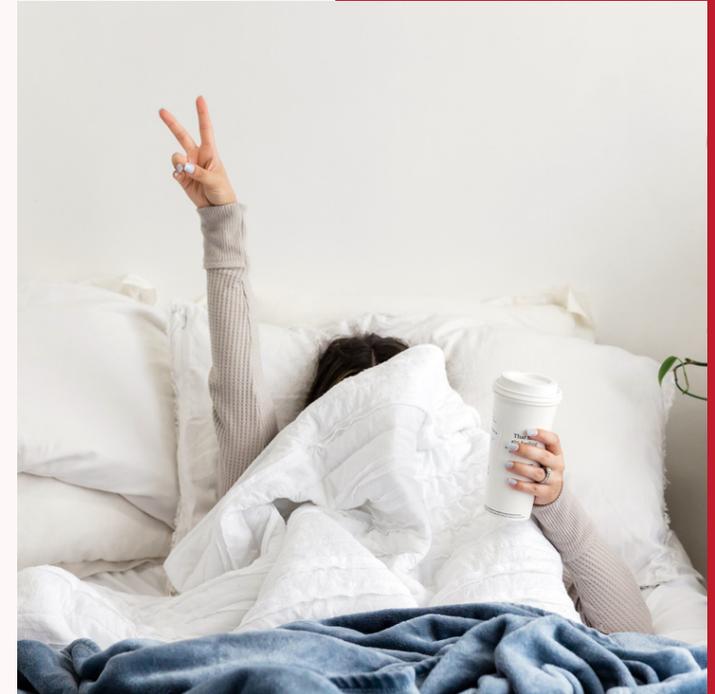
32 Use bed for its purpose

Using bed for more than sex or sleep makes you feel more dull, tired and demotivated.

33 Avoid foods that cause you digestive issues

Knowing your body and what causes indigestion can be very useful. By eliminating foods that cause you discomfort, you are likely to feel uncomfortable to sleep. You may wake up a few times in the middle of the night to go to the bathroom and you may later struggle to fall asleep. Some foods that are known for causing digestive discomfort include:

- Fried foods
- Artificial sweeteners
- Too much fibre
- Eggs
- Spicy foods



34 **Don't drink too much before bedtime**

Drinking just before you go to sleep means that you'll likely be waking up in the middle of the night to go to the toilet.

35 **Consider cognitive behavioural therapy**

In cognitive behavioral therapy (CBT), people are taught to think about and act in new ways. Using CBT for insomnia involves changing negative thoughts and beliefs about sleep to positive ones. CBT has proven effective in treating addictions, phobias, and anxiety-as well as insomnia.

Those who suffer from insomnia are usually preoccupied with sleep and worried about the consequences of poor sleep. It is nearly impossible to relax and fall asleep when you are worried. Among the basic tenets of this therapy are setting realistic goals and letting go of inaccurate thoughts that interfere with sleep.

36 **Improve your sex life**

Try the following tips to improve your sex life:

- Start walking to reduce the risks of erectile dysfunction
- Eat healthier and have more fruit, vegetables, whole grains, and fish to reduce the risks of erectile dysfunction

- Check your vascular health, especially if you see any of the following signs: soaring levels of blood pressure, blood sugar, LDL (bad) cholesterol, and a widening waist. You should check with your clinician whether your vascular system-and, therefore, your heart, brain, and penis-are in good shape or need to be tuned up through lifestyle changes and, if necessary, medication
- Some research suggests that obesity increases the risk of vascular disease and diabetes, two major causes of erectile dysfunction. Furthermore, too much fat may cause hormonal disruptions that exacerbate the problem.

37 Make sex more enjoyable

Sex isn't always comfortable which can make things awkward or painful. Use the following tips to make sex more comfortable:

- Be sure not to tighten up by practicing Kegel exercises
- Postmenopausal women should consider low-dose vaginal estrogen therapy
- Use plenty of lubricant during sexual stimulation and during intercourse and consider using long-acting vaginal moisturizer.



HEART BURN

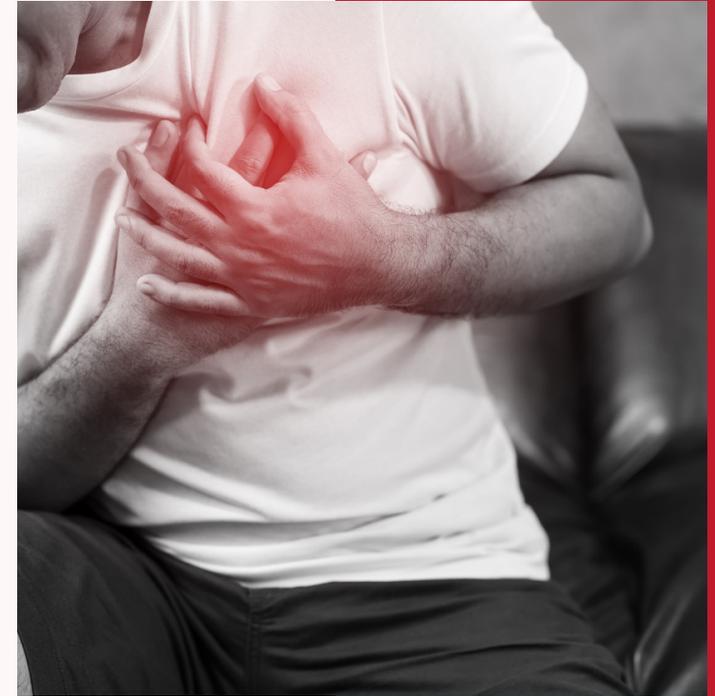
38 Limit foods or drugs that cause heartburn

Caffeine, tea, cocoa, and cola drinks are all powerful stimulants of gastric acid production. While mints and chocolate, often served as a way to ease digestion, can actually exacerbate the problem. Both relax the LES (lower esophageal sphincter) and can cause heartburn, as can fried and fatty foods. Keep away from a particular food if it causes episodes of heartburn

39 Alter your diet

The most effective treatment for gastroesophageal reflux disease (GERD) is to modify diet and lifestyle. Lifestyle changes are particularly important for mild GERD symptoms or for GERD symptoms that do not respond to acid-reducing medications like proton pump inhibitors (PPIs).

- GERD is more likely to occur after a large meal that remains in your stomach for several hours. Anyone with this problem should divide their daily food intake into three, four, or five smaller meals.



- As stress increases stomach acid production, make meals a pleasant, relaxing experience. Put your feet up. Slow down when eating. Chew thoroughly. Put on soothing music, and just relax.
- Within 3 hours after eating, you should maintain a good posture that reduces the risk of reflux.
- Extra pounds increase the pressure on the stomach and can push acid into the esophagus.
- Clothing that causes pressure on the stomach, such as tight belts and waistbands, should be avoided

- Aspirin and other NSAIDs, oral contraceptives, hormone replacement therapy, narcotics, some antidepressants, and some asthma medications can cause reflux. Speak to your doctor to check if there are any alternatives

40 **Drink chamomile tea**

Drinking just one cup of chamomile tea may have a soothing effect on the digestive tract.

41 **Have some ginger**

Another well-known herbal digestive aid is ginger root, which has been used as a folk remedy for heartburn throughout history.

42 **Have some licorice**

Several studies have shown that having some licorice is effective. Licorice is said to increase the mucous coating on the esophageal lining, making it more resistant to stomach acid.

43 **Reduce foods that cause stomach discomfort**

If any of the foods below causes diarrhea, try eliminating or reducing each one for several days at a time to see if it can be eliminated:

- Spicy foods
- Alcohol
- Caffeine
- Dairy products
- Artificial sweeteners (sorbitol, xylitol, mannitol, fructose, found in many diet drinks, fruit drinks, sugarless gum, and candies)

KEEP YOUR HEART HEALTHY

44 Regulate your cholesterol

Cholesterol are fatty deposits that can build up in your arteries and limit blood flow to the heart. This significantly increases the risk of heart disease. According to Harvard research "For every 10% drop in your cholesterol level, your heart attack risk falls by 20% to 30%."

Tips on reducing cholesterol:

- Reduce oily, fried or processed foods

- Have more healthy fats like avocado, nuts and seeds, and eggs.
- Choose wholegrain bread, pasta, and cereal to manage your blood sugar levels.
- Eat the rainbow! The rainbow refers to fruits and vegetables of different colours. You see, each colour provides a different set of vitamins and minerals which can support your heart in different ways



45 **Regulate blood pressure**

Blood pressure is measured in two parts. The systolic blood pressure (first and highest number) shows how hard the heart works to push blood through the arteries while it is beating. The lower number (diastolic blood pressure) shows the pressure when the heart is relaxing and filling with blood in between beats, as well as how much the arteries are being stretched.

If either your systolic or diastolic pressure is high, you have hypertension.

High blood pressure increases your risk of suffering a heart attack, heart failure, stroke, or kidney disease. Keeping your blood pressure within normal limits, or getting treatment if your blood pressure rises too high, will improve your health.

Tips on regulating blood pressure:

- Eat less salt
- Reduce highly processed foods
- Reduce saturated fats
- Rest and sleep well
- Perform more exercise.

46 **Lose weight**

Excess pounds can put a lot of strain on the heart and significantly raise the risk of heart problems like heart attack and stroke.

Tips for losing weight:

- Set SMART goals
- Manage your calorie intake properly
- Exercise more
- Eat a balanced diet
- Get enough sleep to manage your appetite

47 **Reduce smoking**

When you smoke, plaque builds up in your blood vessels. Plaque or clots block arteries that carry blood to the heart muscle, causing Coronary Heart Disease. Tobacco smoke contains chemicals that thicken blood and cause clots to form in veins and arteries.

48 **Reduce alcohol**

Drinking moderate amounts of alcohol can reduce the risk of developing diabetes, heart disease, and stroke in men. The term "moderate" refers to one or two drinks per day, at most.

A detrimental effect begins to accumulate afterward. A drink consists of 1.5 ounces of hard liquor, 4 to 5 ounces of wine, or 12 ounces of beer.



PAIN AND DISCOMFORT

49 Acupuncture for migraines

It seems that acupuncture can prevent migraines equally well or even better than preventive medications and may also help people with occasional or chronic tension headaches. Traditionally, in China, acupuncture works by altering the flow of energy, called qi, through pathways within the body. Using very fine needles, the practitioner inserts them at specific

points along these pathways, which are known as meridians. Acupuncture involves the insertion of four to ten needles that are held in place for 10 to 30 minutes while you lie in a darkened room. There may be six to twelve sessions in a course of treatment. Acupuncture needles are generally reported to cause little or no pain.

50 Physical therapy

Certain types of physical therapy may ease tension and migraine headaches by relaxing the tense muscles. The physical therapist may teach you daily neck and shoulder exercises you can do on your own.



51 Relieve muscle pain with topical treatments

Topical pain relievers, which are applied to the skin, can be used alone or in combination with oral analgesics. The creams containing salicylate (including Aspercreme and Bengay) and those with capsaicin (like Zostrix) can be bought without a prescription. Diclofenac is a nonsteroidal anti-inflammatory drug (NSAID) available as a gel (Voltaren Gel) and a patch (Flector Patch).

Both carry some of the same risks as oral NSAIDs, but because they do not enter the gastrointestinal tract, they are less likely to cause stomach and intestinal irritation. If you experience an upset stomach when taking the pill form, try one of the topical versions.

52 Improve your range of motion

One of the major causes of joint pain is due to tight and inactive connective tissues like ligaments. Make sure to stretch well every morning or perform yoga.

53 Build your endurance

Exercises such as walking, swimming, and bicycling can all improve your heart and lungs, which, in turn, increases your endurance and overall health including strengthening your joints and bones.

54 Improve balance

Perform regular exercises that help you improve your balance. One good exercise is standing and balancing on one foot. Alternate between legs and hold the position for at least 10 secs to 1 min.

55 Improve your back posture

You can take a toll on your back from everyday activities, like vacuuming your house and sitting in front of the computer for hours, if you're not familiar with proper body mechanics.

Tips for improving your back posture:

- Sit with your knees slightly higher than your hips, and bend them at a 90-degree angle. Place your feet comfortably on the floor. Put a book or small stool under your feet if your feet don't reach the floor

- Place a rolled blanket or a few towels behind your lower back if your seat lacks sufficient lumbar support while driving. Occasionally shift your weight. Make use of the cruise control if you have one. Additionally, a foam seat cushion can be used to absorb some vibration.
- If you can, sleep on your side and bend your knees toward your chest. It is also important to choose a pillow that keeps your head level with your spine; your pillow should not prop your head up too high or let it droop.

56 Get a better bed

A mattress that is suitable for your body type is crucial since you spend roughly a third of your life in bed. Having low back pain can make a huge difference in whether you can sleep at night and function the next day.



FOR BETTER MEMORY

57 Eat less sugar

It has been shown that people who regularly consume lots of added sugar may have poorer memories and smaller brain volumes than those who consume less sugar.

58 Consume more fish

Fish and fish oil supplements contain omega-3 fatty acids EPA and DHA. Their consumption may help improve short-term, working, and episodic memory, especially in older people.

59 Meditate

Meditation is relaxing and soothing, and has been shown to reduce stress and pain, lower blood pressure, and even improve memory. Studies have shown that meditation and relaxation techniques improve short-term memory in people of all ages, including those in their 20s and the elderly

60 Maintain a healthy weight

Dementia is likely to occur if you are obese. By maintaining a body mass index within the normal range, you may avoid a host of issues associated with obesity, including poorer memory.



61 Get enough sleep

Sleep deprivation has long been associated with poor memory. Memory consolidation occurs during sleep, a process through which short-term memories are strengthened and transformed into long-term memories. You could be negatively affecting your memory if you are sleep deprived.

62 Practice mindfulness

In mindfulness, you focus on your present situation, remaining aware of your surroundings and feelings. Meditation uses mindfulness, but the two are not the same.

Mindfulness is a mental habit you can use in any situation, whereas meditation is a formal practice. According to studies, mindfulness can reduce stress and improve concentration and memory.

63 Drink less alcohol

Alcohol consumption has potentially negative effects on many aspects of your health, including memory. When you binge drink, your blood alcohol level reaches 0.08 grams per ml or higher. According to studies, it alters the brain and causes memory loss.

64 Test your brain

Keep your brain on tip toes by exercising its cognition by doing crosswords, word-recalls and image pairing games.

65 Get enough vitamin D

The deficiency of vitamin D is very common, especially in colder climates, and has been linked to age-related cognitive decline and dementia. Ask your doctor for a blood test if you think you might have low levels of vitamin D. Symptoms include fatigue, bone pain, mood swings, mental health problems and muscle weakness.

DETOX

Detox is a well known strategy or an intervention for removing toxins from your body. Detox is usually performed over 1 or 2 weeks to help the body flush out any residue toxins or bad bacteria residing within the gut

66 **Drink more water**

Water is a very underestimated and underappreciated detox ingredient. Drinking water is one of the most powerful natural anti-oxidant strategies out there. Why? Drinking 1 gallon of water a day keeps your liver and kidneys healthy.

Both liver and kidneys are responsible for picking up toxins from the blood stream. Once these are picked up, they are converted into compounds that are excreted by urine

67 **Reduce alcohol**

Alcohol is a drink that is heavily processed with a variety of harmful chemicals like Acetaldehyde and substances that damage DNA and microorganisms that reside within our gut. Alcohol can damage or destroy the good bacteria in our gut providing more space for bad bacteria to spawn. It is best to avoid or limit alcohol to provide a great environment for good bacteria to grow.



68 **Limit sugar**

Sugar contains zero nutrients and is well known for:

- Speeding up heart rate
- raising blood sugar
- raising blood pressure
- Increasing weight (because it's so easy to overconsume)
- Tooth decay

It is also well known for suppressing the immune system which makes you susceptible to illnesses. As a result, it is always best to reduce your sugar intake. Best to stick to natural sugars from fruit and vegetables.

69 **Reduce processed foods**

Processed foods are normally high in chemicals, saturated fats and sugar. Processed foods are well known for causing high cholesterol, blocking arteries, increasing blood pressure and causing cardiovascular disease. Always try to stick to home-cooked foods or organic products where you can.

70 **Exercise 30-mins per day**

Try to perform 30 minutes of exercise per day. Exercise is great for detoxifying the body as it pushes the blood to circulate more efficiently through the body. This enables the nutrients to travel to working muscles and organs. In addition, exercise also supports the lymph fluids through the body which removes toxins and harmful bacteria.

MINDSET

There are two types of mindsets:

A fixed mindset means we believe that our skills, intelligence, general qualities, and talents are fixed traits and cannot be changed. This attitude can often result in resistance to learning or attempts to improve our skills.

A growth mindset means we believe that our skills, talents and general qualities have the capacity to grow and can be improved by hard work and persistence.

This mindset results in a positive attitude towards both learning and critical feedback. People with a growth mindset are also generally more open to trying new things. Tips on developing a growth mindset:

⑦ **Acknowledge & Embrace Your Weaknesses and Strengths)**

Be honest with yourself about your weaknesses as well as your strengths. Ask your friends and family for feedback, as they can offer you a different point of view and give you a perspective on what to focus on. Create good habits around both your weaknesses and strengths. Take small steps every day that will help you move towards your goals.



72 View Challenges as Opportunities

If you are afraid to take on a new challenge, then stop and reframe the situation in your mind in order to shift the perspective.

Consider new challenges as opportunities and new experiences that you can learn from and grow. Think of different ways you can approach the challenge and remember that fear is only natural.

73 Choose the Right Habits and learning Strategies

It is the journey that matters and it is important to enjoy it and make the most out of it. Think of all the unexpected lessons and experiences you may encounter during the way to your goal.

Fully engage and put effort in the process. Focusing on the process will improve the results you aim for.

74 Reward your efforts & actions

Acknowledge the small wins on a daily basis and be proud of them. Share them with your family and friends. Every effort and action you make is taking you closer to your goal.

75 Set realistic goals & timeframes

Be aware that change and achieving your goals takes time, sometimes a lot of time, there are no shortcuts. It may take many different methods of learning or techniques until you are able to master a new skill or move swiftly towards your set goal.

ANXIETY

Anxiety, for many, is a mild feeling, sensation or fear generated from lack of self-belief, challenges, and inner fear and thoughts. Sometimes, anxiety can manifest into something very serious which includes symptoms of:

- Invisible barricades
- Body tremors
- Vomiting and diarrhoea
- Inability to walk
- Inability to get out of bed
- Inability to perform the basics of daily tasks

If you suffer from anxiety, check out some of these tips that may help you manage your symptoms better.

76 **Take a breather**

Relax by doing yoga, listening to music, getting a massage, or learning relaxation techniques. Removing yourself from a problem helps you to think clearly.

77 **Understand it's okay not to be okay**

Many people who suffer from anxiety also have a bad relationship with it. For instance, when anxiety symptoms start setting in, acknowledge them and accept them for what they are. Avoid thinking in ways of 'I shouldn't be feeling this way' as this can exaggerate the symptoms.



78 Eat a balanced meal

Make sure to eat a varied and balanced diet. Try to consume a mixture of proteins, carbohydrates and fats. Enjoy your favourite snacks in moderation and don't make yourself feel guilty after eating it. It's okay to have something you enjoy at times.

79 Limit alcohol and drugs

Sometimes alcohol and drugs can induce panic attacks by playing with your emotions. It's best to avoid them, especially if you're on any medication.

80 Use the breathing technique

Whenever you are feeling scared, you may find yourself breathing faster or hyperventilating. This only makes matters worse.

If you feel like your breathing is starting to become fast and uncontrollable, take control. Slow down your breathing by taking deep breaths and exhaling to a count of 5. This will slow down your heart rate and bring you back to full control.

81 Use the havening technique

Anxiety is commonly driven by misunderstanding the present or fear of the future. The havening technique works by relaxing you and replacing the negative thoughts with positive.

82 Exercise daily

Exercise helps you improve your confidence and reduce stress which can significantly reduce the symptoms of anxiety.

83 Stop aiming for perfection

Rather than striving for perfection, which is impossible, be proud of who you are and what you have accomplished. Appreciate yourself and your hard work.

84 Stop trying to control everything

Not everything can be controlled and life is a series of crossroads and problems. Just take your time and deal with one problem at a time.

85 Volunteer

Get involved with charity work or any local projects. Sometimes helping others can be very rewarding and make you notice the positives of life.

86 Talk to someone

Speaking to someone can be of great benefits, and especially if you don't know how to manage your symptoms or what triggers them in the first place.



DEPRESSION

87 Keep social

Be active in life and don't isolate yourself. You can improve your mood by socializing. When you feel down, staying in touch with friends and family will give you someone to talk to.

88 Keep active

Engage in some form of exercise. Exercise is associated with improved moods. Start by walking for 20 minutes every day if you haven't exercised for a while.

89 Be brave

You shouldn't avoid the things you find difficult. People sometimes avoid talking to others when they feel low or anxious. It is possible for people to lose their confidence when going out, driving, or traveling. When this starts to happen, facing up to these situations will help them become easier.

90 Avoid alcohol

Alcohol consumption can become an addiction, especially if it is used as a coping mechanism. Avoid alcohol and try to go for a walk or speak with friends instead.



91 Eat a balanced diet

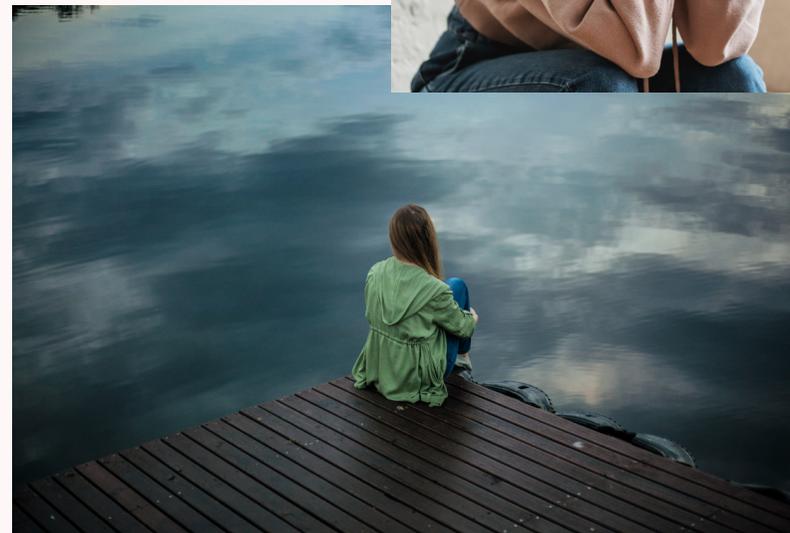
A balanced diet strengthens your immune system and flushes out toxins from the body which can improve your mood.

92 Have a routine

Poor sleep patterns can result when people feel down, staying up late and sleeping during the day. Maintain your routine as much as possible, including waking up at your usual time.

93 Speak to someone

Get help if things get too much. It's important to be open and transparent about what you're going through. Hearing advice from a professional can help you get a better understanding about this condition and provide insights into feeling better.



ENERGY LEVELS

94 Reduce your load

Fatigue is often caused by overwork. Work overload can be caused by obligations at work, at home, and in the community. Streamline your list of "must-do" activities. Prioritize your work based on the most important tasks. Reduce the importance of those that are less important. If you need extra help at work, consider asking.

95 Keep active

Exercise is great for boosting energy levels. It also gives your cells more energy to burn and circulates oxygen. Also, exercising can lead to higher brain dopamine levels,

which helps elevate mood. To get more health benefits from walking, increase your pace periodically.

96 Avoid smoking

Smoking saps your energy by causing insomnia. Tobacco contains nicotine, a stimulant that speeds the heart rate, raises blood pressure, and increases wakefulness-related brain waves, making it difficult to fall asleep. Once you fall asleep, its addictive power can kick in and awaken you with cravings.



97 Don't over sleep

When you're tired, you may want to grab a nap but this will only make you more tired.

98 Eat fibrous carbohydrates

Fibrous carbohydrates are slow to digest and release high quality energy over a number of hours. This can boost your energy levels. Try consuming foods like:

- Broccoli
- Pears
- Strawberries
- Avocado
- Apples
- Bananas

99 Have some caffeine

Caffeine can increase alertness, so having a cup of coffee can help sharpen your mind. Caffeine has energizing properties, but only if you use it judiciously. When consumed in large quantities or after 2 p.m., it can cause insomnia so take caution.

100 Drink water

Water supports your health in variety of ways, and one way is to flush out any toxins. As a result, you may feel more energised.

101 Reduce alcohol

Keeping alcohol away from lunch is one of the best strategies against mid-afternoon slumps. At midday, alcohol has a particularly sedative effect. If you want to have energy later in the evening, avoid a five o'clock cocktail. Don't be afraid to drink in moderation at a time when you don't mind having your energy wane.

THANK YOU

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AUTHOR NAME

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