

Vital steps to a new you!
with dr. suzanne osborne

step three

#3. Take time to have a little fun every now and then.

To put it simply: Relax. Live a little. By taking a few well deserved breaks from the stresses of everyday life, you will give your nervous system some much needed "down time," allowing your body to recharge your batteries in preparation for whatever exciting chapter lies ahead. Many of us seem to forget that having fun and enjoying the gift of life are a crucial component in creating and maintaining a balanced, healthy lifestyle. If your life is truly "All work and no play," make a concentrated effort to mix in a little recreation and change of scenery in your daily routine. Spending time in the great outdoors with nature can have profound health promoting benefits, so pull out your camping gear or dust off your bike and go for it.

step four

#4. Increase your present moment awareness.

Possibly the most crucial aspect of maintaining a healthy, energetic lifestyle is to start each day with an attempt to become more consciously aware of the state of your health and well being at that particular time. Continue to do so throughout your busy day. When you practice living more fully in the moment, you'll spend less time dwelling in the past or rushing toward the future. Make an effort to be more aware in other ways as well. Pay special attention to the quality of the food you are eating, how much exercise you obtain, how much water you drink, and other integrally related aspects of living a balanced life. Keeping a calendar specifically for this purpose is a great way to start off. In addition, referring to your calendar each day and planning your health related activities will help you become more goal oriented throughout the year.

ph the series

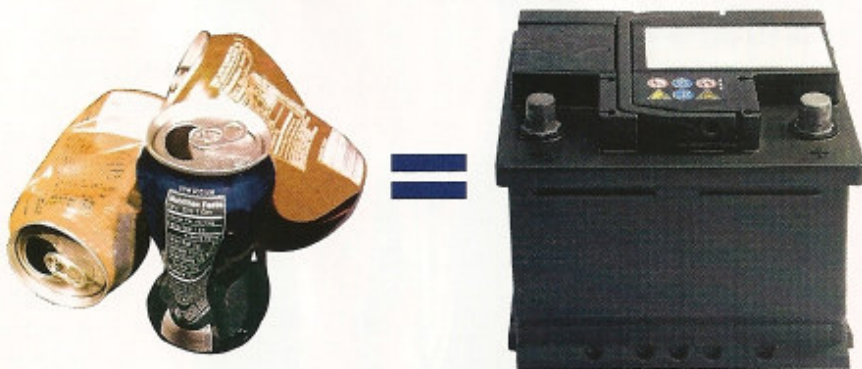
A REAL SILENT KILLER *Continues...*

Modern medicine has prolonged our lives, but the quality is terrible! Americans are the unhealthiest people in the world. Most people think that their health issues are a result of aging and genetics, however, diet and lifestyle are the main culprits responsible for poor health. Backwards eating people are guaranteed to have more chronic problems as they age (arthritis, osteoporosis, gall bladder dysfunction, headaches, heart disease, joint pain etc.) Following the 80/20 Rule, that is 80% fruit and vegetables and 20% meat, breads, dairy pasta and grains will add years to your life and life to your years.

Our efforts to establish and maintain good pH levels are often thwarted by 2 main things:

1. What we put into our bodies (eating, drinking, breathing, absorbing, etc.)
2. What we are not taking into our bodies that we should (nutrients, vitamins, minerals, water, etc.)

In my next article, I will share with you a more extensive list of foods that will increase your pH...resulting in better health and a list of acid producing foods to limit. We will also explore specific nutritional supplements which will raise pH levels. I will also reveal shocking research that explains how too much acid in the body can lead to heart disease, serious blood sugar imbalances, bone loss and joint pain!



*Soda has an acidic range around 2.5 pH
(similar to battery acid)*