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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Relaxation – The key to healthy life

By Nitin Jain

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Physical exercise complemented by a healthy diet may still leave you bereft of a truly fit body if you don't relax enough. Relaxation releases 'feel good' hormones in our body. They help us reduce free radical effect, which means it slows down the ageing process, reducing the PMS syndrome, speeds up recovery of post-operative healing, increases our lung power... the list is endless.

Result shows that just 15 minutes of daily relaxation can aid in the complete avoidance of blood pressure tablets. No amount of exercising and dieting alone can ensure that. Diet and exercise reduce stress levels, but they cannot wholly account for our emotional thought patterns. And these negative emotions that are mainly accountable for many psychosomatic diseases.

Evidently, pumping iron till your arms ache and dieting diligently will be futile minus relaxation. Relaxation is a must in our daily life. It alone can strengthen our immune system. Right from gardening to playing chess to practising simple mental exercises, anything can be relaxing. The choice and onus both lie with the person.

Research studies have documented positive changes in the blood flow, neurochemistry as well as neurophysiology of the brain when one is relaxed. The blood flow to the brain is increased to those regions of the brain that are associated with feelings of being calm. So, to ensure the complete health quotient, one needs relaxation as much as one needs physical exercise and a proper diet.

TOP TEN RELAXATION TIPS

1. Do what you love daily, like listening to your favorite music.
2. Devote time to a hobby.
3. Look at some old photographs of an occasion that was full of fun.

4. Be with nature any time of the day.
5. Establish contact with old friends.
6. In the afternoon, take a 20–minute nap.
7. Sit on a chair with your feet touching the floor and your back upright. Focus on anything or any sound for three minutes.
8. Once back from office, as you step into your home, just sit for 10–15 minutes doing nothing. You may switch on the television or listen to some music if you so prefer.
9. Breathe deeply while listening to your favorite music.
10. Press under the big toe and the arch of your foot.

For

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3 R's To Make Anyone's Life Easier!

By Gordon Bryan

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3 words, all of them beginning with `R', and all of them needed to make our lives happier and flowing more easily:

- 1.Recreation.
- 2.Relaxation.
- 3.Rich parents.

Ok, number 3 is a joke, and a fairly poor one at that, so let's concentrate on the first - recreation.

Music, sport, art, dance, films.

It doesn't matter what your choice is when it comes to recreation.

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What does matter though, is that you do it, and do it regularly.
When we take part in recreation, we release our own natural feelgood
potion - endorphins.

In my case, it's music.
When I play the drums, or listen to a song I love, I can shut my eyes and
feel the stress and strains lift right off me.

It's no big secret, it's brain association.
The brain associates the activity with a happy relaxed you, so when you
do the activity, you feel happy and relaxed!

Ah yes, relaxation, the second of our all-important `R's.
Relaxation is not just for sissies, it's not just for wasters, it's essential for
the body.

The body cannot keep going non-stop forever. It will conk out eventually,
a bit like my car.

You need to get enough sleep, and you need to have time for your self, to
do nothing, and just `be'.

This can be as little as a five minute meditation using relaxation
techniques.

In our ever-more hectic lives, recreation and relaxation seem like bonuses,
luxuries we can have `later'.

Wrong!
They are not luxuries, they are essential for your productivity and well
being, and just as you schedule your tasks to get them done efficiently,
you also must, I repeat *must* schedule recreation and relaxation.

*****Gordon Bryan's new book, 'Transform Your Life in 21
Days!has
been described as 'a must read', 'awesome', and 'a true gem'.If you liked this article, see the book for
yourself at:<http://www.transformyourlifefor.com>*****

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