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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!**

**Tips for a Healthy and Balanced Life**

**By Daniel N. Brown**

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Taking good care of yourself is mandatory!

The following tips are all required to maintain a healthy, happy, and prosperous life.

~ Eat a healthy diet

We all know we need to provide our physical bodies with high quality fuel if we want it to run properly. We should concentrate on eating a regular healthy diet high in nutrients and keep junk food to a minimum. Also include herbal and vitamin supplements.

~ Get plenty of physical exercise

Physical exercise is known for a load of benefits. Not just physical benefits, but for mental, emotional, and spiritual benefits as well. To live a longer and healthier life, move it, or lose it!

~ Get plenty of mental exercise

Keep challenging your mind to expand, grow, learn, and explore. Television has its place, but turn it off sometimes, in favor of a great book and increase your mental sharpness. Use it, or lose it!

~ Play hard

Some people are workaholics and feel guilty for having fun, but recreation is vital to maintaining balance in our lives. All work and no play is a recipe for burnout and contributes to lower productivity in every other area in your life.

~ Get adequate rest

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Try to get as much uninterrupted sleep as you need to stay mentally sharp, emotionally sound, and physically rested. Sleep is your nervous system's way of healing and refueling your entire being.

~ Stay focused in the present moment

"Be anxious for nothing." (Phil 4:6) Regretting the past or worrying about the future is a complete waste of time. It stresses your emotions, which makes you more susceptible to disease. Besides, power is only found in the present moment.

~ Surround yourself with positive people

You can't fly like an eagle if you are running around with chickens. I believe a person tends to gravitate toward the style of thinking of their associates. Keep yourself surrounded with positive-minded people

who are on the increase.

~ Laugh

Laughter will keep you healthy. "A merry heart does good like medicine." (Prov 17:22) There is humor in almost every situation. Sometimes, we just have to look for it.

~ Think positive

Examine how you feel emotionally at any given time. And then ask yourself, "What am I thinking about that's causing this feeling?" Thinking and feeling go hand in hand, and many times we don't even realize what we're thinking about.

~ Deal with your emotions

Have you been avoiding dealing with a negative emotion? If left unattended, it will eventually manifest itself in some form of physical illness. Sooner or later, you will express it, so express it sooner than later and stay healthy.

Daniel N. Brown is the publisher of the "Living the Abundant and Prosperous Christian Life" Newsletter. A free weekly publication that teaches how to live the abundant and prosperous Christian life. Receive a free copy of Dan's 14 page report entitled, "5 Biblical Keys to Outrageous Prosperity," when you sign up. [www.secretplaceonline.com](http://www.secretplaceonline.com)

### **To Be Or Not To Be... Healthy? The Choice Is Yours**

**By News Canada**

(NC)—Your doctor utters those dreaded words; you must lower your cholesterol or face the possibility of heart disease. You think you will have to give up all the foods you love. However, being healthy does

## Tips for a Healthy and Balanced Life

not mean eating a rabbit's diet. Retailers are increasingly helping consumers find ways to eat the foods that they love without fearing the next checkup.

Here are some tips to help you understand how to eat any foods without a big serving of guilt.

Choose and enjoy a variety of foods every day. This will help you maintain a balanced diet.

Eat moderate, balanced portions. When portion sizes are reasonable, it will be easier to eat the foods you want and to stay healthy.

Eat exactly what you're hungry for. If you crave sweet food do not eat something salty. By listening to your body, it will be easier to have control of the food you eat.

Choose foods that use non-hydrogenated oil such as McCain Superfries. Using a non-hydrogenated oil will reduce trans-fatty acids, which are better for managing blood cholesterol levels.

Reduce, don't eliminate certain foods. All foods can fit. Even higher fat and higher calorie foods, when eaten in moderation, can fit into a healthy eating plan. The secret is moderating how much of these foods you eat and how often you eat them.

Balance your food choices over time. Not every food has to be perfect.

Remember to look at the big picture. Select foods based on your total eating patterns, not whether any individual food is "good" or "bad." Remember that healthy eating does not come down to what you ate today or yesterday. Instead, it's about your overall eating habits and the amounts and types of foods that you usually eat.

Use flavouring to spice up food. There are many ingredients such as garlic, lemon juice, herbs, onion, pepper and other spices that can add zest and flavour to your food.

There are no bad foods, only bad choices. Choosing a balanced diet has never been so easy.

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To Be Or Not To Be... Healthy? The Choice Is Yours  
You Can Balance Your Life in just 20 Minutes a Day!

Food For Healthy Skin

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How To Achieve A Balanced And Healthy Lifestyle In Retirement

101 tips to stay fit and live longer.

The Ultimate Rose Garden– Neighbors envy, owners pride!

Organic Secrets

Obesity and Weight Loss

How to keep up the SPICE in your Love Life.



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