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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 Physical Body

By Ronya Banks

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Your body is the only vehicle you have been given for this ride called "Life". Taking good care of your body will ensure a longer, happier ride. The following tips integrate your Body, Mind, and Spirit, which are all required to maintain a healthy, happy body!

1. Healthy diet and nutrition.

Health care practitioners will tell you that you have to provide your physical body with high quality fuel if you want it to run properly. Eat a healthy, chemical-free diet high in vital nutrients. Take the herbal and vitamin supplements that will support you in your good health.

2. Get adequate rest.

Get the appropriate amount of uninterrupted sleep you need to engage your REM patterns. REM sleep is your nervous system's way of healing and refueling your body. Also, if you're feeling overly sluggish, take a short nap or sit and rest. Chronic sleep and sluggishness problems should be reported to your health care provider.

3. Stay focused in the present moment.

Feelings of regret or worry about a past event, or worry and anxiety about an upcoming future event are not only a waste of your precious life time. They also add stress to the body, which makes you more susceptible to disease. Stay present and focused on the beauty and gifts this moment is offering you!

4. Physical fitness/exercise.

Exercise is known to help you live a longer and healthier life. The body needs to stay in action and movement. Move it, or lose it!

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5. Mental exercise and stimulation.

A healthy physical body includes a sound and sharp mind. Keep challenging your mind to expand, grow, learn, experience, decipher, and explore. Use it, or lose it!

6. Meditate.

Not only is meditation simple and fun, it also has been known to reduce your heart rate, reduce your stress level, help you become present in this moment, increase your feelings of peace, serenity, joy, and spiritual faith. This all does the body good!

7. Surround yourself with a great support system – family, friends.

Keep yourself surrounded from every side with positive-minded, healthy people who are on YOUR team – People who will care for, support, love, respect, and appreciate you.

8. Laugh often.

Recent studies are showing the significance of how laughter, fun, and mirth help keep people healthy, as well as heal sick bodies. Everyone really is a unique, hilarious person. Look for the hilarity in every situation and keep laughing.

9. Keep your thoughts positive.

What you put out does come back. So if you want to feel and look great, monitor your thoughts closely to ensure that you are thinking only positive, forwarding thoughts. If you catch yourself thinking a negative thought, simply turn it around into a positive thought.

10. Deal with your emotions. Do not stifle them.

If you are avoiding dealing with any emotions that have cropped up in your life, what do you think you are doing to your poor body? It has to store this emotional energy somewhere. Face your feelings, express them healthfully, and whatever you do, stop stuffing them down in to an oozing, black hole of ill health!

As a Mind Power Leadership coach, trainer, and speaker, Ronya Banks teaching others how to become leaders and business owners since 1992. Frequently featured in radio, magazine and newspaper articles and interviews, Ronya helps people find the great leaders within by accessing the natural power of their minds. Discover more of Ronya's proven leadership success secrets at: www.livinginaction.com or subscribe to her ezine newsletter at: <http://www.livinginaction.com/newsletter.cfm>.

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

Tips for a Healthy and Balanced Physical Body

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 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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Tips for a Healthy and Balanced Life

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How useful are Vitamins?

Food For Healthy Skin

101 tips to stay fit and live longer.

Organic Secrets

Obesity and Weight Loss

The Ultimate Rose Garden– Neighbors envy, owners pride!

The Truth About Diabetes



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