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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 to Healthier Living**

**By Shannon Kadlec**

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Working to live a longer life shouldn't be work or stressful but just to the contrary. You should enjoy life and the pursuit to living better and longer. Here are a few tips that will help you in that pursuit. They are all simple and, frankly, it will enhance your life!

1. Sleep enough. The average American does not sleep anywhere near enough each night and does not sleep well enough. Lack of sleep slows down your metabolism and potentially increases the severity of chronic diseases such as high blood pressure, diabetes and obesity.
2. To reduce the risk of potentially debilitating diseases such as arthritis, maintain a healthy weight. A good way to do this is eat a lot of fiber and always fill 3/4 of your plate with grains, vegetables, legumes and fruit. The last quarter of your plate should be meat, chicken or fish. This will keep your fat intake down and nutrients high. Also, eat early in the day. Do not make the final meal of the day the largest. Your largest meal should be lunch. The final meal should consist of the least food. And always drink plenty of water. Have a glass of water before you begin eating each meal. This will help your body digest the food quicker and allow you to eat less.
3. Always use sunscreen on all parts of your body exposed to the sun including your lips. Even in the winter and on cloudy days, it is important. Damaging UV rays can cut straight through clouds and are amplified by snow in the winter. Radiation

can also damage blood vessels and even inhibit immune reactions in the skin.

4. A recent study done at the Harvard Nurses' School reported by Katie Hansen Bruno, "Women who are all-around health conscious—exercise, eat right, maintain a normal weight, drink occasionally, and don't smoke—reduce their chance of heart disease by an amazing 82 percent".

5. As we age, our bodies are less able to absorb the nutrients that they need. It is very important to supplement

your body with the nutrients that it needs. The nutrients that are less able to be absorbed are vitamins D, C, B6, B12 and folic acid as well as many minerals such as zinc. Also many supplements that are purchased over the counter are not absorbed very well by the body. Most nutrients that you intake are washed out of your body without any absorption. Please contact me if you are interested in receiving vitamins that are scientifically proven to be absorbed by your body. (<http://www.moms-connection.com/momsforlife.htm>)

6. Stay healthy by always carrying cleansing hand gel. You will prevent yourself and those around you from getting viruses by using hand gel regularly. Also, be sure to get your flu shot in October every year if you are in a high risk group. High risk groups include those over 50 years old, children with asthma, people with heart or lung diseases or people that care for others in a high risk group.

7. Eat fiber!! You have heard it all your life and it is true. People that fill up on fiber are much less likely to be overweight than those adults that do not. You will eat less and have a lower insulin level.

8. The healthiest foods to eat are the following: avocados, spinach, broccoli, kale, cantaloupe, carrots, mangos, pumpkin, red bell peppers, strawberries and sweet potatoes. Spinach is one of the highest antioxidant foods there is. It is filled with heart-healthy foliate, vitamin A, potassium, iron, calcium and vitamins C and A.

9. Do not skip breakfast! Research shows that eating in the morning will increase your metabolism by

10 to 25 percent.

10. Walking everyday is an important step to preventing osteoporosis, improving circulation, increasing the supply of oxygen to your blood and keeps your joints lubricated. Exercise is the key to keeping unwanted weight off. Dieting may take off the same weight but dieters that are not exercising will not keep it off for the long run. If you only exercise and not diet, you will lose just as much weight as a dieter but will keep it off.

11. Adults lose as much as half their muscle mass between ages 35 and 70. Using a protein supplement and regular strength training will stop the loss and even reverse the loss. It also will prevent the onset of osteoporosis.

It only takes a few extra pounds to raise the risk of high blood

pressure, high cholesterol and high blood sugar—especially when these extra pounds around the mid-section. Exercising for at least 20 minutes—three times a week will keep you fit and get you on the road to a healthier future.

Moms-connection is dedicated to helping families connect with the way they want to live their lives through healthy alternatives, money making and saving ideas, mind, body and soul nurturing. Achieve your goals easier and have more fun doing it! To subscribe to newsletter: [moms-subscribe@moms-connection.com](mailto:moms-subscribe@moms-connection.com) <http://www.moms-connection.com>

## **Today, Living Well Means Making Healthy Choices**

### **By News Canada**

Here are some tips to help:

- o Eat for health as well as for pleasure.
- o Read food labels carefully – know what you eat.
- o Follow your body weight, blood pressure and blood values.
- o Quit smoking – there is a lot of help available once you make the decision.
- o Make time to exercise regularly at a level appropriate for you.

## Tips to Healthier Living

o Explore ways to reduce stress such as meditation or other relaxation techniques.

You'll not only feel better – you'll improve your chances of living a longer, healthier life.

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