

10 SUGGESTIONS TO BUILD YOUR HEALTH

1. **Drink ½ your weight of filtered water in ounces daily.** (150lbs= 75oz of water)
2. **Adopt a whole foods diet** (fruits, veggies, meat). Eat organic when possible and avoid packaged foods. Avoid trans fats (hydrogenated oil). Be sure to chew food very thoroughly (30-50 chews)!
3. **Be happy, positive and LOVE YOURSELF.** Do things to feed your soul and nurture yourself. Each day take time and/or do activities to unwind and “de-stress”. You’re worth it!!! There is abundant scientific research supporting a positive emotional outlook can dramatically affect a person’s ability to heal and stay healthy (and it’s a lot more fun.). Balance: work, recreation, exercise, and nurturing relationships.
4. **Exercise 3-5 times a week for 20-30 minutes.** Do this! Being active will make a difference in how you feel physically & emotionally. Exercise creates biochemical reactions that keep you young and feeling great.
5. **Get 8-10 hours of sleep** (at night!). Keep a regular bed time.
6. **Stay clean on the inside and out!** Most understand the importance of “outside” hygiene. “Inside” hygiene is often overlooked. Everyone should produce at least one complete bowel movement daily.
7. **Breathe fully.** Be mindful of your breathing. When under physical or emotional stress our breathing may become shallow. This can have a globally negative effect on our health. Deep cleansing breaths can often reset our breathing after a stressful situation. Closed off indoor spaces can trap environmental toxins. Use an air filter in spaces where you spend a lot of time, clean air is priceless. Go outside everyday for at least 30 minutes to breathe fresh air and receive natural sunlight.
8. **Replace harmful household cleaning products** (including detergents, soaps, rugs, furniture, herbicides, pesticides & fertilizers) with lung and earth friendlier versions.
9. **Maintain healthy posture** while standing, sitting, lifting, carrying, exercising, sleeping and performing household duties. Nerve, spinal and muscular injuries can impact overall health (and make you miserable!).
10. **Use a shower filter** to protect your skin and lungs from toxic chlorine & other contaminants in tap water. Chlorine is very toxic and an antibiotic which can diminish our friendly gut flora. Studies have associated chlorine in drinking water with increased risk of some types of cancer.

FOR MORE INFORMATION ON ANY TOPIC CONTACT DR.HILTY