



Tips for a Healthy and Balanced Physical Body

by Ronya Banks

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. Just do it! 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!

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!

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- Migraines
- High Blood Pressure
- Diabetes
- Sports Injuries
- Infertility
- Stress Related Conditions
- Sleep Disorders
- Digestive Disorders
- Hormonal Imbalances

"Remember that in every moment, you have everything that you need to fully engage in that moment"

Seeds and Nuts Lower Cholesterol

Nuts and seeds are healthful snacks, partly because they're high in phytosterols, or cholesterol-lowering substances. Now researchers at Virginia polytechnic and Virginia State University have determined which common nuts and seeds pack the most phytosterols.

In theory, eating the ones at the top of the chart the accompanying chart could enhance a cholesterol-cutting diet. Note that some of the phytosterol laggards may be rich in sources of other important nutrients. So unless you're actually trying to cut your cholesterol levels, it's still best to consume a wide variety of nuts and seeds. Limit servings to a quarter-cup, since these foods pack plenty of calories.

Nuts or Seeds*	Sterol Content (mg /100 g)
Sunflower Seeds, oil-roasted	289
Pistachios	279
Pumpkin Seeds	265
Pine Nuts	236
Flaxseeds, whole	210
Almonds	199
Macadamia nuts	187
Walnuts, black	177
Pecans	157
Cashews	150
Pinon nuts, roasted	147
Peanuts, dry roasted	137
Peanut butter, smooth	135
Hazelnuts	121
Brazil nuts	95

* All seeds listings refer to the kernal only, not the outer seed covering

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To support the discovery and development of a singular dietary supplement with sensational taste, the founders of XanGo referenced decades of mangosteen studies. From ancient beliefs to modern research, the whole mangosteen fruit is regarded for its antioxidant powers and health-enriching attributes.

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