

Free Healthy Living Report

**Learn All About How You Can
Have Better Health Today**

Feeling Better Everyday

At times, you feel you have done everything; ate sensibly, kept a good diet, did enough exercise and meditated daily, and now you are tired and find it impossible to carry on. What are the reasons for the sudden lack of energy?

Follow these great tips and enjoy a healthier lifestyle.

Turn off the idiot box: Turn your TV off. Get off the couch and into an exercise routine. Many diseases have sedentary lifestyle as their base, so why risk it. 30 minutes or so of any fitness program works wonders on your body and keep you feeling well and fit.

A special vegetable: Having a sudden bout of high blood pressure, or is it constantly high despite medicines? Make a glass of beetroot juice and see the difference. This tip comes from a reliable medical school that advises drinking half a litre of it.

Get those minerals:

Magnesium, potassium, and calcium to fight off high blood pressure, so get it from your food. Your body needs many more, so check with a dietician or your doctor.
Control stress, anger and salt to lower BP

Stress and anger raise your BP, so go slow on these emotions. Limit total salt intake to six grams a day because higher quantities can raise blood pressure.

Hug your stress away: Give your partner an embrace, it will not just tickle the heart, it will do it good too. It brings down blood pressure and lowers Cholesterol - the stress producing hormone - levels. A higher level of Cholesterol is associated with heart problems, other illnesses and diabetes.

Make hay while the sun shines: Get your daily dose of vitamin D in the natural sunshine. This vitamin fights heart disease, feelings of depression, osteoporosis, and some forms of cancer. So, get your supply of sunshine and the earlier in the morning the better, as post noon sunrays are harmful.

Daily dose of fruits and vegetables: In a large study undertaken they found that daily intake of

a portion of fresh fruit and vegetables lessen the risk of early death by any disease by one fifth; not canned pineapple or peach.

Delay your departure: You can postpone your departure to the next life, and live longer by around 15 years by doing the following: Studies have shown that it is eminently possible.

- 1. Quit cigarettes**
- 2. Follow a regular exercise program.**
- 3. Take alcohol in moderate quantities and**
- 4. Consume four to five portions of vegetables and fruits daily.**

Laugh it all off: Finally keep a positive frame of mind and you will literally laugh away heart disease. Negative feelings, carrying hurt, and sadness, isolation all contributes to heart disease. University researchers have found this to be a miracle cure for emotional and physical pain. In every situation you encounter daily there's a reason to make you laugh so go ahead and have a hearty laugh. Only laugh at situations, not people.

Healthy Living Information At Your Fingertips

It is a gross misunderstanding that to live a healthy life; one must give up many pleasures and lovely things in life and live a dull boring life. You can and with a little effort and sticking to guidelines live a healthy life. It is within your reach! All you have to do is decide deep down whether you wish to be healthy or not healthy. That freedom you have.

Sad to say, that many people with the sole intention of making a fast buck have been able to convince you that it's a huge and difficult task. The facts say that living healthy is not difficult. As they say the path of success begins with the initial step. In addition, after many days and many steps you will begin to feel better. You cannot solve the world's health programs but you can find a solution for just one person and that person is you.

Here is some information:

Start to eat healthy: Eat more raw fruit and vegetables freshly grown locally. All the talk these days is eat extra fruits and vegetables and I do not mean that. I mean fresh and raw! You do not get your portion of fruit for each day by consuming apples from a can!

Manage your weight well: Being over-weight is not being healthy we all know that. On the other hand you need not be matchstick model, that is harmful, but you can be a size plus and be

healthy too. Just keep your body in good condition. Imagine a car in bad shape trying to climb a hill huffing and puffing as better-kept vehicles ease by. Keep your body in good condition and you will pass by the ones easily who did not. You will add many years to your life and do your daily jobs at home and office better.

Exercise: Only few things that make a person uneasy, one is a creaking door and the next is the word exercise. At the word exercise, you either get excited or you dodge. Do not consider 'working out' to be work or a duty. Movement is making your heart rate go from normal to above.

Being still will not do it for you. The joy of exercising is to choose any program that is such enjoyment to you that you forget that you are exercising! Waltz, run, walk, go biking, hiking, tend the garden, tend the house, paint, chop, cut, repair and any other but move often and more every day.

Stop smoking: Remember when you tried your first fag, you coughed, choked, and went green, but did you give up? Even though your body made desperate tries to catch your attention and many others too, smoking is all over. The external warnings and the internal just do not seem to be taken seriously until the natural leveller death has its say.

**Thank you for reading this Free Report
on Healthy Living**