

Dr. Thomas's 11 Ways to Health

- 1 Maintain hormone balance.** Restoring estrogen and/or testosterone to optimal levels is one of the most important things you can do to help achieve and maintain an active, healthy, and vibrant life.
- 2 Feed your body right.** Avoid fried foods and use healthy oils such as olive oil, flaxseed oil, fish oil, and coconut oil. As much as possible, try to use organic, pesticide-free foods. Get as much protein as you can from vegetable sources rather than animal, and stick to lean meats and fish. Avoid foods that contain artificial sweeteners, high-fructose corn syrup, or too much sodium. Avoid the use of refined sugars and flours, and eat more high-quality carbohydrates such as whole grains, oatmeal, and fresh fruit and vegetables. Limit sugary or caffeinated beverages. And don't skip breakfast.
- 3 Exercise regularly.** Whether you choose resistance training such as weights, or cardiovascular exercise such as brisk walking, anything that helps you increase your strength, endurance, and stamina can help you feel younger and live longer. Aim to exercise 3-5 times per week, and at least 20 minutes per session. Push yourself harder on days when you feel you have more energy, and go easier when you feel less energetic. And everyday, find ways to move your body such as using the stairs rather than an escalator or elevator, walking the dog, chasing your kids or grand kids, or mowing the lawn. Anything that moves your body is not only a great fitness tool, it is also a wonderful stress reducer.
- 4 Give blood.** Donating blood has been linked with a lower risk of cancer (liver, lung, colon, stomach, throat), and may reduce your risk of heart disease. Although it's not yet clear why, what could possibly be better than helping save a life while improving your own health in the process?
- 5 Drink lots of water.** Pure water is one of the best ways to quench your thirst and to replenish vital body fluids. Try to drink at least 4-6 glass per day and use purified water.
- 6 Sleep in.** A good night's sleep is one of the simplest, most natural, and most efficient ways to help restore and maintain your health and vitality. Try to get at least 6-8 hours each night.
- 7 Reduce stress.** Spend 30 minutes a day doing something you like, have sex more often, soak in a hot tub, visit a friend, play with your dog (if you don't have a dog, adopt one; unconditional love is priceless), listen to soothing music, watch a funny movie, get a massage, count to ten before losing your temper, and avoid difficult people whenever possible.
- 8 Wash your hands.** Hand washing is one of the best things you can do to stop the spread of germs. Using warm water, wash for 15 seconds and rinse for 15 seconds.
- 9 Floss and brush your teeth.** The mouth is filled with bacteria. Most are benign but a few are harmful. Poor dental hygiene allows the harmful bacteria to flourish. This can trigger a biological cascade leading to diseases of the arteries linked to heart attacks and stroke.
- 10 Don't smoke and don't drink too much alcohol.** Cigarette smoke and alcohol are poisons to the body, and while a little alcohol might be good for the heart, too much can damage the liver.
- 11 See your doctor regularly.** Get annual physical exams. Ask your doctor when you're due for a skin examination (always use sunscreen), mammogram, PAP smear, prostate exam, or colonoscopy. Know your blood pressure and cholesterol level. And take prescription medicines as directed.

www.FeelYoungAgain.info