



Tongue Regions

Simple Health

Living healthy is simple! Feeling healthy can be as easy as taking 12 steps to permanent wellness:

1. Drink more water
2. Practice cooking
3. Increase whole grains
4. Increase sweet vegetables
5. Increase leafy green vegetables
6. Experiment with protein
7. Eat less meat, dairy, sugar and chemicalized, artificial junk foods; consume less coffee, alcohol and tobacco
8. Develop easy and reliable habits to nurture your body
9. Have healthy relationships that support you
10. Find physical activity you enjoy and do it regularly
11. Find work you love or a way to love the work you have
12. Develop a spiritual practice

Let's start with drinking more water. Did you know if you drink more filtered or purified water, you can help stop premature aging and hypertension? You may even lose weight. Pretty cool, right?

Here's a tip: if you think water's too bland, add in some lemon, cucumber, or a splash of fruit juice to boost the flavor.

You don't have to do all these steps at once; it's better if you don't. Just get out there and start with a little more water each day.

Remember these little changes aren't a short-term diet; they're a long-term lifestyle. I know each step you take will have a huge, positive impact on your present and your future.