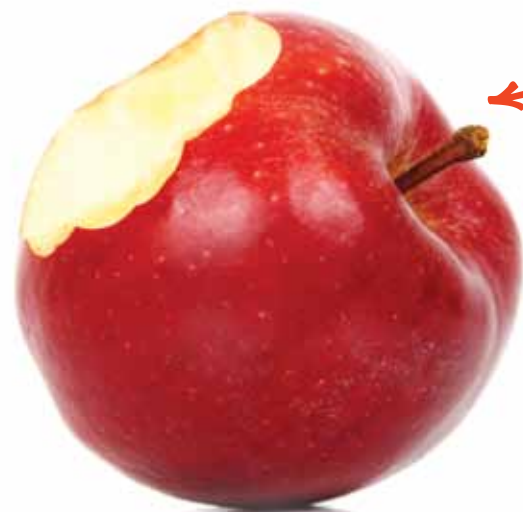


# 10 simple health habits

BY GAETANO MORELLO, ND

## PROTECT YOURSELF NATURALLY WITH THESE LIFESTYLE TIPS

The idea that we are destined to fall victim to one of the many chronic illnesses that plague Americans is just not true. Our environment largely determines the food we eat, the water we drink, the air we breathe, and the habits we develop. Through common-sense lifestyle changes, we can improve our chances of avoiding serious illnesses. Below are 10 tips to improve your health destiny and to help you feel better every day.



### ← 1. fruits & vegetables

It's easy to forget to eat daily servings of fresh fruits and vegetables; however, the effort can pay huge dividends. The vitamins, minerals, and phytochemicals found in them protect your body from a variety of illnesses. They can act as antioxidants, improving overall general health and even retarding the growth of certain cancers. The American Cancer Society recommends eating six to eight servings of fruits and vegetables every day.

### 2. avoid sugar

Elevated blood sugar levels create myriad physiological problems. Consuming large amounts of it results in “glycation”—a process in which sugar in the blood sticks to proteins, hormones, and cells. The resulting damage can contribute to increased vulnerability to diabetes and heart disease. More than 80 million Americans have elevated blood sugar levels—and the number is growing. There aren't many ways you can improve your diet more than cutting down on excess sugar. If you can't eliminate it, at least reduce it by switching to all-natural substitutes, such as stevia.

### 3. healthful fats

Essential fats are critical for the functionality of the human body. The problem lies in the vast amounts of bad fats—trans fats and saturated fats—that we consume in processed foods found in the typical American diet. Healthful fats, such as omega-3 fish oils and polyunsaturated fats, can improve a number of health areas, including cardiovascular health, cognitive function, and even in the regulation of blood sugar. Work good fats into your diet by consuming nuts, seeds, and healthful oils such as olive oil, and make cold-water fish, such as salmon, part of your weekly diet.

### 4. sleep

Sleep is much more important than we used to think, and most of us aren't getting enough. A good night's sleep not only rejuvenates your body's energy levels, it also benefits other less obvious health concerns. Maintaining a balanced immune system, fending off the effects of aging, and keeping your memory sharp all depend on getting good, restful sleep. Lack of proper sleep increases your susceptibility to disease, as was demonstrated in a recent University of Chicago research study that discovered increased blood sugar levels in those with insufficient sleep patterns.



### 5. breakfast ↙

Studies show that people who skip breakfast are more likely to be overweight and have higher blood sugar levels, both markers for increased risk of chronic disease. So begin each morning with a healthful breakfast that includes ample protein and fiber. You'll not only find it easier to control your weight, you'll have more energy and improved concentration. If your mornings are rushed, find a good protein powder that's fortified with vitamins and minerals and contains fiber. Blend it with frozen fruit or your favorite beverage for a quick, nutritious breakfast substitute.

get at least 7 to 8 hours of sleep at night



## 6. reduce 'body burden'

The average American has 400–800 toxic environmental chemicals in his or her body at any given moment. And those are just the ones we've tested for—there are more than 85,000 additional EPA-registered chemicals that haven't even been analyzed. "Body burden" is the accumulation of these chemicals in your body, with your level of burden being equal to your total exposure to toxic chemicals minus your body's ability to get rid of them. To reduce your body burden, you have to minimize your exposure to environmental toxins and improve your body's ability to eliminate them. (Editor's note: See Morello's book, *Whole Body Cleansing*, which describes a scientific approach to lowering body burden.)



## 7. take supplements ↗

High-quality nutritional supplements (and there is a difference) can have a positive impact on health. At a minimum, you should adopt a daily supplementation routine that includes a solid multivitamin-mineral supplement (one with phytonutrients), triglyceride-based fish oil (one that provides stable oil, free of peroxide), probiotics, and fiber (at least 35 grams).

Don't accept that the prospect of facing chronic illness is entirely a matter of fate. Adopt these simple lifestyle habits and you'll not only give your body the foundation it needs to prevent many illnesses, you'll also look younger and feel better every single day.

## 8. water →

Water is a precious nutrient. The average human body is, after all, 57 percent water! Water is also the solvent that flushes impurities and toxins from your system. Keeping cells hydrated is important for proper physiological functions. Drink at least eight glasses every day.



## 9. stress less ↘

You've heard it said many times—stress kills! It's been linked to heart disease, cancer, and a host of other ailments. But what can you do about it? You can't expect simply to ignore life's stresses—the bills will keep coming and the boss will keep pushing, but you can reduce the physical impact stress causes. Exercise, meditation, yoga, and prayer can all help you deal with stress. Also, relax! Take time to smell the flowers along the way. *Rhodiola rosea* is an incredible botanical extract that can help the body cope with stress (make sure you take it on an empty stomach in the morning). If stress is causing you to lose sleep, there are cortisol-reducing natural products that can help.

## 10. exercise

You've heard it a million times and now you'll hear it again—exercise is vital! You need to move your muscles, not only to keep them toned but also because your body releases important chemicals when you do—chemicals that research shows can help reduce the risk of heart disease, cancer, and diabetes. Try to include 20–30 minutes a day of exercise such as walking, jogging, swimming, weight lifting, or yoga.



# Dr. Morello's favorite supplements

<p><b>MULTIVITAMIN MINERAL TABLET:</b> Needed because food products generally provide less nutritional value than they once did.</p>	<p><b>RHODIOLA ROSEA:</b> Reduces the effects of stress. Take 100 to 300 milligrams one to three times a day.</p>	<p><b>VITAMIN D3:</b> Important for your immune system, heart, and bone health (take at least 2,000 IU per day).</p>
<p><b>OMEGA-3 FISH OILS (triglyceride based):</b> EPA and DHA are important essential fatty acids for health heart and overall well-being.</p>	<p><b>MYRICETIN:</b> A naturally occurring flavanol that helps regulate blood sugar levels.</p>	<p><b>MAGNESIUM:</b> Helps with energy production, digestion, and keeping blood acid levels normal.</p>
<p><b>PROBIOTICS (find a room-temperature stable product):</b> Important for digestive health.</p>	<p><b>DIINDOLYLMETHANE (DIM):</b> Helps get environmental estrogens under control, which can help prevent cancer and fight aging in both men and women. Great for PMS symptoms, too.</p>	<p><b>UBQH (a form of CoQ10):</b> Helps improve energy production within cells and is particularly helpful to diabetics with low energy levels. Take 30 to 150 milligrams one to two times daily with food.</p>
<p><b>DIGESTIVE ENZYMES (pancreatic):</b> Take just before meals to improve overall digestion.</p>		

## prevention product picks and expert tips



### CURAMIN

"Daily intake of curcumin and vitamin D3 can effectively treat and prevent a majority of the diseases that face mankind today," says Terry Lemerond, founder of EuroPharma, whose Curamin product combines curcumin with potent anti-inflammatory nutrients.



### CINNAMON, BIOTIN, AND CHROMIUM

"Cinnamon, biotin, and chromium help cells respond properly to insulin, promoting carbohydrate metabolism," says Amy Fitzpatrick, MS, RD, who recommends Natrol Cinnamon, Biotin, and Chromium.



### ACES + ZN

"Synergism is the key to using antioxidants," says author and health expert Jack Challem. "You'll always do better taking multiple antioxidants instead of just one." He suggests Carlson ACES + Zn (vitamins A, C, and E, plus selenium and zinc).



### WILD ALASKAN FULL SPECTRUM OMEGA

"Don't overlook omega-3 fats in your diet," says Richard A. Passwater, PhD, who recommends Solgar Wild Alaskan Full Spectrum Omega. "Wild Alaskan sockeye salmon, in particular, is a rich source of omega-3s."



### STRESS & FATIGUE RELIEF

"Stress is a well-known contributor to heart disease," says Matthew Budoff, MD, who suggests using a product such as Kyolic Aged Garlic Extract Stress & Fatigue Relief (with garlic, GABA, and vitamins B1, B6, and B12) to ease stress.



### SUPER CRITICAL OMEGA

"Know the purity of your fish oil supplements," says ReNew Life founder Brenda Watson, CNC. "Our Norwegian Gold Super Critical Omega has been awarded a 5-star rating from IFOS, the world's leading third-party testing program."



### VITAMIN D-3 (5,000 IU)

"Vitamin D has known benefits, including bone health, immune strength, blood sugar metabolism, cardiovascular and brain health—and much more," says Neil E. Levin, CCN, a nutrition educator for NOW Foods. He recommends their Vitamin D-3.



### ALIVE! LIQUID MULTI

Invest in a high-quality multivitamin that you are likely to take every day. Nature's Way Alive! Whole Food Energizer Liquid Multi in Citrus Flavor is delicious and provides nutrients from fruits, vegetables, green foods, herbs, trace minerals, and more.