



**Time to get healthy.  
Fact: Your HEALTH is your true WEALTH.**

**One of my favorites.**

**When the Dalai Lama was asked what surprised him about humanity the most, he replied:**

***“Man. Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived.”***

**Our lesson? Live in the now.**

**Maintain amazing health so you can fully enjoy your present and future.**

**Here we go! Top 10 tips for you to put in your pocket:**

1. Be your own food detective. Learn to read labels and educate yourself in order to make healthy choices. Take the guessing out of the game. {A [Health Food Store Tour](#) is great for this!}
2. Get moving! Exercise can do wonders for your well-being. It can alter your mood, improve digestion, control blood sugar, increase muscle mass, and so much more.
3. Throw away your scale. Yes, I'm serious! Those numbers won't mean anything until you alter the lifestyle habits that will ultimately lead to weight loss and permanent changes.
4. Learn to be in-tune with your body. Observe yourself after eating a meal. Do you feel rejuvenated, ready to take on the day? Or are you sluggish, ready for a nap? Bloating, stomach pains, constipation and loose stools can all be signs of a food sensitivity.
5. Try a new recipe each week. The only way to figure out what healthy foods you truly enjoy is to experiment. {Check out my [Resources Page](#) for great website suggestions.}
6. Become aware of portion sizes. Even if you are out eating a salad for lunch, it may contain as many as four servings! *Take half home. Dressing on the side. Look for keywords such as grilled or baked.*
7. Don't let food marketers fool you. You are much smarter than they give you credit for. What's inside the box? Junk! I'm calling them out. It's all lies! 'Low fat,' 'whole grain,' 'less sugar,' and 'high protein & fiber' are all claims they use to lure consumers.
8. Drink that H<sub>2</sub>O! We often mistake hunger for thirst. Proper hydration is the key to smooth digestion, glowing skin and bountiful energy. I recommend at least 1 liter for every 50lbs of body weight.
9. Seek support from friends and family. Having people to turn to is one of the keys to success, no matter what your goal may be.
10. There are a few supplements I consider essential. With the quality of our food continuously diminishing, it's fairly difficult to obtain all the nutrition we need solely from food. Quality is extremely important. Here are my top three and favorite brands:  
Multi-vitamins: [New Chapter](#) or [Rainbow Light](#)  
Fish Oils: [Green Pastures](#) or [Barlean's](#) (great brand for kids)  
Probiotics: [OrthoBiotic](#) or [Culturelle](#)