

Tomorrow's Wellness Center

10 Ways To Improve Your Health

1. Food Shopping

When you shop, notice that the perimeter of the store is where all the food in their natural state is found. These colorful, dense foods: fruits, vegetables, whole grains, poultry and fish provide the richest nutrients.

2. Drink Water

When you are looking for something to drink—reach for water. Optimal—drink ½ your body weight in ounces everyday. This is a simple way to remove toxins from your body.

3. Eat Fiber

Fill your cart with fruits and vegetables (5-10 servings per day) and whole grains (6-11 servings per day). If you are counting grams, target for 25-35 grams every day. Fiber has been linked to prevention in many chronic diseases.

4. Healthy Snacks

Try using nuts, seeds, and legumes as your snack foods. Trail mix and bean dips are great snacks that require no preparation and can satisfy hunger pangs between meals.

5. Eat Fish

As you cruise past the seafood counter ask for cold-water fish like salmon, cod, haddock, etc. Fish has essential fatty acids (EFA) important for supporting and boosting the immune system. If possible avoid farm raised fish, eat fish from the Atlantic Ocean whenever possible,

6. Find Purpose

Find an activity you like and dedicate yourself and your time to that on a consistent basis. It will allow you an outlet to be creative and express yourself.

7. Manage Stress

Learn from adversity. It will help you to grow and become a stronger more talented person. Seek assistance if you are overwhelmed.

8. Enjoy Relationships

Allow your friends and family to be your trusted advisors, to provide structural support, and create fun in your life. Use your relationships to become more open, supportive and communicative.

9. Stay Centered

Stay true to yourself. Always look to your spiritual center to find meaning and purpose.

10. Get Moving

Use physical activity as a way to focus your attention and clear your mind of unproductive thoughts. Exercise—in any form that works for you.