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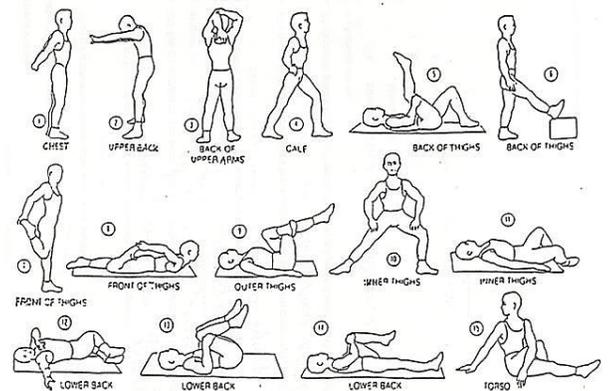
## “10 tips for a healthier life.”

Would you like to have more vitality, clarity, and focus? These ten simple tips can help you achieve a healthier life! Incorporate a few to feel increased energy, mood and outlook. Please note these are not a substitute for medical care, if you suspect a medical condition or have a known medical condition, please contact your physician before trying any of these tips.

1) Hydration: This is most likely one of the most important key components to health! Water keeps every single system in the body at optimal function. Proper hydration is key for glowing skin, assists in weight loss, and helps with pain by keeping the joints lubricated. While an ideal amount varies for each individual, aim for about 2 liters (64 oz) per day.

2) Exercise: Exercise can be fun! If you're already on a good exercise routine, kudos to you! If not, it doesn't have to be an intense, rigorous routine. Just getting out for a 30 minute walk is great! When exercising, it's important to choose an activity that brings you joy. Exercise improves the health of the cardiovascular system, releases endorphins (feel good hormones), and can even regulate sleep. As we said, just 30 minutes a day of walking is beneficial! It all adds up. (If your health is compromised, please contact your physician before embarking on any exercise routine.)

3) Stretch it out!: Stretching warms the muscles, improves the flow of synovial fluid in between the joints, and is also great for spinal health! When stretching, it's important to only stretch as far as what does not cause you pain. Challenge yourself, but don't overdo it, as you could create serious injury. (not at all the goal!)



4) Meditation: The benefits to meditation are profound! Meditation has been shown to lower blood pressure, help with time management, reduce blood lactate levels (which decrease anxiety, ) and improve mental clarity. You can start by just doing 10 minutes a day. There are a great deal of guided meditations on You Tube. Experiment, and find one you like. Start your morning, or end your day with one. The point is to create self awareness or a sense of calm. If you are a person who can't sit still, simply try a walking meditation...which leads us to our next tip...



5) Breathe Deep: Most of us are shallow breathers. Our bodies (especially our brains) love oxygen! Deep breathing calms the nervous system, oxygenates the blood, and helps loosen the diaphragm. A great way to introduce to deep breathing is during your meditation! A simple way to do this is to breathe deep through your nose, filling the lungs as much as you can. Exhale slowly. Notice the coolness of the air as it passes through your nose, and the warmth of the air as you exhale. Do this exercise for just five minutes, you'll be amazed at how much better you feel!

6) Ditch the white stuff, eat the rainbow: Sorry, we don't mean Skittles when we say "Eat the Rainbow"! Most "white" foods have been overly processed and stripped of their nutrients. Avoid white bread, white sugar, and white rice as much as possible. Whole foods, such as lean meats, lots of fruits and vegetables, and slow digesting carbohydrates such as quinoa are great choices. If you are concerned about which produce to buy organic, Google "The Dirty Dozen & The Clean 15." You'll find a great guide to the best choices for organic, and other fruits/ veggies you don't have to worry about as much. (that you don't have to buy organic.)

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7) Take a multivitamin or whole food supplement daily: Sadly, due to soil depletion, today's fruits and vegetables are not as nutrient dense as they were just 50 years ago. Top that with an "on-the-go" mindset, and you have the recipe for unbalanced nutrition. A multivitamin or whole food supplement helps to bridge the gap for nutrients you may be missing out on. Just make sure that it says "GMP" on the bottle. "GMP" stands for good manufacturing practices. This really is of reassurance that your supplement is not loaded with toxic fillers.

8) Get 20 minutes of outdoor time daily : (without sunscreen!) Most of us (living in New England) are Vitamin D deficient. While supplementation is key, particularly through the winter months, the best way for our bodies to synthesize Vitamin D is through pure, natural, sunlight. While it's very important for us to wear sunscreen during prolonged periods of sun exposure (80% of all skin cancers are caused by overexposure to the sun.), it does block Vitamin D synthesis from occurring. 20 minutes of exposure is all you need to allow for a good daily dose!



9) Receive bodywork regularly: You didn't think you'd go to our website without seeing this tip, did you?! In addition to helping with chronic pain, body work stimulates the lymphatic system, improves circulation, and gives you a great boost of serotonin (the "feel good" hormone.) It has been shown that people who receive bodywork on a regular basis (at least monthly) have a **58% lower chance of developing colds or flu!** Whether you receive massage, acupuncture, or reflexology, bodywork is a key component for optimal health.

10) Unplug before bed: Electronics (computers, cell phones, even flat screen TV's), emit low levels of electromagnetic frequency. These EMF's greatly disturb sleep and sleep patterns. Do your best to "unplug" two hours before bedtime. Turn off computers and cell phones in particular. You'll get a much better night's sleep for it!

We hope you've enjoyed these tips for overall health and well being. Incorporate a few, or all, for a happier, healthier life!

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