

## Tried & True Daily Health Tips

Hello 😊 Congratulations on taking these steps to start living your healthier life now! It's important to eat healthy to have more energy, a slimmer body, and a longer life. Poor nutrition can lead to a number of serious illnesses and it's one of the major causes of chronic fatigue in women. Stick to a healthy diet, exercise, stay positive and live a longer, happier life with these tried and true daily health tips that have personally helped me every day!

### TOP Tips & Tricks to Health

#### 1. START WITH WATER

Water is SO Seriously important to our health! When we are dehydrated it affects our alertness and cognitive function. It transports nutrients and waste, controls our body temperature, and nourishes us on a deeply cellular level. AND the most effective weight loss programs attribute the success to adequately hydrating our bodies. We really need to drink 8-12 cups of water daily - half ounce for every pound of current weight, or 75 ounces if you weigh 150 pounds.

*Secret Tip: Keep a big water bottle (BPA free or glass are ideal) that you can refill throughout your day instead of buying water bottles while you're out ;-)*

#### 2. GET DEEP SLEEP

Go to bed early, if you have to, but be sure to get 7-9 hours of sleep each night. Your body is going hard all day through an energetic process and needs to rejuvenate. Additionally, your body does much of its detoxing while you sleep. If that's not enough - Quality sleep also helps to keep hunger down and energy up.

#### 3. EAT YOUR BREAKFAST

No matter how busy and hectic your mornings are, breakfast should never be missed. There are many easy and fast breakfast ideas to try these days. Smoothies (mainly fruit ingredients) and Juices (fruit and vegetable ingredients) are the best time savers & you could even prepare all your ingredients the night before. It will take less than a few minutes to put them in a blender in the morning and you will

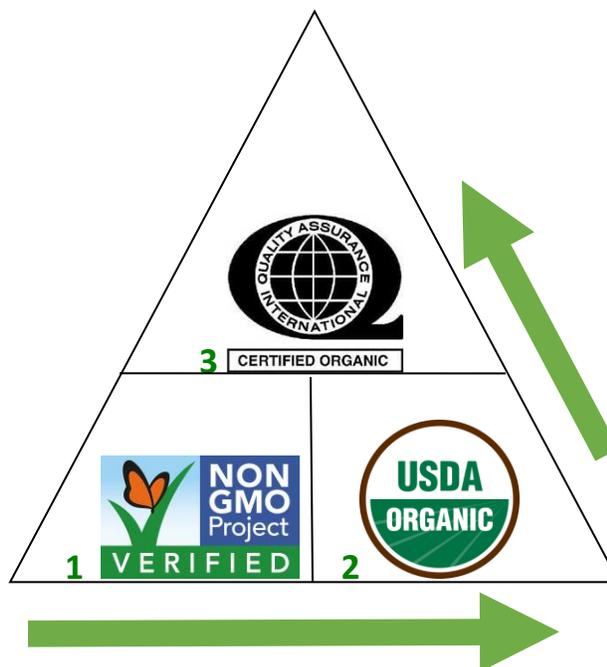
# Blooming Balance

have a super healthy breakfast!

*Did you know? Eating a healthy breakfast leads to healthier choices all day long.*

## 4. CHOOSE QUALITY NUTRITION

Now I am NOT saying this is something that has to happen overnight, by any means. But, the True SECRET to restoring our health from the inside out is to give our body the Quality nutrition it needs. This means making progress from the most likely GMO-ridden (GMO stands for Genetically Modified Organisms) food to cleaner options. No Guilt here as this is where I, myself, and SO many other people have to start from because we had no idea what could be the root of so many health issues developing over the years, decades and generations. By making substantial changes in the right way for your lifestyle, you really do need to take steps to move up the pyramid below.



## 5. RELAX AND BREATHE

Being consciously aware of our breath allows us to relax and take in more of what we need to nourish ourselves. Conscious awareness is a really powerful remedy for any thoughtless eating that puts us into autopilot and steers us into the iceberg of self-defeating choices. Stress Is what you are concerned with changeable? If so,

then change it. If not, then send love, pray on it without being attached to the outcome, or as some say “Give it to God.”

## Essential Extras

### EXERCISE

Be active throughout the day, but nothing intense. As little as 20 minutes a day can make a big difference! Enjoy activities like walking, yoga, gardening, cleaning the house, grocery shopping, etc. Track your daily steps with the goal of at least 10,000 steps or 5 miles with a pedometer or Free phone app.

### SNACKS

Most of the time we eat what we have handy and usually it's not a healthy food. One of the most effective ways to clean up your diet is to keep healthy snacks handy so that when you get hungry, you won't make bad food choices. Before leaving the house grab a fruit, some nuts, an emergency bar and your bottle of water (of course!). This helps me eat healthy any time of the day and boost my health all day long.

## Eating Out Tip

If you need to eat out, do a little looking into the area and what are any healthier/cleaner options around town. Eat beforehand and nibble a little while actually out, or start meeting people out to do something other than eat. Keep in mind when looking at the menu – Would that food for that price truly nourish my body? Is it what my body needs? Be honest.

## Hunger Fighting Tips

Are you still hungry after finishing your meal/snack? Try the suggestions below.

1. Drink 1-2 cups of water 5 minutes before a meal or snack.
2. Add a serving of fruit and/or veggies to each smoothie meal, blended or on the side, to help keep you full longer and add even more nutrition. Almost any fruit works (i.e. pineapple, mango, banana, berries, cantaloupe). Veggies such as 1-2 handfuls of organic leafy greens (i.e. spinach, kale, Swiss chard), half of a summer squash (i.e. yellow squash, zucchini, cucumber), ¼ cup raw cabbage, or ¼ cup cooked winter squash (i.e. canned pureed pumpkin or butternut squash) are great in smoothies.

# Blooming Balance

3. Eat every 2-3 hours; never go longer than 4 hours without eating. Add a 3rd snack if necessary.
4. Make sure you're not eating empty calories and that you're getting the minimum of fiber and protein at every meal or snack.

Meals: 270-400 cal, 20-30g protein, 6-9g fiber

Snacks: 120-200 cal, 10-15g protein, 3-5g fiber

5. Say Goodbye to Soda – for Good. Soda and other sugary drinks have been proven to cause numerous health issues, such as weight gain, heart disease and diabetes. Ditch the sugary drinks and try to make your own flavored water instead. You can add some citrus juice, such as orange or lemon, some fresh herbs, such as mint, and vegetable and fruit slices (orange, strawberries, ginger, cucumbers.)