



10 Things

you can do to

**get healthy, lose
weight, and**

FEEL GREAT NOW!

1. Take 10 deep, controlled breaths, filling air from the diaphragm up and exhaling completely, whenever you feel stressed *(or want to take advantage of the other benefits...)*

Controlled breathing has been proven to help manage stress and anxiety, lower heart rate and blood pressure, improve brain function and to favorably alter gene expression...WOW!!

The basic mechanics of controlled breathing differ a bit depending on who is describing them, but they usually include three parts:

- 1. Inhaling deeply through the nose for a count of five or so, making sure that the abdomen expands*
- 2. Holding the breath for a moment, and*
- 3. Exhaling completely through the mouth for a count longer than the inhalation.*

Controlled breathing may be the most potent tool we have to prevent our brains from keeping us in a state of stress, and preventing subsequent damage caused by high stress levels. The relaxation response is a built-in way to keep stress in check.

2. Drink 3 liters of good clean water everyday in addition to any other beverage you have.

Maintaining adequate levels of hydration is related to cognitive function, weight loss and athletic performance. We don't usually consider these effects. Waiting until you are thirsty is not a good barometer for hydration needs.

Recommended water intake varies from 2.7 liters for women and 3.7 liters for men to ½ one's body weight in ounces. Most experts agree that your urine should remain clear or light yellow and every hour we exercise normally requires another liter of fluid intake.

If you are an athlete, weighing yourself before and after a practice or exercise session, will let you know how much water you have lost due to exercise. High altitudes and warm weather also increase our need for water. Investing in a good quality water filter is something to consider, as public water supplies have become contaminated with a myriad of environmental toxins.

3. Go to sleep at the same time and get up at the same time 6 or more days of the week. Get at least 7-9 hours of sleep daily.

Getting consistent sleep is related to improved immune function, mood, memory, brain function, heart health, weight loss or maintenance, sex life and decrease of injury! When we vary our sleep patterns, it is the equivalent of inducing jet lag on our bodies.

Additionally, there is a growing body of evidence that indicates that sleep before midnight has a deeper rejuvenation effect than sleep after midnight. Some say 1 hour before midnight is worth 2 hours after!

The average person needs 7-9 hours of sleep per night. This is a bell shaped curve which means some people need more and some need less; most people think they fall on the small end of the spectrum of not needing 7-9...must remember that MOST of us, do.

Children and athletes need considerably more than the average person. Successful athletic teams often require "sleep checks" or daily naps...I love that idea!

Establishing a regular sleep schedule is invaluable for radiant health.

4. Eat breakfast and lunch as your biggest meals, preferably between 10 am and 4 pm when your digestions is strongest. Try to eat these meals at the same time every day.

This allows all of your digestive organs to get the benefit of expecting to go to work each day at the same time. This helps tremendously with proper digestion and absorption of nutrients.

This is a controversial topic so I can only tell you that it works for me AND it has worked for many of my clients, in the 37 years that I've been in the fitness industry. In general, if I stop eating before 6 p.m., I can consistently maintain my weight (or lose, if needed) even if I'm not making perfect food choices during the day!

5. Eat something raw from the plant kingdom at every meal...

and make it the biggest part of the meal: vegetables, fruits, legumes and whole grains should be the bulk of what you eat. Grow your own, whenever possible. (see <https://joykelly.towergarden.com>)

Fruits and veggies have LOTS of fiber and nutrients but very few calories (especially veggies) hence, gives you a sense of “fullness” without eating too many calories. Compare the sheer volume of 500 calories of cheese or meat to 500 calories of salad or broccoli! If you eat the fruits or veggies first, you will eat far less of the other, more fattening and less nutritiously dense foods.

Additionally, you are getting so many more benefits from the fruits or veggies. (See “The China Study”, by T. Colin Campbell for more information on this topic)

6. Eat animal products sparingly and in smaller amounts than you have normally considered.

In this world of “finding a value” many of us balk at the 4 ounces that should be the maximum portion of meat/fish/animal flesh that we consume. This is about the size of your palm. One trick I encourage is to either split an entrée or ask to have ½ of it boxed up to take home. When you are eating plenty of plant-based foods, having a smaller portion of meat/fish will not seem like a deprivation. This is good for your health, your waistline and our environment.

Most processed foods contain “health robbers”: hydrogenated oils, trans fats, sugars, additives: ingredients that do nothing to promote our health and often add to the caloric content of the food we are eating. Instead, try to consider if the food you’re choosing would “rot” if left on the counter for a day or two and then ask yourself:

“If a self-respecting bacteria won’t eat this food, should I?”

7. Get outside and move a little bit each day. Fresh air and deep breathing are far more important than getting a workout.

The combination of fresh air and movement can result in improved brain function, renewed sense of well being AND weight loss.

There is extensive research regarding our need for both movement and connection to nature.

8. Start each day with a Green Drink

An easy way to start your day with energy giving fresh greens, preferably from your own Tower Garden. Start with a variety of fresh greens: lettuce, kale, parsley, arugula, spinach, etc. Each green has unique health giving properties. Add your favorite frozen or fresh fruits, liquid (water, milk-alternative, juice) and any add in you like: flax, milk thistle seed, etc. We like to use Juice Plus+ Complete, a whole food concentrate with ancient grains, spirulina, and many beneficial plants.

9. Take a clinically validated, whole food concentrate to fill in the gaps: (www.juiceplusjoy.com)

In today's toxic environment, it is simply not possible to eat the number of plants that we need to assist our bodies in cleansing and rejuvenating at the level we could be with the help of a whole food concentrate. Consider following our 30-day cleansing and rejuvenation program:

www.joy.transform30.com

10. Think good, healthy thoughts.

To get more information like this, be sure to visit JoyKelly.com and connect on our [Facebook community!](#)