

The Recovery



6 Tips for a Resolute New Year

One

Try starting your day with a super-food smoothie. Smoothies that are jammed-packed with leafy vegetables, fruits, healthy fats, chia seeds and some source of organic protein. Filling the body with nutrition that is so dense will advance the regenerating and cleansing process without putting stress on the digestive system. This also allows the important nutrients to be available immediately, resulting in high energy levels, lowering the chances of having digestive conditions and keeping you looking vibrant. Another way to take in nutrients that are dense is by

consuming more cruciferous vegetables like: broccoli, Brussels sprouts, bok choy and cauliflower. These vegetables are high in antioxidants, they contain 25-40% of fiber, they help detox your body, they decrease inflammation, help balance hormones and they have been known as a cancer fighting agent.

Two

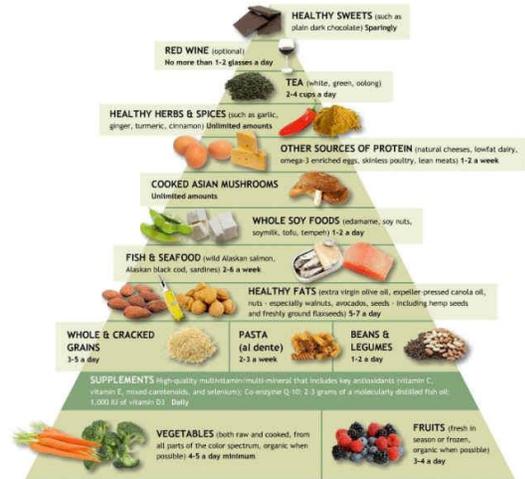
Substituting natural sugars like: yacon syrup, molasses and organic maple syrup with refined sugar that includes white sugar, corn syrup and others can enhance the bodies overall functioning. It can also lower the chances of heart disease, high cholesterol, weight gain, hormonal imbalance, and diabetes.

Three

Stretching on a regular basis can help with the flexibility, mobility and the blood flow in the muscles throughout the body. This also lowers the chance of injuring or pulling muscles while exercising. Make sure you hold your stretch, do not bounce during the stretch, breathe and remain in a comfortable position the entire time, there shouldn't be any pain.

Four

Increasing the physical activity in your daily routine can advance your overall health for the New Year. It will decrease the chance of heart disease and stroke, high blood pressure, decrease body fat, back pain and it can improve your behavior by reducing depression and anxiety, helping the management of stress.



Five

Using and learning about Dr. Weil's Anti-Inflammatory Pyramid increases your overall health. This tool is guide that explains the different foods that help decrease the risk of age-related conditions that are usually caused by inflammation. Shopping for the foods recommended on the pyramid and maintaining an anti-inflammatory diet will increase the longevity of your results.

Six

Determining what produce to purchase either locally, organically or conventionally is useful to maintain a healthy lifestyle as well. Foods like: apples, strawberries, and spinach are best bought organically. Locally, foods such as: green beans, oranges and cauliflower are the best and food that is best bought conventionally involves: onion, sweet corn and avocado. There are other food choices included in each of these that have a better preference being organically, locally or conveniently bought.

