FACT: 30 minutes of movement a day has been proven to decrease risk of cardiovascular disease, type 2 diabetes, and early death.

Research shows that people who have fun on a regular basis are more productive, less irritable, and better able to cope with stress.

Instructions:
1. Breathe in through the nose for 4 counts
2. Hold the breath for a count of 7
3. Exhale through the mouth for 8 counts
(Repeat 3-4 times)

For most people, the formula below can be used to establish a target # oz. water/day:

\[
\text{Body weight (lbs)} = \frac{\text{# ounces of water}}{2}
\]

General guidelines to ensure you get the nutrients you need.

Eat the colors of the rainbow. Choose foods with ingredients you can say. Avoid drinking while you eat. Chew, chew, chew. Include probiotics (miso, sauerkraut, kombucha) and omega-3 fatty acids (nuts, seeds, fish). Supplement with vitamins and minerals as necessary.

Did You Know? Sleeping less than 8 hours a night has been linked to increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

Reviewed by Dr. Dickson Thom, DDS, ND