

Health Tips Since Being in Practice

I have learned many interesting aspects of natural medicine, both from my education with a masters in nutrition as well as from many of my mentors with 30-40+ years of experience. Everyone is unique and has their own individual needs but these can be some good guidelines. This is just not just about nutrition but how to best guide your way through this maze of healthcare.

- Just because it's on TV or in a magazine doesn't mean it's right. Remember you always have to see WHO is writing it and what is the agenda. We all have to take charge of our health and do the work to research on our own.
- Two main things you must focus on your health: What you put into your body and how you react to the world. You not only need good real food but if you are constantly stressed about everything (including being stressed about eating right) and reacting poorly to everything the stress will win and ultimately hinder your health
- When it comes to working out, do what you love. Sure, swimming is great but if you can't stand swimming, it won't last. Think about your childhood. Did you love to bike, hike, play on the monkey bars? With today's world of gyms, parks, crossfit, etc there is something you can find you will like.
- Stop beating yourself up. If you have never eaten well and you starting doing it every other day, be excited. Don't get upset because you didn't go from 0 to 100 and you don't look like that person on the magazine cover.
- Find a healthcare network that has your best interests in mind: MD, holistic doctor, massage therapist, etc. They can all help you achieve better health.
- Get bloodwork at least once a year especially HA1c and HS CRP as they are the standards for blood sugar and inflammation. These two components are essential to minimizing chronic disease. Get a functional medicine doctor to review them as the ranges in the labs are too broad.
- Surround yourself with good people. In the book *The Blue Zone*, the author talks about how we are social creatures. Many of the cultures who have a high population of centenarians not only eat according to what I have written in previous articles, but they surround themselves with love.

As Dr. George Goodheart, one of the most amazing doctors who ever lived, said humans are intricately simple and simply intricate. By following some basic rules we can truly live a better life.

Any questions let me know.