

25 Basic Practices For a Healthy Life

1. Drink plenty of filtered or bottled water (6-8 8 oz. glasses daily).
2. Eat plenty of fiber (25 grams or more daily).
3. Minimize saturated and trans fats.
4. Minimize your sodium intake (less than 2400 mg. daily).
5. Eat whole wheat/whole grain pasta or bread.
6. Eat non-fried fish twice each week (focus on salmon or catfish) or take a fish oil supplement (discuss dosing with your physician).
7. Eat slowly and never read or watch TV while you're eating. Stop eating when you're satisfied. Do not skip meals (and especially do not miss breakfast) and do not overeat at dinner.
8. Prioritize a happy marriage (or monogamous relationship) and read "The Relationship Cure" by Dr. John Gottman.
9. Exercise, if possible, for thirty minutes six days of the week (discuss specifics with your physician).
10. Practice your faith if you have one (read "The Faith Factor" by Dale Matthews, M.D.).
11. Find or continue hobbies that give your life purpose.
12. Volunteer some of your time to organizations that inspire you.
13. Subscribe to a monthly medical newsletter from Berkeley (800-829-9170), Johns Hopkins (386-447-6313), Harvard (203-975-8854), or Mayo Clinic (1-800-333-9037) & a monthly nutrition newsletter (Nutrition Action Health Letter 202-265-4954).
14. Develop a daily stress reduction practice (such as yoga, pilates, meditation, stretching, etc.).
15. Maintain close relationships to friends & family.
16. Sleep 7-8 hours each night.
17. Eat out no more than once each week.
18. Use HEPA Air Purifier for bedroom (good brands include Hunter, Honeywell, Bionaire, Holmes, Freidrich, & Whirlpool).
19. Floss everyday (discuss specifics with your dentist). Believe it or not, this may help your heart.
20. Try to let go of grievances and forgive others (read "Forgive For Good" by Dr. Fred Luskin)
21. Practice gratitude & have a happy outlook (read "Happiness is a Serious Problem" by Dennis Prager).
22. Do at least one fun activity each day.
23. Do not gossip or speak badly of people (read "Words that Hurt, Words that Heal" by Joseph Teluskin).
24. Improve your health habits each year (read "Changing for Good" by Dr. James Prochaska & "Taming Your Gremlin" by John Carson).
25. Take at least one day each week to relax, spend time with friends & family, and not work.