

# **101 TIPS TO LOOK AND FEEL YOUR BEST**

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## General Health Tips

1. **Take naps.** We all experience days where it is just not possible to get adequate sleep. Therefore, taking a short nap throughout the course of the day is a good way to subsidize your normal nights sleep. Short 20-30 minute naps are thought to increase alertness and performance, while not interfering with your normal sleep patterns. Many people view the opportunity to take a nap as a short vacation from the daily grind, and this psychological benefit is thought to be a good reason to try to fit in naps whenever possible.
2. **Don't smoke:** If you're a smoker you've probably heard it a million times – “don't smoke”! Well make that a million and one. It is a proven fact that smoking causes a range of horrible health problems. Kick the habit now and you'll greatly reduce your risk of getting a smoking related disease. And as an added bonus you'll save money. To see how much, check out the smoking calculator [http://www.savingadvice.com/calculators/cost\\_of\\_smoking.php](http://www.savingadvice.com/calculators/cost_of_smoking.php).
3. **Stop the spread of germs.** Although your mother always told you to cover your mouth when you cough or sneeze, doctors are recommending that you don't. Instead, it is advisable to cough or sneeze into a tissue, or even your elbow. The reason is fairly common sense actually. When you cough or sneeze your germs into your hands, you are much more likely to spread them by touching... well just about anything.
4. **Make sure you're getting enough sleep.** If you want to avoid potential health problems, getting a good, solid night's sleep is the most effective way to stay healthy. Research has shown that there is a definitive connection between sleep and good health. Sleep disruptions and insomnia are linked to the development of high blood pressure, heart disease, depression and anxiety. If you are currently experiencing sleep problems, it is important to talk to your doctor to devise a plan to correct the problem. The long term effects of sleep disruption could lead to the development of diabetes and even obesity.

There is no set number of hours of sleep that is right for everyone. Therefore, sleep experts recommend that you perform a simple test to determine the amount that is right for you. On a day when you are well rested and not stressed, turn off your alarm clock and go to bed. Give yourself at least 8 hours to see how long you will sleep. When your body is rested, you will wake up. That will give you a good idea of what your body needs to function at an optimal level.

5. **Forget that tan.** A common myth among Americans is that booth tanning is far safer and less harmful to the skin than actual sunbathing. This myth is just that, a myth. Studies have proven that people who tan in booths experience many of the same health problems as those who have had a large amount of sun exposure. People who tan in either fashion are likely to see signs of aging sooner, and have a high risk of developing skin cancer.

6. **Find out your RealAge.** Do you think you are biologically younger, older or the same as your birthday age? Take the RealAge test and find out. You'll learn what is making you younger or older than you really are and get a personalized plan to help you look and feel younger. Take the test at <http://www.realage.com>
7. **Make good health a family affair.** Getting everyone in the family involved in making healthier choices will not only make it more fun, but it will also help your children learn the importance of taking care of themselves. As a family decide on an exercise program together, plan and prepare healthy meals and snacks and discuss the importance of taking care of your body. Even young children can join in!
8. **Get support.** Adopting a healthier lifestyle takes time, dedication and hard work. Give yourself the best chance at succeeding by getting lots of emotional support. Encourage your spouse or a friend to work on their health too, ask for support from family and friends or find an online chat room where you can talk with people who are working towards similar goals. Having people you can talk to and get strength from when you need it will make it easier to reach your health goals.
9. **Learn how to effectively manage stress.** When you are stressed, several hormones become more present in your body and bloodstream. Cortisol and norepinephrine actually raise blood pressure and can lead to a weakened immune system, this it is important to recognize when you are feeling stressed, and what is causing the stress you are experiencing. Stress does not have to come from external circumstances. Nutritional deficiencies, lack of sleep and emotional difficulties can affect stress levels. External circumstances such as change, environment, relationship and work can cause high stress as well. When you know how to recognize the feeling of stress, and you learn to manage the stressors, you are on your way to a healthier future.
10. **Calculate your BMI (Body Mass Index).** A simple ratio of your height and weight will allow you to determine whether or not you are overweight. The higher the number, the more overweight you are. A normal BMI is in the 18.5-24.9 range. Anything higher puts you into the overweight range. If your BMI is 30 or higher, you are considered obese. Find out your BMI with the online calculator at <http://nhlbisupport.com/bmi/>
11. **Decide on a reward for yourself when you make progress on your health goals.** Whether you're trying to lose weight, exercise more or just generally live a healthier lifestyle, a great motivator is to work toward something you want. That may be a new book, a spa treatment, a CD... whatever motivates you. Once you reach your interim goal give yourself the reward to celebrate your hard work.
12. **Use more natural, healthier cleaning products.** Did you know that companies who make cleaning products are not required to list the ingredients in those products? These are deemed trade secrets so it would be unfair to divulge those secrets. However what they don't tell you is that many of the ingredients they use are chemicals that are proven carcinogens. Meaning they cause cancer. Chlorine for example is widely used in household cleaners even though it has been linked to certain types of cancer. Make the healthier choice for your family by using all natural cleaning ingredients. Good choices

include white vinegar, lemon and baking soda. Also try borax, vegetable based liquid soap and even club soda. They clean just as well and won't fill your home with harmful chemicals!

13. **Keep a positive outlook.** A 30-year study has shown that people who are pessimistic live shorter lives. In fact they are 19% more likely to die earlier than expected. And let's face it, it's more fun to look at life with a positive spin!
14. **Keep in mind that a small waist is better for your health.** If your waist measures 35 inches or less at the point just above your hipbone, then you are in the normal and healthy waist measurement category. However, if your waist is larger than 35 inches, you are generally at a higher risk for developing heart disease and other problems. You can take this measurement right now with a cloth tape measure.
15. **Understand the role of genetics in weight.** Your genetic makeup definitely plays a role in your body weight. As a matter of fact, your genes are 70% of the influence. When your parents are overweight, you have a much higher chance of becoming overweight as well. It does not mean that you will definitely become overweight – it just means that there is a likelihood that you could.
16. **Maintain your high school weight.** One of the best ways to stay healthy throughout your life is to maintain the leanness you had at 18. Fat cells produce hormones that increase your risk of developing diabetes, increase inflammation and also increase the chance that you will develop certain cancers. Studies have demonstrated that people under 75 years old actually have twice the likelihood of premature death when they are overweight.
17. **Listen to music.** Listening to music can actually help to increase your body's immune system. Studies have shown that singers actually have a higher measurable quantity of the Iga antibody, which is important for fighting infections, than other people. So, take some time to listen to music today – and sing along for good health.
18. **Hug more often.** Physical contact with our loved ones actually makes us healthier. Studies show that people who get a good hug every morning are able to combat the harmful effects of stress throughout the day. Researchers believe this is more proof that humans are "hard wired" to be social. So grab your partner and give him or her a great big hug!
19. **Have a good cry.** Unfortunately crying is not socially acceptable in our culture, especially for men. But when it comes to it's effects on your health, it is probably the fastest and healthiest way to release strong emotions. Having a good cry will give your immune system a boost, help eliminate depression, reduce your stress levels, and make it possible for you to think more clearly.
20. **Get a good quality pillow.** Getting a good night's sleep is important to your overall health. And one of the best ways to do this is to make sure that you're using a good pillow. Studies show that the kind with an indent in the middle seem to provide a better night's sleep and help to reduce neck pain. Another option is a "cool" pillow. These are

pillows that are designed to keep your head cool using natural fibers as the filling or a blend of ceramic fibers and sodium sulfate.

21. **Make sure you have comfortable shoes that fit properly.** Your shoes impact more than just your feet – your knees and back are also affected by your choice of footwear. Be kind to your body and take the time to find shoes that are right for you. Most reputable shoes stores have people on staff who will meet with you for a consultation to ensure you're buying shoes that meet your specific needs.
22. **Get a massage.** Did you know that experts believe 80% - 90% of disease is caused by stress-related tension? If you didn't already have an incentive to de-stress, that statistic should do it! A great way to help your body relax and counteract the harmful affects of stress is to get a massage. Whether you opt for the one hour full body option or a fifteen minute back only massage, you will be giving your body and mind a wonderful gift. Can't afford to go to a professional? Ask your partner to give you a massage instead.
23. **Your brain is a muscle so don't forget to exercise it.** Keeping your mind active is a great way to stay young. And doing mind exercises can even help reduce your risk for getting Alzheimer's. Give your grey matter a workout by doing crossword puzzles, trivia and brain teasers.
24. **Wash your hands.** Washing your hands often and thoroughly is one of the best ways to ward off nasty germs. But a quick rinse won't do it. To make sure you've killed all of the germs, repeat the ABCs while soaping up. It takes a little longer but you'll know your hands are truly clean. When you're on the go and can't wash as often as you would like to, use an antibacterial hand sanitizer that doesn't require water. And during cold and flu season give yourself extra assurance that you won't get sick by washing your hands before and after going to the bathroom, blowing your nose and eating.
25. **Improve the quality of the air in your home.** One of the reasons people tend to get sick more often in the winter is the poor quality of indoor air. In fact, the Environmental Protection Agency has completed tests on indoor air quality and found indoor pollutants to be as high as two to five times higher than outdoor levels. As a result they say that the levels of indoor pollutants is one of the greatest risks to our health.
26. **Boost your immune system.** There are lots of natural immune system boosters. Two of the best are fresh garlic and onions. Although you can get garlic pills and powdered garlic, go for the fresh stuff for the maximum benefit. Another great use for onions (if you can stand the smell) is to cut one in half and leave it on your nightstand to reduce the level of harmful bacteria and airborne viruses in your bedroom.
27. **Keep contaminants out of your drinking water.** There are thousands of contaminants in your drinking water that you're not even aware of. And not only can they enter your body when you ingest them, but also during showering. Eliminate these contaminants by investing in a good quality water filtration system for your home.

## Medicines and Healthcare

28. **Know about the medications you are taking.** Any time that you receive a prescription from your physician, it is advisable to ask why you are getting the medication and what the intended result will be. The reason that this is so critical is that your pharmacist will need to ensure that you are taking the correct dose, and that a medication has not been prescribed in error.
29. **Learn about the benefits of acupressure.** Acupressure is a healing method originally used in ancient Chinese times. It is based on the power of the hands to relieve pain and tension and has a long list of benefits. Among them is stress relief, relaxation, increased blood circulation, pain relief and increased energy levels. If you're looking for a drug-free alternative acupressure is an excellent choice. Visit the American Massage Therapy Association at <http://www.amtamassage.org> to find a reputable therapist in your area.
30. **Take an aspirin a day.** If you want to reduce your risk of suffering a heart attack, one aspirin a day is a great way to start. Among men over 35, the benefits of taking 162mg of aspirin per day far outweigh the risk of a heart attack. For women, the age of concern is 40 years old. This information is based on typical men and women with relatively normal medical histories and family histories that include few heart related problems.

Aspirin is a mild blood thinner, and although there is not much clinical evidence to back up the claims, there definitely is a strong following for the theory among medical professionals. The best time of day to take the aspirin is in the evening. Why in the evening? Because research has shown that more heart attacks and strokes occur during the evening than any other time of day.

31. **Give blood regularly.** Donating blood has multiple benefits. The first is obviously that you are giving the opportunity of life for a patient in need. The second is that regularly donating blood actually reduces the iron level in the blood. Iron levels that are too high are just as dangerous as iron deficiency and can lead to heart disease, cancer and Alzheimer's disease. Women are less likely to have high iron levels until post-menopause. However, it is important to keep your iron levels as consistent as possible. If you are not willing or able to donate blood on a regular basis, it is recommended that you reduce your intake of high-iron foods like red meat as much as possible.
32. **Get regular cancer screenings.** Most people over the age of fifty will be offered several common cancer screenings as a part of their normal preventative health care. Some of the most common screenings are colorectal cancer screenings and mammograms. Men over 50 should have annual prostate exams and women over the age of forty should have annual or bi-annual mammograms in order to reduce the chances of breast cancer going undetected. These screenings are important because there are many types of cancer that are best treated during the earliest stage. Cervical cancer is another example, and all women over the age of 18 should have pap smears at least every third year in order to allow for the early detection of the cancer. If you are over fifty, please talk to your doctor about the benefits of being screened for these common and easily treatable cancers.

33. **Remember that immunizations are not just for children.** Many adults do not realize that they need to have a tetanus and diphtheria booster immunization at least once every ten years. These diseases have dangerous effects on the body and research has shown that the immunizations are critical to continued good health. You should talk to your doctor to make sure that your shots are up to date.
34. **Monitor your blood pressure regularly.** In order to understand the effects of blood pressure on the body, it is important to know what blood pressure is. The top number in your blood pressure reading is the pressure that your circulatory system is putting on the walls of your arteries. High blood pressure can result in tearing of the arteries and even inflammation. These two things can both result in a heart attack or stroke when not properly managed. Here are the normal blood pressure rates:
- a. 115/75 mm Hg is ideal
  - b. 120/80 mm Hg is normal
  - c. 140/90 mm Hg or above is high

It is important to have your blood pressure checked frequently, particularly when you are at risk of developing high blood pressure.

35. **Lower your cholesterol.** There are two distinct kinds of cholesterol. The first is the HDL cholesterol, which is good for your body because it helps to actually remove LDL (bad) cholesterol from the body. If bad LDL cholesterol is not removed from the circulatory system, you stand a much higher chance of having a stroke or developing heart disease.

Your total cholesterol should never be more than 200mg/dL. Your HDL (good) cholesterol should be above 60 mg/dL in order to fight the effects of obesity, high blood pressure and heart disease.

Your LDL (bad) cholesterol should be under 160mg/dL when you are at risk of developing high blood pressure, heart disease or if you are over 55 years old it should be under 130 mg/dL.. If you suffer from vascular disease or diabetes, your cholesterol should be even lower. Somewhere around 100 mg/dL is a good goal.

If your cholesterol is not elevated, you should have a test once every five years in order to determine the current level and to address problems before they become serious.

36. **Watch your blood sugar levels.** Low, as well as elevated blood sugar can be detrimental to your health. High blood sugar is indicative of diabetes, and levels over 126mg/dL are generally associated with diabetic patients. If your blood sugar level is under 100mg/dL, you are considered in the normal range. Numbers between are considered borderline and should be addressed before diabetes is the resulting diagnosis.

People over the age of 45 should be screened for diabetes once every three years. Those considered at risk for diabetes should be tested more frequently. If you have high blood

pressure, or are overweight, you should talk to your doctor to determine how often you should be tested.

37. **Take a multivitamin every day.** Not getting enough vitamins is one of the leading causes of illness. Luckily it's an easy problem to avoid. Doctors are now recommending that everyone – no matter what your age or health status – take a multivitamin every day. Speak with your doctor or pharmacist for recommendations on the best one for you.
38. **Get your eyes checked regularly.** Nearly everyone will experience eye problems at some point. That's why regular eye exams are so important to your overall health and well being. Yet many people don't bother to get them done. Do yourself a favor and make an appointment with your optometrist to discuss the health of your eyes.
39. **Increase your Vitamin D intake.** Vitamin D is nature's way of combating the harmful effects of the sun's UV rays. This nutrient is crucial to cell production within the human body, and it is effective in helping in the fight against skin cancer. When the skin is exposed to direct sunlight, Vitamin D production actually increases in order to maintain a healthy amount of Vitamin D in the body.

Vitamin D deficiency actually reduces the ability of the body to absorb calcium through food intake. This is a very dangerous situation for children and older adults, whose bones tend to be softer. Studies have shown that nearly 80% of Americans suffer from Vitamin D deficiencies.

Experts recommend a Vitamin D supplement, because the aging process reduces the body's ability to manufacture enough Vitamin D. In order to prevent your chances of developing Osteoporosis, bone caners and multiple sclerosis you should definitely consider the advice of the experts.

## Looking Your Best

40. **Stay out of the sun.** Photoaging is a phenomenon recognizable by signs of rough skin, wrinkles and the appearance of pigmented spots on the skin. The cause is extensive sun damage, from over-exposure. One of the areas most commonly affected by photoaging is the hands. Because most people rarely apply sunscreen to the back of their hands, there is a high likelihood of the hands being exposed to significant harmful UV rays.

Gardeners seem to be the most afflicted, because they can spend hours in the sun with their hands exposed. Therefore, it is recommended that if you are going to expose your hands (or your other skin areas) to extensive sunlight, you should always use a cream with at least an SPF of 15. This will protect your from burning, and from the results of photoaging.

41. **See how you'll look later in life.** Curious to know what you may look like later in life? If you smoke or expose your skin to the harmful rays of the sun, you may be surprised. Check out the fun new tool from RealAge.com that lets you use an actual picture of

yourself and age it to see how you'll look. Get started now at <http://www.realage.com/RealBeauty/projector/intro.aspx>

42. **Keep your skin looking young and healthy.** A high-quality moisturizing cream is beneficial for anyone who wants to keep his or her skin looking healthy and young. Daily skin care is imperative for everyone. Another good practice is using a mild and gentle exfoliant once or twice a month in order to help remove old skin cells. Sunscreen is one of your greatest weapons against the signs of aging, and it should be applied daily under your makeup.
43. **See what you look like thinner.** Want an extra incentive to lose a few pounds? See how fabulous you can look as a skinnier version of yourself with the Weight Loss Simulator [http://preventionweightloss.mvm.com/rodale\\_wl\\_ctx/jsp/sim.jsp%3frequestedRetailerCode=rodale\\_wl](http://preventionweightloss.mvm.com/rodale_wl_ctx/jsp/sim.jsp%3frequestedRetailerCode=rodale_wl)

## Keeping Fit

44. **Do a proper warm up before exercising.** The Center for Disease Control and Prevention reviewed six decades worth of research and determined that stretching alone does very little to prevent exercise related injuries. If you want to truly prepare your body for activity, do a full warm up which includes raising your body temperature so that blood flows through your muscles. That doesn't mean you should not do any stretching. But be sure to combine it with something a little more intense to properly prepare your body for a workout and avoid injury.
45. **Include weights in your workout routine.** In order to avoid the notorious "middle-age spread," physicians and physical trainers alike recommend that you work out with light weights at least twice per week. As part of a study, women were selected to participate in a two year exercise program consisting mostly of weight training. The results indicated that over the two year period these women were monitored for changes in intra-abdominal fat. The good news is that these women experienced only a 7% gain in fat, as compared with women who did not participate in the weight training program. Those women gained approximately 21%! Let this be an inspiration to you. If these women could make such a huge difference – you can too.
46. **Work out within your optimal target heart rate zone.** Every wonder why your exercise program does not seem to provide the results you had hoped for? This could be because you are not exercising within your target heart rate zone. The target heart rate is optimum and will definitely make your workout more effective. To find out what your target heart rate is, first subtract your age from 220. Then, multiply that number by both .8 and .6. Those results are your minimum and maximum target heart rate. Having discovered those rates, you should carefully monitor your heart rate during your workout to ensure that you are exercising safely and effectively. There is an excellent interactive heart rate calculator application at [http://www.webmd.com/content/tools/1/calc\\_heart\\_rate.htm](http://www.webmd.com/content/tools/1/calc_heart_rate.htm)

47. **Include cardio exercise in your routine.** Cardio activities are those that increase your heart rate to a safe, but elevated level for a consistent period of time. You should be able to perform the activity while your heart rate is within your target range, and you should still be able to talk. Cardio activities like running, power walking, swimming, stair climbing and biking should be included in your exercise at least 3 times per week for 20 minutes. Over time, you can increase this to an hour, five times per week. Cardio exercises increase lung capacity, strengthen your heart, help you lose weight, decrease stress and help you to increase balance, strength and endurance. You should always talk to your doctor before beginning any new exercise program to ensure that you are in good physical condition for the activities that you have selected.
48. **Laugh often.** Laughter truly can be the best medicine! Did you realize that 20 seconds of laughter will nearly double your heart rate for up to two minutes? According to Stanford researchers, those 20 seconds of happiness will bring you the same effect as you could expect from a 15 minute stationary bike ride or 10 minutes on a rowing machine! And let's face it, laughter is definitely much more fun. Not only will you will feel good while you are laughing which increases your sense of well-being, but a good hard laugh exercises muscles all over your body, like in your abdomen, shoulders, chest, face and neck.
49. **Schedule your workouts.** When life gets busy, it's easy to make excuses for why you never have time to workout. Before you know it, weeks have gone by and you haven't hit the gym! Prioritize your workouts by scheduling them like any other activity that it's important you do. By making time for them you'll be more likely to go.
50. **Work simple exercises into your daily routine.** With life as busy as it is, not everyone has time for regular workouts. So you have to get creative! Instead look for opportunities to work simple exercises into your day. A great one is to tighten your thighs and butt muscles every time you're stopped at a red light. It's an easy way to tone your muscles and improve blood flow.
51. **Practice yoga.** Yoga is a low-impact form of exercise that almost anyone can practice. Studies have shown that yoga is not only an excellent form of exercise, but that it also helps with relaxation and stress reduction. There are many different styles of yoga, and the practice is thought to be well over 5,000 years old. The main premise of yoga is connecting the body and breathing with the mind through postural and breathing exercises. The Sanskrit translation of the word yoga is "search for the soul." Some of the benefits of practicing yoga include better relaxation, reduced chronic pain for arthritis sufferers and lower blood pressure. There is no specific body type or style required. And, you do not need to do any special conditioning to prepare to practice yoga. As with any form of exercise, check with your doctor prior to beginning any new exercise program to ensure that the program is safe and that it meets your healthy lifestyle goals.
52. **Keep active throughout the day.** One of the most important things that you can do in order to increase your overall health is to keep moving. Whether you decide to take the stairs instead of the elevator, or to walk instead of driving, you will be making a choice to

include a little extra exercise into your daily schedule. Many people become discouraged because they believe that they need to participate in a major exercise program in order to stay fit. That simply is not the case. Through small changes in your daily routine, you can easily improve your health and help yourself to stay fit.

53. **Take several short walks instead of one long one.** Don't have time to work up a sweat for an hour at the gym? Well here's some great news. A recent study has shown that people who take four short walks every day are able to stay just as healthy as people who work out for 40 minutes all at once. There goes your excuse of not having enough time to exercise!
54. **Get involved in a sports and local events.** Team sports are a great way to stay fit, have fun and meet new people. And if you find something you love to do it won't feel like exercising! Check your local paper and sport and social groups for a listing of activities. Or visit <http://www.active.com> to find out what is going on in your community.
55. **Know how many calories you're burning when you exercise.** Weight loss occurs when you burn more calories than you take in. To find out how many calories your favorite activities burn, use the Calories Burned Calculator at <http://redbook.ivillage.com/health/1,,986hzzzr,00.html>
56. **Take 10,000 steps a day.** It has been suggested that to stay in good shape, adults should talk at least 10,000 steps a day. If you figure that most people have a stride that is about two and a half feet long, then it would take a little more than 2,000 steps to walk a mile. So 10,000 steps is approximately 5 miles. To find out how many steps you're taking, get an inexpensive pedometer. At first you'll find 10,000 difficult, but you'll be surprised how quickly you can meet and exceed this number by finding simple ways to walk a few extra steps. For example, take the stairs instead of the elevator, park on the outskirts of the parking lot or get off the bus a stop before your regular one. To increase your heart rate while walking, take smaller strides so you are moving your legs faster.
57. **Get moving while you do household chores.** Turn on some music and dance while you clean. Walk to the corner store instead of driving. Try to pursue certain hobbies that involve body movements. One such easy and popular activity is gardening. You can practice gardening in your own house. This will not only involve certain bodily movements but will also be a pleasurable experience for you. Apart from gardening you can also do some household chores like cleaning windows, dusting, washing and scrubbing the floor. Carrying out these activities will also help you to stay in shape.

## **Eating Right**

58. **Reduce the risk of heart disease with Omega-3s.** If you want to keep your heart healthy, Omega-3 Fatty Acids are your best defense against heart disease. There are many different options in terms of foods that are high in Omega-3s. Most people believe

that fish is the only source. Consider avocados on your sandwich, flax seeds in a salad, or walnuts on your apple pie. Olive oil contains a small amount of Omega-3s as well, making it a great alternative to butter or vegetable oil. You can also use a fish oil supplement if you want to ensure that you are getting what you need to be heart healthy.

59. **Eat spinach for your eyesight.** Rabbits eat carrots for good eyesight, right? Well, yes and no. While carrots are good for the eyes, spinach is a better option! Rich in lutein, spinach has been linked to preserved eyesight among the elderly. It is also beneficial at fighting diseases that affect the eye. Carrots are rich in retinoic acid, a powerful antioxidant, but while they are extremely nutritious there is little evidence that they actually affect eyesight
60. **Stay away from fad dieting.** Fad dieting is just what the name entails, a fad. Typically, fad diets consist of eating plans that deprive your body of some essential nutrients and provide insufficient caloric intake for most people. Some examples of fad diets that have become popular throughout the past decade include the Grapefruit Diet and the Cabbage Soup Diet. While these diet plans may help you to lose weight quickly, they are not sustainable and long term use may actually lead to health problems. A well-balanced diet and exercise plan is a better approach to losing weight.
61. **Know how many servings of fruits and vegetables you're getting.** There is so much talk about the right number of servings of fruits and vegetables – do you know what consists of a serving? Honestly, a serving size will vary from one food to another, but here are some examples:
  - One cup of 100% fruit (or vegetable) juice
  - One cup of canned vegetables (or canned fruit)
  - Two cups of green leafy vegetables, such as spinach or escarole
  - One cup of dry peas or beans (there will be more than 1 cup after cooking)
  - Half a cup of dried fruit, such as raisins, apricots or cherries.
62. **Eat smaller meals more frequently.** Rather than packing all of your nutrition into three square meals per day, nutritionists recommend breaking your calorie intake into smaller amounts and eating more frequently. This will help you to keep your blood sugar consistent so that you don't feel hungry. Never skip a meal, because it will result in your body missing out and you will definitely feel hungrier than normal. If you do skip a meal, be sure to eat as soon as possible and choose wisely. When you are hungry, sometimes nutrition is your last concern. A good practice is to find out your recommended daily intake of calories, and to divide it by six, or even eight. Then, eat small meals with that approximate calorie amount in order to stay nourished throughout the day.
63. **Eat a variety of berries.** During the summer months, you can get plenty of strawberries, cranberries, blueberries, blackberries and raspberries. These fruits are high in antioxidants and contain very few calories per serving. In fact, blueberries are one of the best foods you can eat when you want to maximize your antioxidant intake. Antioxidants will keep

you looking, and feeling, young. And according to recent research findings, foods high in antioxidants also have the ability to slowly destroy cancer cells.

There are lots of ways to include more berries in your diet. Add them to your mixed greens for a tasty salad. Serve them over ice cream or mixed into yogurt and then sprinkled with crystallized ginger for a quick and healthy dessert. Or for a delicious breakfast, mix up a berry smoothie containing cranberry juice, blueberries, yogurt and sliced banana. Yum!

64. **Avoid trans fats.** Trans fats should be avoided as much as possible in your daily diet. For years, there has been concern that trans fats can raise the amount of LDL (bad) cholesterol in your body. Some of the worst offenders are frozen convenience foods such as breaded chicken or fish sticks, fast food and baked goods. Other surprising sources are crackers, microwave popcorn, cereals, flavoured coffees and soups. Be sure to check all product labels so you know whether what you're eating contains trans fats. Even if it says low-fat it may still contain trans fat. Often if you look, you'll find substitutes that are much healthier.
65. **Eat your veggies raw.** It is best to eat your vegetables raw, as cooking will remove some of the nutrients that are essential to good health. A diet rich in fruits and vegetables should also include fats, because research has shown that fats help to increase the absorption of essential vitamins and phytonutrients. (Phytonutrients are the chemicals that give fruits and vegetables their bright coloring, and each type provides a different benefit to the body.)
66. **Buy groceries from around the outside of the grocery store.** The more natural the foods you eat, the healthier you'll be. A great rule of thumb for choosing wisely at the grocery store is to shop only the outer perimeter. This will give you the fresh fruits and vegetables, dairy, breads and meat that make up a balanced healthy diet – without the fillers and junk food found in the aisles!
67. **Keep your cholesterol level in check.** Cholesterol is a hot topic right now. There is so much emphasis on reducing intake of bad (HDL) cholesterol that there seems to be something missing. Remember, it's just as important to raise the amount of good cholesterol (LDL) as it is to eliminate the bad. Red wine is thought to be a food that increases the amount of LDL cholesterol in the body. Two ounces of red wine daily is thought to be beneficial to most people. Another great choice is olive oil, which is believed to lower HDL (bad) cholesterol. There is no definitive proof to this claim; however studies have shown that regions where olive oil is a staple, the number of people developing vascular disease is significantly less than in other places. Consider substituting olive oil for butter in recipes, as the heart healthy benefits of olive oil make it a tasteful and healthy alternative
68. **Watch what you eat to avoid heartburn.** Keep heartburn flare-ups at bay by reducing your intake of fat and foods that are high in acid content, such as coffee, tea, tomatoes, carbonated soda and spicy foods. Studies suggest that increasing the amount of lean protein in your daily diet may also help. If you still have problems, avoid eating within

two hours of bedtime. Or, if you cannot avoid eating late in the evening, lift the head of your bed six inches or use additional pillows to prop yourself up in the bed.

69. **Eat hot peppers to control headaches.** If you suffer from migraines, sinus headaches or even cluster headaches, you may find relief when you eat hot peppers. Although those with reflux problems should not eat hot peppers, they are beneficial to headache sufferers.
70. **Make sure you're drinking enough water.** Eight glasses of water may not be enough. Most people believe that they need to drink eight glasses of water per day to stay healthy and hydrated. However, those who exercise or perform other strenuous activities may need to boost their water intake even more, particularly in hot weather. If you find that your urine output is insignificant, or dark and concentrated, there is a good chance that you are simply not drinking enough water. Dehydration is a dangerous condition, so it is critical to ensure that you are drinking a minimum of eight glasses per day.
71. **Don't fall for the myth of "oxygenated water".** Oxygenated water – water proclaimed to have higher oxygen content – is impossibility according to leading researchers who explain that it is not possible to alter the molecular structure of water by adding additional oxygen. Plain old fashioned water is still the best choice.
72. **Don't bother with fortified water.** Waters that are fortified with a variety of minerals and nutrients have become quite popular lately. Dieticians advise that along with these essential chemicals, you are probably getting more sugar. Their advice is that when you take a multi-vitamin you are getting what your body needs and these fortified waters are unnecessary.
73. **Cut out coffee.** Coffee can cause you to gain weight due to the presence of cortisol and insulin. Not to mention the cream! Substitute green tea for coffee, and you will find that you can lose about ten pounds in fourteen days – while making no other dietary changes.
74. **Choose only 100% fruit juices.** If you find it hard to get the recommended number of servings of fruit and vegetables, fruit juices can be a good alternative. When selecting fruit juice, look for varieties that are 100% pure and have low added sugar content. Even still, be careful not to have more than two six-ounce servings per day. Since these juices are extremely high in sugar and calories any more may exceed the recommended 15% of your daily calories.
75. **Don't skip meals.** When you skip a meal, your body wants to make up those calories and as a result you are more likely to get out of control hunger, which leads to overeating. When you're that hungry you also don't think about good nutrition and reach for what's closest rather than what's healthy. Avoid problems by eating breakfast, lunch and dinner every day with small snacks between meals.
76. **Limit alcohol consumption.** A little alcohol won't hurt you – in fact studies show that drinking a glass of red wine every day may actually help reduce the risk of heart attack and stroke. But remember that alcoholic beverages are chocked full of empty calories.

And as if that's not bad enough, alcohol slows down the metabolism. Extra calories + slower metabolism = weight gain

77. **Eat smart when you're at a restaurant.** Take advantage of salad and fruits available from fast food restaurants. Just leave out the dressing and you'll have a healthy alternative to burgers and fries. At buffets, have a full plate of healthy salad items first to fill you up. But don't assume everything at the salad bar is healthy - mayonnaise based salads, bacon, croutons and fatty dressings are all loaded with extra calories and fat. And don't overeat - get a doggy bag and enjoy the rest the next day.
78. **Make snacks easy.** Let's face it, it's easier to grab a chocolate bar or bag of chips than carrot sticks. Help yourself make healthier snack choices by keeping pre-cut, cleaned, and packaged fresh fruit and vegetables in the fridge. They're even easy to take with you to work on when you go out.
79. **Limit your sugar and fat intake.** Rather than eliminating all foods that are high in sugar or fat from your diet, try simply reducing the frequency that you eat them. As with anything, moderation is best.
80. **Keep a food diary.** If you think that your diet may be too high in fat or calories, keep a food diary for a few weeks to help you determine where these foods fit into your daily eating habits. After all, how can you fix a problem when you don't know that it exists? A food diary will also let you know if you are getting all of the nutrients that you need. You will probably find that your diet is missing something.
81. **Make food substitutions to limit fat.** If you want to reduce the amount of fat in your diet, consider switching to skim milk and dairy products made with skim milk. Also, when selecting your cuts of meat, consider options that are lower in fat, such as flank steak and extra lean ground beef. Chances are you won't notice a difference but you'll significantly reduce your fat intake.
82. **Find ways to reduce the fat in fatty foods.** Fried chicken is almost as American as apple pie. And if you love it, you shouldn't give it up simply because it is high in fat. As with other high fat foods, the key is to find a way to reduce the fat without reducing the taste. Skinless chicken is the healthiest choice. And using canola or another vegetable oil is healthier than lard or other animal fats. Making these simple changes will dramatically decrease the amount of fat you're eating.
83. **Spread your nutritional requirements over time.** If you don't get enough of a particular food group on a single day - it is ok to make up for it the next. If you select your food choices wisely, you will find that you are getting better nutrition from your diet.
84. **Change what you eat gradually.** When making changes to your eating habits, make incremental changes over time rather than an all at once campaign to eliminate bad food from your lifestyle. After all, Rome was not built in a day! You will be more successful

in your attempt for a healthier lifestyle if you make changes to your eating gradually than if you attempt rapid change.

85. **Don't deprive yourself of junk foods – just limit them.** There is no reason to associate food with guilt. You should never term a specific food good or bad. If you love to eat junk food or desserts it is ok to continue to eat them, just as long as you eat them infrequently and keep the rest of your diet balanced. When you simply must have a food that is high in fat or calories, try to find the option that has the lowest possible amount of “bad” ingredients.
86. **Eat lots of “good fats”.** Essential Fatty Acids, or EFAs, are the good fat! Yes, there is evidence to support the idea that EFAs are no longer just good for your heart. Fatty Acids, such as Omega-3, provide important support for your body. For example, EFAs are known to increase bone mineral density. They have been long known for their beneficial effects on the heart as well. Essential Fatty Acids like Omega-3s help your body and your heart to stay young. If you are finding your hair brittle, or that your skin lacks a healthy glow the answer may be found in your kitchen. There has been substantial research done that proves that Essential Fatty Acids are the key to healthy hair and skin.

If you are not getting enough Essential Fatty Acids in your diet, you are among millions. You do have some options; consider taking Omega-3 supplements, or eating foods that are high in Omega-3s such as leafy greens and fish. Flaxseed oil is another option. You should try to get at least 1-3 grams of Essential Fatty Acids each day from the foods you eat, or dietary supplements.

87. **Take a fish oil supplement to boost your intake of Essential Fatty Acids (EFAs).** If you decide to use fish oil supplements to boost your Essential Fatty Acids intake, take a careful look at the supplements you are considering. You should never take a supplement that contains heavy metals or Polychlorinated biphenyls. And, always store your supplements in the refrigerator.
88. **Eat like the French.** There are lots of lessons to be learned from the French when it comes to eating. Did you know that Americans eat nearly 10 times more sugar and salt than French people? Ten times! And did you know that obesity is almost unheard of in France? Experts agree that this has a lot to do with the fact that their portions are significantly smaller than ours. Instead of limiting what they eat, they limit how much they eat. So take a cue from the French and eat what you want - even high fat foods (gasp) - but only have a small amount.
89. **Eat tomatoes.** Tomatoes are rich in Lycopene, which is what also gives them their coloring. Lycopene is a known antioxidant that helps your body to prevent cancer. Tomatoes help to destroy free radicals, associated with cancer in the human body. Tomatoes contain high amounts of Vitamin C and Vitamin A, two vitamins known to fight off colds and infections. Also, tomatoes contain potassium, calcium, niacin and other essential minerals.

90. **Eat yogurt.** Yogurt is high in calcium, which is essential to healthy skin and bones. It also contains *Bulgaricus* and *Streptococcus thermophilus*, which are live bacteria that help to convert milk into yogurt and are known to be essential to the digestion process. If you are fearful of eating yogurt due to the presence of live bacteria, you should know that the bacteria in yogurt are good for boosting your immune system and they also help to lower cholesterol. Yogurt contains high amounts of protein, along with many of the nutrients that are essential to a healthy body including Riboflavin, potassium and Vitamin B12.
91. **Eat avocados.** Avocados are a food that many people avoid because they are high in calories. However, they are one of the healthiest foods that you can eat. For one thing, avocados are high in glutathione, which is an antioxidant known to destroy free radicals and slow the signs of aging. They are also a fantastic source of calcium, known to support healthy teeth and bones. And they contain a high amount of “good fats”.
92. **Increase your calcium intake with dark leafy vegetables.** Milk and dairy products are no longer thought to be the only good source of calcium. Nutrition experts believe that dark leafy greens are also an excellent source of this important mineral. Eating dark leafy vegetables such as spinach, kale, arugula and swiss chard will help keep teeth and bones healthy, ward off osteoporosis and keep your heart healthy. In fact, foods like spinach and other green leafy vegetables can actually help to normalize heart rate and nerve impulses and to improve the clotting ability of the blood.

In addition to being a great source of calcium, dark leafy green vegetables contain a high amount of Vitamin C, Vitamin A and fiber. These things are all essential to a healthy diet and should be included in your daily food intake. A simple way to integrate leafy greens into your diet is to replace french fries with a salad when dining out.

93. **Eat salmon.** Salmon is high in Omega-3, an Essential Fatty Acid known to be very beneficial to overall health. In fact, salmon is one of the best foods for those looking to get more Omega-3 Fatty Acids in their diet. Salmon helps to promote heart health, because it contains Omega-3, which is known to help fight against degenerative diseases and to improve cognitive and behavioral function in older adults. Salmon may actually help those suffering from depression as a result of its high content of healthy fats, which are related to the improvement of behavioral function. Salmon is also a great source of protein, and offers a lower fat content than other meat options. In addition, the fish is high in Vitamin B-12, Vitamin B-6, magnesium and phosphorus.

Keep in mind though that there are health risks associated with salmon due to the presence of heavy metals such as mercury and other potential toxins. To reduce the chances of contamination make every attempt to only purchase wild salmon.

94. **Choose organic foods.** The major difference between organic foods and other foods is the way in which they are produced. The most common form of organic food is produce, and organic produce is almost always grown on small family farms that are operated with the environment in mind. Organic farmers do not use pesticides on their produce, meaning that when you eat the produce there are less artificial and harmful chemicals

entering your body. Organic foods are higher in essential nutrients like calcium, Boron, Lithium and magnesium. Formerly, organic foods were only available in specialty stores and farmer's markets. But today you can buy organic foods in nearly any grocery store. When you want to care for the environment and live a healthier lifestyle, organic foods provide you with the ability to do both.

95. **Increase your fiber intake.** Diets high in fiber are a good way to maintain your good health. Fiber is helpful in reducing cholesterol and lowering blood pressure. According to the Academy of Family Physicians, you should have 4-5 servings of fresh fruit and vegetables every single day. Some fruits and vegetables that are known for their fiber content include oranges, berries, apples, carrots, broccoli, beans, peas, pears and cauliflower. Substitute bran or wheat bread that is high in fiber for white bread. And cooked beans add a large amount of fiber to the diet.

96. **Include nuts in your diet.** Nuts contain high concentrations of oils, vitamins and minerals that are essential to the growth of their particular plant. Fortunately, they are also very nutritious for humans too. It is best to opt for raw, unshelled and unprocessed nuts that contain the original concentrations of oils. Shelling a nut removes some of the oils – so don't shell them until you are ready to eat them. Nuts are easily and quickly digested by most people, particularly when they are eaten with dried or fresh fruits. Therefore, you get the nutrients and energy a little faster than you might with other foods.

Nuts are high in fat and calories, so although they contain many valuable nutrients it is a good idea to limit your intake. They are definitely a good substitution for other snack foods and can be included in meals to augment the flavour and nutrition of the other foods being eaten.

97. **Prepare and freeze healthy meals.** When you're busy, it's quicker and easier to grab takeout than to make a home cooked meal. Prepare some of your meals for the week ahead of time and keep them in the freezer. Homemade soups, chili and casseroles are easy to make and heat up when you are on the go. Don't think you have the extra time to cook ahead? Next time you're making your favorite recipe, double it and put half in the freezer.

## Oral Care

98. **Get an electric toothbrush.** Researchers in the UK recently conducted a study to determine if manual and powered toothbrushes show the same effects after brushing. The results were not surprising, and showed that after three months of continued use, powered brushes actually removed 11% more plaque than manual brushing. Additionally, gum irritation and gingivitis were also significantly reduced among study participants – up to 17%. Powered brushes with a variety of motions and bristle arrangements were examined during the study, and those with a circular motion seemed to be the most effective.

99. **Eat raisins to reduce tooth decay.** Although high in calories (493 calories per cup), raisins are thought to significantly reduce tooth decay. The dried fruit actually seems to block oral bacteria commonly associated with tooth decay and gum disease.
100. **Whiten your teeth naturally.** Strawberries are known for their excellent nutritional value, but they also make an excellent home tooth whitener when combined with baking soda. Believe it or not, the malic acid in the berry, when combined with baking soda, makes a quick and easy paste for brightening your smile.

Malic acid is an astringent, which can remove coffee and tea stains from the surface of your teeth. Obviously, you should not expect the same results that you would get in your dentist's chair, but the effects are not bad for a quick and inexpensive alternative treatment.

To try this yourself, combine 1 strawberry (crushed) with ½ teaspoon of baking soda. Apply to your teeth with a soft bristled brush and leave on for 5 minutes. After 5 minutes, brush regularly and floss if necessary. This treatment is safe for use once a week. Using it more frequently could potentially damage the enamel of your teeth.

101. **Take care of your teeth and gums.** Did you know that gingivitis can lead to heart disease? It may seem strange that gum disease can affect your heart but researchers have found a definite link. In fact, a study in 2004 found that 91 percent of patients with heart disease also had moderate to severe gum disease. Avoid problems by brushing and flossing after every meal and visiting your dentist for cleanings every 6-9 months.