LISA’s Guide to Healthy Living And Daily Lifestyle Regiments and Practices:

Healthy Living is each individual person creating a healthy lifestyle, by balancing both physical and mental health to function together and Improve the quality of life, longevity and healthy aging.

Many factors affect your health, such as your genetic makeup or your age, one has the ability to change your healthy living through making changes to you daily lifestyle such as nutrition, diet, mediation and breathing exercises, sleep, exercise, and preventive alternative medicine such as yoga, massage, acupuncture and natural herbal supplements. By taking steps toward a healthy living, one can reduce the risk of heart disease, cancer, stroke and other serious diseases and ailments.

Articles Below:

https://theoncologist.alphamedpress.org/content/9/1/80.full

<https://theoncologist.alphamedpress.org/content/9/1/80.full.pdf+html>

http://www.sciencedirect.com/science/article/pii/S1049386704000842

http://ajph.aphapublications.org/doi/full/10.2105/AJPH.92.10.1582

<http://www.methodesurrender.org/docs/art_nhsr_2007.pdf>

Barnes, Patricia M., Barbara Bloom, and Richard L. Nahin. "Complementary and alternative medicine use among adults and children: United States, 2007." (2008).

Bentson McFarland, Douglas Bigelow, Brigid Zani, Jason Newsom, and Mark Kaplan.  Complementary and Alternative Medicine Use in Canada and the United States. American Journal of Public Health: October 2002, Vol. 92, No. 10, pp. 1616-1618.

NUTRITION, HEALTH AND WELLNESS

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Water is THE most important resource, a necessity to maintain a healthy body, clear mind and essential nutrient to survive . All the body reactions need water, need to cool and remove wastes and stay hydrated.

We are composed of about 70% water or more depending on the individual

We can live very few days without water, other fluids and beverages make up 80-90% of daily water intake

Women and Men should drink at least 8-10 glasses of water a day, more water should be consumed depending on if drink coffee, dehydrated drinks such as soda, sugar drinks, fruit drinks, alcohol about half of your body weight every day example I am 125lbs.

I should drink 63.5 ounces almost 2 liters of water per day.

ALWAYS STAY HYDRATED, MINERAL WATER,

COCONUT WATER, ELECTROLYTE WATER, AKALINE WATER ARE ALL GOOD FOR U!



VEGETABLES CONTAIN 90% WATER, 10% SOLIDS GOOD FOR BODY AND MIND

MINERALS: VEGETABLES GOOD SOURCE OF MINERALS, ALKALIZING EFFECT AND BENEFITS THE BLOOD AND TISSUES

* At least 3-5 fruits a day
* AN APPLE A DAY KEEPS THE DOCTOR A WAY!! VERY TRUE!!
* APPLES, BLUEBERRIES, STRAWBERRIES, RASBERRIES, BANANAS, ORANGES, CLEMENTINES, TANGERINES (VITAMIN C), LEMONS,GRAPEFRUIT, CHERRIES,GRAPES,

PLUMS, PINEAPPLE AND EXOTIC FRUITS SUCH AS LITCHI, RAMBUTAN, KIWI AND MORE…

* 3-5 Cooked Vegetables a Day Ideally a balance half fruit and vegetables with cooked and warm food for your digestive system and help metabolize and breakdown the nutrients
* GREAT TO MIX THE VEGETABLES UP IN VARIETIES: DIFFERENT TYPES OF VEGETABLES THAT INCLUDE IN YOUR DIET
* COOK AND SAUTE FOODS WITH NATURAL AND HEALTHY OILS: EXTRA VIRGIN OLIVE OIL, COCONUT OIL, SESAME OIL, ADVOCADO OIL, ALMOND OIL, STAY AWAY FROM CANOLA OILS AND MARGARINE. NATURAL GHEE AND UNSALTED BUTTER ARE OKAY IN MODERATION.
* IMPLEMENT THESE HEALING FOODS AND SPICES IN YOUR DIET: SUCH AS BASIL, OREGANO, ROSEMARY, THYME, BROCCOLI, BAMBOO SHOOTS, LEEKS, CABBAGE, SPINACH, TURNIPS, PARSNIPS, MUSHROOMS, CHINESE ONION, SCALLION or CHIVES, FERMENTED SOYBEAN (NATTOKINASE), CARROTS, CELERY, CHARD, BRUSSEL SPROUTS, ASPARAGUS, PEAS, BEANS, POTATOES, ARTICHOKES, EGGPLANT, BUTTERNUT SQUASH, AVOCADOS, ZUCCHINI, CUCUMBERS, GARLIC, CINNAMON, GINGER, TUMERIC.
* IT IS ESSENTIAL TO DRINK AT LEAST ONE-FOUR CUPS OF NATURAL, (HEATED) WARM HERBAL TEAS SUCH AS: GINGER LEMON, PEPPERMINT, ANY MINT, GREEN TEAS, CHAMOMILE, HIBISCUS, AND MANY MORE
* TEAS ARE MEDICINAL AND BENEFICAL FOR THE BODY FOR MY INFORMATION ON HEALTHY AND NATURAL TEAS: http://www.traditionalmedicinals.com

MAINTAINING PORTION SIZE CONTROL AND NOT OVEREATING TOO MUCH AND NOT EATING TOO LATE AT LEAST 1.5-2 HOURS BEFORE YOU SLEEP (Eating regular meals 3-5 times a day depending on physical activity) Healthy Snacks are good, small amounts and as long as it is not a meal replacement.

VEGETABLES AND GRAINS PROVIDE PROTEIN

CARBOHYDRATES: SUCH AS POTATO, RICE , WHOLE GRAINS

CHLOROPHYLL: GREEN PIGMENT FOUND IN PLANTS, SUCH AS SEAWEED

NUTS: ALMONDS, PEANUTS, HAZELNUTS, PUMPKIN SEEDS, SUNFLOWER SEEDS WALNUTS, ARE ALL GREAT FOR THE BRAIN!!

PHYTOCHEMICALS: FOUND IN VEGETABLES AND LEGUMES, POWERFUL ANTIOXIDIANTS, PREVENT CANCER AND CORONARY DISEASE

PROTEIN: YOUR BODY NEEDS PROTEIN REBUILD MUSCLE AND HELP WITH STRENGTHEING THE BODY:

MUSHROOMS, EGGS, BEANS, DARK GREEN LEAFY VEGETABLES, TUMERIC, CINNAMON AND GINGER: THESE ARE CONSIDERED SUPERFOOD/NATURAL HERBAL SPICES AND SUPPLEMENTS FORM FOR ANTI-INFLAMMATORY, ANTI-BACTERIAL, HELPS WITH MEMORY AND BRAIN FUNCTION, DIGESTIVE, AND MANY MORE CHRONIC AILMENTS.

GREAT FOR ANTI-AGING AND FOR LONGEVITY, EXTENSIVE RESEARCH AND STUDIES HAS SHOWN THAT TUMERIC DOES WORK AND IT SHOULD BE INCLUDED IN THE DIET.

I HIGHLY RECOMMEND TAKE AT LEAST 2-3 TUMERIC PILLS/DAY WITH FOOD EVERYDAY, IT SHOULD BE AUTOMATIC LIKE ADDING SALT AND PEPPER.

IF TAKING MANY WESTERN MEDICATIONS AND ANTIBIOTICS, IT IS GOOD TO CHECK WITH MEDICAL PHYSICAN TO MAKE SURE THERE IS NO INTERFERENCE.

VITAMINS AND MINERALS:

CALCIUM: EGGS, BEANS, MILK, CHEESE,YOGURT, DARK GREEN LEAFY VEGETABLES,TOFU, LEGUMES

FUNCTION HELPS WITH BUILING BONES, TEETH,AIDS IN BLOOD CLOTTING,MUSCLE AND NERVE FUNCTION

IRON: DARK GREEN LEAFY VEGETABLES, KALE, SPINANCH, EGGS, BEANS,SEAFOOD, FISH, NUTS, DRIED FRUITS

FUNCTION HELPS WITH RED BLOOD CELL FUNCTION

MAGNESIUM: GREEN LEAFY VEGETABLES, LEGUMES, BROCOLLI, ASPARAGUS,NUTS, WHOLE GRAIN FOODS

FUNCTION: AIDS IN MUSCLE AND NERVE FUNCTION, HELPS IN RELEASE OF ENERGY

PHOSPHORUS:FISH, POULTRY, MEAT,EGGS, BEANS, DAIRY PRODUCTS, GOAT CHEESE, SOY, ALMOND, COCONUT MILK

FUNCTION: HELPS PRODUCING HEALTHY BONES AND TEETH, RELEASE ENERGY

POTASSIUM: GRAIN, FRUITS, VEGETABLES, FISH

FUNCTIONAL HELPS MAINTAIN WATER BALANCE, MUSCLE AND NERVE FUNCTION

SODIUM: YOUR BODY NEEDS NATURAL SALT, HIMALALYAN SALT, SEA SALT, SEAWEED

HELPS MAINTAIN WATER BALANCE AND NERVE FUNCTION : DRINK WATER, EAT THE RIGHT FOODS, MEDIATION, DEEP AND SLOW BREATHING EXERCISES, DIET, SLEEP (6-8 HOURS A DAY) EXERCISE AND MODERATION ARE WAYS TO ACHIEVE A BALANCE HEALTHY LIFESTYLE AND IMPORTANT FOR HEALTY LIVING.

Healthy Living Websites and Sources:

<http://www.care2.com/greenliving/top-12-superfood-herbs-and-spice.html>

<http://www.sheknows.com/health-and-wellness/articles/803694/seven-super-spices-for-super-health>

<http://www.huffingtonpost.com/2012/11/08/healthy-herbs-spices-healthiest_n_2089007.html>

http://www.webmd.com/food-recipes/features/spices-and-herbs-health-benefits

http://online.liebertpub.com/doi/abs/10.1089/acm.2005.11.267