

Special Note. We're happy to bring you a clear summary of the best practices for determining what is meant by a "Healthy Lifestyle" – a phrase often heard but seldom understood.



Taking Control of Your Health

A Monthly Newsletter from Antonella Martino, March 2017

Let's Define "Healthy Lifestyle" – Simply and Practically

Prepare and eat nutritious meals.

These meals should include food components like vitamins (such as D, C, E, K, B12, B6 and Folate), minerals (for example: Potassium, Phosphorus, Chlorine, Sodium, Fluorine, Magnesium, Calcium, Iron and Zinc), fibers, water, enzymes, amino acids and antioxidants like the ones found in locally grown, fresh seasonal fruits and vegetables. These kinds of foods are best if consumed raw: cooking can diminish their nutrients value. Consuming large quantities of these natural ingredients may reduce the risks for cardiovascular and neurodegenerative diseases, some cancers and may reduce body inflammation.



Lack of these nutrients in our diet can cause to the creation of precursors of disease and chronic medical conditions. Remember, the body is a self-healing vehicle in the same way that our cars run better and last longer if given the right type of fuel. If we do not take care of ourselves at all times, how are we going to live? It may be a cliché but a true one nonetheless that "We are what we eat."

Why do we eat? We do so to support our body and cells, providing the energy to conduct daily life activities; however, most times we eat because we want to satisfy our palate. We often misuse food by opting for the many unhealthy choices that are available to us all around and at convenient prices, too.

The science of Nutrition interprets the interaction of nutrients and other substances in food in relation to maintenance, growth, reproduction, health and disease of an organism. It includes food intake, absorption, assimilation, biosynthesis, catabolism and excretion. (For deeper understanding, consider researching all the links to Wikipedia.)

Manage weight and waist circumference by staying active and eating healthy.

Waist circumference provides us information to where the body fat is stored. Carrying weight centrally (and visceral fat, the fat surrounding our vital organs) puts us at risk of heart disease and type II diabetes.

Daily physical activity completes the health benefits that eating the right foods give us.

Being active can include any of these: walking, swimming, dancing, cycling and even chair exercises.

Stress management is most important for our health and disease prevention, even if when we do not realize stress is affecting.

To manage stress, practice any of the following: yoga, breath work, meditation, Tai Chi or hobbies.

(Playing and listening to music, painting, drawing and any others activities we consider fun and instructive can help our bodies manage the normal stress of life, the most difficult times.)



Having a restful sleep every night improves all our body functions.

Lack of restful sleep or sleep deprivation, on the other hand, can lead to the loss of cognitive functions like alertness, concentration, problem solving ability as well as an increase in the risk for weight gain, heart disease, heart attack, high blood pressure and diabetes. It may even cause depression and affect how our skin looks.



Reducing the use of or our exposure to toxins, as these may impact our health, represents a must and an opportunity for a healthier life.

Among these toxins, include such things as:

- Smoking
- Heavy metals (Mercury, Lead, and Aluminum)
- Skin care products
- Make up
- Soaps
- Shampoos
- Talcum powders
- Perfumes
- Deodorants
- Toothpastes
- Sunscreens
- Cookware
- House cleaning products

What we eat, breathe and goes on our skin contributes to either the ailments or health of our bodies.

Avoid prolonged sitting.

Interrupting long sessions of sitting with brief (more or less 5 minutes) bouts of standing or light-intensity ambulation - every 20 to 30 minutes - improves overall health (including blood sugar levels).

And so, what are the benefits of engaging in healthy lifestyles?

Reducing the probability of developing diseases; increasing strength and energy; boosting the immune system; improving mood; augmenting bone density; maintaining self-esteem; sharpening memory; reducing stress; helping with restful sleep; stabilizing body weight. And much more!

We are here to help you improve your health and learn about your body.



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