

PAULA OWENS



www.PaulaOwens.com



Top Ten Pointers to Create Holistic Health and Well-Being

1. Avoid dairy, refined, unfermented soy, sugar and gluten containing products.
2. Consider supplementation with probiotics, fish oil, vitamin D and digestive enzymes.
3. Ensure adequate consumption of filtered water for your body weight (a minimum of half your weight in ounces daily). Add a small amount of Celtic sea salt to water.
4. Eat whole, unprocessed foods preferably organic foods.
5. Bi-annual blood work for complete CBC differential and hormonal profile. Review with a qualified health practitioner.
6. Eliminate toxins. We're exposed to toxins from food additives and preservatives, dry cleaners, pesticides and chemicals. The average American has 116 synthetic compounds in his/her body according to the Centers of Disease Control and Prevention.
7. Daily sensible exercise. The body MUST move on a daily basis to remain healthy, vital and young. The intensity and frequency of your exercise plan depends on your level of fitness and overall health. Unfortunately, people tend to either under-exercise or over-exercise.
8. Quality Restful Sleep: In bed by 10pm and sleep until 6am. Physical regeneration happens between the hours of 10pm – 2am. Psychological regeneration occurs between the hours of 2am – 6am. Growth hormone is release within ninety minutes of falling asleep and during exercise.
9. Manage stress: Like sleep, REST is vital to a healthy and youthful body and mind. Stress has been linked to almost every major disease AND to weight gain and obesity. Rest is your secret weapon against stress.

Rest may take the form of meditation, a nap in a hammock, a hot relaxing bubble bath with Epsom salts and lavender, qi gong or reading something spiritual or uplifting. Manage your "to-do" list, set boundaries, volunteering, pets, listening to classical music are other stress busters. Practice ten minutes of daily meditation, solitude and deep, full breathing
10. Spiritual connection: Your intention to connect on a soul level is vital for balance and harmony of your being. The manner in which you may choose your spiritual connection may include any of the following: surrounding yourself with like-minded spiritual friends, prayer, reading something spiritual, meditation and/or solitude in nature.

Read more Holistic Health, Vitality, Longevity and Fat Loss in my book,

THE POWER OF 4
Your Ultimate Guide Guaranteed to Change Your Body and Transform Your Life

PAULA OWENS

Your Ultimate Source for Health, Vitality, Longevity and Fat Loss

www.PaulaOwens.com



~ BE EMPOWERED ~ BE INSPIRED ~ BE AUTHENTIC ~