

20 Tips for a Healthier You — Part 2 of 5

by Tonja K. Taylor

There are many things you can do to become healthier, that are not hard and don't require lots of money or equipment. In the last article, we covered the first four ways:

1. Eat less, more often
2. Eat more than just "breakfast food" at breakfast
3. Use olive oil or sunflower oils for cooking
4. Eat organic as much as possible

I am not a dietician, nor a doctor, nor a nutritionist, but I started praying years ago that the LORD would give me wisdom about how to take better care of my body, and I have learned many things (some the "hard" way, by experimenting on myself and my family!) about nutrition, fitness, and health. I'm far from an expert, but these things have helped us, and others who've taken my advice, to be more healthier.

Now here are tips 5-8:

5. Take good supplements daily, or at least a few times a week.

Most people do not eat enough good foods to get all the vitamins, minerals, enzymes and other nutrients they need to have good health, so supplements can help fulfill the body's daily requirements of these. They don't have to be expensive. Usually, those in the middle of the price range of supplements perform well enough to truly attain the goal of better health.

However, the supplements must be able to be broken down easily by the body, or they will just pass through as wasted money and lack of help in attaining better health. Asking fitness experts that you know or doing research at a health food store will most likely lead you to a good selection of supplements that will be truly beneficial.

Supplements to take daily are a good multi-vitamin and Vitamin C. I find that 1000 mg twice a day works for me. However, if your bowel movements become loose or you get cramps, you are most likely taking too much.

I also take 1500 mg of oil of oregano (wild oregano) daily. This has helped to raise my immunity and helped me and others I know to get rid of or at least alleviate sinus problems, including sinus infection.

Also, many of the better supplements are taken 2-4 times a day, to keep the levels more balanced in your body.

In addition, taking a good probiotic (the "good bugs" that should be in your gut to protect you from sickness, from what I understand) can help straighten out digestion and raise immunity.

I take probiotics several times a week, and give them to my teen daughter. I believe the best ones are the refrigerated kind.

6. Drink good filtered water.

Most people don't have an artesian well of pure water in their back yards. If you do have a well, I recommend that you test the water, and even use a water filter.

I definitely recommend using a filter on water from city systems, because the unfiltered water that comes out of the tap is not good for your body or brain! You don't have to believe me—just ask your local water company for a report on what is really in the water, even after it goes through all of those processes at the plant to cleanse it!

Water is already a precious commodity and as the end of time as we know it approaches, good water is not going to be more plentiful. So it's important that you learn now how to

Water is the most important thing you can ingest. The body can go several days without food, especially if one is led by the LORD to fast, but the body must have water or it starts dying within three days, from what I understand.

Our bodies are over 70% water, and when we feel thirsty, our body is already doing without all the water it needs.

There are many types of water filters, but one of the most effective and economical I have found is the Zero Filter. It comes with a tester so you can test every week or so and make sure you are not consuming more TDS (Total Dissolved Solids) than six one-hundredths or so.

Most of the time, while my Zero Water tester reads "000" or "005" (meaning it's time to change the filter), the unfiltered tap water I test in a different cup reads "140" or more. One day, to my (almost) disbelief, I tested some unfiltered tap water, and the tester read "446"! I am so glad the LORD led me to the Zero water filter!

7. Drink cocktails.

No, I'm not advocating drinking alcohol—not at all. I personally never touch the stuff.

What I mean by "cocktails," comes from a book by Dr. Patricia Bragg, whose company creates Bragg Apple Cider Vinegar. This is made from fermented apples, and is very economical.

This was recommended to me years ago at a local health food store, and I'm so glad! The LORD knew my family and I needed this! I was having quite a few health challenges at the time.

The "cocktail" is simply a mixture of one tablespoon of apple cider vinegar, one tablespoon of honey, and 8 or more ounces of (filtered, please!) water. It is sour and takes some getting used to, but you can add more honey and water to dilute the strong taste.

What it does is help bring your body to an alkaline state, where germs have a hard time living and thus cannot cause sickness. When I started drinking the "cocktails" even once a day for a couple weeks (although the recommendation is 2-3 times a day), my digestion improved—I

started having bowel movements 3-4 times a day instead of just once a day, and that increased my immunity and energy!

8. Substitute agave nectar, honey, and/or stevia for sugar.

Most of us like sweets, and that includes me. However, in my early 40s, I started noticing that when I'd eat sugar, I'd have a reaction, and I didn't like that.

Sugar substitutes can take some getting used to, but it is worth the switch. However, if you want to stick with sugar, at least try brown sugar (which does not have bleach in it like at least some white sugars), and even better, organic brown sugar.

I caution you to stay away from the fake substitutes, that are manufactured chemicals that will not help your body and could harm them. If you ask the LORD to help you—because He created you and knows you better than you know yourself!—He will show you which products will work for you.

I believe applying these tips will help you be healthier