

Here are some tips to get started:

1. Never start a health improvement programme by taking away the things you love. Rather add good things first. As you become healthier the need for the bad things will naturally fall away. The more healthy choices you make over time, the more you will start to crave other healthy choices.

2. Increase the amounts of raw fruits and vegetables you are consuming. Make an effort to add a raw fruit or vegetable to every meal. By making this one simple addition to your life you will already be healthier.

3. Take the following supplements (from an organic manufacturer if possible): omega 3 fish oil, vitamin D, a multi-strain probiotic and a whole food vitamin and micronutrient complex (this can be replaced by juicing vegetables daily). These supplements are proven to be genetically required raw materials and it is extremely difficult to get sufficient amounts in our modern diet.

4. Incorporate as much activity as you can into your daily routine. Walk, instead of drive, take the stairs, play with your children. Daily movement is a vital requirement.

5. Always shop full. The food choices you make on a full stomach is drastically different to what you would buy while hungry. Stick to the whole food section of the supermarket.

6. Judge a lifestyle choice by how you

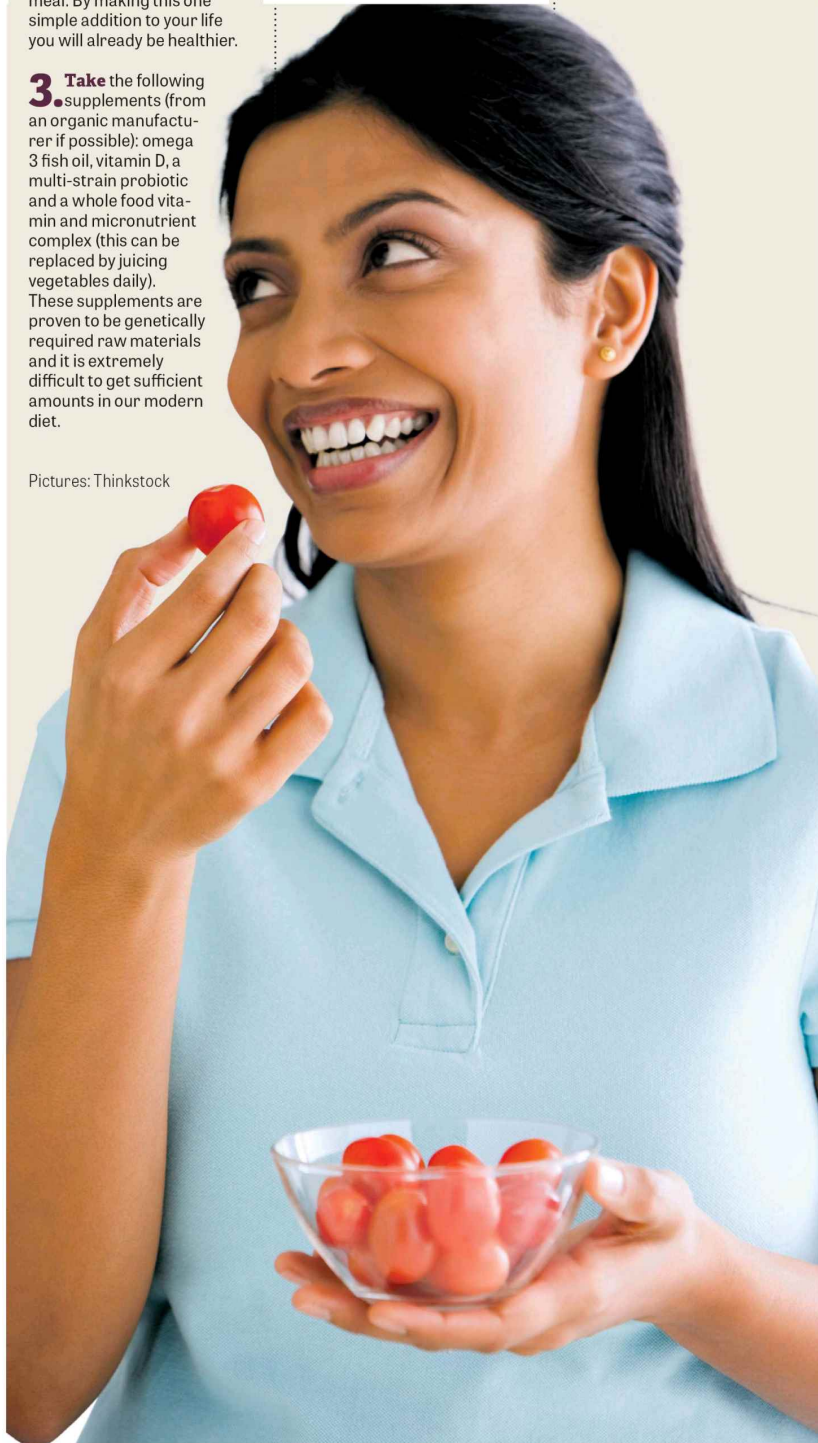
feel afterwards – not during. Have you ever regretted eating a salad or going for a walk in the sunshine?

7. Start and end every day with gratitude. Focus on what you have in life, rather than what you don't have.

8. Reduce your consumption of refined processed foods and sugar. Eat food as nature intended.



For more information
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