

## 10 New Year Resolutions

To improve your health



The Body Guard  
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## *Introduction*

Improving your health is as simple as starting with a few basic changes. And what better time to start than the New Year! These changes are not expensive, difficult or time consuming. In fact, they are easy, fun and delicious. These ten changes will add years to your life and support your ability to live well longer.

If you are under the supervision of a health professional, please consult with your doctor before making any diet and lifestyle changes. The following dietary and lifestyle suggestions require adjustment for your individual benefit. Any diet and lifestyle changes should be applied in consultation with your Natural Medicine Specialist as part of a Personal Protocol and individualized, long term treatment plan. A personalized protocol may contribute to your likelihood of becoming healthier sooner, as you and your practitioner will be able to focus on what your health priorities are and design your protocol to improve your health faster.

Dr Craig Hassed from Monash University recommends taking a holistic approach to health-care. In his book *The Essence of Health*, Dr Hassed suggests one of the foundations in maintaining wellness, preventing illness and treating any condition, particularly chronic illnesses, is education. This e-book is the tip of the iceberg of information provided by The Body Guard. For a full health assessment and individualized health guidance contact The Body Guard [christine@thebodyguard.com.au](mailto:christine@thebodyguard.com.au) today.

This book serves as a brief list of ideas to build on. These diet and lifestyle concepts are practiced in populations from a various parts of the world that have a high level of health and function well into their later years.

Introduce these ten New Year changes slowly and have fun. Remember laughter is healthy too.....but that's another book.

## 10 New Year Resolutions to improve your health

### Resolution number one to improve your health

#### **Give up refined foods: sugars, oils, and flours**

Refined foods leach micronutrients from your body and contribute to the risk of autoimmune disease, cancer, metabolic disorders, weight gain and heart disease.

#### *To Do:*

Go to your pantry and throw out any soybean oil, canola oil, cottonseed oil, hydrogenated fats, margarines, white sugar, brown sugar, corn syrup, white flour, unbleached all purpose flour, refined salt and commercially prepared foods that contain these ingredients.

### Resolution number two to improve your health

#### **Enjoy more sunshine!**

Many sunscreens contain carcinogenic compounds. Don't slather yourself in cancer-causing chemicals. By all means, support a youthful appearance by using a natural sunscreen on your face and décolletage. Better still, wear a hat as well! However, indoor lifestyles are the reason why vitamin D levels are low in the general population. Vitamin D deficiency is now being linked to common health issues from cognitive dysfunction, obesity, diabetes and cancer, to name just a few.

#### *To Do:* Go outside today!

Get some sun, preferably directly on un-tanned skin. Frequency is the key, not for long periods of time. The ideal is the midday sun and never to the point of getting colour. Cover up BEFORE you see any tinge of colour happening. And use a wide-brimmed hat; loose long sleeved natural fibre clothing to avoid sunburn.



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### Resolution number three to improve your health

#### **Choose only grass-fed, pastured and wild animal foods.**

Now, if you are a vegan you can miss this step. If however, you are an ovo (eats eggs) vegetarian or a meat eater, keep reading.

How animals are raised makes a difference. How we grow our produce affects our health, economy and environment. Grass-fed beef, chickens and by products such as eggs have a richer source of conjugated linoleic acid, omega-3 fatty acids, beta carotene and retinol than conventionally raised animals. Remember to always eat animal products in moderation.

*To Do:* Choose your animal protein wisely.

### Resolution number four to improve your health

#### **Eat more good fats.**

Good fats (omega 3 /EPA) support brain functioning (intellectual and emotional health aspects) and hormone regulation. Good fats reduce inflammation (including cancers) and have all round positive affects to how we feel, look and behave.

*To Do:* Eat more wild oily fish, seeds and nuts.

### Resolution number five to improve your health

#### **Make your own mineral rich stock every week.**

The stock can be used daily in soup, gravies, risotto, and sauces or even drunk as tea. Correctly prepared homemade stock is rich in micronutrients that may be missing in the average western diet. From a gourmet perspective, good quality homemade stock adds subtle nuances of flavor to your dishes and charm that is lacking in the commercial foods bought from the supermarket. Stock saves you money and only requires vegetable scraps, water and possibly a few bones.



**To Do:** Get cooking!

Start collecting your vegetable scraps from your food preparation and keep it in the freezer. When you have enough, make your very own homemade stock. What you don't plan on using today or tomorrow can be frozen for future use. Freezing does not compromise minerals.

### Resolution number six to improve your health

**If you choose to eat dairy - make it organic and cultured.**

Choose organic, grain-fed sources, unhomogenized where possible. Many cultures hold these foods as sacred and are therefore consumed in small amounts. Cultured dairy products are rich in food enzymes, beneficial lactobacillus bacteria and natural vitamins.

**To Do:** Culture your dairy into yogurt, Kaffir, creme fraiche, whey, cream cheese, clarified butter etc.

### Resolution number seven to improve your health

**Sprout, soak and sour grain**

Grain consumption should be kept to a minimum. If you choose to eat grain ensure you prepare it properly in accordance with traditional, time-honored methods. Grains contain an anti-nutrient called phytic acid which binds to minerals prevents them from being able to be fully absorbed by the digestive system. Phytic acid can be mitigated by souring, sprouting or soaking. The process combines whole grain with warmth and a slightly acidic solution. This simple process neutralizes the phytic acid within the grain and creates a more digestible food that is better absorbed.

**To Do:** Start soaking your grain. Make sourdough bread - sourdough flavouring doesn't count. Sprout some seeds to eat raw in salads, pre soak oats for porridge or prepare a Bircher style muesli.



### Resolution number eight to improve your health

#### **Eat cultured or fermented foods daily.**

Naturally fermented foods have increased vitamin content, reduced sugar and lots of beneficial bacteria. These good bacteria help to strengthen your immune system, ward off pathogens and help you absorb other nutrients.

*To Do:* Eat small amounts daily of organic, unhomogenised yogurt, kafil, sauerkraut and pickles. Drink Kombucha tea, miso soup and other fermented foods.

### Resolution number nine to improve your health

#### **Consume 3 handfuls of vegetables with every meal.**

Research has shown that consuming a high plant based diet increases quality of life and longevity. It also saves spending a lot of money on supplements! Especially if the majority of your vegetable intake is raw.

*To Do:* Locate your local produce market and buy fresh seasonal vegetables. Use fresh herbs blended with olive oil and lemon juice as dressings or dips and vegetable sticks with hummus is a great snack.

### Resolution number ten to improve your health

#### **Do vigorous exercise for 30 minutes daily**

Yes, vigorous! If you walk for an hour a day, introduce a faster pace for 30 minutes. It can be 5-minute spurts or a full 30 minutes. The idea is not to do all of your exercise time, cruising. Mix it up, have fun and get moving.

If you've had a break from exercising, start slowly and check with your health practitioner before introducing any lifestyle changes, especially if you have a pre existing condition.



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Exercise is free and can be done in daylight hours or at night (not just prior to bed time). Walking is free. Digging in the garden is free and pools are relatively cheap. Riding a push-bike is practical and fun!

Your exercise capacity and range of appropriate activities may be limited by injuries, joint problems or pain. If you experience such conditions, it's important to seek guidance from a trained healthcare professional when developing an exercise program.



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