# Do You Want to Be Happy? It Takes Some Work

People are seeking happiness. And yes, Virginia, there is a path, not one simple answer. Happiness is a state of mind, a state of being. If you are not happy, consider how you can improve your state of mind through optimum health, giving and receiving love, and becoming attuned to your own spirituality.

## Be Healthy

There are lots of excuses when it comes to poor health. Most of them are self-defeating nonsense. Truly healthy choices reap immediate benefits. When we eat right, we feel better. Right then. In that moment. It’s hard to be happy when you don’t feel good.

What if you adopted a healthy lifestyle? What if you felt full of energy and vitality each and every day? Wouldn’t you be happier? It’s not that hard. It’s not a sacrifice. It’s a shift; one that’s well worth the change.

## Diet

You argue about your lack of time, lack of money, lack of ability. You can’t cook. You can’t afford organic food. You don’t have time to shop carefully. Set aside the B.S. for a moment and consider the facts. Choosing and preparing a truly healthy diet can be easy and fast.

- Organic – Organic foods are grown with far fewer pesticides, in healthier soil. They taste better and are better for you. It’s a no-brainer. Fill your body with poison and toxins and you are poisoning yourself.
- Raw – Raw foods are full of enzymes and nutrients. A diet consisting of 80% (or more) fresh, raw, organic

produce will nurture every cell in your body.

- GMO-Free – Studies conducted by biotech companies suggest genetically modified foods are safe. Long-term studies conducted by unbiased scientists tell a different story, one of reproductive difficulties and cancerous tumors. Avoid GMO foods. Learn where hidden GMOs lurk in food. Better yet, don't eat processed foods!
- Stop Drinking – All that hype about alcohol being good for you. Come on. You know better. If may relax you a bit, but so does meditation.
- Eliminate Caffeine – It's just another addiction. An expensive one.
- Additive Free Foods – Avoid all of the things that result in poor health! The list is long, but basically, avoid eating chemicals. Never eat MSG, artificial sweeteners (except stevia), artificial flavors, colors, or preservatives, trans fats, refined sugar, and high fructose corn syrup.
- Gluten – Eliminate gluten if you suffer from any chronic disease, digestive disease, autoimmune issues, or allergies.
- Top of Food Chain – If you choose to eat meat, seafood, and dairy, you must consider the source. If those animals were fed antibiotics, GMO foods, and garbage, what are you putting in your body when you eat them? If diary is not organic, chances are it contains rBGH, a genetically modified growth hormone. If you eat seafood, make sure your purchase is not on the list of those with the highest levels of mercury. Don't eat farmed fish. They are fed GMO feed and garbage. When it comes to meat, dairy and eggs, choose organic.
- Fresh – Check out your local farmer's markets for the freshest foods.

So, let's go back to the original pushback on healthy food – lack of time, lack of money, lack of ability…

Yes, organic food is more expensive. But when you stop eating processed foods, drinking coffee, drinking alcohol, and most of your diet consists of fresh, raw, organic produce, it’s very affordable. You will probably save money. Food prep is pretty fast and easy, too. Anybody can pick up an apple and eat it. Anybody can chop up veggies and make a salad. Anybody can throw stuff in a blender. Where you go from there is up to you; these three actions are the basics.

So why is a truly healthy diet so important? You put the nutrients in; you leave the toxins out. In addition, this kind of diet does two things: it continually detoxes the body and it builds a healthy gut.

A healthy gut is the key to a healthy body. Autoimmune diseases, allergies, and a poor immune system are all symptoms of poor gut health.

## Detox and Build a Healthy Gut

Make sure your diet includes chelating foods. Eat lots of raw garlic and onions. Eat fresh cilantro and plenty of cruciferous veggies. In fact, a daily salad with 10-15 veggies is a great start. Not only will you be cleansing your gut, you will be aiding in the proliferation of healthy bacteria with a high fiber, veggie salad each day.

Fermented foods have been getting a lot of attention lately. Unfortunately, a lot of the probiotic benefit of fermented foods is neutralized by stomach acid. Yes, fermented foods help. Salads help more. So eat both! But focus on those daily salads. And skip the sugar filled yogurts.

You will never be healthy with a sick gut. It’s that simple. Learn about Candida, gluten, and leaky gut syndrome.

## Exercise

Don’t have the time to go to the gym? Don’t have the money for a membership? Don’t know how to exercise on your own? Oh, come on! Walk!

Get outside and walk in the sun. A daily walk for a minimum of 15 minutes gets the body moving and provides a huge benefit – lymphatic circulation. Our lymphatic system is vitally important to our health. Lymph carries waste from the cells and is a basic part of our immune system. Lymphatic fluid has to circulate through our body to dump waste and for our immune system to find, identify, and eliminate viruses and bacteria. But the lymphatic system does not have a pump. Unlike the circulatory system that relies on the heart, the lymphatic system relies on physical movement, the contraction and relaxation of muscles in order to move through our bodies. So walk, run, dance, bounce on a trampoline. But move every day for your health.

# Love

If you want to attract love into your life, give it, give it, give it. Stop focusing on what you don’t have and find a way to make the world a better place.

Whether you choose a cause or find a calling, make sure your choice involves positive change, not empty protest. You can denounce poverty or volunteer to teach literacy. You can rail against deforestation or plant trees. Find something positive and productive to do. If it is your passion, try to make it your work.

When you find a way to give to others or give to the world, you enrich your life and raise your self-esteem. You also meet like-minded people. It’s a win-win.

# Spirituality

This is an area in which you need to be true to yourself. Whether you believe you should attend services every Sunday and Wednesday or believe your road to enlightenment is found through meditation, honor your beliefs.

# Think Right

No one can deny the fact that we are creatures of habit. What we do and what we think are patterns of behavior. If you're not happy, these are patterns crying out to be broken.

## Vengeance and Forgiveness

Let it go. Holding on to hate or anger hurts one person – you. Well, to be perfectly honest it may hurt those around you as well. Forgiveness does not mean making yourself vulnerable. You can forgive someone and never speak to them again. But holding onto the anger and the pain hurts you.

Forgiveness can be difficult. Sometimes forgiveness is a process rather than an outcome. If someone has hurt you that deeply, violated you so horribly that forgiveness is ongoing even though you no longer have contact, it is still better to work at forgiveness that wallow in anger and pain. Let the hurt go.

## Gratitude

If you are not grateful for what you have, what you have achieved, and the people in your life, how can you possibly be happy? Practice gratitude. Whether you say the words aloud each day in private, write in a journal, or share your gratitude with your friends and family around the dinner table, make the expression of gratitude a daily ritual. This one act will create the fundamental shift from a glass half

empty to a glass half full mentality.

# Right Your Mind

If you've never seen it before, watch the Bob Newhart skit called *Stop It.* The skit is so famous, if you google "stop it", the video is Google's first hit. But we'll also give it to you here.

This is a simple, silly take on a very real phenomenon. Unhappy people tend to dwell on their failures, live in the past, and fear the future.

Stop worrying about the things you can't change. Stop keeping a tally of everything that's gone wrong. Shit happens. It happens all the time, to all of us. Life is full of disappointments and tragedy. Everyone faces pain and hardship, challenges that sometimes seem too huge, too overwhelming to survive. But we do.

Instead of dwelling on what has gone wrong in the past, instead of fearing the future, recognize that you control today. Plan for your future. Make goals and achieve them. But live in the now.

Last but not least, be good to yourself. When you become an adult, you become responsible for you. In other words, you become your own parent. Be kind. Be compassionate. Become your better self. How could you not be happy?

**Related Reading:**

- *Detox Cheap and Easy Without Fasting – Recipes Included*
- *Detox Cheap and Easy Without Fasting – Recipes Included*
- *Candida, Gut Flora, Allergies, and Disease*
- *Candida, Gut Flora, Allergies, and Disease*
- *How To Be Happy*
- *How To Be Happy*

- *How Candida Leads to Depression, Anxiety, ADHD, and Other Mental Disorders*
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