

Steps to Regain Your Health

Tired of Feeling Bad?

Are you tired of feeling bad? Do you have a chronic physical or mental illness? Does your immune system fail you when every virus or bacteria you come in contact with decides you are a perfect host? Then do something about it!

Step 1: Realize that whatever you put in body affects your immune system. Start with your diet. Go through your kitchen and toss out every single processed food in your cabinet. Eat a pure, nutrient rich diet. Go organic. Eighty percent or more of your diet should be raw, organic fruits and vegetables. You think you can't afford it? Well you can. Cut out all the junk, the alcohol, the chips, the dips, the sweets, the treats. You'd be surprised how much you save. Plus think about how much you spend on medicines and doctors. And how much more you will spend in the future when processed foods rob you of your health.

Step 2. Clean out your bathroom cupboards—all of your soaps, lotions, creams, shampoos, and conditioners. Everything you put on your body is absorbed by your skin. Go organic. You don't even need shampoo. Try rinsing your hair with water and baking soda. LuSa's Organics makes wonderful organic bar soaps that lasts for weeks.

Step 3. Get rid of all your cleaning supplies that contain chemicals. A steam mop cleans your floors better than any cleanser. Wash windows and mirrors with vinegar and water. Scrub with baking soda.

Step 4. Toss out scented candles and air fresheners. They are linked to depression and auto-immune illnesses.

Step 5. Exercise . Yeah, you know you need it.

Step 6. Choose whole food vitamins and make sure your multi-vitamins contain vitamin D. If you live north of Atlanta, Georgia you probably need vitamin D supplementation, even if you spend time in the sun every day. Low levels of vitamin D are linked to cancer, diabetes, auto-immune disease, and more.

Step 7. Get good quality sleep. Make sure you sleep in the dark and that you get enough sleep. How many hours do you sleep when you are off work? If you sleep more than you normally do, your body is trying to tell you that you are sleep deprived.

Step 8. Have fun. Enjoy your life. Live it to the fullest. And know it is up to you to create your reality. Want a better one? Create it. Ready, set, go!