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Your Body Is The Temple Of Your Soul - 6 Simple Steps To Improve Your Health

The field of holistic health continues to grow with exciting discoveries that allow us to prevent illness and maintain health using physical, mental, emotional and spiritual tools. For example, Herbert Benson who founded the Harvard School of Mind Body Medicine discovered that chanting each day tremendously improves immune function, lowers blood pressure, and decreases depression.

lowers the level of stress hormones in the bloodstream. Complementary health practices such as acupuncture, energy healing, chiropractic, and a good program of physical exercise have all proven to yield health benefits. This new information can allow us to take charge of our health and well being and improve our chances of preventing illness.

Make a commitment to yourself to follow these six simple steps to improve your health.

1. At each meal, be sure that half your plate contains fruit and vegetables, one quarter of your plate should be a healthy carbohydrate (no refined foods, such as white flour or white sugar) and one quarter protein. Be sure to bake and broil, not fry and substitute olive oil for other fats.
2. Take a multi-vitamin with minerals every day, and learn more about supplements you may need.
3. Work out aerobically 30 minutes minimum 5 times per week (that could be a nice walk on your lunch break each day)
4. Know your numbers - your weight, blood sugar, cholesterol, and blood pressure.
5. Spend five minutes in the morning and five minutes at night chanting "I Am Light & Energy."
6. Talk to a friend or family member each week about your feelings. Ask them only to give you deep listening. Be willing to do the same for them.

To learn more about creating a healthy lifestyle and using holistic tools to protect your health, check out my website at www.docwade.com. I will be teaching a workshop on this subject on March 5-6. Please join me for How To Love Your Body - Reaching the Highest Level of Health Through Physical, Emotional, Mental and Spiritual Tools.