

Jana
Kubínová



LIFESTYLE & WELLNESS TIPS

FOR LIVING
A BEAUTIFUL LIFE

© Copyright 2023 | JanaTOP.com

Author | Publisher: Jana Kubinova | JanaTop.com

Title: Lifestyle & Wellness Tips for Living a Beautiful Life

Subtitle: Your Vibe Attract Your Tribe & Be the Best Version of Yourself

This E-Book is For Educational Purposes

© Copyright | All Rights Reserved 2023

Disclaimer:

The information contained in this publication is for informational, educational, and entertainment purposes only, in accordance with the right to freedom of speech and expression and independent free media and/or publishing. The book endeavors to provide up-to-date, accurate, complete, verified, and reliable information. Readers acknowledge that the author does not provide medical, financial, legal, or professional binding advice. The publisher and the authors make no warranties, implied or otherwise expressed.

Readers understand and agree that under no circumstances shall the authors and publishers be liable for any indirect or direct damages arising out of the use of the information contained in this publication, including, but not limited to omissions, errors, or inaccuracies.

Table of Contents

5	Introduction
6	Wellness of the Mind
8	Wellness of the Spirit
10	Wellness of the Body
12	Power of Mind
13	Become the Creator of your Life
15	Is your mind playing Tricks on You?
17	Emotions
19	Self Discipline
23	Self Love
26	Affirmations
27	Meditation
28	Energy Levels For Fitness
29	Metabolism
31	Importance of Sleep
34	Breathing
35	Yoga
36	Flexibility
38	Handstand
40	The World's Healthiest Foods
43	Vitamin Supplements
44	Sugar

- 46 Role of Nutrition and Intelligence in Our Health**
- 48 Music - Our Connection to Higher Consciousness**
- 49 Does your Income Affect your Health?**

Introduction

Being fit and being in good shape are completely different states. Your wellness rating depends on your immune system and what vitamins, supplements, and nutrition you provide to your immune system. Fit people can sometimes be unfit. And healthy people can sometimes be unfit. But when you combine both of these things and apply the right principles based on clean living, exercise, and healthy eating, you achieve a balanced state where you are both fit and well.

Most individuals don't take the time to fully understand the benefits of being both fit and well. We read and absorb the information provided to us by the media and health organizations without thinking about whether we are getting all the information we need or just the part that is convenient to see or hear. The gyms need your monthly fees in order to stay open. They have no real interest in the state of your immune system. Physical fitness is the state of the body itself. Hospitals and doctors need you as a patient so they can stay in business; they want you to know that you need to be fit and well, but they often leave out important parts that affect your health and therefore your ability to be fit.

What about eating habits? What about vitamins? What role does their daily intake play in our health, well-being, and fitness? More than you may have thought or understood. The body's ability to keep itself in good shape under less-than-ideal conditions is a direct result of the nutrition it receives on a daily basis. The ability of the mind to stay in good condition is again a direct result of the nutrition we receive. For example, the human brain does not develop well without the necessary supply of protein in our daily diet. Without protein, there is no intelligence. No intelligence, then none of the other states are attainable.

Our spiritual input is the determining factor in determining our level of health. We all need the benefit of spiritual reflection as a way of cleansing ourselves of the toxins of our daily lives. Spirituality is a way to ensure the renewal and rebirth of ourselves as caring human beings. Wellness encompasses the state of our being, mind, and health. It is a state of wholeness. Wellness is a state of mind, body, and soul.

I. Wellness of the Mind

Meditation is preventive maintenance for the mind. Meditation gives us the opportunity to reflect on our inner selves. To listen to that small inner voice that is supposed to help guide and direct our mental processes, but in modern-day existence, is often drowned out due to excessive noise pollution.

Our spirituality and meditation practices are the tools we have available to keep our minds as well as we keep our bodies. The mind is a complicated and versatile machine, but it can become overwhelmed and unable to function correctly if we don't take the time to keep it well and cared for.

Our mind has varying levels of operation, known as brainwaves. As we pass through the different stages of our day, we enter various stages of brain wave activity. The brain uses this tool as one way to allow us time to rest our busy mind, and cope with all the pieces of information we've received, a way to kind of "mind file" for the day.


When we don't give adequate time for these processes, or we simply don't get enough rest, our mind cannot maintain its state of wellness, just like our bodies aren't capable of wellness if there is no chance to rest and replenish.

Modern alternative medicine and holistic healers believe in the power of the energy that flows through our bodies; this energy radiates from our mind as well. It is believed to be the chief form of transportation for our body's nervous system to carry out communication.

Breathing techniques, music, aromas, and candle therapy are all ways we utilize the opportunities to reflect on our day, and allow our mind to rest and replenish itself for further use.

We must remember over the course of our daily routine, to make time to maintain mental wellness, as we strive to maintain physical wellness. The nice thing about the whole process is that, as we go about accomplishing these tasks, quite often the opportunities for preservation and care are interchangeable. We can help to quiet our mind as we take our twenty-minute walk. Or we have the opportunity to build muscle strength as we meditate.

Often just the opportunity to listen to music will allow our mind the chance it needs to relax and regroup. It's not always the most formal of occasions that we find an available chance to reflect and listen to that inner voice. It can be in the middle of the day, with the wind blowing through your hair, and the radio turned up really loud!



"The best way to
predict the future
is to create it."

@Dr. Joe Dispenza

II. Wellness of the Spirit

Wellness of the spirit means our ability to cope with the daily stresses and strains of our lives. Quite often, our ability to cope with it overwhelms us, and if we don't devote enough time to the health of our spirit or soul, we lose our ability to function properly.

Today there is evidence of this inability in the form of anxiety attacks. Attacks can range from extremely mild to incredibly severe. What happens to us when we experience anxiety attacks? Our system goes into shock. I'm talking about a kind of "soul shock"; there is nothing physically wrong that should make us sick and nothing mentally wrong that should cause us to panic; it is in our spirit that we have lost control.

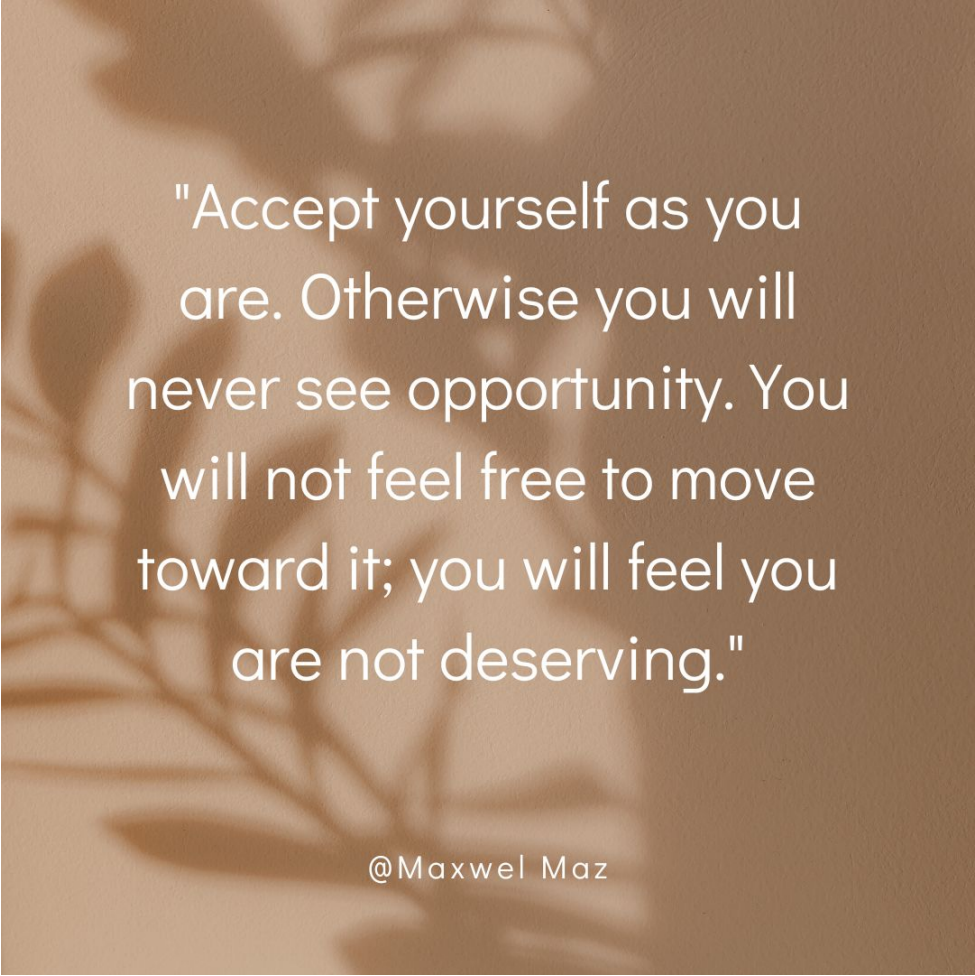
This loss of control can be momentary or last for years. The weakest part of the process is the inability to function in even the most ordinary routines. Short trips to the grocery store become impossible because of the panic they cause.

It's a terrifying event that only adds to the panic. The person experiencing these attacks feels as if they have lost control of their ability to function. They can't meet deadlines unable to provide for their family, there are a number of reasons that cause us to come to a place of losing control.

I believe that the hectic pace of life in this 21st century only serves to reinforce the need to give our spirit, our soul, and our inner voice a chance to be heard. We drown out any opportunity to connect with ourselves during the day as we schedule everything, multitask everything, and leave no time for self-talk. It is impossible to listen to your inner needs if you are talking on the phone, listening to the radio, or communicating with your children.

At the same time, this time took away any random satisfaction of our spiritual needs, it also provided more opportunities for planned downtime. We have audio, video, and even massage clinics that offer us a chance to slow down and connect with our inner selves. Never before has so much been available to help us help ourselves. What is the delay? The biggest damage is our lack of discipline and devotion to our own health and well-being. In this age of superhuman performance, we tend to forget that the only way to maintain a superhuman person is to keep them in good shape, all aspects of them.

Wellness comes through focused effort, discipline, and dedication to our body, mind, and soul. The well-being of our spirit or soul affects all other parts of our person, as evidenced by the presence of panic attacks, mental breakdowns, and the inability to cope. The need to attend to our wellness needs should be added to our daily to-do list to schedule enough time for ourselves!



"Accept yourself as you are. Otherwise you will never see opportunity. You will not feel free to move toward it; you will feel you are not deserving."

@Maxwel Maz

III. Wellness of the Body

Wellness means good physical and mental health, especially when maintained through good diet, exercise, and habits. Nutrition refers to taking care of our bodies, and our ability to keep them healthy and functioning as they should. Our ability to provide the body with all the necessary food, vitamins, and minerals so that we can continue to thrive in the daily processes of life.

Wellness of the body occurs when all bodily processes, both physical and mental, are functioning at peak levels. What does it take to achieve complete body wellness? It requires more than just going to the gym or taking a walk in the park.

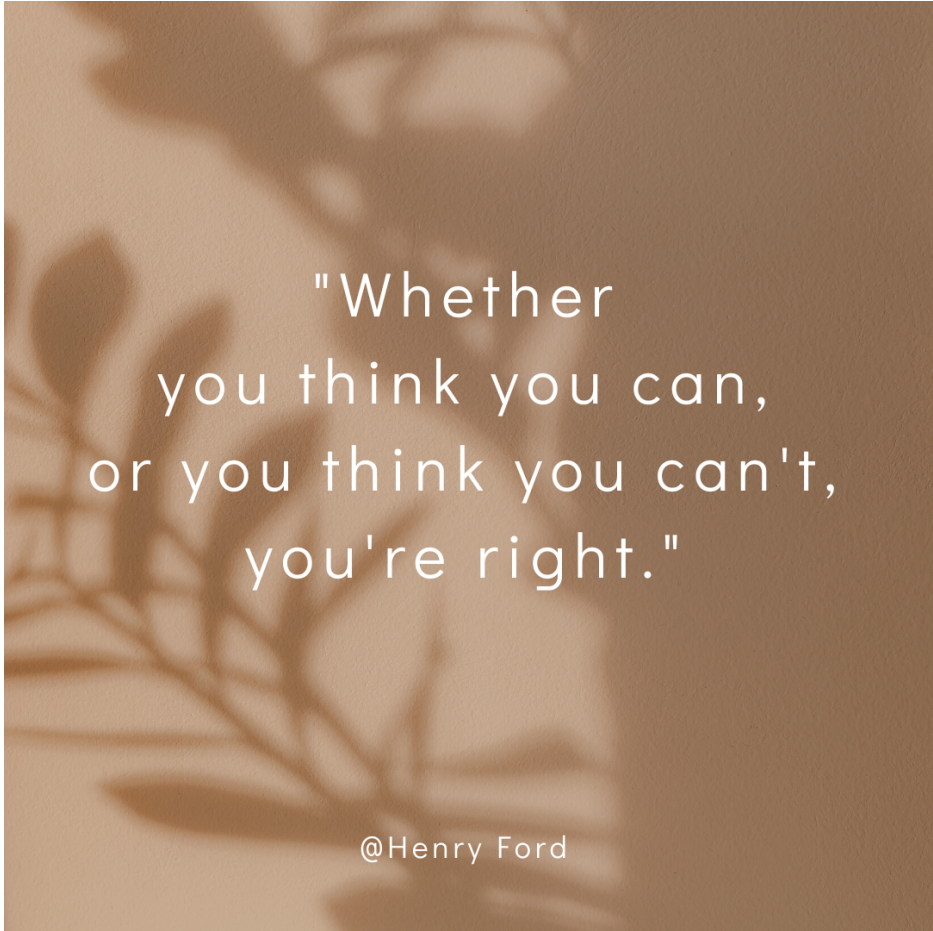
When we think about the wellness of our bodies, many factors come into play. Daily intake of food, vitamins, and water is an absolute necessity and the items most often thought of. But what about conditioning our bodies to deal with life on a daily basis?

Does our physical activity have anything to do with our body's wellness? Absolutely. Because one condition, regardless of the other, does not form a complete whole. The body includes all of our physical processes, our minds, and our physical being as a whole. When we think about the health of our bodies, we most often think about our physical fitness in terms of our cardiovascular needs and our weight. However, our body is so much more than just a heart and a nice figure. What about all of our other organs? Are they in order? How do we maintain the wellness of the whole? Daily physical exercise benefits the body as a whole, by taking time to rest and restore what has been depleted from our bodies throughout the day, and by making sure that we are giving the whole body the nutrition it needs to function healthily.

As long as we use our resources wisely and educate ourselves on what our bodies need to maintain health, it is not difficult to achieve throughout our lives. However, we cannot abuse our bodies for years and then hope for immediate results in an effort to achieve total wellness. The body doesn't become unhealthy overnight and becomes healthy again so quickly.

Proper attention to the physical needs of each part of your body leads to the health of the whole. Each part of your physical body exists to function in harmony with another part. Two arms, two legs, two eyes, etc. are necessary for the optimal functioning of the limbs.

The physical body is designed to function better than any machine yet invented. It is more complex and powerful than any machine we have on the market. It can withstand more abuse than is believable and continues to function, even when daily demands are not met, for days. It's a fascinating machine, as machines go. But it's an even more fascinating temple when we choose to care for our bodies as the time they truly are. It is the seat of our mind and soul, and when the body is well, it does a tremendous job of providing for our needs.



"Whether
you think you can,
or you think you can't,
you're right."

@Henry Ford

IV. Power of Mind

Our thoughts create your reality. We have about 65 thousand thoughts a day going through our heads, mostly the same thoughts we had the day before, and it happens over and over again every day. These thoughts resemble a hardwired program of who we are, and it then dictates to us our reality. Our body goes hand in hand with our thoughts. The body responds to our state of mind and automates its behavior and processes to our thoughts.

If it is true that your reality is created by your thoughts, then in order to create the new reality, you want to have, you have to get rid of your old thought programs and replace them with new ones that will bring you closer to your dream reality. You have to make your new thoughts your new program built into your brain that will drive you. It may sound very simple and easy, but it takes a lot of conscious effort and commitment.

When you experience something, all five of your senses engage with the environment, and information flies into your brain and causes the vast number of neurons in your brain to arrange themselves according to certain patterns, which reinforces the philosophical information that the brain receives. During this process, chemicals have been created that result in feelings or emotions. Therefore, the repetition of new information is so crucial to make it stick in your mind, to remember it, and to become part of your daily routine.

Repeating newly received information, relating the information to your personal life, and putting it into practice strengthens these neural bridges. Repetition over an extended period of time allows your mind and body to become so familiar with it that it is appropriate, it is naturally your own, you don't have to consciously think about them, they become neurologically anchored in your brain. The key to learning new behaviors or anchoring new ideas is repetition. When your body and your mind work together, that information starts to control and function as an automatic and naturally inherent in the organism.

“Knowledge is for the mind, experience is for the body. If you repeat something often enough, it becomes a habit.”

V. Become the Creator of Your Life

a. BECOME A CONSCIOUS PERS

Think about the thoughts that have escaped your conscious attention, try to find at least two. Capture them and write them down below. Decide on two behaviors that no longer belong in your future. Become aware of these behaviors so that you will never again exhibit them unconsciously.

b. SET A CLEAR INTENTION

Decide on at least two ideas that you want to program and build into your brain to get to where you want to be or who you want to be. Imagine and rehearse them in your mind. Make them part of your daily exercises so that as you progress. Naturally when you get up in the morning with very little effort.

c. ADD AN ENHANCED EMOTION, VISUALIZE, AND REPEAT

Add the elevated emotion to your intentions, to your desires, whether it's love, joy, gratitude, etc. When visualizing your new future, combine your visualization with these emotions. Feel the gratitude you would feel if you were rich, feel the love you would feel if you were you would feel if you were in your perfect relationship. You can also bring your visualizations into your real life; for example, write yourself a blank check, set a table for two people, etc. Remember that once you have managed to "trick" your body into thinking that this experience has already happened, and your mind and body accept this new reality, even if it is not there yet, then reality will come to you!

d. ENJOY YOUR NEW LIFE

**Become aware of and notice what kinds of thoughts go through your mind
on a daily basis.**

What kind of inner conversations are you having?

Which thoughts do you change?

What would be the expression and manifestation of the best in you?

What would you do?

How would you speak and act? Write them all down.

VI. Is your Mind Playing Tricks on you?

Throughout life, our senses and our environment combine to enrich our minds and sometimes overwhelm them. Most of the knowledge we acquire comes to us through our senses. As children, we use our senses daily to absorb as much as we can. The mind is an insatiably hungry, empty lair in youth.

As we grow older, we depend heavily on our senses to inform us of the world around us; hot, cold, sweet, sour, bitter, loud, and soft, so many of our sensations and activities begin with input from our five senses. There is another sense that doesn't get much attention, and that is due to the fact that it is concentrated inside our body, not outside. However, if we use it correctly, it provides us with information as valuable as smell, taste, touch, sight, and hearing.

Intuition is our sixth sense. It refers to the ability to tune into the unseen world of perception. All the other senses require physical input, but our intuition does not. It doesn't require the physical presence of an object in order for us to receive information about it. Because we live in a materialistic world and because most of our knowledge is dominated by Western traditions and beliefs, our ability to use intuition is a lost art.

Eastern cultures have long used a sense of intuition and the flow of natural body energies to tap into available intuitive information. Western civilizations are slowly realizing the role our intuition can play in our overall health, precisely because it is not a "visible" source of input.

Our minds can often seemingly play tricks on our sensory perceptions when we don't use all aspects of the six senses, often missing a piece of the puzzle, and what appears to be complete and correct is often missing.

Sometimes there are physical conditions that cause our senses to malfunction and we don't process information correctly. This occurs when we are not functioning at an optimal level. Often this occurs in times of illness, extreme fatigue, or due to lack of sleep. It is at this point that we believe our mind is playing tricks on us. We believe that we are receiving certain input, and in fact, we are not.

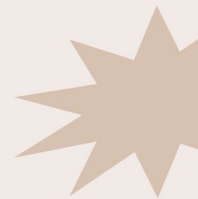
That is why we keep our bodies fit and healthy and keep ourselves in a receiving mode so that we can accurately process input from the outside world. It is through this accurate perception of reception that we are able to deal effectively with the outside world. All of this culminates and we come to this statement: in order to keep ourselves healthy and fit, we must be able to accurately process input from the outside world. It is when we lose perspective and don't see "things" exactly as they really are that we are more likely to experience feelings of ill health, and mental unrest and this can lead to actually getting sick.

Our overall health depends on our ability to not only come to terms with ourselves but also to see reality as it really is.

We also hope that you put some of the suggestions here into practice to improve your life.

Success

I have unlimited power
I deserve to be successful
I am committed to results
I have a sense of urgency
I am passionate
I am focused
Everyday I take steps towards
my goal
Others help me get
what I want



VII. Emotions

We start thinking, "This is how I am" - I am a failure, I am depressed. But you are not. You are just a human being having another of the many human experiences.

The only way out of this illusion is by realizing that you are not your emotions, you are the being who is experiencing them underneath.

You are not your thoughts, you are the being beneath them that is engaging certain thoughts and paying more attention to them.

You are not the mind, not the emotions, not the body. You are not a thought, not a feeling, not a sensation. You are a being beneath you that is observing and reacting.

a. There are no "Good" or "Bad" emotions, only "Good" or "Bad" reactions

Emotions are not good or bad - they just are. Emotions are automatic reactions that occur in our bodies as a result of external stimuli. So we have no control over them. But our real power lies in how we react to them. It's how we act after we feel what we feel. What we do have control over is how we allow our emotions to affect us.

It's perfectly okay and normal to feel angry. Anger often helps us set our boundaries: what we accept and what we don't in relationships and situations. When we feel angry, it's because someone has crossed boundaries. Anger is neither good nor bad, but how we react to it and how we behave when we feel it is what can be considered "good" or "bad."

Emotions are messengers. Feelings are how you perceive your emotions and assign meaning to the emotional experience you're having.

They are stories that you tell yourself about a certain emotion so that you can understand it better. Therefore, your feelings are strongly influenced by your memories, beliefs, and associations from the past. And that is why different people react differently to the same situation.

b. You are not your emotions, you are the one experiencing them.

The most important thing to do when processing difficult emotions is to remind yourself that you are not your emotions, you are the one experiencing them. In other words, your emotions do not define you: You are not an angry person, you feel anger.

Do not resist any emotions, for whatever you resist simply persists in your reality.

“Validate it, Sit With it, Feel it, Process it, Learn From it.”

Learn to be curious and not to judge your emotions, because judgment brings fear and fear brings hatred.

Emotions are just signals trying to tell us that we need to be proactive because we may be in danger or need a change. Anger may be trying to tell you that you need to protect yourself by setting some boundaries. Envy may be trying to tell you that you need to work smarter and harder to achieve the position you desire and achieve the success you seek.

Therefore, remain open to all experiences and emotions that flow to you. Because although emotions do not determine you if you consciously suppress them, they unconsciously control your life and thus limit you completely.

VIII. Self Discipline

The ability to control yourself and to make yourself work hard or behave in a particular way without needing anyone else to tell you what to do.

Fitness experts, success coaches, doctors, and personal development gurus stress the importance of self-discipline. It's a critical factor whether you want to lose weight, eat better, exercise more, spend less, be more productive, procrastinate less, be promoted, be more positive, manage emotions better, or improve relationships.

People with higher levels of self-discipline have higher self-esteem, less binge eating and alcohol abuse, better relationships and interpersonal skills, and more optimal emotional responses. They are also more satisfied, and happier.

"Discipline is the bridge between goals and accomplishments"

Strategies to build self-discipline:

a. Get Motivated

Tap into your WHY. What is your underlying reason, motivation or purpose to be disciplined?

b. Remove Distractions

Your environment can be stronger than your willpower. Ensure it is conducive to the goals you're trying to accomplish, and don't put yourself in situations that are tempting or distracting.

c. Create a Goal, Challenge, or Deadline

Define your specific goal or vision, make it challenging, give yourself a deadline, and get moving.

d. Start Small

Get started. It doesn't matter how small the action is as long as you're going in the right direction. Small changes eventually lead to big results. Remember, action inspires further action and momentum creates more momentum.

e. Risk or Reward

Identify if you're motivated by risk or reward and put it into place.

f. Stop Going Against the Grain

Stop trying to do it all yourself especially when it's like swimming upstream. Leverage the resources of others and don't waste your self-discipline and willpower on things that aren't important to you or a good use of your time and talents.

g. Create Habits and Rituals

Focusing and using rituals can help you completely restructure habits and behaviors to achieve more powerfully.

h. Put the Big Rocks in First

Get started early in the day and do the most important things first before you run out of mental willpower, time, and energy.

i. Be Nice to Yourself

It's a waste of mental energy to spend time worrying about mistakes and setbacks. You made a mistake, it's over. It's a lesson. Pick yourself up, acknowledge the lesson, and move on. Celebrate your wins and successes, no matter how small.

To Do List

Today's Plan

--

Priorities

--

Activities

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

Task

1. _____
2. _____
3. _____
4. _____
5. _____

Reminder

--

Notes

--

Goals

--

Morning Routine



Make your bed



Put off checking your phone



Drink water before coffee



Stretch your body / meditation



Affirmation/ Gratitude



Set yourself up for success

IX. Self Love

“Love yourself enough to set boundaries. Your time and energy are precious. You get to choose how you use it. You teach people how to treat you by deciding what you will and won't accept.”

a. Create a Self-Love Ritual

Moisturizing your skin with intention. As you massage your feet, thank them for getting you to where you need to go. As you moisturize your hands, love them for all the transactions and introductions they've helped you with throughout your life. For a moment, stop taking your body for granted and shower yourself with gratitude.

b. Build a Precious Community

As much as we would like to think we can, we can't do everything ourselves. We need the support and love from the people around us to stay motivated and on track. Research shows that positive energy is contagious, so whether you're building a network or planning to go to a fun event, it's always important to have a community you value around you regularly.

c. Make a "What's Working for Me" List

Truly loving yourself comes from self-acceptance. And one helpful step toward getting to that point of self-acceptance is recognizing what you already have that's great by writing a "What's Working for Me" list. Once you see it on paper and accept all of the positivity in your life, it will make it that much easier to love yourself.

d. Know that Your Body is a Loving Vessel

If you treat your body as a loving vessel, you will strengthen not only your self-love but also your energy. Be intentional about what you put into your body, not because you want to look good, but because you want to feel good. When you feed your body with nutrient-rich foods, you will radiate love through every pore.

e. Clean out Your Closet

Cleaning is more therapeutic than you might think, and getting rid of old stuff will make room for new stuff to come into your life. Cleansing your mind can sometimes work by getting rid of clothes, shoes, jewelry, etc. that remind you of a certain time in your life that is associated with a negative vibration. Don't chase after what has already happened. Love yourself enough to know that the best is yet to come.

f. Don't Compare Yourself to Others

We all do it. We scrolled through social media only to see our favorite media personalities in the middle of a photo shoot for their new books, right after they had amazing purchases, and right before a post about their engagement. But remember, those positive photos on the internet aren't always indicative of everything, and everyone has bad days.

g. Explore your Spirituality

Faith is the foundation of self-love. Whether you are a believer or not, believing in something opens your soul to the beauty of faith and trust. It builds your intuition and helps you make decisions based on your intuition. As you explore your spirituality, it will also take you on a journey of discovering things about yourself, and these new thoughts, feelings, passions, and raw emotions will make you appreciate yourself for being authentically yourself.

h. Do Something you are Good at

If that's not the perfect self-esteem boost, I don't know what is! Self-esteem and self-love often go hand in hand, and participating in a hobby you're good at will not only boost your endorphin levels but bring out the best version of you. If you like to cook, then cook! If you like to run, grab your sneakers, get out there, and run.

i. Find your Happy Place

Figure out a place that allows you to simply be. Sit quietly and accept the here and now, and don't think about what needs to be done at work or what bills need to be paid.

Self love

I love myself
I love my body
I love my mind
I love who I am
I am enough
I am strong
I am wanted
I trust myself
I am perfect just the way I am
I am on my way to becoming
the best version of myself



X. Affirmations

Affirmations are positive statements that help you overcome negative thoughts and thoughts that sabotage you. By repeating them often and believing them, you can begin to make positive changes.

Self-affirmations can also help relieve the effects of stress and perform better work.

In addition, affirmations have been used successfully to treat people with low self-esteem, depression, and other mental disorders. And they have been shown to stimulate areas in our brains that make us more likely to make positive changes regarding our health.

Affirmations can be more effective if you combine them with other positive thinking and goal-setting techniques.

For example, they work particularly well in conjunction with visualization. So instead of just imagining a change, you would like to see, you can also write it down or say it out loud using a positive affirmation, and you need to add a feeling to it. Feel that it is already a reality.

Happiness

One of the first steps to happiness is deciding that you want to be happy and knowing what that means. To be happy is a choice you make every day, every hour. And refining and renewing that state is a constant pursuit.



XI. Meditation

To successfully make changes in your life, meditation is a very important practice because it helps you to put aside your body and its habits to some extent and start making the first changes.

During meditation, you enter into yourself and become familiar with your thoughts and feelings. This is very important because awareness is the first step to change, remember? During meditation, you are able to put your body down, disconnect from your external environment, forget about time and be in the present moment.

The goal is to transcend the analytical mind so that your inner thoughts become more real than the outside world. So you can visualize and start believing in your new future.

The fact that you observe your states of mind within yourself, and how you feel, is the process of meditation.

Brain Waves

Beta - When you think materialistically, you give your attention to the external world. Your brain waves and information processing take place at the beta wave level. Your outer world is more real to you than your inner world.

Alpha - When you close your eyes, the brain has less information available to process, so brain activity slows down to alpha-level frequency. Your inner world may appear more real to you than your outer world.

Theta - When you relax even more, completely relax, your body slips into a theta brainwave state. At that point, your body goes to sleep. During this time, you are free of all learned or accumulated habits, patterns, and forms of behavior. This is a state in which an immediate change can occur within you.

“When your energy matches the energy of the experience you want in the quantum field, then that reality is attracted to you.”

XII. Energy Levels for the Fitness

Fitness is defined as the ability of the human body to function energetically and promptly, without undue fatigue, and with sufficient energy for leisure activities and for coping with physical stress. Fitness refers to the state of our physical body and mental fitness would obviously refer to our mental state.

When our body is physically fit, we should have enough energy to handle all the activities that our peers are struggling with and still have some energy left at the end of the day for our families.

Learning to incorporate fitness into our daily routine is where the biggest obstacle to fitness is found. Many of us would actually benefit from being more physically fit, we just don't want to put in the time that our body's fitness would require.

Walking is one of the most productive forms of exercise and causes a huge increase in our energy. The benefits of incorporating just twenty minutes of walking into your daily routine are incredible.

I think exercise and good fitness will do something to a person's self-esteem and mind. Physical fitness is accompanied by deeper forms of relaxation. When meditation is incorporated into the routine, the energy level increases further. When you can relax and truly enjoy how your body feels and accomplish the day's tasks, you can physically renew yourself overnight for the next day. That's one of the biggest benefits of exercise and fitness, tremendous energy.

What happens to us physically when we become fitter? Our metabolic process is a fine-tuned process. When it's working at peak performance, we feel great. We eat right, we exercise, and our metabolism makes the most of the calories we take in. It kicks in and runs, up to top speed if necessary, to maintain its energy supply. It's a concept that our ancestors really didn't need to understand because their living conditions kept them in good physical shape.

Today, however, we have become sedentary and our livelihood no longer requires physical work; we do mental work all day long and sit while we work. No physical activity interferes with our pre-programmed way of life. Our bodies still function as our grandfathers needed them to. But we have changed the process, our bodies have not.

XIII. Metabolism

Metabolism is the sum total of all biochemical processes involved in a life or its maintenance. In terms of our health, metabolism is related to the intake and utilization of food. In relation to the case at hand, it is our ability to utilize food to the fullest extent.

Some people have really high metabolic rates. In other words, when they take in food, their body burns it almost as fast as it consumes it. Then there are those of us who use the food we take in so slowly that we don't even notice that we're burning calories. These people who burn quickly are often slim and trim; people who burn more slowly are those prone to obesity.

The body's metabolism is a unique process for each person. No two people metabolize food at the same rate, so no two people have the same metabolism. We all use calories at different rates and with different results. Our metabolism, like our fingerprints, is unique to each of us. However, the need to understand and adapt to this metabolism is a problem we all face.

This entire metabolic process is related to our caloric intake, vitamin and nutritional needs, thyroid and endocrine production, and how well all of these processes come together. For years, people have been looking for ways to increase metabolic rates. If you can increase someone's metabolic rate, you are then better able to control calorie burning, especially in overweight or obese people. This would make the goal of better or improved health a much easier reality for these people. Efforts to date have yielded very few results. There are foods we can consume that naturally increase our metabolic rate, but not to a great extent. We need a way to change that rate directly. We need to be able to increase our metabolism to the point where we actually see some benefit.

What determines our metabolic rate in terms of our genetics? In general, we tend to inherit the same tendencies towards metabolic rate, body frame, and other related bodily functions from our parents. The phrase "well, coming from big people, naturally she'll be big" stems from there.

Right now, the biggest results in increasing our metabolism come from exercise and building muscle mass while decreasing body fat. Adding more muscle to the body in turn causes us to burn more calories, and this helps increase our metabolic rate.

The function of our metabolism also depends on how well we take care of our nutritional needs. The process of calorie burning and energy production is a delicate one and needs to be taken care of carefully, otherwise, it can become imbalanced. It is because of these natural imbalances that we often tend to "inherit" our metabolic rate.

With careful analysis and attention to each person's unique needs, we could achieve a more natural balance between calorie burning and calorie intake. To a level where optimal health and weight control are in balance.



HEALTHY BODY
&
HEALTHY LIFE

XIV. Importance of Sleep

a. Quality Sleep will Help you Maintain or Lose Weight

Many studies show that short sleep is defined as sleeping less than 7 hours per night with a greater risk of weight gain and a higher body mass index. This is supported by various studies that have shown that sleep-deprived people have a greater appetite and tend to eat more calories.

Sleep deprivation can cause you to crave foods higher in sugar and fat due to their higher calorie content.

Even worse, feeling tired after a night of too little sleep can make you feel unmotivated to go to the gym, go for a walk, or do any other physical activity you enjoy.

b. Quality Sleep Can Improve Concentration and Productivity

Cognition, concentration, productivity, and performance are negatively affected by lack of sleep.

Similarly, getting enough sleep can improve academic performance in children, adolescents, and young adults. Good sleep has also been shown to improve problem-solving skills and enhance memory performance in both children and adults.

c. Quality Sleep Helps Maximize Sports Performance

Numerous studies have shown that adequate sleep can improve fine motor skills, reaction time, muscle strength, muscular endurance, and problem-solving abilities.

Lack of sleep can increase the risk of injury and reduce motivation to exercise.

d. Quality Sleep Can Strengthen Your Heart

Poor sleep quality and duration can increase your risk of heart disease.

e. Quality Sleep Affects Sugar Metabolism

In addition, lack of sleep is associated with a higher risk of obesity, heart disease, and metabolic syndrome. These factors also increase the risk of developing diabetes.

f. Insufficient Sleep is Associated with Depression

Mental health problems such as depression are strongly associated with poor sleep quality and sleep disturbances.

One study shows that people with anxiety and depression were more likely to report poorer sleep outcomes than those without anxiety and depression.

In other studies, people with sleep disorders such as insomnia or obstructive sleep apnea also reported higher rates of depression than people without depression.

g. Quality Sleep Supports a Healthy Immune System

Sleep deprivation has been shown to impair immune system function.

Some data also suggest that proper sleep may improve your body's antibody response to flu vaccines.

h. Poor Sleep is Associated with Increased Inflammation

Poor sleep can have a big impact on inflammation in the body.

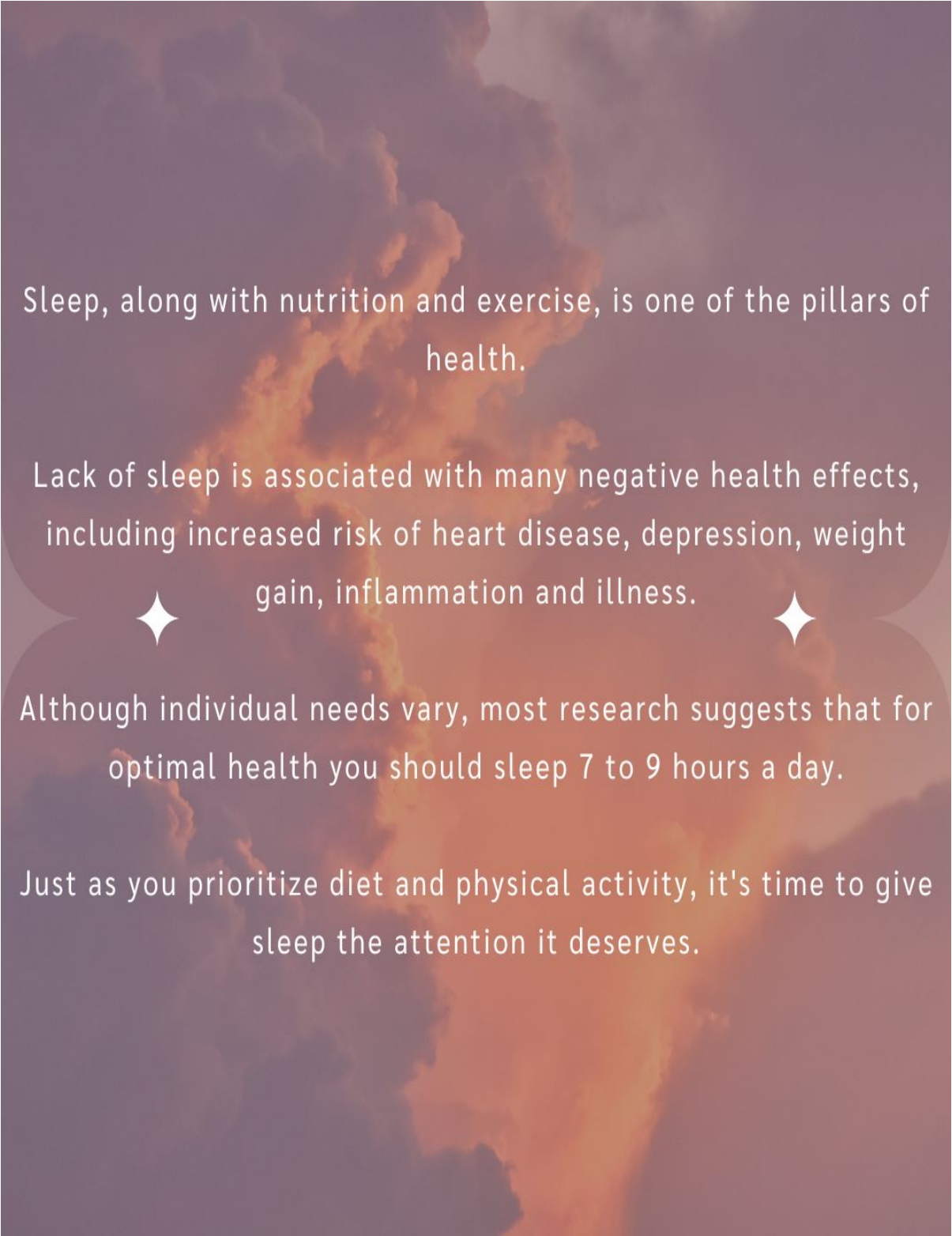
i. It affects Emotions and Social Interactions

Sleep loss reduces your ability to regulate emotions and social interactions.

j. Sleep Deprivation Can be Dangerous for You and Others

When we are tired, our ability to focus on tasks, reflexes, and reaction time decreases.

In fact, severe sleep deprivation is comparable to consuming excessive amounts of alcohol.



Sleep, along with nutrition and exercise, is one of the pillars of health.

Lack of sleep is associated with many negative health effects, including increased risk of heart disease, depression, weight gain, inflammation and illness.

Although individual needs vary, most research suggests that for optimal health you should sleep 7 to 9 hours a day.

Just as you prioritize diet and physical activity, it's time to give sleep the attention it deserves.

XV. Breathing

The human body can survive 3 weeks without food, and 3 days without water, but only 3 minutes without air, and yet breathing is something we usually think very little about. Proper breathing can have a huge impact on our overall health and well-being and can be used as a tool to reduce feelings of stress and anxiety.

Box Breathing

Box breathing, also known as square breathing, is a technique used for slow, deep breathing. It can increase performance and concentration and is also an effective stress reliever. It is also called quadrant breathing.

This technique can be useful for anyone, especially those who want to meditate or reduce stress. It is practiced by everyone from athletes to US Navy Seals, police officers, and nurses.

Four Steps Process

To get started with box breathing, ideally train in a quiet environment, preferably sitting on a chair. Lean back, keep your body upright, and keep your feet flat on the floor. Place your hands in your lap, palms up. Later, you can try breathing lying down or standing up, placing one palm on your chest and the other on your abdomen for better breath control.

1. Begin by taking a slow deep breath through your nose, mentally counting to four as you do so. Feel the air gradually rising under your palms, first your abdomen, then your chest expanding, and finally, the air filling the area below your collarbones.
2. Hold your breath and mentally count slowly to four.
3. Slowly exhale with your mouth open, mentally counting to four again. Concentrate on your abdomen deflating, your chest dropping, and the air under your collarbone pushing out last.
4. Hold your breath and count slowly to four in your mind. Repeat the whole process again. Each step should take about four seconds, eventually, you can stop counting, and you will quickly automate the procedure.

XVI. Yoga

“The purpose of yoga is to build strength, awareness, and harmony in both the mind and body.”

Physical Benefits

- Greater flexibility
- Increased muscle strength and tone
- Improved breathing, energy, and vitality
- Maintaining a balanced metabolism
- Heart and circulatory health
- Weight loss
- Improving athletic performance
- Protection from injury
- Relieve chronic pain such as lower back pain, arthritis, headaches, and carpal tunnel syndrome

Mental Benefits

Besides the physical benefits, one of the best benefits of yoga is how it helps a person manage stress, which has devastating effects on the body and mind. Stress can manifest itself in many ways, including back or neck pain, sleep problems, headaches, drug abuse, and an inability to concentrate. Yoga can be very effective in developing coping skills and achieving a more positive outlook on life.

Regular yoga practice creates mental clarity and calm, increases body awareness, relieves chronic stress patterns, relaxes the mind, focuses attention, and sharpens concentration. It can help with the early detection of physical problems and allows for early preventative action.

XVII. Flexibility

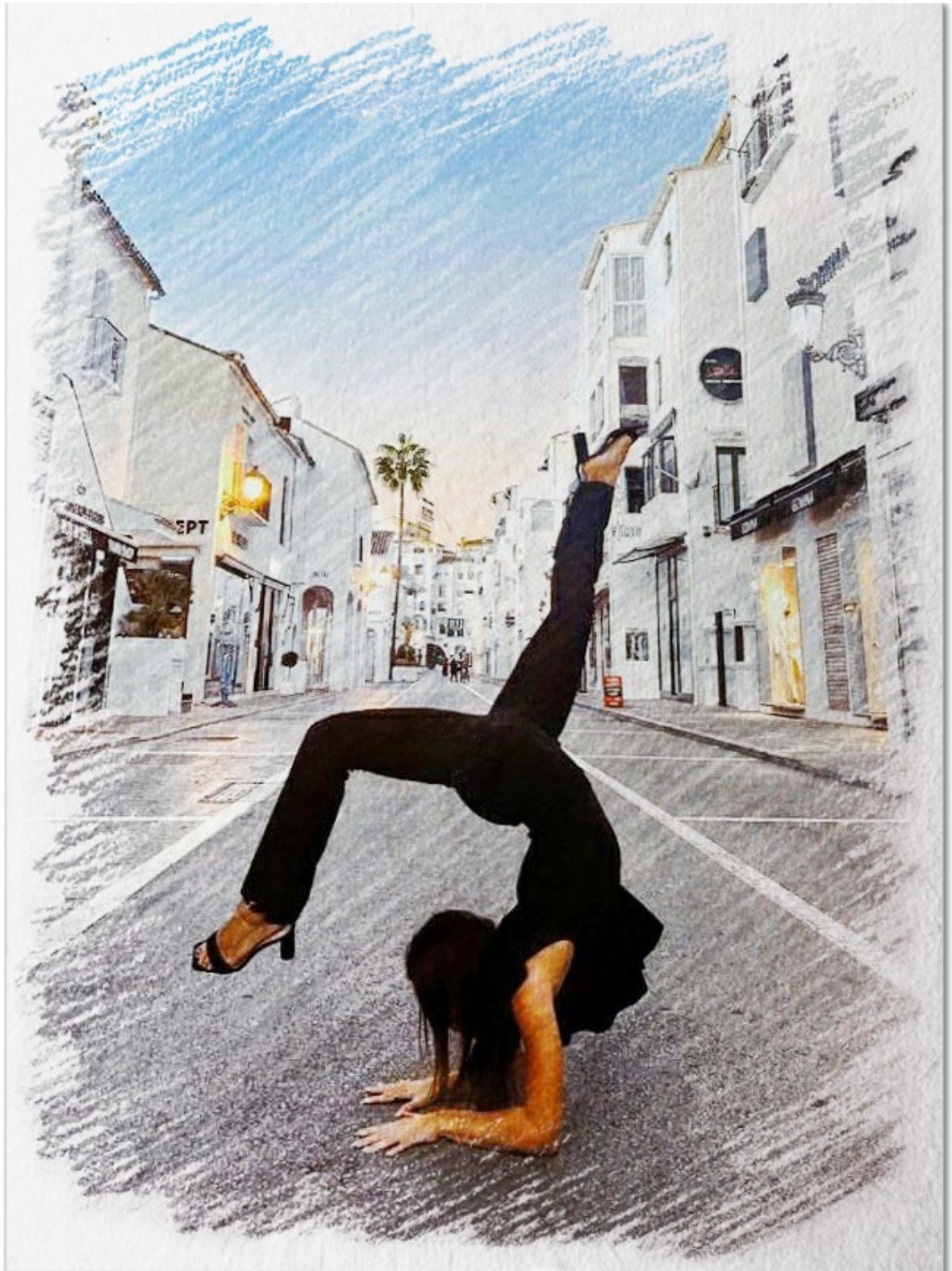
“Freedom and happiness are found in the flexibility and ease with which we move through change.”

Flexibility is the ability of a joint or group of joints and muscles to move through an effectively unlimited and pain-free range of motion.

Once you develop strength and flexibility in your body you'll be able to withstand more physical stress. Plus, you'll rid your body of any muscle imbalances, which will reduce your chance of getting injured during physical activity.

Benefits

- Prevents Injuries
- Improves Your Posture and Balance
- Increases Mobility
- Reduces Pain
- Improves Circulation
- Boosts Mood
- Promotes Strength
- Improved Physical Performance
- Reduces Feelings of Stiffness and Muscle Soreness



XVIII. Handstand

Exercising with your own weight is probably the best way to exercise your whole body - you have complete control over yourself and can also explore the limits of your body.

It will amaze and excite you, making you want to challenge yourself to more challenges.

When it's you against yourself, you are literally competing with your own weaknesses such as lack of flexibility, balance, muscle weakness, etc.

Getting to a handstand is difficult. More than anything, it's the fear and inhibitions associated with performing this exercise that prevents many people from trying it and perfecting it.

Each position requires your body to be in an inverted position - it requires balancing. It reverses the flow of blood in the body, so people suffering from brain injuries, spinal problems, and high blood pressure should not attempt handstands or any inverted positions such as shoulder stands or headstands.

Tips

- Concentrate on your body and try to balance your whole body.
- Without balance, you will continue to have trouble doing a proper handstand.
- Try to keep your feet and legs together. If you keep them apart, your mind will have to focus more and it will be more difficult to keep your balance.
- Always use your core strength to keep your balance.
- Never descend immediately, this could lead to injury. Do not exercise with a full belly.
- Lie down and relax for the same amount of time you have held the position.
- Just be patient, the results will come with time.

Benefits

- The position reverses the blood supply, which helps to purify it.
- Increases concentration and focus.
- Improves balance.
- Relaxes the nervous system.
- Strengthens immunity.
- Improves bowel movement.
- Controls shortness of breath.
- Improves skin condition.
- Standing on the head is excellent for healing the brain. If practiced regularly, it can help prevent the risks of most incurable mental disorders such as Alzheimer's disease.
- During the posture, the pituitary gland located in the midbrain is activated. It also activates the secretion of two essential hormones - serotonin and melatonin - one of which is only released in the sleep state. The position has a very meditative and relaxing effect on the body and mind.

XIX. The World's Healthiest Foods

1. Oily fish - Omega 3

Oily fish such as salmon, mackerel, and herring are excellent foods for healthy skin. They are a rich source of omega-3 fatty acids, which are important for maintaining skin health.

2. Avocado

Avocados are a rich source of healthy fats. In one study, they were shown to contribute to lowering cholesterol levels by up to 22%. One avocado is half fiber and 40% folic acid, which should be consumed daily, especially to reduce the risk of heart disease.

3. Walnuts

Walnuts have the highest omega-3 fatty acid content of any nut. They help lower cholesterol levels and foods rich in omega-3 fatty acids have been shown to help improve mood and may help fight cancer.

4. Broccoli

One medium-sized broccoli has more than 100% of your daily intake of vitamin K and almost 200% of the recommended daily allowance of vitamin C, two essential building blocks for bone health.

5. Lemons

One lemon contains more than 100% of your daily intake of vitamin C, which helps balance HDL cholesterol, the so-called "good cholesterol" in the blood, and strengthens bones. The flavonoids in lemons can prevent the growth of cancer cells, and they are also anti-inflammatory.

6. Dark chocolate

Just seven grams a day helps lower blood pressure in otherwise healthy individuals. Cocoa powder is rich in flavonoids and antioxidants that help lower LDL, the so-called "bad cholesterol", and raise HDL cholesterol levels.

7. Sweet potatoes

One red potato contains 66 micrograms of folic acid, the same amount found in one cup of spinach or broccoli. One sweet potato contains valuable vitamin A, which is important in fighting cancer and boosting the immune system.

8. Blueberries

Blueberries are one of the healthiest fruits. The antioxidants contained in them, which scavenge free radicals and prevent degenerative diseases, are often highlighted. Blueberries are also thought to promote better vision and are especially talked about in connection with the prevention of blindness. During the Second World War, they were consumed by airmen as a preventive measure to see well in the dark and in the twilight. Blueberries are a source of vitamins C, K, and fiber.

9. Oatmeal

They are high in soluble fiber, which helps to lower cholesterol and prevent cardiovascular disease. They also help to slow digestion and stabilize blood glucose levels. Oatmeal contains many nutrients, especially rich in folic acid and potassium. Folic acid is important for proper immune system function and metabolic functioning. Our body needs potassium for the good functioning of the heart and nervous system.

10. Garlic

Garlic is a great fighter and helper in the case of many diseases. It stops the growth of bacteria and allicin, a compound found in garlic is a powerful anti-inflammatory. It has also been shown to lower cholesterol and unhealthily high blood pressure.

11. Spinach

Spinach contains lutein and zeaxanthin, two immune-boosting antioxidants with positive effects on eye health. A recent survey found that among the fruits and vegetables that fight cancer best and most effectively, spinach ranks first.

12. Legumes

A serving of legumes (beans, peas, lentils) four times a week helps reduce the risk of heart disease by 22%. The same habit can also reduce the risk of breast cancer.



XX. Vitamin Supplements

1. Vitamin D

Vitamin D helps regulate the amount of calcium and phosphate in the body. These nutrients are needed to maintain healthy bones, teeth, and muscles. Vitamin D deficiency can lead to bone deformities such as rickets in children and bone pain caused by a condition called osteomalacia in adults. Insufficient intake of this vitamin can increase the risk of disease, bone and back pain, and bone and hair loss.

2. Magnesium

Magnesium is important for many processes in the body, including regulating muscle and nerve function, blood sugar levels, blood pressure, and the formation of proteins, bones, and DNA.

3. Fish Oil

Omega-3s contribute to typical brain and eye development. They fight inflammation and may help prevent heart disease and deteriorating brain function and contribute to fetal development.

4. Zinc

It is involved in DNA formation, cell growth, protein production, healing of damaged tissues, and promoting a healthy immune system.

5. Probiotics

The main benefit of probiotics is a healthy balance in your body. Think of it as keeping your body neutral. When you are sick, bad bacteria enter your body and increase in number. This knocks your body out of balance.

6. Vitamin C

Vitamin C is needed for the growth and repair of tissues in all parts of the body. It is used to form an important protein that is used to form skin, tendons, ligaments, and blood vessels. Heal wounds and form scars.

XXI. Sugar

Many people know that consuming large amounts of sugar is unhealthy. However, the human body needs sugar because glucose is an important source of energy. When glucose is ingested, blood sugar levels rise and more of the hormone insulin is released. This ensures that glucose is absorbed into the cells and used or stored as energy. Our body needs sugar as energy for the brain and anaerobic activities.

Importantly, however, not all sugar is the same. In principle, the sugar in fruits and vegetables is not harmful to our bodies because it is not as concentrated and is combined with fiber, vitamins, and minerals. On the other hand, added sugar in sweets, fruit juices, or soft drinks can be harmful to our bodies in high amounts.

Eat unprocessed foods to avoid falling into the sugar trap.

Sugar hides under many names and in various additives used to sweeten foods. It is therefore worth looking at the back of the packaging of all products and familiarising yourself with the nutritional table and list of ingredients. It must always be stated exactly how much sugar the product contains. The list of ingredients will tell you what kind of sugar or sweetener it contains (industrial sugar, fructose, table sugar, or other forms). You can then decide for yourself which type of sweetener you want to consume. Sweeteners do not raise blood sugar levels and do not cause cravings.

Why avoid sugar?

- it can cause weight gain
- associated with acne
- may increase the risk of heart disease, diabetes, cancer, depression
- may accelerate the aging process of the skin and increase cellular aging

Tips for reducing added sugar

- Avoid sodas, energy drinks, juices and sweetened teas for water or unsweetened drinks
- Sweeten plain yoghurt with fruit instead of flavoured yoghurt with sugar
- Eat whole fruit instead of sugar-sweetened fruit smoothies
- Replace sweets with a homemade mix of fruit, nuts and a few pieces of dark chocolate, or buy nutrient-dense sweets
- Use olive oil instead of sweet salad dressings such as honey-mustard
- Choose marinades, nut butters, ketchups and other sauces without added sugars
- Look for cereals, muesli and granola bars with less than 4 grams of sugar per serving
- Swap your morning cereal for a bowl of oatmeal with fruit or an omelet with vegetables
- Use natural nut butters instead of sugary spreads like Nutella
- Avoid alcoholic drinks sweetened with juice, honey, sugar or agave syrup
- Focus on fresh and healthy ingredients - not processed food

XXII. Role of Nutrition and Intelligence in Our Health

Nutrition in our daily lives means that we take in what we need to keep our bodies healthy. Nutrition has become an important word because of the USDA's (United States Department of Agriculture) involvement in our daily food requirements and the FDA's (Food and Drug Administration) involvement in determining what is and is not dangerous for us to consume.

What about eating habits? What about vitamins? What role does their daily intake play in our health?

The body's ability to maintain itself in good condition under less-than-ideal conditions is a direct result of the nutrition we receive daily. The ability of the mind to remain in good condition is again a direct result of our nutrition. For example, the human brain does not develop well without the necessary supply of protein in our daily diet. Without protein, there is no intelligence.

Nutrition refers to the care of our body, and our ability to keep it healthy and functioning as it should. Our ability to supply our bodies with all the necessary foods, vitamins, and minerals to continue to thrive in our daily life processes.

How do we know that we are providing for our basic nutritional needs? We gain this knowledge by learning what our individual needs are, and what our family's needs are, and then we take that knowledge and apply it to the foods that we buy, that we prepare, and that our family consumes.

Health is taught as a science subject and deals with issues of personal hygiene, disease, and the broad spectrum of health that affects the masses. No individual attention is given to how to achieve optimum health through our eating habits. Oddly, we leave out the most important, fundamental building block of good health: our nutritional and caloric intake in food. We should have the fields of nutrition and physical activity combined into something that would give every person entering the school system a personal knowledge of their body's caloric and nutritional needs so that they complete their education with mental and physical competencies, as well as analytical and mathematical competencies.

Nutrition is a concept that should be as important to our educational process as numeracy. The ability to recognize our nutritional requirements, to find the foods we need to meet them and to distinguish between healthy food consumption and 'unhealthy' eating habits is important. For a healthy, happy, long, and quality life.

What we should absorb in our daily journey through life is how to incorporate good nutrition into our lifestyle. Generally, there is as much room for the good as there is for the bad, it just happens that bad eating habits have more appeal.

Bad nutrition gets more advertising money than healthy nutrition and is often more visible. This does not mean it is easier, more convenient, or cheaper. Habits, in general, take about two weeks to go from conscious action to unconscious thought. Two weeks is not a long time at all for decisions that will affect you for the rest of your life. It's also not a long time for the potential rewards that come from setting an example for your children to follow, and for you to be proud that they are following it. You are teaching them daily the good habits you want them to adopt, and then you are demonstrating the bad habit of food choices.

XXIII. Music - Our Connection to Higher Consciousness

Many people don't realize the role music can play in their lives and throughout their lives. Music is our connection between the everyday spoken word and the power of our spirituality. Music operates on sound waves that are between the vocal sounds or our voice and the spiritual prayer or meditation length of our brain waves. What does all this say? It's a connection, a way to connect with our higher consciousness at the moment, to relieve stress, to comfort us, or simply to lift our spirits.

Learning music and playing musical instruments enhances our abilities in mathematical and scientific analysis. In the course of learning music notation and reading music, the vastness of our brains affects processes associated with working through mathematical problems, solving analytical problems, and excelling in the sciences.

In studies, the effect of learning music and attending musical performances has been shown to reduce stress and anxiety levels, reduce feelings of isolation and loneliness, and here's the real surprise, participants actually had an increase in human growth hormone production. Human growth hormone positively affects phenomena associated with aging such as energy levels, wrinkle formation, osteoporosis, sexual function, muscle mass, and overall pain.

The benefits of learning musical instruments and the joy they create only see their true potential when applied in a group setting where laughter, music, and fellowship can occur. Music is a way to connect with our higher selves, and our peers and bring greater joy to our lives.

XXIV. Does your Income affect your Health?

Our intake directly affects our health. How much money you make helps determine how healthy you will be. But the big picture is this view: you are educated, you have a degree, and you are exposed to a lot of information during your college years. You're exposed to health courses, athletes, and all kinds of professional people who already understand the importance of health in your life.

You graduate from college, your income is quite nice and you have the opportunity to buy magazines, and health and fitness courses. Do you see how your education and intelligence level now affect your health? This is a generalization that has been proven time and time again. All you have to do is observe your developed countries versus third-world, undeveloped countries. Living standards and health are directly related. After considering the evolution of intelligence, our level of education and income plays a huge role in our ability to educate ourselves about the health options we should be taking advantage of. Affordable fitness centers are one of the nicer privileges of higher incomes. Most fitness centers provide their customers with individualized weight and exercise programs that further improve the customer's health.

Higher incomes allow us access to fitness centers, better choices in our eating habits, and better medical care.

Higher levels of education and income almost always have access to better medical care. The availability of better care, whether through better insurance paid for by society, living in a metropolitan area versus a rural area, or simply being able to afford a more specialized doctor when the situation calls for it.