

LAFF2LIVE

Follow the LAFF2LIVE path to a vibrant life



4 pathways to healthy living

Lifestyle

We know that most disease and illness can actually be prevented or the course changed if we have a healthy lifestyle. What does that mean? Read more to learn ways to help you achieve a better balance of lifestyle.

Attitude

A positive attitude and looking at life with a possibility mindset is very helpful to becoming and staying healthy. Our model looks at why this is so valuable.

Food

Do you always know what you are eating and what is in your food? Most people don't but you can certainly learn. Feeding our bodies in healthy ways gives us the best possible chance at a healthy and long life.

Faith

Having someone or something to believe in can raise our awareness that there is more outside of us that influences our life. Learn more about faith and how that helps with vibrant health.

Dr. Barb

www.BeckyBakerFoundation.org

L.

LIFESTYLE

What is lifestyle?

When we think of lifestyle we often have images of something other than what we have, but in reality, we all live a particular lifestyle. Maybe we are a shopper and like to buy nice things. Perhaps we have to workout every day. Maybe we are someone who reads a lot of books.

No matter your own definition, lifestyle is something that changes as we move through life. We can always change into a lifestyle we prefer but it can take time, effort, or even money to make that happen.

We like to consider a balanced lifestyle where people make healthy choices as a good place to land. As we move through our LAFF2LIVE model, all of the pieces come together for a vibrant lifestyle.

Having a good value around healthy eating and exercise, for example help with this end goal. Are you someone who stays up too late and doesn't get enough sleep? Well, amount and quality of sleep adds to our lifestyle.

Think about what you value most in life and how that creates how you live your life. If you are hard working, you aim for being healthy, and you usually make wise choices around what you do and say, then you may be aspiring to a more balanced lifestyle.

Assess where you land on the lifestyle scale. Where can you make changes to be more healthy and balanced?



A.

ATTITUDE

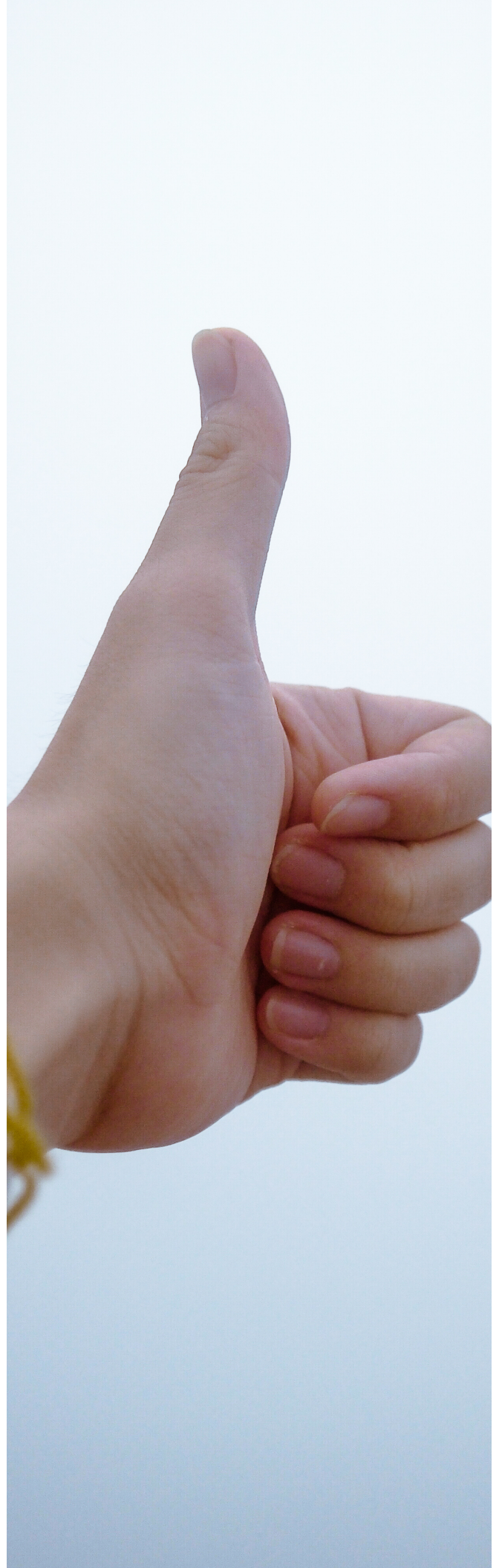
Attitude is how we think or feel about something. You may know people who always seem to be happy and optimistic and then there are those who complain about everything. You have all heard the phrase "Wow she has a bad attitude" and we all know what that means when we hear it.

Being positive and optimistic have both shown to give wonderful health benefits. When we are stressed out and negative, our body creates more cortisol and hormones that keep us in negative states. This puts extra harm on our organs and body systems so they don't function at capacity. What tends to follow could be illness and disease.

Having a positive attitude also helps raise our vibrational energy. Those folks who believe that we take in and emit energy will understand the importance of raising this energy.

We also like to weave in growth mindset when we talk about attitude. Someone with a growth mindset understands that challenges happen, but they are willing to make mistakes and try things. They literally take risks with the anticipation that a great outcome will occur.

Gratitude also plays in nicely with attitude. Expressing gratitude for self and others is an important element of living a positive life. This also raises our energy in such a way that we just feel better. That is always a win-win for our health.



F.

FOOD

Food is such a great part of our lives and understanding what we put in our bodies as fuel can really make or break our health. We like to use the term 'conscious eating' to truly be aware of food we eat. Many people do not research what they are eating and tend to eat fast food or quick meals made in the microwave.

To achieve vibrant health, it is important to understand what fuels your body in healthy ways. Our goal is always create vibrant health and starve cancer. All of the bad things we like to eat that are not supportive of a strong body are those things that cancer just loves. If we can shift our mindset to vibrant health and only consume what helps all of our cells, then we have the best chance at preventing illness and disease and keeping our bodies functioning optimally.

While there are many diets and eating regimes out there, it can become confusing. One of the best things you can do is to find a good naturopathic doctor, nutritionist, or other health practitioner really tuned into blood panels and knowledge about how you relate to food and how food works with your specific chemistry. We are not 'one size fits all' which unfortunately is how illness and disease are often treated. The end game is NO disease or illness and food is a huge asset in this journey.

Find someone who can help you understand what your body needs and create a healthy eating plan for you. This will be one of the most important decisions in your journey to vibrant health.



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FAITH

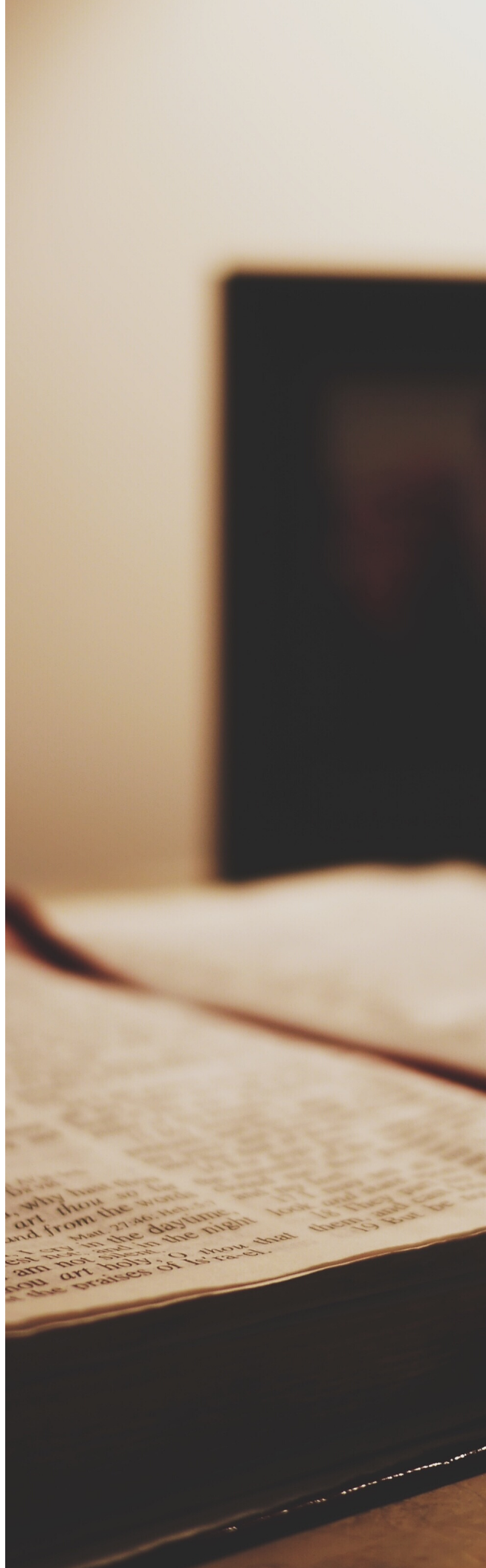
Faith is about what you believe in. Our world is full of many religions and beliefs and we do not tout one as better than any other. You must find what you believe in for you.

Spirituality has to do with focusing on the human soul and not physical or material things. When we follow a spiritual path we tend to be introspective and really value life.

You have to find what works for you as far as faith. Do you believe in a higher God or Soul that you can pray or speak to for support? Do you attend any services with others and share mantras or prayers for your health?

In the world of Faith this is also not 'one size fits all' and our goal is to educate people around the importance and value of having something to believe in while going through a health crisis. Sometimes having that 'other wordly' support can really help us keep positive and attentive to what is most important to us.

Take a good look at what you believe in and how faith can help you on your healing journey. Seek others with similar beliefs to support you.



Meet Dr. Barb:



B

Who is Dr. Barb? I have been a leadership coach, trainer, and consultant for many decades. I also hold onto therapist and mediator titles and weave all of these skills into my leadership and education work. Self-awareness is the language I speak.

Continuing with Becky during her journey after leaving this earth is a passion of mine. We have so much we can learn and do to change our lives and being healthy is our best chance of success. Join me in learning LAFF2LIVE and make that part of your own healing journey.

Dr. Barb

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Action Steps

Won't you join us to help save and teach women (and men) about vibrant health and how to starve disease and illness?

Donations to the Becky Baker Foundation help us gift mammograms and thermograms to those in need.

Donate [HERE](#) and help us save lives. Your funding truly can change someone's life.

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