

Healthy lifestyle

- **Stress**
- **Exercise**
- **Food**
- **Sleep**
- **Relations**
- **Breathing**
- **Sun**



How to Relieve Stress

- Walking
- Breathing exercise
- Increase Vitamin B1
- Apple Cider Vinegar
- Minerals: Ca, MG, K
- Acupressure
- Ketosis



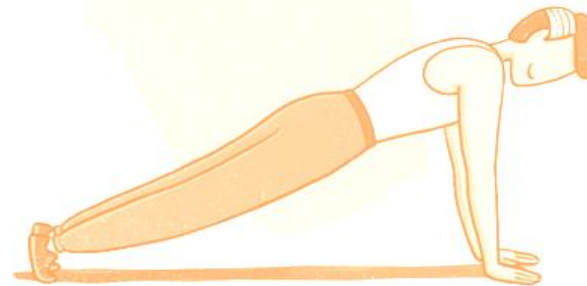
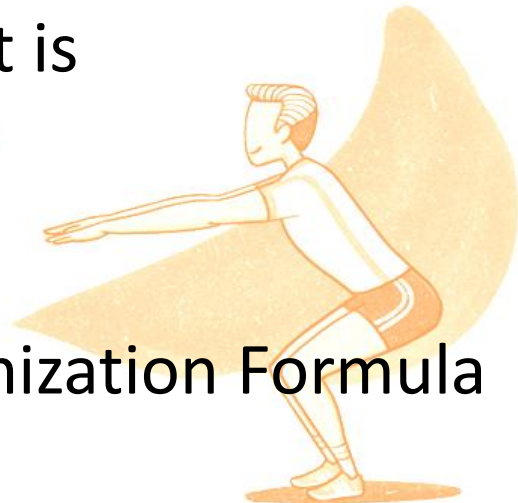
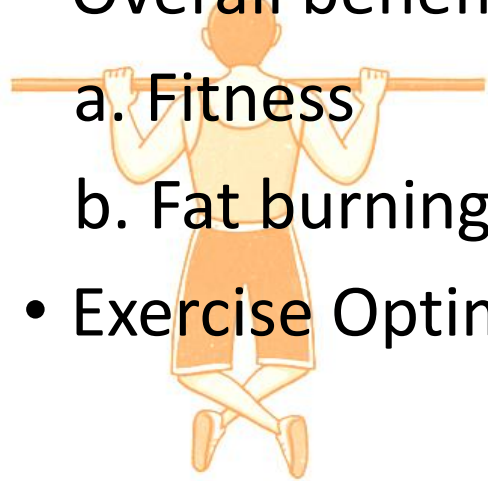
EXERCISE

- Time of exercise
- Intensity
- Recovery
- Frequency
- Overall benefit is

a. Fitness

b. Fat burning

- Exercise Optimization Formula



Benefits

A grayscale medical-themed background featuring a stethoscope on the right side and a clipboard with a pen on the left. The word "Benefits" is written in a large, cursive, handwritten font across the center of the image.

- **Calories**
- **Circulation**
- **Detox**
- **GH (growth hormone)**
- **BDNF (brain-derived neurotrophic actor) hormone**
- **Brain (Mood, Focus, Dementia, Stress, Healing, Digestion)**

FOOD

Healthy food to eat

- **Non-starchy Veg.:** Leafy green, Broccoli, Cauliflower, Brussels sprout
- **Berries:** Strawberry, Raspberry, Blackberry, Blueberry
- **Meat:** Beef, Chicken, Lamb, Wild, Salmon, Sardines, Mackerel.
- **Eggs.** Pasture Raised NOT Pasteurized.
- **Fats & Oil :** OGF Butter, OEVO oil, EV coconut oil, MCT oil
- **Nuts:** Walnut, Almond, Hazelnut, Pecan, Macadamia
- **Seeds:** Chia, Flax, Hemp, Pumpkin, Sunflower
- **Avocado**
- **Tubers;** Sweet potato, Potato, Rutabaga, Turnips, Carrot, Celeriac
- **Herbs \$ Spices:** Garlic, Ginger, Turmeric, Cinnamon, Cloves, Cardamon, Cilantro, Parsley, Dill, Rosemary.....
- **Chocolate**



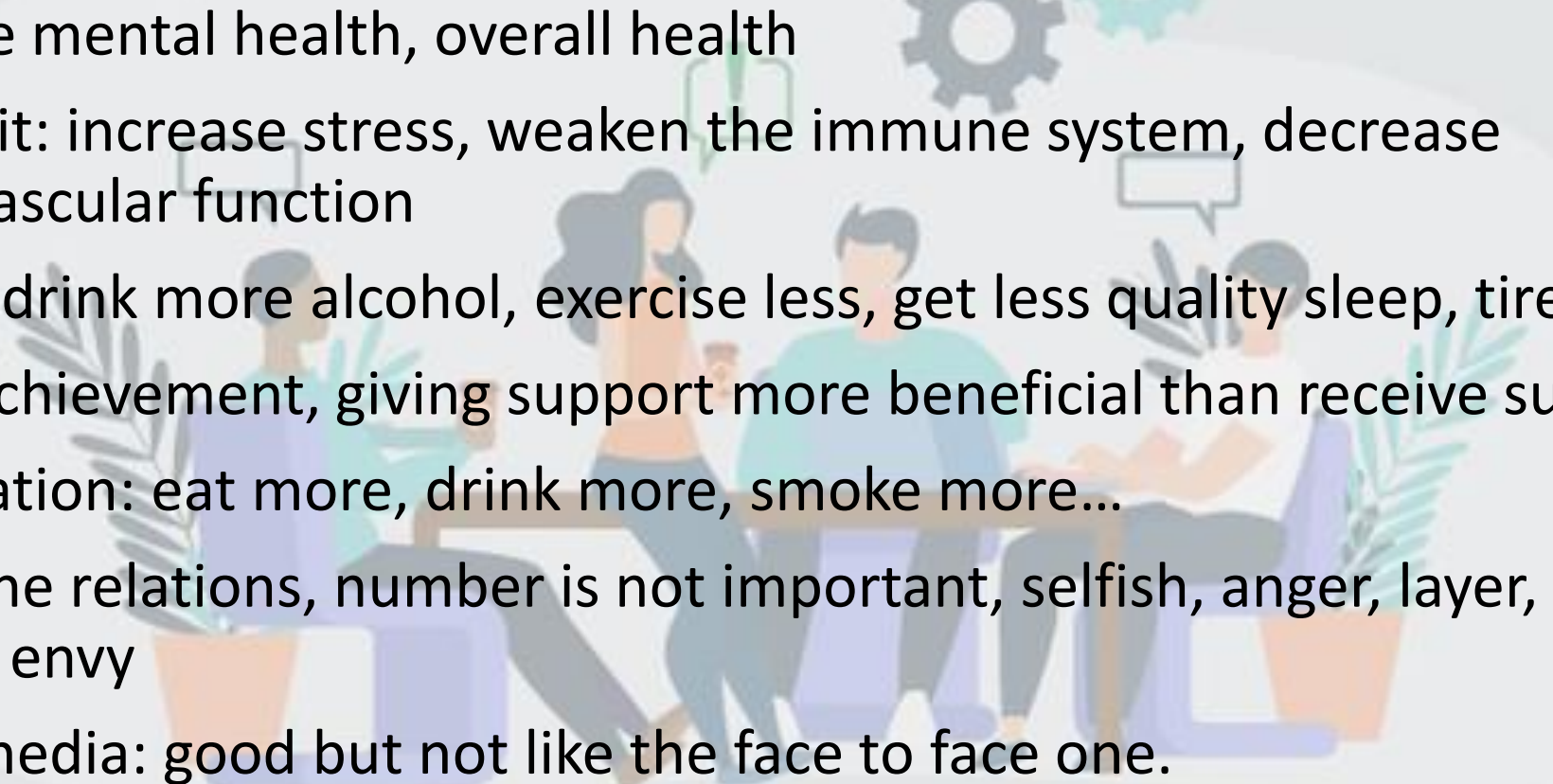
SLEEP

- Time : when, how long
- Light : Melatonin
- TV : blue light
- Relaxation Practice
- Temperature: 15-19
- No Coffee
- Too much energy
- Digestion, stabilize blood sugar



RELATIONS

good life in good relations

- Improve mental health, overall health
 - Lack of it: increase stress, weaken the immune system, decrease cardiovascular function
 - Lonely: drink more alcohol, exercise less, get less quality sleep, tire easily
 - Share achievement, giving support more beneficial than receive support
 - Bad relation: eat more, drink more, smoke more...
 - Detox the relations, number is not important, selfish, anger, layer, negative people, envy
 - Social media: good but not like the face to face one.
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BREATHING

- Oxygen
- Relaxation
- Immune system
- Stress
- Sleep
- Memory
- 4-5, 1, 5-6, 1 15times



SUN

- Vitamin D: how long stay to get enough VD from sun, depends on place, skin color, age, liver health.
- Skin and Retina: serotonin goes up then mood get up
- Reduces melatonin
- Balances and optimizes circadian rhythm: body clock(hormones, mood, energy, function)
- UV: antibacterial
- IR: wound healing, decrease pain