

Week 09 (2016)

Good Health is Not Just in a Bottle

I am here in Mallorca and about to jump on a x7 plane trip to the USA, to visit the Texas facility where they make my favorite 'Ancient Minerals Magnesium OIL ULTRA', and then over to California to Visit Good Health USA, before going onto the 'world's biggest Natural Health Product Trade Show' in Anaheim. Takes your breath away? Some people at my age (70+) have already retired or are thinking about retiring. Retiring is not on my agenda for many years. I have big plans to extend the Good Health Coaching support so that it becomes available to millions and that is a big task. To keep working for the next 20 years I have to also keep working on my good health.

Good Health is Not Just in a Bottle

Yes I do take lots of supplements to help maintain my good health but I am in no doubt that this is a small part. To live longer and healthier as we age there are things that we cannot avoid if we are to stay youthful.

Here are some basics that you will ignore at your peril:

Your cells will degenerate if you do not:

- Eat real foods and avoid all junk foods (see my eBook below).
- Walk for 3-5 miles every day.
- Avoid sitting down for more than 3 hours every day.
- Drink 6 glasses of water every day.
- Stop smoking today (use an alternative if necessary).
- Avoid drinking alcohol everyday and limit your session to a couple of drinks.

Get the Details Right

Pay attention to the details of how to stay healthy and youthful, think things through, and try to do what's right – live longer. Do more things to protect your health and make choices that lead to stronger relationships and consider your existing career, or embarking upon a new one.

Cultivate Relationships

Studies are clear that those with more relationships live happier and longer. If you cannot easily make friends then join clubs and volunteer your time to help others. This will empower you immensely to get a sense of purpose

Choose your Friends

Many people tell me they have difficulty following a healthy lifestyle as their existing friends are not supportive. This can be tough but they cannot be very good friends if they are not supportive. Start to make another group of friends via natural health groups in parallel to your other friends to give you more choices.



Have a Nap

As well as a good night's sleep those who have a 20 minute nap when they feel tired during the day live longer than those who don't. No more than 20 minutes is very important. Set a timer.

Get a Healthy Weight

Your BMI is the most critical measurement. You can purchase bathroom scales that measure your BMI. Have a weekly weigh in. Following my healthy food plan in my eBook will automatically help you achieve this.

Meditate or Pray Every Day

Give yourself at least 15 minutes to sit or lay down and while diaphragm breathing, become completely relaxed, forgive all others, forgive yourself and see in your mind the future you desire.

Stress is a Killer

This may be the last but it is not the least. Stress (causing high cortisol) destroys lives as well as being a prime cause of death. The more you meditate through relaxed breathing the more you will let go of stress. If you have any problems with this then I have [RealFocus](#) and [RelaxWell](#) to help you to get control of stress and anxiety for a more relaxed life. Don't get caught on medical drugs for more than a couple of weeks. Drugs destroy lives.

Need help getting such a comprehensive life plan to be part of your daily life?

That's why we have Good Health Coaches. You can have support for weekly calls to help you make the plan part of your life. Go to www.MyGoodHealthClub.com to get started.

You don't have to be sick to use a Good Health Coach. You may simply want to stay healthy and youthful as you age. Read my book which I wrote to show you how my wife and I keep healthy and youthful.

Just in case you are thinking that x7 flights are unhealthy, you are correct and I take special care and various supplements which you can read about in an earlier newsletter:

<http://www.naturallyhealthynews.com/newsletter/2015/week-25-2015-happy-flying>