

Title:

12 Ways To Be Healthier

Word Count:

513

Summary:

Want to loose weight, sleep better and boost your immune system?

1 Have a lie down

Back pain can be avoided and the damage repaired with one easy exercise, which is lie down on

2 Note your nibbles

Crash diets don't work for long enough; instead maintain a food dairy to note your daily eating

Keywords:

health, being healthy

Article Body:

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3 10 deep breaths

Our breath power our lymphatic system, which removes waste from cells. By taking 10 deep breaths

4 Put your fork down

Put your fork down between every mouthful of food, it makes you chew your food properly, prevent

5 Make a list

The most effective stress buster is to make a list. Your short term memory can only remember, 3

6 Massage your feet

Poor circulation could be robbing you of much needed sleep. Your temperature needs to drop slightly

7 An organic apple a day

If you buy one organic item a day, make it an apple. Research found that pesticide residues in

8 Change your tea bag

When it comes to tea white is the new green. White tea comes from the same plant as green and

9 Eat dried apricots

The most common nutritional deficiency is iron. Tiredness, irritability and lack of concentration

10 Stop skipping meals

Eating three meals a day is very important for a healthy body. It's the simplest way to balance

11 Keep it crunchy

Include some raw vegetables in every meal. Many of the vitamins and minerals are in vegetables

12 Focus on your feeling

Take two minutes to boost your resolve to do walk, jog or aerobics class. The instant gratification

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