

# EVIDENCE BASED HEALTH TIPS

IMPROVE YOUR LIFE WITH THESE TOP  
**EVIDENCE-BASED** HEALTH AND NUTRITION TIPS!



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# Introduction

If you're looking to extend your lifespan, improve your overall health and look and feel your very best, you'll want to read **every word in this special report** dedicated to highlighting the **top evidence-based health and nutrition tips**.

When it comes to living your healthiest life, it isn't always easy to know where to begin. Even health professionals often have differing opinions in regards to what is considered healthy and what isn't.

That aside, there's a **ton of evidence** to support the following health and nutrition tips. In fact, all the information in this special report is based on **extensive research** rather than opinion.

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That way, there will be no differing opinions because the information is based on extensive, time-tested research and not on some current fad or trend in the healthy lifestyle community.

*Why is this so important?*

Because when it comes to your health, the last thing you want to do is follow advice that isn't grounded in hard evidence. Instead, you should always base your dietary and lifestyle changes on **proven research.**

From what type of foods will improve your body's ability to self-repair, to the top nutritional tips that will help you live a vibrant, energetic and joyful life, you'll have all the information you need to live a longer, healthier life.

**This includes:**

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- How to **immediately minimize your risks** of suffering from type 2 diabetes, obesity or high blood pressure.
- Top health tips to help you quickly get into the **best shape of your life.**
- **Important power foods** that will cleanse your system, **eliminating harmful toxins** so you can feel and look your best.
- And **much more!**

So, without further delay, let's get started!

# You Are What You Eat

You've likely heard the saying, *you are what you eat*, and when it comes to living the healthiest you possible, no truer words have ever been spoken.

Quite simply, a healthy life begins with the foods you eat. What you put into your system ultimately dictates how you look and feel.

*Makes sense, right?*

A diet that consists of high-sugar foods, for example, isn't designed to sustain a healthy lifestyle. Those kinds of foods will rob you of energy and leave you feeling lifeless and bloated, not to mention the havoc it wreaks on your blood sugar levels and puts you at risk of many illnesses.

Start by thinking about how you feel after you eat certain foods.



*Do you feel sick? Do you feel bloated? Are you tired? Run down?*

Paying attention to the way foods make you feel is key in changing your diet so that it supports a stronger, healthier body.

Few of us analyze the way foods change the way we feel or affect our moods, but when we start to pay close attention, we discover just how easy it is to boost energy levels, improve our ability to focus and simply feel at our best just by eliminating these harmful foods from our diet.

**Pro Tip:** Consider creating a food diary or journal that documents the foods you eat. Start writing everything down for 30 days. After each meal, write down what foods you ate, portion size and how you are feeling.

Keeping track of how you are fueling your body, as well as how those foods are influencing how you feel both physically and

mentally, is the first step towards identifying food-toxins so you can set yourself on a better, healthier path by eliminating them from your life.

Some of these foods may be obvious ones that you know are unhealthy while others may come as a surprise. Therefore, it's important to create a logbook of 30 days (minimum) so you not only have a detailed snapshot of how the foods you're eating may be impacting your health, but over the course of a month, you'll begin to develop a habit of considering healthier choices.

A food journal should also include a total calorie count so that you can reflect on the kinds of foods that are likely the leading cause of any weight-struggles you may have.

# 2 Foods to Avoid For Long-Term Health

When it comes to living a healthier life, there are a couple of harmful toxins that you'll want to quickly remove from your diet. These foods are notorious for wreaking havoc on our systems and leaving us feeling depleted of energy and unable to focus and thrive.

Worse, these foods ultimately increase our health risks in many ways, putting us in serious danger, so the sooner you can eliminate them from your life, the better.

## **1: Sugary Calories**

It should come as no surprise that sugar wreaks havoc on your system. It can mess with your blood sugar and even with your brain since it doesn't quite measure calories in the same way it does solid food.

In fact, weight gain and heart health are just the tip of the iceberg when it comes to how toxic sugar is on your system.

Sugary drinks are also associated with type 2 diabetes, obesity and heart disease, just to name a few.

In fact, studies have shown that people who consume high-levels of fructose are in great danger of developing fatty liver disease because of the way excess sugar ends up stuck to your organs rather than being eliminated from your body.

Sadly, a report by the American Heart Association (AHA) discovered that the average American consumes approximately 22 teaspoons of sugar every single day rather than limiting consumption to only 6-9 teaspoons as recommended by health professionals!

So, by minimizing the number of sugary calories in your diet, you'll not only minimize your risks, but you'll eliminate a good portion of wasted calories: these are calories that don't provide nourishment or sustenance. They simply add inches to your waistline.

Need help getting over your sugar cravings? Here are a couple easy ways to get started:

**Replace fruit juice with raw fruits:**

Satisfy your sweet tooth and sugar cravings without risking your health by replacing fruit juice with raw fruits such as grapes or mangoes. Not only will they provide the sweet fix you're looking for, but they'll help stop sugar cravings in its tracks.

**Eat Dark Chocolate:**

When you're dealing with a sugar craving consider replacing high-sugar snacks with dark chocolate. Not only will this help curb sugar cravings but studies have shown that the antioxidant and

anti-inflammatory compounds found in dark chocolate help improve your overall heart health!

Just make sure that you stick with chocolate that contains **more than 70% cocoa**.

So now you better understand the way sugar affects your body and the many reasons you should minimize your daily intake, but there's yet another common culprit hidden amongst our shelves and pantries and if sugar had an evil twin, this would be it!

## **Processed Foods**

Processed foods are anything where there is some form of **chemical processing** involved.

While everything we eat is processed in some way, there's a difference between mechanical processing (such as in harvesting fruits and vegetables, for example) and chemical processing where unhealthy, artificial substances are injected into the foods.

These processed foods are loaded with all kinds of toxins, including sugar but they're also filled with dozens of artificial ingredients that you may not even recognize.

In fact, many of them have been carefully engineered to trigger pleasure sensors that provide temporary satisfaction while tricking your brain into overeating.

**Bottom line:** Processed foods are high in unhealthy ingredients such as preservatives, colorants and flavor chemicals, while low in important nutrients and proteins that your body needs to thrive.

Processed food can become just as addictive as sugar because it messes with your brain chemistry, hijacking your body's natural ability to detect when you're full. This leads to severe overeating and of course, that leads to obesity.

# What We Learned from Harvard

Now that we've covered 2 of the greatest toxins, it's time to shift gears and focus on the foods we *should* be eating.

In 2011, ***Harvard Health Publishing*** released a visual health guide that focused on the healthiest foods on earth and how much we should be eating. They called this report, the *Healthy Eating Plate*; a detailed blueprint for healthy eating and portion control based on **scientific research**.

*Here's just some of what they uncovered:*

## **Increase your Fruits & Vegetable Intake**

It should come as no surprise that most of us aren't eating enough



fruits and vegetables, yet they carry some of the **highest levels of vitamins and nutrients** of all the food groups. In fact, the Healthy Eating Plate recommends that we fill half our plate with fruits and vegetables.

*Some of the best fruits and vegetables are:*

### **Spinach**

This is a very nutrient-dense superfood and is one of the healthiest foods on earth. Spinach is loaded with nutrients and vitamins including Vitamin A, Vitamin K and essential folate, while being low on calories.

### **Beets**

Beets are good for the heart and great for the brain. They're also excellent for lowering blood pressure! These powerful root vegetables are filled with Vitamin C, magnesium and folate.

### **Avocado**

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