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Adrian resigned from educating children, and he
Now educate adults to be healthy, happy, wealth and wise.

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The Ten Commandments to Live Healthy

To live a healthy life is similar to God's Ten Commandments prescribe for holy living. The individual has the choice to obey them and enjoy holy happy living, or they can ignore them and perish. The Ten Commandments to live healthy is also a choice you can make by following them and enjoy vibrant, healthy happy life, or ignore them and live sick, unhappy miserable all your life. Healthy living is a choice, your choice.

Nutrients: Thou shall consume into thy body only foods that are produced by plants to live healthy, and forbid everything that is produced in a plant. The first plant is a living organism that is God-made, but the second plant is a building that is man-made.

The first plant produce living phytonutrients with potent antioxidants compounds in the form of vitamins and minerals that protect body cells from the damaging effects of Free Radicals. Free Radicals are by-products of oxidative damages to the cells of the body, as a natural result of metabolism, or from our unhealthy lifestyle of fry foods, smoking and other poisons we put in our body.

Free Radicals also come from the polluted environment, and the damage to the cells is associated with an increased risk of many chronic lifestyle diseases. Antioxidants such as vitamin C, carotenes and vitamin E reduce the damage caused by these radicals.

Balanced Diet: Thou shall have a balanced diet every day and live healthy. Yield not to the temptation to eat your meal up-side-down. For thy health sake, eat your heaviest meals between breakfast and lunch. Dinner and supper should be lighter than the others.

Modern day eating is putting 1 in every 3 persons at risk of developing cancer at some time in their lives. Eating a balanced diet daily should consist of the following: seven to nine servings of. whole grains; five to seven servings of fruits and vegetables; three to five servings of protein and one to three servings of fats and sugars.

A serving is half of a measuring cup, or one of those small party plates. Eating the right way can turn back the hands of time, and change the way you think, look and feel. But even more important, can reverse the age-related macular degeneration of the body.

Rest: Thou shall get quality and quantity sleep to live healthy. Get enough to refresh and rejuvenate your body. Studies have shown that when people get less

than 6 or 7 hours of sleep each night, their risk for developing diseases begins to increase. Get a full night's rest of seven to nine hours whenever possible.

Without adequate sleep, the immune system becomes weak, and the body becomes more vulnerable to infection and disease. To ensure quality sleep, your bed room environment should be quiet and dark for best resting experience. And you should not work in bed, unless it is "sexercise"

Exercise: Thou shall move thy body daily for the many health benefits. The health benefits that are derived from exercise are unquestionable, yet the majority refuses to make the time to exercise the body. These are just some of the benefits to live healthy:

- Stronger heart and lungs
- Joints flexibility and muscle strength
- Stronger bones to manage your rigorous activities
- Acceptable weight management
- Enhancing vibrant sex with your spouse
- Increased energy
- Increased self-esteem
- Increased mental focus
- Reduction of stress and improve your mood
- Reducing risk of colon cancer
- Reducing risk of heart attack
- Reducing risk of gall bladder disease

Water: Thou shall drink five to eight glasses of water daily and live healthy. Two third of our body is made up of water, ninety five percent of our brain is water, ninety percent of the lungs consist of this substance and eighty two percent of the blood is just water.

Do not take it lightly when they say water is life, that is a fact. Drinking enough water to keep your cells hydrated can prevent headaches, reduce tiredness, improve concentration and increase short-term memory.

Detoxification: Thou shall cleanse that God given body of yours and live a healthy life. Because of toxic over load, you are often times feeling fatigue, sluggish, suffering from aches and pains, having skin problems, digestive problems, headaches and allergy symptoms.

Detoxify your body of the accumulation of poisons that you get from almost everything you do, including the unhealthy foods you eat, the polluted air you breathe and the impure water you drink.

Sunlight: Thou shall get more sunlight on thy skin and live healthy. Researchers are now starting to recognize the importance of sunlight for a healthy lifestyle. Vitamin D is absorbed naturally from the sun. It's necessary for healthy bones,

muscles, and cells. It also helps the body absorb and use phosphorus and calcium. If we are exposed to sunlight for 15 to 20 minutes a day, we can absorb about 10,000-15,000 IU of Vitamin D each day.

Laughter: Thou shall laugh out loud every day because it is good for you. If you want to effectively manage stress, laugh more. You can laugh even when there is nothing to laugh about. Laughter benefits the health of the mind and soul. New research has shown that laughter can flush clots, cholesterol and inflammation from the body.

Laughter has similar health benefits to exercise. When we laugh, our facial muscles stretch and there's an increased heart rate and blood flow. We breathe more deeply, taking in large amounts of oxygen, to cleanse the system and activate many health benefits.

Endorphins, a natural pain relieving hormone, are released during laughter. Endorphins created by laughter reduced cravings for food, alcohol and drug addictions. Endorphins are also believed to reduce stress and slow down the process of aging.

Socialize: Thou shall spend quality and quantity time with friends and family and live healthy. Health and happiness are brother and sister; they operate like hand in glove. If you have friends and loved ones around you, it can make the difference in living longer and healthier life.

Several studies report that there are fewer colds, lower blood pressure and lower heart rates among those with strong social ties. We are created natural social beings, which is why marriage, perhaps the strongest tie, adds years to life expectancy.

Meditation: Thou shall meditate day and night to maintain our mental health and emotional well-being. I leave this health commandment for last, but it's the most important. Simply put, meditation is a discipline thought that focus on one single object for a period of time.

Just like how we rest and cleanse our physical body, we need to mentally detox our mind from the mental clutter, messages and information we have been consistently bombarded with through out the day. It's refreshing to spend a time of quiet, still reflective moment where we can commune with our God, so we can hear from and learn to surrender every situation to His control.

Ten Healthy Living Tips

If you are healthy, you probably will be happy, and if you are healthy and happy, you have all the wealth you need, even if it is not all you want. These ten healthy living tips are easy to adopt into your healthy living lifestyle. You do not stand a chance to be healthy and happy if you ignore the Ten Commandments to live healthy.

- 1 **Laugh out loud daily.** Laughter is medicine for your body. It is internal jogging exercise for the organs. Laughing is one of the most powerful beneficial things you can do. Children laugh on an average, 10,000 times per week. Adults on average laugh five times per week. Laughing stimulates the entire immune system. Laugh every day as often as you can even if you have nothing to laugh about. You will feel better and be healthier.
- 2 **Stop Smoking.** Every cigarette you smoke is one day shortening of your Lifespan. Smoking is a down and out unhealthy habit that affects not only your health, but even worse, the health of others around you. A pity on your children if you smoke around them.
- 3 **Reward Yourself For Action.** After you have accomplished a task or achieved an objective, treat yourself with something special or unusual. Something that you will remember at least for a long time.
- 4 **Set Realistic Goals.** But don't limit or underestimate your capability or potential to surprise yourself. You are capable of far more than you can imagine. The first thing you need is the right mind set to achieve success beyond your wildest dreams. You will be able even to perform the impossible.
- 5 **Stay Motivated.** Enjoy what you are doing and make it fun. Find all the good reasons why you are doing it. It is another way of finding your purpose in life, when you find yourself doing something that you really love and enjoy. Passion and purpose go hand in glove. When you find your purpose, you are automatically motivated everyday.
- 6 **All ten healthy living tips has the same objective for your health. Keep healthy snacks around.** Replace all those sugary, salty and unhealthy artificial flavored snack with natural nutritional ones. Snacking healthy is crucial to stay healthy, manage your weight and at the same time enjoy what you eat.
- 7 **Don't fight stress by eating. Instead, learn to relax.** Try some of those deep-breathing Exercises, lie on your back if possible during which you close your eyes, consciously relax every muscle of your body from your face down to your toes, and focus on your breathing for 5 to 20 minutes each day. You can also listen to de-stressing CDs: With a headphone, use this specially created music or words that are designed to stimulate the brain, release healing hormones, and dramatically release stress that has been frozen and encapsulated in the body.

- 8 Limit sugary and caffeinated beverages. That's a recipe combination of progressive health deterioration. Moderate caffeine consumption doesn't seem to be harmful for most people. But recent studies suggest that when men who have both high blood pressure and a family history of hypertension drink a lot of caffeinated beverages while under job stress, they may experience a dangerous rise in blood pressure
- 9 Eat more fruits and veggies. More fruits and vegetables in your diet to replace all that carb. To help cure and prevent chronic diseases, fruits and especially vegetables are crucial. Vegetables especially have the antioxidants, minerals, and phytonutrients in the correct combination that help keep the blood sugar in balance, create better energy in the body, and along with fruits build a strong immune system.
- 10 These are the ten healthy living tips. Don't skip meals. Better to have small regular meals several times through out the day rather than one big plate to make up for those you have missed. This habit is also a very effective way to manage your weight.

Healthy Living Guide: 10 Foolproof Tips for Living Healthy

Healthy living guide outlines ten undeniably easy tips how to take your health to the next level by simply applying them to your daily routine. Living a healthy life is not half as difficult as many may think it is. The time you take to address matters of your health determines how much you value that all important aspect of life. Start now to turbo charge your health with the following tips:

- 1 Take a nap. A five minute nap can work wonders, as you rejuvenate and recharge those tired nerves. Short naps are beneficial because they give us just enough rest for us to still function at our best and get us through the rest of the day
- 2 Don't work in bed. Your bed is for two purposes only, sex and sleep. In your bed, your mental emotions should be at work for an enjoyable loving encounter with your spouse and/or anticipating a good night sleep.

- 3 Get a full night's rest whenever possible. Lack of adequate rest has been shown to have links with the onset of major lifestyle diseases. Without adequate sleep, the immune system becomes weak, and the body becomes more vulnerable to infection and disease. To ensure quality sleep, your room environment should be quiet and dark for best resting experience.
- 4 Create a bedtime routine. To overcome circadian rhythm sleep disorders, have a regular time for bed. People with circadian rhythm sleep disorders are unable to sleep and wake at the times required for normal work, school, and social needs.
- 5 Avoid caffeine, eating and drinking right before bed. You may just find yourself lying on your back counting the imaginary stars. What you eat and drink during the day can affect your sleep at night. Too much stimulants, smoking, and alcohol before bed all contribute to insomnia. Ironically, some prescription medications that you are taking to sleep can interfere with sleep. If not managed carefully or stopped abruptly, they can cause rebound insomnia.
- 6 Wash your hands. A simple "healthy living guide" is to make it a habit to wash your hands regularly especially before meals. This is the easiest way to prevent infections. Hand washing requires only soap and water or an alcohol-based hand sanitizer — a cleanser that doesn't require water. Frequent hand washing is one of the best ways to avoid getting sick and spreading illness and contagious diseases.
- 7 Put limits on work hours. Don't be a workaholic; it is very addictive and intoxicating. And that will lead to health problems and shortened lifespan. The best way to manage your working hours is to plan ahead your schedule, and prioritize your day's activities. Have a breathing space for unexpected disturbances, and stop working when the time is up!! That is why you have tomorrow.
- 8 Spend time with friends. If you want a healthy living guide to make you healthy and happy then, spend more time with friends and relatives. We are natural social beings, and too long in solitude as studies revealed, can contribute to health deterioration and shortened lifespan.
- 9 Learn time management skills. It is really self management. Managing time is managing self. Time management is a crucial component for anyone who desires to truly get the most out of life. For example, greater productivity, confidence, the ability to meet goals, the opportunity to have fun and gain control over your life. If you fail to properly manage your time, you will often end up with a list of things left undone. You will also end up being stressed out, edgy and simply not living up to your real potential.

- 10 To benefit from healthy living guide, expect things to change. The more things change, the more they remain the same. Be prepared for inevitable changes, so when they come you will not be taken by surprise neither will you be overwhelmed by them.

Improve Your Health: 7 Little Known Ways To Drastically Improve Your Health

Your health is your greatest wealth, and it is one hundred percent your responsibility to manage. Healthy diets, regular exercise, abstinence from smoking and moderate alcohol intake are key components of a healthy lifestyle. How do you practice a healthy lifestyle? Here are some simple tips to follow:

Adjust your diet: Change the way you eat and:

- Increase your daily consumption of vegetables particularly the leafy and yellow vegetables like broccoli, carrot, celery, parsley, lattice, cauliflower, cabbage, spinach, red bell pepper.
- Have more fruits in your diet. Eat at least 2-3 servings of fruits. They are rich sources of vitamin C, beta-carotene, and potassium.
- Drink more water (eight glasses a day) to stay well hydrated.
- Limit consumption of bad fat; fatty foods especially those from animal sources.
- Reduce the intake of sugar and salt.

Exercise daily: Our body is just like any man-made machine, it was made to be active. Inactivity will lead to rapid deterioration and health decline. Exercise for

- Stronger heart and lungs
- Joints flexibility and muscle strength
- Stronger bones to manage your rigorous activities
- Acceptable weight management
- Enhancing vibrant sex with your spouse
- Reduction of stress and improve your mood
- Reducing risk of colon cancer
- Reducing risk of heart attack
- Reducing risk of gall bladder disease

Rest and sleep: Studies have shown when people get less than 6 or 7 hours of sleep each night, their risk for developing diseases begins to increase. Get more rest and:

- Keeps your heart healthy
- Reduces stress
- Reduce your risk for depression
- Improve your memory
- Makes you more alert
- Reduces inflammation in your body

Get more sunlight: Vitamin D is absorbed naturally from the sun. It's necessary for healthy bones, muscles, and cells. It also helps the body absorb and use phosphorus and calcium. If we are exposed to sunlight for 15 to 20 minutes a day, we can absorb about 10,000-15,000 IU of Vitamin D each day.

There is overwhelming evidence that therapeutic levels of vitamin D, not only strengthen our immune system, but protects us from cancer, including breast cancer and even the H1N1 Swine Flu virus. Vitamin D also appears to have a role in combating attention deficit hyperactive disorder (ADHD) and autism

Laugh more: Laughter benefits the health of the mind and soul. Now research has shown that laughter can flush clots, cholesterol and inflammation from the body. Laughter has similar health benefits to exercise. When we laugh, our facial muscles stretch and there's an increased heart rate and blood flow. We breathe more deeply, taking in large amounts of oxygen, to cleanse the system and activate many health benefits.

Endorphins, a natural pain relieving hormone, are released during laughter. Endorphins created by laughter reduced cravings for food, alcohol and drug addictions. Endorphins are also believed to reduce stress and slow the aging process.

Forgive yourself and others: Forgiveness is freeing up and putting to better use the energy once consumed by holding grudges, harboring resentments, and nursing unhealed wounds. In Forgiveness:

- Your mind will be at perfect peace with your God
- You'll be at peace with others even those who hurt you.
- You'll have the joy that cannot be explained
- You'll be able to love even your enemies
- You'll be willing to forgive yourself and others
- Your approach will be different to life's problems
- You'll have less stress symptoms
- You'll exercise more self-control

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