

Whether you seek more energy, want to maintain strong bones or desire a lean body, the first step is to take charge and adopt a health-promoting lifestyle. Follow these guidelines to maintain overall health and look and feel your best. For optimal results, combine a healthy diet with VitaMedica's *Wellness Products*.

- 1. Drink at least 8 glasses of high quality water every day.** Bottled or filtered water are preferred sources to minimize chemical or biological contamination.
- 2. Eat more nutrient-dense, whole foods, especially organic vegetables and fruit every day.** The less processing, the more likely the food will contain the nutrients and fiber that are vital for the healthy functioning of your body.
- 3. Grind flax seeds and include in your diet.** Flax seeds contain lignans which have anti-cancer protective benefits. While the seeds contain some essential fatty acids, the primary benefit of consuming ground flax seeds is to obtain fiber and lignans. Grind the seeds and include in cereals, yogurt and other dishes.
- 4. Eat breakfast every day.** Breakfast is important because it helps fuel your body for the day's activities. Consume the bulk of your calories before dinner. This increases the likelihood that most of the calories consumed during the day will be used as energy rather than stored as fat.
- 5. Consume soy-based foods.** Cultures that consume substantial amounts of soy in their diets have been shown to have lower rates of breast and prostate cancer. Soy-based foods are widely available and include tofu, miso, and soy milk.
- 6. Avoid packaged/processed foods, and especially foods that contain partially hydrogenated fats/oils.** Many packaged foods also contain large amounts of fat and partially hydrogenated oil, both of which have negative health effects.
- 7. Reduce consumption of sugar, alcohol, caffeine and high-fat foods.** Each of these substances may taste good, but they are not health-promoting foods. Consume them in moderation.
- 8. Exercise regularly – aerobic, resistance and stretching.** Make sure that you get an adequate complement of aerobic, resistance or weight training and stretching exercises. Yoga is an excellent choice.
- 9. Take a High-Quality Multi-Vitamin & Mineral Supplement.** Fruits and vegetables provide high levels of vitamins & minerals. Unless you are eating 7-10 servings per day of fruits and vegetables, you should be taking a multi-nutrient supplement.
- 10. Increase Your Intake of Antioxidants.** Considerable research has shown the benefit of antioxidants in preventing age-related illnesses like cancer, heart disease, stroke and even the aging process itself. Avoid mega-dosing of single antioxidants. Take moderate doses of a broad spectrum of antioxidants.