

The Seeds of Success: Ten Tips for a Healthier, Happier Life

There is no scientific formula for living a longer, healthier, and happier life. But recent research reveals that long-lived societies follow the ten health and life-enhancing tips to follow. We hope that you will be inspired to implement these simple—yet significant—suggestions into your daily health and fitness routine!



One: Play and Have Fun

For thousands of years, play was a vital component of communal living among our hunter-gatherer ancestors. Whether it's physical or mental; planned or spontaneous; alone or with a group of people, taking some time out of every day to play like a child can contribute to improved health and well-being.

Two: Find your Passion

The Okinawans call it “ikigai;” the Nicoyans, “plan de vida.” Both translate roughly into “the reason why I get up every morning.”

Regardless of what it's called, having a sense of purpose or a passion can do wonders for your physical and mental health. Is your life filled with meaning and purpose? Take an internal inventory to make sure. What are your special gifts and talents? Are you able to employ them joyfully on a daily basis? If not, come up with a plan to let the true you shine through!



Three: Give it a Rest



From an evolutionary standpoint, the human body and brain were not designed to adapt to constant and ongoing stress. While our bodies are very good at coping with acute stressors—a necessary biological skill for survival in a more primitive world—chronic, unrelenting stress contributes to ever-increasing rates of illness and disease.

As a result, it is absolutely essential to find a way to cope with the stressors of modern life. Run, ride, read, skate, swim, sing or simply breathe. Do ANYTHING that will allow you some time to escape your thoughts and be present in the moment.

Four: Get Some Sun

Our primitive ancestors lived for millennia outdoors, benefiting from the healing powers of the sun. They intuitively knew a secret that has only recently been understood by science: without adequate sun exposure, the human body cannot produce enough vitamin D3, which has powerful effects on the function and health our cells and even our longevity.



Make your cellular health a priority. Get 20 to 30 minutes of full-body sun exposure three times a week—when seasonality and temperatures allow. If and when you can't get enough natural sunlight, it is imperative to take a high-quality absorbable vitamin D3 supplement, as it is almost impossible to optimize your vitamin D levels though your diet alone.

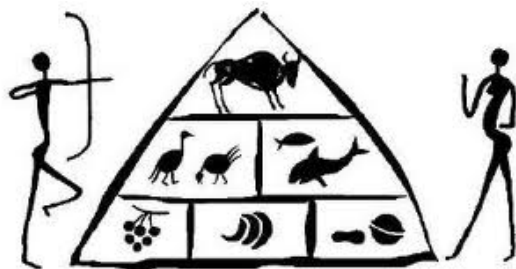
Five: Drink Clean Water



Our bodies are almost 80% water. Unfortunately, most of us don't come close to drinking enough of it. We may drink liquids such as coffee, soda and tea, but these do not provide the same benefits as clean, pure water. While our tap water supply is often full of unwanted chemicals (like chlorine), additives (like fluoride), industrial and pharmaceutical waste products and even radiation, bottled water is NOT the solution. Plastic bottles are literally trashing the earth. The water they contain may be filtered, but it's often taken from a tap! Opt

for a cleaner and more sustainable solution: a high-quality, in-home water filter from a supplier you can trust.

Six: Eat Whole Foods



Changing your diet can be a difficult task. But when you consciously learn to connect what you eat with how you feel, it becomes easier to make choices that are consistent with your innate, biological needs. In simple terms, we should be eating foods similar to those eaten by our primitive ancestors— wild, grass-fed and pastured animal protein, fish, eggs, healthy (unprocessed) fats, vegetables, roots, nuts and small

amounts of seasonal fruits. Strictly avoid any processed or packaged foods, grains, refined sugars, processed (hydrogenated) oils, and legumes (which include peanuts).

Please refer to the “**Food for Thought**” addendum to this document for additional information.

Seven: Think Outside the Exercise Box

Take a look around you and it is plain to see that our modern approach to fitness isn't working! Unfortunately, the "cardio craze" has prompted millions of people to pursue narrow, misguided fitness goals that are fundamentally unhealthy!



Cardiovascular activity that consists of frequent, sustained medium-to-high intensity workouts will not lead to optimal fitness. It's better to move frequently at a slow pace (to strengthen your cardiovascular and immune systems, increase your body's ability to metabolize fat and establish a fitness foundation for higher-intensity workouts) with short, high-intensity interval days in between. Do sprints in the grass or beach, in the pool or on a bike. Lift heavier weights with fewer

repetitions. If possible, try to avoid keeping a tightly-regimented exercise schedule. Listen to your body and allow yourself to be more spontaneous and intuitive when it comes to choosing the type, intensity, duration and frequency of your workout.

Eight: Avoid Environmental Toxins

Unfortunately, our world has become increasingly toxic, and thus our exposure to toxins is increasingly difficult to control. With a little awareness and personal commitment, however, you can significantly reduce your level of exposure.



At the very least, you can—and should—make an effort to avoid:

- Cosmetics and personal care items that contain chemical additives, petroleum by-products and parabens.
- Excessive alcohol intake.
- Cigarettes.
- OTC and prescription medications.
- Synthetic vitamins and minerals.
- Foods and beverages packaged or lined with plastics (this includes most canned goods).
- Regular use of wireless communications devices (computers and cell phones).
- Use of microwave ovens and non-stick teflon coated pans.
- Grilled meats and carbohydrate-rich foods cooked at high temperature.
- Commercial table salt.
- Genetically-modified organisms (GMOs); especially canola, soy, corn and beet sugar.
- High-risk conventional (non-organic) produce: Celery, potatoes, bell peppers, spinach, kale, chard and lettuce greens; peaches, strawberries, apples, blueberries, nectarines, cherries and grapes.

Nine: Take Control of your Health



Modern medicine identifies and treats disease; it does not encourage or promote health. As a result, those who are not ill—and want to stay that way—rarely benefit from conventional medical wisdom. Recent advancements in at-home health assessments, however, have encouraged a renewed interest in preventive self-care at a level that scientifically surpasses the “home remedy” orientation of generations past.

Now, more than ever before, we have the ability to maximize our personal health and fitness potential by using tools that can help us identify our unique, biological needs. It has been proven that these needs are virtually impossible to satisfy through even the most complete and balanced of diets, making nutritional supplementation a necessity for everyone.

The **Core 4 Nutrition** program can provide you with a regular and ongoing supply of the targeted, nutrients (vitamin D3, omega 3 fatty acids, micronutrients and anti-oxidants) your body needs to succeed, along with at-home assessment materials you’ll need to measure your personal, restorative progress.

Ten: Enjoy the Occasional Indulgence

Go ahead—skip today’s workout if you are not feeling up to it. Eat more than your fair share of those fresh, organic strawberries—with home-made vanilla ice cream! Enjoy that extra glass of your favorite red wine. It’s perfectly okay to enjoy the occasional indulgence. But listen to your body; it will tell you when “enough is enough.”



Remember tip number one? Play! Having fun, being spontaneous and enjoying life is certainly what we all hope for. And from both a mental and physical health perspective, will benefit greatly from it. Remember, too, that foundational health goes much deeper than how you look on the outside. It’s what’s on the inside that matters most!

Bonus: Be a Life-Long Learner

Ready to learn even more about what you can do to improve the overall quality of your life?



The amount of information available today can be overwhelming. To help you out, we have selected some of our favorite resources to share with you. Take time to explore the topics from the resources listed that follow.

Blogs

<http://www.marksdailyapple.com/subscribe-to-blog/> If we had to choose one source to provide you with all the information you would ever want on foods and fitness, this is it!

<http://chriskresser.com/beyondpaleo> Dr. Kesser offers similar information to that provided by Mark Sisson (at Mark's Daily Apple) along with accompanying podcasts and more medically-oriented solutions.

<http://www.thelongevitynowconference.com/dvd-fall2011/dr-dave1.html> In this entertaining 20 minute video, Dr. Dave Woynarowski reveals which factors determine how your genes express themselves and how to create superior cellular health with essential fats. A must watch!

Nutrition programs

<http://www.marksdailyapple.com/introducing-the-primal-blueprint-21-day-total-body-transformation/> This practical, action-oriented guide will teach you how to eat, exercise and live like our primitive ancestors. This step-by-step resource is easy to read and should become your go-to reference on health and fitness issues.

<http://robbwolf.com/30-day-total-transformation> This is a new, interactive multi-media guide from Paleo proponent Robb Wolf at <http://robbwolf.com/what-is-the-paleo-diet/>

<http://www.beyonddiet.com/bd> This is an on-line interactive community offering recipes, motivational tips and support.

Fitness programs

<http://fitness.mercola.com/sites/fitness/archive/2012/02/10/phil-campbell-interview.aspx> Long-slow cardio just doesn't work to provide the metabolic gains that we all desire. High intensity interval training is more time efficient and beneficial to the body. View this link and then check out <http://www.readysetgofitness.com> and the Primal Fitness download at <http://www.marksdailyapple.com/>

Lifestyle programs

<http://www.heartmath.org> HeartMath tools and training are dedicated to helping people reduce stress, self regulate emotions and build energy and resiliency for healthier, happier lives.

<http://www.bluezones.com> Blue Zones reveals the secrets of the longest-living societies in the modern world.

<http://www.perfectbreathing.com> Breath provides a practical, powerful pathway to better living. It is not some unattainable state that requires a lifetime of practice and sacrifice, but a potent source of energy that you can start taking advantage of today to dramatically impact your health, performance, and emotional well-being.