



# Vitalia HEALTHCARE

## GET READY FOR 2010:

### THE TOP 10 THINGS YOU NEED TO KNOW AS YOU START THE NEW YEAR AND TACKLE YOUR NEW YEARS RESOLUTIONS.

If a healthy lifestyle is one of your top goals for the new decade, here are 10 things you need to know to get you started and to keep you on track!

We overindulged over the holidays. We are ready to make a change and get back to a healthier routine including our diet and exercise and quitting or cutting back on some of our old unhealthy habits!

Well, this is also a start of a new decade. During the last few years of the last decade we saw an alarming rise in serious health conditions such as diabetes, obesity, and cancer. This can be the year we make more long term changes and live a healthier longer life. Benefits are feeling more vibrant, having more energy, losing weight, less colds and flus, and of course preventing serious health conditions.

#### 1. FOUNDATION:

- Good high quality multivitamin
- Clean fish oil
- Good quality B complex

#### 2. DETOX:

- Focus on root vegetables, those that grow under the ground: beets, artichokes, turnips.
- Onions and garlic: sulfur containing that help with detox and helps liver process toxins.
- Tumeric!!!!
- Lemon water 10 minutes before your meal to help with digestion and absorption of nutrients from your food.

Avoid alcohol and caffeine while you do your detox.

#### 3. IMMUNE SYSTEM:

- Avoid sugar
- Add vitamin D, vitamin C and oregano oil
- Add foundation vitamins from #1

#### 4. WEIGHT LOSS:

Beware of radical diets that promise quick weight loss. Many of these can be harmful.

Instead focus on nutritious balanced meals high in protein and vegetables, low in simple carbohydrates and bad fats.

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Easy changes, swap fries for a salad. Eat red meat only 1x/ week, ½ plate of vegetables at every meal, stay away from anything white. Choose whole grain instead!

Choose sweet potato over white potato.

## 5. EXERCISE:

Don't have to be intense. Even 30 min of moderate exercise can significantly reduce your risk of heart disease. (walking the dog, stairs at work, park further, bike ride; it all counts))

Focus on foods and nutrients that increase energy. (Energy draining: refined foods (bagels, muffins). Energy building: (protein, complex grains, nuts)

Don't forget to include protein with every meal as these are the building blocks for your muscles.

## 6. SMOKING;

Nutrients you should take to assist you if your New Years resolution is to quit smoking. Tobacco smoke contains more than 4800 chemicals! Now is the time to quit.

Again, the foundation! Focus on the nutrients we discussed and the detox foods. Antioxidants are important to help detox, so fish oil and B vitamins important here!

Herbs: Avena sativa, Lobelia.....to reduce nicotine cravings. Under supervision of a health care professional as natural herbs can interact with some meds!!!!!!

Hyperbaric Oxygen Therapy: [www.hbotcanada.com](http://www.hbotcanada.com). To help detox from tobacco.

## 7. STRESS

For many the holidays can be a stressful time. Under stress, your body responds by releasing hormones that can make you gain weight, especially around your stomach (belly fat). They can also make you tired, anxious, irritable and disturb your sleep.

Foundation. And then take 15 min a day to relax and ground yourself. Listen to a relaxing tape, do a breathing exercise, go for a walk. Find 15 min out of 24 hours for YOU!!

Herbs: Holy basil, Ashwaganda, Licorice, Ginseng (only under supervision of health professional)

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## 8. ROUTINE:

The importance of getting back to a routine with tips to help get you back on track. Reduces stress, normalizes hormone cycles, better energy production.

Go to bed same time, wake up same time, avoid caffeine, eat meals same time, regular exercise.

## 9. YOU!!:

Make 2010 the year you make yourself a priority. Don't give away all your time. Get 8 hours of sleep. Make this the start of a new year where you do something for yourself you always wanted to do. When you make yourself a priority, you honor yourself and your body will thank you!!

## 10. WATER:

One of the most important things you can do for a healthy body and healthy mind... drink your 8 glasses of water a day!

Helps with everything!!!

Every cup of coffee is a minus 1-2 glasses of water.

## Body Composition Assessment:

Great place to start if you want to achieve a healthier you!!  
Determines the health of your body.

In 15 min we can determine:

- If you are drinking enough water
- How toxic you are
- How healthy your cells are
- What is your real age vs your body age: Are you really 30 but your body is showing markers that are closer to a 35 or 40 year old

This can help you set your health goals.

Can also re-assess at a later time to see what progress you have made.