

Try to calm your mind through meditation, although the researchers have found that meditation is more effective when practiced mid-day rather than just before going to bed. Another factor contributing to the night's rest are blackout curtains that completely block out light into the bedroom.

## Exercise daily

You don't need to sweat in the gym, but your body needs daily exercise. A good brisk walk is enough - approx. 100 steps per minute for 20 minutes. It is enough to make the whole body move and make the heart beat a little faster. Moreover, walking at a moderate pace (5 km / h) is as beneficial as running in terms of preventing degenerative diseases or cardiovascular incidents<sup>9</sup>. On the other hand, brisk walking (8 km / h or more) burns more calories than running at a similar speed<sup>10</sup>.

As you walk, take deep breaths and fill your lungs with air. If you have difficulty walking due to problems such as arthritis, try to swim daily.

## Do not exclude fats from your diet

**We live in a low-fat society. This is based on the belief that high cholesterol is bad for your health and contributes to chronic heart disease.** However, several studies show that in order to cause damage to the heart and arteries, it would have to reach values much higher than those considered dangerous today.

What's more, fats are needed by humans - they help maintain the health of the entire body and are one of the most important ingredients for the functioning of the brain. Therefore, taking statins that reduce cholesterol levels to low levels is often associated with mental deterioration. As you age, cholesterol becomes even more important.

*One study of older women with heart disease who consumed more saturated fat on a regular basis showed fewer symptoms compared to those on a diet high in polyunsaturated fats and carbohydrates<sup>1</sup>.*

In addition, in a cancer mortality experiment where fat consumption was analyzed over a 5-year period, no detrimental effects were reported from a high saturated intake<sup>2</sup>.



## Remove chemicals from your home



**A typical home contains a toxic mix consisting of organic chemicals, electromagnetic fields, exhaust gases, and other pollutants.** While it's hard to get rid of all chemicals in household products and everyday items, some of them can be eliminated by purchasing environmentally friendly, pollutant-free cleaners, air fresheners, shampoos and makeup.

*Even paint on walls and carpets on floors release chemicals all the time! Try to keep the level of harmful substances at a reasonable level. A healthy immune system can deal with a certain amount of toxins, but it shouldn't be overloaded.*