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## PREVENTING DISEASE & STAYING HEALTHY

1. You could avoid dangerous consumer products. (Use my "[Safe Household Products](#)" handout as a guide). You can open windows in your house and car when possible and remove your shoes in the house.
2. You could eliminate or reduce your consumption of meat and dairy. You could eat organic meat and dairy or "natural" meat (free of hormones and antibiotics) and milk labeled free of hormones.
3. You could increase your consumption of vegetable foods, including whole grains, legumes, nuts, seeds, fruit and vegetables. You could eat organic vegetables when possible.
4. You could read ingredient labels and avoid foods high in sugar, fat or caffeine. You could stay away from foods containing, preservatives, dyes, stabilizers and other industrial contaminants. If you see a word that's unfamiliar, you should probably avoid the product.
5. You could eat smaller meals more frequently. Try four or five meals per day, or three meals and a snack. And you could drink a lot of water.
6. You could eat slowly, chew thoroughly, concentrate your full attention on the taste, relax and fully experience your meals.
7. You could exercise regularly. Any exercise is better than none. Try five-minute walks at 3PM or five-minute walks after meals. Create a lifestyle that forces you to move more. You could lift light weights for 15 minutes, two times per week.
8. If you are an older adult, you could consult a gerontologist about reducing your use of prescription drugs.
9. You could practice deep relaxation once-per-day (using a [relaxation tape](#)).
10. You could get involved in a project that's about more than just you: You could join a support group or become part of a philanthropic cause.
11. You could increase your activity level with "rewarding activities." You could socialize more and practice being kind and giving to loved ones.
12. If you have a stressful lifestyle, you could change it. Get lots of rest and sleep.
13. You could exercise your brain with mentally challenging activities.
14. You could learn the skills to manage anger, fear and depression.
15. You could pass this information on to family and friends.