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7 Steps to Regain Your Health

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Without adequate health and well-being, you can kiss most of your other goals goodbye. Declining health and vitality rob you of the energy you need to achieve your personal or professional goals.
With that in mind, I've created a series of simple practices; the more of these you do, the better and more in charge of your life you'll feel.

Sit Less, Move More
As humans, we are made to move. This doesn't mean running around on a daily basis, but rather spending a good portion of our days walking, standing, and moving in general. If we don't, our bodies rebel and our health declines. Movement is not only good for your cardiovascular health, but also for your mental health.

Get More Sleep
Sleep is often the single most undervalued behavior in our lives, and yet it is the one with the most immediate power to improve our lives in every waking moment. If you're averaging less than six hours of sleep, aim to get just one more hour a night. It will leave you feeling more physically energized, emotionally resilient, and mentally clear.

Eat Less, More Often
Food is fuel, and real food, such as healthy proteins, vegetables (complex carbohydrates), and fruits, are high-octane fuel. You feel best when you eat in small doses throughout the day, beginning with breakfast. Try for more local and organic fruits and vegetables. Remember, the fresher the food, the more potent its nutrients.

Remove Interference
Chiropractic care can literally change your life and enable you to live a pain-free life full of energy and vitality. That's because chiropractic adjustments help reduce or eliminate pressure on your nerves, which are responsible for your everyday bodily functions. Chiropractic will help eliminate pain and inflammation, reduce fatigue, and restore normal nerve flow to all your organs, giving you the energy, drive, and peace of mind to go out there and live life the way it was meant to be lived.

Renew More
Human beings are not designed to work eight or more hours straight. We're meant instead to alter between moving (spending energy) and resting (renewing energy). Ideally, take a break every 90 minutes, even if only to spend a minute or two stretching or breathing deeply. It all matters, and it all adds up.

Be Present
The greatest gift you can give someone is your undivided attention. After all, it's better to be fully present with someone for an hour than physically present, but distracted, for multiple hours. Shut off your phone at a certain time each day, and practice being present with your family and friends.

Gratitude Adjustment
We're far quicker to notice what's wrong in our lives than what's right. Gratitude has tremendous power; if it is sincere and heartfelt, it makes a big difference to our outlook. To help change this mindset, once a week aim to write a note of appreciation to someone who deserves it, telling the person precisely what you're grateful for.