

Lifestyledocs 4 Tips for Holistic Health

Eat Right



When you eat whole plant foods, you eat in a way that celebrates life. By choosing this healthy pattern of eating, you not only avoid unhealthful animal foods but also processed foods which contain unhealthy items such as refined grains, added sugar and oil. Eating right is the linchpin for health and wellness. It reduces your risk for heart disease, cancer, diabetes, depression and so many other lifestyle related diseases.

Be Fit



Exercise lifts your mood. You look and feel better. It reduces your risk for obesity, high blood pressure, diabetes, osteoporosis and other chronic diseases. To be fit, you need to include all 3 forms of exercise--cardiovascular/endurance, balance/flexibility, and weight/resistance training. We heartily support the Physical Activity Guidelines by HHS which recommend 150-300 minutes of aerobic exercise a week and 2 to 3 days a week of flexibility and resistance exercises.

Stress Less



Acute stress is crucial for our survival. We need the rise in adrenaline(stress hormone) which raises our heart rate and blood pressure to run away from a tiger. But chronic stress, all too common in our modern society, can negatively impact our health. Chronic stress increases our risk for heart disease, diabetes, anxiety, depression, and can cause a host of digestive problems.

Connect More



CONNECT MORE - Research from Blue Zones shows that one of the secrets of living longer and better is making connections with others around us. The Right Tribe helps us achieve physical and emotional well being. Join a local plant based potluck, faith based and/or service oriented community group. Get and give online support. Lifestyle Docs is on Facebook and Instagram.

Use these 4 tips to achieve holistic health and thrive!
Contact us at DrB@lifestyledocs.com or DrM@lifestyledocs.com



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