

10 IMPORTANT KEYS

TO BECOME A
HEALTHIER YOU

BY

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[Become a Healthier You](#)

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A Message From the Author, Evelyn Parham

Greetings!

Thank you for downloading *10 Important Keys to Become a Healthier You*. Once you begin applying these keys to your life, you will see and notice a difference in your overall health.

These 10 Important Keys were written and published on Become a Healthier You blog as a series and incorporated into this e-book. Use this book as a reference guide and share it with your family and friends.

You are never too old to make healthy lifestyle changes. As long as there is breath in your body, you have a chance to be the healthiest you've ever been.

Peace and blessings of health,

Evelyn

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INTRODUCTION

Are you sick and tired of being sick and tired? You should be! There is a reason why don't feel well and that reason revolves around how you are not living. Living large (over eating and eating the wrong foods) will make you sick very quickly.

How many of you really pay attention to the cries of your body? Any little pain you get, any body ache you feel, do you ever wonder why it is happening? If you haven't paid any attention to your body, it is time that you listen up to what your body is telling you.

A headache, or being tired is your body's way of sending you a signal that there is something going on and it needs your immediate attention. Just imagine years of going through this and never giving your body the attention it needs. Guess what will eventually happen? You will get sick and wonder why? All the while your body was screaming so loud with the warning signals, but you ignored the signs.

Do you realize that you get only one body and how you care for you body will determine how healthy you will be? I'm not talking about bathing everyday and brushing your teeth; I'm talking about taking care of your body on a deeper level, like cleansing your body internally as well as your mind.

Everyone wants to have good health, but not many want to pay the price it takes to have good health. But you will learn in this book that you can have good health if you take care of your whole self. Ever wonder why some people live past 100 years old? Well, some people who have lived past 100 years old and are living today have taken care of their bodies. As a result their bodies have taken care of them, by providing them with longevity.

You have no reason to fear anything, when it comes to obtaining optimal health. You will get 10 Important Keys to Become a Healthier You. And these keys will change your life. These keys will not change your life if you don't put them to use. You have to want good health and when you want good health you will make the necessary adjustments in your life to get what you desire.

These 10 Important Keys to Become a Healthier You are easy, but you have to take the initiative and apply these keys to your life. Things will not happen over night, but just keep pushing and pushing until you get where you want to be.

This book will inspire, motivate, stimulate, educate and inform you about the little things you can do to improve your health. Don't let your being overweight or your low self-esteem hinder you from taking charge of your health. You are the only person who can ultimately change your health and no, not even the doctors can do it. You must do this, you're the only one who can.

Use your keys to unlock the door of optimal health, today.

Key #1 Know Where You Are

The time has come for you to make some changes. You don't know how and you don't know when, but you do know that a change must come. You must know the direction in which you will travel. The only way you will know where you are going is to follow your map. We're traveling old school by using a map and we're not using a GPS (global positioning system) for this trip.

Be the change to want to see in the world. – Mahatma Gandhi

Your road map is your guide and it will take you where you desire to go. But you must follow the directions on the map. If you do not follow the directions, then you will get lost, frustrated and give up. You do not want to turn around and go back home, you want must keep on moving.

While you are on your path, you may have to stop and rest a little bit. You may even get lost along the way, but you must stop re-group and keep moving in the right direction. It doesn't matter how long it takes you to arrive at your destination, as long as you arrive.

Map your goals and have a definite route you will travel

What is a goal?

A goal is the result or achievement toward which effort is directed; aim; end

The only way you can expect to achieve your desired goals of becoming a healthier you, is to have a plan. Remember if you don't have a plan, then you plan to fail and you don't want to fail. You will win!

Old school mapping

1. Get your pen/pencil and some paper. We are not using a word processor for this right now. We must write the vision and make it plain. When we write the vision, we can see things a lot clearer.

2. Write down what it is that you will accomplish. You may want to lose 20 pounds or give up eating red meat. Whatever it is that you want to accomplish you must write it down.

3. Write down the steps you will take to arrive at your desired destination. Your desire is to lose 20 pounds, how will you do this? Take a long look at what it is that you are doing that has caused you to add the extra cushion and then cut those things out of your routine. If it means giving some of your favorite foods and adding healthier ones, then so be it. Whatever it takes and whatever your plan, write it down. *This is your map!

4. Follow the directions on your map. You have the steps you will take to arrive at your destination. Implement these steps into your daily routine. You may get sidetracked or sometimes feel totally lost while you are traveling and that's okay. You may even get tired. If you get tired take some time to rest, regroup and keep pushing/moving.

5. Reward yourself. When you arrive at your desired destination, reward yourself with something you've been wanting. Always be good to yourself and never be hard on yourself. Being too hard on yourself can cause you stop traveling on your path and you don't want that. You want to keep moving no matter what. It matters not the speed at which you travel, as long as you arrive at your desired destination.

The only way you will get to where you are going is to know where you are going. To know where you are going, you must have your road map and your plan. Plus, you must also know how you will get to where you are going. Never under estimate the power of the old school map.

These tips can be applied to anything you desire, not just becoming a healthier you. Do you have your map and do you know where you are going?

Key #2 Take Care of Yourself

You now have your map in hand and you know exactly where you are going. As you are traveling on your route, things will come that will trip you up, but you cannot and you must

not allow those things to cause you to change directions or stop traveling.

Along your journey, you must look inside yourself and give yourself all the care that you need. When starting out on a journey, you will oftentimes not even think about yourself. You forget about the well-being of yourself because you are so focused on achieving the goals you have set. You should always take time for yourself no matter what.

Taking Care of Yourself

Relax and spend quiet time with yourself. You may find it difficult to have quiet time with yourself, but this is something that will help you stay focused on your goals. Consider this your time for refueling and refreshing so that you can keep traveling toward your goal.

Accept yourself right where you are. You are unique and you should never compare your journey to someone else's journey. This will do nothing but slow you down and cause you to be harder on yourself and to possibly give up. Never be too hard on yourself!

Give yourself the best. While you are traveling you may be compelled to settle for anything, but you can't do that. You are more than just anything, you are somebody, and you are you. You must eat your best, do your best, and live your best.

Keep your mind active. Be willing to learn something new as often as you can. If there is something you want to know, then go find the answer. Never, ever stop learning. Your brain needs a good work out too.

Love yourself. Give yourself permission to love you. There is nothing wrong with loving the

skin your in.

There are many ways you can take care of yourself as you journey to becoming a healthier you. Don't ever think that you are being selfish when it comes to taking care of yourself. Hey, if you do not take care of yourself, then who will?

What are some ways that you are taking care of yourself?

Key #3 Select Your People Circle Wisely

Some of you know how hard it is being a loner in the vegetarian/vegan/raw vegan. It can be extremely hard when people in your circle make you feel bad for choosing your path.

Some will question you, think you are weird and will sometimes make you feel uncomfortable. But always remember, you know where you are going and you are traveling to your destination. Nothing or no one will cause you to lose your way.

There are many ways that you can handle this situation, but let's look at the people who are in your circle. I have family and friends who understand that I do not eat animal flesh or any animal products.

There are also some who can't believe that I have chosen this way of life. They will sometimes make remarks, that I would never consider saying to them. Always be kind!

To be successful, you must first stay on your path, no matter what. You have your map and you know exactly where you are going. When you travel on your journey you will find others who are traveling the same way. Don't be afraid of getting to know these people. You can gain

strength, knowledge and momentum from people traveling in the same direction as yourself.

7 Ways To Select Your People Circle

1. Natural food stores. Some natural food stores offer events. Do your best to attend a few events. While you are attending the event, don't forget to network.

2. Meet up groups. Join a meet up group in your area. You can find people who have similar interests as yourself. Once you meet up with these like-minded people you will begin motivated and full of strength.

3. Nings and social groups. These are groups that are geared toward your particular interest. It is a great way to meet others online. You can also learn things you didn't know before.

4. You Tube and other video sharing sites. This is also a great way to meet people who are on your path. All you need is to do is enter what you are searching for and videos on that particular topic will pop up. If you like what you find, then with the person by subscribing to their videos and befriending them.

5. Twitter keyword search. Having a Twitter account is more than just you sending a tweet. You can do a keyword search and find other people with who have interests similar to yours. Connect with them, by following them and staying in touch.

6. Facebook Pages and Groups. Join a Facebook Page or Group that is of interest to you. If the page or group makes regular updates, participate by responding or liking what they share. Most pages also share helpful links that can also link you to other people who share your interest.

7. Other fellow bloggers. There are many blogs out here that share your same interest. Visit that blog and join in the conversation by leaving a comment. Become a part of that blog community.

As you can see there are many ways that you can connect with like-minded people.

Remember, your success depends on your people circle.

If you are traveling with people who are not going in your direction, they will slow you down and possibly lose site of your goal. You don't need that, because you know where you are going.

Get with those people who are going places. In the case of becoming a healthier you, you must get with people who are traveling in the same direction. This will help you have a successful journey.

How do you connect with like-minded people?

Key #4 Watch Your Emotions

Sometimes in life we experience some things that rock us to our very foundation. Some of us will bounce back, while others don't ever seem to bounce back. The ones who never bounce back let their negative emotions take hold of how they respond to the situation. As a result, these negative emotions do more harm than good.

Your emotional health is connected to your physical health. It is always good to have a positive attitude. A positive attitude will promote positive thoughts. Positive thoughts promote good emotional health.

I sometimes get in negative moods and I get depressed about things that are out of my control. It is okay to feel these emotions, but it is not okay to let them linger within. If you can't control the situation, then you can definitely control how you react and accept the

situation.

Do you know that your emotions can become deadly? Your physical health is connected to your emotional health and when either one is out of balance it brings your whole being out of balance.

It is important that we have the right attitude about everything that we experience in life. I am the first to admit, that it is sometimes hard for me in this area, but I am learning that no matter what happens, I can choose to wallow in depression and self-pity or I can get up and roll with whatever life throws my way.

I usually have a good attitude most of the time, but it is when people say or do certain things that trip me up. You must learn that you cannot control what anyone says or does, but you can control how you choose to react to the other person's actions. Always taking the positive road will be and is a healthier road to take.

Attitude is the manner, disposition, feeling, position, etc., with regard to a person or thing; tendency or orientation, esp. of the mind: a negative attitude; group attitudes.

Whenever you have a bad attitude that has developed it brings with it deadly emotions.

Deadly emotions include:

- * Unforgiveness
- * Bitterness
- * Anger
- * Hatred

- * Resentment
- * Fear
- * Shame
- * Guilt
- * Abandonment
- * Envy
- * Jealousy
- * Humiliation

These deadly emotions can do harm than you could ever imagine. It is always a good idea to release these emotions and not hold them in.

There are certain sicknesses and diseases that can manifest when you hold in deadly emotions. It is always best to let things go and not let things eat away at you.

Hatred and Jealousy can lead to:

- * High blood pressure
- * Migraine headaches
- * Heart disease
- * Ulcers
- * Cancers

Pride can lead to:

- * Mental illness

- * Stroke
- * Heart attack
- * Death

Fear and anxiety can lead to:

- * Heart disease
- * Mental illness
- * Panic attacks
- * Depression
- * Heart attack
- * Phobias

Anger can lead to:

- * Rheumatoid arthritis
- * Heart attack
- * Heart disease
- * Heart failure
- * Cancer
- * High blood pressure
- * Stroke
- * Ulcer disease

Depression can cause:

- * Cancer

If you find yourself holding onto these deadly emotions, than here is what you should do.

- * Make it a practice to be forgiving.
- * Be very careful of the words you let come from your mouth.
- * Make it your duty to be around positive people.
- * Allow healthy thoughts to enter your mind.
- * Mediate on whatever you feel you need to.

In the midst of everything that happens in your life, you are ultimately the one who is responsible for your own happiness. Decide today that you will not let anyone hinder you or cause you to have a bad day. If you put this into practice daily, then the deadly emotions will not manifest within you.

Key #5 Cleansing Your Body

How many of you would drive your car and never ever get it serviced? Not too many of you. Well, don't you think your body deserves the same type of treatment? Many people take better care of their vehicles than they do their own bodies. Give your body a tune-up too!

It is very important that you give your body a tune-up, just like you do your vehicle. A tune-up includes cleansing the body internally. There are many ways you can cleanse your body internally. You must take the time to do this, because it will keep your body (motor) running smoothly.

It is not normal to have a bowel movement once or twice a week. If this is happening to you, then you need to check the foods that you are eating. You should also consider doing some

type of cleanse so things can run a lot smoother. Your motor doesn't need to be knocking or getting locked-up.

It is always a good idea to cleanse the internal you (mind, body and spirit). Last week you learned about the health issues that can arise if you allow deadly emotions to make their home in you. Whenever you cleanse your internal body, you will always find that your mind and spirit will also reap the benefits from your cleanse.

How do I get started?

You should always do your research and decide which type of cleanse is best for you. A great place to start to get information about cleanses is your local natural food store. Hopefully there will be someone there that can answer your questions.

The Importance of Cleansing

You may be wondering, why must I even cleanse? Do you realize that there are some people who have never in their lives done any type of cleansing? Some have never even taken a laxative. There is a belief that disease begins in the colon. It is always smart idea to take time to take care of your colon.

Cleansing can:

- * Help you have regular bowel movements
- * Help you drop a few pounds
- * Get the old sludge out

- * Help you clear your mind
- * Make you feel better

Types of Cleanses

There are many ways that you can cleanse your body. Always do what is best for you. If you see someone doing a 3-day fast and you know you have never fasted a day in your life, then don't do a 3-day fast. Do something that agrees with you and that you know you can handle.

* **Fasting cleanses.** Fasting is a way that you can give your body and digestive system a rest from all the work it has to do. There are many different types of fasts that you can do. They include: water, juice, and certain types of fruits or vegetables or both (ex. Green smoothie fasting cleanse).

* **Herbal cleanses.** There are herbal cleansing programs you can do. These programs will allow you to eat food, but you must also take the herbal supplements. The herbal supplements will assist you in the cleansing process. During this type of cleanse, most recommend a diet of vegan food.

* **Food.** You may not realize it, but raw vegan food is very cleansing. You can schedule a time be it for 7 days or 30 days to eat nothing, but raw vegan foods. This will not only help your digestion, but you will also get the fiber that you need to cleanse the digestive tract.

* **Colon hydrotherapy.** This is when you have your colon cleansed (colon hydrotherapy). Something, I don't recommend, but many people do this. I believe that you should always do things the natural way. But if you believe this type of cleansing is what you need, by all means

use it.

Don't let another day go by without considering giving your body a tune-up. Sure you can go to the doctor and have your annual exam, but the doctor can only do so much for you.

It is up to you to take control of your health. Take the necessary steps you need in order to make sure that your motor runs smoothly. You only get one body, so make the most of it.

Key #6 Feed Your Body the Good Stuff

Would you put a lower grade of gasoline in your Mercedes-Benz? I sure wouldn't because I would want my Benz to run smooth without any knocking and pinging. Well, consider your body temple like a Mercedes-Benz or any car that you would consider your dream car. What would you put into it?

You know you would put only the best fuel into your most prized possession. Why not put the best fuel into your body? Do you realize that we oftentimes treat our vehicles and other valuable objects better than we treat our own bodies? It is the truth and it is a shame.

Your body needs the best fuel to run smoothly and efficiently. You need the best fuel because it will not only help you in your day-to-day activities, but the best fuel will also contribute to you being, feeling and looking healthy.

You are probably wondering what the best fuel is for your body. Well, no need to fear, I'm here to tell you. I realize that everyone will not be a vegetarian or vegan, but you still can give your body the best fuel by increasing the good stuff and decreasing the bad stuff.

Good Stuff #1 – Vegetables

It is a known fact that vegetable consumption is low. I have family members who hardly ever eat vegetables, so I can see some truth in this. I have a family member thinks that whenever he eats a sandwich from McDonald's that happens to have lettuce and tomato on it, that he has had his vegetables for the day. No, no, no, not so!

Let's look at what vegetables are and how what they contain.

A vegetable is the edible part of a plant. This is usually the leaf, stem or root of the plant.

Vegetables contain:

- * Little protein
- * Little fat
- * Vitamins
- * Provitamins
- * Dietary Minerals
- * Fiber
- * Carbohydrates
- * Phytochemicals
- * Chlorophyll
- * Carotenoids
- * Anthocyanins

Vegetables are packed with all kinds of goodies. Good things that your cells need and will benefit from by you eating them on a regular basis.

Good Stuff # 2 – Fruit

Most people have no problems eating fruit. Because fruit is usually sweet to the taste, but there are some fruits that are not sweet to the taste. Some call these fruits vegetable fruits. Either way it goes, fruit is another goodie that you should be eating on the regular.

Fruit is the structure of the plant that contains its seeds.

Fruits are high in:

- * Fiber
- * Vitamin C
- * Water
- * Carbohydrates
- * Contain various phytochemicals

There is more good stuff out here, but I've only shared 2 of the main ones that I believe are the most important. I believe these lay the foundation for you to Become a Healthier You.

What other foods do you find to be good fuel for your body?

Key #7 Exercise Your Body

It is not only important for you to eat a healthy diet, but it is very important that you have an exercise routine. Do you find that your butt is often glued to the sofa or your computer desk chair? Well, it is time that you make a change. Decide today that you will get your butt unglued and get moving.

I am working on being dedicated to working out daily. It is a challenge! I've learned that I must exercise everyday, because if I focus on exercising 3 times a week, I end up not exercising at all. Exercising and moving the body is the best gift you can give yourself.

Let's take a look at what physical exercise and fitness mean. There is a difference!

Physical exercise is any bodily movement that enhances or maintains physical fitness and overall health or wellness.

Physical fitness comprises two related concepts: general fitness (a state of health and well-being) and specific fitness (ability to perform specific aspects of sports or occupations).

In order for you to obtain a certain level of physical fitness, you must first begin moving your body. If you don't move your body, you will find yourself getting stiff and old before your time. You don't want that to happen!

Do you think that you don't have time for exercise? Here are a few things you can do that won't take much of your time or money.

Don't become a couch potato, get out there and move your buns.

* **Walk as much as you can.** It is not hard to do and plus it won't cost you a dime. Don't worry about finding a parking space that is closer. Decide that you will walk and that will not kill you.

* **Take the stairs whenever possible.** This will not only give your legs a good workout, but it will also get some cardio in.

* **Dance and have fun.** If you enjoy dancing, then dance to your heart's content. You will find every part of your body will get a workout from dancing.

* **Do some push-ups and sit-ups/crunches.** Whenever you're sitting around, do a few push-ups and sit-ups. You will grow to love doing push-ups and sit-ups and soon you will be able to do more and more reps.

* **Lift 2-5 pound dumbbells.** Grab your weights and do a few reps. You will be amazed that after doing this on a consistent basis that you will begin to develop some definition in your arms. And ladies you know how nice it feels to show off your toned arms.

Have fun everyday. Make everyday a day that you move your body.

Don't sit around and let your body rust and get old. Always remember that you are the only one who can control how old you feel. Get out there and have some fun!

A few quotes to keep in mind

Always tell yourself, "I will stay youthful, active, happy and healthy." Bragg

"To ensure youthful arteries, exercise is very essential." Bragg

It's never too late to get into shape, but it does take daily perseverance. – Dr. Thomas K. Cureton – Physical Fitness Pioneer, University of Illinois.

Every man is the builder of a temple called his body...We are all sculptors and painters and our material is our own flesh and blood and bones. Any nobleness begins at once to refine a man's features and meanness or sensuality to imbrute them. – Henry David Thoreau

You only get one body, so make the most of it!

I enjoy walking, lifting dumbbells, and rebounding. How about you? What exercises do you enjoy?

Key #8 Get Your Beauty Rest

Have you often wondered why sleep is called "beauty rest?" It is because we really do get beautified while we are sleeping. How is this? Rest is very important for the body to function at its peak. If there is a lack of rest/sleep, then the body will react and let you know.

I'm known to burn the candles at both ends. Meaning that I get up early and I go to bed late. As I type this article, I feel very tired. I didn't get enough sleep and I cannot continue on this road. I have decided that no matter what, I will turn in early and give my body the rest that it needs. It is the healthy thing to do.

Why you need your beauty rest

1. Health. If you're not getting enough sleep, it can hurt your immune system by increasing your chances of getting sick with a cold or some other bug. Lack of sleep has also been linked to hypertension which can affect your cardiovascular health.

2. Memory. Not getting enough sleep can wreak havoc on your memory and learning. Keep your learning and memory sharp by getting your rest. Your brain needs rest too.

3. Weight control. The proper amount of rest can help you lose weight as well as maintain your weight. Helps regulate your hormones which will help with your appetite.

4. Mood. Waking up grouchy is not normal. Most of the time when you wake up in a bad mood, you will find that you have not gotten enough sleep.

5. Beauty. While you sleep, your body is repairing itself on a cellular level and if you don't get the sleep you need, then you will eventually look old before your time. Your body needs time to do what it does and if you are not allowing time for your body to repair itself; you will look older than you really are.

Since, I have written this post, I will challenge myself to do my body a good service by giving my body the proper rest that it needs. Scientists recommend that we get 8 hours of sleep each night and that's what I shooting for. Will you join me in this challenge? Start tonight by getting in the bed earlier than you have been. Your body will love this!

Key #9 Your Body Needs Water

Do you drink water? Whenever someone asks me advice about eating healthy or losing weight, I always tell them to drink water. Most of the time, I get this response, "I can't drink water, I don't like it." It doesn't matter what you don't like, your body needs and cries out for water.

Here is a quick story. A relative told me that I should give my daughter cool-aid and sodas,

because her other cousins drink those beverages and that my daughter should drink them too. My response was, "I don't give my daughter those types of beverages because they are not good for her and as a family we don't drink cool-aid and sodas."

Just because cool-aid, sodas and other unhealthy beverages are available, does not mean that my family should drink those types of beverages. Those beverages are not healthy. The best beverage is a glass of water!

Importance of Water

The body is 70% water and it is a good practice to drink water daily.

" Let's face it, we love water because we are water. The average adult contains 40-50 quarts – 10-13 gallons of water! Blood is 83% water, muscles 75%, brain 75%, heart 75%, bones 22%, lungs 86%, kidneys 83%, eyes 95%. If aliens landed tomorrow they would probably describe us mobile sacks of water." (Water: The Ultimate Cure, Page 12)

Water makes up the bulk of the body. If we take away all the water that's in the body, then there will be nothing left. The body would dry out (dehydrate) and die. That is why it is very important to drink water daily. Sodas, cool-aid and coffee do not make the cut. You must drink water!

Functions of Water in the Human Body

- * Improves oxygen delivery to the cells

- * Transports nutrients

- * Enables cellular hydration

- * Moistens oxygen for easier breathing

- * Cushions bones and joints

- * Absorbs shocks to joints and organs

- * Regulates body temperature

- * Removes wastes

- * Flushes toxins

- * Prevents tissues from sticking

- * Lubricates joints

- * Improves cell to cell communications

- * Maintains normal electrical properties of cells

- * Empowers the body's natural healing process

Staying Hydrated

Are you wondering how you can drink more water? Here are a few tips to help you stay hydrated.

1. Drink $\frac{1}{2}$ your body weight in ounces. If you weigh 150 pounds, you should drink 75 ounces of water daily.

2. Avoid beverages that will dehydrate you, like caffeinated coffee, teas, sodas, alcohol or beer.

3. Drink water and fresh juices to stay hydrated during illnesses and upon recovery. Illnesses can rob your body of water.

4. Start your day with water. This will help flush your digestive tract and rehydrate your system.

5. Drink water at regular intervals throughout the day. Don't wait until you're thirsty.

6. Carry a water bottle with you.

7. Make a habit of drinking water.

8. Sweat, perspire. Exercise and make sure you work up a sweat. Sweating cleans the lymphatic system and bloodstream. This is one way you can detoxify. Make sure to put water back into your body after you have worked up a sweat.

Water is important and without water the body will suffer. Don't wait until you get dehydrated to think about drinking water. Make drinking water a daily practice. Your body will love you for this.

Key #10 Get Fresh Air and Sunshine

I live in a rural area where the air is fresh and the sun is wonderful, but I hardly ever see anyone outside enjoying the wonderful fresh air and sunshine. These days, I have been guilty of not

getting outside like I should, but that's one more thing I will work on.

I recall when I was pregnant; I would walk a lot, not to mention the job I was working called for me to be outside everyday. Picture a pregnant woman outside inspecting on-site sewage waste management systems, inspecting water wells (my favorite) and inspecting restaurants. I hated doing this while being pregnant, but I know it helped me have a great pregnancy. My doctor told me that he was surprised how well I did, because I was never sick. I attribute never being sick to being active outside in the fresh air and getting a good dose of sunshine.

Why Fresh Air?

1. Fresh air provides oxygen to the lungs.
2. Oxygen is needed for every cell in the the body to carry out cellular reactions.
3. Fresh air helps purify the blood and the cells. That's why it is a good idea to exercise outside when possible.

Here are a few quotes on this topic from Jethro Kloss author of Back to Eden:

Proper exercise in the open air and sunshine is among God's greatest gifts to man. It gives strength to the physical body and – all other health habits being equal – is one of the surest safeguards against disease and premature death. It gives buoyancy and strength and maintains a healthful mental balance, free from extremes that result in artificial living.

Oxygen is he elixir of life, is one of the best blood purifiers and one of the most effective nerve tonics. It is freely provided by nature for all. Useful work in the open air will bring new strength and vitality, and produce a happy cheerful attitude of mind.

Why Sunshine?

1. All living animals and plants need some amount of sunshine.
2. Sunshine is the best source of vitamin D, which helps you, be less vulnerable to certain chronic diseases.
3. Sunshine helps you feel better and lifts your spirits when you are down.

Try spending about 10-15 minutes in the sun and if your skin complexion has more melanin (pigment), then you will need to spend a little more time in the sun.

Make sure you protect your skin and don't allow the sun to burn your skin. Use a natural sun screen that has SPF 15 or you can use shea butter.

Don't spend most of your day indoors if you can help it. Get outside, breathe some fresh air and bask in the rays of the beautiful sunshine. You will be amazed by how refreshed and energized you will be.

Bonus Key #11 - Natural Products

You may not think anything of the ingredients that are found in your personal care products, but you should start taking notice. Take a look at a bottle of shampoo or body lotion. Can you pronounce any of the ingredients? I'm guessing you probably can't pronounce many of the ingredients on the label. I know I can't!

If you can't pronounce what's on the label, then why would you want to slather it all on your skin? A lot of the chemicals in personal care products, actually are known carcinogens, allergens, and irritants. Let's take a look at why it is so important for you to be mindful of what

you slather on your skin.

The skin is the largest organ of the body and absorbs everything that you put on it. This means that whenever you put personal care products on your skin, the ingredients are being absorbed through the pores of your skin. It is always best to use natural products that have natural ingredients at much as possible.

Scientists have found that certain ingredients such as; triethanolamines, pthalates, parabens, just to name a few, are known carcinogens, allergens, irritants and can also disrupt the hormonal balance. Stop slathering all these chemicals on your skin and start using products that have natural ingredients. Ingredients that you can actually pronounce and will not cause you any problems.

What to Look for, What to Avoid (The Take Charge Beauty Book by Aubrey Hampton)

Avoid	Look for
<i>Diethanolamine (DEA)</i> - found in most commercial shampoos. Contaminated with nitrosamines, known to be potent carcinogens	<i>Vegetable Glycerine</i> - used in cosmetic formulations, wetting agent. Does the job naturally without any toxic side effects.
<i>Mineral Oil</i> - found in almost every moisturizer. Petroleum derivative is harsh on the skin and has been known to cause severe allergic reactions.	<i>Joboba Oil</i> - great moisturizer, natural extract from the jojoba plant. Works well on hair and skin by keeping the moisture in.
<i>Propylene glycol</i> - synthetic form of glycinie, derived from propylene alcohol and highly irritating to the skin and scalp.	<i>Vegetable glycerine</i> - great for attracting moisture to your skin and is easily absorbed.

<p><i>Sodium Lauryl Sulfate/Sodium Laureth Sulfate (SLS)</i> - found in most moisturizers, creams and lotions, found in nearly all mass-produced shampoos and in many brands of toothpaste. Often combined with TEA, a known carcinogen.</p>	<p><i>Natural soaps</i> (coconut oil, cocamide-without DEA), <i>Olive Oil, Castile, Quillaya or Yucca Root Soaps</i> - original liquid soaps and first shampoos, made from natural substances. Lower sudsing action, but much gentler on hair and skin and don't pollute the environment of your body.</p>
<p><i>Methyl and Propyl Paraben</i> - used as preservatives in cosmetics. Very toxic, leading to dermatitis.</p> <p><i>Imidazolidinyl Urea</i> - used in shampoos, but found in other cosmetics. Most serious side effect is the release of formaldehyde.</p>	<p><i>Grapefruit Seed Extract</i> (Citrus Seed Extract) and <i>Vitamin A, C, and E</i> - first used in 1970 as a preservative in cosmetics. Highly effective and tolerated natural preservative.</p>
<p><i>Lanolin</i> - fatty secretion from sheep's wool. Has been known to cause allergic reactions in some people, a more serious problem with this animal byproduct is that can be contaminated with DDT. Make sure to use lanolin products that are free of toxic pesticides.</p>	<p><i>Essential oils</i> - superb emollients with therapeutic effects on both hair and scalp.</p>
<p><i>Talc</i> - commonly used around a baby's genital area, has been linked to ovarian cancer.</p>	<p><i>Corn Starch or Rice Starch Powder</i> - Effective and safer.</p>
<p><i>Silica</i> - used in creams and lotions to thicken the product and stabilize emulsions. Can cause fibrosis of the lung and other respiratory disorders</p>	<p><i>Psyllium Husks Powder and Lecithin</i> - safe, natural thickeners and emulsifiers.</p>

<p><i>Sodium PCA (NaPCA)</i> - chemical is a sodium salt of pyroglutamic acid, often used in skin conditioners and moisturizers. Can cause strong allergic reactions and can severely dry out your skin by absorbing moisture from it.</p>	<p><i>Pantothenic Acid (Panthenol)</i> - this B vitamin is an excellent nutrient and skin softener that attracts moisture to the skin and is safe to use in any cosmetic formula. Great humectant in both hair and skin care products.</p>
<p><i>Synthetic Hair Dyes</i> - regular use of synthetic hair colors is strongly associated with a significant risk of cancer (particularly true of dark hair dyes). Avoid dye products containing phenylenediamine.</p>	<p><i>Henna</i> - vegetable-based hair dye, much safer and gentler on hair. Not cancer risk associated with henna-based hair products.</p>
<p><i>Synthetic Fragrances</i> - may be a blend of up to 600 different chemicals, few of which have been tested for human toxicity. Primary cause of irritation, photosensitivity and allergic reactions.</p>	<p><i>Natural Fragrances</i> - no guarantee you won't have an allergic reaction to a natural fragrance, but the primary culprits are well known and are not frequently used any more. Mostly essential oils from herbs and flowers.</p>
<p><i>PVP-VA/Copolymers</i> - Widely used in hair sprays and styling gels, these are actually plastics, which coat the hair and make it look dull and lifeless. Can be considered toxic, particularly when minute particles are inhaled into the lungs.</p>	<p><i>Herbal Gums</i> - Acacia and tragacanth gums have been used in hair care products for many centuries. Particularly effective when combined with panthenol (vitamin B-5)</p>

Conclusion

Becoming a healthier you consists of many different keys. It doesn't matter if you eat a healthy diet, if other keys are missing, then you will be out of balance/harmony/homeostatis. The key is to be well rounded and well-balanced in all areas of your life. The mind, body, and spirit are interconnected and when one is out of sync the others will follow suit.

Take notice of the whole you. Don't let another day go by, that you ignore your body's many warning signs and cries for your attention. You only get one body, take care of it the best you can! Live, strive, laugh, cherish and be you, loving the skin that you're in. Taking care of it all, like you would a newborn baby.

Start today and Become a Healthier You. There's no better time like the present!

Peace and love to you all!

Evelyn Parham, M.S.

[Become a Healthier You](#)

Recommended Reading

- Freedom in Your Relationship with Food: An Everyday Guide by Myra Lewin
- Back to Eden by Jethro Kloss
- Apple Cider Vinegar by Patricia Bragg
- What You Don't Know May Be Killing You by Dr. Colbert
- Dr. Jensen's Guide to Better Bowel Care by Dr. Bernard Jensen
- Juicing Therapy by Dr. Bernard Jensen
- Water the Ultimate Cure: Discover Why Water is the Most Important Ingredient in Your Diet by Steve Meyerowitz
- Your Body's Many Cries for Water by Dr. F. Batmanghelidj
- The Take Charge Beauty Book: The Natural Guide to Beautiful Hair and Skin by Aubrey Hampton and Susan Hussey
- The China Study by Dr. Campbell
- By Any Greens Necessary by Tracey McQuirter

*All books can be found on [Amazon](#).

*Visit my [Amazon Store](#) for other recommendations.

About the Author

Evelyn Parham has had a diverse career in the fields of public and environmental health, research, cosmetology, pharmacy, teaching and blogging. She is an aspiring writer who blogs about healthy living, vegan and blogging topics. A passionate advocate of plant-based foods for optimal health, Evelyn [blogs](#) and [video blogs](#) about topics that inform, educate, motivate and inspire others to make healthy lifestyle changes.

Evelyn is currently the Health Editor of the new [Biz Chick Blogs](#), scheduled to launch in January 2011. An online magazine that is geared toward women in business.

Evelyn is a graduate of the Bolivar Central High School, University of Tennessee at Martin, and Tennessee Technological University, where she received her master's in biology. She lives in Greenville, GA with you husband and daughter.

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