

What are 7 important factors for staying healthy?

Staying Healthy In A Viral World

1

Nutrition - The best medicine for staying healthy is an “anti-inflammatory” diet consisting of natural foods, minimally altered in preparation. Avoiding processed, fried, preserved and refined food sources is key to staying healthy in a viral world.

2

Weight/Obesity/Diabetes - There are few chronic disorders more destructive than uncontrolled diabetes. 85% of diabetics are overweight. Controlling weight is a key to staying healthy in a viral world.

3

Physical Activity - “If you cannot find the time to exercise, you better find the time to be sick!” -Kenneth Cooper, MD
Physical activity is a key to staying healthy in a viral world.

4

Smoking - Smoke inhalation, nicotine, tar and carbon monoxide increase the risk of heart disease, raise cholesterol levels, increase blood clotting, weaken the immune system, increase insulin resistance and diabetic complications. Smoking cessation is a key to staying healthy in a viral world.

5

Breathing/Sleep - The most important physiologic function is breathing, delivering oxygen to every cell in the body. Proper breathing and sleep are key to staying healthy in a viral world.

6

Oral Health - The mouth is the gateway to the whole body. Dentistry serves as a gate-keeper of systemic inflammation. Oral health is a key to staying healthy in a viral world.

7

Stress Management - Chronic stress creates a “flight or fight” release of stress hormones that can negatively affect heart health, insulin resistance and diabetes. Stress management is a key to staying healthy in a viral world.