10 Steps You Can Take to Improve Your Health TODAY
DISCLAIMER

This report is not intended to provide medical advice or to take the place of medical advice and treatment from your personal physician. Readers are advised to consult their own doctors or other qualified health professionals regarding the treatment of medical conditions.

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PRIMAL HEALTH, LP

The Primal Health mission is simple...to provide world-class health education and supplements that help individuals reach their genetic potential, live longer, and improve the quality of their lives.

With over 35,000 customers around the world, we are off to a great start on our way to helping 1 million people lose weight, add muscle and reveal their ultimate body... simply by tapping into the ancient wisdom of our bodies.
Hey, Jim Gray here,

If you’re like most Americans, you spend much of your time working, paying your bills and taking care of your family, and very little time taking care of your own health. And while no one would ever say their health wasn’t important to them, most people simply don’t make it a priority.

But the good news is, despite leading a very busy modern life, there are simple steps you can take TODAY that can dramatically improve your health.

Whether it’s something as simple as eating more produce or going for a walk, becoming healthy and staying healthy doesn’t have to take a lot of time and can even be fun!
Forget the Word Exercise

One of the best things you can do for your health is to just move your body more. Forget the word exercise entirely. This conjures up images of treadmills and spinning classes and equally-awful things for many people.

Here’s how simple it really is…. Go for a ten minute walk after dinner. Go swimming with your grandkids at the pool. Take the stairs instead of the elevator. Park farther away from the store so you have to walk farther. Play golf. Ride your bike around the neighborhood. Remember how fun that was when you were ten? Guess what – still incredibly fun.

Daily movement is vital for optimal health. When you move your body your blood gets circulated better sending nutrients and oxygen throughout your body. Studies have consistently shown people who move more live longer and better.

Get Some Sun

We constantly hear about the risk of exposure to too much sun, but not nearly enough is said about the dangers of getting too little sun. We need sun in order to get nice, healthy doses of vitamin D. In fact, research found that many of the deaths each year from cancer, multiple sclerosis and the complications from hip fractures could be prevented with sufficient levels of vitamin D.

Besides reaping the benefits of getting more sun, spending time outside in nature can help battle depression and improve overall mental health.

Add Sea Salt to Your Water

You’ve heard many, many times how important it is to make sure your body is hydrated. Without enough water your organs can’t function properly, you lose cellular integrity, and your metabolism takes a hit. So, if you know you’re not drinking enough water, be sure to start drinking more each day.

NOW…

Here’s a little something you may not have known. By adding just a pinch of Himalayan
Sea Salt into your drinking water you add important trace minerals. Plus, the salt helps the water be absorbed by the body. Two important things to remember: 1) table salt will not cut it, you really want either Celtic or Himalayan Sea Salt. 2) Don’t overdo it, when we say a pinch we really mean just a tiny pinch of it, that’s all you need to reap these benefits.

**Use a Water Filter**

And speaking of drinking more water...

Most water that comes out of the tap has heavy metals, parasites and bacteria that you don’t want to consume. Even if you have your own well, don’t assume your water is not contaminated. By the time that water travels through those pipes, it’s hardly sparkling clear spring water.

And, if you live in an area where your water is municipal water, know that the city has added chlorine to kill bacteria and parasites. You don’t want to be drinking glasses of chlorine either though. So, best thing to do is purchase either an under sink or counter top water charcoal filtration system to remove all of these unwanted contaminants.

**Eat More Fruits and Vegetables**

Why is this one so hard for people? Fruits and veggies are delicious. You should really try and eat five portions of produce per day because research has shown that eating at least 400g a day can lower your risk of stroke, heart disease, type 2 diabetes and obesity. To start, just try incorporating one big salad into your daily meal plan and make it really colorful – making sure to also add enough dark leafy greens.

**Stop Using Plastic Bottles and Containers**

Plastics are known endocrine disruptors that wreak havoc on our hormones and cause infertility and even certain forms of cancer. While you may think it makes life easier, storing your foods and liquids in plastic allows the plastic to leach into what you eat. This happens especially when you heat the foods or liquids in plastic in the microwave. Always use glass or ceramic containers to store food and liquids. If you absolutely insist on using plastic, and we hope you don’t, but if you do, choose containers with the recycle numbers 1, 2, 4 and 5.
Breathe Deeply

You don’t have to commit to meditating for an hour every single day, but would it kill you to breathe deeply for five minutes? No, in fact it will only help your health. Research shows that deep breathing for even just a few minutes can reduce stress hormone levels and decrease anxiety.

Get Out the Epsom Salts

Did you know that soaking in a warm bath with Epsom salts is great for your health? The magnesium in Epsom salts gets absorbed through your skin and helps relax your muscles. It can even reduce pain levels and contribute to your heart health.

Stretch

So many older people complain of aches and pains and they assume it’s their creaking old bones, but it’s not, it’s their muscles and other connective tissues shrinking. All of these tissues are very similar to elastic bands. If they don’t get stretched, they become tighter and tighter and more rigid. This causes your joints to get out of alignment and movement to feel much stiffer.

Stretching increases blood flow and lengthens your connective tissues. So, a couple of times a day be sure to do some basic stretching, especially if you’ve been sitting most of the time.

Eat More Garlic

Well, your friends and family may not love this suggestion, or your breath, but they’ll love the fact that eating more garlic will make you healthier. Garlic is a powerful entire body cleanser and consuming it regularly, whether the real deal or odorless capsules, promotes a healthy heart by lowering blood pressure and bad cholesterol.

Make New Friends

It’s not just nice to have close friends, it’s essential to our health. According to a study by the Centre for Aging Studies at Flinders University, people with large networks of friends outlive people with fewer friends by as much as 22 percent! So join some local clubs, try new activities and make some new connections.