

## Making Good Decisions To Help You Stay Healthy And Happy

Good health is largely the result of good lifestyle decisions. Eating a variety of natural foods, drinking plenty of clean water, exercising daily and getting adequate sleep are essential for good health, well being and overall happiness. It is also very important to avoid foods that deplete the body of valuable nutrients and cause the liver to overwork as this can not only cause us to be physically under par but also to be mentally and emotionally off balance.

Creating a healthy lifestyle doesn't have to be onerous. Anyone's life can accommodate good health; it's just a matter of prioritizing. Parking a little distance from the office can ensure a fifteen minute walk each way. Keeping a bottle of water on your desk reminds you to sip it. Focusing on all the wonderful foods you can eat will help you avoid craving the ones you shouldn't. Establishing a consistent night time routine that is relaxing and encourages you to go to bed at around the same time each night can support you in having a restful sleep.

Planning ahead can ease the pressure to go off the rails. If impulse buying is a problem, perhaps online shopping is a wise alternative. If you don't see it, you won't be tempted to buy it. Furthermore, if it is not in the pantry or the refrigerator you can't eat it. The added benefit of avoiding the supermarkets is that you don't get influenced by family members who want their own way when it comes to grocery shopping. Never underestimate the 'hassle effect' in the supermarket.

Most experts agree that a healthy diet will include five servings of a variety of fruits and vegetables. In practice, this can actually be difficult to achieve. One way to get around this is to serve a platter of cut up fruit with a meal. Serving fresh salad with a meal also contributes to this dietary requirement.

Oily fish such as salmon or tuna should be eaten at least twice a week to provide much needed essential fatty acids. Lean meat should also be served a couple of times a week if you are not vegetarian. If you are vegetarian, it is very important to make sure you are eating mixed protein sources that combined will provide all your body's protein needs.

It is recommended that we need to drink at least eight glasses of water daily, however this is the minimum required. Everyone should pay careful attention to their own body's fluid requirements. If you are exercising heavily in a hot climate, for example, you may need to drink twice this amount of water.

Stress can affect our bodies' abilities to utilize the nutrients we ingest, so controlling stress is very important to maintaining or achieving good health and being happy. Natural supplements can often be beneficial in calming the nervous system and overcoming any nutritional deficiencies that may be preventing the body from operating at an optimal level.

More than anything, we need to pay attention to the messages our bodies are trying to give us and make whatever adjustments are necessary to bring our lives and our bodies back into balance. If we do this, the resulting improvement in our health will have a flow on effect into all areas of our lives. Happiness and success may well be an unexpected benefit.

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### About the Author

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