

## Dr. Bethune's 10 Quick Health Tips

- 1. Follow the rainbow:** Everyday, eat at least one fruit or vegetable from each color family (Green, Orange/yellow, and Red/purple) to ensure that you are getting an array of vitamins and minerals.
- 2. Keep it moving:** Keep your colon in good health with fiber (30g/day), water (eight 8oz glasses/day) and probiotics (*Lactobacillus acidophilus*, *Bifidoacterium*)
- 3. Amazing antioxidants:** Antioxidants are more effective when consumed as plants (fruits, vegetables, and green tea) than as supplements. For a daily anti-aging antioxidant boost: Vitamin C 3g, Selenium 200 mcg, vitamin E 800IU
- 4. Sweat it out:** Exercise until you sweat for maximum benefit. Regular treatment with infrared sauna improves vitality, cardiovascular health, and detoxification by helping you to excrete compounds which create disease.
- 5. D is for delightful:** Vitamin D (2000IU/day) helps to prevent flu, osteoporosis, and cancer. Take vitamin d with fat-containing food or drink. Vitamin D is in cold water fish (salmon, herring halibut, sardines), dairy, shiitake Mushrooms.
- 6. Fabulous fats:** Ideally you should have a 4:1 ratio of Omega 6 to 3. Omega 3 fatty acids from plants and fish **reduce inflammation** and support proper nerve function. Omega 3's that come from **meat** are generally **pro-inflammatory**.
  - **Omega 3** (alpha-linolenic acid) 650 mg/day: Walnuts, leafy greens, flaxseed, fish oil, hemp oil, pumpkin seed oil.
  - **Omega 6** (Linoleic acid): Grapeseed, Evening primrose, borage, walnut, sunflower, safflower, corn, soybean oils
  - **Omega 9:** Canola, almond, avocado, olive, High oleic (high heat): sunflower, safflower, canola, peanuts, Sesame oil, Pecans, Pistachio nuts, Cashews, Hazelnuts, Macadamia nuts
- 7. Strong like bull:** Maintain a strong and healthy oral and nasal mucosa. Cracks in the nose and lips make you more susceptible to germs. Keep your lips and the inside of your nose moist to avoid cracking with nasal irrigation and natural non-irritating salves.
- 8. The choice is clear:** Use glass for food and drinks instead of plastic. Heat releases toxins from the plastic into our food.
- 9. Will the real food please stand up?** Studies show that artificial sweeteners increase the risk of Parkinsons, Alzheimers, and Multiple Sclerosis, and are suspected to contribute to cancers and autoimmune disease. Artificial sweeteners also increase the risk for obesity and diabetes. Try Stevia instead.
- 10. Relax, meditate, and sleep:** Meditation boosts mood, self-confidence, and concentration while decreasing heart rate, tension, and stress. Adequate sleep improves concentration, memory, and hormonal balance. It also improves circulation and immune function.



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