

Want 5 ways to get ahead in health for the new year?

1. Consider homeopathy your new health method. Contact a homeopath for your health issues and watch your well being blossom in 2009.
2. Consider learning how to take care of yourself through homeopathy instead of counting on drugs or waiting rooms. Take a simple course in this fascinating medical method and feel confident about treating simple illnesses like colds and bee stings.
3. Eat whole foods as close to the source as possible. In other words, if you live near an organic farmer, take advantage of it and buy it fresh and real. If you don't, then think about cultivating your own small garden. The next option is to buy as much local as possible and preferably organic.
4. Take cod liver oil. And get the highest quality available. Especially in the winter months, we need this perfect form of vitamin D
5. Make stocks from the bones from your roast chicken, turkey, venison or beef. Then use these as a delicious and nutritious base for all your soups. Cook your beans, pasta and rice in the stock instead of water and you'll gain a reputation for being a gourmet cook. It's what all the great chefs use.
6. Get plenty of fresh air and sunshine. Try to let your skin get direct sunlight everyday. And eschew the sunscreen. Have you ever read the ingredients in those products? They have sold us a bill of goods. Sun is good in moderation and is imperative for good health.
7. Do quality work: Love with all your might, pray like there is no tomorrow and create a representation of yourself that you can be proud of.