17 Tips for Achieving Genuine Health

(Or, how I found mine after years of illness)

As a busy homeopath and mother, I understand how precious of a commodity time is for all of us. After detours, mistakes, and years of searching for the healthiest ways of living, I've distilled my research and time-tested tips to a simple seventeen. Here are my top all-time favorites.

1) Stay calm. The world is not as scary a place as the media and other self-serving entities might lead us to believe. When I am anxious or worried I repeat a passage from Psalm 46:10, "Be still and know that I am God." To know that God is protecting all of us, gives me inner peace. No matter who you believe God to be, pray or meditate daily. If you're Catholic, say your rosary. If you're Protestant, read your Bible. If you're Jewish, study your teachings. Don't miss out on the importance of faith.

2) Don't watch TV or spend unproductive time on the internet. After working in the field of media, I learned that it is not in your best interest to be subjected to most forms

of media as a steady diet. Protect your children from the barrage as well.

3) Eat like your great-grandparents did. Eat whole, real, and unprocessed foods. Make your meals yourself from single, basic ingredients. It takes longer, but the rewards are worth the effort. There is something therapeutic about chopping fresh vegetables and creating soup from homemade bone stock. And you'll earn a reputation as a good cook!

4) Learn enough homeopathy to be able to treat yourself and your family for life's little unknowns. The more you know, the more you'll want to know. Homeopathy is timeless and enduring. At the very least, find yourself a credentialed, experienced homeopath and use his/her services liberally.

5) Stay away from conventional medications as much as possible. Most meds are dangerous and at best superfluous. Every dubious drug has a healthy counterpart either in homeopathy, in food, or in an herb (My CD "Homeopathy First Aid: Perform in the Storm" is available on my website). Learn the safe alternatives and use them with confidence. Save the use of modern drugs for life-threatening situations only.

6) Get fresh air and direct sunshine at least 30 minutes daily. Throw out the sunscreen. Have you read the ingredients? Sun screen inhibits your body's natural mechanism to make Vitamin D and is loaded with chemicals not meant to be slathered on the skin. Instead, if needed, protect your skin the old-fashioned way: a hat, cover-up, and common sense.

7) Get some exercise. I realize how trite this statement sounds, but after years of resisting exercise myself because of time constraints, I've come to learn that I'm more productive and happier when I work out. Even a short walk is good enough.

8) If possible, keep a garden and animals. A flower or vegetable garden can be a sight for emotionally sore eyes. A

pet can bring a smile to your face. They keep us closer to what is important in life: simple pleasures.

9) Protect your family and the integrity of the family in our society. That means your marriage and the marriages of those around you. A unified family is the basis of a healthy, prosperous and creative society.

10) Keep your exposure to electromagnetic fields to a minimum. Use the speaker function on your cell phone instead of holding it up to your ear.

11) Expose yourself and family to the intelligent, creative, and lofty influences of our society. By listening to classical music, reading fine literature, viewing fine art, we are inspired to greatness ourselves. Then emulate and study those who have led successful and creative lives: Mother Teresa, Benjamin Franklin, Gandhi, Churchill, and Beethoven.

12) Keep family traditions. Whether they're based on your religion or created by you, they are important for carrying family into the next generation. If you don't have any or enough, the way to establish them is by repeating a meaningful activity, time and again.

13) Eat and drink raw dairy products from animals that are pasture fed and preferably organic such as raw sheep's milk cheese from Italy, raw goat and cow's milk from France, Denmark, Ireland, and sometimes the United States.

14) Eat organic. At least as much as possible, buy or grow your own vegetables and eat meat from pasture fed animals. In other words, support local, organic, family farms. Your liver will thank you too.

15) Include some fermented food or drink with every meal. Old fashioned sauerkraut, pickles, yogurt, kefir, kombucha, fermented carrots, and so on. They provide live enzymes that help us break down the cooked foods we eat. They are excellent

for intestinal disorders and are utilized by the healthiest people on the earth.

16) Try to eat raw food at least 80% of the time. This is not as difficult as one would imagine: drink raw milk, eat fermented and fresh vegetables, dehydrated nuts and seeds, and incorporate raw yogurt, cheese and butter into your diet.

17) Do good work. Prepare your food and nurse your family with pride. Whatever it is you choose to do, do it with aplomb, commitment and joy.

These are the tips that have helped me and my family live lives full of vitality and vigor. What tips have you discovered to maintain your own good health?

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_____These are just a few of my tips for vibrant health. Lots more on my website homeopathyworks.net. Check out this link to read many more of my articles. Or call (716) 941-1045 to schedule a free 15 minute phone consultation to see how homeopathy could fit with your health strategy.