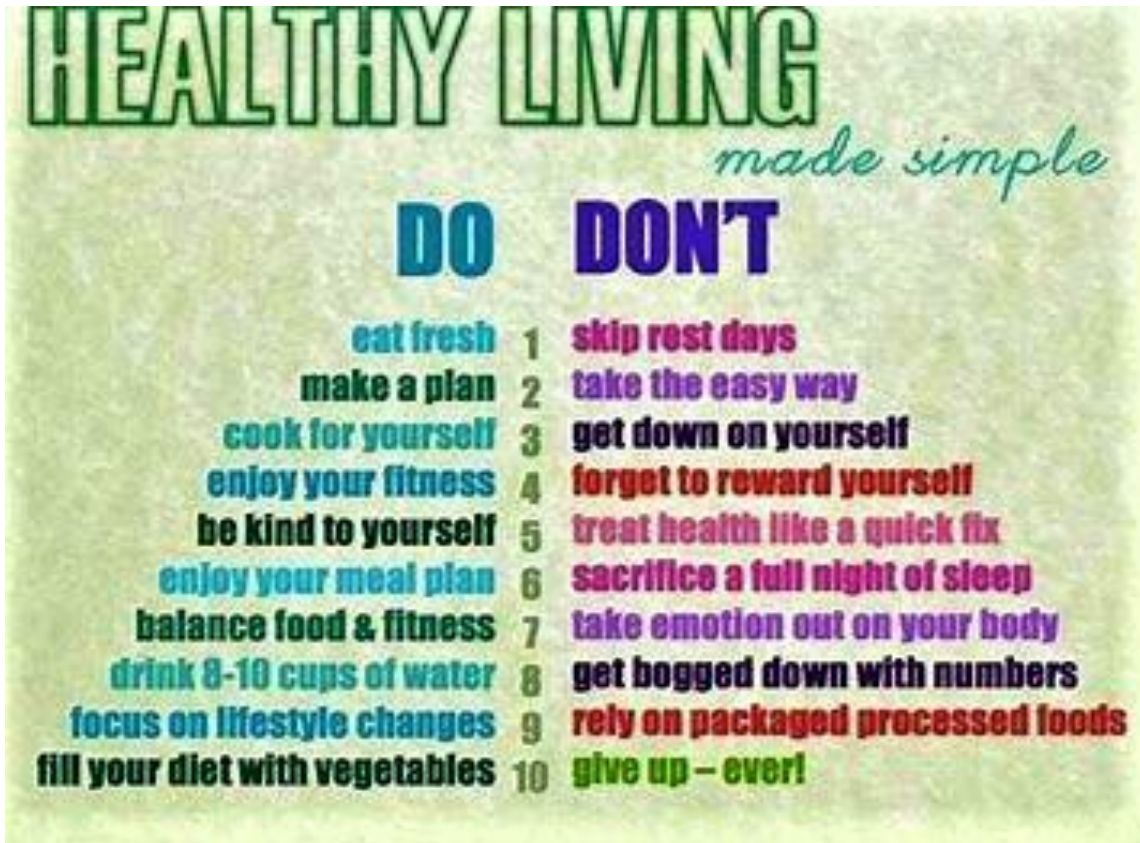


**Improve Your Lifestyle**  
**Healthy Living made simple**  
**to be a Healthier You!**



*Sue Feldman*

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The information in this eBook is purely to show you how to go about Improving your Lifestyle if you are interested! Let us review a few ideas and tips for becoming healthy and making it part of your daily routine. If you are interested, then this eBook is for you.



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## **Medical Disclaimer:**

The information in this eBook is not intended to replace a 1-on-1 relationship with a qualified medical professional and it is not intended as medical advice. It is intended as a sharing of knowledge and information. I encourage you to make your own health care decisions based upon your research and in partnership with your doctor.

But I have to say this: that it is your body and if something does not feel right get to the bottom of it. Get a second or a third diagnoses from other medical professionals - go for blood tests or even x-rays to get answers. General Practitioners, GP's, only study about 3 to 5% of nutrition in all the years they study to become doctors. You know your body and how it feels; sometimes a sore in your side might be more than a pulled muscle. So, taking a pain killer tablet might help the pain but not cure the underlining reason why you got the pain in the first place. Self-diagnose, is the first step. You can become a healthier, happier and more successful person by making a few simple changes to your lifestyle.

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## Introduction – My story



I have been a Nutritionist since 1998 and been interested in health issues all my life. I believe that we need to take extra vitamins and minerals supplements, as the fresh food we eat today is not as healthy as in our 'grandparents' days; our soil has been depleted of minerals from mass production.

Do not be the person who misses out on the opportunities in life because you do not understand the necessary principles of healthy living. Be the kind of person others marvel at. Be the kind of person other people see and say, "I don't know how you stay and look so good". Be the kind of person who acts. . "A year from now you may wish you had started today"  
Karen Lamb.

The information in this eBook is intended as a sharing of knowledge and information. I encourage you to make your own health core decisions.

My health has been a consistent feature in my life. Since I was a kid, what I remember, is that my father was ill for most of my childhood. I used to nurse him and help whenever I could. He was in and out of hospital, so I never knew if he would be home when I got back from school.

To cut a long story short, he suffered from diabetes, heart problems (9 coronaries) and high cholesterol, ate lots of extraordinarily rich and unhealthy foods, and smoked like a trouper.

He ended up getting gangrene on his toes and had to have his legs, from his knees down, amputated. At the time of the first operation, the surgeon started on his better leg, but my dad had a heart attack on the operation table, so they did not amputate both legs.

They had to stop and send him home with only completing half of the removal. He lived another 4 years with his bad leg then went for the second operation and died on the table. I was 11 years old!

I also have a sister who lives with a weight problem and since she was 6 months old, she was put on diet. I vowed as a kid that I would never be fat, and I have lived my whole life making sure mentally and physically that I would be slim and trim. My whole family are on the larger size of their ideal weight, but not me.

So, I decided to study as much as possible about Health. Then in 1998 I completed a course in a creditable manner and furnished satisfactory evidence of proficiency in Nutritional Therapy and have been entered upon the Register of the Complementary Health Studies Centre.

Hence writing this eBook to share what I know with others, so that they can become better and healthier and live a happy lifestyle.

Right Attitude  
+ Right Mindset  
+ Right Foods  
+ Right Supplements  
+ Right Exercise

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Healthy Lifestyle





## Chapter 1

### **A healthier, happier and more successful you**

You can become a healthier, happier and more successful person by making a few simple changes to your lifestyle. You will have to make changes to the overall you, not just change the amount of exercise you do or your diet.

The secret to achieving happiness and a healthier you is to balance your body and mind in harmony, it is only when we are balanced in physical health, mental and spiritual that we are truly healthy.

If we are healthy then we are happier and can reach success more easily in life, here are some ways you can bring back harmony and balance to your life

Exercise is an essential part, it helps to tone our body, keep our heart and lungs healthy and detoxifies. Exercise can be anything from more