

A top-down view of various fresh ingredients including basil, lentils, bay leaves, and a bowl of yellow liquid on a dark surface. The background is a dark, textured surface with scattered spices and herbs. A green basil plant is in the upper left. A blue and white patterned bowl filled with red lentils and a wooden masher is in the upper right. A small white bowl containing a yellow liquid is in the lower right. Several bay leaves are scattered in the middle right. A small white bowl containing a yellow liquid is in the lower right. A small white bowl containing a yellow liquid is in the lower right. A small white bowl containing a yellow liquid is in the lower right.

YOUR GUIDE TO A HEALTHY LIFESTYLE

www.GSKLiveHealthy.com

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About The Author

I have worked in the technology industry for the majority of my life. I started out as a software engineer. In my earlier years in the software industry I worked as a project manager with my teams responsible to upgrade the entire software infrastructure of several large financial institutions.

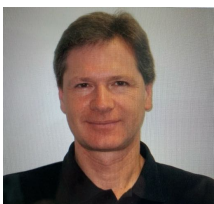
In 1998 I wrote my first business plan related to e-commerce, smart cards and biometric authentication. The funding of my business plan allowed me to gain significant management experience, strong skills in the area of e-commerce, B2B and B2C business. That specific experience to start with a vision, develop a plan and execute it well had a lasting impact on all my future business activities.

In my personal life I enjoyed outdoor activities, such as running, mountain biking, tennis, skiing, paragliding and other outdoor activities throughout different periods of my life. Around 2003-2005 I started focusing more on running longer distances leading up to my first marathon in 2006. Going for a run after work or at the weekend helped me to relieve my work stress and kept me in good physical shape. This was also the time I started reading about healthy food choices, making healthy lifestyle choices, how to reduce stress, etc.

Around 2017 I discovered Hestan Cue and decided to give cooking a try with a smart cooking system. You can learn more about my experience with Hestan Cue in chapter 15 in this book with a detailed review of the Hestan Cue Smart Cooking System.

Throughout the past few years I followed my passion for all the great business opportunities the Internet has to offer and I am currently focused on Internet Marketing, especially the field of Affiliate Marketing, Health and Fitness, and the research of online product market places.

Thank you for choosing this eBook.



Gary Schwartz, Founder of GSKLiveHealthy

www.GSKLiveHealthy.com

About This Book

If you are looking for information how to improve your diet and eat healthy, adding good supplements to your nutrition plan, manage and reduce your stress, looking for some exercise tips, the importance of getting your quality sleep, find a job you are passionate about, how to get rid of bad habits, and want to improve your lifestyle overall then this book is for you.

This Book has been designed to support and guide you to a healthy lifestyle. A healthy body is the key to a healthy mind.

In **Chapter 1** you will find some general information about healthy diet and healthy lifestyle. The health food industry fooled us for decades with 'diet food products' that are actually loaded with sugar. Fortunately more doctors and researchers have discovered that those choices were anything but healthy.

Dr. Steven Gundry, a renowned cardiologist, was among the first to create awareness about better food choices and he came up with a comprehensive Lectin-Free Diet Plan. You can find detailed information about Dr. Gundry's Diet Plan in **Chapter 14**.

I am a big fan of Dr. Gundry's Lectin-Free Diet Plan and we have used his diet plan as a guide for grocery shopping and our recipes in our household for many years. If you want to dig deeper into this topic I also suggest taking a look at the last Chapter of this book - REFERENCES. You will find links to some of Dr. Gundry's books. I can recommend the following books:

- 'THE PLANT PARADOX', by Steven R. Gundry

The hidden dangers in "healthy" foods that cause disease and weight gain.

- 'THE PLANT PARADOX COOKBOOK', by Steven R. Gundry, MD

100 delicious recipes to help you lose weight, heal your gut, and live lectin-free.

In **Chapter 2** you will find information about the **five principles of a healthy diet** according to Harvard Medical School. If you are looking for further diet choices beyond Dr. Gundry's Lectin-Free Diet Plan you will find info and links to a Diet Review of 39 popular nutrition and weight-loss plans. Further you will find information about the health benefits of **Olive Oil, Green Tea, Ginseng, and Turmeric** in this chapter.

Chapter 3 is all about supplements to close that nutritional gap and promote health. Harvard Medical School came up with a **list of nutrients that work in pairs**. You will find out why for example Vitamin D and calcium, sodium and potassium, zinc and copper, etc work well together. Further you'll find information about the benefits of taking Biotin supplements and what kind of dietary sources are good to get your biotin. **Biotin** is a B-vitamin that your body needs in order to play a crucial part in the metabolism of carbohydrates, fats and proteins. Biotin benefits could affect your hair, skin and nails in positive ways.

Chapter 4 will explain why **regular exercise is important** to improve your mood, boost your ability to fend off infections, and lower your risk for heart disease, diabetes, high blood pressure and colon cancer. You will find out about the five best exercises you can do according to Harvard Medical School, and some tips for Home Exercise, HIIT, and benefits of an Elliptical Trainer.

In **Chapter 5** you will get reminded how important your **quality sleep** is and that good sleep habits are crucial for your heart health as well as for your blood pressure. If you have sleep deprivation you will find a few natural techniques that can help you sleep without the aid of medical intervention.

Chapter 6 is all about **managing your stress successfully**. Stress is a permanent feature of our lives and it's taking a toll on our bodies. There are lots of strategies for managing stress but sometimes we need quick and practical steps such as Breathe Deeply which can be a very effective way to calm down or stay calm.

Are you breathing the right way? You will learn a simple trick to find out how to shift into a deep breathing pattern. In addition, you will learn simple ways and tips to reduce stress. You will also learn if **Meditation, Aromatherapy Massage, Exercise, or Yoga** could be right for you to reduce your stress.

In **Chapter 7** you will be reminded to **see your doctor for a comprehensive checkup every year**. If you are able to identify potential health problems early it will make it much easier to treat it. This is a very brief chapter with the main purpose to motivate you to go for regular health exams.

In **Chapter 8** we'll discuss how important it is to make good choices around your career goals. **When you do what you love you will be more successful**. Your success depends largely on knowing your own strengths and weaknesses. Focus on the future, set ambitious goals and do what you love to achieve happiness in life.

You can find your dream job. Ask yourself what you would enjoy doing as a career if money wouldn't be an issue. More people find their dream job than you might think. Your mindset is key when you begin to look for your dream job.

If you are uncertain about your own strengths and weaknesses take a look at all the different career tests, assessments and quizzes that might help you to gain focus and direction in your career search. I also recommend a specific book in this chapter which is very helpful to learn more about yourself, your skills, interests, talents, etc.

Chapter 9 will outline that the application of **time management skills** isn't just for the business world only. We all can benefit from good time management in our personal lives as well. Manage your time well, and you can feel in control of your life, rather than letting events control you. You will learn a few tips for improving time management skills, building on those that you already naturally have.

Chapter 10 will help you learn **how to get rid of bad habits**. Regardless of your particular habit the process of breaking it will be similar. Persistence and the right mindset are crucial to break your bad habits. This chapter will help you with instructions and guide you through the process of doing so. It may seem obvious but the first step in breaking a bad habit is developing a true and honest desire for and committing to changing your life. Figure out what works for you. Sometimes you will have to make a few attempts before you reach a true breakthrough.

In **Chapter 11** you will learn **how you can detox your body**. I'll introduce to you Master Cleanse or formerly known as the Lemonade Diet. For some people the Master Cleanse might be controversial. I personally like Master Cleanse and it works well for me. I did my first Master Cleanse in May of 2011 and my most recent Master Cleanse was in October of 2022. Some people look at it as a tool for losing weight. However, in my opinion, they are missing the point of the Master Cleanse.

I encourage you to read Chapter 11 to find out more about the health benefits of it. The Master Cleanse can be described as a simple, effective and inexpensive cleansing and healing program to improve your health and boost your overall well-being.

In **Chapter 12** you will learn about **how lemons are supporting our health**. I love the smell and taste of fresh lemons and I enjoy fresh organic lemon juice. Besides being essential for the Master Cleanse I often just use two tablespoons of fresh organic lemon juice, about 1/10 teaspoon cayenne powder and 8 ounces of water first thing in the morning. Lemons can boost your immune system as a medium-sized lemon contains about 40 grams of Vitamin C. In addition, Lemons are beneficial for your cardiovascular health, and research suggests that a chemical compound called oxalates may be beneficial for kidney stones.

Chapter 13 will explain why the **Mediterranean "Longevity" Diet** works well. Heart disease is still considered the #1 cause of death worldwide. Dr. Gundry showed and proved with his landmark 2013 study that eliminating lectins and boosting polyphenols lowers your risk of cardiovascular disease. Polyphenols have a massive power to boost energy, improve digestion, make your skin look healthier, and improve your metabolism. The Mediterranean Sea region is home to some of the healthiest, longest-lived people on Earth. Olive Oil is number #1 staple of the Mediterranean regions' diet and the very high polyphenol content in olive oil provides amazing health benefits. I am a big fan of olive oil in general and I pretty much use it daily for salad dressings, dipping bread in olive oil, brushing it on salmon before grilling it, etc. In our household we use about a 0.75 liter bottle of organic Extra Virgin Olive Oil weekly. When you buy olive oil only buy "Extra Virgin Olive Oil" to get all the great health benefits olive oil with high polyphenols has to offer.

In **Chapter 14** you will learn about **Dr. Gundry's Diet Food List** and his comprehensive **Lectin-Free Diet Plan**. I read his book 'The Plant Paradox' many years ago and it changed my way of what I considered healthy foods after reading the book.

Find out why lectins (gluten is one of the most common lectins) are bad for you. Making some lifestyle changes and going lectin-free can support your overall health. This Chapter outlines in detail which foods to eat and which foods to avoid based on Dr. Gundry's Diet. You will learn why avocados and macadamia nuts can be amazing for your health and why you should stay away from cashews as they are full of lectins.

In **Chapter 15** I offer you my personal **review of the Hestan Cue Smart Cooking System**. If you are a fan of new technology, appreciate new tech gadgets, have no idea how to cook any meals at all, but you are interested in improving your lifestyle and eating fresh and healthy meals, Hestan Cue might just be perfect for you. I purchased the Hestan Cue about 5 years ago and I consider it one of my best investments I ever made. Quality of the cookware is great, the setup process is easy, the app has an easy and well organized user interface and you'll find more than 600 recipes with step-by-step guidance during cooking including video instructions. I encourage you to read my review and find out for yourself if Hestan Cue might be right for you as well.

The **Chapter 16** headline says it all - look at some research data why sugary beverages are bad for you.

Chapter 17 - REFERENCES

In references you will find all the online articles, books, etc I used during my research for this book. Many of the references include a link to make it easy for you to get convenient access to additional information.

Table Of Content

01 INTRODUCTION

02 GOOD EATING FOR GOOD HEALTH

Five Principles Of A Healthy Diet

How Might Olive Oil Affect Your Arteries?

Green Tea - Nature's Miracle Health Drink

Health Benefits Of Ginseng

Health Benefits Of Turmeric

Constipation Remedy Using Apples And Other Juices

Detox Diet Juice Fasting Recipes

03 ADD SUPPLEMENTS TO YOUR NUTRITION PLAN

Nutrients That Work In Pairs

The Benefits Of Taking Biotin Supplements

Foods With Biotin

04 EXERCISE ON A REGULAR BASIS

Five Of The Best Exercises You Can Ever Do

Home Exercise

High Intensity Interval Exercise (HIIT)

Why Do My Feet Hurt When I Run?

Benefits Of An Elliptical Trainer

05 GET YOUR QUALITY SLEEP

How Sleep Deprivation Can Alter Your Heart Health

Say Goodbye To Insomnia

What Causes Insomnia - Who Is Prone To Insomnia?

Table Of Content

06 MANAGE YOUR STRESS SUCCESSFULLY

Breathe Deeply

Four Simple Ways To Reduce Stress

5 Great Tips To Handle Stress

Meditation - Your Way To Reduce Stress?

Aromatherapy Massage Soothes And Banishes Stress

Exercise And Stress

The Benefits Of Yoga

Lower Your Blood Pressure By Practicing Yoga

07 MAINTAINING YOUR HEALTH

08 FIND A JOB OR HOBBY YOU ARE PASSIONATE ABOUT

Dream Job

Best Career Tests, Assessments, And Quizzes

Ten Ways To Stay Resilient In The Job Search

What Color Is Your Parachute?

09 GOOD TIME MANAGEMENT REDUCES STRESS

Just A Few Time Management Tips

10 GET RID OF BAD HABITS

How To Break A Bad Habit?

I. Changing Your Thinking

II. Changing Your Behavior

Table Of Content

11 DETOX YOUR BODY WITH MASTER CLEANSE

The Master Cleanse Or Lemonade Diet

The Key To Success - Do The Master Cleanse Correctly

Possible Health Benefits Of The Master Cleanse

How Our Body Works

Acid Formation

Let's Summarize How The Master Cleanse Works

What To Expect During The Master Cleanse Process

Master Cleanse Review - WebMD (A Second Opinion)

12 LEMONS - HOW ARE THEY SUPPORTING YOUR HEALTH?

Health Benefits Of Lemons

13 THE MEDITERRANEAN 'LONGEVITY' DIET - WHY IT WORKS?

The Oil Of The Ancients

How To Eat More 'Mediterranean' Meals

14 DR. GUNDRY DIET FOOD LIST

Why Are Lectins Bad For You?

What Are The Most Harmful Lectins?

How To Reduce Lectins In Your Favorite Food?

Foods To Eat - The "Yes" List

Foods To Avoid - The "No" List

Foods To Eat Every Day On The Gundry MD Diet

Tips To Help You To Stick To A Lectin Free Diet

Table Of Content

15 COOKING HEALTHY FOOD WITH HESTAN CUE

Quality Of Product And Setup Process

Selecting Your Recipe

Step-By-Step Guidance During Cooking

Selection Of Pans And Pots

Bottom Line

16 ONE MORE THING - STAY AWAY FROM SUGARY DRINKS

Sugary Drinks And The Obesity Epidemic

Definition Of Sugary Drinks

Research Shows That You Should Quit Sugary Drinks

Make Your Own Soda

17 REFERENCES

INTRODUCTION



DR. STEVEN GUNDRY SAID IT BEST:

"It's an exciting time to be health-conscious. For decades, the health food industry fooled you into eating special "diet" food products that are actually loaded with sugar. They advocated for you to add dangerous lectin-filled foods to your diet and even told you to pursue a "low-fat" (albeit heavily processed) diet. And you felt good because you were doing what you thought you had to in order to make "nutritious choices".

However, doctors and researchers have now discovered those choices were anything but healthy. Dr. Gundry was among the first to lead the charge of busting health myths wide open.

Dr. Gundry came to realize that even "healthy" choices like fruits and vegetables can take a toll on your body. While some nutritionists would have you feast on high sugar fruits, Dr. Gundry knew that was a bogus attempt at a so-called better diet."

Source: GundryMD

A healthy lifestyle is one which helps to keep and improve people's health and well-being and overcome lots of stress.

A healthy diet is a diet that maintains or improves overall health.

A healthy diet provides the body with essential nutrition: fluid, macronutrients such as protein, micronutrients such as vitamins, and adequate fiber and food energy.

Source: Wikipedia

We all want to live healthy, happy lives. Some of us are fortunate to lead healthy lifestyles already, but others might be unaware of their harmful habits or find healthier options difficult or impractical. Those of us who know our lifestyles could benefit from a few changes may resolve to implement healthy habits sometime later, such as the first day of the new year or after completing a demanding project at work.

Making healthy lifestyle changes starts with a step-by-step plan. In other words, before you start doing many things differently at once, you might want to assess what parts of your lifestyle you'd like to improve and how you might be able to improve them. Then, you can determine which changes you'd like to make first and how much time you might need to turn that change into a habit. Therefore, the key to making healthy lifestyle changes is to start small and make only one realistic change at a time.

Yet, many get caught up in a whirlwind of busyness and never fully commit to those resolutions. Often, we continue treating the needs of others or our careers as priorities and ignore our physical and mental health. Thus, eventually, our self-neglect starts chipping away at our well-being.

Maintaining a healthy lifestyle can improve our general health and mood and extend our life expectancy. Learn about healthy lifestyle habits and discover tips to reach your wellness goals.

Source: [Berkeley Well-Being Institute](#)



GOOD EATING FOR GOOD HEALTH

You have tremendous latitude in what goes into your daily diet—and the choices you make can have profound consequences for your health. But what diet should you choose? The range is truly dizzying. Just some of the diets you might encounter are vegan, pegan, and portfolio. Raw food, whole foods, and Whole 30. Keto, carnivore, and paleo. Clean eating and intermittent fasting. DASH, MIND, and Volumetrics. Mediterranean, Nordic, and Okinawan. What does it all mean? And how can you begin to make sense of it?

Learn more: [eBook 'The Diet Review, 39 popular nutrition and weight-loss plans and the science \(or lack of science\) behind them'](#)

Source: Harvard Medical School

According to nutritionists and physicians, your nutrition accounts for 80% of your overall body health. Food is capable of causing a specific effect in our bodies. It can cause us to stay healthy and also cause unwanted conditions. Therefore, it is very important to watch what you eat. The best types of food are organic and not processed. Moreover, you should steer away from overcooking your food since it destroys the necessary vitamins and nutrients.

Five Principles Of A Healthy Diet (Harvard Medical School)

While details may vary from diet to diet, all healthy eating plans have these five principles in common:

1. Lots of plants. Plant foods—vegetables, fruits, legumes, whole grains, nuts, and seeds—offer a wealth of vitamins and minerals, as well as fiber and healthful compounds called phytochemicals (literally “plant chemicals,” natural substances in plants that offer humans a range of health benefits, including antioxidant, anti-inflammatory, and even anti-cancer activity). At the same time, while many plant foods are high in nutrients, they are relatively low in calories. The combination of high nutrient content and low calories—a quality known as nutrient density—means that a plant-heavy diet can be good for both health and weight loss. Because people often underestimate how large their portions of fruits and vegetables should be, Harvard nutritionists devised the Harvard Healthy Eating Plate (see Figure 1) to provide a graphic representation of a healthy dinner. Fully half the plate contains produce.

2. Adequate protein. Abundant research shows it’s important to eat enough protein, but there are many ways to get that protein, and some are more healthful than others. People who limit how much meat they eat tend to have lower risks for chronic diseases. Plant protein sources (beans, lentils, soy foods, nuts, seeds) and seafood offer the most health benefits. Getting enough protein, along with physical activity, is important for staying strong, healthy, and independent.

3. Minimally processed foods. A 2019 National Institutes of Health study definitively showed that eating a diet high in ultra-processed foods causes weight gain and unhealthy shifts in blood sugar and blood cholesterol. For the healthiest diet, rely as much as possible on whole foods (that is, unprocessed foods, such as broccoli, apples, and almonds) and minimally processed foods (such as plain yogurt, canned tuna, and natural peanut butter). Processing tends to strip away nutrients while adding extra fats, sugars, and sodium, not to mention other additives and preservatives.

4. Limited saturated fats, added sugars, and sodium. The U.S. government’s Dietary Guidelines for Americans recommend limiting saturated fat intake to less than 10% of daily calories. The same goes for added sugars (sugars added during processing). If you have a 2,000-calorie-a-day diet, that means that no more than 200 calories a day should come from added sugars. As for sodium, keep it below 2,300 milligrams per day. The average American consumes more than 3,400 milligrams per day.

5. Balance. To meet nutrient needs, it’s important to choose a variety of nutrient-dense foods across and within all food groups (see “What the food groups do for you”). Choosing nutrient-dense foods helps you get the nutrients you need without taking in too many calories.