



I need a keto diet if I am to get down the chimney!



**MERRY XMAS
and an
ABUNDANT
NEW YEAR!
FROM THE TEAM
MIKE, EWEN AND
NINO AT PRAHRAN
OSTEOPATHIC CLINIC**

Mike's Top 10 Health Hints

1. Acknowledge the power of the pause. Pauses enable us to reflect, rest and repair and listen to the beauty of silence. The spaces between our thoughts hold the key to creativity. Listen more to your body this year. Start daily meditation.
2. You become what you eat. Include life lengthening 'superfoods' like fish (4 times weekly), dark chocolate (70-85% cocoa), brussel sprouts, broccoli, berries, garlic and red wine (1-2 glasses daily). Eat more whole grains (twice daily), brightly coloured vegetables (3-4 cups), fruit (1 piece), cold pressed oils (2 tbsp), nuts and seeds (1 handful), Japanese sea vegies (2 tbsp) and protein (once daily).
3. Plan your daily diet; shop in advance to fill your cupboard.
4. Forgive yourself, and others, for not being perfect, and create something magical for yourself this year.
5. Take a professionally prescribed 'naturally derived' multivitamin/mineral supplement with selenium, a probiotic, 1 teaspoon of liquid fish oil, and a supplement rich in antioxidant rich greens such as 'vital greens'. Get your vitamin D levels checked by your doctor.
6. Do 30 minutes of exercise that is social, enjoyable and that connects you with nature.
7. Drink more water. Buy yourself a 'water filter jug' for your desk. Fill it twice and drink it all.
8. Take a daily, deep conscious breath acknowledging the present moment. Ask yourself regularly "am I giving this moment my best attention and care" and "what can I do to make this moment more pleasurable".
9. Write a daily gratitude list of ten things.
10. Study books on personal development. Listen to motivational cd's in your car, or ipod, while travelling to work.