

Natural Healing Express Weekly

Column 325 Six Essential Keys to Outstanding Health, Part 4

As you may know, we are involved in a six-part series regarding the Essential Keys to Outstanding Health. We have recently discussed Parts 1 and 2, Creating Emotional Mastery, Cleansing Your Body and addressing the Health of Your Gut/Super Nutrition. This week we will discuss how to create a more energized lifestyle.

I think by now, everyone understands that to live a full and healthy life, it helps to be physically fit and able to take on the challenges of everyday life. It's always good to work out, but sometimes your own life becomes a workout – especially if you are involved in farming, outdoor work, fire-fighting or a similarly situated occupation.

But what happens if you are not? I have always found that if one is needing to get in shape quickly, high intensity interval training is the way to go. This means 20 minutes or less, 2 to 3 times a week. This is great for a few reasons. One, high intensity interval training is very helpful for stimulating production of human growth hormone. Two, it is effective for triggering a Nitric Oxide response. The Nitric oxide response improves immunity, cardiovascular health and the enhancement of sexual health.

There are many examples of high intensity interval training, however a simple example is this – just begin walking, warm up your body and muscles for approximately three minutes. Then walk as fast as you can for 30 seconds (without running) then slow down and go back to normal speed for 90 seconds. Then repeat the high intensity for another 30 seconds, then slow down for 90 seconds. Repeat four to five times and then cool down. It is really that simple. You can do this with biking or running as well, but I have found that the most effective is walking.

Of course, if you have not physically worked out in a long time, check with your physician to make sure you are good to go prior to jumping back in!

Two big factors can inhibit even your best intentions for creating a more energized lifestyle. The number one issue I hear is, “there is not enough time for me to do this”. My answer? Just start. Start small, but just start. You will be surprised at how much better you feel. Just start.

The second thing that does tend to interfere with an energized lifestyle is stress. Stress comes from a myriad of sources and we ALL have it. Trust me. We ALL have it and we need to learn how to handle it as best as we can.

Here are some tips:

- 1.) Get enough sleep each night. Restorative sleep is by far the best healer.
- 2.) Do not skip breakfast.
- 3.) Exercise at least 20 minutes three times a week.
- 4.) Schedule your day so you have some FREE TIME to relax.
- 5.) Spend time with your loved ones.
- 6.) Find a hobby and commit to doing it regularly.
- 7.) Know what is most essential and important in your life and commit yourself to that instead of wasting time on issues that are nonimportant.
- 8.) Identify your fears and worries. Deal with them objectively.
- 9.) Set your day with a schedule that allows you the time you need to complete your task, so you are not continually in a hurry.
- 10.) Don't be afraid to compromise, especially in matters that are not that significant.
- 11.) Once you decide to do something, just do it. Thinking about it for too long gives you anxiety.
- 12.) Cultivate laughter in your life.
- 13.) Regularly socialize.
- 14.) Spend time talking with the Man Upstairs.

Again, just start. Start with what you can, make a difference and see where it takes you. Congratulations to everyone graduating from Highland Community College! Especially our dear Jake! And, Barbara, Lana, Lydia and Ronda.

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be! Come try some healthy gourmet food – delicious and fast! Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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