



7 Tips for Keeping Healthy

by Dr. A. Nunn

1. Get fit!

The science and data are unequivocal on this – the fitter and stronger you are, the better your chances of living a long and healthy life. Exercise, and using your muscles, is anti-inflammatory (as long as you don't overdo it).

2. Keep moving.

Overall fitness is important, but data is also showing that lounging around all day, without moving for long periods, is also bad.

3. Don't over-eat. Occasionally, calorie restrict for 4-5 days per month.

Reduce your calories on the occasional day to 40 % or less than you might normally eat – you need to feel hunger; then eat normally on other days.

4. Avoid foods containing lots of saturated fat and excessive sugar:

Your body reacts to excessive saturated fat as it is the kind of fat found in bacteria – excess sugar overloads the system and gets converted into fat! Excess body fat is inflammatory!

5. Switch to using unsaturated fats and reduce intake of red meat.

6. Eat lots of coloured fruit and vegetables.

They contain compounds that mildly stress your system and also contain fewer calories. They toughen you up from the inside.

7. Turn the thermostat down.

Cold is a powerful stressor, make your body work a bit to keep warm.

In short, reintroduce some stress into your life; there is a very simple evolutionary reason why excess and comfort shorten life, and why a bit of the right kind of stress lengthens it.

You cannot argue with natural selection!

