

Breakthrough Your Boundaries: The Top 15 Things You NEED to Do to Keep Yourself & Your Loved Ones Out of the Doctor's Office, For Good

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It's really hard sometimes to stay 100% healthy all of the time. We all get the sniffles, a cold or stuffy nose here or there BUT there are things that you can do, and do consistently, that will keep you healthier than you've ever been and make sure you stay that way.

Better still, you'll be able to keep this list as a checklist for your family and friends- the ones you like any way. :)

This way, you'll be able to use all of your sick days for things you really want to do and not actually sick in bed. What fun is that?

1. **Sleep.** Yes, it's that simple. Get enough adequate and restful sleep every single night- or at the very least, most nights. Sleep will help guard you against illness and excessive stress, help you to heal better after injuries, recover faster after vigorous exercise and help you maintain a healthy body composition, i.e. the only muffin-tops or rolls you'll come into contact with will be in a bakery and not in your clothing.
2. **Stay hydrated with water.** I said water. I didn't mean coffee, tea, soda or juice. WATER. Pure, clean and fresh water. Water will help keep your body clean and clear. It will help to keep your digestive system moving the way nature intended. It will keep your skin clear and your body temperature in the proper range. Toxins will easily flush out of your system and keep your kidneys and liver in the best possible condition.
3. **Have some kind of exercise or movement play a major role in your life.** You don't need to run, bike, do yoga or pilates. It would help many people, but you don't need to do any of those. What you do need to do, however, is find some mode of exercise that works for you, that you like to do, that you actually do find time to do and continue to do it, forever. Not only will you live longer, but you'll naturally lower your stress levels, improve your energy and sleep, but you'll also be a positive role model for all the people in your life. If you don't like that, then it'll help keep your bones healthy and your muscle to fat ratio in check.
4. **Eat a rainbow's worth of food.** For a while, my niece didn't like green foods. At all. She might sneak a green grape in here and there, but nothing else that was green. Think of all that she could potentially miss out on just by ignoring one

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- color of food? She's since gotten past that, but take her as an example, aim to eat a wide variety of foods in every single color you can find. This way you'll be casting the widest net you can to catch every single vitamin, mineral and nutrient out there.
5. **Add healthier foods to your diet before you take away the unhealthier foods.** Why? Because no one likes to feel deprived. Just like a child wants the one toy that he knows he cannot have, you'll want the food you can't have just because it's on your "BAD" list. So don't get rid of it right away.
 6. **Be honest.** Let's get real. "Moderation" is not a good word. It's used to describe food, exercise, alcohol, sugar, drugs and everything else that people want but know they shouldn't have. So get rid of it. If you say that you're going to be eating sweets "in moderation", then you're just lying to yourself. You want it, so you're going to eat it. After a while you'll fall off the wagon, beat yourself up and then abandon- at least for a while- all of your efforts to be healthy. So skip that roller coaster and just admit what you want and move on. Save yourself the ulcer.
 7. **Deal with cravings, don't ignore them.** I love food. I love to eat food. But sometimes I crave certain foods. It's usually stress-induced, sometimes hormonal and sometimes I just want it for no particular reason. If you get cravings, don't ignore them. They're there for a very good reason and the reason doesn't really need all that chocolate, pizza, package of cookies or giant bags of potato chips.
 8. **Not all foods are created equal.** Just like there is a difference between processed foods and organic foods, there is a difference between every type of carbohydrate, protein and fat. A calorie is no longer a calorie regardless of the kind you eat. As much as calories in versus calories out can result in weight loss or gain, the quality of those calories will mean a lot more in the long run when it comes to the functioning of your organs and the body as a whole. Make it good calories as much as you can.
 9. **Eat everything.** Let me clarify. Unless you're specifically allergic to certain foods, keep all foods in your diet. You need carbohydrates, proteins and fats for the optimal functioning of your body. By eliminating any of them from your diet, you are setting yourself up for long-term hazardous effects. Make the best choices you can, just make sure you get a little bit of everything.
 10. With that said- **Clean up after yourself.** If you're making the effort to eat healthier, to exercise, to sleep better and to drink more water, then do whatever you can to support those tasks. If you keep crap around the house, then you're going to fall into it eventually. Clean all of your houses- get rid of the food you don't want in your house. Get rid of the junk in your house that no longer fits your healthier life- clothes, food, furniture, emotions, pets, people, etc. Just don't have it around. Start fresh and keep it fresh
 11. **Get angry, get sad, get frustrated, just get something.** You are not a robot and should never be confused for one. If you hold back on anything, you probably hold back on everything. Speak up, have a voice, have an opinion. No one really likes being a doormat; you're always getting stepped on. Get up, brush yourself off and stand up for yourself. If you don't do it for yourself, no one else will ever care to do it for you- for long.

12. **Respect yourself, your family & friends, and your environment.** It's not all about you. I hate to be the one to break it to you, but you're not alone on this planet so stop acting like the world revolves around you. A healthy sense of self-worth is one thing but acting like the omnipotent king or queen all the time does nothing to keep you humble and appreciative of the world around you. In short, don't be a jerk. Jerks and bullies don't usually have a lot of friends and no one really goes out looking to hang out with them. Respect and honor what others bring to the table. Take out the competition, the stress and the need to always win or be right. Create a healthy sense of respect for yourself and your abilities and then share that with others.
13. **Embrace love, appreciation, gratitude and touch.** I'm not saying that you need to become a "hugger" if you're not. I'm not saying that you need to love everyone all the time. I saying that these concepts should not only be in your daily vocabulary but they should also be the foundation of your healthy life. You will wither and die if you lack love, appreciation, gratitude and touch in the long term. You'll survive, in the short-term, without them, but will not thrive, will not be able to attain the same levels of prosperity and health that you are inherently capable of.
14. **Let go.** Let go of whatever it is you need to let go of. It could be thoughts, feelings, old hurts, experiences, judgments, friends, jobs, anything. If it doesn't fit, if it no longer serves you, then let it go. You are not a victim of circumstance. You are the captain of your own ship, you choose the course, and you decide how your story is written.
15. **Allow yourself to make mistakes.** Fall off the wagon. Eat too much. Exercise too little. Get angry and hold a grudge. Be human. Give yourself the space to make mistakes but then get back up and get back on track. Release yourself from the prison of perfection. Great success takes great risk and most often that takes the shape of many, many mistakes but also the courage to learn and grow from them.

