

ASHBY ADVISOR

Sixty-second edition
Spring 2012

Well, Spring has sprung early so don't forget to tune yourself up for all that outdoor activity and gardening. If you're feeling a little twisted or "somethin" ain't right in your neck or back or anywhere else, let me check it out before that big project.

So what's the latest and greatest in the wellness field for living healthy longer? Fortunately it's still the same as last year and the year before.

- Don't sit too much
- Get up and move
- Eat a well balanced diet with lots of fruits and vegetables
- Avoid too much processed "fast" food
- Get enough sleep
- Try to hang out with friends and family more (with friends and family you enjoy. Not the ones that send your blood pressure through the roof)

This is part of the list of things that tend to make us healthy without breaking the bank.

There is some interesting research out on inflammation caused by excessive sitting. Current studies are apparently confirming previous findings that sitting a lot leads to more inflammation in the body. (Get up and move.) So almost every chronic disease or illness is associated with increased inflammation in the body. Diabetes, heart disease, cancer, etc....

I've been getting a lot of questions lately about lowering cholesterol naturally. A lot of you are "border-line high" with your numbers and even though your diet is "good" to "pretty good" when the numbers aren't quite in line. My recommendation are:

- 1) Lots of nuts. Almonds, pistachios, pecans, walnuts, cashews. Get at least a good handful each day.
Lots of good fats here.
- 2) Apple Pectin fiber capsules. One to two capsules with each meal to 8 capsules/day.
Eating organic apples has been shown to be helpful as well (Natural Apple Fiber)

Be sure to check your cholesterol in 3-6 months to determine if this is working for you.

Quote: " The game of life is the game of a boomerangs.
Our thoughts, deeds and words return to us sooner or later, with astounding accuracy"