

50 Fun Ways To Stay Healthy

Disclaimer: Reader accepts sole responsibility for trying any of the ideas outlined in this book. Also, the reader is advised not to dramatically change diet, fitness routine or use of prescription medication without first talking to his or her primary healthcare professional.

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Introduction

Back in the 1960s and '70s, being healthy got a bad rap. The well-meaning minority of people who began to realize the health dangers of processed foods and couch-potatoism went to extremes. A healthy diet back then consisted of granola, bean sprouts and tofu, and the healthy way to fitness was to run until your lungs burned, your legs turned to jelly and your heart beat almost out of your chest.

A decade or so later, poultry and fish were acceptable, while red meat and eggs were blamed for the increase of heart disease in the American population. At the same time, all fats were demonized and the health nuts of the day declared a low-fat diet to be the sure way to a long, disease-free diet.

It went from bad to worse, as nutrition research went out of control and came back with ludicrous results. Apples suddenly were poisonous, ketchup was a vegetable and white sugar caused the body no harm.

No wonder people seeking to boost their energy, prevent illness and disease, and maintain a healthy weight are met with confusion at every turn. Even today, while the tables have turned a bit and an apple a day once again is considered helpful in keeping the doctor away, books on nutrition and fitness contradict each other – even books written by the same authors just a few years apart!

If you are one of those confused individuals, I have good news for you: there is hope! The scientific community knows more today than ever about human physiology and biochemistry. With more and more independent researcher who have nothing to gain by falsifying or grossly misinterpreting scientific data – which the food conglomerates and pharmaceutical companies do, by the way – the average layperson can more easily sift through the hype and lies to find the truth about what a healthy lifestyle looks like.

Even so, most books about healthy living weight you down with boring scientific details and lock-step formulas that you had better follow, or else! Still other books take you by the hand and tell you exactly what to do every day for six to ten weeks, sometimes making the transition to a healthier life more laborious than you were hoping for.

Those kinds of books are certainly helpful for some people some of the time. But they get old. And often leave you with the impression that striving for optimum health means sacrifice, work and, well, no fun.

However, living healthy *is* fun. It consists of delicious, rich food; exciting adventures; relaxation; and laughter. In fact, I would argue that if life feels like dull drudgery, you are risking your health.

And we don't want that, do we? Thus this book. Rather than giving you formulas to follow, a list of recipes loaded with exotic ingredients, or pages of medical terms and descriptions, I have provided fifty ideas that give you jumping-off points for improving your overall health and well-being.

I give you a brief background and description of each idea, so that you understand why I believe the concept is vital to our health. You may not agree with every point of my philosophy about healthy living, but I am confident you will have a ball exploring most of the options I set before you in this book.

You can try all of them or just a few of them. You can challenge yourself to try one idea a day, one a week, or one a month. You can work through these ideas by yourself or with a group of friends. They are in no particular order, so feel free to complete any one of them at any time.

A caution before you begin: some of them are fun because they are, in fact, fun. Just to engage in the activity brings pleasure and stress reduction. Others are fun because of the results they ultimately bring you when you incorporate them into your life. Just so you know.

Are you ready to see what an absolute blast it can be to look after your physical and mental well-being? Then let's jump right in to the pool of fun!

The Fifty Fun Ideas

1. Eat healthy fats liberally.

See? I *told* you these ideas would be fun! The fact is, low-fat diets are unhealthy – yes, for the heart, too – because your body needs fat in order to thrive.

First of all, your brain needs fat-saturated fat, in particular – to function at its best. Second, the fat-soluble vitamins cannot be absorbed into or used by the body without being consumed with fat. These vitamins include A, D, E and K. Third, both cell and hormone production are inhibited if there is not enough fat in the diet. As a matter of fact, the fat-burning hormone cannot function unless you eat enough – guess what? – fat!

Another way that fat helps you to lose weight is by helping you to feel fuller sooner at a meal. Ever wonder why you feel so hungry an hour after eating Chinese food? There is little fat and protein, which send the signal to your brain that you are full, relative to the amount of carbohydrates, which do not send that “I’m full” signal.

So the next question is, which fats are healthy? The healthiest fats are those which are either high in monounsaturated fatty acids, omega-3 fatty acids, or saturated fat, and which have not been heated. These include fats from avocados, extra-virgin olive oil (and raw olives), raw nuts and seeds (especially walnuts and flaxseed, which are high in the omega-3s), grass-fed beef, salmon, butter from grass-fed cows, virgin coconut oil, lard and raw cream.

Of course, the meat, butter and lard will likely have been heated, but if eaten in moderation they will be quite healthy. Besides helping the brain to function, saturated fats improve immune system function and mineral absorption, so you want to include some in your diet every day.

While you want to take it easy on the omega-6 fatty acids found in sunflower, safflower and sesame seeds as well as grain- and vegetable-based oils – too many omega-6s compared to the omega-3s in the diet can lead to inflammation – the one kind of fat you want to avoid completely is *trans* fats. These are the “partially hydrogenated” and “hydrogenated” oils you read about on processed food labels.

These *trans* fats are the real cause of heart disease and clogged arteries, not saturated fat, proven by the fact that our ancestors who consumed liberal amounts of saturated fats had no heart

disease. In addition, “primitive” tribes which still consume a traditional diet, and which diet consists of a lot of saturated fat every day, also remain free of any trace of heart disease.

So cook with olive or coconut oil or butter – and not just a little! Put a nice dollop of butter or raw cream on your steamed vegetables. Enjoy raw nuts and seeds, slice up that avocado into your salad and enjoy that grass-fed beef and salmon! Fat is your friend, not your enemy.

2. Go swimming.

Do you get tired of walking around your heavily trafficked neighborhood? Do you have physical problems – back or joint pain, for example – that turn many kinds of fitness activities into exercises in pain endurance?

Go swimming! If you live in a town with a Park and Recreation department, there are almost certainly centers with swimming pools. If so, take advantage of their affordability and convenience. A season pass to a Rec center is much less expensive than a gym membership.

Of course, if you live near a river or lake where swimming is appropriate, that – in my opinion – is an even better choice because you don’t have to bathe in chemicals, as you do in public swimming pools.

Yes, I am aware of the advantages and dangers of either kind of water. Living is dangerous! Get over it, go swimming and have fun.

3. Get a pet

If you already own a pet, you understand why I would include this idea as a “healthy” one. Pets don’t nag, whine or argue. Dogs and certain members of the rodent family (a-hem, domesticated rats, for instance) are usually affectionate, sociable and unconditionally loving. While cats can go either way there, they are low maintenance animals whose presence can make an otherwise lonely person feel as though they have a loyal companion, however aloof they may behave at times.

All of those factors help to reduce your stress levels, and when you reduce stress, you reduce your risk of illness and disease. In addition, this reduced stress lowers blood pressure, and studies show that male pet owners have lower triglyceride and cholesterol levels than non-pet owners.

The reduced stress also leads to less depression. Alzheimer's patients with pets tend to be calmer than those who don't have a pet. In general, elderly people given cats or dogs to pet immediately experience a lower heart rate, lower blood pressure and increased feelings of well-being.

Some studies also show that having a cat or dog in the house decreases the incidence of allergies in children. So if you are without a pet, consider adding one to your household. Even a fish in a bowl has a great calming effect.

4. Use a shower filter.

How is this fun, you ask? Well, if you shower in city water and have never used a filter, you probably have dandruff, feel itchy all over when you get out of the shower, and/or feel fatigued after showering. All of these issues are caused by the chlorine and myriad of heavy metals and other chemicals in the water.

If you don't experience any of those issues after showering, consider this fact: women with breast cancer have concentrated amounts of chlorine in the breast tissue, while women without breast cancer do not. If nothing else, your skin is absorbing all the chemicals in the city water, regardless of any immediate symptoms you may or may not experience after a shower.

So using a shower filter is fun in two ways. First, it helps you to live healthier longer. Second, the feeling of being showered by mountain spring water feels like an energizing massage – and you won't have to lather yourself with moisturizer anymore after your shower!

5. Enjoy sexual intercourse with a monogamous partner.

Ooo, and you thought there wouldn't be an idea more fun than adding fats back into your diet!

Now, before I go on, if you happen to be under twenty-two years old and are not married, skip this idea. I am talking to adults whose decision-making part of the brain is fully developed (which usually doesn't happen until around age 22) and who have the emotional maturity to deal with all the implication of sexual intimacy.

If that's you, first of all, notice the word "monogamous." If you are serious about being healthy, you will not sleep around. If I sound like a prude, I may be, but that's beside the point.

Numerous research studies back me up here, showing that those with the most fulfilled sex lives are those who are committed to one partner.

What about the act of sex itself? Studies have shown that people who engage in regular sexual intercourse live longer than those who abstain. That is probably due to the vital connectivity the act brings between two people, as well as the physical stress-reducing aspects of having an orgasm.

Ladies, never had an orgasm? Figure it out. There are plenty of sex therapists and books out there – even Christian ones! – that teach women how to have orgasms in various ways.

Sex is supposed to be fun. Make it so.

6. Nix mood swings with essential oils.

This fun idea isn't just for the ladies. When my husband feels depressed, I send him to the bottle – no, not booze, the bottle of frankincense essential oil in one of the kitchen drawers! He puts a couple drops of the oil under his tongue, and maybe again a few minutes later, but after those two doses his mood lifts within minutes.

Cypress, lavender, geranium and palmerosa oils are a few that will calm anger just as quickly. To relieve depression, geranium rubbed on the sternum will do it as quickly as frankincense on the tongue, and a couple drops of rosemary in water will eradicate P.M.S. irritability in almost no time.

All essential oils are not made equal. Feel free to visit <http://freetoliveyourdreams.com/oils> for information on how to find the most effective, therapeutic-grade essential oils on the market.

7. Eat a bowl of in-season fresh berries with almond butter.

If you've never had this tantalizing combination of food, you will see why it is fun from the first bite you take! But it doesn't just taste delicious – it is also a highly nutritious choice for a breakfast, snack or even a healthy fast food lunch or dinner.

Berries – blueberries, strawberries, raspberries, blackberries – are generally high not only in certain nutrients, especially vitamin C, but also in antioxidants. Blueberries have recently

become famous for their high level of polyphenols, specifically an antioxidant called anthocyanin, which help reduce the risk of cancer and other degenerative diseases.

Strawberries – whose leaves should not be ignored, as they make a highly nutritious tea – actually come out ahead of blueberries in antioxidant value, ranking fourth among all commonly eaten foods in the United States. They also carry a very low glycemic value, making them the perfect berry choice for those who would like to eat some fruit, but must severely restrict their sugar consumption for whatever reason.

What about almond butter? Almond butter has a sweet taste, and is healthier than peanut butter in several ways. First of all, peanuts tend to develop a very toxic fungus as they grow underground, which then can end up your jar of peanut butter. Second, peanuts are very high in fat, especially omega-6 fatty acids. And the roasted peanut butter you are used to eating is highly rancid because its fat is not heat stable. This rancidity, if the body is repeatedly exposed to it, can cause illness and disease.

Almonds, on the other hand, have no toxicity problems (unless you buy the non-organic kind, which have been sprayed with pesticides) and are relatively low in fat compared with all other nuts. But they are high in vitamin E, magnesium, and copper, and contain a smaller amount of a variety of other vital nutrients.

So if you're looking for a change in your breakfast food or need a healthy snack idea – ones that kids will love as well, I might add – have a bowl of berries topped with a generous spoonful of almond butter.

8. Get into green cleaning.

The average American is exposed to dozens, at minimum, of different toxic chemicals every single day. This is *not* fun, as these chemicals accumulate in the body and can cause allergies, headaches, reproductive problems, even cancer or Alzheimer's!

The fun part is that you can eliminate many of those chemicals from your environment. One really fun way to do this is to go green with your household cleaning. How is this fun? I can think of three ways right off the bat. First, now your kids can help you clean! No more worrying that they might inhale, touch or ingest something that would require a call to Poison Control.

Second, you don't have to hold your breath trying to avoid the toxic fumes of the glass and toilet bowl cleaners. Third, when you go green with household cleaners by making them yourself, you will save oodles of money over buying either conventional or commercial eco-friendly cleaners.

(And then you can afford a new pet and even more bowls of berries with organic almond butter.)

A simple online search will bring up a variety of inexpensive and non-toxic homemade cleaner recipes. You can either search "homemade green cleaning recipes", or be specific, such as, "eco-friendly homemade laundry detergent".

9. Make a new friend.

When studying the people groups with the longest-lived and healthiest elderly populations, or individuals who live past 100 with both mind and body still intact, there is always one common factor: tightly-knit communities, and/or active social lives.

We were designed to live interdependently. From friends and (healthy) family relationships we accrue security, the feeling of belonging, nurturing, and shoulders to cry on. People who socialize regularly laugh more and stress less. They get help – from the practical, everyday variety to mental and emotional assistance – when they need it.

So make a friend. A real-life, face-to-face friend. Join a group where you can meet people, invite acquaintances to dinner, start talking to your neighbors. It will be fun, I promise!

10. Kick a bad habit.

This will not be fun at first. Your bad habit may be the way you deal with stress or negative circumstances. It may be a crutch you don't know how you will do without.

But deep down, you know that if you get it out of your life and replace it with better, healthier habits, you will improve your life – perhaps even save yourself from an early, painful death.

But what if you don't smoke, do drugs, drink to excess, overeat or look at hard-core porn?

Trust me, you have a bad habit. You are not perfect (sorry to break the news to you). Do you overspend, shop to medicate emotions, complain constantly, have a problem with anger, bite

your fingernails, or drink sodas or coffee all day long? Do you raise your voice at your kids, nag your husband, or talk about how pretty other women are in your wife's presence?

All bad habits. All behaviors that are impacting your relationships, work, mental ability, and/or physical health in a negative way are bad habits.

If you're like most people, you have more than one. So make a list of them, pick one, and determine to eliminate it from your life. Read books, search online and join support groups to find out what options are available to help you choose more helpful and healthful behaviors.

11. Give up grains for a couple of weeks.

"But you need grains for fiber and B vitamins!"

"But I must have my bread!"

"But we eat pasta almost every night!"

"But the government says we should eat at least five servings of grains per day!"

I understand that this does not sound like a fun idea *at all*. It is most certainly contradictory to all dietary advice you have heard from mainstream culture, and may even be advice that goes against your ethnic culture.

But what if I told you that a growing number of people have eliminated all grain-based foods from their diet (including processed foods with high fructose corn syrup or gluten on the label) and healed themselves from Multiple Sclerosis, rheumatoid arthritis, P.M.S. and fibromyalgia? What if I told you that anthropologists have discovered that ancient people whose diet consisted mostly of meat, fat and vegetables were much healthier, taller, stronger and longer-lived than their counterparts who ate agricultural-based diets loaded with grains?

Let me address the four arguments above. First of all, eating plenty of fruits and vegetables provides all the fiber you need, and eating plenty of meat provides a lot more B vitamins and other nutrients than grains do.

Second, you are literally addicted to bread and pasta because grains, especially the gluten-containing ones such as wheat, contain molecules that fit into the same neurotransmitter receptors as do the opiate substances such as heroine and morphine. Third, the government

dietary recommendations are largely based on which food conglomerates and agricultural businesses are paying them the most money.

If you've never tried giving up grains for an extended period of time, I challenge you to try it. Grains are highly inflammatory and almost impossible to digest – especially the glutinous grains – and therefore consuming them can lead to many maladies. If you are generally healthy, giving up grains will lead to a miraculous disappearance of digestive discomforts. If you have an autoimmune disorder, you may find the symptoms subsiding quicker than you can say “type two diabetes.”

What will be most fun of all is that if you need to lose weight, you probably will.

12. Give to a neighbor in need.

In my opinion, you can't get much more fun than surprising someone with a gift, especially when it's something they really need. Does a neighboring family need extra money to pay off medical expenses for their special need child? Did your next-door elderly widow break her laptop, and can't afford a new one? Did the lady down the street just have a baby? Does the elderly couple a block over need someone to walk their dog? Is there a middle school student struggling with a subject that you could offer tutoring with?

There are more needs in your neighborhood than you could ever think of. Help just one person, and you will be flying high for the rest of the day.

13. Skip Sunday morning church services every once in a while.

Okay, you thought I was stepping on your toes with the no-grain thing.

If you absolutely love spending Sunday mornings at whatever your place of worship is, and it is a place where you really connect with other people on a deep level and receive encouragement and nourishment for your soul, then move on to number 14.

However, if you are like a lot of people of faith, the obligation to attend church every Sunday (and sometimes Sunday night and Wednesday night) becomes an added stress to your life. It is even worse if the leaders of your church use guilt and manipulation to get you to “live right”, contribute to the never-ending building fund, etc.

You will not go to hell if you give your body and soul a real Sabbath on Sunday and take a day off from doing anything. A growing number of people of faith have left the institutional church altogether and found a much more meaningful relationship with both God and other people.

Believe me, taking off a Sunday to really rest and relax once in a while will be fun.

14. Read a non-fiction book.

Well, since you are reading *this* book, I guess I am preaching to the choir now, aren't I? But when you think about it, people tend to read non-fiction when they have a problem to solve. They want to learn how to lose weight, how to build a deck, how to start a garden, how to discipline their children.

When they feel that they have learned the information they want, they go back to reading their sci-fi, fantasy, horror or romance novels...or worse, go back to their non-reading habit.

While I have nothing against reading fiction *per se*, and certainly think it's great that you bought this book to solve health-related dilemmas, this idea has more to do with intentionally widening your scope of knowledge.

In other words, read non-fiction books on topics that you might otherwise not read, just for the sake of learning. Are you a slow reader? Audio books count, too! Of course, you can always buy Kindle books that have the text-to-speech feature enabled and let a computerized voice read to you.

Why is this healthy? Learning new things causes new connections to be made among your brain cells. This not only improves your thinking and concentrating abilities short-term, but also increases your chances of having a sound mind well into old age.

How is it fun? Enlarging your world is a blast! Besides, if you get into the habit of reading non-fiction on a regular basis, you always have something to talk about at a party.

15. Go on a spontaneous vacation.

This is easy if you're single; harder if you're married; a bear of a challenge if you have kids. But in any case, it's fun! You may end up going somewhere you've never been, or you may hit a

familiar, but restful or adventurous, place. You may see familiar faces, make new friends, or spend a day or two by yourself. In any case, it's fun!

Here's how the scenario might play out. On Wednesday, you decide you need a change of scenery for the coming weekend. By bedtime that night, you decide a three-hour trip to a small town with an old-style farm and petting zoo is in order. You run the idea by your spouse, who agrees. On Thursday, you reserve a motel room in the town for Saturday night and arrange for a neighbor to look after your dogs. Friday morning you spring the surprise on your children, who eagerly pack some belongings for the trip Friday night. You leave early Saturday morning, make some family memories, and are home by Sunday afternoon.

The scenario could take a variety of shapes, but the end result is the same: you come home a little healthier because you are happier and more rested than a few days before.

16. Declutter your home.

I will admit: the thought of decluttering – especially if you have not done it for a while – can be overwhelming. But once you get over that and actually start the process, decluttering is fun! As you sort things into the “keep”, “throw away” and “give away” piles, a weight begins to lift off your shoulders – a weight you didn't even realize was there.

Clutter takes up time, space and energy, both physical and emotional. It causes a subtle kind of stress, because every time you see it something nags in the back of your mind that you really should do something about it. Therefore, to Declutter is freeing and stress-reducing at the same time.

Work on one room or area per day, or per week. Be ruthless. Keep nothing you haven't used in the last year (excepting emergency supplies), and organize the rest. You will be amazed at the high feelings of well-being this will bring you, which will ultimately help you to be healthier.

17. Take a walk.

Everybody has time to take a walk. You can do it before breakfast, after breakfast, during your lunch break, after dinner. You can do it alone, with your partner, with a friend.

Walking reduces stress, cleanses your lymphatic system, and gives you some of the weight-bearing exercise critical to increasing bone density. It increases your endurance; releases endorphins, the feel-good chemicals in your brain; and improves your muscle tone.

The best place to walk, in my opinion, is a quiet, wooded area. But if even a city park is too inconvenient to get to, or if the weather does not permit, put an upbeat CD in your CD player, or download a motivational podcast, and enjoy a brisk walk around your house or apartment.

Walking is free, requires no equipment, and helps you to reduce your risk of all kinds of illness and disease. So go take a walk!

18. Meet a friend for lunch at a health food store.

We have already established the importance of making friends and socializing. To have close connections with other people is to have the emotional support necessary to reduce disease-causing stress. To relax with a friend induces inside your body the positive environment your cells need to thrive.

Share a healthy meal of organic food and humanely raised meat with a friend, and the impact on both your physical and mental health is even greater. You not only grow an important relationship, but also provide nutrient-dense, chemical-free foods that help increase your energy, improve your mood, boost your immune system and better your brain function.

Many health food stores provide prepared foods that you can select from and pay for by the pound, or pre-packaged salads featuring organic meat, cheese and vegetables.

So call a friend and make your next lunch the most fun ever.

19. Make coconut ice cream.

If you're still not convinced that eating healthy can be fun and tasty, wait until you try this idea!

Ice cream is one of the hardest sweets for wanna-be health nuts to give up. But even the "vegan", so-called healthy kinds are loaded with unnatural fillers and sugars, not to mention all the synthetic chemicals and pasteurized milk from factory-farm dairy cows found in conventional ice cream.

However, eating healthier doesn't mean giving up your favorite treats, including ice cream. It just means you have to find a substitute. Coconut ice cream to the rescue!

Purchase a young coconut from an Asian or health food market. Find a video online that instructs how to cut it open. Pour out the water into a bowl, then transfer to a jar to drink up within the next couple of days. Although it is sweet, it is low in calories and a good source of nutrients.

Scoop the flesh from the coconut. Put it into a food processor with one frozen, sliced banana, and process. To end up with a creamier product, blend the coconut, banana and a little of the coconut water in a blender (a high-power blender like a Vita-Mix or Blend-Tech works best).

Either way, the result is a sweet, frozen treat that is actually very healthy! *Bon appétit!*

20. Start a small garden.

Repeat after me: "Growing my own food is fun."

Honestly, there is no feeling like the one you get when you go out and harvest vegetables from your own garden and then eat them a few minutes later. It is one of the most empowering and satisfying activities you will ever undertake.

It will also improve your health. The very act of maintaining a garden gives you some physical exercise, but that's only the tip of the iceberg. Are you aware that when produce is harvested, within 24 hours it has lost half of its nutritional value! Think of how long ago the produce at the grocery store was harvested. The freshest will be at least two or three days old – the nutritional value will be down to a fraction of what it would have been freshly picked.

Since a deficiency of nutrients is one of the major factors in aging and disease, this is not good news. But if you grow at least a few vegetables, if only a few containers on a patio, you increase your nutrient intake by leaps and bounds, which in turn increases your health level.

There are many gardening books available to help you get your feet wet in the endeavor (I am partial to one entitled, *How To Grow Vegetables Without Losing Your Mind.* ;)) Choose two or three – preferably about organic gardening – that seem to fit your needs, and get growing!

21. Turn an interest into a hobby.

The healthiest senior citizens are those who express their creativity either in their daily work or a regular hobby. Particularly if your job is not all that fulfilling to you, working a hobby on the side is critical to your health.

Why? Healthy people are happy people, and true happiness comes from being true to yourself. This includes participating in activities that interest and fulfill you. So if you have an interest in wooden boats, build one! If you have a passion for nutrition, start a podcast about it, or experiment with recipes and write a cookbook. Do you love to decorate your home? Share tips with the world on a blog, and volunteer your services to local new Habitat For Humanity houses.

When you allow yourself to unleash your creativity by focusing on your personal interests and passions, your overall stress level plummets. Besides, maybe one day this new hobby will turn into a lucrative income stream.

22. Pray.

Praying is fun because it helps you let go of things you can't control. It reduces blood pressure, boosts your immune system and generally reduces stress.

If you don't believe prayer works, talk to the researchers who have done studies and found that sick people who believe in a Higher Power and pray, as well as have others praying for them, are much more likely to recover from their illness. You can argue that this has more to do with some sort of psychological placebo effect than of divine intervention, but the fact remains.

Prayer works better, of course, if you actually believe the One you are talking to can hear you, cares about you, and is trustworthy. But even if you're not there, sending out a little "Help me!" or "Thank you!" can do wonders for the soul.

You can meditate silently. You can talk out loud. You can ask for things, express gratitude, or praise. You can pray sitting down, kneeling, standing, walking or lying on your bed. Above all, it should be a satisfying experience.

23. Replace processed sweets with fruit.

Fruit contains no white sugar or high fructose corn syrup, no artificial colors, no artificial flavors, no preservatives, no *trans* fats, and no gluten. Instead, it contains fiber, vitamins, minerals and cancer-fighting antioxidants.

And it is sweet.

Try replacing a cookie with a banana. Have a bowl of berries with heavy whipping cream instead of the standard dessert. Take a couple of apples to work with you for that 2 p.m. pick-me-up snack instead of a candy bar.

Try this idea just for today. The next day do it again. For just one day. Then again for a third day. Keep doing it, just one day at a time. No conventional sweets, just a variety of fruit. You will feel better, be less constipated, lose weight, and begin to reduce your risk of illness and disease.

Do it for thirty days, and processed sweets won't taste nearly as good as they used to. Your body will thank you for it – and that will be fun!

24. Laugh.

You may disagree with me that a few of the ideas so far can possibly be fun at any level (say, giving up bread, for instance). But unless you have a bruised or cracked rib, I am certain we can agree that laughter *is* one of the most fun activities going.

But how is it healthy? Let me count the ways.

1. It lowers blood pressure.
2. It increases blood flow through the vessels.
3. It increases the oxygen levels in the blood.
4. Laughing works out the diaphragm and abdominal, facial, back and leg muscles.
5. It lowers stress hormone levels.
6. It boosts the immune system.
7. Laughter improves memory and learning.
8. It improves alertness and creativity.

Did you know that there is a medical doctor in India who is so convinced that laughter is essential for good health, that every morning he invites anyone in his village who wants, to join him in a belly-laugh session? Somewhere on YouTube you can find a video of him leading a large group of people in uproarious laughter.

So even if you don't think you have anything to laugh about, even a forced "ha-ha-ha!" provides almost the same health benefits as genuine laughter. Of course, I would also recommend listening to comedians, watching funny movies and clowning around with friends. But however you choose to do it, go ahead and laugh.

25. Go on a bike ride.

When I moved into my very first apartment, I biked everywhere. The apartment complex just happened to be located down the street from a business zone, so most places I wanted to go were a straight shot down the sidewalk. I biked to the library, a Target store, even to church (which was in a different direction, but a more pleasant ride through a residential area).

It was fun, and, of course, great exercise. My legs, lungs and heart were in great shape (not that they aren't now, but I will admit that I slacked off on my exercise during the next decade or so).

If you live in a location where stores and other public places are within a five to thirty minute bike ride, you can help cut down on air and noise pollution by biking whenever possible. If not, taking a bike ride through a residential area or around a nature trail is a great way to get some sun and some exercise at the same time.

If your bicycle has been hanging in the garage feeling lonely, take it down and go for a ride! You will feel better physically, mentally and emotionally after a good trip.

26. Take care of a long-standing health issue.

What kind of long-standing health issue? I'll get to a few examples in a minute. But I do *not* mean a serious one, such as diabetes, Crohn's disease or multiple sclerosis. I am assuming that if you are dealing with something along those lines, you are already doing something about it.

What I *am* talking about are those annoying issues that don't seem to be serious, but which you aren't sure what may be causing the symptoms and therefore may be experiencing a low level of stress about it.

Some examples include occasional pain in the abdominal area; an unsightly growth or suspicious-looking mole; fatigue; any-time-of-the-month mood swings; chronic, low-level depression; muscle twitches; brittle fingernails; and my personal favorite: chronic eye strain.

It is that problem that compels me to add taking care of a long-standing health issue to this book of fun ways to be healthy. I will make a long story short: I suffered a lot of pain, frustration, anxiety and an inability to work on the computer, read or be outside in the sun for any period of time for two and a half years before I googled the right search term which ultimately led me to discover I have a lifelong condition called Irlen syndrome.

Knowing the cause of my eye strain enabled me to get to the root cause, which enabled my healing to finally begin.

That was fun. And so will it be for you, if you will make yourself see a doctor, chiropractor, any health care practitioner you trust, and/or persevere in researching the possibilities regarding your condition. To realize – especially to be told from a professional – that the issue is of little concern, or easily remedied, relieves you of a stress burden that may have been much larger than the condition warranted.

27. Drink a green smoothie.

What? Never heard of a green smoothie? Don't worry – you are far from alone. A green smoothie is simply a fruit smoothie with some greens – lettuce, spinach, kale, etc. – added to it. It's a great way to add more vegetables to your diet.

Sound gross? It is if you make one out of plums, oranges and an entire bunch of Swiss chard. A green smoothie tastes best if it has at least one banana in it and is blended with a mild-flavored green such as spinach or leaf lettuce. If you're going to add other fruits, make sure they are on the sweet side, not sour or acidic. Grapes, apples, pears, peaches and berries work just fine.

Here's a classic green smoothie recipe for one person:

- 1 cup water
- ¼ cup almonds, cashews or macadamia nuts (optional)
- 1 banana
- 1 cup frozen berries
- A handful of spinach

Blend all ingredients together in a high-powered blender (sorry, the greens won't blend well in a regular run-of-the-mill department store appliance). You will be pleasantly surprised at the fresh, sweet taste – and it is loaded with vitamins, minerals and anti-aging phytonutrients.

Of course, you can try stronger-flavored greens when you get used to eating this kind of smoothie (or eating more greens in general). But even if you don't, sticking to this basic recipe will nourish your body in so many ways – and your taste buds will love it!

28. Hydrate with filtered water.

Most Westerners don't drink nearly enough water. (No, coffee, black tea, sodas and fruit juice don't count.) This is one of the foundations for illness and disease. Your body is made up of mostly water, so it requires a good bit for optimum health. Water is refreshing, restorative and cleansing.

If you have not been drinking enough water – either half your body weight in ounces (75 ounces daily for a 150-pound person, for example) or the old “eight eight-ounce glasses” rule – challenge yourself to begin to do so. Yes, you will take more trips to the bathroom, but this is how it is supposed to be! Fill up a large pitcher in the morning and endeavor to have it empty two hours before bedtime. Or fill a forty-ounce stainless steel water bottle and empty it 1.5 to two times per day.

Note, however, that drinking municipal tap water brings similar problems as showering in it – you ingest a myriad of chemicals, and sometimes pathogenic bacteria. I recommend a Berkey water filter. It takes out everything you don't want, but leaves in the minerals. It is also much more affordable than other similar options on the water filtration market. Feel free to visit <http://thecrunchycoach.com/blog/resources> for more details.

You may find that because the filtered water tastes much better than unfiltered tap water, you will automatically start to drink more of it. But if you are used to more flavor in your beverages...

29. Add lime or lemon juice to your water.

There is nothing like a squirt of citrus juice (fresh, not the bottled stuff) to perk up a glass of water. Many people transitioning away from fruit juices or sodas find adding a bit of flavor to their water almost essential to their enjoyment of this “new” beverage.

Use 1/8 to 1/4 of the fruit. I prefer lime, because its flavor is not as sour and therefore doesn't lead to as much temptation to add sweetener as does lemon (adding sweetener almost defeats the purpose!). Either way, you not only add a fruity flavor but a bit of vitamin C as well.

Another option for flavoring water is to use pure, unadulterated essential oils (be sure you are using a brand that has no synthetic fragrance added to it – YUCK!). One drop of peppermint oil in forty ounces of water makes the water more easily utilized by the body. A drop of birch oil in a glass gives a root beer flavor; fennel, a licorice flavor.

If you would like to flavor and sweeten your water without adding sugar, add one drop of the essential oil of either birch, fennel or orange. A caution: do not add 100% pure essential oils, even one drop, to a stainless steel water bottle. Over time, the potent oil may begin to corrode the steel.

Bottoms up!

30. Kick another bad habit.

Come on, if I have more than one, I know you do, too. The fact is, life is a process – hopefully a process of growth. You make improvement in one area of your life, sail along feeling victorious for a couple of weeks or a couple of months, then...BAM! Something else flies up in your face – a relationship issue, a conflict at work, another bad habit you had been ignoring.

I have found, however, it is a lot less painful to take honest stock of myself and my behaviors and try to nip the negatives in the bud before they cause a crisis. So after you've eliminated the

first bad habit – and replaced it, if necessary, with a new, healthier habit – consider what other behavior that is not very healthy you might work on next.

I will reiterate what I said in the first section about kicking bad habits: no, this is not fun initially. The fun begins when you realize that you are suddenly much more free than you were a month or two ago.

31. Go on a date with your spouse.

One of the main reasons that the divorce rate is so high among Westerners – Americans, in particular – is that once the kids come, a couple's lives begin to focus around their children. Having more mouths to feed, men feel driven to work more and spend longer hours on the job. Women naturally tend to think more about their children's needs than their husbands' – or even their own – needs.

However, the children should never take first place in a family. Rather, the marriage relationship should have first place. Think about it: if Mom and Dad grow distant, communication stops. And when communication stops, all kinds of problems are invited into the marriage. And if the marriage is full of problems, everyone suffers, especially the children.

Scheduling one night every week alone is critical for any couple who otherwise has trouble finding time to be together without the kids. It's not a bad idea even for couples who spend thirty minutes or more talking – or doing other fun couple things – on a nightly basis. There is something magical about putting the children in the care of another trusted person for two or three hours and knowing you have complete freedom to talk about and to do *whatever you want*.

You can't tell me that this is not fun. ;)

32. Go on a date with your kid.

When you have more than one child, or when both parents are working forty plus hours a week, it can be tricky to find the quality one-on-one time needed for creating the strongest parent-child bond possible. Dating your kids could be the difference between ending up with emotionally healthy young adults, or seeing them become juvenile delinquents or gang members.

At the very least, dating your children gives you a chance to know and understand them at a deeper level than you may be able to in the midst of your busy daily life. But keep it fun! Don't use a date to lecture about past behavior or to probe how they are feeling or thinking about a particular touchy issue.

Instead, let the conversation flow naturally as you have breakfast, lunch or dinner together; walk the mall for a couple of hours; or spend an entire day exploring the closest city. If you're on a tight budget, keep the date simple with a walk around a nature trail that ends with a picnic at a local park.

Once a month per child with each parent works with most people's schedule, but they can be even less frequent and still have a positive impact on the family as a whole.

33. Look for another job.

This idea is not for the person who loves their job and finds it fulfilling. I am talking to the person who hates Mondays, can't wait for Fridays, and regrets going into the career they find themselves in.

The catch-22 is that if you have been stuck in a job you don't like for several years, you probably have the kind of personality that makes the mere thought of leaving a company – let alone redo your resume, make new contacts and go through the interview process – painful. Nothing about the process is fun to you.

If that's you, let me be frank: your job is killing you. If you dislike what you do most of every day, you are under chronic stress. This stress is wreaking havoc with your health, whether you have symptoms yet or not.

You are a walking time bomb.

Chances are, if you are married this stress carries into your relationship with your spouse, and if you have children, into those relationships as well. These relationships therefore become strained over time, causing you even more stress. So to stay in a job you don't like is as unhealthy for everyone around you as well as for yourself.

While the process may feel like having your fingernails slowly peeled off with an X-acto knife, the result of finding work that you truly enjoy will make life much more fun. I encourage you to read such books as *I Could Do Anything If I Only Knew What It Was* by Barbara Sher, and *48 Days To The Work You Love* by Dan Miller. These books will help you take the right steps to straighten out your career path.

34. Make a debt-free plan.

I can tell you from experience: there is nothing, I mean *nothing*, like the feeling that comes when you pay off your very last debt. It goes way beyond “fun”. It is truly a kind of ecstasy, and the really awesome thing about it is that the sensation hangs around for quite some time – much longer than having sex or eating coconut ice cream. ;)

To have debt is to have an extra layer of stress in your life. And you know by now what stress does to your health. So if you have any amount of debt, whether it is twenty dollars on a Sears card, or a \$250,000 mortgage, make a plan to pay it off ASAP.

The most effective method is called the “debt snowball”. You budget your monthly income, scrape up every bit of extra cash, and create additional cash by selling off your clutter and luxury items and by – if possible – taking on part-time jobs. Then you pay off your smallest debt as quickly as you can. When that one is paid off, you put all your spare money into paying off your second-smallest debt. And so on.

Every time you pay off a debt, you are able to take the minimum monthly payment that you were having to pay against it and apply that amount to the next debt. So with every debt you pay off, you have more extra cash to work on paying off the next one. This is the snowball effect.

You should be able to chart out and project the approximate date you will have paid off all your debt. What fun! And to keep it even more fun... ***DON'T EVER ACCRUE ANOTHER DEBT AGAIN!*** (For more specifics on financial freedom, feel free to check out another one of my Kindle books, *From Flat Broke To Filthy Rich: Financial Freedom Made Simple.*)

35, Take a nap.

Health experts disagree on this simple concept. Some say that if you are living a healthy lifestyle – eating the right foods, exercising regularly, getting enough sleep at night – you should have energy all day long. Others claim that the human brain naturally experiences a ninety-minute or so period every day where it needs some serious down time, and during that period you should take a fifteen- to twenty-minute power nap in order to rejuvenate your body and mind.

I say, if you feel like the walking dead at two in the afternoon and are able to snag a nap – whether it's lying down on a couch or a bed, or snoozing at your desk at work – do so. If you can't nap during the workweek, try to fit one in on Saturdays and Sundays. I am the healthiest person I know, and some days around 2 p.m. I just *have* to lie down for a few minutes. Even though I may only doze for five or ten minutes, I get up refreshed and much more energized than before I lay down.

In some parts of the world, napping is considered such an important part of life that everything shuts down for two hours every afternoon. The cultures believe that taking a break in the middle of the day is a healthy practice. While ideally, we would all like to be at peak performance every waking moment, the reality is that we are not. Getting the rest we need is much healthier than ingesting addictive caffeinated drinks.

36. Sleep in the dark.

Speaking of getting enough sleep...there is nothing that drags the fun out of life like being tired day after day from a lack of it. Actually, you may believe you are getting plenty of sleep – at least eight hours per night – and despite eating healthy and keeping to an exercise routine, you still find yourself chronically depleted in energy.

This could be because there is light in your bedroom (or just outside it) at night. Even the glow from an alarm clock can prevent you from sleeping as deeply as you need to. Why? In order for the body to release optimum levels of melatonin, the chemical that helps us to have the most rejuvenative rest possible, the eyes need not to be exposed to *any* amount of light. Unless you live in a rural area where it is absolutely black at night, minus the stars, you will sleep best if you ensure that your room is completely dark at night.

Cover your alarm clock with a sweater or dry wash cloth. Install black-out shades on your bedroom windows. ***No nightlights!*** Instead, keep a small LED flashlight next to your bed to help guide your footsteps should you need to get up while it's still dark.

Another reason that sleeping in the dark can be fun is that a restful night means a low-cortisol night. Your body was designed to experience low cortisol levels at night and high levels in the morning. This natural state encourages weight loss, if you need it, and better overall health. And I think that being able to take some extra pounds off while you sleep – without taking a magic pill, increasing your work-out time, or starving yourself – is a fun idea, no?

37. Record all your negative thoughts for the day.

Here is another idea where the fun is in the fruit. Walk around with a notepad and pen all day. Every time you are aware that negative thought has floated into your brain, write it down. It could be as mild as, “I hate it when that happens” or “I screwed up *again*”, or as serious as, “I wish I would just die, life sucks so bad.”

You will be shocked and perhaps dismayed at how frequently you find yourself pulling out the notepad, and how long your list is at the end of the day. So, what's the point? Seems like an exercise in depression, doesn't it?

Actually, realizing how often negative thoughts insinuate themselves into your mind is the first step in creating a happier, more fulfilling life. Our thoughts lead to our words and behaviors. Most people are stuck in mediocrity, or worse, because they have not yet disciplined themselves to think positively.

But once you become aware of what is going through your mind, you can begin to change it. Making the conscious choice to turn negative thoughts into positive ones will not only lead you to more life-enriching behaviors, but dramatically reduce your stress level as well.

38. Complete a “Processed Food-Free Week” with a friend.

If you are in the habit of eating things that come in packages or cans – “just add water” (or water and meat) meal mixes, frozen dinners, cookies, chips and so on – this would be a good habit to

kick. One way to make it fun is to set a goal of eating no processed foods for a week, and to do it with a friend.

You could work this in several different ways. One way would be to sit down together a couple weeks in advance and plan every meal and snack for an entire week. Bring your own cookbooks or collections of recipes, and/or borrow books from the library.

Another way would be for one of you to plan half the meals, the other plan the other half, then swap them. Or you could both brainstorm possible whole-food breakfast, lunch, supper and snack ideas, and choose from the list as you go.

At the end of the week, celebrate your success with a delicious whole-food treat, like coconut ice cream.

39. Open your windows.

Research has shown that indoor air is often more polluted than outdoor air. The off-gassing of chemicals from carpets, furniture and plastic, and the concentration of dust, mold and pathogenic bacteria in the air, can cause headaches and fatigue and contribute to a build up of toxins in your body which can facilitate the development of disease in your body. So take steps to keep the air in your house fresh and clean.

Where we live as I write these words (we hope to be moving within a year), the outside air stinks most of the time and so we have opted to keep our windows closed and use a high-quality air purifier. But these are not in everyone's budget, and if they don't fit in yours, or you live in a small town or rural area where the air is generally sweet and fresh smelling, keep the air in your home healthier to breathe by opening windows on pleasant days.

And unless it's pouring rain, open your bedroom window an inch or two while you sleep. Between the dust mites in the bedding and carpet, and the off-gassing of toxins from the carpet, furniture and paint, breathing stale air while you sleep is not healthy.

Take advantage of this free way to improve your health. It will likely make life more fun further down the road.

40. Eat a meal with grass-fed London broil or rib-eye steak.

Yes, there it is in plain print: permission to eat red meat. Juicy, succulent, rich red meat. And you thought the very first idea in this book was radical!

Red meat *per se* is not evil. It does not cause cancer or heart disease. However, regular consumption of grain-fed red meat – organic or not – can lead to the inflammatory and toxic conditions within the body that contribute to cancer and many other diseases.

That is why I emphasize that the fun is in eating *grass-fed* meat -100% grass-fed, if available. When you consume this kind of meat, you get a whopping dose of the health-promoting omega-3 fatty acids and conjugated linoleic acid (CLA). You also get a super-size serving of B vitamins and a wide range of minerals – and no toxins.

Cook grass-fed meat low and slow to keep it tender, and recognize that the price of a few ounces of grass-fed meat is much lower than the unhealthy grain-fed meat you would be served at a restaurant.

Add some steamed organic vegetables, and/or a raw organic salad, and your palate will really have fun.

41. Go on a one-week screen fast.

Computers, televisions, androids –these are all hard on your eyes, suck precious time away from participating in real life, and can actually be detrimental to your mental health, depending on how you use them. Taking a break from all such screens for seven days is not only healthy, but will probably turn out to be fun.

Before you start the fast, tell all your friends and family that you will not be checking your e-mail or Facebook account for a week, and to please call you if they need to communicate with you during that time. Then, make plans.

Go to the hobby store to buy supplies for that crafty skill you have been wanting to learn. Load up your Kindle, and/or check out an armful of books from the library. Make dinner dates with your family and/or friends. Plan to go bowling, see a live dinner theater production, take an

evening canoe ride, declutter the closets (decluttering is fun, remember? ;)), watch a live local sports game, go dancing....

If you're like me –and many other people –and you earn your livelihood by working on the computer in some form or fashion, either determine to stay away from screens unless you are at work, or plan your next vacation to be totally screen-free.

42. Give up high fructose corn syrup.

This one is easy if you take the plunge into a whole-foods diet, as high fructose corn syrup is ubiquitous in processed foods. So what's wrong with it, besides the fact that it is a kind of sugar, which can be problematic to health if consumed in excess?

The first reason, which isn't discussed as much as, in my opinion, it should be, is that it comes from genetically modified corn. I won't get into the whole GMO debate here; suffice it to say that genetically modified food, not being in its natural state that the human body recognizes, can potentially cause issues with health. In some GMO products, this is already happening. In addition, GMO corn is infused with pesticides, which will cause toxic build-up in your system.

The second reason is that fructose, especially void of the fiber that usually accompanies it in fruit, has been found in studies with rats to cause more weight gain, more fat gain and higher triglyceride levels than eating plain white table sugar. The basic explanation is that the fructose molecules in straight fructose (white sugar is made up of half fructose, half glucose) are free and unbound, which means they are easily assimilated by the body, which means they more easily cause a spike in insulin and convert to fat.

So if you still buy processed foods once in a while, read the ingredients label before purchasing. When you are old, having avoided high fructose corn syrup will make your life much more fun than not.

43. Buy a beautiful stainless steel or glass water bottle.

Now that you're getting healthier, you want to stay on that road by keeping yourself hydrated when you are out and about. The healthiest way to do this is by avoiding plastic water bottles. Even the hard plastic bottles eventually leach some chemicals into the water, although it happens

much sooner and more easily with the soft plastic that commercially bottled water is packaged into.

Should you decide to purchase a stainless steel water bottle –which may be preferable to glass, as it doesn't break –check how the cap fits onto it first. Some companies are selling cheaply manufactured bottles which have caps that don't fit on tightly. Not nice for liquids. I can personally vouch for the Kleen Kanteen brand, and believe that the stainless steel bottles that Whole Foods sells are also of excellent quality.

Whole Foods also carries (as of this writing, anyway) glass water bottles that are encased in decorative plastic covers, with various colors to choose from.

Have a drink, and enjoy your healthy, hydrated state!

44. Make and eat a large, colorful vegetable salad.

Eating is always fun, yes? And when you eat such a food as this, you double your fun because you bring all sorts of brain-boosting, energy-increasing, and immune system-enhancing nutrients into your body.

What should you make this salad out of? Start with a mixture of romaine and leaf lettuce. Add chopped bell pepper, slices of cucumber, grated carrot, diced tomato, radish slices, pieces of Jerusalem artichoke, chopped broccoli or cauliflower (cooked or raw)...whatever vegetables please your palate! Just be sure to add two or three colors other than green to add a variety of nutrients.

Dress it with some lime juice mixed with extra-virgin olive oil and seasoned salt, or for something heavier blend some heavy whipping cream or olive oil with cucumber, dried herbs and salt. For something sweeter, mix together equal parts of organic ketchup and olive oil and a half part organic mustard.

Enjoy this cool, crisp, tantalizing dish by itself as a snack or light meal, or as a side dish to a full meal.

45. Get a massage.

If there is an idea in this book that could be more fun than idea number five, it may be this one. And if you have never had a massage, you are in for a real treat!

A good massage from an experienced masseuse is relaxing and cleansing. Tense muscles turn to jelly and the stresses of the day melt into nothingness as each part of your body, one by one, receives a healing touch. If you've been needing to catch up on some sleep, you may do just that during the session, and when you leave, you will feel lighter than you probably have in weeks, maybe in months. You may need to budget and save up for this fun, healthy activity, but it will be well worth the effort.

46. Take a yoga class.

Do not cheap out on me and buy a yoga DVD. Hear the voice of experience: there are many yoga poses, even at the beginning level, that are best learned by being guided by a yoga instructor, and if you try to do them without expert help, could cause physical injury.

That being said, practicing yoga brings a lot of health benefits to the body. It strengthens, tone muscles, improves flexibility, increases circulation, and cleanses the lymphatic system, to name a few. While you may feel sore after the first few sessions, you will nevertheless find it relaxing. After a while you may even find your overall stress level to be lower and your energy levels to be greater.

If you're totally happy with your current fitness routine, by all means, stick to it. But if you'd like to mix it up some, ask around for the best yoga instructors in your area –not all are created equal –and check out a class.

47. Play classical music.

I'm looking at a quote I wrote down a long time ago, from country-music singer Pat Conroy: "Without music, life is a journey through a desert." After going all day without playing any music or humming any tunes, this is exactly how I feel.

Listening to music in general helps the time pass more quickly and helps make menial or unpleasant tasks more enjoyable. Specifically, studies have concluded that listening to classical

music has relaxing and stress-reducing effects on the body. It also enhances brain performance, increasing the ability to learn and remember when the information is studied with certain kinds of classical music playing in the background.

Start a classical music station at <http://pandora.com> (put in composers such as Bach and Vivaldi), buy a few CDs, or simply start tuning in to your local classical music station. Playing classical music in the background does indeed have a way of enriching your life in several critical areas, so if you have never done so, try it as you finish up the last bit of this book.

48. Try raw, lacto-fermented sauerkraut.

The stuff in the jar or can is not great for your system, as the vinegar makes it highly acidic, and frankly I've never really liked it.

But the traditionally-made sauerkraut which involves no cooking or complicated procedure is delicious – in my opinion, anyway; I've become almost addicted to it. The two main reasons consuming sauerkraut is fun are

1. it packs several more strains of probiotic cultures than yogurt does. These beneficial bacteria improve both digestion and immune function.
2. the salty-sour flavor is perfect both as a condiment to meat and as a kind of salad dressing. I find all I need to flavor my salad is a large spoonful of lacto-fermented sauerkraut and some olive oil.

You can purchase raw sauerkraut at major health food stores (it will be in a refrigerated section), or make your own. I do it the modern way by using my food processor. I cut a head of cabbage into four pieces, and chop up one piece coarsely, put it into the food processor, add ½ tablespoon of sea salt, and process it until it won't be processed any further. Then I press it into a large glass container, repeat with the remaining three pieces, and cover the container with a piece of plastic wrap affixed with a rubber band.

Three days later, I have a couple quarts of nutritious, raw goodness – oh, and I forgot to mention that the amount of vitamin C and a few other nutrients in the cabbage will have increased, and that it will be much more digestible than plain raw cabbage. (No gas!) Fun, yes?

49. Write down your goals and dreams.

What does this have to do with your health? The healthiest people are living fulfilling lives, and you don't experience fulfillment by letting life accidentally happen to you. (Forrest Gump doesn't really exist.)

So write down your wildest dreams. Ignore those voices from your childhood and young adulthood that told you that your dreams were unrealistic and impractical. Write them down – write down a pageful, if you have that many – and then write down some of the goals you will need to achieve in order to begin to live out those dreams.

When you do so, your subconscious will begin to work overtime to figure out the details of achieving those goals. You may find that a lot of happy coincidences begin to happen to you, such as meeting just the right person at just the right time, or learning a certain piece of information you hadn't been searching out but that helps you put some pieces of your life puzzle together.

You will finally – if you haven't before – feel grounded, purposeful and excited about the future. You can't get too much more fun than that!

50. Perform a random act of kindness.

Having a bad day? Tempted to give someone the birdie in traffic or to tell off a co-worker? Do something nice for somebody for no reason at all. Your mood will lift and your entire perspective will change.

Of course, if you perform a random act of kindness when you're already on top of the world, it will send up soaring. Helping other people without expecting anything in return is good for you both physically and emotionally. It counters stress and improves your character.

So don't be shy. Pay for the groceries or gas of the person in line ahead of you. Hold a door open for somebody. Do a household chore that your spouse usually does – and you guess doesn't care to do it. Fix your neighbor's broken toilet. Stay a little later to help your boss out at work.

Whatever you do, have fun and stay healthy.

About Me, Emily Josephine

In 1997, I almost died.

Already a scrawny 90 pounds on a five-foot-three-inch frame, I dropped down to 77 pounds in less than three months. Part of it was a long standing eating disorder I thought I had already conquered; most of it was having read the wrong diet book.

Rather than listening to my body as it desperately tried to communicate with me that it did **not** appreciate many of the foods I was putting into my body, I listened to the well-meaning but misinformed authors of a book that claimed to have the answer for optimum health (I later found out that the authors both died of degenerative diseases well before age 100).

This relatively short-lived but frightening crisis sent me down a path to learn what the human body was *really* designed to eat. At the same time, I became more and more aware – by reading, by listening to health experts on the radio, by following my own gut instincts – of the dangers of pharmaceuticals and the myriad of chemicals, both in my environment and in processed foods.

While my education in the world of natural health blossomed, I struggled in my chosen career as a classroom teacher. I had entered the profession wanting to lead children in discovering their gifts and great potential. It didn't take long before I realized that this was an impossibility in the way the conventional educational system was set up.

I also began to become acutely aware, at around thirty years of age, that many, many other people faced the same dilemma I did: realizing that they hate their jobs, but having no clue how to change their situations. I determined to change my life, and began to set new goals. My passion to help people live their dreams now extended to adults, and mixed with my new passion to help people find optimum health.

Fast forward to now...in my forties, I am healthier, more fit and more fulfilled than I have ever been. I have conquered a decade-long back problem, discovered the mysterious cause of my chronic eye strain, and cracked the nutrition code for my particular body. A joyful work-at-home and homeschooling mom, I teach people via infoproducts how to simplify their lives and find fulfillment by getting back to nature and in touch with their true selves.

[Click this link](#) to check out my book *Crazy Simple: 307 Ways To Save Money, Your Health, And The Planet*.

Eating healthy can get expensive! If you need help getting your finances in order, you don't want to miss my book *Hatching The Nest Egg: How To Achieve Super-Early Retirement Without Side Gigs, Gambling, Or an Above-Average Income*. [Click here](#) to take a look. Finally...

Get more great info to help you simplify your life, delivered straight to your inbox! [Click here](#) to subscribe to my blog.

Hope to see you there soon,

Emily ☺