

In 10 Life-Saving Steps to Health and Longevity (Does Healthy Sex-Matter?)

By Marlene A Hibbard

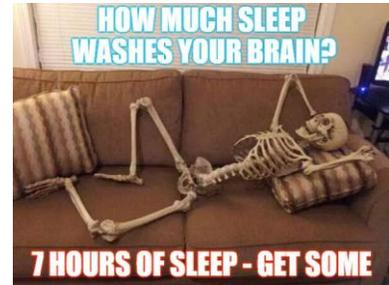


# 10 Life-saving Steps for Health & Longevity

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## Step 1 Get R and R and Sleep

Seven hours of sleep washes your brain. Long-term caregivers for the elderly or moms with a new-born must find solutions for healthy living. Ask a friend to help or hire someone to give a hand so you can be healthy. There's always a better way.



## Step 2 Feed Your Body

Feed your body and brain clean whole foods with enzymes still in place, which means no microwaving or over-cooking your food. High heat kills the enzymes you desperately need for healthy bodies. Eat plenty of raw vegetables every day in wide variety.

## Step 3 Hydrate

How do you calculate your specific need for plain clean water? This does not include the water in juices, coffee, tea, etc. Clear water needs are specific to each person according to your body weight.

How much do you weigh? Make it a health habit to weigh yourself upon rising every day. Then take an average of the week's weights and use that figure to calculate how much water you need for a healthy hydrated body. Just multiply your weight by 2/3 (67%). That will be the number of ounces you need daily. For instance, if you weigh 153 pounds you will need to drink 102.51 ounces of water daily. If you weigh 175 you will need 117 ounces. Find a chart and some marvelously helpful suggestions on how to accomplish this hydration goal at the following link: <https://www.slenderkitchen.com/article/how-to-calculate-how-much-water-you-should-drink-a-day>

Having said that, the very best way to hydrate your body is with natural juicing, either make your own or purchased at a juice bar. You'll have the cleanest water from nature coming from the fresh leafy greens and fresh low glycemic fruits like apples and berries. An every-day quart of juiced veggies and low glycemic fruit will keep your skin looking young and radiant, enhance weight-loss, (especially if you use lots of celery), you'll feel more energetic, and rid your body of toxins. Fruits energize and cleanse the body and herbs and leafy green vegetables, alkalize, heal, and strengthen the body. Go to: <https://www.regenerateyourlife.org> and Fully Raw Kristina

## Step 4 Add Good Fats for Fuel

Good fats such as avocado, nuts, seeds supply energy and enrich the brain. If you are overweight, use oils sparingly such as avocado oil, coconut oil, grape seed oil, extra virgin olive oil if you aren't heating it.

## Step 5 Investigate Sugar

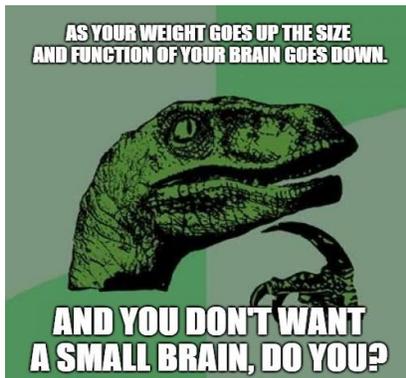
Investigate sugar and foods that turn to sugar like grains and their effect on you. Do you find that some foods result in brain fog, lethargy, weakness, and/or joint pain? Get rid of them, out of your kitchen and out of your life for health and longevity.

Here are some books you can research to discover what sugar is doing to your body and brain.

- Stronger Than Sugar author Joan Kent
- Lick the Sugar Habit author Nancy Appleton
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## **Does Size Really Matter?**

Yes. Brain size, that is.



*As the weight goes up, the size and function of the brain goes down, as the blood sugar goes up, the size and function of the brain goes down. Bigger is better with brain. Daniel Amen*  
Keep a chart of what you eat for a few weeks and record your reactions to the foods you consume. Get to know your body. Sugar addiction is as serious as a drug or alcohol addiction. Joan Kent, author of Stronger than Sugar experienced an auto accident due to a sugar reaction. She says, sugar is not a food, it's a substance.

"Sugar addiction can also contribute to dreaded illnesses like cancer (specifically breast cancer)".<sup>2</sup>

*Scientific studies have proven over and over that sugar is a substance that releases dopamine and might be expected to have addictive potential.*<sup>3</sup>

Do a sugar detox.

When you remove sugar and grains that turn to sugar entirely and replace them with healthy fats, and nutritious raw vegetables and fruit, you will feel satiated and energetic.

## **Step 6 Recognize the Importance of Enzymes and Discover How You May Be Killing This Necessary-to-Life Substance**

According to Medical News Today, (<https://www.medicalnewstoday.com/articles/319704.php> Jan 11, 2018) enzymes

help speed up chemical reactions in the body. They affect every function, from breathing to digestion.

In this day of reality shows, eat real foods. You don't want to listen to fake news, right? So why eat fake food? Eat real whole (some raw) food that hasn't been processed or micro-waved killing nutrients and enzymes.

## **Step 7 Plan for Success**

It takes planning to get any job done. In this case, it's required to plan food intake. Hideous health habits include fly by the seat of your pants meal planning and grocery shopping. If you have salty chips, processed hot dogs loaded with fillers such as wheat, and sugary snacks in your house you will eat those foods. If you're like I was, you'll say, "I might as well finish this package of chocolate chips, then they won't be here to tempt me." Yep, been there, done that. Shop wisely for the entire week and plan meals with a chart. Purify your cupboards of junk. Plan for emergencies. If you are stuck in in line at the airport or whatever, you may need a fix. Why? Because getting overly hungry is dangerous and can lead to bingeing on junk, which is always readily available. Pack a snack of no sugar, no sweeteners. Good fat like half an avocado, or guacamole and celery sticks, celery stuffed with tuna salad, almonds, or sunflower seeds. Yeah, I know, almonds and seeds get in between your teeth but carry along some dental floss. It's worth being healthy.

### **Step 8 Seek Accountability**

Join an accountability group. Hideoushealthhabits.com will be offering one in June of 2018. But you may find a local group who is doing the Whole 30, or just hook up with a friend who is serious about getting or staying healthy. Compare recipes and meal plans and hold each other accountable with best effort. No feeling sorry for each other but being understanding about failures and turning the page and moving forward to better effort.

### **Step 9 Pray**

You've tried so many different plans to stay healthy or become healthy. It's a battle. Just as real as the wars the Israelites faced against the Philistines. Samson was a weapon God used and though he foolishly disclosed the secret of his strength to Delilah, he prayed in the end. "And Samson called unto the Lord, and said, O Lord God, remember me, I pray thee, and strengthen me, I pray thee, only this once, O God, that I may be at once avenged of the Philistines for my two eyes" (Judges 16:28 KJV). You know God wants you healthy. Ask Him for strength. Will He deny you? He will never leave you. He will not forsake you. He's by your side. "And Samson took hold of the two middle pillars upon which the house stood, and on which it was borne up, of the one with his right hand, and of the other with his left" (Judges 16:29 KJV).

R C Sproul, These are the three dimensions to renewing your mind through faith: (1) faith has an intellectual dimension; (2) faith touches the human will profoundly' (3) faith is intimately bound to our emotions. <sup>4</sup>



### **Step 10 Guard Your Heart (for Emotional Health)**

In this step, the heart is referring not to the physical organ in your chest but the seat of your emotions.

Problem: Emotions Affect Every Aspect of Your Physical Health. Here's Why.

When our relationships are causing stress levels to soar, cortisol levels increase leading to hunger. You can eat the best diet, include spices and herbs from virgin soil, hydrate properly with the purest water, but if you're living with chronic stress. Does daily fear and frustration drag you down? Do you have Godly counsel in dealing with people who harass you at every turn? All these irritations send an overload of cortisol through your body. According to Leslie Vernick, this can result in auto-immune disease, overweight, and other life-threatening diseases or conditions.

Solution: Guard and Repair Your Heart

### **Try These ABC's of Ultimate Relaxation to Repair and Guard Your Heart**

#### A. Deep breathing

For complete instructions see:

<http://www.hideoushealthhabits.com/2018/04/relaxation-with-deep-breathing-anger-control/>

Also, see my coffee mug with a cute reminder @ <https://www.gearbubble.com/brainhealth>

B. Satisfying and guilt-free sex. Your emotional health affects your libido. But satisfying sex, relieves stress even though it does raise cortisol temporarily. Essential oils such as peppermint can increase your sex drive as well as foods like Pablano and other hot peppers.

C. If you are in a relationship that is draining you emotionally, physically or spiritually and can't talk with the person causing this stress, seek professional help. Don't jump to the conclusion that you must shell out big bucks. For instance, Leslie Vernick, author of *The Emotionally Destructive Relationship*, and *The Emotionally Destructive Marriage* has a website with free resources. Go to <https://leslievernick.com> and find many helpful articles under Free Resources like *How to Handle Toxic Critical People*. Dean Ortner has youtube.com videos on EFT which relieve stress and help you to change your thought patterns regarding stressful situations, including financial pressure. See more suggestions @ [www.hideoushealthhabits.com](http://www.hideoushealthhabits.com) and click on *Resources* in menu.

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<sup>1</sup> Kent, Joan. *Stronger Than Sugar: 7 Simple Steps to Defeat Sugar Addiction, Lift Your Mood and Transform Your Health*. Kindle Edition.

<sup>2</sup> Wilds, Kristina. *The Shepherd's Code*: ©2017

<sup>3</sup> Evidence for sugar addiction: Behavioral and neurochemical effects of intermittent, excessive sugar intake, [Abstract] National Center for Biotechnology Information, U.S. National Library of Medicine. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2235907/>

<sup>4</sup>Sproul, R.C. *Meeting of the Mind, Will, and Emotions*.p16

#### **HHH Disclaimer:**

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