

The Top Ten Secrets of Optimal Health

By Dr. Christopher Kawa

Wherever you are on your journey towards optimal health, one thing is for sure; every one of us can take pro-active steps right now to slow the aging process, function better and live longer. Contrary to what some may think, your health and the quality and length of your life is not determined by your genes. Most scientists agree that your genetics may account for about 25% of your overall physical status. The rest is about HOW you live and what you DO to create optimal health. The problem is that most people are not equipped with the roadmap to get to their maximum health status. That's why I'm writing this e-book; to share with you, as concisely and simply as I can, what to do to start on your path to optimal health. Because we all know, without health you have nothing.

On my 30 year journey of studying what makes people healthy and how to optimize body function, one thing is clear: the vast majority of people do not understand what true health is. Health is not just feeling good. Health is a state of optimal physical and mental well-being, not merely the absence of a disease. "Health" occurs, when your body is functioning at YOUR optimal levels; chemically, physically, mentally and structurally.

Unfortunately, this idea of what health really is has escaped mainstream society, especially as it relates to modern medicine. We see this on many fronts. Sure, people are living longer now than they did a century ago but living longer doesn't necessarily mean living "healthier" and functioning fully. Few of us need to be reminded that the rates of cancer and diabetes, among other diseases, are skyrocketing and that just in the United States alone, we are spending almost 3.4 trillion (yes...TRILLION) dollars on healthcare in just one year. That's over \$10,000 for every living individual and the trend is certainly going up.

But here's the important question...How much of that 3.5 Trillion is being spent on keeping us healthy versus how much is being spent on treating illness and disease. Consider this: the World Health Organization ranks the United States 31st in overall health status compared with all of the other 190 or so industrialized countries. But how can this be? After all, the U.S. has the most hospitals, the most doctors, by far and away the most technology and as was mentioned, we spend the most. So how could we possibly be 31st in overall health status behind a country such as Croatia? Great question isn't it?

The answer is that the "philosophy" of healthcare (or lack of one) is one of treatment...not prevention. We spend almost all of our healthcare dollars on treating sickness and very little on preventing the diseases that plague us. Personally, I won't even donate money to any cancer

charity because I know that my money will be used to treat cancer, not to find a cure or preventative strategies. Could you imagine if even half of the money spent by drug companies or collected by cancer charities was used to find the actual causes of cancer?

You see, being pro-active is the key. Most of us wait around to get sick before we consider doing things to stay well. And I know it's not easy. We live in stressful times where work, family and money stresses can leave little time or motivation to make health a top priority. Sure, most of us have great intentions, especially every January, but life gets in the way and our priorities shift from being pro-active and towards being our best to reacting to the many challenges that face us each day.

Therefore, any health strategy has to be as simple as possible and more importantly, the objectives of the strategy must be spelled out. So I've tried my best to give you the top ten most important things you need to do to reach your optimal health potential. And now is a good time to explain something. Don't compare yourself to anyone else on your journey towards optimal health. What we're talking about is reaching YOUR optimal health status, not some preconceived notion of having the perfect body, being the perfect weight, having six pack abs and looking 20 years younger. Your goal should be to do all the right things, and be satisfied with being at YOUR best.

So here are my top ten list of healthy habits, strategies, focuses and life –altering tid-bits on how to stay well and function at your best:

- **1. Stress Adaptation**

- Physical, emotional and chemical stresses are an unavoidable fact of life and since we cannot avoid them, the only strategy is to ADAPT to them. Every stress is “felt” by your nervous system and it's your brain's job to take in the stress, interpret it and to orchestrate a proper response to it. If your nervous system is functioning well, without and interferences, you will adapt normally and the stress will not have as much of a negative impact on you. However, if your brain is not producing the right chemistry, you're under the influence of medications that alter nerve function, or your spinal curves or alignment are creating “tension” on your nerves...you will not adapt.

- **Stress Adaptation Strategies:**

- Nutritional:
 - Take Omega 3 rich Fish Oils (3,000mg/day)
 - Follow anti-inflammatory protocol (to follow)

- Physical
 - Get a Neurospinal Functional Scan to assess whether or not you have interferences in your spinal column that are adversely affecting your nerve function.
- Spiritual
 - Connect with your creator daily. Ask for guidance, wisdom, strength and the ability to help others. Share your love with whoever you can.
 - Practice Mindfulness meditation. There are many sites on the internet that teach these practices that will help you in so many different ways.
- **2. Live and Anti-Inflammatory Lifestyle**
 - Chronic production of inflammatory chemicals in your body is one of the leading causes of disease and lack of proper functioning. These inflammatory chemicals are produced in response to stress, poor diet, degeneration of your joints, and a whole host of other reasons. These chemicals wreak havoc on all of your cells, tissues and organs and limiting their production should be a top priority.
 - **Anti-Inflammatory Strategies**
 - Supplements:
 - Vit D3 ...Annual blood tests to keep track of your levels. Take as much as needed to get your levels to at least 50 ng/mL but optimally, to a level of 70.
 - Fish Oils (rich in Omega 3)
 - Investigate using Curcumin, Green tea, Resveratrol, and ginger regularly.
 - Diet:
 - Do not eat sugar, high fructose corn syrup, white flour products, non-grass fed meat,
 - Try a grain-free and/or gluten free diet. Grains trigger the release of arachidonic acid which is the fuel to create inflammatory chemicals.

- **3. Eat For Optimal Health**

- It goes without saying that what you put in your body on a regular basis has a lot to do with how healthy you become. And a lot of times, it boils down to what not to eat versus what to eat. Here are my main suggestions for you to achieve optimal health:
 - Avoid Toxins: There are over 70,000 different toxic chemicals in the world and many of them, in one way or another, get into our food supply.
 - Buy organic fruits and veggies whenever possible
 - Do not eat meat, chicken, eggs, etc...unless they are farm raised or grass-fed and certified organic. The hormones that are in commercial meats alone, are enough to significantly affect your functioning.
 - 7 Servings of Vegetables every day.
 - Use a freeze-dried “greens” product as a supplement to flood your body with a massive amount of vegetable and fruit phytochemicals.
 - Avoid sugar like it’s poison...because it is. That includes any white flour products, white rice, etc...all of these foods break down to sugar quickly and will cause you to gain weight and will throw your insulin balance out of whack.

- **4. Keep Your Body In Balance and Alignment**

- One of the major things that plague our society is what I like to call “degeneration”. It’s a word that encompasses a whole host of tissue damages in your joints, muscles, ligament, spinal discs and many other soft tissues of the body that are made up of mostly collagen. You see, the body is meant to move a certain way but due to all the stresses of life, particularly posture stress, most of us are undergoing a constant and insidious degeneration process due to mis-alignments in the spine and other joints. For instance, most people over the age of fifty have knee pain. However, it’s not necessarily due to age, but because the forces that are being applied to the knee on a daily basis are not even. One side is “rubbing” to much do to a pelvic mis-alignment, a foot joint that doesn’t move right or a host of other malfunctions.
 - See a “Function Based” Doctor of Chiropractic to assess whether or not your spinal joints and/or other joints are moving properly and functioning as they should. Spinal mis-alignments not only have the potential to

create pain syndromes, but they cause stress to the nervous system which can affect the functioning of your muscles and your organs too. That's right...a spinal mis-alignment can upset the flow of nerve energy in your body and lead to a myriad of dysfunctions in the body.

- The spine is meant to protect the delicate nerves that flow to all of your body parts. But if it is out of balance or lacks movement, it actually will start to irritate the nerves.

• 5. Use Supplements

- The vitamin/mineral supplement industry is a 22 billion dollar a year business. So it goes without saying that there is going to be a lot of misinformation out there due to the marketing practices of a very competitive market. Most people are completely confused about what supplements to take but I'd like to simplify that for you. I like to break the use of supplements into three "tiers". Tiers 1 include the absolutes; Tier 2 the "if you have extra money I would definitely take these"; and Tier 3 is "If money is not object I would add these". How's that for a scientific approach?

- Tier 1:

- Whole food Multi-vitamin/mineral such as Life Extension Mix Capsules.
- Pro-biotic such as Natural Factors Ultimate Probiotic
- Digestive enzymes: perhaps one with your two biggest meals of the day.
- Fish Oil...Must get a "premium" brand such as Life Extension Super Omega 3 with sesame lignans and olive fruit extract.
- Vit D3 ...If your levels are low. (Get a blood test to see....CRUCIAL)
 - Vit D levels are one of the most important levels to check since the lack of Vit D has been implicated in hundreds of studies to be linked to a variety of cancers, heart disease and chronic inflammation.

- Tier 2

- Resveratrol
- Curcumin
- CoEnzyme Q10
- Extra Magnesium (Mg L-Threonate before bed)

- Tier 3
 - Green Tea Extract
 - Reishi Mushroom Extract
 - Zeaxanthin
 - Krill Oil
 - Trace mineral Drops at night
 - Tart Cherry Extract

- **6. Hydrate**

- This is one of the 10 most important steps for optimal health that is a no-brainer but you'd be surprised at what an epidemic that dehydration is in our society. I've seen some reports that about 75% of people do not get enough water or fluids in their bodies each and every day.
 - While there is certainly no exact amount for each person, the general rule of thumb is to get at least half your body weight in ounces each day.

- **7. Exercise**

- This is another no-brainer, but again, it's surprising how many people do not get up and move and exercise each day. It's been said that the best exercise is the one that you'll do consistently and while I'd agree to an extent, here are my suggestions for optimal health:
 - Resistance training at least 2 times per week. Your muscles will atrophy (shrink) at an alarming rate if you do not challenge them on a consistent basis. Break up your workouts into "upper" body and "lower" body.
 - Cardio at least 3 times per week. Walking is good but it's not the greatest "workout". Most trainers will say to walk on your off days...it's not a workout. So if you're going to commit to getting healthy, get on an elliptical and challenge yourself with 30 bursts of high intensity work followed by 90 seconds of light to medium intensity. Do the 30 second bursts 8 times and at the end do a 2-minute cool down.

- **8. Control Your Glucose Levels**

- It is crucial to periodically take a look at different chemical and physical "markers" of health. Perhaps one of the most important of these markers is your blood glucose levels. Excess sugar in your blood leads to a whole host of negative consequences such as accelerated aging and metabolic syndrome which is when your body starts to fail to deal effectively with sugar. This syndrome is epidemic

in our society and is one of the main factors in obesity, heart disease and diabetes.

- Buy a glucose monitor and check your blood sugar at least once per week in the morning before you eat. You want your level to be below 90; 80 would be perfect for most people.
- As was stated previously....AVOID SUGAR LIKE IT'S TOXIC.....IT IS!!!

- **9. Constantly Challenge Your Brain**

- Cognitive decline and Alzheimer's disease are increasing at an alarming rate. Along with the proper diet, decreasing inflammation and avoiding toxins, simple using your brain for complex tasks on a daily basis can help ward off this dreaded disease.
 - Buy puzzle books and do them regularly.
 - Get involved with activities that stimulate the thought and problem solving processes.
 - Avoid taking statins (cholesterol drugs)..They denature a protein structure in your brain which can lead to cognitive decline.
 - Avoid flu vaccines. The amount of aluminum fixative in flu vaccines has been shown to substantially increase the odds of getting Alzheimer's disease.

- **10. Detoxify Your Life**

- Many people use products and eat foods loaded with toxins every day without knowing it. You must educate yourself on the dangers of toxins and where they are found in every day life.
 - Eat only fresh foods. No canned, processed, etc.
 - Avoid food colorings, preservatives, high fructose corn syrup and anything unnatural that is found in commercial food products.
 - Do not put lotions on your body unless you can eat every ingredient in the bottle...trust me...unless it's completely natural you wouldn't want to eat it. Do not use anti-perspirants with Aluminum...highly toxic.
 - Eat only organic fruits and veggies whenever possible.
 - Buy organic, farm raised meat and chicken products.
 - Avoid paint fumes, cigarette smoke, perfumes, etc....