



THE WELLNESS MEDICAL INSTITUTE

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WELLNESS SOLUTION

DR. TAUB'S WELLNESS SOLUTION

- 🍏 **Be A Good Person.** Ethical living is a powerful antidote for stress; it makes you feel good about yourself. Don't do anything you even *think* might be wrong. Integrity and honesty are always best.
- 🍏 **Be Forgiving:** Anger and hurt block Wellness, while forgiveness heals sorrows and wounds. So adopt the philosophy that it's much more important for you to be happy than for your ego to be right.
- 🍏 **Meditate Daily:** Take time out for quiet reflection, close your eyes and repeat these words silently to yourself: *I have Strength....I Have Strength.... I Have Strength I Have Strength.... I Have Strength....*
- 🍏 **Eat Healthfully:** Eat Mediterranean-style, which means lots of fresh fruit, veggies, whole grains, and healthy oils. Consume less red meat, dairy, junk food and sweets. Drink 4-8 glasses of water a day. Eat mindfully only when hungry, and not while watching TV or sitting at your computer.
- 🍏 **Nutritional Supplements:** Take a comprehensive supplement because even if you eat well, it's unlikely that you will get all the important ingredients to help reduce the risk of chronic diseases.
- 🍏 **Get Regular Exercise.** A brisk 20-minute walk, or other aerobic exercise, most days a week, along with strength-training 2 or 3 days a week is ideal. The best exercise makes you breathe faster and smile.
- 🍏 **No Smoking or Alcohol Abuse.** Name a Quit Day to stop smoking. Skip alcohol if you abuse it, or if you can't, then call Alcoholics Anonymous.
- 🍏 **Be Happy:** Laugh, dance & enjoy music. See a funny movie or read a heartwarming book. Travel, walk on the beach, gaze at the night-time stars, practice Yoga. Become a golfer. Play like you are a kid.
- 🍏 **Be Altruistic.** Giving with unselfish motives and performing acts of kindness benefits those who perform the acts as well as the recipients. Ultimately altruistic behavior creates inner contentment.
- 🍏 **Have Faith.** Believe in a Higher Power or God who is Love. Believe if you take one genuine step towards God, then God will take a thousand steps towards you. Believe that life is all about Love.

