

DR. TAUB'S WELLNESS VACCINATION FOR KIDS

7 Steps to Wellness

1 | Aim high.

In America, as long as you are willing to study and work hard, you can accomplish your dreams.

2 | Make good choices.

This especially means not doing things, or avoiding others, you think might be wrong.

3 | Be kind and respectful.

Remember, life is all about love. Show kindness and respect toward others, including your parents, siblings, teachers, neighbors and other members of your community.

4 | Eat well. Eat healthy.

Consume more food that derives its energy from the sun, such as fresh fruits and vegetables. Eat less food that gets

its energy from a factory, such as candy, sodas and other junk foods.

5 | Get active.

Participate in a physical activity every day that makes you feel sweaty or short-of-breath. Get exercise seven days a week for at least 30 minutes each time.

6 | Be quiet. Be Still.

Pause, be quiet and meditate for a few minutes when you wake up in the morning, go to bed at night or whenever you feel overwhelmed or stressed out.

Close your eyes and breathe slowly while relaxing your entire body. Then imagine a warm, healing, pure white light filling your heart. Now imagine this warm, healing, pure white light filling your entire body. Imagine the light filling you up all the way from the tips of your toes and fingers to the very top of your head. Now repeat these three words, "God loves me."

7 | Have some fun.

Find and make time for fun each and every day.



Students from the Boys & Girls Club of the South Coast Area are led through a meditation session by pediatrician of 50 years Edward Taub. Photo: Andrea Papagianis

Dr. Edward Taub, a long-time Orange County pediatrician, practiced medicine for 50 years. In the early '70s after treating nearly 80 percent of his patients for stress related problems, through healthy eating, exercise and stress management, Taub created a wellness vaccination—no needles, just tips and advice on achieving an active, healthy and happy lifestyle. He's been prescribing it ever since.