



## Live a Healthy Life: Stay Physiologically, Psychologically, Physically, Emotionally and Spiritually Healthy.

By Eric Julius

iUniverse, Inc. Hardcover. Book Condition: New. Hardcover. 191 pages. Dimensions: 9.1in. x 6.3in. x 0.9in. Live well and healthy for life--This is an invariable resource for anyone who wants to stay healthy. If you don't take control of your life, who will? One fundamental right that you have as a free person is the right to take total control of what you put in your mouth and body. Portion control and being active are the keys. It is true that death is inevitable, but the concern here is whether we should speed up the process. You might say that you don't care like millions of Americans, then why do you have retirement plans? Our health is the result of our genetic makeup, our environment, our core beliefs, and our lifestyle choices. Although for you to live well and healthy you have to seriously watch among other things: o Glucose level o Protein level o Cholesterol level o Blood pressure level o Diabetes level . The poor lifestyle you may have today like, sedentary lifestyle, poor eating habits, worry and stress, overweight, sleeplessness, over-eating etc, will all trickle down to many sicknesses and hospitals, doctors, and funeral homes will profit from them sooner...



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