

5 Things You Should Be Doing Daily For A Healthy Life

One of the most important thing that you must be conscious in life is your Health, **Yes Your Over All Health**



Good Health is great wealth, so pay attention to the **5 Things You Should Be Doing Daily For Healthy A Life**

These 5 Things You Should Be Doing Daily For A Healthy Life, ***will make your look younger, look healthier, look stronger***, doing this daily is important as it will take care of your body

Keeps you off from the hospital, make you look beautiful naturally, physically and give you perfect brain function, sexual function, stamina, and self-esteem

5 Things You Should Be Doing Daily For A Healthy Life:

Tips #1



TIP #1: Eating Right:

Eating Right is our Number one thing on the list of **5 things you should be doing for a healthy life** when it comes to food one of the most important things that you must be conscious of is what you feed your stomach with, **This is very very important**

On a certain day when you eat a certain type of food, wherever you eat, you must consciously notice how quickly does it digest and become a part of yourself.

Any food that you eat if it lasts over three hours, that means you have eaten bad food, that is to say, you should be eating lighter foods that can digest in less than 3 Hours

So any food you eat that takes more than 3 hours to digest is something to be either avoided or reduced in quantity. if food moves out of your stomach bag within three hours

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This means you are eating something that your system can handle efficiently. It may not be the best food but your system can handle it and between one meal and the next meal

If you create a clear gap of 5 - 6 hours, and in between if there is no other ingestion, you will see the cleansing process in the system on the cellular level, cleansing will happen, This cleansing on the cellular level is most important and significant for a healthful life.

Eating Right Is All About Eating Twice A Day, which is part of the 5 Things You Should Be Doing Daily For A Healthy Life

If you are **over thirty years of age**, two good meals a day will suffice I mean eating twice daily. It can be one in the morning and one in the evening

After the evening meal, before you go to bed, there must be a minimum of three hours, and if there is a certain amount of physical activity, Not necessarily very heavy or strenuous activity. Just simple walking or maybe a dance or something like this, even rope skipping is ok

Just create something for yourself, whereabout at least 20 - 30 minutes there is some physical activity after the evening meal. If you do this largely your system will be healthy.

5 Things You Should Be Doing Daily For A Healthy Life:

Tips #2



Tips #2: Consuming Honey In Warm Water:

Drinking warm water with added honey is very good for your overall body, honey reduces anemia in the body, as anemia means on one level the blood has lost its iron which means you lost your steel, you lost the strength in the Body.

You will feel exhausted, simply exhausted for nothing because once the necessary iron is not there, your ability to carry oxygen through the body is less.

That means your body, your heart, your brain, everything will be on a lower level of function because you don't have enough oxygen.

So building oxygen into the blood is one of the important things because how healthy the body is, how easily it rejuvenates itself depends on a high level of oxygen in the blood and that capability will go down

Particularly women have to be careful about this because of the biological process, that their hemoglobin content may go down and their ability to carry oxygen in the blood will come down

Which will make them unnecessarily exhausted, will make them look unintelligent and, yes? If the RBC is low you feel dumb because there's not enough oxygen in the brain and it doesn't function the way it needs to function, both the body and the brain.

So to take care of this one of the simple things is, you consume a little bit of honey in warm water daily, and you will see slowly the RBC content will go up.



If there is more oxygen in the blood, suddenly you feel a burst of energy, suddenly everything is active, the rejuvenation system in the body is going up, the dead cells are being replaced quickly, the level of inertial that you feel in the body is much lower, the level of inertia that you feel in your mind is much lower.

This is how to prepare the Warm Water and Honey Before Consuming

Remember, you don't have to boil the honey with the water, and you also don't have to add the honey in a hot water, but in a warm water

Understanding Warm Water: This is not too hot water but warm and drinkable water you must have boiled and allowed to get warmer. all you need to do is to bring in your honey and add into the warm water, stir it very well and Drink, Do this repeatedly Daily

Can Honey Be Consumed With Hot Water?

Honey has different types of impacts on the system.

- If it is consumed raw it has one kind of impact.
- If it's consumed in cold water, it has another kind of impact.
- If it's consumed in warm water, it's a different kind of impact.

We want to consume it in warm water here because we want the system to open up. if you put it into boiling water, some part of the honey will turn poisonous.

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So you should never put it into boiling water, or you should not cook the honey. I know in western societies people are making honey cakes and stuff, they're cooking it, **even here in Nigeria some people have copied the westerners in making a honey cake**

The reality is that honey is not good when is cooked, boiled in hot water because if it crosses a certain temperature then the honey will turn poisonous. So it must be put in a temperature where it's drinkable

5 Things You Should Be Doing Daily For A Healthy Life:

Tips #3



TIPS #3: SLEEPING WELL:

See, Sleep is not a requirement in one's life. Take it or leave it, there is a big difference between sleep and rest.

What the body requires is rest. Sleep is just one form of rest. A lot of people are beginning to think if somebody says, He is resting, Means they're sleeping.



You can sit and rest, isn't it yes? You can stand and also rest. You're running if you stand doesn't feel like rest, you're standing, if you sit down, doesn't it feel like rest?

There are many ways of resting. the most important thing is rest means you're changing the energy equation where consumption is lowered, production is going on at the same pace.

So after a period of time, you feel rejuvenated because consumption has been lowered. Essentially you're managing the energy equation.

If you're on acute activity, the consumption is more, whatever you're producing it's not enough, after some time, you feel exhausted because the consumption has been heavy.

If you lower the consumption and increase production after some time you feel energized. The ideal way to live is there is no much sleep but better rest

But that is not possible right now not to always fall asleep, still, the body has some inertia, so it sleeps minimum, rest of the time it is at ease.

If you keep this at ease, then sleep does not occur to the body unless it comes to a certain point of exhaustion. So the body is never ever asking for sleep, but it is definitely asking for rest.

If you do not know how to sit here in a restful manner if you can sit totally at ease, stand at ease for hours without falling asleep. Otherwise, this is the only way it knows how to rest.

So you should learn to rest at ease, more than falling asleep, the body need rest more than sleep

The best part of resting is totally sitting at ease, sitting at ease, standing at ease is the best how to rest. to have a good rest, you should always move your attention from the top of your head, down to your toes and see if everything is lost and easy and relaxed and at ease.

Avoid stressful strangling your body. if you sit, just bring your overall body and mind to ease as much as you can. Not everything is in your conscious level as much as you can, consciously bring it to ease.

You will see suddenly if you are the kind who will fall asleep at ten o'clock, If you simply, one hour you sit here at ease, you will see your sleep will get postponed by half an hour, you won't feel sleepy at ten, naturally, you are awake.

5 Things You Should Be Doing Daily For A Healthy Life: **Tips #4**



Tips #4: Drinking Lemon Orange With Warm:

I will not talk much on this area because its self explained but this is how it can be achieved, get a single or two lemon-orange, slice the lemon orange into a cup of tea, and boil water, allow the water to get hot, very hot, then add boiled water into the cup, together with the slice lemon orange and allow it to get warm

Next is to steal it and drink, do this daily and you will thank me later, hope this is simple and well understood

You can also apply honey into warm water together with slice lemon orange, your life will be beautiful as you do this daily, its 100% Natural with zero side effect.

Believe me you will love this, live life for life is for the living

5 Things You Should Be Doing Daily For A Healthy Life:

Tips #5



Tips #5: Maintain 100% Hygiene

Neatness is next to Godliness, Says the Bible, You must maintain 100% hygiene in what you eat, wear, sleep, work, bath, in your home and outside your home environment, you must learn to respect your body by maintaining good hygiene system

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This is also self-explained but should in case you don't understand any of the 5 Things You Should Be Doing Daily For A Healthy Life listed, **Kindly Whatsapp Us On +2348068608490** for more info on how to live a healthy life and be happy forever, we do love to hear from You

Please stay safe and maintain distancing as we fight against the coronavirus together, writing this article, ebook **5 Things You Should Be Doing Daily For A Healthy Life** has been lovely, please put them into practice and see

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With Thanks

From All Of Us

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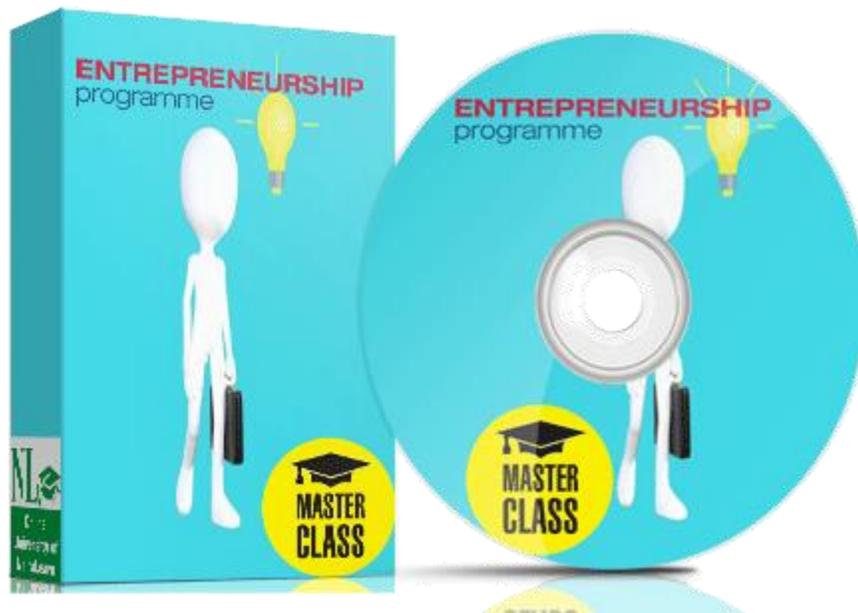
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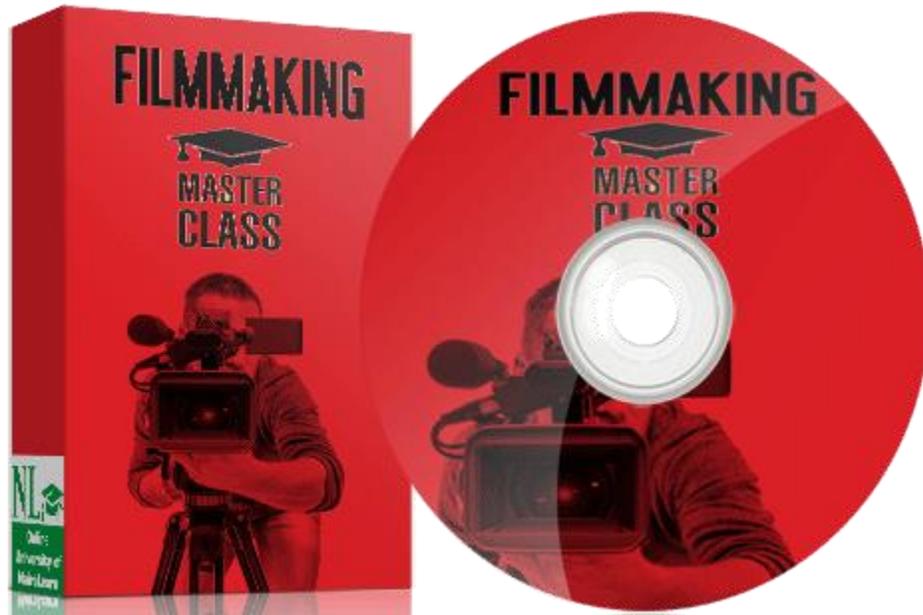
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