

8 Weeks to Feeling Great!

These are the 8 *easiest* things we found to truly make a difference in your health. **Pick one to start today**, then add one each week. In just 2 months, you'll be amazed at how much better you feel!

- DRINK WATER.** Keep a water bottle handy, and take sips throughout the day *before* you're thirsty. Drinking eight glasses of water daily can **decrease the risk of colon cancer by 45 percent, bladder cancer by 50 percent**, and it can potentially even reduce the risk of breast cancer. And that's just a start of all the ways water can help you stay healthy!
- FLOSS YOUR TEETH.** You can **reduce your risk of heart attack** while you keep your mouth healthier and your breath fresher, too. 
- EAT FRUITS AND VEGGIES,** and you **lower your risk of heart disease, cancer, and stroke.** 
- WALK AT LEAST THREE HOURS A WEEK** (that's about 25 minutes a day). It's been proven to **"increase brain volume,"** which means you'll be more alert and can actually reverse deterioration due to age.
- CHEW YOUR FOOD WELL.** Thoroughly breaking down food in your mouth before you swallow helps you **feel satisfied with less to eat, aid digestion, and prevent gas.**
- DON'T EAT IMMEDIATELY BEFORE GOING TO BED.** If you want a good night's rest, don't give your body one more thing to do while you're sleeping. It's already working to **repair cells, grow tissues, and detoxify.** No need to add digestion to the list.
- WEAR SUNGLASSES.** Get a pair that blocks 99–100 percent of UV rays to **prevent eye damage** from ultraviolet light. 
- TAKE OFF YOUR SHOES.** When you're at home, go barefoot to **strengthen your feet and improve your balance.**