



LIFESOURCE INSTITUTE NEWS

Volume 1, Issue 7

December 1, 2020

Staying Young and Healthy in the 21st Century: Post COVID 19

Inside this issue:

STAYING YOUNG	1
WATER A MUST	2
EXERCISE	3
TESTING	4
ASK THE COACH?	

STAY ON TRACK

- * **Quality Sleep** will help keep most common disease away. 8 to 9 hours a must.
- * **Eating** good foods is essential to keeping a younger mind and body. Eat a variety of vegetables and fruits, you may also add some poultry, and wild caught fish to your diet.
- * **Body Mass Index** in fact is a simple way of measuring body fat strictly based on height and weight. Use a (BMI) calculator to help with this task.
- * **Ideal Body Weight Calculator** is great for you if losing weight is your goal. (IBW) calculator is a tool used mostly by healthcare, and fitness experts.
- * **Last** the COVID-19 pandemic has changed many things, yearly physicals, the amount of in house time, and most eating habits, some of these changes have not been for the best. Please consult health care professionals use tele medicine so not to let possible problems with your health linger and get worst.
- * **Remember** during this time of COVID 19 we are all here for each other the coaches at LIFESOURCE INSTITUTE will help you to bridge the gap between **mind body** and **spirit**. Don't worry about cost if that is the only hold back, we can work with any budget. Blessings, and may you all remain safe.
- * **Disclaimer:** As a service to our clients or readers, LIFESOURCE INSTITUTE provides access to our library of archived newsletters. None of the content on this site, regardless of date, should ever be used as the substitute for medical advice from a doctor or qualified clinician.

STAYING YOUNG growing up we all heard the sayings like age is just a number, 60 is the new 50, so on and so on. The truth is we do age, and if we do not think properly with the mindset of prevention, we will have problems with our health eventually. This truly does not have to be the case, if we start doing the right things in the moment, and not waiting until it is too late. Or if nothing unforeseen happens, we all can live to an extremely healthy old age. The truth is we are all living longer, with advances in holistic medicine, and holistic health coaches, our numbers are climbing to all time high's. Not only taking care of the inside of the body is especially important but taking care of the mind is equally important through mindfulness meditation

techniques, and by constantly enriching the mind with new stimulating subjects. Once we consider making all these needed changes in our lives, we can then reap the benefits from our intelligent decisions, your body, mind, and spirit will love you for it.

DRINKING OF PLENTY WATER cannot be emphasized enough, your overall health hinges on staying hydrated. At an incredibly young age we need to force ourselves to drink a minimum of 1 to 2 liters of water daily to keep overall elasticity in our skin restoring youth and vigor and overall wellness, without question this is essential in our quest of longevity.

NEEDED EXERCISE keep moving, this cannot

be emphasized enough, talk to your primary care doctor, if you need help getting started in a fitness program. If you are already active but not getting the results you expect, you may then consult nutrition, and fitness coaches for some needed expertise. My train of thought on exercise is let the body tell you when to increase your activity. Your body will always tell you the truth.

TESTING with Daily Calorie Intake Calculator if you are eating healthy, and wanting to stay fit, gain or lose weight it is necessary to count your daily calories. If you want to know exact numbers burnt doing over 100 different exercises you need a **Calories Burned Calculator**, it will help you maintain your weight loss program or help you retain your healthy weight that is important for you to remain balanced in your ultimate quest to longevity.

MUST READ: #RIPPED AT 50 by TROY CASEY

ASK THE COACH?

Q: COACH BERNARD: AS A FUNCTIONAL NUTRITION COACH DOES EATING RIGHT FOR YOUR BLOOD TYPE COME INTO PLAY IN PROCESSING THE FOOD WE EAT? Helen K. NY

A; GREAT QUESTION, YES THAT FOR SOME BLOOD TYPES IS CORRECT. EVERYONE IS DIFFERENT, YOU COULD HAVE CERTAIN FOODS THAT MAY NOT BREAKDOWN IN ONE BODY AS QUICKLY AS IN OTHER BODIES, AND ALL MAY BE THE SAME BLOOD TYPE. I AM TYPE A POS, BUT LACK THE ENZYMES TO BREAK UP RED MEAT. I HAD TO ELIMINATE RED MEAT FROM MY DIET, BUT OTHER TYPE A'S MAY NOT HAVE THIS PROBLEM. THIS IS WHY FUNCTIONAL NUTRITION IS SO VALUABLE TO YOUR HEALTH. WE ARE ALL DIFFERENT REGARDLESS OF BLOOD TYPE.

IF YOU NEED FURTHER EXPLANATION PLEASE CONTACT ME AT LIFESOURCEINSTITUTE.COM

THANKS KEEP SENDING IN THE QUESTIONS ON THE SUBJECT OF MIND, BODY AND SPIRIT.