

# HEALTHY LIVING



Healthy living must include exercising, eating the right foods, also the way that we think, is it worth it all?. Yes it is, how important are your day to day thoughts that you choose for yourself? how important are they in the overall health of your body?. The truth is, oneness is the source of all truth experience so if we understand the truth that we are all activities in a single awareness, we will automatically walk in the direction of the truth, harmony, love, goodness, beauty, compassion, equanimity, joy.



When we feel disconnected we create our personal realities that are destructive. However, if we look around wherever we are, everything we see is a human construct, yes, we created it. We, us humans created what we call our civilization, everything from our machines to our technology, in fact my friends the very experience of our body, our biology is an experience in our awareness, by changing our habits, like our thinking our feeling, giving it beautiful good rest, as in meditation, sleep, mindfulness, stress management, healthy emotions, and a good natural diet and food, you will be able to actually change your biology, therefore the experience of your biology.



We must engage in deep, natural, restful sleep, stress management, including mindfulness also meditation. We must have movement and exercise, possibly yoga and breathing techniques because they will help coordinate body and mind. Emotions, yes healthy emotions, no, not just our thoughts, but our emotions, because our emotions are what drive all of us, emotions that connect us all to life in general.



Food that is not contaminated by all the poison, including the so called inflammatory products like insecticides and pesticides, and the growth hormone and the steroids and chemicals. We all need to be connection with nature, all of our thoughts are important in that, if our thoughts alienate us from the rest of the world- and if we are feeling anger, hostility, resentment, shame, guilt, disgust, resentment, grievances, fear-that sort of thing can certainly create inflammation in our bodies, please, be aware inflammation is the background of 95% of chronic illnesses. Only about 5% of disease related gene mutations are actually fully penetrant, which really means they guarantee the

disease. The others are influenced by how we actually live our lives on a day to day basis.



Let us discuss veggies, these nutritional superheroes protect us from nearly every chronic disease, fend off aging's effects, support immunity, boost our gut health, and also contribute to glowing skin, according to our experts we should be eating at least 2 and 1/2 cups of veggies a day. Listen up people there are all kinds of recipes out there that will make these little daredevils taste delicious. (it's all about healthy living) here's one of my favorite recipes.

#### (VEGGIE REUBEN)

2 tbsp olive oil

divided-1 8-oz pkg of button mushrooms sliced

4 cups shredded green cabbage

1 large red bell pepper thinly sliced

1 tsp caraway seeds

1/4 tsp kosher salt

4 slices of marble rye bread

1/4 cup mayonnaise

3 tbsp of ketchup

8 thin slices of swiss cheese

1/4 cup chopped kosher dill pickle

#### STEPS:

(1) Preheat broiler with an oven rack 8 inches from heat source. Heat 1 tablespoon of the oil in a large nonstick skillet (if can) over medium-high. Add mushrooms, cook, stirring occasionally, until lightly browned, 6 to 8 minutes. Add cabbage, bell pepper, caraway seeds, and salt. Cook, stirring occasionally, until vegetables are mostly tender and lightly browned, about 5 to 6 minutes.

(2) brush both sides of bread slices' evenly with remaining 1 tablespoon oil. Arrange slices' evenly on a baking sheet lined with aluminum foil. Broil until toasted, 1 to 2 and 1/2 minutes. Flip slices', broil until other side is toasted, about 1 minute.

(3) Stir together mayonnaise and ketchup in a small bowl, spread mixture evenly on tops of toasted bread slices. Top each toast with 1 cup vegetable mixture and 2 slices' cheese. Return to our oven, broil until cheese is melted and lightly browned, 2 to 3 minutes. Now sprinkle each toast with 1 tablespoon of chopped pickle. This my friends makes a great lunch.



Most people struggle to find the time to exercise, will let us calculate how many minutes (in some cases hours) of the day we spend scrolling on the cell phone at useless feeds. So you can't find 20 minutes a day? my friends if you can't find that 20 minutes, you have no one to blame but yourself. What I'm saying is, you want to truly be healthy you must exercise, sorry however that's how it works.



Let us begin with the benefits of cardiorespiratory fitness, the benefits of regular physical activity and exercise are numerous. You can achieve numerous health related benefits from a modest amount of moderate intensity exercise, and have even greater benefits from vigorous intensity exercise, or you can have a combination of both. Engaging in regular, sustained physical activity over our lifespan is one of the most reliable predictors of death and disability. In fact my friends, research has confirmed that an individual's cardiorespiratory fitness level is one of the strongest predictors of morbidity and mortality. Let's put it this way, poor cardiorespiratory fitness is related to a marked increase in risk of premature death from all causes, but particularly from cardiovascular disease. Conversely, an improvement in cardiorespiratory fitness is related to a reduction in premature death from all causes. Cardiorespiratory fitness is for sure one of the most important components of health related physical fitness. High levels of cardiorespiratory fitness are strongly linked to reduced our risk of disease and to improved mortality. Check out this benefit list of cardiorespiratory, (IT IS ALL ABOUT HEALTHY LIVING),

Stronger and more efficient heart

Reduced risk of heart disease

Improved ability to pump blood

Lower resting heart rate

Lower heart rate at any given level of work

Stronger respiratory muscles

Improvement of lung ventilation

Thicker articular cartilage and bones with weight bearing aerobic exercises

Improved oxygen transport

Reduced arterial blood pressure

Reduced cholesterol levels

Improved blood thinning and reduced risk of clot formation

Improved fuel supply (improved ability to use fatty acids, sparing muscle glycogen stores)

Improvement in mental alertness

Improved ability of muscles to use oxygen

Reduced tendency for depression and anxiety

Improvement in mental alertness

Improved ability to relax and sleep

Improved tolerance to stress

Increase in metabolic rate

Increase in lean body mass

Reduced risk of obesity or diabetes mellitus

However individuals will vary in their response to aerobic training, but if performed correctly with due regard for individual abilities, it has a positive effect on many components of health and fitness.



Please let us remember. For us to be fully embrace with a halo of healthy living we must connect body, mind, and put them on the same path, exercise, eating uncontaminated food, giving the body the necessary rest, having healthy emotions, all play an important part of our overall health, and to be able to live a long quality life.

I highly recommend, that you incorporate flexibility exercises, balance exercises, and resistance exercises in your weekly exercises program, by doing this you will be taking care of your body from the top of your head to the bottom of your feet sort of speak.

The bottom line is this my friends, take care of your body, and your body will take care of you. By doing so you can experience a long quality life with much happiness.

May your health be all that you want it to be, humbly your Paul Earl

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META Title HEALTHY LIVING

META Description the importance of HEALTHY LIVING and how to have true HEALTHY LIVING