

common sense health and wellness

Common Sense Health and Wellness: Simple Steps for a Healthier, Happier You

Feeling overwhelmed by the constant barrage of health and wellness advice? It's easy to get lost in the sea of fad diets, miracle supplements, and conflicting information. But what if achieving a healthier lifestyle was simpler than you think? This post dives into the realm of common sense health and wellness, offering practical, actionable steps you can implement today to improve your overall well-being without needing a complete lifestyle overhaul. We'll explore easy-to-understand strategies that focus on sustainable habits, not fleeting trends. Get ready to rediscover the basics and build a healthier you, based on time-tested principles.

1. Prioritize Sleep: The Unsung Hero of Wellness

We all know sleep is important, but how many of us actually prioritize it? Lack of sleep doesn't just lead to grogginess; it impacts every aspect of your health, from your immune system to your mental clarity. Aim for 7-9 hours of quality sleep each night. This isn't about magically achieving perfect sleep; it's about establishing a consistent sleep schedule, creating a relaxing bedtime routine (think warm bath, reading a book – avoid screens!), and ensuring your bedroom is dark, quiet, and cool. Even small improvements in your sleep hygiene can make a significant difference in your overall energy levels and well-being. Consistency is key!

2. Hydration: More Than Just Water

Water is essential for virtually every bodily function, yet many of us are chronically dehydrated. Aim to drink plenty of water throughout the day. The amount varies depending on individual factors like activity level and climate, but a good rule of thumb is to drink water regularly, especially before, during, and after physical activity. Don't wait until you're thirsty; by then, you're already slightly dehydrated. Consider carrying a reusable water bottle to remind yourself to sip throughout the day. While water is king, other hydrating beverages like herbal teas (avoid sugary options!) can contribute to your daily fluid intake.

3. Nourishing Your Body: Focus on Whole Foods

Forget restrictive diets. The foundation of common sense health and wellness lies in nourishing your body with whole, unprocessed foods. Focus on incorporating plenty of fruits, vegetables, lean proteins, and whole grains into your daily meals. These foods provide essential vitamins, minerals, and fiber, fueling your body and supporting optimal health. Cooking at home more often allows you to control ingredients and portion sizes, leading to healthier eating habits. Don't be afraid to experiment with new recipes and find healthy meals you genuinely enjoy.

4. Move Your Body: Find Activities You Enjoy

Exercise doesn't have to mean grueling workouts at the gym. The key is to find physical activities you enjoy and can incorporate into your routine. This could be anything from brisk walking or cycling to dancing, swimming, or hiking. Aim for at least 30 minutes of moderate-intensity exercise most days of the week. Even short bursts of activity throughout the day can add up and contribute to your overall fitness. Remember, consistency is more important than intensity. Start small and gradually increase the duration and intensity of your workouts.

5. Mindfulness and Stress Management: Taking Time for Yourself

Stress is a significant contributor to many health problems. Incorporating stress-reducing techniques into your daily routine is crucial for common sense health and wellness. This could include practices like meditation, yoga, deep breathing exercises, or simply spending time in nature. Finding activities that help you relax and de-stress is personal, so experiment to find what works best for you. Even 10-15 minutes a day dedicated to mindfulness can make a significant difference in your stress levels and overall mental well-being.

6. The Power of Social Connection: Nurture Your Relationships

Strong social connections are vital for both physical and mental health. Make time for meaningful interactions with loved ones, whether it's spending time with family, connecting with friends, or participating in community activities. Social support provides a buffer against stress and can contribute to a sense of belonging and purpose. Nurturing your relationships is an investment in your overall well-being.

7. Listen to Your Body: Pay Attention to Signals

Your body is constantly sending you signals. Pay attention to them! Are you experiencing persistent fatigue, digestive issues, or unexplained pain? Don't ignore these signs. Consult with a healthcare professional to address any concerns and get the appropriate care. Regular check-ups and preventative care are also essential components of common sense health and wellness.

Conclusion: Embracing Simplicity for a Healthier You

Achieving common sense health and wellness isn't about drastic changes; it's about making small, sustainable choices that add up to a significant impact on your overall health and happiness. By prioritizing sleep, staying hydrated, eating whole foods, moving your body, managing stress, nurturing relationships, and listening to your body, you can create a healthier, happier life. Remember, consistency and self-compassion are key. Don't strive for perfection; strive for progress.

FAQs:

1. Q: I don't have time for exercise. What can I do? A: Incorporate short bursts of activity throughout your day. Take the stairs, walk during your lunch break, or do some simple stretches at your desk. Every little bit counts.
1. Q: What are some simple mindfulness techniques? A: Deep breathing exercises, meditation apps (like Headspace or Calm), or simply taking a few minutes to focus on your senses are all good starting points.
1. Q: How can I manage stress more effectively? A: Identify your stressors, and then find healthy coping mechanisms – exercise, spending time in nature, talking to a friend, or practicing mindfulness.
1. Q: I struggle with maintaining a healthy diet. What advice do you have? A: Start small. Focus on adding healthy foods to your diet rather than restricting everything. Prepare meals at home more often, and gradually reduce your intake of processed foods.
1. Q: How often should I see a doctor for a check-up? A: This depends on your age, health history, and risk factors. Consult your doctor to determine the appropriate frequency of check-ups for your individual needs.

common sense health and wellness: Arthritis and Common Sense Dan Dale Alexander, 2018-09-03 A startling revelation on arthritis...and what you can do about it in your own home. Here are the results of 12 years of research by the author, Dan Dale Alexander. In these pages an authority reports on his findings about the disease...he lists successful steps which can be taken to bring relief. Laboratory tests by the author developed a plan and a dietary regime which have brought better health to arthritics and have caused their pains to disappear. The Science Editor of The New York Times has reported that arthritis is a lubrication problem. The Times said, in part, that while both cortisone and ACTH are still more precious than radium it is predicted that both are on the way out as far as arthritis is concerned. Unlike present "cures supposedly caused by costly miracle drugs, this book gives a complete outline of an inexpensive corrective diet which lubricates the patient's joints and returns arthritis to better health.

common sense health and wellness: Death Resistant Michael Ockrim, 2021-11-05 Recovery, Movement, and Nutrition. That is what it takes to live a long and healthy life. This is not

groundbreaking information. Most people intuitively know this to be true. The challenge arises in defining how often, how much, when, where, and what healthy rest, activity, and food look like. Death Resistant breaks healthy down into manageable segments that can be understood and applied. Readers start by grasping the system from a general point-of-view, then gradually they begin to break down the individual components and implement them into a personalized definition of health. Commitment to a healthy and active lifestyle is a life-long journey. Play the long game. Start thinking in terms of living to be 120 years old and what it will take to get there with a sharp mind and a functional body.

common sense health and wellness: Common Sense for the 21st Century Roger Hallam, 2019-11-26 "Brilliant, wise, profound and persuasive. Common Sense for the 21st Century will come to be recognized as a classic of political theory."—George Monbiot, via Twitter An urgent, essential, and practical call to action from a cofounder of Extinction Rebellion What can we all do to avert catastrophe and avoid extinction? Roger Hallam has answers. In Common Sense for the 21st Century, Roger Hallam, cofounder of Extinction Rebellion, outlines how movements around the world need to come together now to start doing what works: engaging in mass civil disobedience to make real change happen. The book gives people the tools to understand not only why mass disruption, mass arrests, and mass sacrifice are necessary but also details how to carry out acts of civil disobedience effectively, respectfully and nonviolently. It bypasses contemporary political theory, and instead is inspired by Thomas Paine, the pragmatic 18th-century revolutionary whose pamphlet Common Sense sparked the American Revolution. Common Sense for the 21st Century urges us to confront the truth about climate change and argues forcefully that only a revolution of society and the state, similar to the turn that Paine urged the Americans to take into the political unknown, can save us now.

common sense health and wellness: Naturally Healthy Babies and Children Aviva Jill Romm, 2003-08-06 Committed to finding natural ways to care for their children, many parents seek techniques that do not require the invasive procedures and medications often associated with Western medicine. In Naturally Healthy Babies and Children midwife and herbalist Aviva Romm offers a comprehensive handbook that addresses the common health issues of children, from newborns to preadolescents. Aviva's whole-child approach integrates herbal remedies, nutrition, hygiene, and alternative health techniques with supportive, informed parenting. From anemia to whooping cough, each entry includes herbal, dietary, and general recommendations, including tips on when to pursue professional medical care. Naturally Healthy Babies and Children is indispensable reading for families seeking safe, effective ways to practice healing techniques at home.

common sense health and wellness: Common Sense in Uncommon Times Pamela Meyer, Brian Crissey, 2012-06 Since 11 September 2001, your life has changed, whether you live in New York or Keokuk. This reference tells you: What are the four basic emergency situations you may find yourself in? What are the seven essential life-support components that you must consider? What should you carry with you whenever you go out? And more.

common sense health and wellness: Common Sense Thomas Paine, 2020-06-03 Thomas Paine (1737 - 1809) was an Englishman and American political activist. He authored pamphlets which helped motivate the American colonists to declare independence in 1776. Common Sense is his most famous of such pamphlets.

common sense health and wellness: Street Smart Kids Gordon Myers, 2012-08-01 This book is based on the very simple premise that we are all surrounded by experienced people everywhere, each one a potential teacher. Their collective experiences in all facets of life far surpass what an individual is capable of learning alone. It is also fair to say that one can learn something from every living creature. Sometimes it is an obvious lesson but more often it is not! All information is acquired from others but the lessons that you are prepared to learn from that association is what matters. Life does not have to be so difficult! Street Smart Kids is offering you a chance to experience a more fulfilling, less stressful life experience, starting right now! With nothing to lose,

enjoy these thought provoking chapters. Share a few of the messages with someone that is dear to you...or perhaps could or should be. With what today's current generation of preteens, teenagers, young adults, parents, coaches, mentors and teachers have to deal with, just one good idea put into practice can change the course of a life or two. Problems that can't be solved with resources are best solved by prevention, made possible by the implementation of objectivity, common sense and logic. This book is loaded with real life experiences aimed at preventing more than a few hard knocks.

common sense health and wellness: Glenn Beck's Common Sense Glenn Beck, 2009-06-16
Glenn Beck, the New York Times bestselling author of *The Great Reset*, revisits Thomas Paine's *Common Sense*. In any era, great Americans inspire us to reach our full potential. They know with conviction what they believe within themselves. They understand that all actions have consequences. And they find commonsense solutions to the nation's problems. One such American, Thomas Paine, was an ordinary man who changed the course of history by penning *Common Sense*, the concise 1776 masterpiece in which, through extraordinarily straightforward and indisputable arguments, he encouraged his fellow citizens to take control of America's future—and, ultimately, her freedom. Nearly two and a half centuries later, those very freedoms once again hang in the balance. And now, Glenn Beck revisits Paine's powerful treatise with one purpose: to galvanize Americans to see past government's easy solutions, two-party monopoly, and illogical methods and take back our great country.

common sense health and wellness: *Common Sense for the Modern Soul* Francis Dias Jr., 2024-07-20 In a world overwhelmed by digital distractions and relentless noise, *Common Sense for the Modern Soul* offers a beacon of clarity. This book connects the timeless wisdom of the past with the practical challenges we face today, helping you find balance and fulfillment in life. Delve into the foundations of common sense, learn to embrace simplicity, and navigate the chaos of modernity with mindfulness. Discover how to balance material success with spiritual well-being, maintain health in a tech-driven era, and establish meaningful connections amidst digital overload. Explore strategies for sound financial decisions, the pursuit of genuine guidance, and the art of mindful consumption. As you journey through the pages, you'll find practical steps to harmonize your life, foster sustainable habits, and rediscover the essence of living in the moment. Let this book be your companion in reclaiming simplicity and common sense in our complex world.

common sense health and wellness: *It's Perfectly Normal* Robie H. Harris, 2021-05-18
Fully and fearlessly updated, this vital new edition of the acclaimed book on sex, sexuality, bodies, and puberty deserves a spot in every family's library. With more than 1.5 million copies in print, *It's Perfectly Normal* has been a trusted resource on sexuality for more than twenty-five years. Rigorously vetted by experts, this is the most ambitiously updated edition yet, featuring to-the-minute information and language accompanied by new and refreshed art. Updates include: * A shift to gender-neutral vocabulary throughout * An expansion on LGBTQIA topics, gender identity, sex, and sexuality—making this a sexual health book for all readers * Coverage of recent advances in methods of sexual safety and contraception with corresponding illustrations * A revised section on abortion, including developments in the shifting politics and legislation as well as an accurate, honest overview * A sensitive and detailed expansion on the topics of sexual abuse, the importance of consent, and destigmatizing HIV/AIDS * A modern understanding of social media and the internet that tackles rapidly changing technology to highlight its benefits and pitfalls and ways to stay safe online Inclusive and accessible, this newest edition of *It's Perfectly Normal* provides young people with the knowledge and vocabulary they need to understand their bodies, relationships, and identities in order to make responsible decisions and stay healthy.

common sense health and wellness: *The Common Sense Approach to Hazardous Materials* Frank Fire, Sr., Frank L. Fire, 2009 This book includes the HM-181 standards and new government regulations. Its focus is on the basic aspects of chemistry with regard to the specific fire theories and classes of hazardous materials that the responder is likely to face.

common sense health and wellness: *Common Sense Is Uncommon* Anne Balaban, 2011-06-07
Everything in your life starts with your thoughts; they direct your actions and emotions. This puts

you in control of so much more of your life than you may realize. **Common Sense Is Uncommon** offers a collection of wisdom taken from author Anne Balaban's motivational lectures. They are designed to inspire change in your life—whether at work, at home, or at play—by redirecting your thoughts from ones of negative anticipation to those of positive expectations. Remember: • Until you realize your strengths, you don't have any. • Education is to the mind what exercise is to the body. • You can't throw mud without getting dirty hands. **Common Sense Is Uncommon** provides an opportunity to acquire new and different ways of thinking, feeling, and doing. In order to have a more positive life, you must understand your innermost thoughts. This beautifully illustrated volume will provide you with the opportunity to find inspiration in these words and enable the changes necessary to be the person you are destined to be—always.

common sense health and wellness: The Dr. Sears T5 Wellness Plan William Sears, M.D., Erin Sears Basile, 2017-12-26 The best of today's science-based nutrition and lifestyle research is finally available in one crystal-clear plan. All you need is five steps and five weeks. Maybe you've just received a wake-up call: your own health crisis, or a sick parent or friend. Or maybe you're just tired of feeling tired and sick of feeling sick. You don't need a diet plan. You need a health transformation—from the inside out. For more than 20 years, The Baby Book author William Sears's advice has been trusted by millions of parents across the country, and around the world. Now, along with his daughter Erin, a health coach and fitness instructor who went through her own transformation, losing 70 pounds and radically improving her health, Sears turns his science-based guidance to creating better health for everyone. The Dr. Sears T5 Wellness Plan is a book for all ages and all ailments. Decrease inflammation, protect your brain and heart, strengthen your gut, balance your hormones, and even make your own medicine. The Dr. Sears T5 Wellness Plan's five-step, five-week mind and body makeover—field-tested by the authors in their medical and health-coaching practices—changes your body's biochemistry to help you feel better, look better, and enjoy the New You! From its lively illustrations to motivating transformer testimonies, T5 is fun to read and fun to do—which means it's the program you'll stick with. Your mind and body will thank you. You Will Thrive on T5!

common sense health and wellness: Good Medicine Carol L. Roberts, 2009-12 Filled with the latest thinking on traditional, holistic and alternative care, **Good Medicine** represents a change in approaching illness and attaining optimal health. This authoritative and easy-to-understand book offers a new perspective on how human beings are put together, integrating the physical body and the spirit within.

common sense health and wellness: Common Sense & The American Crisis Thomas Paine, 2023-12-08 **Common Sense & The American Crisis** presents a collection of Thomas Paine's most influential pamphlets that ignited the flames of the American Revolution. This book brings together Paine's passionate and persuasive arguments that rallied the colonists towards independence. His clear and compelling prose laid out the case for breaking free from British rule and establishing a new nation founded on democratic principles. Essential reading for understanding the ideals that shaped America, Paine's work remains a powerful testament to the power of words in shaping history.

common sense health and wellness: Discover Wellness Bob Hoffman, Jason A. Deitch, 2007-01-01 **Discover Wellness: How Staying Healthy Can Make You Rich** is the ultimate solution to America's health care crisis. A powerful and practical guide focused on fixing the cause of America's crisis: the number of people suffering chronic lifestyle diseases. With over 50% of personal bankruptcies related to medical debt and companies such as Starbucks spending more money on health care than on coffee, America's present health care crisis is making America sick. **Discover Wellness** solves America's health care crisis not by claiming to cure all disease with the elusive holy grail of medical treatments but by providing common sense, time tested, proven advice for better health through better living. The simple fact is that the ultimate solution to America's health care crisis is to have more people, less sick. The only way to have more people, less sick is to have more people adopt healthier habits. It's as simple as that. Anyone seeking to reduce their risk of emotional,

physical and financial bankruptcy will enrich their lives by reading this book.

common sense health and wellness: The Wellness Sense: A Practical Guide to your Physical and Emotional Health Based on Ayurvedic and Yogic Wisdom Om Swami, 2015-08-10 Why do certain foods harm some people and help others? How come the results of a weight loss programme varies from individual to individual? And why do some people fall sick more often than others? The science of Ayurveda holds answers to these questions and many more. Its scriptures took a holistic approach to health by combining our lifestyle with our natural tendencies (which vary from one person to another). This groundbreaking new work from Om Swami combines the yogic view of food as sattvic, rajasic and tamasic with Ayurvedic perspective, and further relates it to the modern view of foods as acidic and alkaline. This is also the first time that Ayurvedic prakriti (vata, pitta and kapha) has been discussed in the context of yogic prakriti (sattvic, rajasic and tamasic) in a truly cohesive fashion. The Wellness Sense extracts the essence of Ayurveda, yoga and tantra to combine it with modern medicine in this simple, step-by-step handbook on how to take better care of yourself. Accessibly written, deeply researched and distilled from Om Swami's own lived experience, The Wellness Sense puts your health and happiness in your hands.

common sense health and wellness: Common Sense and Selected Works of Thomas Paine Thomas Paine, 2014-05-01 The pen is mightier than the sword, and this pen helped bring about the American Revolution. Thomas Paine is one of history's most renowned thinkers and was indispensable to both the American and French revolutions. The three works included, Common Sense, The Rights of Man, and The Age of Reason, are among his most famous publications. Paine is probably best known for his hugely popular pamphlet, Common Sense, which swayed public opinion in favor of American independence from England. The Rights of Man and The Age of Reason further advocated for universal human rights, a republican instead of monarchical government, and truth and reason in politics. The works of this moral visionary, whose ideas are as relevant today as ever, are now available as part of the Word Cloud Classics series, providing a stylish and affordable addition to any library.

common sense health and wellness: Peace, Strength & Common Sense James Steamer, 2018-01-26 This is a work of exceptional inspiration by an author who has worked in a variety of occupations for over forty years and has achieved a life far beyond his dreams. While never having had glamorous nor high-paying work, he now has the complete ingredients that make his life full of joy and contentment. James Steamer specifically addresses precisely how most anyone may achieve true life satisfaction and exactly why so many do not. Additionally, he comments on worldly issues with great clarity, offering practical solutions that work. He also clarifies key factors in the most philosophical, spiritual, social, and political issues of our time.

common sense health and wellness: The Wellness Book Herbert Benson, Eileen M. Stuart, 1993-10 A comprehensive guide to maintaining health and treating stress-related illness. Boston-based Benson and Stuart offer proven techniques developed by the Mind/Body Institute for exercise, diet, and stress management to help readers cope with many common conditions. Includes how-to illustrations and case histories.

common sense health and wellness: The Bathroom Mirror ,

common sense health and wellness: God's Way to Ultimate Health George H. Malkmus, Michael Dye, 1995 Malkmus and Dye base natural healing on the premise that a diet rich in raw fruits and vegetables, and the elimination of processed dead foods, will result in the ultimate health.

common sense health and wellness: The Death of Common Sense Philip K. Howard, 2011-05-03 NEW YORK TIMES BESTSELLER "We need a new idea of how to govern. The current system is broken. Law is supposed to be a framework for humans to make choices, not the replacement for free choice." So notes Philip K. Howard in the new Afterword to his explosive manifesto The Death of Common Sense. Here Howard offers nothing less than a fresh, lucid, practical operating system for modern democracy. America is drowning—in law, lawsuits, and nearly endless red tape. Before acting or making a decision, we often abandon our best instincts. We pause, we worry, we equivocate, and then we divert our energy into trying to protect ourselves. Filled with

one too many examples of bureaucratic overreach, *The Death of Common Sense* demonstrates how we—and our country—can at last get back on track.

common sense health and wellness: *The Self-regulation of Health and Illness Behaviour* Linda Diane Cameron, Howard Leventhal, 2003 Self-regulation theory focuses on the ways in which individuals direct and monitor their activities and emotions in order to attain their goals. This text presents recent developments in health psychology research, covering topics such as representational beliefs, anxiety and personality.

common sense health and wellness: *Common Sense Mathematics: Second Edition* Ethan D. Bolker, Maura B. Mast, 2021-01-21 Ten years from now, what do you want or expect your students to remember from your course? We realized that in ten years what matters will be how students approach a problem using the tools they carry with them—common sense and common knowledge—not the particular mathematics we chose for the curriculum. Using our text, students work regularly with real data in moderately complex everyday contexts, using mathematics as a tool and common sense as a guide. The focus is on problems suggested by the news of the day and topics that matter to students, like inflation, credit card debt, and loans. We use search engines, calculators, and spreadsheet programs as tools to reduce drudgery, explore patterns, and get information. Technology is an integral part of today's world—this text helps students use it thoughtfully and wisely. This second edition contains revised chapters and additional sections, updated examples and exercises, and complete rewrites of critical material based on feedback from students and teachers who have used this text. Our focus remains the same: to help students to think carefully—and critically—about numerical information in everyday contexts.

common sense health and wellness: *Destination Wellness* Annie Daly, 2021-05-11 True well-being isn't hard to find. You just have to know where to look. In this insightful, full-color tour of Jamaica, Norway, Hawai'i, Japan, India, and Brazil, wellness and travel journalist Annie Daly shares a diverse array of philosophies, lifestyles, and practices for better living. Fed up with the commercialization of the wellness industry after working in it for years, Annie embarked on an inspiring adventure through some of the world's happiest and healthiest cities and villages to find out what we can learn from them. Whether she's hiking along gorgeous fjords in Norway to see why Norwegians are so dedicated to getting outside, soothing her spirit with Hawaiian salt water cleanses, or learning about the importance Brazilians place on community, Annie combines on-the-ground reporting with heartfelt personal narrative to share the global lessons, philosophies, and customs that prove that wellness is not about the products—it's about the way you live your life. With candid photography, lesser-known history sidebars, and guidance on how to incorporate these often ancient and always timeless practices into your own lifestyle, this culturally-immersive read invites you to view the world through a different lens and decide what being well means to you. *Destination Wellness* is the perfect book for:

- Anyone who has embraced hygge and is looking for new lifestyle inspiration
- Armchair travelers and staycationers
- Happiness and inspiration seekers
- Wellness and travel enthusiasts
- History lovers

common sense health and wellness: *Common Sense, The Rights of Man and Other Essential Writings of Thomas Paine* Thomas Paine, 2003-07-01 A volume of Thomas Paine's most essential works, showcasing one of American history's most eloquent proponents of democracy. Upon publication, Thomas Paine's modest pamphlet *Common Sense* shocked and spurred the founding American colonies of 1776 to action. It demanded freedom from Britain—when even the most fervent patriots were only advocating tax reform. Paine's daring prose paved the way for the Declaration of Independence and, consequently, the Revolutionary War. For “without the pen of Paine,” as John Adams said, “the sword of Washington would have been wielded in vain.” Later, his impassioned defense of the French Revolution, *Rights of Man*, caused a worldwide sensation. Napoleon, for one, claimed to have slept with a copy under his pillow, recommending that “a statue of gold should be erected to [Paine] in every city in the universe.” Here in one volume, these two complete works are joined with selections from Paine's other major essays, “The Crisis,” “The Age of Reason,” and “Agrarian Justice.” Includes a Foreword by Jack Fruchtman Jr. and an Introduction by

Sidney Hook

common sense health and wellness: Eat Your Way To Wellness Paul Kasenene, 2020-09-26
Finally, an end to the food confusion. A simple, practical and common-sense book that not only guides you on what to eat but also explains why. It wouldn't be surprising if you were unsure what to believe and perplexed about the healthiest way to eat. Dr Kasenene felt that way too when he first decided to change his diet in an effort to improve his health. If you seek a straightforward and easy to apply approach to eating food that simplifies the basics about a healthy diet - and especially if you're a little overwhelmed by food - this book is definitely for you. Every day, we're faced with endless opinions about what to put into our mouth as well as a mountain of choices, many of which can be challenging without the right information. We are bombarded by an increasing, never-ending flow of new nutrition information. But after his own health transformation that he describes in the book, after several years of studying food and using it as medicine in his practice, and after helping thousands of people understand how to reclaim their health and wellness, Dr Kasenene has come to realise that eating healthily doesn't have to be complicated, unpleasant and confusing. In his book, *Eat Your Way to Wellness*, Dr Kasenene lays out Seven Proven Principles to being healthy, feeling vibrant, and enjoying your ideal weight. Dr Kasenene will help you navigate this barrage of information without feeling you have to be an expert in nutrition and without being overwhelmed or shaken by a new fad diet or program that makes you feel like you're doomed if you don't hop on board. This simple and easy-to-understand book will provide you with the knowledge to empower your food choices as well as simple and practical strategies to integrate healthy eating into your life, your family, and your home. In *Eat Your Way to Wellness*, Dr Kasenene explains: Why so many people are confused about what to eat and how to never again be confused about food How our food and our food choices have changed over the years The reason why many of us are so attracted to unhealthy junk food How what we eat literally becomes us The rationale behind the most ideal diet for human beings The Seven Principles that everyone should know if they want to have a healthy diet How to develop eating habits for superior health and wellbeing, including guiding what your plate should look like, how often you should eat certain foods, and how to structure your daily meals The common questions, concerns, and myths behind the different foods we eat How we can use food to prevent, manage, heal, and even reverse many diseases Not only how to lose weight, but more importantly, how to keep it off for life With real testimonies, common sense logic, simplified scientific explanations, and easy-to-follow practical suggestions on what, why, how, and when to eat, *Eat Your Way to Wellness* will provide you with the fastest and most straightforward way to be well, prevent disease, achieve your ideal weight, and feel your best. Dr Paul Kasenene is a medical doctor specialising in nutrition, lifestyle, and functional medicine. He believes that with a proper diet and lifestyle, your body has the amazing potential to stay healthy and heal itself of most chronic disease, often without the need for pharmacological medications. For more than eight years, Dr Kasenene has studied the science of healing and wellbeing, and has used mostly food to help thousands of people discover the joy of living in true wellness. He now brings you the opportunity to learn the secrets that have helped so many-and that can help you too. All you have to do is be open-minded as he guides you on a journey that will help you to eat yourself to wellness.&nb

common sense health and wellness: A Colossal Failure of Common Sense Lawrence G. McDonald, Patrick Robinson, 2010-10-12 One of the biggest questions of the financial crisis has not been answered until now: What happened at Lehman Brothers and why was it allowed to fail, with aftershocks that rocked the global economy? In this news-making, often astonishing book, a former Lehman Brothers Vice President gives us the straight answers—right from the belly of the beast. In *A Colossal Failure of Common Sense*, Larry McDonald, a Wall Street insider, reveals, the culture and unspoken rules of the game like no book has ever done. The book is couched in the very human story of Larry McDonald's Horatio Alger-like rise from a Massachusetts "gateway to nowhere" housing project to the New York headquarters of Lehman Brothers, home of one of the world's toughest trading floors. We get a close-up view of the participants in the Lehman collapse, especially those who saw it coming with a helpless, angry certainty. We meet the Brahmins at the top, whose

reckless, pedal-to-the-floor addiction to growth finally demolished the nation's oldest investment bank. The Wall Street we encounter here is a ruthless place, where brilliance, arrogance, ambition, greed, capacity for relentless toil, and other human traits combine in a potent mix that sometimes fuels prosperity but occasionally destroys it. The full significance of the dissolution of Lehman Brothers remains to be measured. But this much is certain: it was a devastating blow to America's—and the world's—financial system. And it need not have happened. This is the story of why it did.

common sense health and wellness: *1776 - Commonsense - 2016* Joseph Banta, 2016-09-25 When a void in leadership exists, it is up to each one of us as American patriots to step forward and take point. This book is my attempt to temporarily fill that void. I offer commonsense reasoning in order to bring about honest discourse in an effort to create a unified purpose among ALL American citizens of every social class. We are all pink on the inside and we are all brothers and sisters in arms. We are concerned liberals and conservatives. We are red and we are blue. We are white, black, yellow and every color in between. Most of all, we are ALL Americans. WE are the only solution to OUR problems. It comes down to honest and forthright effective leadership, renewed national pride among our citizens, tolerance and respect of others, and a renewed effort to collaborate in order to win. Don't be a mindless sheep preyed upon by those who would rather divide us for their own personal gain. We are America and we will show the world what we can do. As my father used to say, "Lean into 'er"....

common sense health and wellness: *Common Sense Is on Vacation* Dr. Percy "Chico" Caldwell, 2016-05-31 The motivation to write the book *Common Sense Is on Vacation* stemmed from one question applied to breakdowns in several major areas or components of our society: individuals; couples; marriage; communities; secondary, college, and university systems; government; and religion. There is an obvious measure of malfunction or dysfunction in each of these major areas of society. What happened to our world? Very apparently, one thing is missing from our system of thinking and decision-making process. The author believes that common sense is on vacation. We have to bring it back. This book walks you through each of the major social components showing where, if common sense had been anywhere in the room, these breakdowns of marriage and family structure, school systems, and government would be minimized considerably and sometimes eliminated.

common sense health and wellness: *The 100 Best Nonfiction Books of All Time* Robert McCrum, 2018 Beginning in 1611 with the King James Bible and ending in 2014 with Elizabeth Kolbert's 'The Sixth Extinction', this extraordinary voyage through the written treasures of our culture examines universally-acclaimed classics such as Pepys' 'Diaries', Charles Darwin's 'The Origin of Species', Stephen Hawking's 'A Brief History of Time' and a whole host of additional works --

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