

Live Your Dreams!:
Change Your Un-Healthy Life

by
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SMASHWORDS EDITION

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Change Your Un-healthy Life
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Introduction

Turn on the TV and you'll likely see many commercials marketing some type of drug guaranteed to make your life better. People are living longer, but the quality of many lives has gone way down. There are many people taking medicine for things that can be corrected naturally.

Obesity is an epidemic that is spreading across the world like an infectious disease. Investing in your body is the best investment you will ever make. Living to be 100, or as close as you can, will take a strong person in will and physical strength.

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Get Plenty of Sleep

Go to bed at a decent hour and get off the phone. I constantly struggle with this. Oh how the days fly by! Get up early and live your dreams. For those with children, try to wake up before them and collect your thoughts for the day. You can live your dreams and have a family. Don't let fear rob you of what you were destined to do – including living healthy.

Consistent effort will guarantee success. Try to workout, even if you can't keep a schedule. Try to eat healthy too. You can't eat fast food everyday and stay focused on your goals. Take vitamins, go see your doctor regularly, and buy healthy things to eat. There's no excuse for eating things that will damage your body. Prepare large meals like spaghetti that you can eat for two or three days. Cut the fat by eating whole wheat or organic pasta.

As you accomplish your dreams, you will become quite busy. Sometimes hours might pass where you don't consume anything to eat. To combat hunger and keep a fast metabolism, pack a lunch or take snack bags. Pack fruit, veggies, pretzels or mini sandwiches when you are on the go. You may not get full, but you won't starve and feel so stressed.

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No Stress!

Stress causes sickness and disease. Diabetes, heart disease and numerous other diseases are all linked to stress. Stress is caused by worry and worry is caused by fear. Again, giving up the big house or big car

note can save you money and it can save your life. Live stress free by becoming involved in the lives of your family friends or volunteer to help somebody else. Take a day off, read a book, go roller blading. do something to take your mind off things.

While you're spending time researching your dream, do research on ways to limit stress and increase your overall health. If you have health problems or a disability, don't let that limit you from following your dream. Stevie Wonder is known around the globe for his talent and he is blind. The late Ray Charles fit the same mold. Anything is possible in your life. There are no disabilities in the world of success.

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Go Naked

Gluten, dairy and processed foods are things that should be eaten in moderation or eliminated from your diet. Don't be afraid to go naked with your diet. Going naked means eating natural and healthy. There are many resources to help you do it. Cut back on butter, salt and even salad dressing. The taste of your food will be better and you'll be cutting calories. Try it for seven days and you'll notice the difference.

Don't be afraid to try natural remedies. Most of them will cure you, not kill you. Your local health food store is the place to find vitamins and herbs that boost your health. Pick healthy food ahead of the unhealthy food. It will help you and your family. If you are sick, pray for healing and see your doctor. God can and will do it, if you would only believe for a miracle. You can be anything including a very healthy and happy person.

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Eat Healthy On a Dime

Many people believe that eating healthy takes a lot of money. False! There are many grocery stores around the world where you can buy fresh food at a low price.

Tip#1

The first tip of eating healthy on a dime is shopping at your local farmers market. The farmers market has the best prices and the produce lasts longer than a commercial grocery store.

Tip#2

Budget your meals. Write down how much you can spend on groceries and plan your meals around your budget. Organic chili, soups, pastas, salad and baked meats can be purchased and planned out if you shop sales and clip coupons for the items. There are many internet sites that give coupons away in exchange for an email address

Tip#3

Discount grocery stores. There are many discount grocery stores where items can be purchased for a healthy dinner. Multi-grain bread, turkey meat and more is available at your local discount grocery store. You can shop there exclusively or buy some items from the discount store and the commercial grocery store.

Tip #4

Control portion sizes. If you eat the appropriate portion size, it will not only change your health, it will leave change in your pocket. Food in your pantry lasts longer if you don't overeat. Teach you children to eat appropriate meal sizes. They will love you for it later and you'll love the savings.

Tip #5

Go to free events. This doesn't happen everyday, but sometimes there are free events, parties and other events where food is served. Save money by being social. You can go as a single solo or a s a family outing.

Eat right, live your dreams now and live the life you've always wanted. Make memories that last a lifetime by eating healthy.

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From shiny cars to real estate and travel, Monica Link is a savvy writer covering the best life has to offer. She is a writer, producer and performer and continues to add more titles to her resume. Monica serves as the project manager for Link4Productions International LLC. She has worked behind the scenes on Broadway and is a content and music writer for live stage productions. Monica is a career journalist and has been published nationally as a staff and freelance writer. As the author of the Inspirational blog “Live Your Dreams Now!”. The blog has thousands of followers in ten countries. You can learn more about her www.MonicaLink.info.