

40 Simple Tips For A Happy And Healthy Life

It's all about career and success these days. No matter what we achieve, it's never enough, we always strive for more. It's all good as long as we don't forget ourselves and our loved ones. Sadly, that's rarely the case.

That's why we wanted to share these life tips by Daily Health Gen with you. Hopefully, they will be a source of inspiration for some positive changes, even if the smallest ones. We all need a little push from time to time.

Leave a comment or vote for your favorite tips, we want to know what you think!

More info: [Daily Health Gen](#) (H/T: [Bored Panda](#))

01. Tips For A Happy And Healthy Life



**TRY TO MAKE AT LEAST
THREE PEOPLE SMILE
EACH DAY.**

 /DailyHealthGen

source

02. Tips For A Happy And Healthy Life



**SIT IN SILENCE FOR AT
LEAST 10 MINUTES EACH
DAY.**

 /DailyHealthGen

source

03. Tips For A Happy And Healthy Life



**WHAT OTHER PEOPLE
THINK OF YOU IS NONE
OF YOUR BUSINESS.**

 /DailyHealthGen

source

04. Tips For A Happy And Healthy Life



**DREAM MORE WHILE
YOU ARE AWAKE.**

 /DailyHealthGen

source

05. Tips For A Happy And Healthy Life



**DON'T WASTE YOUR
PRECIOUS ENERGY
ON GOSSIP.**

 /DailyHealthGen

source

06. Tips For A Happy And Healthy Life



**YOU DON'T HAVE TO WIN
EVERY ARGUMENT.
AGREE TO DISAGREE.**

 /DailyHealthGen

source

07. Tips For A Happy And Healthy Life

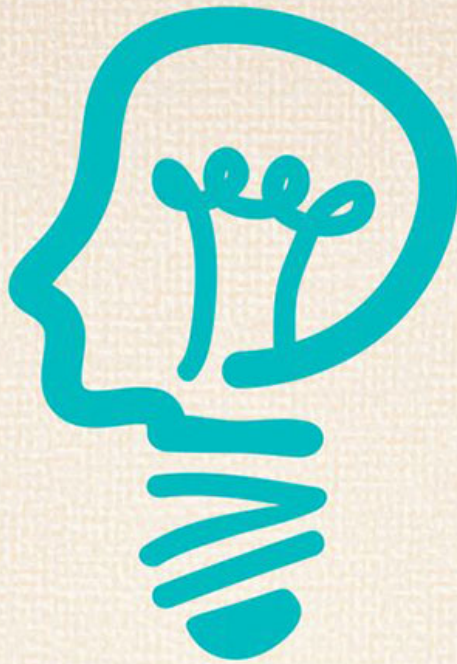


**SPEND TIME WITH PEOPLE
OVER THE AGE OF 70 AND
UNDER THE AGE OF 6.**

 /DailyHealthGen

source

08. Tips For A Happy And Healthy Life



**DON'T TAKE YOURSELF TOO
SERIOUSLY. NO ONE ELSE
DOES.**

 /DailyHealthGen

source

09. Tips For A Happy And Healthy Life

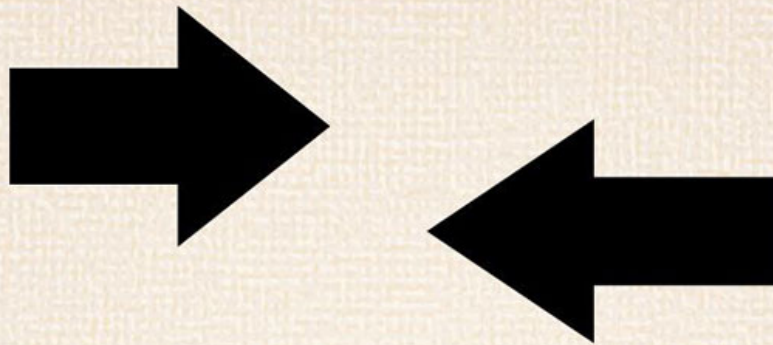


**LIFE IS TOO SHORT TO
WASTE TIME HATING
ANYONE. SO, GET RID
OF THOSE ILL FEELINGS.**

 /DailyHealthGen

source

10. Tips For A Happy And Healthy Life



**'DON'T COMPARE YOUR LIFE
TO OTHERS'. YOU HAVE NO
IDEA WHAT THEIR JOURNEY
IS ALL ABOUT.**

 /DailyHealthGen

source

11. Tips For A Happy And Healthy Life



**NO ONE IS IN CHARGE OF
YOUR HAPPINESS
EXCEPT YOU.**

 /DailyHealthGen

source

12. Tips For A Happy And Healthy Life



**READ MORE BOOKS
THAN YOU DID LAST
MONTH.**

 /DailyHealthGen

source

13. Tips For A Happy And Healthy Life



**YOUR JOB WON'T TAKE
CARE OF YOU WHEN
YOU ARE SICK.
YOUR FRIENDS WILL.
STAY IN TOUCH.**

 /DailyHealthGen

source

14. Tips For A Happy And Healthy Life



**SLEEP FOR 8 HOURS
A DAY.**

 /DailyHealthGen

source

15. Tips For A Happy And Healthy Life



**SMILE AND
LAUGH MORE.**

 /DailyHealthGen

source

16. Tips For A Happy And Healthy Life



**DRINK PLENTY OF
WATER.**

*“Drink at least 2 Litres of
Water Per Day.”*

 /DailyHealthGen

source

17. Tips For A Happy And Healthy Life

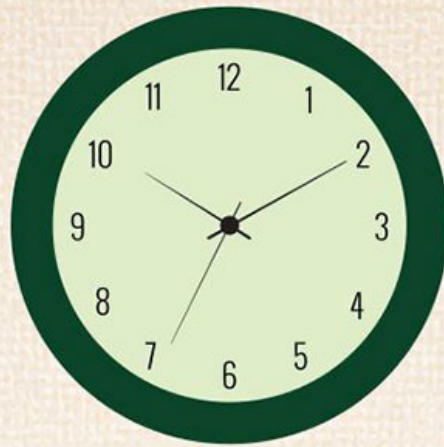


**FORGET ISSUES OF THE PAST.
DON'T REMIND YOUR
PARTNER WITH HIS/HER
MISTAKES OF THE PAST.**

 /DailyHealthGen

source

18. Tips For A Happy And Healthy Life



**HOWEVER
GOOD OR BAD
A SITUATION IS,
IT WILL CHANGE.**

 /DailyHealthGen

source

19. Tips For A Happy And Healthy Life



**CALL YOUR FAMILY
OFTEN.**

 /DailyHealthGen

source

20. Tips For A Happy And Healthy Life



**TAKE 10 - 30 MINUTES
OF JOG EVERY DAY.**

 /DailyHealthGen

source

21. Tips For A Happy And Healthy Life

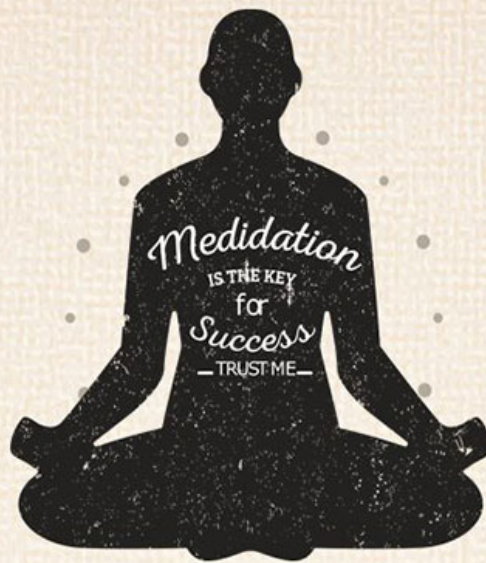


**NO MATTER HOW
YOU FEEL, GET UP,
DRESS UP AND
SHOW UP.**

 /DailyHealthGen

source

22. Tips For A Happy And Healthy Life



**MAKE TIME TO PRACTICE
MEDITATION, YOGA & PRAYER.**

 /DailyHealthGen

source

23. Tips For A Happy And Healthy Life

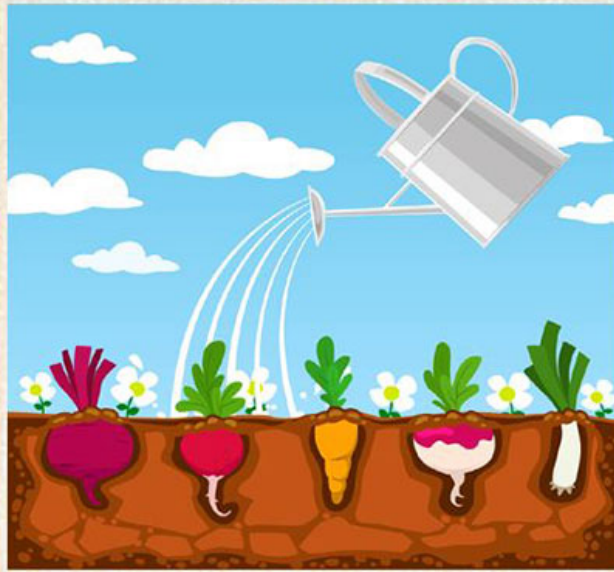


**MAKE PEACE WITH YOUR
PAST SO IT WON'T SPOIL
THE PRESENT.**

 /DailyHealthGen

source

24. Tips For A Happy And Healthy Life



**EAT MORE FOODS THAT GROW
ON TREES & PLANTS AND
EAT LESS FOOD THAT IS
MANUFACTURED IN PLANTS.**

 /DailyHealthGen

source

25. Tips For A Happy And Healthy Life



Live With The 3 E's
ENERGY,
ENTHUSIASM,
EMPATHY.

 /DailyHealthGen

source

26. Tips For A Happy And Healthy Life



**ENJOY LIFE EACH
MOMENT, TRY NEW
THINGS.**

 /DailyHealthGen

source

27. Tips For A Happy And Healthy Life

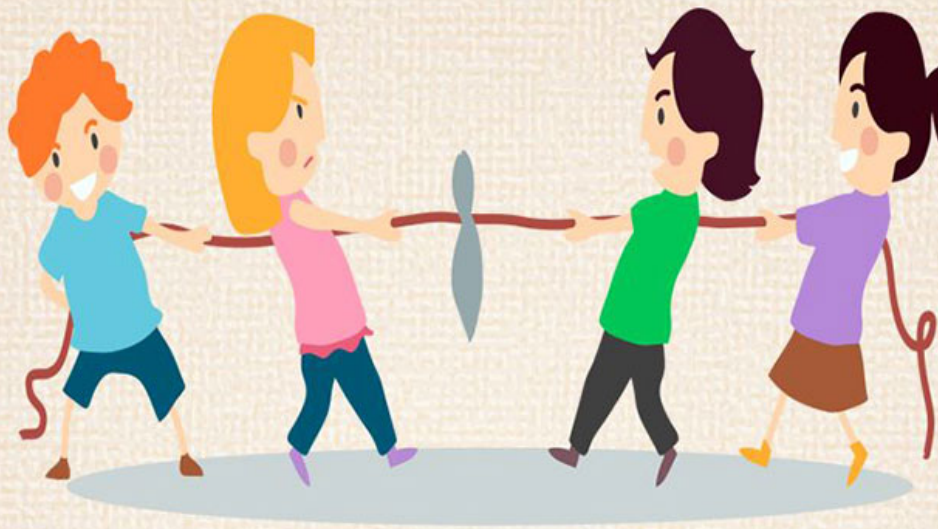


**EACH DAY GIVE
SOMETHING GOOD
TO OTHERS.**

 /DailyHealthGen

source

28. Tips For A Happy And Healthy Life



PLAY MORE GAMES.

 /DailyHealthGen

source

29. Tips For A Happy And Healthy Life



**LOVE YOURSELF, BECAUSE
YOU ARE UNIQUE AND
WONDERFUL IN YOUR
OWN WAY.**

 /DailyHealthGen

source

30. Tips For A Happy And Healthy Life



**REALIZE THAT LIFE IS A SCHOOL AND
YOU ARE HERE TO LEARN. PROBLEMS
ARE SIMPLY PART OF THE CURRICULUM
THAT APPEAR AND FADE AWAY LIKE
ALGEBRA CLASS BUT THE LESSONS YOU
LEARN WILL LAST A LIFETIME.**

 /DailyHealthGen

source

31. Tips For A Happy And Healthy Life



**DON'T HAVE NEGATIVE THOUGHTS
OR THINGS YOU CANNOT CONTROL.
INSTEAD INVEST YOUR ENERGY IN
THE POSITIVE PRESENT MOMENT.**

 /DailyHealthGen

source

32. Tips For A Happy And Healthy Life



**GET RID OF ANYTHING
THAT ISN'T USEFUL,
BEAUTIFUL OR JOYFUL**

 /DailyHealthGen

source

33. Tips For A Happy And Healthy Life



**DON'T OVER DO.
KEEP YOUR LIMITS.**

 /DailyHealthGen

source

34. Tips For A Happy And Healthy Life



**FORGIVE EVERYONE
FOR EVERYTHING.**

 /DailyHealthGen

source

35. Tips For A Happy And Healthy Life



**EAT BREAKFAST LIKE A KING,
LUNCH LIKE A PRINCE AND
DINNER LIKE A PAUPER.**

 /DailyHealthGen

source

36. Tips For A Happy And Healthy Life



**TIME HEALS
EVERYTHING.**

 /DailyHealthGen

source

37. Tips For A Happy And Healthy Life



**THE BEST IS YET
TO COME.**

 /DailyHealthGen

source

38. Tips For A Happy And Healthy Life

WAKE
UP!!



**WHEN YOU AWAKE
ALIVE IN THE
MORNING, THANK
GOD FOR IT.**

 /DailyHealthGen

source

39. Tips For A Happy And Healthy Life



**ENVY IS A WASTE OF TIME.
YOU ALREADY HAVE ALL
YOU NEED OR DEFINITELY
WILL GET WHAT YOU
REALLY, REALLY WANT.**

 /DailyHealthGen

source

40. Tips For A Happy And Healthy Life



**YOUR INNER MOST
IS ALWAYS HAPPY.
SO, BE HAPPY.**

 /DailyHealthGen

source

Sursa: architecturendesign.net

6 alimente alcaline pe care sa le mancati in fiecare zi pentru o sanatate vibranta

Dieta tipica a omului este una mortala, constand in principal din alimente toxice si formatoare de acid precum zaharurile procesate, indulcitorii artificiali, cerealele rafinate, carni si lactate produse conventional si organisme modificate genetic pe ascuns. Nu este de mirare ca toate acestea, combinate cu o gramada de alti factori de mediu provocatori (precum lipsa de odihna, stresul psihologic si substantele farmaceutice) fac ca tot mai multi oameni sa fie diagnosticati cu boli cronice degenerative sau altfel de afectiuni mortale despre care medicina moderna conventionala pretinde ca nu exista remedii cunoscute.

Una dintre problemele fundamentale cu acest stil nesustenabil de viata – si sunt multe probleme – este lipsa de intelegere a consumatorului obisnuit in ce priveste faptul ca, corpul  trebuie sa mentina in echilibru nivelul pH-ului din sange la un nivel usor alcalin de 7,365 pentru a supravietui. Cand o persoana inghite hrana pentru a o “arde” ca si combustibil, procesele metabolice si digestive o transforma intr-un fel de cenusa care este fie acida, fie alcalina. Legile biochimiei moderne explica in continuare ca ceea ce determina fie aciditatea sau alcalinitatea acestui reziduu de cenusa nu este materia organica (daca alimentul in sine este acid sau bazic), ci materiile anorganice (de ex. calciul, magneziul, potasiul, sodiul, sulful, fosforul, adica modul lor de descompunere in corpurile noastre).

Din acest motiv si fiindca toate alimentele din natura contin atat elemente acide cat si alcaline, potrivit Centrului de Viata Constienta, echilibrul este fie realizat, fie impiedicat, ca un rezultat direct al alimentelor pe care noi le

alegem pentru a le manca. Prea multe alimente formand acizi pot avea consecinte drastice pentru sanatatea noastra, cu “acidoza” fiind un diagnostic comun de exemplu pentru diabetici. Aceasta din cauza ca atunci cand nutrientii necesari pentru a mentine aceasta stare usor alcalina nu pot fi obtinuti din hrana, corpul ii va extrage din propriile depozite, precum oasele sau alte tesuturi vitale – afectand abilitatea lui de a se autorepara si a detoxifica metalele grele, prin aceasta facand o persoana mult mai vulnerabila la oboseala si boli. Iar marja de eroare este mica. Chiar si o usoara aciditate, un pH de 6,9 poate duce in cele din urma la coma si moarte.

Desigur, telul suprem este echilibrul. Mancatul a prea multe alimente alcalinizante poate duce la propria portie de complicatii de-a lungul timpului, dar riscul acesta este mult mai putin probabil, data fiind starea curenta puternic datatoare de dependenta a dietei consumeriste. Pentru a combate efectele unei astfel de diete, aici sunt sase dintre cele mai alcalinizante alimente pe care sa le introduceti in hrana voastra zilnica:

1. Radacinoasele

Datorita naturii vindecatoare “yang” a acestor alimente in medicina traditionala chineza, si a tendintei acestora de a fi mai bogate in minerale decat multe alte leguma, ar fi mai sigur de spus ca nu puteti manca destule. Cautati ridichiile in special (rosii, negre sau albe), ca si sfecla rosie, morcovii, napii, hreanul, si rutabaga (nap suedez, mai iute decat cel obisnuit). Gata de consumat fie crude fie dupa prepararea in abur timp de 15-20 de minute, radacinoasele va vor ajuta sa va simtiti atat satui, cat si mai bine ancorati.

2. Legumele crucifere

Acestea sunt vegetalele pe care cu toti le cunoastem si le iubim, facute mai delicioase cu un mic adaos de sos sanatos

facut in casa precum pesto. Alegeti dintre broccoli, varza, conopida, varza de bruxelles, si altele similare

3. Legume cu frunze verzi

Acestea includ patrunjelul, mararul, salata, kale, frunzele sfeclei rosii, frunzele de nap si gulie si spanacul – dintre care probabil spanacul este cea mai buna alegere. Cunoscut in special pentru bogatul continut in vitamina K si acid folic, spanacul mai este si plin de vitamine, minerale, substante fitochimice, antioxidanti si fibra, ajutand la imbunatatirea digestiei si chiar a vederii.

4. Usturoiul

Un adevarat aliment miraculos, usturoiul apare in fruntea a nenumarate liste de alimente care favorizeaza in general sanatatea, si lista alimentelor alcalinizante nu este o exceptie. Printre alte beneficii este si abilitatea lui de a favoriza imunitatea si sanatatea cardiovasculara prin coborarea presiunii sanguine, curatarea ficatului si lupta impotriva bolilor.

5. Piperul Cayenne (capsicum)

Ca parte a familiei de piperuri puternice, tropicale, care contin enzime esentiale functiei endocrine, cayenne-ul este printre cele mai alcalinizante alimente. Este cunoscut pentru proprietatile lui antibacteriene si este un bogat furnizor de vitamina A, ceea ce il face un agent de mare ajutor in lupta impotriva radicalilor liberi daunatori ce duc la stres si boli.

6. Lamaile

Lamaile pot fi cel mai alcalinizant aliment dintre toate. Ca dezinfectant natural, pot vindeca rani, simultan furnizand alinare puternica si imediata pentru hiperaciditate si boli

corelate cu virusii, ca si pentru tuse, raceli, gripe si arsuri gastrice. Lamaia ajuta si pentru energizarea ficatului si favorizarea detoxifierii.

Deci nu strica sa va ganditi de doua ori la ce aveti in farfurie la urmatoarea masa, dar daca nu faceti asta, s-ar putea sa va stricati sanatatea. Aplicati doar sfatul stravechi si mamos sa "mancati toate legumele din farfurie", iar aceasta poate fi un prim pas solid in atingerea unei sanatati mai bune.

Sursa principala: viataverdeviu.ro