

## How would you Like to be in 10 Years from Now?

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Is it possible to achieve longevity with quality of life? Yes, it is possible! We know that the most precious possession we possess is our health. Without it, we will have no substratum to pursue our dreams and conquer our projects. After all, what is the use of working over the years, achieving a comfortable financial life if, at the same time, we are facing a disease that prevents us from enjoying our achievements?

I invite you to start a change now by assessing your behavior with your body, mind, and spirit and implementing some simple tools that I will share in your routine, we will enjoy the power we have in our hands.

Our body is a constantly changing living machine. Depending on the type of fuel we give our machine, the operation will be more efficient or not. We can make an analogy to the operation of a car, for example. If we fill the tank with bad quality modified the fuel and if we do not change the oil, surely in a while the serious problem will start to appear and the damage will be infinitely greater.

So where to start?

### Food

1. 'Unpack less and peel more'. This means that in our daily routine, the more real food (vegetables, fruits, cereals) we eat, the better our metabolism works, the more quality fuel we will give our machine to function well. Use at least 3 different colors on your plate (e.g. dark green leaves, carrots and beets). Limit processed packaged foods and preferably eat only organic foods without pesticides.
2. Do you know that sugar on the table that we put in the coffee? Do you know that refined flour we use in cakes, bread? They are closely linked to the rise of various diseases, including diabetes, obesity and cardiovascular disease. How about replacing refined flour with almond and coconut flour? And the coffee will be much more interesting without sugar, you know why? Because our taste buds regenerate and renew themselves periodically. I guarantee you will notice sensory attributes never before perceived in a food.
3. Add sources of good fats to your diet such as avocado, natural or toasted coconut, coconut oil, nuts, walnuts, almonds, sesame oil.
4. Take good care of your gut! Fruits, vegetables, and vegetables such as broccoli, cauliflower, okra, eggplant, plum, avocado, pear, blueberry, and kiwi are high in phytochemicals and fibers that are critical to assist this process. In some cases, flaxseed flour may be added, for example in soups, salads, and shakes. Do not forget to have efficient hydration. At least 2 liters of water/day. Include slices of lemon, mint, berries to flavor the water.
5. Teas are allies to health. Some options: diuretics (horsetail, hibiscus); anti-inflammatories (moringa, green tea, orange peel, matchá, ginger, pomegranate tea); sleep enhancers (lemon balm, fennel, chamomile, mulungu); abdominal distension (fennel, cloves, ginger) and premenstrual period (dandelion, chamomile, blackberry leaf).

6. Use herbs and spices for cooking (ginger, mint, curry, rosemary, paprika, thyme, peppers). Turmeric, for example, is an excellent antioxidant, anti-inflammatory and even acts at the brain level, aiding in the integrity and function of neurons.
7. When you go to the grocery store, bring your shopping list in hand so you will only buy what you have programmed. Ah, don't go shopping hungry, ok?

### Physical activity

I usually say that is the best friend of healthy eating. Together they can significantly increase our longevity with quality of life. Exercise move around. Start with a walk and progressively increase according to your possibilities.

### Sleep

Having a good night's sleep is essential for the proper functioning of our machine, the human body. Some benefits include: reducing stress the next day, controlling appetite, improving mood, improving memory and thinking, and even slowing down skin aging. Some tips to help you sleep:

- Avoid having coffee in the afternoon or teas containing caffeine. An hour before going to bed make a sleep-enhancing tea.
- Remove every electronic device from the room, especially the cell phone, TV, computers. Make your room as dark as possible to help the body produce melatonin which is a hormone produced by the pineal gland responsible for regulating our biological clock and sleep.

### Stress management

A stressed person is more likely to have illnesses such as depression, migraine, high blood pressure, autoimmune diseases, obesity, and others. When we understand the root of stress, which triggered this reaction in our body and we can look rationally at it, we will have more tools to manage it.

Take action: When identifying the stressor, establish an action plan to manage it. When we act on the problem, it inevitably gets smaller and we become more confident to move on.

Stay in touch with nature, put your feet in the grass, sunbathe, take a day for yourself, do what gives you pleasure. Socialize with people who share the same ideology.

Exercise gratitude daily. Be grateful even for the simple things (sun, air, your home, your job, your family, the food, the flowers), but they have the incredible power to transform our day.

As for the magic formula for longevity, I often say that we have a sequence of simple formulas and strategies in our hands, like the ones above, that help us in this process. Remember that it is important to be accompanied by a professional to have a broad view of all processes that involve our health, especially our individuality.

Nourishing our body, mind, and spirit, we all have the potential to live longer and quality of life. How would you like to be 10 years from now? Let's get started today!

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