the HEALTH VIRUS

DR. JOSH AXE
wellness physician & radio show host
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Designed by Evan Tardy and Drew Winter

You can find this entire manifesto at www.TheHealthVirus.com

This version of the manifesto is current until March, 2011. After that date, please go to www.thehealthvirus.com and get an updated version.
SPREAD THE VIRUS!

Here’s what you can do to help spread the word about *The Health Virus*

1. Send this file to a friend (it’s not too big, and downloads fast).
2. Send them a link to [www.TheHealthVirus.com](http://www.TheHealthVirus.com) so they can download it themselves.
3. Print out as many copies as you like.
4. Tweet it to your followers or Share it on Facebook

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*The Health Virus*
THE HEALTH VIRUS

**Introduction:**

If you don’t have time to read the whole book, here’s what it says:

In order to get your body healthy and lose weight you need to do these things:

1. Have a real plan by setting Goals, writing your strategy down, and committing to a deadline.
2. Eat real foods. My favorite are Cruciferous Veggies, Berries & Wild Organic Meat.
3. Get real active. Do burst and strength training 3-5 times per week.
4. Take Real Supplements, made from fresh, whole foods.

We’re afraid of viruses and diseases that spread. But the good news is that health can be contagious as well. And spread rapidly. The first step is to catch the Health virus, and it’s pretty simple to do: get a real plan, eat real food and get real active!

**2 Warnings**

1. There are times I’ll ask you to stop and write some goals and strategies down. To get the most out of this ebook I recommend you take the time to stop and write these things down for yourself.
2. Also, after you catch the healthy virus, your friends may start asking you things like:
   “How’d you get in such great shape!?”
   “You look incredible!...Tell me how you did it!”

**A New Virus**

Throughout history, people have lived in fear of viruses. Whether it’s the bubonic plague, polio, or even more recent bouts with things like the swine flu, we’re in fear of viruses that spread.

But I want to tell you about a new kind of virus, called the Health Virus. It’s health that spreads. Just like disease can spread rapidly through your body, health can also spread rapidly through your body. Currently cancer kills 1 out of 2 people. Diabetes has tripled in the past 10 years. Our kids are sicker than ever with more allergies, asthma and other health issues.

Can you imagine a world without these problems? The good news is, there’s hope! You can reverse disease, get in the best shape of your life, and never be sick again...by catching The Health Virus!
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GET A REAL PLAN
Most people get sick for two reasons. Either they don’t know how to be healthy OR
they don’t have a plan. You must have a plan. It’s the most important part in getting
you to where you want to be, that’s why I put it here, at the front of the book.

Here’s a simple principle to formulate a Real Plan: What, How, When

Here are your three steps:
1. Have a goal (what)
2. Write down your strategy (how)
3. Set a finishline (when)

For example:
1. I want to lose 20 pounds in the next 30 days
2. I will exercise 1 hour every M,W,F at 6:30 am
3. Finishline: March 30

1. GOALS (your what)
Zig Ziglar said, “A goal properly set is halfway reached,” and the same is true with
health, too.
You need a plan to build a house. To build a healthy life, it’s even more important to
have a plan or goal. Research has shown the most important thing in achieving
success in life is having written goals. Stop and think about what your top 3 health
goals are.

Be specific: Jane wrote: I want to lose 20 pounds before March 30.
NOT vague: John thought: I’d like to lose some weight soon.

Who do you think has a better chance at hitting their goal? It’s obvious, right?
Take a second to write down your top three health goals. Maybe you want to to
lower your blood pressure or lose 20 pounds. Whatever they are, write them down.

#1: ____________________________________________________

#2: ____________________________________________________

#3: ____________________________________________________
2. STRATEGY (*your how*)
Once your goals are written down, you need a strategy to get there. Block out specific times during your week for exercise. I usually recommend one hour M, W, F, mornings. And plan out your meals. You have a good idea of where you’ll be throughout the week, so plan ahead. Don’t let your meals happen to you.

A simple eating plan to keep in mind:
- **Breakfast:** Fruit
- **Lunch:** Salad
- **Dinner:** Chicken and veggies
- **Snack:** Nuts

I just took away your excuses to stop for fast food!

A simple principle for losing weight:
**Have a plan, stick to it.** If you fall off track- get back on.

Write down the top 3 things you’ll do or change as part of your strategy:

#1: ____________________________________________________

#2: ____________________________________________________

#3: ____________________________________________________

Commit publicly to family and friends.
Start small and take baby steps.
Figure out your triggers and be consistent.
Stay focused on the goal for one month until it becomes an ingrained habit.

*Need more room to write?*
I’ve included a printable goals and strategy sheet at the end of this ebook.

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*The Health Virus*
3. FINISHLINE *(your when)*

Setting a finishline forces yourself to have something specific to strive for. If your goal is to lose 20 pounds, then you need to *(you guessed it)* write down the exact day you plan to lose that weight by. *For Example: I want to lose 20 pounds by March 30.*

Knowing the finishline is there will help push you. Ever watch Lance Armstrong in the Tour de France? Where he won a record seven consecutive times. Look at how hard he pushes towards the finish, with an incredible amount of focus. You may not be a professional cyclist, but you can still have a big finish and that same amount of focus.

Having the finishline makes your effort more meaningful. It’s inspiring when you want to give up, makes you work harder when you don’t feel like it, and will push you towards achieving your goals.

**FOCUS**

A focused goal is important because we quickly get caught up in the business of life, and forget about our priorities. It’s easy to lose focus if you don’t know what you’re supposed to be focusing on. Personally, the top three most important things in my life are God, family and health. I continue to remind myself daily of the things I want to give priority to.

**EVALUATE YOURSELF**

Ask yourself this question: What are the 3 most important things in my life?

1. __God?___________________________________________________

2. __ Family?_________________________________________________

3. __ Health?_________________________________________________

Now look at how much time, energy and focus you spend in each.

*Do your actions prove your priorities?*
I remember back in undergrad getting extremely busy with work and realizing, for a couple months straight, I’d spent no time with God or my family, and even began to neglect my health.

I made a vow to myself to always focus on and give importance to the things that really matter to me in my life. Some things I implemented after making that vow were to spend time reading my Bible every morning, schedule more dinners with close friends, save time for family vacations, and join a triathlon club to start focusing on my health.

A simple guide to determine how much you should weigh:
Get that tape measure out and start measuring that gut. Then you start working out and you start eating properly till that gut gets down close to where it was when you were in your 20’s. Then you’ll find out what your weight should be.

-Jack LaLanne

WHY
Remember Jane’s goal? She’s going for a big finish- 20 pounds in 30 days. Sure, it’s a challenge, but it’s certainly doable. To have a big finish, you’ve got to have a big why to get you there. Why are you getting healthy?

My freshman year in college I noticed one day, “Whoa! I’m starting to get a belly...that’s not cool!” So I started to get in shape for the coming spring break. Granted, that’s not a very big why, but it motivated me to get started. Once spring break was over I realized I had to find a bigger why to get and stay healthy. I wrote down these things for myself.

I WANT to:
• Honor God with my body
• Be 90 years old, running around with my grandkids playing soccer
• Live life to my full potential
• Feel good and have energy throughout the entire day

I DON’T WANT to:
• End up in a hospital bed with cancer, like so many in my family before me

QUESTIONS ABOUT GOALS? Head over to Facebook to Like my page, and ask me a question!
The *why’s* I wrote down that day in college may not be too different from yours right now. Those were my big *whys* then, and still are today. They continue to motivate me and provide the focus I need to reach my finishline. Consider these:

<table>
<thead>
<tr>
<th>Getting Healthy</th>
<th>NOT getting healthy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Look great in a swimsuit</td>
<td>Could get cancer</td>
</tr>
<tr>
<td>Play w/ my great-grandkids</td>
<td>Die before my daughters wedding</td>
</tr>
<tr>
<td>Prevent cancer</td>
<td>Taking more and more meds</td>
</tr>
<tr>
<td>Feel great throughout the day</td>
<td>less productive at work</td>
</tr>
<tr>
<td>Live longer, help others get healthy</td>
<td>Constant struggle being overweight</td>
</tr>
<tr>
<td>High energy, productive</td>
<td>Bloated</td>
</tr>
<tr>
<td>Healthy, clean looking skin</td>
<td>Feeling sluggish</td>
</tr>
<tr>
<td>Enjoying life</td>
<td>Unhappy</td>
</tr>
</tbody>
</table>

### 2 TYPES OF GOALS
When it comes to goal setting you want two types of goals: *short term and long term*. Your long term goal may be to lose 6 inches off your waistline, and your incremental, short term goals could be to lose one inch per week. You’re winning the little races along the way to the big race and the big win. Have some rewards for yourself for finishing these little races, and a big reward for yourself at the end, too. If you’ve worked hard, you deserve it. *For example:* Every inch you lose, take yourself to get a message.

People will achieve anything if they think it’s worth it and that their capable. Capability comes with information. Educate yourself about your goals so you can make powerful choices that affect the changes you want in your life!

### REWARDS
One quick thing about rewards. Don’t let your prize be ‘*eating an entire pizza with a side of rocky road ice cream*’. That would kind of be like tripping over a shoelace before you hit the finishline…and not finishing! You don’t want to go there.

“As you begin changing your thinking, start immediately to change your behavior. Begin to act the part of the person you would like to become.”

*John Maxwell*
CONTROL YOUR ENVIRONMENT
Environment affects us dramatically for better or worse. I have good news though, things don't talk back and when we change them they stay changed. Look for things in your environment that sabotage you and remove or replace them. If it's the vending machine at work stay away from it and bring your own snacks. If it's the food commercials during your favorite show, tivo it and skip through the commercials.

SETTING LITTLE FINISHLINES
Break your big goals down into bite size chunks. Your goal to lose 20 pounds means you want to lose 2 pounds a week for 10 weeks. Break it down for yourself and write the little goals down under your big goals.

For example:
Big: Lose 20 pounds before March 30
Little: Lose 1 inch on my waist per week for 6 weeks
Little: Lose 2 pounds per week for 10 weeks

And by the way, you can’t just say, “I know my goals, I have them in my head.”
That doesn’t work.

Let me be very clear: You must write your goals down!
Get some paper and a big bold sharpie. Write your very specific goals, make them permanent, and tape it to your bathroom mirror. You want to see these goals every day.

In order to hit your goals, look at them daily.

NO RESULTS?
If after two weeks you don’t see results, you need to change your plan. Go back to your strategy and make the necessary changes. Start by evaluating yourself, and be realistic. If your strategy already looks good, but you’re still drinking coffee with loads of sugar every morning and eating pizza, don’t expect to lose 3 pounds a week. If you’re not seeing results, change up your strategy and pick up the pace. You should see results.

QUESTIONS? Click here and head over to Facebook to Like my page, and ask me a question!
Eat Real Food

Here’s what I recommend you start doing today: Eat Real Food. Some people ask what I mean by ‘real food’. First let me tell you what isn’t real. A twinky. Soda. A Big Mac and diet soda is really, really not real. These things are so highly processed and full of chemical additives, hormones and pesticides that I don’t even consider them food! Much less Real Food. Look at a Big Mac’s beef, for example. It started out real, but was turned into a fake food.

The cow is taken to a troff and forced to eat grains, which a cow isn’t designed to eat. Next, the cow’s injected with hormones, steroids, antibiotics and a whole list of other ‘things’ that aren’t real. These things help the cow grow faster than normal. That cow’s meat is taken, plus other parts from other cows, and saddled with preservatives. Then shipped to the restaurants where it’s deep-fried in hydrogenated oils and overloaded with sodium.

Grain fed beef
+ Injected with hormones, steroids, antibiotics
+ Mixed with other beef parts
+ Saddled with preservatives
+ Shipped across the country/world (some meat parts come from India)
+ Fried in hydrogenated oil
+ Loaded with sodium
= Final Big Mac “meat”

Ready for consumption.

This food, my friends, is no longer real. It’s now fake. Don’t even get me started on the french fries!
GOOD FAT
The problem with hormones, steroids and antibiotics is that they’re not real. God didn’t design these things to go into your body. These chemicals are registered in your body as toxic materials, which can throw off your hormones among countless other problems.

If you’re eating fake things, or fake fats, you’ll actually begin to have fake cells. Every cell in your body is made up of fat. The simple truth is, eat enough good fat- your body will be made up of good fats. Eat enough bad fat- your body will be made up of bad fats. Hopefully it’s getting obvious now, avoid the fake food, eat real food.

Fats play an important role in your body. They regulate your hormones and produce energy. 60% of your brain and nervous system are actually made up of fat. Good fats are crucial for communication between your brain and body.

FAKE FOOD
Imagine this illustration:

You’re having car trouble so you take your car to Bob’s Auto Center.

Bob says: “Your wheel’s busted and you desperately need a new tire.”

But, rather than putting on a normal Michelin tire equipped with reinforced walls, water treads, etc. he puts a cheap plastic wheel on your car. You drive off the lot and something just doesn’t seem right. It doesn’t steer well. It’s not as fast as it should be, and things just don’t work like they should.

You shrug it off and continue driving to work, when suddenly your entire car falls apart and explodes. Okay, maybe it doesn’t explode, but it causes a serious crash.

The problem here is obvious- fire your mechanic! He gave you a fake wheel.

This same thing happens when you give your body fake foods. Over time, your body just shuts down. Fake foods cause more than just faulty steering or slow acceleration. Among the obvious, they can also make your hormones completely
unbalanced, giving you trouble with weight loss. They can cause your heart to function poorly, and can lead to cancer.

So here’s the deal: Eat real food. Below are my top three favorite real foods.

**REAL FOOD**

**#1 Cruciferous Veggies**
Cruciferous veggies are high in Vitamin C, Fiber and Selenium. All these will help boost your immune system. Cruciferous vegetables are also some of the most nutrient dense foods on the planet. They contain large amounts of vitamins, minerals and phytonutrients that will cause your health virus to spread.

*Kale, cabbage, broccoli, brussels sprouts, cauliflower and collard greens. There are others, but these are the most common.*

**#2 Berries**
Berries made my list because they contain more antioxidants than any other foods. Antioxidants protect your body against invading viruses and other things threatening your health, and typically come in many colors. It’s what gives a blueberry its blue, raspberry its red, and the blackberry its dark shade of purple.

*Some of my favorite super-berries include acai berry, blueberry, goji berries, blackberries, raspberries, strawberries and elderberries.*

**#3 Organic Wild Meats**
A great source of protein, help level out your metabolism, and help balance out blood sugar levels. I like the principle “you are what you eat...what they ate.” Take salmon for example: if your salmon isn’t wild, it’s farm raised. Which means it’s stuck in a cage, doesn’t get enough exercise, and is typically eating its own feces, which is one reason I recommend wild, organic over the other stuff.

*My favorite wild meats are wild salmon, organic chicken, free range eggs, grass fed bison and venison.*

**FAKE FOOD QUESTIONS?** Head over to Facebook to Like my page, and ask me a question!
Below are some meal ideas with links to recipes and videos on my website. All these recipes are from my new cookbook, *The Real Food Diet Cookbook*.

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<th>tues</th>
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<th>thurs</th>
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<th>sun</th>
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<td>7a</td>
<td>Berry Smoothie with Garden of Life Raw Protein Powder</td>
<td>Kale Shake</td>
<td>Florentine Omelet</td>
<td>Berry Smoothie with Garden of Life Raw Protein Powder</td>
<td>Southwestern Omelet</td>
<td>Kale Shake</td>
<td>Florentine Omelet</td>
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<tr>
<td>11a</td>
<td>Apple + Almond Butter</td>
<td>Veggies + Hummus</td>
<td>Trail Mix</td>
<td>Guacamole + Bell Pepper Slices</td>
<td>Veggies with Hummus</td>
<td>You choose</td>
<td>Meal Replacement Garden of Life Raw</td>
</tr>
<tr>
<td>2p</td>
<td>Big Greek Salad</td>
<td>Chicken Salad</td>
<td>Almond Butter + Banana Sandwich</td>
<td>Organic Turkey on Ezekiel Bread</td>
<td>Walnut Tacos in lettuce wraps</td>
<td>Egg Salad in a sprouted grain tortilla</td>
<td>Larabar or other fruit and nut bar</td>
</tr>
<tr>
<td>6p</td>
<td>Bison Burger with mixed veggies</td>
<td>Salmon Patties</td>
<td>Chicken Lettuce Wraps</td>
<td>Coconut Curried Chicken</td>
<td>Turkey Burger on Greens</td>
<td>Teriyaki Salmon</td>
<td>Healthy Stir Fry</td>
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Get Real Active

GET UP
The last step in catching the health virus is getting real active and doing real activity. How much of your day is spent sitting? Most people start off their day by sitting and eating breakfast, sitting in their cars to work, then sitting at a computer all day, drive home and sit in front of the TV for the next four hours.

That’s not being real active. But we know that moving and motion is a big part of life. Movement actually brings health to your body.

*Your health success is dependent upon the glands - sweat glands.*

So when I say real active, I’m not referring to just walking. Walking is good, but your body needs more. Your body needs to be pushed in order to grow. You need to sweat a little bit. Get your muscles fatigued and do a little bit of good ol’ fashioned hard work.

Also, don’t even think about telling me that walking up and down the stairs at work three times a day qualifies as real exercise. In fact if you’re thinking that, drop and give me 20!

Certain types of movements have also been shown to help bring the most health benefits to the body. These two types of exercise are BURST and WEIGHT training.

**BURST TRAINING**
Burst training is exercising at 90-100% of your maximum effort for 30-60 seconds, followed by 30 seconds of low impact for recovery.

*For example: 30s of hard sprinting, followed by 30s of slow walking.*

This will cause your body to burn fat for the following 36 hours, because your body’s vital energy (glycogen) stores need to be replaced.
You only need to do 20 minutes of burst training, 3 times a week to see marked changes and improvements.

More is not always better– make sure you have days of rest.

*You can read more about burst training at my site here: What is Burst Training*
DO THIS:

- 30s - Pushups
- 30s - Mountain Climbers
- Rest 30 Seconds

- 30s - Run in place
- 30s - Pushups
- Rest 30 Seconds

- 30s - Pulsing squats
- 30s - Lying down bicycles
- Rest 30 Seconds

- 30s - Mountain Climbers
- 30s - Burpies
- Rest 1 Minute

Repeat 4 times

For a demonstration, watch this video below at my site: [How to do Burst Training](http://www.draxe.com/video/how-to-do-burst-training-episode-007/)
Real Supplements

FAKE SUPPLEMENTS
This may surprise you if you don’t already read labels, but a majority of supplements on the market today are completely fake. If you’ve ever picked up your vitamins at a place where you might run into typical body builders, you can be certain everything in there is fake. If you want to spread the health virus, you have to take real supplements.

For example: Synthetically made calcium has actually been shown to cause heart disease. Synthetically made calcium can get deposited directly into your arteries, and this is what can lead to heart disease. Calcium needs other vitamins and minerals for it to function properly. Your body must have magnesium in order for calcium to be used properly.

*This is why I personally only take and recommend to my patients whole food vitamin based supplements.

5-10 servings of fruits and vegetables each day are recommended by almost every major health organization to maintain optimal health. Yet, according to the Department of Agriculture, less than 9% of adults in America eat the recommended number of servings. One way to make sure you’re getting plenty of fruits and vegetables is through a Berry Greens supplement.

SUPPLEMENTS I RECOMMEND:
I personally take two brands: my own, Axe Naturals, and Garden of Life. These products are made from whole foods, fruits, plants and vegetables. They’re 100% real and your body knows how to use them correctly.

4 FOUNDATIONAL SUPPLEMENTS:
The foundational supplements I recommend everyone take:

- **Berry Greens**, Axe Naturals
- **Probiotics - Primal Defense**, Garden of Life
- **Omega 3 Fish Oil - Oceans 3**, Garden of Life
- **Multi-vitamin - Vitamin Code**, Garden of Life

To boost the immune system in winter months I recommend:
- Immune Balance, Garden of Life
- Raw Vitamin D3, Garden of Life

*All the items I recommend are now available through my online store: [store.draxe.com](http://store.draxe.com)
Foundational Supplements

**Berry Greens** *Axe Naturals*
- Increases healthy **Metabolism**
- Improves **Digestive Health**
- Aids in **Detoxification**

The AxeNaturals formula contains the 5 most powerful, antioxidant rich fruits: *Maqui, Pomegranate, Acai, Goji and Resveratrol*. [read more>](#)

**Probiotics, Primal Defense** *Garden of Life*
- Promotes **intestinal function** and comfort
- Supports **digestive health**
- 15 Billion Probiotic Cells

Probiotics (*Pro: Positive, Biotic=Life*) are living microflora present in many live foods but destroyed by heat processing. Live probiotic cultures populate the intestinal tract where they play a positive role in digestive and immune health. [read more>](#)

**Omega 3 Fish Oil, Oceans 3** *Garden of Life*
- Supports **cardiovascular health**
- Supports **anti-aging** through antioxidant cellular protection
- Promotes **stress management** and emotional well-being

An ultra pure, high potency, pharmaceutical-grade fish oil with a fresh, clean taste and no fishy repeat or lingering aftertaste. [read more>](#)

**Multi-vitamin, Vitamin Code** *Garden of Life*
- Promotes mental and **physical energy**
- Supports a **healthy heart**
- Promotes **good digestion and breast health**

Vitamin Code Women’s Formula contains RAW Food-Created Nutrients, providing targeted cellular delivery and utilization of vitamins and minerals for extraordinary health and vitality. [read more>](#)

*All these items are now available through my online store:* [store.draxe.com](http://store.draxe.com)
Get Real Rest

SLEEP MORE
Sleep is one of the most undervalued essential practices today.
In 1910, an average night’s sleep was 9 hours. By 1975, it was down to 7.5 hours. From 2000 to 2002, polls found that it had fallen to 6.9 hours. Today, many people average just 5-6 hours of sleep per night.

Chronic lack of sleep is thought to be linked to diabetes, hypertension, obesity and memory loss. Lack of sleep increases blood pressure and your risk of heart disease. A study by the University of Chicago found that cutting sleep from 8 hours to 4 hours a night, for less than one week, produced physiological changes that resembled the effects of advanced aging and early diabetes.

Those changes happened in less than one week! The study found that recovery occurred and above-average functioning occurred when the subjects slept more than 8 hours a night. How much are you sleeping?

You can work out for hours, but if you don’t get enough sleep your body isn’t going to turn fat into muscle.

Lack of sleep raises your levels of cortisol which triggers the fight-or-flight response. During stress, the body shuts down normal maintenance, activates fat storage and releases loads of sugar into the bloodstream. This process depletes the body of nutrients and triggers cravings for simple carbohydrates and sugar.

APPETITE CONTROLLING HORMONES
There are two very important appetite-controlling hormones linked to sleep, Leptin and Ghrelin. Leptin suppresses appetite and Ghrelin increases it. When people are subjected to sleep loss, Leptin levels fall and Ghrelin levels rise.

Even when they received plenty of nutrition, people that didn’t get adequate sleep were compelled to eat more. Because their Leptin levels were low, their brains didn’t get the message that they were full—instead they just kept getting the message: “Hungry! Eat!”

SLEEP QUESTIONS? Click here and head over to Facebook to Like my page, and ask me a question!
STRESS
Stress is a part of everyday life. Without it we would never get off the couch, never worry about our work efforts, or what our kids are up to. The degree of stress we encounter on a constant basis today, however, has reached epidemic proportions.

“Worry does not empty tomorrow of its sorrow; it empties today of its strength.”
- Corrie Ten Boom

Stress triggers your fight-or-flight response. The surge of adrenaline and the slowing down of other basic functions provides us with the instant energy we need to run from a predator or battle an attacker.

This survival response comes with side effects though. Over time, that extra energy and alertness comes with altered hormone levels, heightened blood sugar, depleted nutrients and lowered neurotransmitters. Over time, our bodies adapt to invoke that same response with smaller and smaller triggers.

CHRONIC STRESS
Fight or flight is the normal operating mode for many of us, rather than the true emergency survival mechanism it’s meant to be. We rarely work off that energy, take restorative actions or release ourselves from that state of mind. Chronic stress affects every bodily system.

It suppresses the immune system, slows metabolism and cell regeneration, makes airways reactive and creates muscle tension. It’s estimated that 90% of doctor visits can be traced back to stress.

Stress is linked to weight gain, heart disease, depression, headaches, sexual dysfunction, irritability, problems sleeping and addictive behaviors.

The degree of stress we experience on a daily basis might be a cultural norm but personal priorities, personal choices and our purposeful reactions to stress can limit the negative health effects of stress.

On the next page are 10 ways to naturally reduce stress in your life.
10 Ways to Naturally Reduce Stress

1. **Spiritual Triathlon.** This is my personal method for keeping a focus throughout the day. Every morning when I wake up I spend 5 minutes saying all that I’m grateful for, 5 minutes in prayer and 5 minutes reading my Bible.

2. **Schedule relaxation.** Write it down in your planner and stick to it. Sticking to it is the key. Schedule time at least once a week to do something you love—something that refreshes you. Maybe that’s a game of tennis, spending an hour alone with a good book or taking a yoga class.

3. **Pour yourself a cup.** Many varieties of hot tea have calming effects on the body and can help lower blood pressure. Try green, black or herbal teas with chamomile. [read my recent article on green tea](#)

4. **Take a deep breath.** Try deep breathing alone for a few minutes every day.

5. **Just say “No.”** Don’t spread yourself too thin. You won’t be able to give 100% of your efforts to any of the tasks you attempt.

6. **Release adrenaline.** Before, during and after stressful situations, walk briskly for 5 minutes or run up a flight of stairs. A short burst of physical activity can help expel anxiety and give you clarity.

7. **Ditch the caffeine, nicotine and alcohol.** Don’t add to nervous energy with stimulants and don’t mask stress with alcohol. The long-term effects compound the negative effects of stress.

8. **Exercise regularly.** Regular exercise helps release built-up tension and stress hormones. Exercise also helps to release endorphins, the brain’s natural feel-good chemicals. I recommend [Burst Training](#).

9. **Sleep.** At least 8 hours a night. Every night.

10. **Serve.** Serving others is a restorative act, which will also give you perspective. Remind yourself that it’s not always all about you.

**QUESTIONS ABOUT NATURAL CURES? head over to Facebook, and ask me a question!**
Real Community

In order for the Health Virus to spread, it has to infect entire communities. I like using Facebook so much because everyone benefits from the questions and answers on my page. If you don’t Like my page already, head over there and take a look at some of the questions. There’s a lot of new stuff everyday. My Facebook Page>

Dr. Josh Axe I'll be working on a new article, How facebook can help you lose weight. Would love to hear some social media related success stories

Brandon Gilbert I definitely agree. When you put your goals out in the social mediasphere, you instantly have community to help you achieve your goals and to hold you accountable. For instance, a foursquare update of “So and so is at Burger King...” most likely will result in someone reminding you of how detrimental to your goals that is.

Kathryne 'Reeves' Lee I think that is a wonderful idea. It has definitely helped me. I keep all my Facebook friends updated on my progress. It is like having one big support group. Plus they follow my progress and even ask me what I'm doing, so I get to share everything that I know. It is really a lot of fun. My health/weightloss challenge is an open book on Facebook. I've lost 50 lbs since the beginning of January.

Dani Adkins Welch If nothing else, it is inspiring to see you post an article or health fact in that it "reminds" me to eat right/exercise and reinforces the healthy choices I am making. Then I am more likely to go grab an apple and take a walk rather than a bag of chips and a tv show!

Robin K Ray Support & Encouragement

Tania Pierce Yes! For support and accountability... as well as all of the awesome info and tips we get through your posts! So many posts that I have shared were because after reading it through my email and telling all of my friends... it was nice to be able to "share" the info on FB so they could see where I read it! Thanks for all of your hard work and contribution to Nashville's health! (I have lost 35 lbs the past 4 months... the healthy way and looking forward to losing 65 more!) =)
NOW WHAT?

We have a lot of new stuff coming up, so I’ve highlighted below the best ways to stay up to date:

- **Sign up for my Newsletter** - Weekly, in-depth health articles with action steps on natural and healing health principles.

- **Transformation TV** - Here I cover everything from organic shampoo to the dangers of sunscreen. Really, check out the sunscreen episode, it’s one of my favorites.

- **Transform Your Kitchen** - Weekly cooking videos, featuring recipes from my cookbook, The Real Food Diet Cookbook.

- **Transform Your Health Radio Show** - My weekly radio show, available as a free podcast download.

- **Facebook Page** - Feel free to ask me anything. It’s a fast growing, health focused, lively community with tons of smart (and healthy) people.

2 BONUS ACTION STEPS

#1 Email this eBook!
If this eBook was helpful for you, will you please share it with a friend? The file is small enough to email and downloads quickly. Share it with someone who you think might specifically benefit from it.

#2 Print A Copy
Then a few extras for your friends and coworkers, and hand deliver them. The Health virus has to touch a lot of unwashed hands in order to spread!