

BEST PRACTICES FOR A HEALTHY LIFESTYLE

These recommendations apply to chronic pain, headaches, tinnitus, numbness/neuropathy.

SLEEP, MOOD, DIET AND EXERCISE

1. SLEEP HYGIENE

- a. Shut off phones and electronics 2 hours before bedtime
- b. Stop eating or drinking all but water, decaffeinated tea 2 hours before bedtime
- c. Bedroom for sleep, sex and reading only, not TV for best sleep
 - i. Some recommend comedy if watching TV before bed
- d. Cool room; turn off heat if possible
- e. Consider journaling before bed. Make lists of items you are grateful for and/or consider adding first to a to-do list.

2. MOOD

- a. Learn and practice am and pm meditation, guided or unguided.
- b. Consider free or paid Apps such as Calm.
- c. Learn about breathing exercises to imagine your breath for daytime breaks
 - i. Visualize your breathe as you inhale count “one in” and imagine it in the back of your thought with a color of the breathe, then slowly exhale and imagine it leaving your throat and mouth “one out” and in the air in front of you then imagine catching the colored air and inhaling it again, “two in”. continue to ten. If you forget what number start again at “one” and do your best to get to “ten out”.
- d. Make a pain, headache, sleep and mood journal to identify activities or items that influence your discomfort.
- e. Consider having a private counselor or therapist weekly or month, consistently and routinely. I emphasize private to mean no sharing with family friends unless they are mandatory care givers. Developing a private protected relationship with a therapist is important for independence, confidence and growth.
- f. Consider making a list of things you are grateful for in addition to a to-do list.
 - i. Remember having a balanced life is best for your well-being. A balanced life includes scheduling time for your family, quiet time for yourself, time for doing something new, taking care of your body, taking care of your house and your business. All of these things can be scheduled so that you have the comfort of knowing they will be accomplished.

3. DIET

- a. Focusing on eating less and stopping eating when you are full – or before?.
- b. Do not eat chips or fast food; do not drink soda. These would be for rare occasions only.
- c. Snack on celery, nuts, sparkling no-sugar water, carrots, other vegetables.
- d. Eat more vegetables; and fruits such as apples, pears, blueberries.
- e. Eat more nuts in general. Walnuts and almonds and most recommended.
- f. Make a food diary and try to keep animal protein to as few meals (aim for no more than 3 to 5 meals) per week as possible. Mediterranean diets are known to have weekend

feasts with meat and fish but otherwise focusing on vegetarian diets. Adventists eat entirely vegetarians and they seem to have the longest lives.

- g. Consider intermittent fasting, for example no eating between 8 PM and 10 AM, which is 14 hours, or possibly 8 p.m. and 12 PM the following day which is 16 hours. You are allowed hot water with lemon, decaffeinated tea, caffeinated or decaffeinated coffee with no dairy milk product. A touch of soy, almond or oat milk is allowed. Things such as a pat of butter, or chocolate powder without sugar, and/or MCT oil may enhance taste and have healthy benefits.
- h. Watch the movies on Netflix "***Game Changers***" and "***What the Health?***"
- i. Subscribe to nutritionfacts.org, an evidence-based nonprofit website about foods that are healthy; and Dr Neil Barnard's website.

4. EXERCISE

- a. High impact exercises recommended as well as low intensity aerobic conditioning exercise that is just below the carbohydrate burning threshold which usually is approximately 110 bpm of heartbeat. – maybe don't need this section as they are listed below?
- b. High impact exercises: usually short burst exercises such as basketball or volleyball tennis, weightlifting or any kind of class which is strenuous.
- c. Aerobic conditioning can also be varied. Some aim to be able to run and bike long distances and can increase your stamina by slowly increasing the intensity and frequency or duration.
- d. Low intensity aerobic conditioning that is below the threshold of carbohydrate burning threshold; usually is slow and steady and helpful to burn fat which may have terrific consequences for diabetes, hypertension, or metabolic syndrome including high cholesterol and fat burning including weight loss.