

Your Healthier Happier Life Award!

Much-improved health can boost your life enjoyment dramatically. And it's within reach of almost anyone! This Good Life Award of twenty-four top health tips is based on trustworthy leading sites like [Medical News Today](#), [HealthLine.com](#) and [Better Health Channel](#).

What's the value of this Award compared to your seven Bonuses? Some people may feel a little better and enjoy a longer life; others will likely find a few tips so revitalizing, it's worth more to them than their seven Bonuses combined! In either case, this Award will save you tons of time because we sifted through thousands of web pages for you and picked out well-written articles with great tips. They are also easy reads, and most come with **summary** sections to help you skim through fast.

The Greatest Wealth Is...?

"The greatest wealth is health" penned the Roman poet Virgil. Vibrant health fuels good times and high spirits. It can also work in reverse: Being in good spirits can improve your health.

An Award Of Healthier, Happier Living

These **twenty-four top health tips** are all about creating more **happiness** and **well-being**. They are yours to enjoy forever.

When you want to expand a quick tip into a brief explanation, simply click any **"In Brief"** link. Each tip is capped off by a **"Health Secret"** link: Click it to uncover what the healthiest-and-happiest do, that many people never discover. Scroll down a little more, and you'll even see how to reveal many secrets with just one click. You'll also see **"More:"** links to other health sites, in case you have a special interest in a mentioned topic.

Let's see how many tips are either new to you, or helpful as a reminder.

Part 1: Top Health-Boosting Nutrition Tips

Why do we reveal nutrition tips first? Because they can build up your health, purify you of toxins, and lift your spirits. Your **food choices** profoundly impact our personal mood and energy, sometimes so slowly that we don't even realize it. The better you eat, the happier you will come to feel over your entire life.

1. Keep your digestion working well with natural digestive aids.

[In Brief] Some people eat great food, but they still don't feel good because their digestion is functioning at half normal capacity, or even less. You can jumpstart your digestion with herbal teas that include **ginger and peppermint**. They will **stimulate digestive enzymes** if you sip them 30 minutes before a meal. They also help **transport nutrients** from your digestive system into your circulation as you sip them during a meal.

You can also help your digestion by maintaining a **healthy diet** and using **probiotics** to maximize your "good bacteria." Older people should consider taking one or more **HCl acid** pills with meat foods because the human stomach produces less digestive acid as we age. And sometimes a **naturopath** can give needed guidance to restore our digestive health, because it can be too complex to do it ourselves. (**More:** [The 11 Best Ways to Improve Your Digestion Naturally](#), at HealthLine)

[Spicy Secret] **Gut problems are often considered the number one root cause of medical problems leading to poor health.** So many feel-good neurotransmitters are actually produced in the gut, it's often considered the "second brain" of the body. A common saying in medicine is *"All disease begins in the gut."* That's not strictly true but digestive problems can drastically weaken the body, which can lead to some medical problems and worsen those you may already have. (**More:** [How Gut Health Affects You](#) at HealthLine)

2. Replace questionable foods with better ones.

[In Brief] For example, grains really aren't natural to our human digestive system. It's smart to eat **multi-grain** instead of relying on wheat. **Gluten-free mixes** containing coconut, almond flour, quinoa and/or tapioca (a.k.a. cassava) are more nutritious than wheat. Plus they're easy to bake, pan-cook, or microwave.

You can nutritiously supercharge your home-baked goods with little-known ingredients. If you mix **spices and mints** into dough or batter, that can help YOU get more nutrition out of your pancakes and muffins. Include **decaf coffee or teas** when you need better energy, delivered in a nicely uplifting way with no "jolt" effect. (**More:** [Five of the Healthiest Flours](#) at HealthLine, [Paleo Energy Bread](#) at GoodLifeMission.com)

[Substitution Secret] **You can convert nearly any tasty recipe into something healthier to eat.** You can access a list of

healthy substitute ingredients on the Internet. You can also scale recipes up or down into different serving sizes for different numbers of people. ([More: Four free tools to convert any recipe and make it healthier at Tiara Tribe](#))

3. Eat more nutrient-rich foods including fruits, veggies, nuts, seeds and spices.

[In Brief] Some people do well eating about two cups of **fruits** per day, but because fruits are high in sugar, much less fruit works better for many others. **Vegetables and greens** are better for us: Try for two or three packed cups daily. **Mineral-rich foods** such as nuts, seeds and kiwi fruit are also very important. **Organic meats** can be important for their protein and fat content.

Here is a list of nutritious foods that are mentioned over and over again by experts. An asterisk means a food is more likely to trigger an allergy or food intolerance:

1. **Excellent** (in alphabetical order): apples, avocados, beets, bell peppers (red), blueberries (best if wild), broccoli, cherries, cucumbers, garlic, ginger, kelp, kiwi fruit, lettuce (romaine), lemons, limes, onions, parsley, spinach (baby), sunflower seed butter, sweet potatoes.
2. **Very good**: brussels sprouts, cocoa, most fruits, most greens, nuts* (except peanuts*), peas, most seeds* (best: flax, hemp, pumpkin, quinoa, sunflower), salmon (wild Alaskan), most spices, turkey (organic), most vegetables.
3. **Good in limited amounts**: beans (best: spicy kidney beans), beef (grass-fed organic), butter (grass-fed), coconut, eggs (4/week)*, figs (black mission variety), most wild-caught fish, lentils (best: red lentils), molasses, healing mushrooms, olive oil (extra-virgin), oysters*, potatoes, venison, whole grains* (best: barley, brown rice, oats), yogurt* (unsweetened).
4. **Avoid or minimize all these**: Alcohol*, non-yogurt dairy*, dressings and condiments, refined flours* (in white bread and most cereals), most dried fruits, jams/jellies, canned juices, most other meats (especially lunchmeats), most oils*, oranges, most seasonings, sodas (sugared or diet), sugared foods

No one list is perfect because we all have different nutritional needs. But just give it a try, you might find some foods that spark vastly improved well-being for you! ([More: What are superfoods and why should you eat them? at Medical News Today](#))

[Delicious Double Secret]

- **(1) Delicious Spicy Secret: Healthy foods that may taste bad to you can be spiced up to taste surprisingly good.** Even the often-reviled broccoli and spinach: **Baby varieties** of both taste much better. **Cook** foods if you like a softer texture (some nutrients will be lost, but it does become more digestible.) Find **spices and herbs** you like and sprinkle them in. Make them more savory with some extra-virgin **olive oil**, grass-fed **butter** and/or **sea salt**. What balance of flavors will you like most? ([More: 18 Flavorful Salt Alternatives at HealthLine](#))
- **(2) Delicious Blending Secret: Any healthy foods you still don't like eating, treat yourself to a little healthy smoothie.** Simply **blend with some flavorful fruit** and maybe a little **stevia** sweetener. If it still tastes poor, just **drink it fast** or use a **wide straw** to minimize contact with your taste buds. Then **wash it down** with water or have a little **mint** or **dark chocolate** for a better aftertaste. ([More: Better Tasting Smoothies at Prevention Magazine](#))

4. Consume only high-quality supplements, not unreliable ones.

[In Brief] Many nutrition experts believe that over 90% of supplements are unhelpful in the long run. If one seems to help at first, be aware that it may be because it's excessively strong, which sooner or later could harm your health. Keep taking a supplement only if it's **right for you**: For example if it solves a nutrient deficiency or you can feel it keep sustaining your health. If you're uncertain about a supplement, you might try staying away from it for a while, then resume taking it and find out what feels best.

Minerals are often what your body needs most vitally: Consider **magnesium, zinc, potassium and trace minerals**. But be careful because sometimes minerals like calcium can be consumed excessively. **Vitamins and antioxidants** are also important categories to look into. ([More: Vitamins and minerals at the Better Health Channel](#))

[Subversive Secret] Many people unknowingly have **life-sabotaging nutrient deficiencies** are all too common. That can deeply subvert our health over time, and food from our nutrient-depleted soils may not be enough to maintain good health. So if you believe you should be feeling better, that's definitely something to check out. To discover what deficiencies you may have, you could see a nutritionist. Or you could visit a walk-in lab to have bloodwork tests done. Or you could try specific vitamins one at a time to see which ones help you feel better: Depending on the vitamin, you may need to keep it up for days or weeks to make your testing valid. ([More: 10 Common Nutrient Deficiencies at PaulaOwens.com](#))

5. Drink only all-natural energizers of good quality like tea, tisanes (herbal teas), cocoa and coffee.

[In Brief] **Tea** and **coffee** both have powerful tropical antioxidants. So does **unsugared cocoa** powder which is healthier than solid chocolate. Various **coffees** (light and dark roasts, cold and hot brews) all have different nutritional benefits. The healthiest **teas** are usually considered to be green tea (especially powdered matcha), white tea, and sometimes hojicha (toasted tea.) You may find that abstaining or **going decaf** several days each week works well.

Caffeine-free **herbal teas** can sometimes uplift your well-being very effectively: Five of the best include versatile **ginger**, uplifting **holy basil**, relaxing **chamomile**, soothing **rooibos** and heart-healthy **hibiscus**. ([More: What are the best teas for health? at Medical News Today](#))

[Organic Secret] It's both wise and cost-effective to drink only **organic teas and shade-grown coffees**. They will uplift you with nicer energy and better nutrition, with less of a **caffeine jolt** stressing your adrenal glands. If you drink one third less, you'll feel

better without spending any more money. Avoid cheap non-organic stuff that may contain dangerous toxins, or pot coffee that may taste okay but has turned bad from sitting too long. In fact, it's best to avoid most non-organic foods as much as possible. ([More: The Difference Between Organic And Non-Organic Foods](#) at Natural Living Family, including the "dirty dozen" pesticide-laden foods)

6. **Make your food choices well-timed and balanced** for a smoother, more uplifting energy flow.

[In Brief] The number one principle is to **eat slowly**. **Eating gradually** over an hour or more gives you smoother energy supporting a better mood, without any *troublesome energy spikes*. That can apply to meals, drinks and supplements. This need not rob you of time: You could simply **multitask while eating, while you read or watch TV or browse online**. Or you could **divide meals into three parts enjoyed at half-hour intervals, and do something else in between**. Also, **thorough chewing breaks down food and mixes it with helpful enzymes in your saliva**. And **get plenty of variety every day**: Ideally we should be consuming **thirty to fifty different foods each week**.

Timing matters too. On awakening you want an energy boost but your digestion is ready mainly for easily digested foods. So start with coffee or a good wakeup tea, then after at least 30 minutes have a breakfast with plant foods high in nutrition, like fruit, nuts and greens (an egg or a little cereal is also fine.) Lunch is better than supper for eating hard-to-digest foods like meat because you don't want it to stress your sleep while digesting it. At suppertime you want a nutritious balance that provides a smooth and pleasant flow of energy through the night. Between meals is a great time to have a high-antioxidant treat such as coffee, tea or dark chocolate because that can clean up "free radical" chemicals that almost any meal will put into your bloodstream. ([More: A guide to eating a balanced diet](#) at Medical News Today)

[Brainy Secret] Our brains are mostly made of fat, and need **healthy fats** to thrive. The quality of our thoughts and emotions depend on making sure we get enough fats, proteins and other brain-building nutrients. To keep your brain healthy, twenty to thirty-five percent of your daily calories should come from healthy fats. Some of the best fat-containing brain foods are **avocados, butter, eggs, nuts, nut-butters**, (especially **almonds**), **seeds** and seed-butters (especially **pumpkin** and **sunflower**.) If you consume meat, include wild **salmon** and other oily fish, pasture-raised **turkey**, grass-fed **beef** and occasionally **venison**. If you eat little fish, be sure to take an **EFA** (essential fatty acids) supplement.

Unprocessed extra-virgin **oils** can help too (especially olive and coconut) when well-mixed with other foods. But if much oil is used (e.g. in a salad dressing) an oily coating on other foods can inhibit their absorption. Eat nonfat brain-boosters too, such as **broccoli, coffee and tea, cocoa, greens**, and other **high-antioxidant plants**. ([More: 11 Foods That Boost Your Brain and Memory](#) at EcoWatch)

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Part 2: Preventive Care To Stay Healthy

Health experts often warn us that stresses to our health can gradually inflict very serious harm, even though they may seem minor at first. These stresses can include poor nutrition, pollution, household chemicals, microbes, and nearby electronic devices (to name a few.) But most people shrug it all off until **nearly irreparable damage** has already been done.

It can be a major trap to think *"I feel okay, so it must not be harming me."* Even if you don't feel a stress, which of these seven scenarios might be *true for you*?

1. A stress may be **building slowly**, so gradually that it's escaping any notice
2. Your body may be fighting a stress adequately – but it's **running out of resources** to defend you
3. **Numbness to it** may have set in (that's your body's way of letting you go own with your life)
4. You may have slowly become **accustomed** to stress and ignore its symptoms
5. A stress may be overshadowed by your **distracting life events**
6. A stress may be weakening your immune system, setting you up for **gradual sickly decline** later in life
7. Each small stress seems minor, but your **combined small stresses** may be brewing major trouble

Whatever your true situation is, don't worry about stresses because worry is just another stress. Just replace those stresses with supportive solutions as outlined below, and you'll enjoy life better than before.

7. **Minimize foods that are non-organic, overly-processed, decayed or allergenic** – that's most items that have been on the shelf in dried, canned or bottled form.

[In Brief] Ridding your body of those foods could elevate your sense of well-being very nicely. Many **processed foods** are injected with chemicals, diluted by over-processing, and so full of preservatives that nutrients can decay for years without harming the taste. **Non-organic food** is often genetically tampered with, grown with poisonous pesticides, and harvested from nutrient-depleted soil.

Other foods may be **allergenic** to you, meaning they trigger a stressful immune response to mistakenly fight the presence of that food. Or you may have a **food intolerance** or digest a food poorly.

There are a few good shelf-stored foods you can eat. Beans, cocoa, molasses, nuts, seeds, spices, and teas can retain most of their nutritional value much longer. You'd still be wise to store them in the **fridge or freezer** though. ([More: How do processed foods affect your health?](#) at Medical News Today)

[Sweet Secret] **Two in five Americans will develop diabetes in their lifetime**. That's according to a recent scientific forecast.

The keys to avoidance are **more exercise** and **healthier foods**. Foods with excess **sugar, refined flour and potatoes** can be "calorie bombs" that disrupt your blood sugar and feed **bad bacteria** in your gut. **Sugared drinks** are extremely unhealthy, and **fruit juices** should be consumed very lightly because they are loaded with fructose sugar.

Instead of sugar, *create your own sweetener!* Start with delicious fruits like **frozen wild blueberries** and **apples**. Blend them all into a sweet puree, then freeze them in an ice cube tray to preserve them until needed. For lower calories, add a little **stevia** or **monkfruit** (both are zero-calorie natural sweeteners that are safe for cooking.) (*More: [21 Reasons to Eat Real Food](#) at HealthLine*)

8. Guard against disease-causing **microbes, parasites and pests**.

[In Brief] Influenza **vaccines** are advised for most people each fall, the sooner the better. **Personal hygiene** is also of great importance, so apply the lessons we're all learning from the Coronavirus pandemic: Keep everything clean and don't breathe the sick air. And be careful to avoid **insect bites**, especially from ticks. (*More: [Six ways you can help your immune system](#) at Harvard Health*)

[Ancient Chinese Secret] "*The superior doctor prevents sickness; The mediocre doctor attends to impending sickness; The inferior doctor treats actual sickness*" says an ancient Chinese proverb. Doctors want the best health for you, but unfortunately our medical system puts their attention on treating existing diseases. The **prevention** part is up to us, especially when a **superior doctor** is not around to help. And notice any unpleasant bodily sensations coming up, so your good doctor can **correct problems early**. So **be proactive** about being happy and healthy. Utilize the tips of this **Good Life Award!** (*Ebook: [How To Work With Your Doctor To Get What You Need](#) at DrHyman.com*)

9. Get wellness checkups with a caring doctor to prevent diseases.

[In Brief] Screenings for **cancer, heart disease and more** become more necessary as we age. Consult with your doctor to see which ones are right for you. A doctor may see something that you haven't noticed. Talk in a friendly manner to doctors until you're happy you've found a **wise doctor** who you know really cares. For your best health find one who can intelligently discuss **advanced screenings** such as nutritional testing, stool analysis and hormonal tests. (*More: [10 Medical Tests Every Man Should Get](#) at HealthLine, [10 Health Screenings All Women Should Have](#) at Everyday Health*)

[Double-Checking Secret] Many drugs have **side effects so serious, it's risky to utilize them**. So whenever someone recommends a drug without talking about **natural and nutritional** alternatives, think twice. **Double-check side effects** carefully, get a **second opinion**, and do all you can to nourish better health and overcome problems naturally. (*More: [Medicines and side effects](#) at Better Health Channel*)

10. Stay clean inside and out using water and hygiene.

[In Brief] Simple **cleanliness** washes away toxins that can harm you so gradually, you don't even realize it. Toxins build up constantly, many of them via secretion from our own skin. Products such as cosmetics, deodorant, soap, shampoo, sunscreen, and toothpaste too often contain harmful chemicals, so get **natural alternatives** (e.g. from a reliable health supplies store.)&

To get clean inside too, **drink plenty of water** to be clean inside too. This will help refresh you and flush out toxins. Eight cups of water per day are often recommended by experts. (*More: [How to Clean: Tips for Keeping Your Home Healthy](#) at HealthLine*)

[Bottled-Up Secret] Some **tap water can slowly but surely make you very ill**. It's necessary to **filter** your tap water to remove chemicals and carcinogens, or drink **bottled water**. To save money, you could look for stores that let you refill large water bottles with spring water at a low price. Use distilled water cautiously because it can wash out both unwanted toxins and needed minerals. (*More: [Fifteen benefits of drinking water](#) at Medical News Today*)

11. Minimize alcohol and avoid drugs and stimulants as much as you can.

[In Brief] Light "**social drinking**" is generally believed by health experts to pose little risk if you're in good health, and some studies actually link it to a longer life. Most people should consume one or two drinks per day at most. **Heavy drinking** is another matter: Between **25% and 40%** of all patients in hospital beds are there because of alcohol-related health problems. And **habitually intoxicated people** also often indulge in unsafe behaviors.

Quitting smoking will improve lung function about 30%. You will also more than halve the risks of **heart attack** and/or **cancer**. (*More: [What are the symptoms of addiction?](#) at Medical News Today*)

[Heartfelt Secret] Some of the best **natural highs in life can come from loving care from the heart, whether you receive or give it**. It's a process of imagining, sharing, giving and receiving love and happiness. (*More: [What are the treatments for addiction?](#) at Medical News Today*)

12. Minimize exposure to "EMF" (electromagnetic fields) from **computers, cell phones**, and other electronics.

[In Brief] EMF from electrical devices and cellular transmissions definitely can contribute to deteriorating health. Use **cell phones** sparingly and/or keep them as far away as you can from vital organs like your brain, because even cellular companies admit that risks cancer. Keep powerful electronics such as **computers** and **microwave ovens** at a reasonable distance when turned on (at least three feet, double that whenever possible.) **Unplug** devices whenever possible, or at least turn them off when not in use.

The AC current in household wiring constantly emits EMF (including even the power cords of turned-off devices.) One of the best things you can do is **sleep safer**: Either move your bed well away from the wall, or even better, power-down your whole bedroom at the circuit breaker box. (*More: [Electromagnetic Radiation: Are EMFs Really a Risk?](#) at Dr. Axe*)

[High-Tech Double Secret]

- **(1) Insensible High-Tech Secret: Over ten million Americans are already plagued by EHS (EMF hypersensitivity.)**
And EHS is constantly growing *slowly and unnoticed*: A report from the United Kingdom puts the number of people with undetected EHS as high as thirty percent. Dr. Andrew Weil has said EMF pollution “*may be the most significant form of pollution human activity has produced in this century, and all the more dangerous because it is invisible and insensible.*” Don't become yet another victim when it's very easy to take **preventive steps** now.
- **(2) Sensible High-Tech Secret: Fortunately you can use healthy high-tech to fight EMF-polluted high-tech.**
Computers can be kept 5-10 feet away by using a **USB keyboard** or **wireless keyboard**. Then make the text on your screen **appear bolder and larger**. To keep your cell phone a safe distance away from your head, use its **speaker** and/or get **air tube earphones**. (**More:** [7 Tips to Protect Yourself](#) at Amy Myers MD)

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Part 3: Enjoy A Lifestyle Of Elevated Wellness

Want to enjoy your days more fully? Wouldn't we all! These are top six ways to keep your day going well.

13. Be active and defeat fat with increasingly lively flows of movement.

[In Brief] Just **moving around** stimulates circulation throughout your body: This helps good nutrients flow freely, while flushing toxins. Some people are big believers in “just keep moving” because they can feel the health-and-happiness results. But **obesity** can lead to hardening of the arteries, coronary heart disease and stroke.

Exercising even a few minutes per day healthens your entire body and improves your breathing. Try to get at least 75 minutes per week of vigorous activity (such as swimming or sports) or 150 minutes of something lighter like walking. (**More:** [How to get active when you are busy](#) at Better Health Channel)

[High-Spirited Secret] **All the exercise you need can happen naturally and enjoyably.** Several studies have found that people who move actively for hours every day are healthier than those who exercise vigorously, but are sedentary most of the time. Fitness doesn't need to be based on “no pain, no gain.” You can make exercise all about activities *you enjoy*. If we're not young anymore, we can still move towards being young at heart. And love can help here: Recall the story of the child from Boys Town orphanage, who when asked how he could bear carrying the heavy weight of his injured brother, replied “He ain't heavy, he's my brother.” (**More:** [Physical activity: choosing the one for you](#) at Better Health Channel)

14. Deep, relaxed breathing helps your cardiovascular system, uplifts your spirit, and eases stress.

[In Brief] Good breathing should feel **pleasing and relaxed** as it bends your diaphragm from the stomach downwards. For starters, imagine breathing out negative feelings (anger, resentment, frustration) and breathe in positive thoughts (kindness, generosity, forgiveness.) In fact, an excellent way to **measure the value of a health tip** is by how pleasantly it helps your breathing. (**More:** [How to breathe properly for better health](#) at Medical News Today)

[Soul Secret] **“Breath is the voice of the soul” say the yogis.** Good breathing centers on a **relaxing-to-soul**: We discard all that we feared in the past, for all who we love and all that inspires and enthuses us. Then in all ways we let our breath fuel our well-being forevermore.

15. Get enough sun but not too much unprotected exposure.

[In Brief] The sun helps us produce **vitamin D** and other feel-good nutrients. Just be sure to use enough **sunscreen** to stop sunburn, ward off skin cancer, and preserve your appearance. (**More:** [What to know about the health benefits of sunlight](#) at Medical News Today)

[Illuminating Secret] **When the sun goes into hiding, a natural-spectrum light bulb can help a lot.** This helps your body **create vitamin D** and other useful nutrients. You can benefit from using it as little as 10-20 minutes per day. It's great for everyone who lives through cold or cloudy winters. It's also wise to take at least **600 IU of vitamin D** daily.

16. Get plenty of sleep because it heals the body, primes the immune system and improves heart health.

[In Brief] Everything in this **Healthier Happier Life Award** has a chance to help your sleep. Many potentially helpful **web articles** about sleeping better have been written for insomniacs to sleuth through. It can also be very worthwhile to see a **sleep doctor**. (**More:** [Healthy Sleep](#) at Medline Plus)

[Restful Double Secret] **(1) Restful Sleep Secret: Many sleep medicines don't work well or have unwanted side effects.** Fortunately **melatonin** is a safe sleep aid, plus it helps your body produce needed hormones. Take it at the time you have trouble sleeping. If you awaken in the early-AM hours, take melatonin then. To avoid unpleasant side effects don't take more than you need, which may be only 3 mg or less.

(2) Restful Awakenings Secret: In the early AM hours you can consume nutrients that deplete from your body

overnight. You could try having a light **post-midnight snack** of healthy, gentle food to see if restoring depleted nutrients helps you awaken with better energy. Keep trying different healthy foods (just a few bites are all you need) and/or reduced supplement doses, to find what gives you the best sleep. **Vitamin C** depletes quickly, so a good one with bioflavonoids may help.

17. **Wake up well** with spirit-uplifting habits, ones that you can really feel creating a day of happier well-being.

[In Brief] When you awake, try to keep your conscious mind an unending stream of what you sincerely love most. Simple as that! So how do you get started on that path?

Here's one way: For one month before you go to bed each night, think of something to do first thing next morning that would be really enjoyable or inspirational. It could be **musical, spiritual, meditative, reading, or an enjoyable physical activity.** If you find it helps create a happier day, return to it as often as you like. (**More:** [How to feel more energetic in the morning](#) at *Medical News Today*)

[Nourishing Secret] You can prepare yourself for a great morning before you even go to sleep! First, have a **nutritious supper** the night before. A small side of **beans or lentils** may sometimes be wise to include, because they slowly release a smooth energy flow while also nicely balancing your blood sugar. Before bedtime organic **chamomile** tea can have a nourishing and relaxing effect. On awakening, try sipping a little **cold brew** of tea or coffee you already prepared the night before. Experiment to see which foods work best for you at which times.

18. **Taking time to relax and socialize** reduces stress, improves memory and adds meaning to life.

[In Brief] **Releasing stress** is just huge. So many of us experience job hassles, family troubles, health setback, or money problems. Everyone has different ways of releasing stress. At the core of it all is being true to ourselves, while remaining in respectful harmony with society and nature and higher spiritual consciousness. (**More:** [Stress busters](#) at *Better Health Channel*)

[Affectionate Secret] Experiencing **personal affection** can spur good feelings throughout much of your day. Caring hugs with people you love are often all that's needed. Beloved pets can be a great comfort too. When apart from loved ones, there are ways to still feel connected. (**More:** [Missing Someone? How to Cope](#) at *HealthLine*)

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Part 4: Keys To Happiness For Life

The mind and its emotions are known to be powerful influencers of your health. Your own thoughts may be better keys to happiness than anything experts say. The six "secrets" listed below are more like **queries** that can help you discover more ideas for living.

Albert Einstein amazingly uttered this quote: "*The only real valuable thing is intuition.*" Let's just hope these six keys will illuminate a few **gems of intuition** from within you.

19. **Anyone can be a free spirit:** There is freedom in finding new ways to live with love and/or enthusiasm.

[In Brief] **Enthusiastic freedom** can be anything you enjoy that does no harm. **Freedom in love** is about knowing how fulfilling it can be to deeply care for another. (**More:** [Cultivating Happiness](#) at *HelpGuide.org*)

[Funny Secret] **Laughter has been shown by studies to have healing effects (and sometimes crying does too.)** There are comedies, jokes, games and the company of good-vibes people to enjoy. What else would inspire you?

20. **Have a good social "support system"** for better levels of well-being, longevity, and ability to cope with problems.

[In Brief] Be socially **optimistic** and **teamwork-oriented**. That makes it easier to form circles of friends, advisors and professionals who you really like and respect.

A good social network is full of people who **encourage and help** each other in their purposes and goals. Seek out kind-hearted people who help you grow personally. (**More:** [What are the health benefits of being social?](#) at *Medical News Today*)

[Volunteered Secret] **Volunteering in activities for the social good can really feel good.** Whenever you can stay **true to yourself** while helping others, you can't go wrong. What do you like doing that can also help others?

21. Conversely, **limit exposure to toxic people** – and at times you're with them, know how to smile and enjoy yourself.

[In Brief] Set **limits** and boundaries with toxic people. Keep things peaceful. Focus on their **positive aspects** and use their negative traits as a little learning experience. It's okay to laugh privately at their foibles, but don't ever put them down behind their backs. (**More:** [What Is a Toxic Relationship?](#) at *Verywell Mind*)

[Kindly Secret] **"Respect everyone, fear no one" is a great saying to live by, especially when dealing with toxic people.** Some people even jokingly say "*just kill 'em with kindness!*" If we can progress from respect to kindness to love, so much the better. Do you know of any relationships that could use some kindly healing?

22. **Do what you love.**

[In Brief] Take the time to remember what you enjoy most: i.e. find camaraderie with friends; listen to your favorite music; watch a funny movie; start a lifestyle business; be active in well-chosen social groups; play fun sports and games; read a good book; play with your pet. Stay in a groove of enjoyable activities, and **discover yet more!** (*More: [The Health Benefits of Happiness at Psychology Today](#)*)

[Happy Secret] **It's easy to discover new ideas for better living online.** Search online for terms like **fun, love, healthy, happiness** combined with words like **tips, ways, ideas.** Throw in your own **favorite keywords.** Make certain the search results are reputable, not one of the Internet's many illusions. You can trade your newfound secrets (and your own ideas) with people you meet in real life. The possibilities are endless... keep the search a fun journey!

23. Teach to others what you love or well-enjoy.

[In Brief] What you can teach Some people even jokingly say "*just kill 'em with kindness!*" is as *unlimited* as your willingness to learn. You can teach anytime anywhere, it doesn't have to take place in any official setting. At its best, teaching is a way of loving that forms social connections for people and **changes lives and futures** for the better. (*More: [How to Think Positive and Have an Optimistic Outlook: 8 Tips at HealthLine](#)*)

[Triple-Double Secret]

- **(1) Happiness Doubling Secret:** **Teaching can be creative and fun for both teacher and student.** The spirit of "passing it on" thus often *doubles the joy* that we've previously found in what we teach.
- **(2) Happiness Tripling Secret:** **As you increasingly teach well, that motivates other people to want to teach and help you.** The best teachers **love learning** from others, which creates a perpetual learning cycle that benefits everyone. You may notice a **happiness tripling** effect from all the good karma being exchanged, perhaps even better. What would you like to pass on to others?

24. Stay positive: Love what you do even when life presents you with unexpected challenges that may seem hard.

[In Brief] It feels great when life goes well. It's also great to be able to **smile at life** amidst its challenges and adversities. Let go of any mistakes and failures as soon as you can. The key to staying in good spirits is a **positive attitude** that helps us get better at **reacting well.** (*More: [Benefits of Thinking Positively, and How to Do It at HealthLine](#)*)

[Wrap-Up Secret] **The course of life events can end up working for your own ultimate good even when some of those events seem bad.** It's wise to focus on these two principles: (1) **learn whatever life lessons you can** from such events, and (2) **take positive action** that could improve the situation. Some wise elderly people say their life events worked for their own good, even when they couldn't see it at the time. How can you lean on their wisdom to create a better life?

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Everybody's different! Only by trying a tip can you **judge for yourself.** Some tips may only give you a little boost, while one or two may do you a world of good. We'll certainly give out more tips and secrets in future Bonuses that we couldn't mention here, either because some things are too personal, or more research is needed to make sure you get only "the best."

We value your input! If you know any smart health tips you'd like to pass on to others, we'd love to hear from you. And if you have any questions at all, *anytime* is a great time to **just ask!**