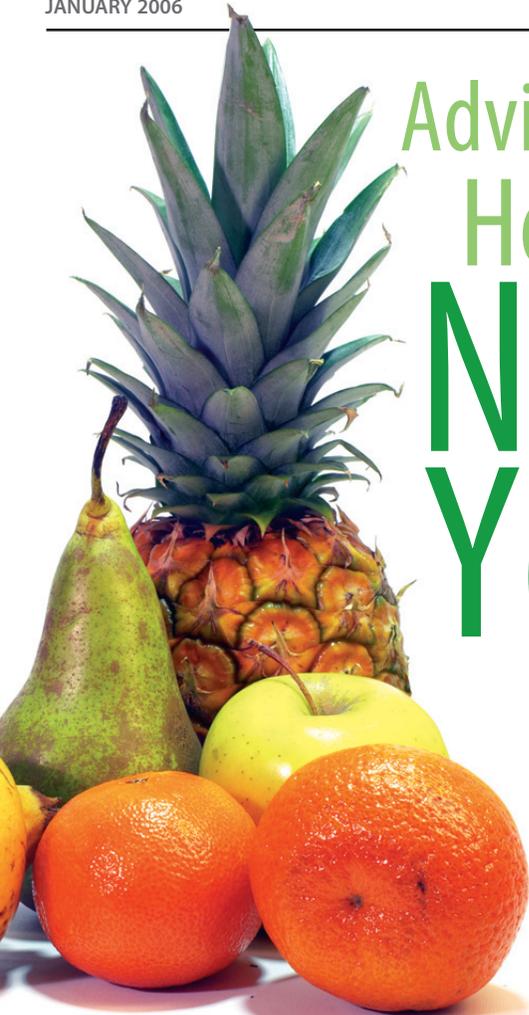


By Dr Randall Trester



# Advice for a Healthy New Year

There is no better time to rejuvenate your health than the start of a new year. Just a few simple changes to your diet and lifestyle can have a positive impact on your health and can also prevent you from experiencing a variety of health problems in the future.

The following advice will help put your New Year's resolution into practice.

## Lifestyle Changes

Get active! Try to exercise for 20-30 minutes at least three-to-four days a week.

Eat out sparingly. Since food preparation methods in restaurants often involve high amounts (and the wrong types) of fat and sugar, give preference to home-cooked food.

Brown-bagging your lunch is also a good idea because you can control your fat and sugar content while adding nutritious fruits, vegetables and grains. Limit your intake of alcohol, and quit smoking.

## Dietary Changes

We need to eliminate the traditional diet of coffee and doughnuts for breakfast; a hamburger for lunch - or no lunch; candy, cookies and soft drink for a snack; followed by a huge dinner with more protein than a person needs, few or no vegetables, and no water or fruit in the course of the day. Keep the following dietary recommendations in mind as well.

Eat more raw foods. Cooking and canning destroys much of the nutrition in foods that can be eaten raw. Fresh or frozen fruits and vegetables always have more natural vitamins and minerals than canned vegetables do. Select organically grown foods when possible.

Eat whole foods. Much of the nutrition available to us in fruits and vegetables can be found in its skin, so don't peel it off and throw it away, unless it has been waxed or dyed.

Stay hydrated! Drink eight-to-ten 8oz glasses of water a day. (Coffee, tea, soft drinks and alcohol are diuretics/dehydrators. Don't substitute them for water.) Consume 25-30 grams of fiber per day. Whole-grain breads and cereals, beans, nuts and some fruits and vegetables are good sources of fibre. High-fibre diets can help prevent digestive disorders, heart disease and colon cancer.

## Supplements

According to Health Canada, dietary supplements are not substitutes for conventional or even fortified foods. Nor can a person sustain good health by just taking vitamin and mineral supplements. But when taken properly, nutritional supplements can play an important role in achieving maximum health. If you are considering nutritional supplements, keep these important tips in mind. Don't overlook nutrition. Since supplements are just that - an added source of nutrients - it is important to consume dark green vegetables, oils, nuts and seeds, which are sources of magnesium, fatty acids, and many other vitamins and minerals.

Don't try to self-prescribe. If you have symptoms such as headaches, chronic fatigue or cardiac problems, you need to seek professional advice - not the advice of a supplement store clerk. The public does not know that many doctors of chiropractic are specialists in nutrition. Consider scheduling an evaluation with your doctor of chiropractic as it can help stimulate your body's natural healing process and get you on the road to a healthy new year.

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