



1. Eat more fruits - they are a rich source of antioxidants that can help prevent cancer, cardiovascular disease, Alzheimer's disease, as well as many other diseases. The berry family - blueberries, blackberries, raspberries and strawberries - are the best sources of antioxidants among fruits. So are cherries, oranges and prunes.



2. Eat more fiber-rich foods, such as whole grains, beans, fruits, vegetables, and cereals. They are the main sources of fiber and their intake can help reduce low-density lipoproteins, which are also known as "bad" cholesterol.



3. Take a brisk walk regularly. Brisk walking improves the work of the cardiovascular system and strengthens the bones. Try to walk briskly for at least 30 minutes a day. Also do physical exercises every day. Make it a habit, as exercise will greatly improve your health.

4. Start training After these trainings, both your soul and your body will feel good. Research shows that exercise helps lower blood pressure, reduce stress, and improve mood and sleep.

5. Be optimistic - scientists have proven that positive thinking makes people feel better and live longer.

6. Enjoy pets - Research shows that pets have a positive impact on human health. One study found that among those with heart problems who had a dog as a pet, they were significantly more likely to live about a year longer than those with similar problems who did not have a dog. Dog owners also benefit from their regular walks. Walking is very good for health. Such people are less likely to suffer from obesity as well.



7. Improving Relationships - Consciously take the necessary steps to forgive those closest to you, including yourself. Forgiveness is associated with

improved mood and lower stress.



8. You should drink at least 2 liters of water a day, but 2 liters of water only - coffee, tea and other drinks are not water.

9. Instead of the usual sunflower oil, start using cold-pressed olive oil. Refined vegetable oils significantly help with oxidative stress and chronic inflammation due to their thermal instability and high omega-6 content.

10. Chew sugar-free gum that is sweetened with xylitol. It is a sugar substitute that is of vegetable origin and very helpful in killing bacteria. Experiments in this field show that the use of chewing gum and products containing xylitol reduces tenfold the amount of caries-causing bacteria found in the oral cavity.