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# health hints

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## Better Living: A Combination Of Body and Spirit

(NAPSA)—Finding balance and simplicity in life need not be an ongoing struggle, although many feel time pressures, physical challenges and emotional hardships rarely let up enough to allow us to take control. Fortunately, making a few simple changes could transition how you feel about many areas of your life.

Following a combination of these environmental, emotional and nutritional tips could have you feeling better than ever and in control more than ever before.

- **Have a laugh.** Laughter helps to relieve anxiety and has been shown to increase immune system activity; and laughter doesn't cost a thing.

- **Sing in the shower.** Use those few minutes in the morning to pretend that you're Elvis or Aretha, and you're much more likely to start the day with a smile on your face.

- **Turn off the faucet while you're brushing your teeth and you'll save a gallon of water.** Doing something good for the environment might make you feel better about yourself, too.

- **Read to a child.** See the world through his or her eyes.

- **Reduce waste at work.** Make double-sided copies, and use a mug instead of disposable paper or Styrofoam cups.

- **Live in the moment.** On your way home from work, stop to savor



**Living pure means taking care of yourself physically, emotionally and nutritionally.**

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a beautiful sunset or pick up a surprise gift of flowers for your loved one.

- **Go organic.** Eating more organic food doesn't mean giving up your favorite tastes and flavors. Walnut Acres, for example, offers convenient, ready-to-eat soups, pasta sauces, salsas and other products that are certified organic and taste terrific. To learn more about organic foods and Walnut Acres, visit [www.walnutacres.com](http://www.walnutacres.com).

- **Be stylish by reusing.** Visit a flea market to discover a piece of furniture or maybe an antique lamp that is no longer of use to someone else but brings lasting quality into your home.