

Chapter 1 : What You Can Do to Maintain Your Health - blog.quintoapp.com

Maintaining your health and vitality is one of the main goals as well as frustrations that most people encounter as they make their ascent into old age. However, with more healthful choices and more scientific and technological advancements being.

As we grow older, we experience an increasing number of major life changes, including career transitions and retirement, children leaving home, the loss of loved ones, and physical changes. How we handle and grow from these challenges is the key to staying healthy. These tips can help you maintain your physical and emotional health and live life to the fullest, whatever your age or circumstances. The keys to healthy aging

Coping with change is difficult, no matter how old you are. The particular challenge for older adults is the sheer number of changes and transitions that start to occur—including children moving away, the loss of parents, friends, and other loved ones, changes to or the end of your career, declining health, and even loss of independence. But if that sense of loss is balanced with positive ingredients, you have a formula for staying healthy as you age. Healthy aging means continually reinventing yourself as you pass through landmark ages such as 60, 70, 80 and beyond. It means finding new things you enjoy, learning to adapt to change, staying physically and socially active, and feeling connected to your community and loved ones. Unfortunately, for many of us, aging also brings anxiety and fear. How will I take care of myself late in life? What if I lose my spouse? What is going to happen to my mind? However, many of these fears often stem from popular misconceptions about aging. The truth is that you are stronger and more resilient than you may realize. Myths about healthy aging

Myth: There are some diseases that become more common as we age. However, getting older does not automatically mean poor health or that you will be confined to a walker or wheelchair. Plenty of older adults enjoy vigorous health, often better than many younger people. Preventive measures like healthy eating, exercising, and managing stress can help reduce the risk of chronic disease or injuries later in life. Memory loss is an inevitable part of aging. However, significant memory loss is not an inevitable result of aging. Brain training and learning new skills can be done at any age and there are many things you can do to keep your memory sharp. The opposite is true. Middle aged and older adults are just as capable of learning new things and thriving in new environments, plus they have the wisdom that comes with life experience. If you believe in and have confidence in yourself, you are setting up a positive environment for change no matter what your age.

Aging well tip 1: Learn to cope with change As you age, there will be periods of both joy and stress. This ability will help you make the most of the good times and keep your perspective when times are tough. The longer you live, the more you lose. But as you lose people and things, life becomes even more precious. When you stop taking things for granted, you appreciate and enjoy what you have even more. Acknowledge and express your feelings. You may have a hard time showing emotions, perhaps feeling that such a display is inappropriate and weak. But burying your feelings can lead to anger, resentment, and depression. Find healthy ways to process your feelings, perhaps by talking with a close friend or writing in a journal. Many things in life are beyond our control. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems. Face your limitations with dignity and a healthy dose of humor. Look for the silver lining. If your own poor choices contributed to a stressful situation, reflect on them and learn from your mistakes. When a challenge seems too big to handle, sweeping it under the carpet often appears the easiest option. Instead, take things one small step at a time. Even a small step can go a long way to boosting your confidence and reminding you that you are not powerless. Staying healthy through humor, laughter, and play

Laughter is strong medicine for both the body and the mind. It helps you stay balanced, energetic, joyful, and healthy at any age. A sense of humor helps you get through tough times, look outside yourself, laugh at the absurdities of life, and transcend difficulties. Laughter is the Best Medicine

Tip 2: Find meaning and joy A key ingredient in the recipe for healthy aging is the continuing ability to find meaning and joy in life. As you age, your life will change and you will gradually lose things that previously occupied your time and gave your life purpose. For example, your job may change, you may eventually retire from your career, your children may leave home, or other friends and family may move far away. But this is

not a time to stop moving forward. Later life can be a time of exciting new adventures if you let it. Everyone has different ways of experiencing meaning and joy, and the activities you enjoy may change over time. If your career slows down or you retire, or if your children leave home, you may find you have more time to enjoy activities outside of work and immediate family. Either way, taking time to nourish your spirit is never wasted. Pick up a long-neglected hobby or try a new hobby. Taking a class or joining a club or sports team is a great way to pursue a hobby and expand your social network at the same time. Learn something new, such as an instrument, a foreign language, a new game, or a new sport. Learning new activities not only adds meaning and joy to life, but can also help to maintain your brain health and prevent mental decline. Get involved in your community. The meaning and purpose you find in helping others will enrich and expand your life. Community work can also be a great way of utilizing and passing on the skills you honed in your career—without the commitment or stress of regular employment. Take a scenic hike, go fishing or camping, enjoy a ski trip, or walk a dog in the park. Visit a museum, go to a concert or a play, join a book group, or take an art appreciation class. Write your memoirs or a play about your life experiences. The possibilities are endless. The important thing is to find activities that are both meaningful and enjoyable for you.

Volunteering and its Surprising Benefits: The Power of Giving Tip 3: Stay connected One of the greatest challenges of aging is maintaining your support network. Career changes, retirement, illness, and moves out of the local area can take away close friends and family members. And the older you get, the more people you inevitably lose. In later life, getting around may become difficult for either you or members of your social network. Along with regular exercise, staying social can have the most impact on your health as you age. Having an array of people you can turn to for company and support as you age is a buffer against loneliness, depression, disability, hardship, and loss. The good news is that there are lots of ways to be with other people. Connect regularly with friends and family. Spend time with people you enjoy and who make you feel upbeat. It may be a neighbor who you like to exercise with, a lunch date with an old friend, shopping with your children, or playing with your grandkids. Even if you are not close by, call or email frequently to keep relationships fresh. Make an effort to make new friends. Make it a point to befriend people who are younger than you. Younger friends can reenergize you and help you see life from a fresh perspective.

Meeting People and Connecting Spend time with at least one person every day. Phone or email contact is not a replacement for spending time with other people. Regular face-to-face contact helps you ward off depression and stay positive. Giving back to the community is a wonderful way to strengthen social bonds and meet others interested in similar activities or who share similar values. Even if your mobility becomes limited, you can get involved by volunteering on the phone. Find support groups in times of change. If you or a loved one is coping with a serious illness or recent loss, it can be very helpful to participate in a support group with others undergoing the same challenges. While not all illness or pain is avoidable, many of the physical challenges associated with aging can be overcome or drastically mitigated by exercising, eating right, and taking care of yourself. Similarly, many older adults report feeling better than ever because they are making more of an effort to be healthy than they did when they were younger. Exercise helps you maintain your strength and agility, increases vitality, improves sleep, gives your mental health a boost, and can even help diminish chronic pain. Exercise can also have a profound effect on the brain, helping prevent memory loss, cognitive decline, and dementia.

Senior Exercise and Fitness Tips: Get Started Check with your doctor before starting any exercise program. Find out if any health conditions or medications you take affect the type of exercise you should choose. Find an activity you like and that motivates you to continue. You may want to exercise in a group, like in a sport or class, or prefer a more individual exercise like swimming. If you are new to exercise, a few minutes a day puts you well on the way towards building a healthy habit.

Chapter 2 : How to Detox Daily to Maintain your Health and Vitality – Daily Detox Guide | Eat Live Life

"I've lost 14 pounds in the past year and am now at the lower end of my healthy BMI range." Angie K. Vitality Member
"The most difficult part was staying motivated in the beginning but when I finally got into it, living and eating healthy became a good habit, rather than a chore.

The health of your gastrointestinal system is extremely important to your overall well-being. Scientifically known as intestinal hyperpermeability, leaky gut syndrome is not only all too real for too many individuals, and new research shows just how strong the connection between gut health and brain health can be within the body. Symptoms related to poor gut health can be as obvious as abdominal pain, bloating after meals, reflux, or flatulence, but also less obvious like headaches, fatigue, joint pain, and immune system weakness. Generally speaking, the health of your gastrointestinal GI system is determined by the levels and types of bacteria in your digestive tract. Ideally there is a balance of bacteria, however, an imbalance between beneficial and harmful bacteria results in gut dysbiosis. This imbalance causes damage to the mucosal layer of your GI tract; the normally smooth intact mucosal layer becomes permeable, allowing food proteins to enter into the blood stream. This consequently activates your immune system, causing inflammation, food sensitivities, and a myriad of symptoms both in the GI system and throughout the whole body. On the other hand, gut health can also impact mood and mental health in positive ways. The type of food that a body processes can have a huge positive effect on the functions of the brain. And when the gut is healthy, the brain is happier. Certain microbes found in the gut can work to help heal and protect the brain in the long-term. However, with the diet of the average American, filled with processed, sugary and fatty foods, the gut becomes damaged over time and therefore less functional. Diets that are filled with simple carbohydrates and gluten are damaging to the brain, as they allow bad bacteria in the gut to grow exponentially. So what can you do about it? And research what supplements you could benefit from that will help your gut stay healthy for the long term. Then, make an actionable plan for yourself to get your body back to optimal gut health. Meet with a certified nutrition expert to start a nutrition plan that matches your lifestyle complemented with ongoing counseling. Heal Your Gut With Nava If you want to learn more or are ready to start feeling better than you ever thought possible, the fastest way is to call us. With the addition of probiotics, you can then begin to restore the ideal balance of gut bacteria and finally you will replace your digestive enzymes to maintain your new optimal levels and promote healthy digestion. What does your gut say about you?

Chapter 3 : Your Body's Second Brain - The Importance of Gut Health

*Maintaining Your Health and Vitality: A Guide for Seniors and Their Families [John T. Fodor EdD] on blog.quintoapp.com *FREE* shipping on qualifying offers. Fodor's, Maintaining Your Health and Vitality: A Health guide for Seniors and Their Families, provides well documented health information and practices that will help you to maintain your health.*

Posted by Merwin Davies - March 19, How to Detox Daily to Maintain your Health and Vitality – Daily Detox Guide Without realising we start accumulating toxins, we eat fatty foods, we exercise less, we get stressed, we drink too much and all of a sudden – bam! You are fat sick and nearly dead. So this is why keeping on top of detoxing daily is such a great way to take charge of your health. And it is as simple as incorporating some small yet significant steps for better health. Why is detoxification important? Toxins are built up in the body from environmental factors for example pollution, diet factors and stress factors. The accumulations of toxins block pathways in the body, most in particular the liver, the main toxin processing organ in the body. Once toxins have built up in your body to an extent your liver cannot push out. When toxins cannot be excreted by the liver, then inflammation sets in. Inflammation leads to weight gain, high blood pressure, diabetes, gastro intestinal problems and even cancer. Sunlight to detox – Vitamin D3 does a fantastic job in killing off bad bacteria, just 20 minutes of sunshine a day will produce anti-microbials which kill off bad bacteria, funguses, viruses, parasites throughout your body while also ridding your body of the waste left behind by these nasty critters. Research is becoming more prevalent that Vitamin D is a cancer fighting agent, which actually kills off cancer cells. Try and incorporate minutes of sunshine every day. Split up a 20 minute session into two sessions, 10 minutes in the morning and 10 minutes in the afternoon. Eat your lunch outside in a park, or go for a walk. Earthing and grounding – Detoxification is not just limited to toxins that are clogging up our body and liver. But also toxins such as electrical charges that often create havoc in our bodies. We literally become positively charged because we have not earthed ourselves sufficiently, we wear shoes inside the house and all day long without touching the ground. By touching your feet on the ground you instantly discharge this electrical build up from your body. Exercise – exercising promotes sweat and sweat is responsible for release toxins built up within the body. Exercise also drains the lymphatic system, which is the largest circulatory system in your body they act like a drain, and they are commonly clogged up with toxins. Another way to detoxify the lymphatic system is to use a rebounder, which is a small trampoline. Toxins are also stored within fat cells in our bodies and can be present for a very long time, the aim is to lose this excess fat so that toxins will pass through the body. Reduce stress – Reducing stress can come easily through breathing exercises, yoga, and meditation. Meditation works extremely well with release stress, which is a key culprit in promoting inflammation in the body. Eat plenty of brightly coloured fruits and vegetables in your juices, the more you eat the colors of the rainbow the more crucial antioxidants and phytonutrients you will be receiving, both of which are powerful anti-inflammatory agents. You can eliminate toxins through urine. Mixing warm water and freshly squeeze lemon juice creates a perfect toxin remover. Drink this in the morning as soon as you wake up, it will help pass the toxins through your body that have accumulated through sleep. Detoxification from sugar – detoxification from sugar is just as critical as our other methods. Just by exercising will power every now and again will allow you to stop sugar addiction and weight gain. If you are a big drinker of soft drinks, cut down your consumption until you are down to one, then go without for a week and see how you feel – I guarantee you will feel and look much better. Herbs – Mushrooms such as Reishi, Chaga and Cordyceps mushrooms, milk thistle, dandelion root or even leaves juiced, burdock root are powerful adaptogens and liver cleansing herbs. Drinking plenty of high antioxidant Matcha Japanese green tea acts as a great toxin release. Detox bath – A detox bath helps leech toxins from your body through your skin. Adding ingredients such as apple cider vinegar and essential oils are great to get the detoxification processes going. These baths also help you unwind and relax after a long day sometimes you may even find yourself nodding off! Perfect before bedtime for a deep restful sleep. The aim is to marry all these different detoxification methods on a daily basis. A daily detox plan can fit into your

day readily easily. A daily detox plan would look something like this: Drink warm lemon water Breakfast: Have a green juice or smoothie and some Matcha tea After breakfast: Exercise and then meditation Lunch time: If you are at work sit outside in the sun for minutes, try and find a park and sit on the grass without any shoes on. Have a relaxing detox bath We hope that you will use these simple principles to maintain your body at an alkalized state everyday so that all your organs can function in unison and help you get the best out of your bodies. If you have any daily detox routines and tips you would like to share please feel free to write them below!

Chapter 4 : 10 Ways To Boost Your Energy And Vitality | Care2 Healthy Living

Maintaining your health and vitality as a woman isn't always easy, especially as you age and encounter new challenges and obstacles. Fortunately, there are natural and holistic solutions to the common problems that women experience over time.

Save Take charge of your health. Vitality Member "The most difficult part was staying motivated in the beginning but when I finally got into it, living and eating healthy became a good habit, rather than a chore. I finished the year losing 12 pounds over my goal weight. Vitality has educated me with classes. To learn healthy eating habits are a choice. Vitality Member "I use the incentive of earning rewards when reaching a certain goal, to keep up with my healthy habits and I continue to motivate myself to reach new levels of success. Vitality Member "Utilizing the tools that Vitality provides through my workplace was the best decision I have made. Vitality Member "I have learned quite a few great eating habits and food combinations that I will continue to maintain throughout my life. Vitality Member "I was amazed to find out how much I was learning and how my behaviors were changing regarding my diet, fitness and health. Vitality Member "Being a Wellness Champ, I like to think I can be a role model for those who are getting started who have no idea how to start. Vitality Member "Use Vitality, it works! I was the biggest skeptic, but I tried it and I see great results. If I can do it, anyone can! Vitality Member "I know now that without Vitality I would not have gotten my weight down, because I would not have had the motivation to get started. Vitality Member "I joined Vitality and saw how learning to be healthy and active was not as scary as I thought. Vitality Member "I decided that not only did I need to eat right, but I needed to increase the amount of exercise that I completed. I run approximately miles a day now. You have to make healthy choices every day. Vitality Member "I have been wearing the Fitbit one for the past month. It is a wonderfully addicting, habit forming, little tool to help me stay active. Also, the healthy eating suggestions have changed the way I grocery shop, cook and eat. I love the variety. Vitality Member "Thank you for creating such an amazing program it really keeps me on track with my goals. Vitality Member "My favorite part is watching my points add up once I have submitted or completed a task.

Chapter 5 : Positively different insurance and investment plans | Vitality

You can maintain -- even boost -- your sexual vitality by making a few smart decisions now. " Healthy men can have erections at any age," says Michael Castleman, a sex educator and health writer.

US-based magazine Allure recently banned the term from its pages. Here we have rounded up a group of skincare experts to find out how to have supple skin at every age in life. The biggest complaint from people is that it makes the skin too dry. So I always tell my patients to start with just a quarter of a pea size amount on their forehead and cheeks, but not around the drier areas of the nose and mouth. Start applying it every third night, then move to every second night, as the skin gets used to it. It actually works by normalising the way our skin operates. The stronger version, tretinoin, requires a prescription. Do not use retinol products if you are pregnant or breastfeeding. It can be a destructive cycle - so skip toner with alcohol and look for floral waters as a gentle but effective alternative. Then rapidly transfer the air from one cheek to the other for 30 seconds whilst keeping the brow relaxed. Holding the cheeks to full capacity, rapidly pat each cheek with the palms of your hands for 30 seconds. This will force the muscles of your cheeks to contract and relax repeatedly. Repeat this whole sequence 3 times every other day to see results. For a video demonstrating these techniques, check out: Team this with a sheer coverage, such as a tinted moisturiser, and if you need additional coverage, go for a concealer and just spot-conceal in areas you need it. The same rule applies for powder: The most regenerative sleep, for the vast majority of people, occurs during 10pm and 2am, which is when the body produces the most HGH, a hormone that promotes healing and skin repair. The easier, and less expensive way, to boost collagen production is simply to eat more protein. Gottfried advises g of lean animal or plant protein at each meal - alongside slow carbs like sweet potatoes to "decrease inflammation and glycation". Cut out gluten, dairy, sugar and alcohol yes, really before slowly reintroducing each food group and ascertaining how it affects your skin. She also advises against applying perfume to the neck to prevent "unsightly pigmentation". For a more targeted approach, try the salmon-rich Perricone Diet, which combines skin rejuvenation with weight-loss benefits. Less is written about the effects of cortisol on other skin types, especially skin that has already lost elasticity due to the ageing process. So when the going gets tough, try to offset the effects of cortisol by incorporating stress-relieving practices like breathing exercises, meditation and yoga into your daily routine. Opt for products that include high levels of vitamin C instead. Skincare containing vitamin C is also ideal for redness, pigmentation and dull and lethargic winter skin.

Chapter 6 : About Vitality Health and Life Insurance and Investments - Vitality

At night, when you massage your cleanser into your skin, it's like you're washing away the day's stress! You're also removing the day's dirt that accumulated there (think of your windshield!).

Follow at Care2 Women at every age and stage of life can experience low energy, fatigue, and exhaustion. The naturopathic approach to restoring vital energy is to use strategies that address low function in the hypothalamic-pituitary-adrenal HPA axis. The HPA axis is a major part of the neuroendocrine system, which controls reactions to stress and regulates many body processes, including mood and emotions, sexuality, and energy storage and expenditure. A key to restoring and maintaining vitality is to become conscious of your present thinking patterns and choices and how they may be affecting your health. It also means repeating positive self-talk—mantras such as I make choices that benefit me, or I focus on the positive. Doing this once a day replenishes energy and fights burnout. High-fiber, low glycemic foods. Vegetables, the number one energy-boosting food, should make up at least a third of your diet. Fruits are great too, but try not to eat too many high-sugar varieties, such as watermelon, cantaloupe, and mangoes. Our bodies were designed to move and work. The more you exercise, the more likely you are to continue doing so. Best of all, exercise pays you back by giving you even more energy. Toxic chemicals can be found in household cleaning products, personal care products, cosmetics, nonstick cookware, plastic food-storage containers, and manufactured foods. Replace all of these items throughout your home with healthy, natural alternatives. This potent herb has long been used to boost physical endurance, energy, and moods, and to heighten mental clarity, sexuality, and speed recovery time after exercise. It assists you in adapting to stress, which prevents adrenal fatigue, and supports thyroid-gland function, which further protects your adrenal glands from being overburdened. The recommended daily dose is mg in a standardized form containing 2. The recommended dose is mg, containing a standardized extract of 0. Reishi contains compounds with numerous health-enhancing effects, including adrenal gland support. The recommended daily dose is , mg, containing 14 percent polysaccharide and 4 percent triterpene. When you go through acute or chronic stress, you can lose a lot of vitamin C through your urine and may experience stress-induced adrenal fatigue. For adrenal fatigue due to stress, the recommended dose is mg twice daily. You can also get vitamin B5 from foods, including whole grains, legumes, broccoli, cauliflower, salmon, sweet potatoes, and tomatoes. Getting your sex life up and running is essential for vital energy flow. Recharging your sexual energy is good for overall health. All of the energy-boosting strategies here will help to revitalize your libido as well. Laurie Steelsmith is a licensed naturopathic physician and acupuncturist with a year private practice in Honolulu. A leading spokesperson on natural medicine, she has appeared widely on TV, radio, and in print. The first 30 readers to sign up for Dr.

Chapter 7 : Nutrition & Iridology eat right for your eye type, regain and maintain your health and vitality!

By touching your feet on the ground you instantly discharge this electrical build up from your body. Exercise - exercising promotes sweat and sweat is responsible for release toxins built up within the body.

The impact of good health You know that healthy habits, such as eating well, exercising, and avoiding harmful substances, make sense, but did you ever stop to think about why you practice them? A healthy habit is any behavior that benefits your physical, mental, and emotional health. These habits improve your overall well-being and make you feel good. Healthy habits are hard to develop and often require changing your mindset. Here are five benefits of a healthy lifestyle. Controls weight Eating right and exercising regularly can help you avoid excess weight gain and maintain a healthy weight. According to the Mayo Clinic , being physically active is essential to reaching your weight-loss goals. Plan for at least minutes of moderate physical activity every week. Eating a balanced, calorie-managed diet can also help control weight. When you start the day with a healthy breakfast , you avoid becoming overly hungry later, which could send you running to get fast food before lunch. Additionally, skipping breakfast can raise your blood sugar , which increases fat storage. Incorporate at least five servings of fruits and vegetables into your diet per day. These foods, which are low in calories and high in nutrients, help with weight control. Limit consumption of sugary beverages, such as sodas and fruit juices , and choose lean meats like fish and turkey. Improves mood Doing right by your body pays off for your mind as well. The Mayo Clinic notes that physical activity stimulates the production of endorphins. Endorphins are brain chemicals that leave you feeling happier and more relaxed. Eating a healthy diet as well as exercising can lead to a better physique. Short-term benefits of exercise include decreased stress and improved cognitive function. Another healthy habit that leads to better mental health is making social connections. Spend time with family or friends on a regular basis, if not every day. Pick up the phone or start a video chat. Combats diseases Healthy habits help prevent certain health conditions, such as heart disease , stroke , and high blood pressure. If you take care of yourself, you can keep your cholesterol and blood pressure within a safe range. This keeps your blood flowing smoothly, decreasing your risk of cardiovascular diseases. Regular physical activity and proper diet can also prevent or help you manage a wide range of health problems, including:

Chapter 8 : Maintain your Health, Keep yourself Healthy - Subliminal, Self Improvement, Self Hypnosis

how to maintain health and vitality top quality supplements designed with health vitality & safety.

Important Information 1 Member details correct as at October This fee is subject to change. To find out about these charges please read our reward terms and conditions. Vitality Plus is not available on other VitalityInvest plans. This benefit applies to an annual month Amazon Prime membership only. There is no Vitality discount on an Amazon Prime monthly membership, and it cannot be used in conjunction with any other Amazon Prime offers. Only one Vitality member aged 18 or over per household can receive the Amazon Prime benefit. Eligibility for this offer is subject to financial circumstances and status. Amazon Prime membership codes must be redeemed on amazon. Your Amazon Prime membership automatically renews for the fee in effect at the time of renewal. You may cancel at any time by visiting Your Account and adjusting your membership settings. Amazon Prime membership codes cannot be transferred or resold and are not refundable. Amazon delivery restrictions apply. For more information about Amazon Prime, visit amazon. VitalityHealth, VitalityLife and VitalityInvest are trading names of Vitality Corporate Services Limited who, for the purposes of this offer, is acting as a credit broker only and not a lender. PayBreak is unable to offer credit to members living in the Channel Islands. Details correct as of October Prices shown refer to Apple Watch Series 4 40mm Silver aluminium model with sport band. Offer only available to members aged 18 or over. Not available in the Channel Islands. If you are unable to maintain your payments the lender reserves the right to cancel your credit agreement. If you cancel your Vitality plan and have not completed your payments under the credit agreement, your credit agreement with the lender will continue under the terms of that agreement. VitalityHealth, VitalityLife and VitalityInvest are trading names of Vitality Corporate Services Limited, who for the purposes of this offer is acting as a credit broker only and not a lender. Further terms and conditions apply.

Chapter 9 : Power of Vitality

Exercise helps you maintain your strength and agility, increases vitality, improves sleep, gives your mental health a boost, and can even help diminish chronic pain. Exercise can also have a profound effect on the brain, helping prevent memory loss, cognitive decline, and dementia.

With your Iridology and Nutrition session you receive: Comprehensive food and herbal guidelines based on your iris constitution Lifestyle suggestions to support optimal health based on your iris constitution Guidelines for staying healthy and robust You will learn about your constitution, which traits you have inherited and how to best support your body through your comprehensive food and lifestyle plan. Your plan will provide ways to help you meet your goals with foods for example weight loss, pain relief, increased energy level as well as guidelines for staying healthy or regaining health and vitality. Samadhi is a certified Iridologist. Call today to get your Iridology Analysis and receive your custom nutrition plan to eat right for your eye type. We are vegan and wanted to make sure our baby was getting all the nutrients he needed. His pediatrician wanted him off of soy formula, so Samadhi made a diet plan that was soy free and vegan, and that the doctor was comfortable with. Very nice lady, she worked fast, and for a very reasonable rate. She is helping me to overcome insulin resistance to stave off diabetes. I thought I was eating healthily no sugar or white flour for years! Samadhi also has lots of great tips on how to deal with digestive issues naturally without medication. I am looking forward to reading her new book! I highly recommend In Joy Healthcare for your nutritional needs. I had gotten worse in the last couple of months and was on the verge of either quitting my job or getting on heavy duty medications. Then I came across Samadhi while researching iridology and holistic medicine. I am so glad I found her!!! She is so knowledgeable and caring, which was evident to me from the moment I called to schedule an appointment. My first visit with Samadhi was about 1 week ago and I have felt so much better this past week than I have in 10 years! I simply followed her detailed nutrition plan and have seen such an improvement in my energy levels and pain! Samadhi is the best! We were looking for alternatives to western medical approaches. More than that, she took the time to listen and to specifically address any concerns that I or my husband might have about our health history and diets. We learned how to manage our disorders with dietary changes and using supplements in ways where the benefits were explained. She spends ample time reviewing history and concerns to tailor to our specific needs. We also did the iridology to check genetics so we know how to manage what we might be predisposed to preventatively. Her knowledge base is profound and she is a skilled educator. We were both highly impressed. She sets you at ease immediately and her aura is one of concern and compassion. I was so impressed with the things that she told me. She gave me great information and insight to my diet and exercise. I have begun to implement the things that she suggested, and last night for the first time in decades, I slept for 4 hours. She is truly amazing. Initial visit is an all-in-one sit down where you are actually heard and carefully given a wonderful list of choices going forth. The combination of good will and genuine bedside manner fuels you to see the world in rose colored irises! Thank you for your gift! I was having digestive and sleep problems. Samadhi suggested a nutrition and supplement plan to help alleviate and correct my issues. I followed her plan and it worked! She is very nice, helpful and knowledgeable and will definitely be a part of my holistic healthcare tool box. Having never heard of Iridology, my curiosity led me to know more. I went to see Samadhi Artemisa for Iridology and Nutrition. I received important personal information through the unique, in-depth Iridology session as well as a comprehensive, personal nutrition plan that has served in my health and Joyful well-being. The name of her healthcare give us all an idea: I feel that every time I speak with her and as I continue to practice the valuable insights gained from the Iridology and Nutrition sessions. In January I visited Samadhi for Iridology. It was something I had never heard of before and a very interesting experience. She explained to me the strengths and weaknesses of my genetic makeup “ alerting me to which organs may be more vulnerable then others. I never knew our eyes could tell so much about us. She also included a very detailed list of foods that would be best for me as well as those to stay away from based on what we learned about the genetic makeup of my body. I will be honest and tell you that when I first saw the list of recommendations, half of them not only had

I not heard of, but I also thought it was a little weird and sounded yucky! I continued to see Samadhi for massage and she would continue to encourage me to try her recommendations i. I finally gave in and started trying these things. My daughter has bad cramps which nothing helpsâ€except cramp bark! When I have trouble sleepingâ€catnip is awesome! I feel so much more alert when I have it. My whole family drinks almond milk now. The funny thing is my sister-in-law was over not long ago and I was recommending that she go see Samadhi for acupuncture and massage. I told her as well about Iridology but also warned her that she would recommend some really strange things. I had not gone over my list in a long time and as I went over it with her to show the crazy things, I sat silent for a minute trying to find what it was I thought was so crazy. They were all so normal to me now! And my sister-in-law was familiar with much of it too! And I feel great! Samadhi is very talented and knowledgeable. She also has helped my posture so much from massage and acupuncture. She comes highly recommended. Years ago, I had my eye pictures taken on two separate occasions and general iridology recommendations were given to me verbally. She took the extra step to get good quality eye pictures. Because I had trouble keeping my eyes open, she retook the pictures and even had someone hold my eyes open. Her evaluation included recommendations for all different types of food including vegetables, fats and oils, grains, and more. Not only did she make food recommendations, she included HOW to prepare my foods. For example, I was scrambling and frying my eggs. What a treasure of knowledge! On top of all of this, I was so pleased with her professional and quiet confident manner. She was so easy to talk to. Traditional medicine gave me a temporary bandaid for my symptoms but nothing that would cure my acne long term and more importantly, find the cause and they were also unable to control my anxiety without affecting my personality. She really guided me throughout the whole process and was so helpful with my new diet and my new life. In addition to being an incredibly knowledgeable, Artemisa is possibly the kindest person I have ever met. The process was so emotional for me since I have struggled with anxiety and acne for almost 15 years. She was so understanding and its so apparent that she really wants to help people. It is really thorough. Thank you for the awesome session! Before seeing you, I was under the impression that I was eating healthy. I love steaming organic vegetables and eating them as pure as they come. I could honestly tell the difference on the rare occasions when I consumed dairy or gluten. Thank you thank you thank you!