

Circle of Life (cont.)

6. Experiment with proteins (fish, eggs, dairy products, seeds, nuts and legumes such as beans and lentils, etc.);
7. Eat less processed foods (such as meat products, breakfast cereals, cheese, tinned vegetables, bread, savory snacks, sausage rolls, microwave or ready-made meals, cakes, biscuits, etc.);
8. Make it a habit to pay close attention to your body and listen for symptoms that are different from normal. Be happy, make sleep a priority, drink plenty of fluids throughout the day, eat some protein regularly, take breaks from the computer screen and meetings (and be sure to stretch your key muscles when you get up in the morning...);
9. Ensure healthy relationship(s), with mutual respect, trust, honesty, good communication, anger management, etc.;
10. Enjoy regular exercise (gently walking, cycling or running, doing household chores, taking the stairs instead of the elevator, playing in the park with your child(ren) or pet(s), raking leaves or shoveling snow, etc. ;
11. Find work you love (if you dread going to work every morning, it's time to make a change...);
12. Develop a type of spiritual practice that suits you (prayer, meditation, 'chanting', breathing exercises and/or daily interactions with others).