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## Health Tips September 2023 Meeting

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1. Love the OURA ring for sleep tracking and all things related to heart, activity both during sleep and awake. [www.ouraring.com](http://www.ouraring.com). Rem sleep doc attached
2. Test and correct your Tru Age. <https://trudiagnostic.com/>. It give accurate and actionable support for how quickly we are aging and how to improve your health.
3. Detox Detox Detox; sauna, exercise, appropriate supplementation are all part of healthy detoxification. Especially if under stress, (who isn't) consuming alcohol, high fat foods, inadequate protein. Sauna and Alcohol doc attached
4. Eat mostly a plant based diet. Plant based diet and fats to embrace doc attached
5. Manage your stress. Herb document attached
6. Eat ample fiber and protein; My favorite is FoodNoms: Nutrition Tracker
7. Drink 8 glasses of water daily ... adding lemon is a healthy additive.
8. We love the medical professionals and are so very grateful for their expertise and support in diagnosing and fighting disease to keep us healthy, but I also believe in prevention, so highly recommend a nutritionist. Joy and I both use Jackie Poirot, and have been very happy with her (214-252-1984).
9. It is recommended to spread your health care visits out over the year verses scheduling them all close together as many do. That way, there is someone one in the health care profession taking a look at you throughout the year.