



# Advanced Hormone Therapy

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## Your Checklist for Healthy Living

Being healthy doesn't happen by accident. There are many things you can do to feel great and prevent disease. Here are some proven ways to optimize your health.

### Exercise

- Cardiovascular (3 times a week) Get your hear rate up (to find your target heart rate, use this formula  $220 - \text{your age} \times 8$ ).

### Relaxation

- Yoga, meditation or other relaxation technique (10-15 minutes a day)

### Sleep

- Get a good 7-8 hours each night

### Nutrition

- Protein (15-25 grams three times a day)
- Whole Grains: replace breads and pasta from refined flour with products containing whole grains.
- Fiber (25-35 grams a day): Fruits vegetables, beans, brown rice, whole wheat bread and pasta.
- Cruciferous Vegetables (3 servings a week): Foods like broccoli, cauliflower and kale.
- Antioxidants (5 servings a day): Foods like blueberries, cranberries, red grapes, walnuts, spinach, carrots, potatoes and green tea.
- Limit caffeine intake: no more than two servings a day.
- Limit intake of refined sugar: no more than 40 grams a day.

### Vitamins

- Good multivitamin (daily)
- Omega-3 Fatty Acid (200mg DHA a day)
- Vitamin D (1000 units a day)
- Probiotic (2 billion CFU a day)