



MY LIFE JOURNAL

VOLUME 2

HEALTHY
HABITS



Acknowledgments

I feel truly blessed with the work I do every day. It is an honor for me to be able to put my knowledge and my heart at your service. Thank you to everyone who has trusted us during our career.

Special thanks to my family for always accompanying me in this boat of life.

To the SALUD team for their contribution and dedication to the mission of helping the community and the commitment to provide the best services.

To you who allow us to reach your homes through advice, remedies, diets and supplements, thank you for trusting us and allowing us to be part of your family.
Sincerely,

Dr. Rigo and the SALUD Team

THE NEW FIZ BOOK

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7 HABITS THAT WILL CHANGE YOUR LIFE IN 21 DAYS

INTRODUCTION

You may have heard that human beings are creatures of habit. But what are habits?

Psychology defines habits as any behavior learned through repetition, the same **behavior that is performed habitually and automatically without thinking about it.**

A habit is a basic element of human learning. In the early 1990s, a group of researchers at MIT discovered that the brain tends to form habits to spare itself effort: when our brain automates certain processes, it allows us to occupy our attention and memory on new things that are more important for our development!

And why 21 days?

21 days is the time needed for one of our behaviors to begin to change. It is important to be constant because the formation or change of a habit requires time, practice and perseverance. During these 21 days you will achieve changes that will gradually lead you to cause a great positive impact on your physical and mental health.

During the process of creating this Ebook we asked our clients about their habits and concerns about them. Our goal is to provide you with answers and ideas on how to change your habits to healthier ones.

Based on our research we have prepared for you 7 habits that will change your life in 21 days.

Our first step was to conduct a survey, from which we share with you our findings:

- 52.9% of the people surveyed think their overall health could improve.
- 68.6% are concerned about their current state of health. Mostly, they are concerned about the following conditions:

High cholesterol

Constipation

Overweight

Acne

- Only 21.6% of the surveyed population eats vegetables at least 2 times a day.
- 47.1% drink less than 5 glasses of water per day.

In addition to these figures, we identified a widespread concern for skin problems (such as dry skin), diabetes and sleep disorders.

Based on our findings we have created this material that will guide you for 21 days to start looking and feeling better.

We want to motivate you to take control of your health and habits!





IMPORTANT ASPECTS FOR THE EFFECTIVENESS OF THE GUIDE

We have created this manual for you. It's up to you:

1.- COMMIT:

Making the decision to change your lifestyle and become healthier is a big step. Start by making a commitment to yourself.

Many people find it works to write out their commitment in a written contract. This contract, for example, can include such things as the amount of weight you want to lose, the date by which you want to have lost it, the changes in your body that you want to have achieved by the end of the program, and so on.

It may also motivate you to write down the reasons why you want to make these changes. It may be that your family has a history of heart disease and you want to minimize the risks.



You may want to age healthily to see your children get married. Or you may simply want to look better in your clothes. All reasons are valid!

Keep yours in sight as a daily reminder of your reasons for making a change

2.- BECOME AWARE OF YOUR CURRENT STATE:

In order to recognize your progressive changes during the 21 days, we have prepared a chart for you to keep a weekly record of your measurements (see chart #1). You will also find a space to write down any recipes or foods you want to remember.

In addition, we've included a chart where you can write down how long you exercise each day, what type of exercise you do, and how you feel about it (see Chart #2).

3.- SET REALISTIC GOALS:

When starting this program we suggest that you evaluate your current habits and set some smaller goals that will support you in achieving your main goals. For example, if you are used to eating vegetables only at dinner, a realistic minor goal might be to include vegetables in your lunches on Mondays, Wednesdays and Fridays.

Focus on two or three goals at a time - and remember! Keep your goals:

- Concrete
- Realistic
- Comprehensive (human beings are not perfect, and that's okay).

For example, "to exercise more" is not a concrete goal. But "to walk 15 minutes, 3 days a week during week 1" is. Keep in mind that small changes made daily will bring big results in the long run. Also remember that realistic goals are achievable goals.

As you reach your smaller goals day by day, you will feel motivated to continue.



Conversely, setting unrealistic goals (such as losing 20 pounds in 2 weeks) may bring you feelings of defeat and frustration. Being realistic also means being aware that there may be setbacks, which occur when we stray from our plan for any reason, such as a holiday or one where we have to work longer hours than usual. If this is the case, that's okay! Try to resume your plan as soon as possible. Keep in mind that everyone is different: what works for some, doesn't work for others.

4.- GET SUPPORT FROM A SUPPORT GROUP:

We invite you to join our private **Facebook group**, where Dr. Rigo and the rest of our team will be offering information, answers and recipes that will support your process. It is important that you don't feel alone, invite friends, neighbors, co-workers and family to join this challenge with you! It will motivate you and them.

We also recommend that you keep in mind the goals you set in step 3 and evaluate your progress on a regular basis. Chart #3 is going to support you with this objective.

Consider the following:

For example, if you set a goal to walk every morning but find it difficult to walk before work, consider walking at lunchtime or after work. Evaluate which parts of your plan are working and which parts need adjustments. Then rewrite your goals and your plan according to this evaluation.

If you notice that you are consistently achieving your goals, continue to add new goals to stay on track for success.

And reward your accomplishments!

Take pride in your progress. Set a reward for yourself if you achieve your goals after 21 days.

We're confident you will!



NOW, LET'S DEFINE WHAT YOUR FIRST STEP WILL BE TO GET STARTED. LET'S IDENTIFY WHAT YOUR PRIMARY NEEDS ARE:

¿Do you suffer from...	YES	NO	If your answer is "yes", start the program by implementing these habits:
Cholesterol?			<ul style="list-style-type: none">• Drink 8 glasses of water a day.• Do 30 minutes of physical activity at least 4 times a week.• Include fruits and vegetables in at least 2 of your meals every day.
Constipation?			<ul style="list-style-type: none">• Drink 8 glasses of water a day.• Do 30 minutes of physical activity at least 4 times a week.• Include fruits and vegetables in at least 2 of your meals every day.
Overweight?			<ul style="list-style-type: none">• Drink 8 glasses of water a day.• Do 30 minutes of physical activity at least 4 times a week.• Include fruits and vegetables in at least 2 of your meals every day.• Reduce your sugar intake.
Diabetes?			<ul style="list-style-type: none">• Drink 8 glasses of water a day.• Do 30 minutes of physical activity at least 4 times a week.• Reduce your sugar intake.
Lack of sleep?			<ul style="list-style-type: none">• Do 30 minutes of physical activity at least 4 times a week.• Reduce sugar consumption.• Frequent consumption of fish.
Skin alterations?			<ul style="list-style-type: none">• Drink 8 glasses of water a day.• Include fruits and vegetables in at least 2 of your meals each day.

IMPORTANT:

Be sure to answer this **quiz**, which will help you find out, depending on your objectives, which of our products best suit your needs.





LET'S TALK ABOUT HEALTHY HABITS!

Remember:

A healthy habit is that behavior or conduct we engage in that positively affects our physical, mental and social well-being.

In general, healthy habits refer to choices about food, hygiene and physical activities.

In this ebook we present the **second part** of our compilation of habits that will help you live a healthier life.

Stay tuned to your email so you can download the three volumes that we will send you for free.

Collect them all!





HEALTHY HABITS

4) REDUCE YOUR INTAKE OF REFINED SUGAR

Sugar is a simple carbohydrate that occurs naturally in foods such as fruits, grains, beans and vegetables. The American Heart Association recommends that women limit their sugar intake to 6 teaspoons (25 grams) per day and men to 9 teaspoons (36 grams) per day. However, the average American consumes 40 kilograms of sugar a year - that's about 30 teaspoons a day!

When unprocessed, sugars contain a wide variety of vitamins, minerals, enzymes and proteins. This is not the same case with refined table sugar, also called sucrose, which lacks vitamins, minerals and fiber and therefore requires extra effort from our body to digest. Instead of providing nutrition to the body, refined sugar wreaks havoc on blood sugar levels, causing fatigue, depression and exhaustion.

In addition, sugar is an addictive substance. Eating (even a small amount) generates a desire to consume more. This is why taking it out of our diet all at once can cause withdrawal symptoms such as headaches, mood swings and fatigue.



Many foods, even those that are not desserts or sweet by nature, include sugar among their ingredients. Therefore, it can be difficult to control 100% of the sugar we consume.

However, if our intention is to prevent diseases such as diabetes and obesity, it is essential to make an effort. Controlling the sugar you add to your food and beverages is a good place to start.

Apply these 5 recommendations to reduce sugar in your diet:

- 1.Reduce consumption of sugary drinks. In addition to soda, also reduce consumption of processed juices.
- 2.Reduce consumption of processed foods and eat more raw foods.
- 3.Reduce consumption of complex carbohydrates. This means that it is a healthy option to replace bread and pasta with foods such as sweet potatoes, broccoli, cauliflower, legumes and whole grains.
- 4.Reduce the amount of "hidden sugars" in your diet. Many foods claim to be low in fat, but have more sugar in return. Pay attention to food ingredient lists and look for suitable substitutes.
- 5.Drink more water. Return to the first point in this guide for more information.

CONCLUSION

Reducing the amount of refined sugar in your diet will help you reduce your risk of diabetes, obesity and cardiovascular disease, bringing you closer to your goal of living a healthier life.





HEALTHY HABITS

5) INCLUDE FRUITS AND VEGETABLES IN AT LEAST 2 OF YOUR DAILY MEALS

Do you eat enough vegetables? This is one of the most frequently asked questions Dr. Rigo asks his patients in consultations, on the radio and on television. Why? Because fruits and vegetables allow us to provide our body with all kinds of valuable nutrients for the fulfillment of the different processes and activities.

In addition, they offer us the following advantages:

- They help us feel satisfied for longer due to their high fiber content.
- They contribute to weight loss. Due to their healthy sugar content, they calm the need to consume sweets and candies.
- They regulate intestinal transit. Due to their fiber content, they help the intestinal tract to function properly, avoiding constipation.



- They supply vitamins and minerals to all organs and body systems.
- They provide energy and vitality due to their high nutrient content.
- They are an excellent source of antioxidants, which helps us fight cellular aging.

Make sure your meals are colorful! A good option is to consume seasonal fruits and vegetables, since they supply specific nutrients that are especially useful at each time of the year. For example, the summer heat, which makes us need foods rich in water, is not the same as the arrival of cool temperatures. In this season it is advisable to consume autumn fruits and vegetables rich in vitamin C, the great ally against colds.

Here is a list of 9 vegetables and fruits that should not be missing on your table:

1) Spinach: they are a great source of calcium, vitamins, iron and antioxidants. They have vitamin K, essential for bones and facilitates calcium absorption.

2) Kale: has vitamin A, C and K, which help control bad cholesterol and hypertension.

3) Broccoli and cauliflower: cruciferous vegetables are very interesting for our health. One cup of cut broccoli contains only 55 calories, the full dose of vitamin K that an adult person needs in a day and twice the amount of vitamin C that is recommended daily. Meanwhile, the sulforaphane contained in cauliflower reduces the chances of generating cancer cells.

4) Sweet potato: this tuber contains potassium, vitamin C, beta-carotene and vitamin A. Sweet potatoes are beneficial mainly for people with diabetes, as they are low on the glycemic index scale and high in fiber, thus helping to regulate blood sugar.



5) Beets: this versatile vegetable helps control blood pressure and cardiovascular health. It is also useful for nervous problems related to diabetes.

6) Carrots: contain Vitamin A, a great ally of good vision. In juice, in salads, roasted or in stews, as well as in sticks to accompany hummus, they are a great snack!

7) Tomatoes: Vitamin C, potassium, lycopene (a great antioxidant) and beta-carotene are some of the nutrients that make tomatoes a very nutritious fruit.

8) Garlic and onion: the high sulfur content in garlic makes it a natural antibiotic. Manganese, vitamin C and vitamin B6 are the main nutrients in onions. Its sulfur compounds - like those in garlic- also help protect us from infections. Raw, in soup, sandwiches or salads, enjoy their flavor and benefits!

9) Avocado: contains high levels of the healthy fatty acid Omega 3. It can be eaten raw, making it easy to incorporate into a myriad of dishes.

CONCLUSION

Use your creativity and combine colorful fruits and vegetables in at least 2 of your daily meals, they provide nutrients and help us fight disease!



CONCLUSION AND TOOLS

Finally ...

Remember that it is not necessary to implement all these changes overnight.

We recommend you review the complete guide to identify where you want to start according to your current lifestyle and goals.

By consciously implementing these new habits into your daily routine, you may notice an:

- Improved constipation.
- Improved cholesterol levels.
- Improved blood sugar levels.
- Decreased weight.
- Improvement of inflammation and skin alterations.
- Improved blood pressure levels.

We hope that whatever your needs and goals are, this ebook will motivate you to change your lifestyle for the better.

Remember that your results depend on your level of commitment and discipline!*

*SALUD is not responsible for the results of those who apply this guide.



TOOLS

TABLE #1 MEASUREMENT CHART.

Remember to take your measurements every week at the same time, preferably in the morning and making sure you have an empty bladder.

Measurements	At the moment of starting	First week	Second week	Third week
Height				
Weight				
Neck				
Chest				
Waist				
Hips				
Right forearm				
Left forearm				
Right thigh				
Left thigh				



TABLE #2 TABLE TO WRITE DOWN THE PHYSICAL ACTIVITIES PERFORMED.

Remember that our recommendation is to exercise a minimum of 30 minutes a day for 4 days a week. Some of the suggested activities are walking, yoga, pilates, boxing, swimming, biking, climbing stairs, dancing and playing with your children.

Choose your favorite activity!

SUNDAY			
SATURDAY			
FRIDAY			
THURSDAY			
WEDNESDAY			
TUESDAY			
MONDAY			
	FIRST WEEK	SECOND WEEK	THIRD WEEK



TABLE #3 SET 3 TO 5 GOALS THAT YOU WANT TO ACHIEVE IN THESE 21 DAYS AND KEEP TRACK OF YOUR PROGRESS.

	Specific, realistic and comprehensive goals	Progress week 1	Progress week 2	Progress week 3
1				
2				
3				
4				
5				



SOURCES AND RESOURCES:

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