

7 Tips for Better Living

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1

Choose healthy fats over seed oils.

Seed oil causes inflammation and contribute to chronic health issues like heart disease.

Healthy oils, like avocado oil, is rich in omega-3, vitamins A, D, and E, all of which help reduce inflammation and support heart health.

2

Take a walk after you eat.

Walking is one of the simplest and most effective exercises we can do. It also improves insulin sensitivity, helps regulate blood sugar, and boosts your mood.

3

Food order is key.

Research shows that eating our fiber, healthy fat and protein first, before carbs and sugar, can lower post-meal blood sugar by more than 20%. I like to have a salad before my meal.

4

Pink Himalayan salt over regular table salt

During the processing of regular table salt, minerals and electrolytes that are naturally present are removed. It's also bleached. Pink Himalayan salt, however, retains its more than 70 beneficial minerals like calcium, potassium and magnesium.

5

Seltzer water over sugary beverages

Sugary drinks are empty calories that can spike our blood sugar. Seltzer water is calorie-free, sugar-free and gives that carbonated sensation.

6

Don't go it alone.

Community! Whether it's an accountability partner or a group of friends working towards similar goals, having support around you makes it better.

7

Our bodies are the Lord's temple.

According to 1 Corinthians 6:19-20. Let's choose foods that are nutritious and nourishing to our bodies. Let's engage in regular exercise. Let's get good, adequate sleep. Let's show our gratitude to God for allowing us to live life.