My Simple Guide to Good Health @DocAhmedMalik 2023

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*HIGH YIELD

Love

- *Love yourself
- Love others
- *Give and receive love
- Love languages

***Spiritual health**

- Meditation
- Prayer
- Connect with nature
- Reflect

Medication

- Avoid if possible

Supplements

- *Vitamin D_3
- Vitamin C
- Vitamin B complex
- Zinc
- Multivamins
  - And more

Stress

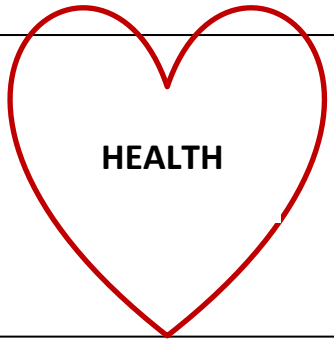
- *Minimise/eliminate
- Exercise
- Morning cold bath
- Sleep
- Diet
- *Remove toxic people from your life
- Plan your life

Exercise

- Every day – even if it just 15 minutes
- Mix it up
- Aerobic/anaerobic/balance
- *Strength training
- Yoga
- Pilates

Intermittent Fasting

- Time restricted eating window – not a diet
- *Aim for 18-20 hours fasting daily
- Ideally one meal a day
- Improves gut health
- Reverses insulin resistence – type II diabetes
- Reduces stress
- Reduces Fat
- Muscle gain
- Improves brain function



Diet

- *Minimal processed foods
- *No ultra-processed foods
- *No seed oils
- Animal fats are good
- Single source extra virgin olive oil
- Organic foods
- Avoid pesticides/insecticides
- Local/seasonal/wholefoods
- Pasture fed meat especially beef
- If it's a plant, eat it
- If it ate a plant, eat it
- If it is made in a plant, avoid it
- Avoid fizzy drinks
- *Aim for high fat and protein
- *Aim for low sugar

Sleep

- *8 hours – 10pm -6am
- Go to sleep early
- Wake up early
- Be in tune with the circadian rhythm
- Dark setting on devices
- Get morning light
- Start winding down 8:30pm
- Avoid meals 3hrs before bed
- No TV in bed
- Avoid caffeine after midday

Miscellaneous

- Gut health
- Clean water
- Minimaise toxins