

# Staying Healthy Tips

The higher we go in our thoughts, the lower our chances of illness.

The key to a healthy body is having a healthy awareness of our limits.

Choose wisely, as it is the foundation of our good health.

Constant sourcing of our emotions is our protection against illness.

Denial can be just as lethal as any virus.

Wealth does not ensure health – but health is indeed wealth.

Laughter is the best medicine, as it has no ill side effects.

Though we cannot stop the stormy waves of madness – we can learn to sail through them in a smarter and healthier way.

Breathing and staying calm avoids the calamity caused by illness.

Hope, enthusiasm, and faith are illness preventers.

The key to health is identifying ourselves with our wellness, not our wounds.

Tears are our river flowing to a healthier life, as our feelings don't get dammed.

Invent ways to prevent illness.

Make it a resolve to constantly evolve.

We are always the captain of our 'health ship' – take the helm instead of feeling overwhelmed.

Listening to the whispers of our emotions helps them not have to scream.

Reverence, silence, and introspection encourage health protection.

Pessimism and doubt are the bullies to our mind and body.

Make it a priority to honor personal priorities.

Choices, not chances determine our human fate and destiny.

Happiness is not the absence of problems but our ability to deal with them in a productive, and truthful way.

Make non-attachment a daily exercise to a healthier way of life.

Be like an onion - peel it – feel it – heal it.