



## daily GOOD

Being healthy means a wholeness in the living of one's life -- a dynamic and constantly changing balance that acknowledges the soundness of our physical state, the wholesomeness of lifestyle, the values that define our behavior, our intimate and collective relationships, the meaning and purpose of our work in the world, and the spiritual dimension of our existence. --William B. Stewart

### Seven Simple Health Habits

Lester Breslow, popularly referred to as "Mr. Public Health", is the outspoken visionary whose research played a significant role in asserting that simple lifestyle changes could drastically improve overall health. His landmark studies in Alameda county following the health habits of 7,000 people for 35 years resulted in the 'Seven Secrets': a list of daily health habits that proved strong indicators of how long people will live and how healthy they will be during their lifetime. The study showed that following the habits not only predicted lower mortality, but those who lived longer also suffered fewer disabilities. This news report shares the list.

### Be The Change:

This inspiring interview of Dr William Stewart, author of "Deep Medicine", offers more insights on discovering a personal path to health and healing.