

5 Golden Nuggets Showing:

The Simple Truths of Human Health

And How to Reclaim Your Life, Body, and Spirit



ASKDRANNIKA 

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Foreword

This book is dedicated to all the wonderful people who want to live a full life!!

Welcome to my Book of Health.

Health is the basic building block for everything!

I've seen it many times, excellent entrepreneurs, business owners and other ambitious people that fail because they're simply exhausted from doing everything they think is necessary to be successful. They have forgotten that the foundation of a prosperous life begins with taking good care of one's self. These lost people have become their own worst enemy.

As a business owner you carry a lot of responsibilities, between managing the company, logo design, advertising, bookkeeping, sales, networking, and customer relations; it is easy to feel completely drained, and you may also have a family to care for.

But who takes care of you?

With all the chores in life it is easy to forget yourself, to stop and take care of your own health, until it is too late. If this describes your life, this book is for you. This is the first step to beginning a healthy and prosperous life.

Introduction

Sometimes in life there is a price to pay for being at the top. You have most likely heard this before, but have you ever stopped to consider what it really means?

You have only one body and it has to last your entire life. It is the vessel through which your soul experiences life. These two counterparts, the body and the soul, are part of a package that has slowly developed from a chain of biological evolution that is so slow only slight changes emerge in thousands of years.

The “human nature” package is programmed with instincts and defense mechanisms that were developed long ago when mankind was still hunting for food and living in caves.

Food was scarce and man had to work hard to get what little was available. Mankind was a part of nature and lived under the same conditions as other animals. That meant that he had to share resources with all the other animals, including those that considered him prey.

When man encountered a lion he had two options, escape or kill, otherwise he would be eaten. Regardless of which option he chose, survival instincts kicked in immediately with the delicate “fight or flight” system. It is the stress reaction that facilitates immediate physical reactions to prepare the body for violent muscular action.

Theoretically, it is easy to take good care of your health, both physically and mentally. Today we have loads of information telling us what is good and bad for our wellbeing.

Why, then, are people getting fatter and fatter? Why are we so unhappy and unhealthy that we spend fortunes on quick fix methods that we know won't work? We are deliberately fooling ourselves!

The answer is that we are still biologically the same as our 'pack animal' ancestors. Hunger is our basic drive, meaning we are driven to seek food. Our brains have a built in reward system that gives us extreme satisfaction when we eat foods high in fat or sugar as a remnant from the time when those things were scarce and hard to find. Our bodies are also built for mobility and traveling, so if we don't use our muscles and joints they will begin to ache and become stiff.

The human body has been this way for millions of years. This genetic adaption to “the survival of the fittest” is a process that happens over a very long time and takes many, many generations.

But our society has drastically changed over the last 50-60 years. Food is given to us in abundance, and we no longer have to fight and exert energy for it. So we sit and eat as much as we want, and our brain is programmed to only want more and more sugar and fat. Eventually we will explode from overeating and lack of exercise!

Dr Annika's Philosophy – Back To Basics



In order to be healthy and happy you must find a way to take care of yourself that matches your biological needs. If you do that you will be fit, feel good and have lots of energy. But in order to do this you need to find models and methods that will help you stay on track.

There is more than one way to get back to basics, and I am going to tell you how to do this without taking pills or spending a fortune for some complicated regimen that is too complicated or difficult to follow.

I will help you get there by taking small steps, one at a time. This is the only way to achieve sustainable results. And yes, I have to disappoint you; you have to do all the work yourself.

In order to find the freedom of good health and the positive spirals of life, you must develop a positive attitude that makes life easier and more pleasant. Your attitude towards the people, things, and events around you dictates how you will react to various situations and circumstances. If your attitude is not beneficial to you, you must make changes today if you want to be happy and healthy.

It is extremely important that you be true to yourself. You must truly see yourself for who you are and you must take a good look at how you handle everyday situations. Only then will you be able to make long-lasting changes for the future.

Let's Get Started



Let's discuss several tips, thoughts, and techniques that will help you live a healthier, prosperous and long life.

Below are some of Dr Annika's best tips for better health along with tasks that enable YOU to get what YOU need. But you will have to do the tasks yourself. Some of the questions and tasks might seem trivial, but don't let that derail your progress.

Allow yourself to reflect on the simple and you might find yourself taking bigger steps that you've ever taken before. And don't worry; everything in this book will be scientifically explained for clarification, so there will be no confusion.

The book is about the five main subjects for good health. These include:

- **Smile** - how you interact and relate with other people
- **Movement for life** – how you take care of your body
- **Stress** – how you handle overload
- **Diet** – the proper nourishment to feed your body
- **Sleep** – how you regain energy

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Note: You will notice that there are exercises and questions throughout this book. For your convenience I have made a complementary workbook for you to print out with the same exercises and questions along with the proper space to allow you to reflect and write down your answers. Writing it down your thoughts during this life-changing process will help you see the full picture and to make your reflection process easier.

When you see the sign  that is when you may go to the workbook to record your answer.

Take one step at a time. The steps are strategically ordered to bring you the most rewards in the least amount of time. Also, you should work with each subject for at least 2 weeks before you go on to the next. This allows you to concentrate and reflect one area at a time and it also increases your chance for a permanent change.

If you have subscribed and listened to my 'Golden Nuggets' you will get a chance to read the text over and over. Each chapter contains text and tips with questions or exercises. After you have answered each question it is important to consider your answers. Why did I give that answer? What do I want to take away from this learning experience? What can I do differently? And so on. If you do this you can make big strides forward with minimal effort.

Once you get basic control over these five areas you will have the set a foundation for excellent health and prosperity.

Chapter One

Communication is essential. If you can't properly communicate you will be unable to successfully find inner peace. You will never achieve positive results externally unless you are at ease internally. A smile is the easiest way to communicate, and an excellent way to begin.



Say It With A Smile

As human beings, we have a fundamental need:

- To be positively acknowledged for being who we are (Lisa is a good person); and
- To be positively acknowledged for the things we do (Lisa is doing a good job).

When we do not feel seen and heard we will seek attention, sometime in a positive manner and sometimes in a negative manner. For example, you might disturb your family, friends or colleagues to get any kind of attention you can. Not feeling noticed is one of the worst things a human being can experience.

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Fortunately, we all possess the ability to smile, anywhere, any time. In my opinion, this is one of the most important factors for good health, and it's easy and doesn't cost you a thing!

Sharing a smile with someone acknowledges the other person by showing that you have noticed him or her and that they are important to you. A smile is a language that is recognized around the world, and it is contagious!

Scientists have discovered a new type of cell that they have named a 'mirror neuron'. Mirror neurons are nerve cells that cause us to imitate each other. For example:

A baby smiles when you smile.

When you see a couple kissing, your lips might pucker.

When you watch a soccer player kick the ball, your leg may move involuntarily.

You might say "Ouch!" and step back when you see someone get hurt.

Of course, these are just a few examples. Can you think of any other examples where you may have mimicked another person's behavior?



When you smile, your facial muscles move in ways that cause the brain to release feel-good hormones such as oxytocin. This is why it feels good to smile. And since the smile is contagious, one smile will lead to another, and so on. Unfortunately, sour faces can also be contagious.

What about you? Is your natural inclination to smile or do you typically wear a blank or sour face? How often do you make a conscious choice to smile?



Write down one specific situation when somebody in your network gave you a nice, warming smile.



Exercise: Write down five benefits of smiling when you meet other people. (These should only be situations that are common to you.)



Notice how many times you smile during your day. Practice this while on the job and with family and friends. They won't be able to resist smiling back at you.

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Exercise: Smile at five people and document what happens. How does it feel? What sorts of responses did you encounter?



You're not always going to get a smile back. Sometimes you will receive a false or artificial smile, and you may even see a sour face or two. Try not to let it get you down. The other person might not be feeling well, or they have a lot on their mind and are unable to appreciate your friendly gesture.

When you're not judging, you'll find it easy to keep that smile beaming. But smiling at others offers another benefit. By smiling at someone who may be having a bad day, you might help them feel better by giving him or her a little human warmth and compassion.

This was your first step towards living a healthier life. It wasn't that hard, was it? Just think: if you can affect your surroundings with one smile, because smiles are contagious, you could make an impression on everyone's health all over the world! The lesson here is that if you're going to say something, you should always say it with a smile.

Work on your smile for two weeks. Study how you interact with other people and study how other people interact with you. Do the exercises above and write down your reflections about your own behavior and the behavior of others.



Then, reflect on this experience and write down your thoughts. What lesson or lessons did you learn? What might you do differently in the future?



Are you smiling? Good. Now let's go to the next step.

Chapter Two

Moving your body is the best medicine known to man, and there are almost no side effects! Yet as humans, we don't tend to move our bodies very much at all.



Movement for Life

The human body is made to move. Remember, you are a direct ancestor of a people who fought on the Savanna and lived in caves. Your natural instinct is to hunt and look for food, and your body reminds you of this on a daily basis. Even though your surroundings may have changed, biologically you still have the same genetic makeup.

Physical activity is critical for your wellbeing. Inactivity not only causes your muscles to become stiff and achy, but your mind will also become stiff and your ability to think will decrease.

So, start moving! Your body will become leaner; you will have more energy and, most of all, you'll feel less pain and stiffness. Even thinking will become faster and easier! Exercise is a super medicine without side effects, as long as you don't overuse it while in an untrained condition.

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Exercise: Keep an Activity Diary and record the amount of exercise you get for at least two weeks. This will give you a good picture of how truly active you really are. When the two weeks is finished, reflect on what is good about your current lifestyle and what can be improved with regards to physical fitness.



There are additional benefits of physical activity. When you exercise your body, it has a positive effect on weight, blood pressure, blood sugar, cholesterol, the heart, and so on.

How many of these benefits do you want to enjoy? Write down at least five effects you want to experience:



Rank the list according to importance for your health.



Another positive effect of physical activity is that it eliminates stress hormones. So, instead of sitting down, eating a snack, or continuing to run on that hamster wheel, why not take a walk when you are feeling stressed out?

Moving the body will recharge your energy level, your anxiety will decrease and your thinking will become clear again. Try moving around the next time stress gets to you and you'll find yourself feeling much more relaxed and at ease.

Exercise: Describe one occasion when you took a walk or engaged in some other physical activity in connection with stress. What happened?



It is never too late to start a physical fitness program. The important thing to remember is that if you are untrained, you should start gradually to avoid injury. If you are starting from zero exercise, it is very OK to start with five minutes of exercise a day and then gradually increase it by five minutes as you progress.

And, best of all – everything counts! You can get lots of exercise with everyday activities such as housecleaning and gardening. Use the stairs instead of the elevator or escalator. Put your printer in another room, or down the hallway. Use the on/off button on the TV instead of the remote control.

Exercise: Write down eight activities that you do on a regular basis each week that could be counted as physical activity. How are you progressing from day to day?



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It is always a good idea to practice a variety of physical activities so you don't overextend yourself in one area and possibly cause an injury. For example, include walking in your program, and something else such as cycling. Be sure to choose an exercise or activity that you like. What might your favorite exercise or exercises be?



Here's a great tip! Practice walking-and-talking. Believe it or not, your thinking becomes easier when you are moving and you will be inspired with excellent ideas. This is an extremely underestimated form of the traditional business meeting. Of course, you can practice this with friends, too.

Question: Whom would you like to take on a walk-and-talk? What issue or issues would you discuss?



Exercise: Another great tip is to walk to work even if you work from home. Take a walk each morning to indicate you are going to work and then walk the same way back, but in the other direction, just as you would if you were returning home from work. Apart from the physical benefits, it is also a good way to mentally separate work from home. When does your walking commute start?



This was your second step towards living a healthier life. It wasn't that hard, was it?

Work on and study your physical activities for two weeks. Really study how you use your body. Do the exercises above and write down your reflections and experiences. What did you learn? What might you do differently in the future?



Now you are ready to go to the next step.

Chapter Three

Stress Makes You Ineffective

Stress can be caused by any number of things. Perhaps you don't have enough time to do what you would really like to do, or maybe you're afraid of not meeting expectations. The stress you experience is a result of both inner and outer influences.



Exercise: Keep a Stress Diary and fill it in for at least one week.



Question: What is most stressing to you? Mention five things or situations that really stress you out. What can you do different to help to relieve that stress?



In today's society you are exposed to enormous amounts of information – far more than you can take in. Because you have limits as to how much you can absorb, it is easy to feel a sort of information overload. And when you feel distracted or under pressure, important details tend to become lost or forgotten. This is your body's way of conserving energy. Because trying to remember too much data at one time is exhausting and overwhelming.

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How can you prevent this 'information overload' from happening? The idea is to close the door to outside stimuli in order to allow your mind to wander. Give yourself enough time to focus. Turn the phone off when you need to concentrate. With fewer distractions you will work, read, and accomplish your tasks much more efficiently. You will have more time for yourself and you'll get more done. What will you do with the time you save?

Exercise: Document five situations when you temporarily closed the door and were able to work undisturbed. What was the job? How much time did you save? What will you do with the time you saved? How did you treat yourself, if applicable?



Not only does your focus and memory get out of hand when you are bombarded with tons of information, but you also become time inefficient too. Every time you lose your concentration, it takes a while to refocus on what you were working on. These short interruptions will quickly add up to a significant period of time where you are simply "doing nothing".

If you do suffer from stress, you know from Chapter 2 what to do. Do you remember? Yes, start moving. When you feel stressed you should get up and move around for a few minutes. Then return to your task. Moving your body will reduce your stress hormones and clear your thinking so you can continue to focus on your work.

This was your third step towards living a healthier life. It wasn't that hard was it?

Exercise: Work on trying to relieve stress for two weeks. Study how you handle stress. Do the exercises above and write down your reflections and experiences. What did you learn? What might you do differently in the future?



Now you are ready to go to the next step.

Chapter Four

Everybody Has To Eat

Diet is a complicated subject; it is not just about nourishment and energy, but also concerns feelings and memories. This is because food is used not only for nourishment, but also for celebration, and in extreme circumstances can even be used as a drug.



Question: Do you have an eating problem?



There are many opinions about what to eat, when to eat, and how to eat. There are countless variations of diets, supplements and so on. Many are expensive and don't provide the energy and comfort your body typically receives from eating real food, and some of these variations and supplements don't even look like food!

Question: What diet methods have you tried?



My tip is to eat a little bit of everything. Your body needs certain vital nutrients to function and if something is lacking it must be supplemented. Otherwise, your body may become deficient in nutrients, and eventually illness or disease could result.

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Consistency is essential where diet is concerned. Never skip a meal and avoid any type of diet. When you are on a diet, your body believes there is a lack of food. This is due to your ancestral thinking that food is in scarce supply.

And if your body thinks that food is nowhere around, it will begin to store fat. During this process, when you do finally eat, the body will be so glad for the food that it will save as much as possible. This is why you may gain weight even though you are eating less.

Question: How are your meals? Is there room for improvement in your diet?



Exercise: Check your eating pattern by keeping a Diet Diary for a week. Remember to always be honest with yourself and to write everything down.



A fundamental truth about your body's weight is that it is all about calories – calories in and calories out. But it is more complicated than it may seem. Maintaining a healthy body weight is not only about what you eat, but when you eat and how you eat. The truth is that we still don't have the full picture, but the best advice is to eat three balanced meals a day.

Today, more people are dying from obesity than malnutrition. Obesity increases the risk for diseases such as diabetes, arthritis, high blood pressure, and coronary heart disease. You can see why nutrition is such an important issue. The easiest thing you can do for your diet and your health is to eat more fruits and vegetables. They supply your body with the antioxidants that are necessary to mend broken cells and improve your immune system. The different colors of fruits and vegetables represent specific antioxidants, so be sure to choose a variety of colors from this food group. Fruits and vegetables are also a good source of fiber, which enhances bowel function.

Exercise: Eat at least three different colored foods every day.



This was your fourth step towards living a healthier life. It wasn't that hard was it?

Work on and study your diet habits for two weeks. Take a good look on what you put in your mouth. Do the exercises and write down your reflections and experiences. What did you learn? What might you do differently in the future?



Now you are ready to go to the next step.

Chapter Five

Sleep Yourself To Success

Sleep is essential for a healthy lifestyle. While we sleep, our body takes inventory and does the proper housecleaning, so to speak. The body repairs and disposes of damaged cells, and the brain is refreshed.



Lack of sleep will cause you to become irritable and distracted.

You can do with one or two nights without sleep, but if you miss more than that, your job performance will suffer and the risk for accidents will increase.

In addition, the hormone systems ruled by the brain, such as the immune system, metabolism and so on, are disrupted because they need sleep to regenerate their systems.

On the other hand, too much sleep (more than eight hours per night) can be a sign of illness. So, any continuous lack of sleep or an imbalanced sleep pattern will eventually make you ill. This is why there is a connection between lack of sleep, obesity, and cardiovascular disease.

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Generally, seven to eight hours of sleep is ideal. It is important for you to get regular sleep without relying on sleeping pills. If you do have trouble sleeping, create conditions that encourage sleep.

One example of how to induce productive sleep is to ensure your bedroom is cool and comfortable. Keep it clean, and remove clutter or anything that might disturb your thoughts. The bedroom is for sleep, not work.

Some people who have trouble sleeping turn to alcohol. And while drinking alcohol may make you sleepy, the sleep you get as a result is not physiologically beneficial. Not to mention, the risk for developing alcoholism is greater when you use alcohol as a sleeping pill too often. It is important to develop a healthy sleeping pattern.

The first step is to look at how well (or how poorly) you are sleeping.

Exercise: Keep a 'Sleep Diary' for one week. This will help you find the weak spots in your sleeping pattern. Then, once you find the problem you can take steps to correct it. Take care of your sleep and try to change at least one thing around your sleeping habits.



This was your fifth step towards living a healthier life. It wasn't that hard was it?

Work on and study your sleeping pattern for two weeks. Study how you sleep. Do the exercises above and write down your reflections and experiences. What did you learn? What might you do differently in the future? Also, once you've worked on sleeping better, record how you feel.



Now you can move on to the next level 😊

Conclusion



Now you have taken five big steps towards living a healthier life. It is a great feeling isn't it? You have done some exercises in each chapter and you have answered important questions about your health situation, and you've reflected on your answers.

My hope is that you have found something in every chapter that you could change or do differently to better yourself. As you may have noticed, the type of situation you face isn't as important as how you handle that particular situation and how you manage your outlook on life.

If this inspires you to start your journey towards living a long, healthy and prosperous life, you are welcome to read more about my tools on www.askdrannika.com.

You can choose a course, listen to my strategic health talks, and subscribe to my E-zine and more. These tools complement each other and you may choose to work with just one, or more. You'll find courses, E-zine communication tools, strategic health discussions and many more tools to help you reach your goals. No matter which tools you choose, they will give you the all the information you need to live a happy healthy life.

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Let this be the beginning of change for you; change that will challenge and excite you. Break free of your boundaries and build a healthy and prosperous life. Because you only live once!

P.S. Your friends also need tips for living a healthy life. You are welcome to send them this link: www.askdrannika.com. It will offer them the same chance you have to register for the “Doctor Annika’s Five Golden Nuggets for Health Series” in order to begin their journey.

About Dr Annika

Ask Dr Annika is run by Dr Annika Sörensen, a health strategist and MD specializing in family medicine. Dr. Annika has a solid background in Swedish Public Health Care and has worked as a doctor for over 24 years. In 2006, after a course in stress and health promotion, she realized that she could (and should) use her medical skills to help people stay healthy and prevent illness instead of simply administering treatment after illnesses have already appeared.