

- 1 **Exercise** the right way
- 2 Get proper **Rest**
- 3 Spend time in the **Sunlight**
- 4 Your heart needs **Water**
- 5 Cultivate positive **Emotions**
- 6 **Vegetables** protect your health
- 7 Choose **Carbohydrates**
- 8 Have **Nuts & Seeds** daily
- 9 **Whole Grains** everyday
- 10 Fix and eat **Flaxseed**
- 11 Choose **Carob** not **Chocolate**
- 12 Cut out **Caffeine & Sugar**

24

WAYS To Improve HEALTH

- 13 Sunlight for **Vitamin D**
- 14 **Plant-Based Diet** avoids diseases
- 15 Lower **Blood Pressure**
- 16 Reduce **Cancer Risk**
- 17 Eat to nourish your **Mind**
- 18 Live **Heart** healthy
- 19 Get enough **Vitamin B12**
- 20 Keep **Insulin** low
- 21 Protect the **Prostate**
- 22 Abstain from **Alcohol**
- 23 Stop **Smoking** for good
- 24 Live a **Lifestyle** that enhances life

Dr. Tim Arnott, M.D.

Lifestyle Medicine Specialist
Lifestyle Center of America

Lecturing in the Activity Center of
Midland SEVENTH-DAY ADVENTIST Church
2420 East Ashman at Abbott
Part 1 - 7 p.m. Friday, October 7
Part 2 - 5 p.m. Saturday, October 8

Offering an All-Plant-Based Cooking Class, starting October 6

“Confused by the seemingly endless, new and often contradictory health information in circulation today? How about a common-sense reality check on living well? My book, *Dr. Arnott’s 24 Realistic Ways to Improve Your Health*, provides the health tips you need to live happier, healthier and longer. In my lectures will be sharing the scientific and biblical principles on which these 24 tips are based.” Tim Arnott, M.D.

For additional information call 989 687-2555