



Just like your car, our bodies need upkeep and fuel. Without it, physical things start to fall apart. If something is working to maintain your health, don't stop doing it.

One way to help with that is to keep a journal of your "successful actions", which are things that make your health statistics better. As soon as you realize what's been helping, write it down so you don't forget.

If specific exercises, treatments or nutritional programs help, get back to doing them. If there are specific foods that affect you, change the way you eat. There are many things you can do to help your body get healthier. Once you realize what they are, keep doing them and don't stop doing what your body needs.

In your "successful actions" journal, look at the before and after and see what's helped. It usually helps to compare month-to-month trends as bodies can have short-term symptoms while detoxing or reconstructing.

Yours for health naturally,

Dr B

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