

A source : <https://health-spiritual.com/>



There are 3 main aspects of Health

There are 3 main aspects that we should take into consideration if we want to remain healthy:

1) Our **lifestyle** and people today have a sedentary life:

Thus, they have problems with their weight an average person sits or lies at home, sits in his or her car and then again sits at work, not to mention different habits that shorten our lives.

Remember one thing: changing your lifestyle illnesses will disappear from your life. And it is confirmed by a lot of reasonable people.

2) Our **Food and the way we consume it:**

The knowledge of the right combination of products and the needs of your body and use it on practice allow you to increase the level of your power engineering and the stamina of your body, improve your health and help you to clear your organism of any waste products that in turn will lead to the cleansing of your blood and a loss of weight...

3) Our **thoughts and the way we work with them:**

Yes!

Other people's negative thoughts affect us daily. We should be prepared for these attacks. There is a way out — daily create positive thoughts based on the Feeling of Joy of Life, and the awareness of our Unity as cells of one big body planet Earth. Remember: Thought created our Universe, and we all very powerful creatures.

This way you will be protected from the negative factors of life and stresses at work and at home. **Irradiate**

Love!

The most important thing is to do it constantly and persistently on a daily basis. Make it a part of your everyday routine.

Some people may say it is rather difficult. But is it easier to be ill all the time or to suffer from frequent headaches, heart pains and so on – ???

Decide for yourself!!! Read more on the page [health](#).