



Healthy Habits for a Healthy Year

By Dr. Michael A. Triglia

In one of our first Xooma Health Education calls of the year, we discussed 9 small changes that can make a BIG difference in your heart and positively impact your overall health this year. In this article, we'll recap some ideas and give them a broader scope with information from many different sources.

What is [Health](#)? After being a Doctor of Chiropractic for over 30 years I still get that same question.

“...but I didn't do anything except reach for a coffee cup and had extreme pain in my low back!”

Understand this: the definition of health is not merely the absence of disease or infirmity but the 100% function of all bodily tissue. Notice it doesn't say anything about pain or how you feel!

As Xooma Members, our goal as a team, is to educate, motivate, and activate people toward a healthier lifestyle, regardless of symptoms. No matter the age it is never too early or too late to start your journey to a healthier lifestyle. Remember - inside or out - structure has a direct link to function! Here are my suggestions for healthy habits to choose for keeping healthy every day of the year.

Eat a healthy diet.

It is important for us to eat a healthy diet. However, we must look at a well-rounded diet of protein, carbs, and fats. Of course, you must decide if you want, for example, protein to be meat or alternative sources - especially if you are a vegetarian. I have spoken many times on this subject and have said this is where Xooma shines, considering how polluted the water and soil is across the country.



I do not believe you can achieve optimal health these days without nutritional supplementation. If you are going to drink enough water, why not drink the most powerful H₂O on earth by **adding X2O** to that water. Follow that up with many of the great Xooma nutritional products to provide what our soil can't give us.



Be Active.

Being active everyday can be challenging but did you know that every move counts? Depending on your age, you can modify your type of work out, depending on your condition. Your target is hitting the 5 major factors of fitness. Start slowly and build up from there. Find your own starting point. A good rule of thumb is don't walk faster than you can carry on a conversation.



- A. Cardiovascular conditioning** of the heart, lungs, and arteries. Again, if you are a young athlete, your goal may be to run a faster mile. If you haven't worked out in years, you may want to start off by marching in place for 30 seconds. The important part is that you start slow and move up each week and each month.
- B. Flexibility** – Many people say they stretch...but they really don't. Over the years of teaching Martial Arts, I would have students stretch during class, which was critical for their performance – and to avoid injury. It wasn't until I became a Doctor of Chiropractic that I realized we can accumulate and store fat and degeneration, but we cannot 'store' fitness and health. Consider this: a 140-lb. person creates about 650 lbs. of stress on their ankles, knees, and spine. When you sit, you continue to create compression on the spine which can lead to ongoing pain and discomfort. This is one of the key reasons we need to stretch regularly. So stretch a little throughout the day, no matter what fitness level you are, and you'll enjoy more flexibility and less pain.
- C. Muscle Balance** - In its simplest terms, work the front muscles of your body as well as the back, top and bottom. The more lean, healthy muscle tissue you have, the more strength, balance, and stability you will have in all your physical activities.
- D. Endurance** – Do you have the energy to get up and go whenever you want...or are you feeling lethargic by the middle of the day? Low energy and weak endurance can come from lack of exercise, poor sleep, unhealthy foods, and nutritional deficiencies. Make it a goal to analyze these individual parts of your personal life and make positive changes to improve these areas.

E. **Strength** - Strength is very important. I put it last because most people work on it first. Remember the 'quads', top front muscles of the legs, are what carry your body. If that one group of muscles is weak, it will affect your mobility in many areas. Everything is connected.



Avoid harmful use of unhealthy beverages.

Alcohol, soda, canned energy drinks, coffee & teas, are all popular beverages in our modern society. And while consuming these types of drinks is okay once in a while, most are not very healthy for you. Just one example, look at Monster Energy drinks. Their pH is about 2.7, which is about the same as battery acid. And we wonder why our younger generation have increased health problems with excess of these 'energy' drinks. Remember...God designed your body to run on pure, contaminant-free WATER. And thanks to Xooma, you can transform that purified water into an ultra-powerful health beverage by simply adding **X2O!**



Don't use tobacco or vapes.

Any tobacco use and exposure to tobacco smoke is harmful. Quitting tobacco reduces your risk of heart disease, cancer, chronic obstructive pulmonary disease (COPD) and other diseases. Most recent evidence is now showing that vaping fluids and other vaping materials have the potential to create similar destruction to our health.



Connect in person.

Loneliness is a serious health risk. A large body of research shows that social isolation and loneliness have a serious impact on physical and mental health, quality of life and longevity. As a matter of fact, a recent scientific study revealed that not being in a social group and having interaction with other people over a long period of time can lead to early Alzheimer's.





Look hard at GUT HEALTH.

Nutritional science and ongoing recent medical research have discovered many of our modern-day health problems can be directly linked to poor gut function. Not only can an unhealthy gut lead to many physical problems in the body, but poor gut health is also now being linked to mental problems and cognitive decline. Sadly, due to today's highly processed foods, chemicals & preservatives, and environmental toxins, our gut environment is constantly under attack. So beyond making healthy food choices whenever possible, we need to provide our gut terrain with the proper nutrition it needs to keep us healthy. This is why products like Xooma's **Xiome365**, **Probiotix** and **Assimilator** become so important to our overall gut health. The nutrients in these formulas help you defend your gut (and your immune system) against these ongoing threats from our modern commercialized food supply and environmental chemicals.



WASH your hands!!!

I know this sounds simple, but I can't believe how many public places I go, and people don't wash or just run water over their hands! If there was one thing we learned during the Covid-19 pandemic, it was how quickly and easily bacteria, germs and viruses can spread from person to person when we don't practice good hygiene. Water and soap or an alcohol-based rub can be very helpful to safeguarding our health. And don't forget that Xooma offers an exclusive, safe, non-toxic cleaning and sanitizing agent with their **Insta Protex** product line. It's anti-viral, anti-bacterial and anti-fungal and can be used on your hands – just like soap & water.



Take a day off.

It is so hard for most of us to completely stop for one day, but extremely powerful. Physical & mental stress are far more destructive to your good health than most people know. In fact, people who regularly endure high levels of stress have much weaker immune systems and are far more susceptible to disease and illness. Rest and relaxation – physically *AND mentally* – can go a long way in helping your body heal itself. Best of all, you'll be a happier person which means you'll be a better spouse, friend, and family member to those people you love. I suggest this great read by Pastor Robert Morris: *'Take the Day Off'*.



Get regular check-ups.

Why wait until a problem develops in your body? By tuning in to how you feel each day and noticing any negative changes, you can get ahead of health challenges before they develop into serious issues within your body. Like your car, your body needs maintenance. However, instead of waiting for the 'check engine' light to come on, it's wise to maintain your health on a regular basis – even if you 'feel' good at that moment. That's why it's important to see your Dentist and General Practitioner at least once per year. Get an annual blood test and physical check-up to make sure your health is staying on the right track. And absolutely see your Doctor of Chiropractic as often as possible to keep you feeling great! (A little self-serving plug) 😬

Remember...**your health is YOUR choice**. So, make good health decisions *and* make Xooma's products part of your daily routine. Use these simple tips above to enjoy abundant health and happiness in the months and years ahead.

Yours in Health,
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Dr. Michael A. Triglia has been in private practice for over 30 years. As an entrepreneur he knows the value of diversification. As a Doctor of Chiropractic for over 30 years he has also been involved for that long or longer in the health and wellness and motivation industry. As a Christian he attempts to look at all areas of life through the lens of the word of God. Dr. "T" states that is the most important center piece of his life that keeps him highly motivated to do his very best daily.

Dr. T is President/Founder/CEO of Peninsula Chiropractic Center, ISOROBIC Life Improvement Center, Fitness Motivation Institute of America, and Bushin Kai Martial Arts Academy where he holds a Sixth Degree Black belt as well as black belts in four other martial arts.

About 15 years ago, he had a friend who asked him to accompany him to Hampton, Virginia to take a close look at XOOMA Worldwide. After hearing people like President and CEO Ron Howell, and members of the Executive Team including Ken Marsh, Zack Howell, and Erick Stinger, he said, "I realized

I may be a Doctor but knew I had more to learn about water, pH, and the power of healing!" Xooma's mission was so appealing that he decided to join the team and is very happy he did. Xooma's many multifaceted products have been a part of his and his patient's daily life ever since.

*The statements in this publication have not been evaluated by the Food and Drug Administration and are not intended to replace the services of a qualified health professional, nor are they intended to diagnose, treat, cure or prevent any illness or disease.