



# R.E.J.U.V.E.N.A.T.E.

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10 SIMPLE, SUREFIRE TIPS FOR  
INVIGORATING BODY, MIND, AND SPIRIT

It happens to most of us. We decide to make changes to improve our mental and physical health, but the necessary steps often seem so overwhelming and complicated we hardly know where to start.

When that happens, don't ruminate. Instead, *rejuvenate*—with simple concepts designed to bring a rich, soul-satisfying balance back into your life.

Below are 10 tips to get you started, with plenty of examples to make it easy. Begin with a few ideas, incorporating more as you can. You'll find it easier as you make more changes because the positive effect is exponential. For the best results, share these tips with family and friends so you can team up and support each other.

## REFRESH OFTEN.

Build breaks into your day—from sunrise to bedtime—to reset and refresh. Just as your computer can slow down or even freeze when you're running too many programs, your mind and spirit can get worn out from too much mental (and digital) multitasking. It's okay to unplug now and then, or at least press the "reset" button!

Remember that the first 40 minutes of the day establishes the tone, so at the very least, set your alarm 10 minutes early to allow for some mindful reflection. The quiet of the morning is also ideal for organizing your day by setting goals and planning your "to-do" list.

A midday reset break may be challenging, but the benefits make the effort worthwhile. Scarfing down your lunch in front of the computer doesn't count! Plan a 10-minute break for a walk around the block or a few yoga stretches. Check in with yourself to see if you're on track with the goals you set that morning.

Similarly, build in time at night for taking stock of your day. Instead of nodding off in front of the television, make the hour before bed a sacred time in which you unplug from technology so you can journal, meditate, or take a soothing bath to promote healthy sleep.

## EXERCISE FOR VITALITY.

Make physical activity a top priority. Whether it's yoga, walking, a quick trip to the gym, or some sit-ups and push-ups at home, pick something you're likely to stick with and do it at a time you can commit to.

Morning exercisers (like me!) tend to be the most consistent because the day's distractions don't interfere with following through. Early exercise also gets your

endorphins flowing first thing, invigorating you for the day ahead.

If you're not bright-eyed and bushy-tailed at the thought of a 5 a.m. jog, either fit in some midday cardio or exercise in the early evening to work off the day's frustrations. Just don't work out *too* close to bedtime because exercise raises your heart rate and body temperature, which can interfere with restful sleep.

## JOIN THE BREAKFAST CLUB.

Your mom was right—breakfast is the most important meal of the day! Rushing out the door fueled with only a cup of coffee will set you up for low blood sugar that may cause you to give in to unhealthy cravings, so you end up eating more calories to compensate during the rest of the day. Research shows that skipping breakfast is more likely to result in weight gain than loss for that very reason.

Consuming some protein for your morning meal gives you more staying power than sugars and starches, so consider ditching that donut for an omelet or a smoothie with added protein. Whole grains, oatmeal, and high-fiber cereal are also good choices. If you're too rushed in the morning, prepare your breakfast the night before. Even a quick smoothie guzzled in the car is better than no breakfast at all!

## 4 USE NATURAL “SUPER-FOODS” AND “SUPER-NUTRIENTS.”

To fill in the nutritional gaps of our fast-paced, overstimulated, undernourished lifestyle, I recommend two essential whole-food supplements—Hawaiian Spirulina and Hawaiian Astaxanthin. Together they are the perfect high-energy, low-calorie, head-to-toe rejuvenating supplements.

Hawaiian Spirulina, an all-raw, blue-green alga, has particular benefits for the circulatory and immune systems. It's a well-absorbed source of iron that can resolve anemia, guard against irregular blood clots, and reduce excessive triglycerides. In addition to supporting cardiovascular health, it can also boost immune activity, quell inflammation, reduce arthritic

pain, increase endurance, help detoxify the colon, skin, kidneys, and liver, and protect the brain.

Hawaiian Astaxanthin also comes from the ocean. Algae produce this red-colored antioxidant that helps neutralize free radicals, which lead to cell damage, disease states, and premature aging. It's especially beneficial for the skin, improving moisture, and reducing wrinkles. It also supports immune function, cardiovascular health, brain health, and eye health. As an antioxidant, this source of astaxanthin is 6,000 times stronger than vitamin C, 500 times stronger than vitamin E, and 2,000 times stronger than resveratrol and quercetin.

## 5 VISUALIZE YOUR DAY EVERY MORNING.

As Albert Einstein once said, “Your imagination is your preview of life's coming attractions.” Decades of research show that visualizing outcomes through mental practice can enhance motivation, increase confidence, and prime you for success. Athletes have long used visualization to significantly boost their performance. This practice can also come in the form of positive affirmations, such as “I am competent” or

“I am strong.” Think of it as a way of imagining you as your best self!

After my morning meditation, I take a moment to visualize the day ahead of me, focusing on the successes I will have. This helps the day go much more smoothly. Even just a minute of visualization and positive thinking improves my mood and outlook.

## 6 EAT MORE FRUITS AND VEGGIES.

Vibrant health starts in the kitchen. I agree with best-selling author Michael Pollan's food philosophy, which simply stated is this: “Eat food. Not too much. Mostly plants.”

By “food,” Pollan means whole food that occurs in nature, not processed creations that masquerade as food. Whole grains and cold-water fish like salmon are fine in moderation. But the best bet for low-calorie, nutrient-dense, health-promoting food is fruits and

vegetables—the most important health care your money can buy.

Colorful, fresh produce is chock-full of vitamins, minerals, and antioxidants, which neutralize free radicals. Eating plenty of fruits and vegetables is associated with reduced risk of cancer, heart disease, and diabetes—and the fiber they contain helps the digestive tract work properly too.

## 7 NURTURE YOURSELF WITH AMPLE SLEEP.

Nothing is more restorative for the body than getting enough good-quality sleep every night—seven to eight hours is ideal.

Adequate sleep improves memory, promotes longevity, reduces inflammation, improves mental and physical performance, and increases safety behind the

wheel. It's also good for your waistline. Too little sleep makes you hungry, especially for calorie-dense foods, and it primes your body to hold on to fat. Dieters who get more sleep lose more fat than their sleep-deprived counterparts, who tend to lose muscle mass. Cheating sleep also boosts your insulin levels, which increases the risk of heart disease and diabetes.

Lack of sleep compromises our emotional well-being, too, since it elevates levels of the stress hormone cortisol. Those who get less-than-adequate rest are also at higher risk for depression.

To ensure a good night's rest, try to stick to a sleep schedule. Create a bedtime ritual that might include a warm bath with lavender for relaxation, and arrange your room so that it is cool, dark, and quiet.

## 8. ADJUST YOUR ATTITUDE TO BOOST YOUR GRATITUDE.

Focusing on the positive and being grateful for all of the good things you have, even during times of loss and stress, has tremendous healing power. Those who do this regularly are healthier, happier, more motivated, less stressed, and more well-rested. They also have more fulfilling relationships. As my grandmother used to say, "Attitude is your mind's paintbrush; it can color anything." So why not color your life positive?

Each and every day, take a moment to be grateful for all you have. Write a thank-you note, express your gratitude for a loved one, or offer prayers of thankfulness. Whatever you think about consistently brings more of the same to you. So focusing on the positive, even during difficult times, is vital for transforming your life.

## 9. TAKE TIME TO MEDITATE.

This simple, free practice lowers blood pressure, soothes the gut, boosts immunity, reverses aging, and makes the body less reactive to stress hormones, promoting emotional balance. Even merely breathing deeply is an excellent way to reduce stress, increase your creativity, release fear, bolster confidence, and supercharge energy.

There's no one way to meditate. The essence is mindfulness—being in the present moment. You can even be in a meditative state while walking or driving. Incorporate guided meditation, music, or mantras, or simply sit quietly, close your eyes, and focus on your breathing. Inhale and exhale slowly and deeply, noticing the sound and rhythm of your breath.

## 10. ENJOY LAUGHTER DAILY.

Laughter releases endorphins, feel-good chemicals that act as natural stress busters. A good belly laugh also improves circulation, fills your lungs with oxygen-rich air, helps relieve pain, and counteracts fear, anger, and depression.

To tickle your funny bone, watch a silly movie or TV comedy, visit a local comedy club, read humorous books and articles, and spend time with those who genuinely make you laugh. And don't forget to laugh at yourself once in a while—this humbling experience reminds you not to take life too seriously. 🌍

For a free copy of the e-books *Detoxify & Rejuvenate* and *The Curative Kitchen*, both written by Susan Smith Jones, Ph.D., to subscribe to her free newsletter about nutrition, or to learn more about the recommendations Jones shares here, visit her website at [www.SusanSmithJones.com](http://www.SusanSmithJones.com).