

There are **6 simple and proven actions** that you can take to **dramatically increase** your level of **Happiness** and **Extend Your Life!**

- 1.) **Be Connected:** Humans need a strong sense of **Community** in their lives in order to feel completely happy. Interestingly enough, from physiology, we know that our human bodies actually function better (**all the way down to the cellular level**) when we have the support of a community. Being a part of a community actually supports the trillions of cells which compose your inner cellular community.
- 2.) **Be Active:** You must move your body! Humans are designed to move; we are not designed to sit at work all day, only to come home and sit more. When we move, our nerves receive **Proprioception** (perception of stimuli or orientation of one's limbs in space) and this **Movement** is absolutely essential for our cells to function properly. You must let your cells know that you are still alive and it's time to get to work keeping things that way. "Get busy living or get busy dying," it really is that simple.
- 3.) **Be Aware:** Set Goals for yourself and focus on being more present every day. Increase your level of consciousness and stop spending so much time worrying about what tomorrow will bring. If you focus on making every day count toward whatever goal you may have, then there's no need to worry about tomorrow; tomorrow will be another amazing day!
- 4.) **Be Curious:** Never be complacent about your level of knowledge. **Keep Learning!** This doesn't have to be in a formal school setting; you can actually look up those things that you are interested in (Books, Google, etc)! Learn to **Play** an instrument or **Take Part** in a strategic game. Your brain needs stimulation every day in order to function properly. **Continuously Learning** about the things in which you are already interested will provide your brain with everything it needs to carry you brilliantly through the end of your journey.
- 5.) **Be Generous:** Numerous studies have been conducted and published documenting the **connection** between **Giving to Others** and **Increasing Personal Happiness** levels. Why does giving to others produce such a feeling of reward? Humans are actually hard wired this way. We actually produce an **Inner Reward** when we see that something we've done for someone else is appreciated. We all experience **Increased Happiness** when we are able to **help our fellow humans** and this feeling actually has a **Cellular Healing** effect on our bodies.
- 6.) **Be Nourished:** Last but certainly not least, you must **supply your cells with the Basic Building Blocks they need to produce a Healthy Inner Environment**. How healthy is your inner environment? You must become conscious about what you are feeding your cells and the function of your nervous system, (which controls, coordinates and regulates every function of the body). The living conditions imposed on your inner (cellular) community have a direct impact on your human life experience. The old saying, "**Junk in, Junk out,**" could not be more true!

These Steps may sound complicated, but it is much easier to begin this journey than you might think. The benefits of taking these daily actions in your life are undeniable! You can experience enrichment in your life and this enrichment will lead to enhanced health and extension of your life!

You can **BE WELL!**

For more information visit www.BeWellNSB.com
Let Dr. Wendy help you create more happiness and enhance
your health today. **Consultation is FREE!**