

Stasis Is an Illusion™

Stasis does not exist.

Not when it comes to your body and mind.

Every single day, your physical and mental health is either gradually declining or improving.

The appearance that you are “okay” or the “same” every day when you are not sick or injured — that your physical condition is static — is an illusion.

This illusion deceives your mind because the degree of your health’s daily decline or improvement is so slight that it is almost imperceptible — until it is too late.

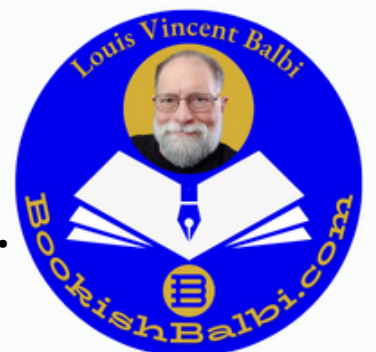
Your belief that your day-to-day health is stable and unchanging is a delusion you are happy to believe because it is such a comforting lie.

It allows you to continue your life on cruise control, requiring no effort to change your daily behavior.

Then that fateful day arrives. The health of your body and mind crosses the tipping point. The harsh truth you've been denying becomes undeniable under the stark fluorescent lights of an emergency room.

Before that happens, start making good choices every single day. And if you already make good choices, begin making even better ones.

- Stop putting poisons into your mouth, belly, lungs, and brain.
- Adopt a healthy eating plan.
- Read good books and listen to audiobooks.
- Start moving. Get up off the chair or couch.
- Walk or bicycle; stretch and exercise.
- Be smart about it. Get expert advice. And be careful.
- Don’t injure yourself by doing too much too soon.
- Slow and steady wins the climb to better health.



Every day you dedicate to making your body and mind a little bit better, the more life you'll enjoy and the less strife you'll suffer.