

# **Simple Health Value**

**Five Overlooked Lifestyle Choices  
You Can Make Now**

**DR. ANDREW MYERS**

Printed in the United States of America

Simple Health Value: Five Overlooked Lifestyle Choices  
You Can Make Now

[www.simplehealthvalue.com](http://www.simplehealthvalue.com)

Copyright © 2007 Dr. Andrew Myers

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or by any information storage and retrieval system, without permission from the author, except for the inclusion of brief quotations in review.

Cover design: George Foster, [www.fostercovers.com](http://www.fostercovers.com)  
Interior design: Nick Zelinger, [www.nzgraphics.com](http://www.nzgraphics.com)

ISBN Number 13: 978-0-9790229-0-6  
ISBN Number 10: 0-9790229-0-8

Library of Congress Control Number: (Pending)

Warning-Disclaimer

Health Value Publications and Dr Andrew Myers, Inc. has designed this book to provide information in regard to the subject matter covered. It is sold with the understanding that the publisher and author are not liable for the misconception or misuse of information provided. Every effort has been made to make this book as complete and accurate as possible. The purpose of this book is to educate. The author and Health Value Publications shall have neither liability nor responsibility to any person or entity with respect to loss, damage or injury caused or alleged to be caused directly or indirectly by the information contained in this book. The information presented herein is in no way intended as a substitute for medical counseling.

It is recommended that you do not self diagnose. Proper medical care is critical to good health. If you have symptoms suggestive of an illness, please consult a physician—preferably a naturopath, holistic physician or osteopath, chiropractor, or other natural health care specialist. If you are currently taking a prescription medication, you absolutely must consult your doctor before discontinuing it.

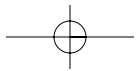
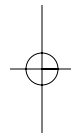
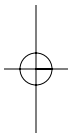
First Edition: 2007

Published by Health Value Publications

Published in the United States of America

To Drew and Elke  
Mom and Dad  
Amy  
and  
Shannon

for all their love and support



## Acknowledgements

**I**t takes many supportive people to give life to a concept and a book like *Simple Health Value*. To each and every person that has been part of the development of this book, I say a humble and heartfelt thank you.

Thank you first, to the readers of this book who believe in the potential to take their own health into their hands and for sharing this message with family, friends and co-workers. I wrote *Simple Health Value* for this purpose.

My deepest thanks to:

My friends and colleagues from Bastyr University, in particular, Dr. Don Brown, Dr. Elias Ilyia, Dr. Michael Murray, Dr. Patricia Elliott and Dr. Jay Little. Thank you for helping me lay a strong professional foundation and for inspiring me to see the art within our medicine.

My friends and professional colleagues, Dr. Rick Tweedt, Dr. Todd Schlapfer, Dr. Joan Haynes, Dr. Werner Hoeger and Dr. Ted Boyer.

My family, especially my sister and biggest supporter, Amy for your constant friendship, hard work and ever present love.

My grandparents, Grandma Ellen, Mom Mom and Pop Pop and Auntie Mardy.

My good friend and business strategist, Maryanna Young, for keeping the momentum of this project going from start to finish. Mahalo! I couldn't have done it without you!

My friends and business partners Dave Brubaker, Dr. Louis Ignarro and the entire NutraGenetics team—Stan, Cavey, Gary, David and Ken. Your friendship and professional support add so much to my life.

For the Leaders Forum and Executive Roundtable members at Washington Group International for your valuable feedback especially Stephen Hanks, Jennifer Large, Stephen Muller, Donna Lewis and Jana Shields.

To George Foster at Foster Covers for the cover design, Steve Smith and Jeanne Gadd at Steve Smith Photography for the photography and Nick Zelinger at NZ Graphics for the Interior Design.

Many thanks to Tim Vandehey, Kim Fletcher, Sharon Dejarlais, Jeanette Fisher, Jennifer Oppel, David and Mary Beth Hollander and Kim Lock for their input and proofreading at various stages of the project.



## Table of Contents

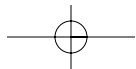
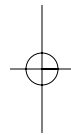
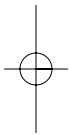
Foreword .....	9
Introduction .....	11
<b>Chapter 1</b>	
<b>Being Healthy Doesn't Have To Be Complicated:</b>	
<i>It Is All About Adding, Not Taking Things Away</i> .....	13
<b>Chapter 2</b>	
<b>Personal Passion To National Mission:</b>	
<i>Simple Solutions to Seemingly Impossible Problems</i> .....	23
<b>Chapter 3</b>	
<b>Drink More Water: Your Most Valuable Liquid Asset</b> .....	29
<b>Chapter 4</b>	
<b>Eat Fresh: Dieting in Reverse</b> .....	45
<b>Chapter 5</b>	
<b>Move Daily: The Power Of Taking The Stairs</b> .....	57
<b>Chapter 6</b>	
<b>Sleep and Rest: The Automatic Recharge</b> .....	71
<b>Chapter 7</b>	
<b>Breathe Deeply Every Day: Stress Is the Disease,</b>	
<i>Oxygen Is the Cure</i> .....	85
<b>Chapter 8</b>	
<b>Simple Health Benefits: How Five Overlooked Daily</b>	
<i>Practices Can Give You the Energy to Soar</i> .....	95

**Chapter 9**

**Putting It All Together: *Strategies for Building***

*Simple Health Value Into Your Routine* . . . . . 103

**Resources** . . . . . 115





## Foreword

**Y**ou were attracted to this book for a reason. Maybe you are someone who is always interested in ways to improve your life and health, making health and fitness a priority. Maybe you are someone who is overwhelmed to the point of confusion by the vast sea of health information and you were attracted to the word 'simple'. Then again, maybe you are an individual who lacks the hope and belief that significant health and life changes are truly within your reach and you are reading this book in need of a new perspective and some encouragement.

Whatever category you fit into, this book is for you. Whether you are on a great path toward living well or seeking where that path begins, you will find simple treasures within this book that are often overlooked in the modern-day search for the latest health fad. The values highlighted in this book tap into the way our lives and health are designed to be maximized, while culture, tradition and an array of unhealthy lifestyles have chipped away at our ability to recognize (and incorporate) some of the most obvious and significant strategies.

Imagine yourself having more energy for your daily activities and responsibilities without having to focus on a strict exercise program. Imagine finding yourself feeling lighter, mentally and physically, without having used the word 'diet'. Then imagine yourself laughing more often, feeling significant, and finding yourself naturally seeking ways to value

others and invest in healthy, significant relationships with new passion and energy.

The most exciting element of the information presented in this book is that any individual who makes the decision to begin incorporating some or all of these strategies will begin realizing the naturally—occurring rewards of these new lifestyle and health habits—changes that will inspire, challenge and motivate you to embrace these new habits as life-long patterns with unending benefits.

My hope is that this investment will be one of the most rewarding of your life. Once you are hooked, don't keep the information to yourself—pass it on to those around you and begin enjoying the ripple effect of seeing those you care about discovering some of the best kept secrets of simple health and a great life. Enjoy your new life and live well!

Dr. Louis J. Ignarro  
Nobel Laureate in Medicine  
Distinguished Professor of Pharmacology,  
UCLA School of Medicine  
Best-Selling Author of *NO More Heart Disease*

## Introduction

**A**s a physician, I am passionate about health and wellness. In my approach to medicine, I seek to address the causes of disease and not just treat the symptoms. I have witnessed the body's inherent power to heal and for all of my scientific training I am still in awe. In my years of educating patients about their health, I always emphasize that health care is really self care.

There are stark realities that must be faced with respect to our health and healthcare system. It is becoming clear that instead of saving us from disease, medicine should be saving us from ourselves. As the incidence of obesity, type II diabetes and degenerative diseases continue to climb, we must ask ourselves, "Are we on the right path?"

I have spent nearly two decades studying and practicing natural medicine. Through my experience I have accumulated a wealth of practical knowledge regarding what it really takes to be healthy and well. What I have discovered is that the simplest aspects of our lifestyle have an immense effect on our health. This discovery is incredibly valuable, but when I look at healthcare as a whole, it is as if no one is focusing on this critical knowledge.

The fact is that most people do not understand the impact that their lifestyle has on their health. And it is this lack of understanding that is costing people their very lives.

Each and every day we make choices that influence our health both in the near and longer term. The simple, often

overlooked details—how much water we drink, the kinds of food we eat, whether we exercise regularly—in our lifestyle are critical to the optimal functioning of our bodies and the foundations of our health.

The power to heal is within you. And unlocking that power is as simple as supplying your body with the basic elements of its functioning—water, fresh food, movement, sleep and oxygen. Provide your body the proper foundation for health and you will enjoy two very powerful outcomes: performance and prevention. With a few simple additions to your lifestyle, you will feel energetic and vital—that’s the performance part. And as you integrate my *Simple Health Values* into your lifestyle you will optimize your body’s function and prevent degenerative diseases like heart disease and cancer—that’s the prevention part.

The goal of *Simple Health Value*® is to offer you the simplest, most basic steps to improving your health and preventing disease. There is no magic bullet, no miracle cure, and no systematic approach hidden in this message. The simplest logic drives the information provided in this book and if acted upon you can add incredible quality to your life.

## Chapter 1

# Being Healthy Doesn't Have To Be Complicated



### It Is All About Adding, Not Taking Things Away

Every day, whether you realize it or not, you make decisions that determine how healthy you'll be and how good you'll feel, often for years to come. Some of those decisions are big, like which doctor to see or what insurance policy to purchase. Others you may barely notice, like what to eat for dinner.

Yet make no mistake: Every single one of those daily decisions profoundly impacts your health.

Ironically, the choices that affect your health most are the ones you hardly think about. They are folded into your daily habits and they're easy to overlook. They get lost in the mix of work, family, school, chores, and all your other demands.

It's those seemingly small decisions whether you drink water before your coffee in the morning, whether you walk the dog or choose to take the stairs, whether you eat your cheeseburger with fries or a fresh salad. Each of these choices have the potential to produce lasting improvements in how you look, how you feel and how you live every day.

Shifting your patterns on these daily decisions isn't complicated. My work with patients for the last decade and a half has proven to me that it's simply a matter of seeing how those choices affect your health and of understanding the power of simple changes to make you feel better, work more productively, and even save some money.

***Simple Health Value* is about a basic notion:  
Good health doesn't have to be complicated.**

### **Doctors Overlook the Simple Things, Too**

When Americans become concerned about our health, we generally turn to our doctors. There's nothing wrong with that; most mainstream physicians are skilled, dedicated professionals who have their patients' best interests at heart.

The problem? Conventional doctors are rewarded for diagnosing disease, *not* for preventing it. Their medical training focuses on drugs and surgery. Just like everyone else, they tend to overlook the daily decisions that dramatically influence your body and how it functions.

That's why healthcare in this country often relies on expensive pharmaceuticals with serious side effects, or risky, invasive treatments. Most of the time we wait until something goes wrong with our bodies, then we grab the phone, call a doctor and beg for a pill to fix it.

## Working With Conventional Medicine, Not Against It

Let's get one thing straight. I'm not here to bash conventional, or *allopathic*, medicine. It's changed the world and brought us some incredible, life-saving technologies.

The beauty of *Simple Health Value* is that it addresses an area orthodox medicine tends to ignore: A few uncomplicated practices can improve the fundamental performance of your entire body. They can prevent you from getting sick in the first place, or help you heal faster when you do.

No, my philosophy isn't intended to replace your doctor. In fact, it will actually make your doctor and the care he or she provides more effective. At the same time, *Simple Health Value* is a perfect fit if you embrace natural or complementary care, such as vitamins, massage, acupuncture or chiropractic medicine.

If you adopt even a few of the uncomplicated practices you'll discover in this book, you'll build a stronger foundation for good health. So any healthcare provider you see and any treatment you receive will deliver more satisfying results. In the end, you'll take control of your own health and your own healthcare.

**The *Simple Health Value* approach:  
Healthcare is really self-care**

## It's Virtually Impossible to Fail

You're an intelligent adult. You don't need to be scolded about what foods to give up or why you should leap out of bed at 5 a.m. and run to the gym. So why is it that so many messages related to health are directed at the negative habits in our lives?

Diet or fitness programs that order you to toss out your favorite snacks or make drastic changes in your daily routine are doomed to fail 90 percent of the time. Let's face it, it's tough to make sacrifices. That's why *Simple Health Value* focuses on adding healthy habits to your life, not taking things away. It's a realistic, effortless approach to living with better health and more energy.

Please, don't deprive yourself. All you need to do is add five easy, health-promoting behaviors to your daily routine. The best part? *You're doing some these things right now.* This "simple-addition" approach makes it nearly impossible to fail. Action equals success. If all you do is sip a few more glasses of water or eat an extra apple each day, you'll see real benefits. You'll have more energy, your focus will be sharper, your moods will be more stable, you'll feel less pain and stress. *You will just plain feel better.*

Of course, the more you do, the greater your results. But with *Simple Health Value*, any step you take is a step in the right direction. No matter which values you add to your daily routine, your body will respond in a positive way.



## Simple Health Values Defined

Adopt these five easy, inexpensive practices every day and you will improve your health, well-being and quality of life:

**1. Drink more water.**



**2. Eat fresh.**



**3. Move daily.**



**4. Sleep and Rest.**



**5. Breathe.**



Now, I can almost hear you saying to yourself, *"That's it?"* I don't blame you. Like I said, most of us overlook these simple steps because they're part of our normal routines. In looking to medicine for miracles, we ignore the miracle of our own body's intelligence and natural ability to function.

But nothing is more important for your body to perform at its peak than these five core elements. Nothing will improve your health faster and more completely than engaging in each of these practices every day.

## Most Health Advice Is Complex – Mine Is Simple

When I speak to people just like you about the five daily practices that promote better health, they usually say it sounds too simple. That always makes me smile. Healthcare today is preoccupied with dramatic stories that make the evening news. However, it's actually *because* these five steps are so easy that they're so effective.

Don't be fooled by the simplicity of choices like getting enough rest and eating fresh fruit and vegetables. When your muscles repair themselves during sleep, or when you absorb cancer-fighting nutrients from leafy green vegetables, complex processes are going on that science is just beginning to learn about.

The effects of these five daily practices on your health are profound. Due to the fact that you've been eating, sleeping and breathing all your life, you take the delivery system for granted.

### *How Long Could You Survive?*

Not convinced that the five *Simple Health Values* are the most critical aspects of lifelong good health? Then ask yourself:

- How long can you survive without food?  
*About two weeks.*
- How long can you survive without water?  
*About two days.*
- How long can you survive without air?  
*About two minutes.*

And while movement and sleep aren't critical for simple survival, lack of movement saps your energy and weakens your muscles, while sleep deprivation wrecks your reaction time and reasoning.

The truth is, you need water, fresh food, movement, sleep, and breathing to function well.

No longer. In *Simple Health Value* you'll find out how easy it is to add one or more of these five practices to your daily routine. You need no equipment, no hospital, no doctor, no medication. And if you're already doing some of the things I recommend in this book, congratulations! This is your opportunity to add even more healthy habits to your life.

### **Most Health Advice Is Expensive – Mine Is Cheap**

Healthcare costs are soaring at an astronomical rate. But while the latest prescription drug might run you thousands of dollars each year, working the five *Health Values* into your day can cost you next to nothing.

Imagine your doctor telling you that you could start a healthcare program that never requires a claim form, never asks for a co-pay and never demands a deductible—one that gives you more energy, controls your weight, reduces your risk of disease, and helps you feel better all the way around. You'd jump at it, right?

That's what adopting these five practices every day can do for you. For just the minor cost of grabbing some extra fruit at the farmers market and a couple more bottles of water, you can produce real changes in your health that will dramatically improve your life.

### **Most Health Advice Turns Your Life Upside Down – Mine Fits Into Your Life**

*Simple Health Values* work because you can blend them into your day almost effortlessly. You're already eating, drinking,