

# Top 12 Health Tips

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By Daniel Ally

- 1. DRINK LOTS OF WATER AND LET GO OF SUGARY DRINKS**
- 2. AVOID FRIED FOODS, CHEMICAL INGREDIENTS, AND FATTY MEATS**
- 3. STAY AWAY FROM TOBACCO, DRUNKENNESS, & NARCOTICS**
- 4. TAKE ONE HOUR NATURE WALKS AT LEAST ONCE PER WEEK**
- 5. EAT 80% WHOLE FOODS AND 20% SOUL FOODS EACH DAY**
- 6. JOURNAL ALL OF YOUR DEEPEST THOUGHTS DAILY**
- 7. TALK TO YOUR BEST FRIEND ABOUT ANYTHING AND EVERYTHING**
- 8. SKIP DOCTORS IF YOU'RE HEALTHY. TAKE A BLOOD TEST INSTEAD**
- 9. EXERCISE AND STRETCH FIVE TIMES PER WEEK FOR MAXIMUM FITNESS**
- 10. MEET YOUR SEXUAL URGES BEFORE THEY GET OUT OF CONTROL**
- 11. FORGIVE THOSE WHO HAVE WRONGED YOU IN THE PAST**
- 12. READ THE BIBLE, PRAY, AND TRUST GOD IN EVERYTHING YOU DO**