- Health self-care

A breadwinner's guide to health

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It's no easy feat, being a breadwinner. It's so much more than providing for your family's needs, running errands, being present. You need to make sure you are in top form. Your health, more than personal, is a family business. That makes it doubly hard to stay healthy, which is a challenge enough if one must pursue it for one's own benefit, requiring discipline, hard work, and consistency. It might seem contradictory that in order to be a breadwinner, one must be selfless, but in order to live your life for others, it is important that you take care of yourself too.



Here's a list of immunity-boosting habits you can develop, if you have people who depend on you, whether you are a father, a mother, a son or daughter, or anyone who cares enough for more people other than yourself.

Always wake up on the right side of bed

Waking up to a new day need not be stressful, but try to get a mini metime in before you launch yourself into a brand-new day of opportunities and challenges. Get up earlier than usual to give yourself more time to ease into the day. Enjoy the peace and quiet of early mornings with a morning meditation, especially in the early sun to lift your mood and give you an extra dose of vitamin D. If you have no access to an outdoor area, get your vitamin D fix with just one tablet of Ascorbic Acid + Zinc + Cholecalciferol (Redoxon) Triple Action dissolved in a glass of water, along with proper diet and exercise.

Eat healthy

Most doctors do not recommend the proper diet for no reason! Meal planning must incorporate all the nutrients essential to immune system support. Consider more fruits and vegetables in every meal to limit your family's consumption of processed food and excessive sugar.

Take vitamins and supplements

Admit it, it's hard to commit to a healthy diet. There are bound to be lapses, and you find yourself and your family unable on certain occassions to receive the sufficient amount of vitamins and minerals the body requires. When that happens, supplements are your best friend. The immune system demands a supply of essential nutrients that is not only adequate but also regular to help it fight off the germs and viruses.

Get active

Exercise doesn't only keep your blood flowing to keep you fit. It also improves your mood and your chances against chronic diseases. Just find a way to move your body every day, whether through a full-body workout, playing sports, or walking for half an hour. Make exercise a bonding experience

for your family because if you enjoy it you are more likely to make it a habit. Exercise improves your blood circulation, flushes out toxins, and stimulates the immune system to detect illnesses earlier.

Prevent diseases so you need not cure them

In this day and age, you must keep your guard up. When in danger of picking up germs, bacteria, or viruses in this time of the pandemic, remember to keep your mask on, observe social distancing, and wash your hands regularly.

Pursuing a strong immunity for you and your family will require some changes in your routine and discipline to maintain it. It takes some effort but that’s what it takes to be a breadwinner.