

### *Make the Ultimate New Year's Resolution: Commit to 'Live Right for Your Species Type'*

Chestnut, J.L. (2017) Live Right for Your Species Type. TWP Press. Victoria, B.C. Canada

#### QUOTE BOARD:

"You have been naturally selected over millennia to genetically express physical and psychological health - more than you'll ever need to experience a wonderful quality of life." "All your ancestors for thousands of generations had to survive for you to even be here - you have been naturally selected over millennia - you are a genetic superstar with almost unlimited potential for health and happiness!"

"Whether you express this potential is not predetermined and it isn't based on luck or random chance; it is based on whether you choose to 'Live Right for Your Species Type'; it is based on the quality of your habitat and lifestyle choices."

"We get sick because we change our lifestyle patterns and habitats away from our human genome-determined requirements, away from what supplies the essential nutritional, exercise, and psychosocial inputs our genes require to express health and avoid illness."

"The only way we can get and stay well is to develop lifestyle habits that match the human genome requirements. The only solution is to 'Live Right for Our Species Type.'"

#### What You Need to Know:

You need to know what nutritional, exercise, and psychosocial lifestyle choices are required for humans to express health and avoid chronic lifestyle illness. You need to learn how to 'Eat Well - Move Well - Think Well'.

Just like every other species, if you do not eat, move, think, and socially interact in ways that match your genetic design you cannot get and stay well and you will get and stay sick. This is biological law.

#### What You Need to Do:

To express your potential for health and happiness you must be able to identify and consistently make healthy lifestyle choices. Make it your resolution to commit to making these 6 easy, sustainable changes for 2018.

1. Go for a walk every day (1 minute is better than 0 - work up to 30 minutes).
2. Do some deep squats and pushups every day (1 is better than none - work up to 3 sets of 25)
3. Eat raw vegetables every day.
4. Drink 4 glasses of clean water every day.
5. Supplement with the Innate Choice Essential Nutrients every day.
6. Take time to be grateful and to focus on positive thoughts about yourself every day.

As simple as this may seem, following these easy steps has been shown to significantly reduce the incidence of virtually every chronic illness and to significantly improve health, happiness, and quality of life.