

TO GET THE MOST OUT OF YOUR THERAPY

Consider the following suggestions.

1. Record the session. A thoughtful and reflective review can greatly enhance the value of your investment of time and money.
2. Get quality sleep. If that isn't happening, tell me and we can suggest very specific measures that help most people. Lack of deep (REM) sleep strongly affects mood and alertness.
3. Love your body with a good diet. If you need specific help with this, ask for it.
4. Drink one quart of water for each 60 lb. of weight. You can count the liquids in food as part of your quota. Be systematic. If you leave this to chance, you probably won't drink enough.
5. Get adequate exercise. You don't have to waste yourself on Spartan regimens. Research has shown that thirty minutes a day of brisk walking plus yoga is an optimal routine. An exercised muscle is half as tense as an unexercised muscle. Exercise reduces depression and anxiety as much as psychotherapy. Put them together and you have a winner.
6. Get your vitamin D checked. Two-thirds of Americans are vitamin D deficient. If you want to do a multi-vitamin each day, take half of an adult tablet. Most of the time, anything over that just gets peed off. But typically, a multi-vitamin will not give you adequate D.
7. Meditate. There is abundant research demonstrating the great value of meditation. If you need resources for this, I can help. I have practiced meditation for over 40 years. It is a great help.
8. If you are on medication for high blood pressure, check out Resperate.com. Most physicians don't know that most people can control their blood pressure with biofeedback. Do not change your medication without consulting with your physician.
9. Brain exercise can sharpen the brain and improve mood just as bodily exercise can enhance body fitness. I increased my sharpness from the 52nd percentile to the 97th (that is not a typo) by using the program available at PositScience.com. Another well-known program is Luminosity.com. I practice what I teach—it works.