

# Easy Tips To Stay Sharp Throughout The Day

1. Eat healthy foods that give you energy
2. Do 1 minute of deep breathing every couple of hours
3. Schedule 15 minutes of mental breaks 2-3 times a day
4. Exercise regularly
5. Stay on top of your hydration



Dr. Ranjana Chawla  
Ayurveda & Alternative Medicine

# Making Health Certain

**S Ben Porath**



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