

CPAPlus Network  
presents

# Tax Season Sanity: Maintaining Your Health

*"Health is Cheap. Disease is Expensive."*

2019

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# Exercising

Regular physical activity has been found to work better than antidepressant drugs. In fact, it's one of the most powerful strategies available to prevent and treat depression and boost your mood. (Always check with your MD before starting an exercise program.)

## Benefits

1. Reduces risk of cancer (50% lower risk colon, 20% lower breast cancer / at 2 hours per week)
2. Reduces risk of heart attack / disease
3. Improves lymphatic flow
4. Lowers stress and cortisol levels
5. Promotes weight loss, decreases appetite, raises metabolism
6. Helps prevent diabetes and control blood sugar
7. Increases perspiration / gets rid of waste
8. Slows the aging process
9. Strengthens bones better than calcium
10. Improves digestion
11. Leads to restful sleep
12. Builds immune system / lowers chances of cold and flu through
13. Reduces depression / raises serotonin and dopamine levels / reduces anxiety
14. Improves memory and reaction time / lowers cortisol levels
15. Reduces chance of Alzheimer's and may help protect against Parkinson's
16. Increases lung capacity
17. Helps alleviate pain
18. Increases energy levels

# Exercising: Components

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■ **Aerobic**

■ **Weight-bearing**

■ **Stretching**

“If it weren’t for the fact that the TV set and the refrigerator are so far apart, some of us wouldn’t get any exercise at all.”

—Joey Adams

# Exercising: How to Succeed

1. Build it into your schedule (habit)
2. Choose what you enjoy
3. Choose a location you enjoy
4. Have a partner
5. Change it up
6. Choose “transportational” exercise (use stairs, park far away, etc.)
7. Make it aerobically challenging
8. Use fitness apps (Fitbit, etc.)

“  
Exercising will make you look better, feel stronger, and fill you with boundless energy. Staying fit will even make you happier.

- Robin S. Sharma

# Going to Sleep Early

## Going to sleep early, and/or addressing insomnia

You were designed to go to sleep when the sun sets and wake up when the sun rises. If you stray too far from this biological pattern you will disrupt delicate hormonal cycles in your body, which can affect both your mood and your health.

**Wake-up call:** *At any given time, people who do not get 7-8 hour of sleep nightly are more likely to die than those who do* (Wikimedia Commons)

### **Benefits of Sleep** – *Sleep is required for:*

1. Maintaining metabolic homeostasis in your brain.
2. Maintaining biological homeostasis.
3. Removal of toxic waste from your brain through the lymphatic system.
4. Memory formation, extracting meaning from life events and improving daytime performance.

# Insufficient Sleep

## Consequences of Insufficient Sleep:

- Impaired memory and reduced ability to learn new things.
- Reduced productivity at work and poor grades in school.
- Reduced ability to perform tasks.
- Reduced athletic performance.
- Reduced creativity at work or in other activities.
- Slowed reaction time, increasing your risk of accidents on the road and at work. Increased risk of neurological problems, ranging from depression to dementia and Alzheimer's disease.
- Increased risk of Type 2 diabetes. Decreased immune function. Increased risk of obesity.
- Increased risk of cancer.
- Increased risk of high blood pressure, heart attacks and cardiovascular disease.
- Increased risk of osteoporosis. Increased risk of pain and pain-related conditions such as fibromyalgia.
- Increased susceptibility to stomach ulcers. Impaired sexual function.<sup>22</sup> Impaired regulation of emotions and emotional perception.
- Increased risk of depression and anxiety (including post-traumatic stress disorder), schizophrenia and suicide.
- Premature aging
- Increased risk of dying from any cause.

# 50 Ways to Better Sleep

1. Sleep in complete darkness, or as close to it as possible.
2. Keep the temperature in your bedroom no higher than 70 degrees F. (65 degrees is optimal)
3. Sleep naked.
4. Conquer sound pollution.
5. Eliminate electric and electromagnetic fields (EMFs) in your bedroom.
6. Shut down your Wi-Fi at night.
7. Move alarm clocks and other electrical devices away from your bed.
8. Avoid using loud alarm clocks.
9. 5-hydroxytryptophan (5-HTP) – check with your MD first.
10. Take magnesium malate or glycinate before bed – check with your MD first.
11. Reserve your bed for sleeping.
12. Consider separate bedrooms.
13. Get to bed as early as possible, ideally between 9 and 10 p.m.
14. Don't change your bedtime.
15. Cannabidiol (CBD) oil – check with your MD first.
16. Establish a relaxing bedtime routine.
17. Avoid drinking fluids within two hours of going to bed.
18. Go to the bathroom right before bed
19. Avoid eating at least three hours before bedtime, particularly grains and sugars.
20. Hot bath or shower before bed.
21. Sauna followed by cold immersion in an unheated pool or shower, two to three hours before bed.
22. Wear socks to bed.
23. Put your work away at least one hour before bed (preferably two hours or more).
24. Avoid watching TV right before bed.

# 50 Ways to Better Sleep

25. Minimize use of electronics, both during the day and in the evening.
26. Swap out LEDs and fluorescent light bulbs in your home for incandescent lights.
27. Use blue-blocking glasses after sunset.
28. Install blue-blocking software on your electronic screen devices.
29. Reset your circadian clock.
30. Listen to relaxation CDs.
31. Read something spiritual or uplifting.
32. Journaling.
33. Short-circuit worry with creative distractions.
34. Reduce or avoid as many drugs as possible.
35. Avoid caffeine.
36. Avoid alcohol.
37. Avoid foods you may be sensitive to.
38. Exercise regularly, but not within three hours of bedtime – check with your MD first.
39. Lose excess weight.
40. Have your adrenals checked by a good natural medicine clinician.
41. If you are menopausal or premenopausal, get checked out by a good natural medicine physician.
42. Get out of bed.
43. Do some controlled breathing exercises.
44. Tape your mouth to prevent mouth breathing – check with your MD first.
45. Boost your melatonin – check with your MD first.
46. Use a natural sleep aid such as valerian root – check with your MD first.
47. Drink chamomile tea.
48. Tap for insomnia (Emotional Freedom Techniques - EFT)
49. Limit daytime naps, and avoid napping after 5 p.m.
50. Use a sleep tracker.



# Avoid Processed Foods

A factor that cannot be overlooked is your diet. Foods have an immense impact on your mood and ability to cope, and eating a diet of fresh, whole foods as described in my nutrition plan will best support your mental health. Especially toxic are sugar and artificial sweeteners.

## Energetics of Food

## Whole Food

# Live Foods vs. Dead Foods

Live Foods	Dead Foods

# Optimize Gut Health

Fermented foods such as fermented vegetables are important for optimal mental health, as they are key for optimizing your gut health.

## Notes:

# Slowing Down to Speed Up & Get More Done

Keys for getting back into the moment and reducing stress and recovery:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

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6. \_\_\_\_\_