

Dr. Ro's Tips for Living an Inspired Life

Rovenia M. Brock, PhD



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For my husband,

Dr. Murray Riggins;

my D.O.G., Simba; and

all others who inspire.

For my Tweeps and

FB Family from around

the globe who motivate

me daily.

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and the GREATEST of these is LOVE



green veggies are hi-fiber, alkaline foods that **boost** energy, reduce inflammation in the body.

Eat more leafy greens like kale, collards, mustard, turnip greens, arugula, Brussels sprouts, & spinach.

Boost energy with complex carbs oats, spelt, sprouted grains (buckwheat), & protein foods, like quinoa & a handful of nuts.

WATERMELON

Watermelon Vinaigrette

For the tastiest, easiest & cheapest salad dressing ever, try my Watermelon Vinaigrette!

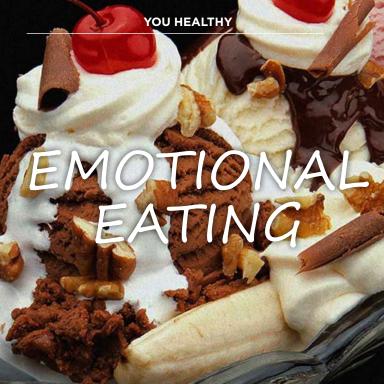
Take 2 parts white balsamic vinegar mixed with 1 part extra-light olive oil, add small chunks of watermelon, Crush melon & whisk dressing 'til fully blended. Toss salad in dressing. Add leftover chunks of melon to salad of (mixed greens, sliced cucumber, halved cherry tomatoes, and sliced bleu cheese-stuffed olives).



Pineapple contains the enzyme **Bromelain** that melts Belly Bloat by prompting the liver to detox your body of fatty substances which melts fat.



Zap **belly bloat** with pineapple, watermelon, & roasted dandelion teal My personal fav is the Traditional Medicinals **brand**, organically grown dandelion root tea roasted to make a tea to recharge your liver to do its job of purging toxins from your body which in turn, **melts belly fat**.

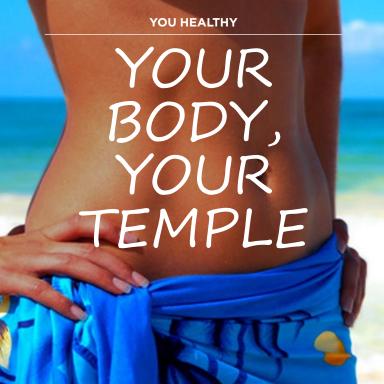


There is no amount of **potato chips, cake, ice cream** or any food that will fill the bottomless pit of **despair**.

Ask yourself "what am I hungry for?" If your answer is based on a food or beverage it's a mood-driven desire for food. Period.

WEIGHT-LOSS

Americans make over 200 daily decisions regarding food choices. The **consistency** with which you choose best over time ensures your long-term success. Start today and be all-in for the long-haul.



Get a youthful, dewey, even complexion with blackberries! They have ellagic acid that protects skin from UV damage & collagen breakdown.

Try **red currants** to protect yourself from itchy eyes, sniffles, & allergy symptoms. they have healthy fat that cuts inflammation by reducing the body's inflammatory response to pollen & dander. They're sweet & sour-but best mixed with other fruits.



Obesogens are chemicals in foods that make you fat by interrupting hormonal balance, which causes weight gain. They alter the regulatory system that controls your weight. Find them in meat and poultry from animals and fish or birds treated with hormones & antibiotics and in produce fertilized with proteins & chemicals that disturb hormonal balance. To off-set effects of obesogens, eat organic peaches, plums, berries, oranges, apples, bell peppers. When & where possible; eat free-range poultry & organic, grass-fed meat, wild-caught fish (salmon, tilapia).



Need your family to eat more fruit? Cut fruit and put it in **clear glass bowls** and store in the fridge. In one study students ate three times more fruit when it was more visible.

Soluble fiber found in peels of apples (called **pectin**) and that found in oats, lowers cholesterol. makes your arteries supple and therefore reduces your risk of heart disease

Increase insoluble fiber (found in husks of nuts and seeds) in your diet to keep regular, reduce constipation, and move toxic substances through your digestive tract quicker-which also reduces the risk of colorectal cancer.

YOU HAPPY

STICKING WITH IT

Nobody said life would be easy—just worth it. If life gives you a second chance grab it with both hands & live it with gusto!

For life: have no regrets! love those who treat you well... the rest doesn't matter.

YOU HAPPY

"Decisions—
not conditions—
change your life."
-Tony Robbins

YOU HAPPY

Everything someone says or does, does not merit a response. Don't sweat the small stuff!

As a divine creation you have all you need. If you don't have it, you don't need it Learn to decipher the difference between a want and a need & watch your **happiness** meter risel

Prosper from the Value in the Value; It's yours for the Taking but mostly for the Growing!

Turn your **Lessons** into **Blessings.**

Each day **God opens** your eyes & you get to put your feet on the floor, it's a new opportunity to get it **right**. Don't beat yourself up, save that energy to **do better**.

BAGGAGE

Everyone has **baggage**. some people have an overnight bag, others, a small 22" Pullman, or trunks! Many will throw their baggage onto you & Don't be a bag lady or man.

Learn the difference between **your stuff** & other folks' stuff. **It's a lifesaver!**

One day I decided to hand out pink slips... the first to go? My body fat! I started with my hips & thighs. I'm still on the trek. I'm a giver.

The **wealth** of a nation is based on it's **intellectual property**. Learn all you can, then **contribute.**

In life **every failure** lays the groundwork for the **next success!**

Don't let people complete you because in the end you could be **left** with nothing. **YOU** are a **Divine Creation** and quite enough.

Procrastination & **hesitation** are dream killers.

Don't **beat around the bush.** Chop down the **tree**!

Your ex could be making way for your Next! Don't Trip... let go!

Someday is "out there" but **TODAY** is here **NOW**!

Make somethin' happen. It's your moment—NOW!

Be more **driven** to **shed light** than to create heat.

Life is a metaphor: walk it out all the way to your greatness!

Hello...your greatness is calling!

Fill your imagination with **possibilities** NOT limitations & shortcomings. You had everything you needed for this life when you were created.

Look inside...it's still there.

"Things work out best for the people who make the best of the way things work out."

—Art Linkletter

Quiet the noise in your head. Invoke a no-judgment zone. Refuse to judge yourself or anyone else. Feel the peace it brings.

YOU HAPPY

It's the accumulation of **poor choices** that lead to a less than high-quality life. Celebrate **what you got right** and **keep it movin**?!

YOU HAPPY

A surefire way to avoid arguments about minutia is to DO YOU. Therefore, you have nothing to prove. See? It's simple!

Doing for others is an admirable quality but leaving yourself out in the process? Well, not so much. Remember to **put YOU** on the list

YOU HAPPY

Remember,

Harriett Tubman
freed the slaves, but she had to first free herself.
Take care of You!

YOU HAPPY

If you've never been down how will you recognize when you're up? It is in the valley that we learn our greatest lessons.

Life is more about what we give than what we get.

DREAM HUGE

l am a **spirit** in a body. There are **no** boundaries on my hopes for tomorrow nor what I can contribute or become. I dream the Big Dream.

You can't miss what you don't treasure. **Keep** your **dreams close** & **Rise**!

Set your **intention**each day to be **better than you were** before. **Repeat**.

YOU HAPPY

Whether you believe that all things are possible or not, either way you get what you Believe.

Give freely and become more wealthy—be stingy and lose everything.

—Proverbs 11:24

and the greatest of these is LOVE!

YOU HAPPY



Love Yourself. It is only then that you can truly **love others**.

The **world** is not short on **love**, we have **an abundant supply**. Choose to **share**.

YOU HAPPY

When you intend to **give** more than you receive you get so much more.

When fear, doubt, jealousy, and envy rear their ugly heads ask yourself "What is my relationship to this moment?" Opt for **PEACE** and watch them disappear.

Be kind. Have compassion for others. Love with all your might. You can never lose with these.

People can only ever take from you what you want them to have. Be confident in your choices and leave small thinking to the small thinkers. Don't squander your gifts—use them. God put them inside you for a unique purpose.

Honor him by sharing your greatness with the world.

Refuse to be led by **Ego**. Instead **choose** to be led by **Spirit—always**.

If you see a **need, fill it**.
If you find a **hurt, heal it**.

Do something nice for someone today. Have no expectations and feel the joy it brings.



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