



**YOU**  
HEALTHY  
& HAPPY

*Dr. Ro's Tips for Living  
an Inspired Life*

*Rovenia M. Brock, PhD*

YOU  
HEALTHY  
& HAPPY

*Dr. Ro's Tips for Living  
an Inspired Life*

*Rovenia M. Brock, PhD*

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**

**YOU**

HEALTHY

A close-up photograph of several vibrant green spinach leaves. The leaves are densely packed and show clear vein patterns. The lighting is bright, highlighting the texture and color of the foliage.

YOU HEALTHY

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ENERGY

*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.*

YOU HEALTHY

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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).

YOU HEALTHY

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# BELLY FAT

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

YOU HEALTHY

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Zap **belly bloat** with pineapple, watermelon, & roasted dandelion tea. 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**.





YOU HEALTHY

# EMOTIONAL EATING

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.***

YOU HEALTHY

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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.

YOU HEALTHY

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YOUR  
BODY,  
YOUR  
TEMPLE

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.



***Need better night vision?*** Eat more ***blueberries*** that have ***anthocyanins*** which protect & repair retinal cells. Improves vision in low light.

**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).

YOU HEALTHY

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***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

YOU HEALTHY

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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.

**“Decisions—**  
not conditions—  
change your life.”

**-Tony Robbins**

***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 rise!

**Prosper** from  
the **Value in the  
Valley!** 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**.

YOU HAPPY

BAGGAGE

Everyone has **baggage**.  
some people have an  
**overnight bag**, others, a  
**small 22" Pullman**, or  
booty bag, & others have  
**trunks!** Many will throw  
their baggage onto you &  
go skipping into sunset.  
**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.

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'!**

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.***

Remember,

**Harriett Tubman**

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

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.***



YOU HAPPY

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DREAM  
HUGE

I 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.**

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

---

**GOD Is—**  
Nuff said.

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*the greatest is love*

***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.***



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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