

The Seaman Seven:

Proven ways to avoid seeing your doctor

1. Find a **source of joy** in your life, and indulge in it regularly.
2. Get plenty of **sleep**. The average person needs 7-9 hours per night!
3. **Exercise** routinely.
4. Do **not** use **tobacco**! Ever!
5. **Limit** your consumption of **alcohol**.
6. Maintain a **healthy diet**. Minimize your processed foods (you should be able to pick or raise most of the items in your refrigerator) and maximize the variety!
7. Be in a community.

Do these things (especially the first one) and you will reduce your risk of cancer and cardiovascular disease while maximizing your longevity!