



DR. DAVID MD
HEALTH • EDUCATION • CHOICES

Dr. David's Top Strategies for Optimizing Health

1

Counting Sheep

Quality sleep is important for overall physical, mental, and emotional health. Aim to get at least 8 hours of uninterrupted sleep per night.

2

You Are What You Eat

Eat a healthy, clean, whole-food diet containing lean proteins, green vegetables, low glycemic index fruits, and complex carbs. Avoid highly processed foods, and those with added sugar.

3

Water! Water! Water!

The human body is made of 60% water. Remaining hydrated is crucial to feeling good and achieving optimal health. Water needs are affected by such things as age, gender, geography, activity level, and consumption of caffeine and alcohol.

4

Trust Your Gut

Maintain healthy intestinal flora by eating a wide variety of fermented/cultured foods. Take probiotics if not consuming these foods. Avoid foods that promote inflammation, especially those high in sugar and with hard to pronounce or unfamiliar ingredients.

5

Breathe & Be Present

Maintain a daily stress management routine using techniques such as guided meditation, breathing exercises, yoga. This is the mind-body connection!

6

Move Your Body

Maintain a moderate, regular exercise routine that includes adequate recovery time, especially from resistance exercises. A goal can be at least 45 minutes most days of the week. Unless advised otherwise by your doctor, at least part of your exercise should include feeling an increase in your heart breathing rates.

7

Measure & Optimize Immune-Related Nutrient Levels

Especially important to monitor and optimize blood levels for vitamin D (at least 50ng/ml), zinc plasma (around 100mcg/dl), and zinc in red blood cells (at least 10 mg/L). Take immune boosting supplements such as arabinogalactan, vitamin C, curcumin, quercetin, resveratrol, green tea, epigallocatechin gallate (EGCG), and palmitoylethanolamide (PEA).

8

Let the Sun Shine In

Try to get fresh air and sunshine daily. This is not only good for your mental and emotional health, it also contributes to maintaining optimal vitamin D levels.

9

You Can't Catch Germs if They Can't Catch You

Avoid unnecessary exposure to germs, especially during heightened periods of viral activity, such as during flu season or when coronavirus prevalence is high. Some tips include: knowing the exposure level of the people you spend time with; wearing properly fitted, high quality masks when in crowded, poorly ventilated, and/or poorly filtered rooms; practicing good hand washing habits; and, avoiding noncritical group gatherings and unnecessary travel.

10

It Takes a Village

Remember that social connection is important for our emotional and mental well-being. Find ways to safely connect with family, friends, and others in your community.

11

Is That Antibiotic Really Necessary?

Avoid oral antibiotics when possible. Most infections are viral and will not be cured through antibiotics; time is what cures viral infections, but watch for more worsening symptoms. Antibiotics do not discriminate between “good” and “bad” flora in the body, which means antibiotics can inadvertently kill healthy gut flora needed to optimize health. Make sure a multi-strain probiotic and *saccharomyces boulardii* are used when on antibiotics.

12

Seek Joy & Strive for Contentment

The positive impacts of maintaining a healthy mindset cannot be overstated. Participate in activities that bring you joy, contentment, and feelings of accomplishment. Mindfulness and being in the present moment have been clinically shown to help reduce anxiety and depression. Practice having grace on yourself and others. Even in the roughest of times, try to be grateful for all you have. Remember to hug family and friends, and tell them you love them.

Dr. David is an independent thinker who draws from more than 25 years of clinical experience. He provides research-based health education that empowers people to make the best possible medical choices for themselves and their loved ones. Dr. David's thoughts and opinions may shift as data evolves. Information he shares with the public is not intended as a substitute for professional medical advice, diagnosis, or treatment. All content is informative and does not replace the need for consultation with qualified health professionals.

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