

# 8 commandments for living long and living well



You won't live forever, but you can't live like there's no tomorrow, because tomorrow is coming. You can prepare for tomorrow today by making smart lifestyle choices or changing poor health habits—it's never too late to do that, says Dr. Edward Creagan in his book *How Not to Be My Patient: A Physician's Secrets for Staying Healthy and Surviving Any Diagnosis*. Here are Dr. Ed's eight commandments:

- 1.** Form stable long-term relationships.
- 2.** Maintain ideal body weight.
- 3.** Eat a plant-based diet.
- 4.** Be active.
- 5.** No smoking.
- 6.** Use alcohol in moderation, if at all.
- 7.** Foster a sense of spirituality and a sense of connectedness to nature or your higher power or force.
- 8.** Find meaning and purpose in life.

