

Here's Help With Your New Year's Resolutions for Healthier Living

"The typical common diseases such as cancers, Type II diabetes, autoimmune and even some of the Alzheimer's/dementia—these things are highly preventable with lifestyle," says Dr. Mark Sherwood. And the naturopathic doctor, author and co-host of the *Healthcare's Missing Link* podcast on the Charisma Podcast Network has a passion to equip people with the tools they need to change those lifestyles.

Sherwood appeared on a recent segment of *Healthy Living* on our content partners at CBN News to share his thoughts on how our health is actually a function of the choices we make, moment by moment and day by day.

"Start your new year today," he tells host Lorie Johnson. "You've got to set those goals clear and specific, and also, very key, failure-proof." He encourages small, measurable goals such as "I'm going to walk for 10 minutes every morning" or "I'm going to go to bed at 10 o'clock every night." These small health goals, he tells Johnson, can become steps on the way to larger ones.

To hear more from Dr. Mark Sherwood on how 2021 can be your healthiest year yet, watch the video from our content partners at CBN News [here](#). And be sure to subscribe to the *Healthcare's Missing Link* podcast series for more insights on how to care for your body as God's temple and live the healthy lifestyle He designed you to lead. {eoa}