

5 Steps to Healthier Living

Even for someone who is in the worst health, Dr. Ralph Umbriaco says there are five steps that can help a person live a healthier life.

Step one is cut out soda.

“The average American drinks eight sodas a day,” Umbriaco says. “Now I don’t drink any sodas, my wife doesn’t drink any sodas. Someone’s drinking our sodas.”

Watch the video to see the next four steps.