

### 3 Things to Make You Healthier Now

If you're looking for some immediate steps to take to better your health, [Dr. Pompa](#) has three key things you can do to start improving your health today.

Here are three actionable steps you can take today to improve your well-being, inspired by Dr. Pompa's practical advice.

- **1. Avoid Vegetable and [Canola Oils](#)**

One of the best things you can do for your health is to become "allergic" to vegetable and canola oils. Treat these oils as if you were allergic to them, and avoid them entirely.

These oils are highly processed and contain unhealthy fats that can cause inflammation and other health issues. Instead, opt for healthier fats like olive oil, avocado oil, and coconut oil.

#### **Here's why:**

- **Inflammation:** Vegetable and canola oils are high in omega-6 fatty acids, which can promote inflammation when consumed in excess. Chronic inflammation is linked to numerous health problems, including heart disease and arthritis.

- **Oxidative Stress:** The processing of these oils often involves high heat and chemicals, leading to the formation of harmful free radicals that can damage cells and tissues.

- **2. Eliminate Aluminum From Your Food!**

Next, eliminate aluminum from your daily life. Many common products, such as [deodorants](#) and cooking utensils, contain aluminum, which can accumulate in the body over time and pose various health risks.

- **Here's how to avoid it:**

- **Check Your Deodorants:** Many deodorants contain aluminum compounds to block sweat. Switch to aluminum-free deodorants to reduce exposure.

- **Avoid Aluminum Foil:** Stop using aluminum foil for cooking, as it can leach into your food, especially when exposed to high heat. Opt for alternatives like parchment paper or stainless steel cookware.

The health risks associated with aluminum include neurological issues, as aluminum has been linked to Alzheimer's disease and other neurodegenerative conditions. Reducing exposure can help mitigate these risks.

- **3. Practice Daily Gratitude**

Finally, start your day with gratitude. [Practicing gratitude](#) has been shown to have profound effects on mental and physical health.

- **Here's why you should make it a daily habit:**

- **Mental Health:** Studies have shown that practicing gratitude can reduce symptoms of depression and anxiety. It shifts your focus from negative to positive, improving overall mood.

- **Physical Health:** Gratitude can lower stress levels, which in turn reduces the risk of stress-related health problems like high blood pressure and heart disease. It also promotes better sleep and boosts the immune system.

Incorporate gratitude into your morning routine. Spend a few minutes reflecting on what you're thankful for or keep a gratitude journal to write down positive experiences.

- **Conclusion**

Implementing these three habits—avoiding vegetable and canola oils, eliminating aluminum, and practicing daily gratitude — can significantly improve your health. Small changes in your daily routine can lead to substantial long-term benefits.

Want to learn more? Head over to the [Pompa Program blog](#) for more insight on how everyday habits can impact your health.

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Dr. Daniel Pompa is an expert health coach, author, speaker, trainer, and family man on a mission to bring answers to a hurting world.

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