

Five Habits to Upgrade Your Health (and Life)

Your health is your best return on investment (ROI). Throughout the 1980s and 1990s, while running a small integrated medical clinic for stressed-out professionals and elite athletes, I observed the same pattern repeatedly: when people's physical health improved, their emotional state invariably followed suit. They were happier, had more energy, and were more capable of doing what they truly wanted to do. Today, at MELD, we see the same truth: your physical health lies at the foundation of emotional and relational strength.

1. Balance Blood Sugar

Stable blood sugar reduces stress on the nervous system, lowers inflammation, and supports mood regulation for somatic presence and relational connection. Build meals around protein, healthy fat, and fiber, and avoid refined carbs and sugary drinks.

2. Support the Gut-Brain Axis

Gut health has a direct impact on emotional regulation, energy, and resilience. Eat a diverse, plant-based diet that includes fermented foods like sauerkraut or kefir, and limit alcohol and processed foods that can disrupt the microbiome.

3. Prioritize Protein+ Muscle

Muscle mass is the best predictor of long-term vitality. It stabilizes blood sugar and hormones and supports confidence. Eat 25-40g of protein per meal and strength train at least twice a week.

4. Manage Stress Through Recovery

Chronic stress dysregulates hormones and keeps men stuck in survival mode. MELD's ROC practice-slow down to RELAX, OPEN up to presence, and CONNECT to support recovery. Prioritize daily stress management and 6-8 hours of sleep.

5. Reduce Toxins, Increase Nutrients

Environmental toxins drive inflammation and hormone disruption. Choose organic options when possible, filter your drinking water, and avoid plastics for food storage. Emphasize nutrient-rich foods like greens, cruciferous vegetables, and wild-caught fish.

Improving your physical health isn't separate from emotional growth; it is the foundation of it. When your body is stable and resilient, you have more capacity to engage with others, connect deeply, and tackle life's challenges with clarity and strength. Your health is the best investment you can make. Make for yourself, for your relationships, and for your community.

