

Resolve to be regular

by

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<http://davidagus.com/biography/>

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I think this bloke has good ideas, and a lot of interesting stuff is on his website – Dr John Bell.

FORGET trying to overhaul your diet.

Lose the idea that you're suddenly going to start training for your city's marathon this year. And while you're at it, ditch the promise to yourself that you'll finally get out of debt, quit smoking, and drink less.

How can a doctor like me actually be telling you this? Although those are all lofty and incredibly good goals to have (all of which [top the list](#) for most popular resolutions), the truth is that millions of Americans resolve to change their habits and behaviours overnight between December 31st of the old year and the first of the new year.

And it doesn't happen. Or it doesn't stick for long. Barely a fraction of people succeed in the long haul.

So I've got an idea. I'm going to make a suggestion that's pretty simple, doable, and small. Yes, even you can take this itty-bitty step. It's something that will make your life much better and can actually help you to achieve the bigger, more ambitious goals but which won't cause a lot of heartache, effort, and self-sacrifice.

Be regular!

What do I mean? Keep a regular schedule.

That's right: just try to maintain a predictable schedule on a daily basis. This entails the following:

- * Going to bed and waking up at the same time every day, weekends included.
- * Eating at roughly the same times throughout the day, snacks included.
- * Taking any prescribed medications at the same time every day.
- * Exercising (if you do) at roughly the same time every day.

How can this be so unbelievably powerful?

The body loves predictability.

One of the best ways of reducing stress on the body and keeping its preferred, balanced state of being—[homeostasis](#)—is to maintain a consistent routine every single day, especially with regard to the body's natural rhythms as dictated by [sleep-wake cycles](#), eating patterns, medication use, and physical activity.

Energy

You'll feel the difference in more energy, an enhanced sense of wellbeing, and my bet is you'll effortlessly find the motivation to attack all those other goals on your list.

As a doctor, of course I'd love for you to change your habits for the better and reduce your [risks for illness](#). We all know the benefits of [exercise](#) and the bane of [smoking](#). We all know that eating fast food won't fix the fat around our waistlines. But I'm also a realist, which is why I suggest you work your way to a new you just by making a single initial goal of keeping a regular schedule. Simple as that. Watch—and feel—what happens.

About Dr Agus

Dr David B. Agus is one of the world's leading cancer doctors and pioneering biomedical researchers. Over the past twenty years, he has received acclaim for his innovations in medicine and contributions to new technologies, which continue to change the perception of health and empower people around the world to maintain healthy lives, longer. Dr. Agus has built a reputation for his unique way of viewing the body's relationship to health and disease. He explains: "Sometimes you have to go to war to understand peace. My work in the cancer war has taught me a lot about all things health-related, much of which goes against conventional wisdom."

He is a professor of medicine and engineering at the University of Southern California Keck School of Medicine and Viterbi School of Engineering, where he leads USC's Westside Cancer Centre and Centre for Applied Molecular Medicine.

Dr Agus also serves as a CBS News contributor. An international leader in new technologies and approaches for personalised healthcare, he co-founded two revolutionary companies in personalised medicine: Navigenics and Applied Proteomics.

His first book, *The End of Illness*, was published in 2012 and is a *New York Times* #1 and international best seller, as well as the subject of a PBS special. His new book, *New York Times* best selling *A Short Guide to a Long Life*, was published by Simon & Schuster in January 2014.

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