

Italian health & happiness secrets

you'll want to try!

In a recent international survey, the folks of Italy were found to be among the healthiest and least stressed in the world! And they rank number one for overall happiness! Here are their amazing secrets—and how you can get in touch with your “inner Italian” to get happier and healthier yourself!

Look for beauty!

“Italians fill their homes with flowers because they like to be surrounded by beauty,” says Debbie Mandel, author of *Turn on Your Inner Light*, who grew up in Italy. And studies prove the sight and scent of flowers boost mood and confidence, and strengthen immunity!

Spice up your life! ▲

Anyone who knows Italian food is familiar with spices like oregano, basil and thyme, and research shows they don't just make food taste better, they're also full of antioxidants that stave off aging and disease. In fact, in a study, oregano was found to have the highest antioxidant level of almost any other food source!

Take a break!

Try running an afternoon errand in Italy, and you'll see the shops are closed for siesta—a ritual of napping after the mid-day meal. “After folks recharge, shops reopen until 10 p.m. or so,” says Mandel. In fact, research shows naps help you become more productive the rest of the day!

—Barbara Hustedt Crook