

# Healthy Living Strategies

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## Deep Breathing

- Resets the central nervous system lowering stress levels in the body
- 4 second inhalation, brief pause, followed by an 8 second slow exhalation
- Place your hands on your abdomen to ensure you are using your diaphragm
- Goal: 100 deep breaths per day!

## Water

- Our bodies are nearly 65% water
- Essential nutrient for kidneys, a primary organ of elimination
- Goal: ½ your body weight in fluid ounces
- CAUTION: If you have a history of heart or kidney disease consult your doctor before changing your fluid intake

## Movement

- Aids in circulating cellular waste (lymph) through body to be eliminated
- 30 minutes daily
- Focus on duration and frequency, not intensity
- Do something fun: dance, walk with a friend, learn a new game...

## Hydrotherapy

- Stimulates proper digestion and immune function
- Contrast shower: 3 minutes of hot water followed by 30 seconds of cool water, always end shower with cool water

## Castor oil pack

- Aids the liver in proper detoxification and stimulates active digestion
- Apply 1-2 tablespoons of oil to piece of cotton flannel, cover with old towel, add heat if desired, place over abdomen for 30-40 minutes
- Each night add a small amount of oil until a thin film covers one side of the flannel, then only add oil periodically to maintain slight film
- Will keep at room temperature for months to years without spoiling
- Alternative method is to simply massage 1-2 tablespoons of oil over abdomen before bed
- CAUTION: castor oil will stain clothing or bedding so cover appropriately

## Dry skin brushing

- Aids in mechanically circulating cellular waste through body to be eliminated
- Use a loofa or brush, perform short firm strokes starting at hands and feet and working toward the heart
- Most convenient just before a shower
- Great exfoliate practice, improves skin's elimination

## Sleep

- Goal: 7-8 hours for adults, restores the nervous system and heals the body
- Sleep in complete darkness!
- Retire and rise at the same time each day

## Sunshine

- Stimulates the bodies production of vitamin D, found to play a role in warding off a number of diseases from osteoporosis and rheumatoid arthritis to diabetes and breast cancer
- At least 20 minutes of uninterrupted sun exposure a day

## Apple cider vinegar

- Stimulates the production of stomach acid, essential for proper digestion
- Add ½ tsp (cap full) to glass of water and drink 5-10 minutes before larger meals
- CAUTION: If you are sensitive to vinegar simply smell before a meal without ingesting

## Eating better

- Eat a variety of whole foods
- Choose a variety of bright colors: Color = nutritional content
- Proper portion: The size of your open hands held side by side
- Blood sugar balance: Eat a fist size portion of protein and half that in healthy fat with every meal
- Eat anti-inflammatory foods

## Anti-inflammatory foods

- Cold water fish, flax seeds (freshly ground), olives and olive oil, turkey, walnuts, fresh vegetables, organic spices, garlic, ginger and water

## Pro-inflammatory foods

- Refined wheat and sugar, white potatoes, vegetable oil (canola, soybean) and most dairy products
- Eat less of these, infrequently or in moderation

## Foods to eat in abundance on a regular basis

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|----------------------------------|--|
| • Fresh fruits & vegetables      | • Freshly ground flax seeds                |
| • Greens!                        | • Cinnamon                                 |
| • Wild fish                      | • Garlic                                   |
| • Sardines                       | • Ginger                                   |
| • Yogurt (unsweetened)           | • Onion                                    |
| • Free range eggs                | • Organic spices                           |
| • Nuts / butters (except peanut) | • Whole grains (quinoa, millet, buckwheat) |
| • Coconut milk (oil for cooking) | • Mushrooms                                |
| • Avocado                        | • Extra virgin olive oil                   |
| • Seaweed                        | • Real organic butter                      |
| • Dark chocolate (>70%)          |  |