



# Five Fundamentals of Health



# NUTRITION

One of the most important steps to getting healthy is to consider your nutrition. Food is the building blocks of our bodies, and plays a critical role in our emotions. Ever been "hangry" and try to have an important conversation or work on a project? With so much conflicting nutrition information out there it's important to consider some key concepts such as eat organic, real whole foods, eat mindfully, and find which way of eating makes you feel best based on your bio-individuality.

Dr. Weston A. Price, a famous dentist and nutritional scientist, traveled the globe in the early 1900's, studying traditional diets of native people. The results of his travel were that each tribe of native people ate locally and seasonally to where they lived, and was nearly free of all disease. It wasn't until the introduction of flour, table salt, sugar, and pasteurized dairy did their health rapidly deplete. He also found that very tribes came close to vegetarian and those that did we're far less healthy than meat eating tribes.

Your body is going to give you signals whether or not your diet is working for you, your job is to listen to it, because it never lies! Hundreds of new diet books are written each year while your body gives you all the information you need to know if your diet is working or not.



## Nutrition Tips

- Switch to all organic, or at least study the EWG's dirty dozen list and start there
- Don't fear natural fats. Saturated fats in particular have been demonized yet are one of the healthiest sources of fats in foods. Vegetable oils however, should always be avoided
- Avoid drinking too much water during eating to prevent diluting digestive enzymes
- Food log and log symptoms too.
- Take some deep breathes prior to eating
- Chew your food 30-40 times before swallowing
- Try rotating foods to ensure variety of minerals and vitamins
- Give thanks to your food, as it's going to give you the energy to be happy



# HYDRATION



Water, it's interesting that just as the Earth is 2/3's water, so is the composition of the human body. There are ~10 billion biochemical reactions in the body that are all water dependent. Just as the food you eat carries with you whats inside it, so to does water.

Its not enough anymore to drink any water, as most of them are devoid of any minerals, or worse have dangerous chemicals and waste products in them. Getting the highest quality water is a critical step for digestion and detoxification of the body and maintaining healthy organs, tissues, and joints.

## Hydration Tips

- Drink 1/2 your bodyweight in ounces of water a day
- Look for mineral waters with a total dissolve solids (TDS) of  $\Rightarrow$  300 ppm
- Avoid bottled waters unless necessary, particularly in hot weather
- Add a pinch of natural sea salt to each water container
- Invest in a good water bottle thats BPA free and that you can carry around at all times
- Avoid drinking tap water due to possibility of flouride and other harmful chemicals
- Look for a home water filter system - Berkey filters a great option with different sizes
- Avoid drinking water that is too cold, especially around meals. The body has trouble absorbing cold water

### "The Solution to Pollution is Dilution"

Studies show that even 1-2% of dehydration can cause significant decrease in physical and mental performance. Also like food, everyone's water needs are going to be different based on stress, activity levels, and seasons. Still though, its important to have a baseline goal of drinking 1/2 your bodyweight in ounces of water a day and tailor the amount from there. Likely thats still not enough!

Finally, its important to get water as close to a natural source as possible, spring and mineral waters are the best options when deciding what to choose. Theres websites online dedicated to finding the nearest source of natural spring water near you.



# MOVEMENT

Without movement there is no life, no change. To move is to experience, which is what we are meant to do. With sedentary lifestyles becoming the norm, we are not moving nearly enough and as a result are suffering physically, mentally, and emotionally. The right kinds and right amount of movement supports every system of our body, through pumping blood and nutrients throughout it, while also aiding in getting rid of wastes inside of us. If you aren't moving regularly, you'll experience:

- Low energy levels - due to the lack of nutrients being transported
  - Blood sugar issues - muscles increase insulin sensitivity, increasing proper absorption and utilization of blood sugar
  - Weight gain - without adequate movement and metabolically active muscle, our metabolism slows
  - Chronic aches and pain - movement starves muscles and joint from nutrition
  - Mood swings and Emotional Imbalance - emotions are directly affected by nutrition supplied to the brain and hormonal system, which movement aids in
- Movement doesn't have to be just

"exercise" though! Going on walks, stretching, or doing an active meditation like Tai Chi are all great options and compliment regular gym time



## Movement Tips

- **Strength Train First** - excessive cardio training can be catabolic to muscles and your metabolism
- **Choose intensity over duration**, even 20-30 minutes of strength training 3x a week would be of great benefit
- **Walk 15 minutes after a meal** this will add up to that 10,000 steps we all hear about while helping with digestion and post meal blood sugar control
- **Move away from the machines** to functional options like swiss balls, bells, maces, etc.
- **For every hour of "work-out"** perform 20 minutes of "work-in" activity such as slow walking, stretching, or tai chi
- **Train different movement patterns** so you don't develop pattern overload
- **Train with a well trained fitness professional**, not some one who repeats workouts off social media!
- **Train smarter, not harder**

# REST



As of 2019, the average amount of sleep has drooped to less than six hours a night! Sleep is one of the most critical habits for maintaining a healthy body and mind. A vast amount of our hormones are effected by the quality of our sleep. Its the rising and setting of the sun that turn on hormones for rest and repair during the night. There's a lot of truth to the saying "early to bed, early to rise" for this reason. Our bodies our connected the the rhythms of nature, naturally we should be tired and asleep by 10pm and waking around 6am. This is critically important when one realizes that from 10pm-2am our physical repair happens, while 2-6am and beyond we receive mental repair. Additionally, because your hormones and adrenals are so effected by proper rest, it may be that last piece of the puzzle keeping you from the physical appearance and performance you want, as well as mental.

Rest is more than sleep however. Rest can include times of introspection, like meditation or journaling, or during tai chi. It also includes breaks from work and just letting your body and mind recover from the stresses of life.

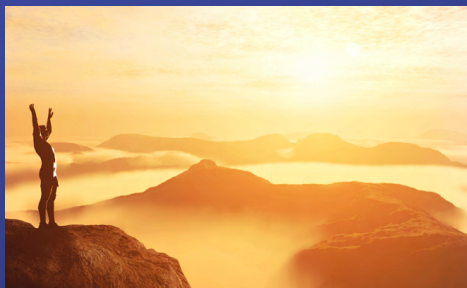


## Rest Tips

- **Restrict artificial lighting at night, alternatively invest in a pair of blue blockers**
- **Avoid caffeine 2pm the latest, it has a half life of 6 hours**
- **Get grounded in the morning with your bare feet and get sunlight**
- **Exercise of some form daily, earlier in the day**
- **Practice relaxing breath work before bed, 4-7-8 breathing is a great option**
- **Try to eat your last meal 2-3 hours before bed, your organs need rest too!**
- **Avoid too many carbohydrates or sugar at dinner**
- **Try setting your house to a cool temperature around 65 degrees**
- **Remove EMF sources from your room or home**

# PURPOSE

Although lastly presented here, finding a Purpose or a Dream big enough to change for is the most important step in any health journey. Without motivation to change, we rely on what other people want us to become to the detriment of our desires and needs. Having purpose and a dream is one's north star for making dream affirmative choices.



**"To the degree your lifestyle is at odds with your values, you are going to find life distressing" – Paul Chek**

When you know your life's purpose and dream you no longer have to make poor decisions around diet and lifestyle, which account for 90–05% of all diseases. You'll have the motivation to make the most optimal choices around nutrition, hydration, movement and rest. You'll find a new sense of happy making for you with this in the back of you mind always, and you'll no longer have to identify with the nightmare you were once living, be it a stressful job, disease, or relationship.

Finding purpose and a dream opens us to the potential inside us to achieve what we want, not others' wants for us. When we have purpose, or a dream in life, we have desire, and desire naturally draws will towards achieving that dream. Having purpose gives you energy when you wake up, and without a purpose, we are bound to sabotage our success and remain in unhealthy behaviors and programs. So ask your self, whats your life's path, what is your legacy, and what is it thats big enough for you to change for!

## Finding Purpose

- Get clear on your core values, without these you'll never know what values you'll want to live by in every are of your life
- Ask yourself, what excites you more than anything? What could you see yourself doing for the rest of your life
- Ask yourself, "is what I'm currently, or have been, doing getting me where I want to be in life?"
- Figure out what your nightmare is... if you don't have your unique purpose in life yet, your primary purpose is to get out of the nightmare!
- What do you want to be remembered for?
- Establish and maintain healthy boundaries around those things/people you arent deriving purpose from