

Foundational Steps For A Healthy Mind & Body

There are several foundations we need to maintain homeostasis, they sound so simple, but are really instrumental in maintaining a healthy lifestyle. When we get back to these basics they lay the groundwork for building a healthy body & immune system. I started with these simple changes, so I always recommend the following to my clients.

1. Getting enough fresh air! Including avoiding chemical fragrance, products, soaps, detergents, toxic candles/candle melts etc. Our skin is our largest & most absorbable organ & our nose is the direct pathway to our brain.
2. Proper hydration! I cannot stress this enough our bodies NEED H₂O to survive, it doesn't take long for our organs to start being affected when we are dehydrated. It is also the best skin care regimen (drink ½ your body weight of ultra purified water in oz a day, I recommend a filter like propur)
3. Proper raw diet - as in nothing from a box. Use when possible organic, non gmo local produce, no inflammatory foods such as soy, gluten, dairy, only grass fed free range meats, no refined sugars or trans fats
4. Most importantly besides hydration is getting enough vitamin D (10-15 minutes of sunlight exposure, on bare skin, without sunscreen, 2-3 times per week can improve vitamin D production. One full body UV exposure causing a slight pinkness in the skin is equivalent to an oral intake of 10,000-25,000 IU of vitamin D3) (source)
5. 30-45 min of exercise daily, whether it be core training, weights or brisk walking.
6. Getting enough rest - adults 8-9 hours minimum a night. It ranges but young children from 10-16 hours depending on age.
7. Emotional support that is readily available. Whether you utilize emotion code, talk therapy or bio-communication, it's important to process emotions & not hold them in.
8. Balancing energy-when we aren't centered it can cause interference, getting some form of body work done including addressing spirituality & daily meditation.

In conclusion, what we put on/in our body will be what our body becomes. Same with what we fill our heads with, when we have a positive, thankful, grateful outlook our minds thrive. Love & positivity are of the highest vibrational energy. It's important to be mindful of all these foundations to set ourselves up for success. Be Blessed!!