

Healthy Habits

Health is a response to life. Being aware of the connection between lifestyle choices and health is an important step to improving health. Diseases and physical complaints primarily result when lifestyle choices focus more externally on work, family and commitments than internally on personal health and happiness.

Improving overall health, self awareness and minimizing the need for drugs or multiple supplements can be achieved by introducing healthy habits into your everyday activities. Taking the steps to optimize health is best done gradually according to your specific health requirements and in a manner that you will be able to sustain.

Drink Water

- 🍷 Drinking a minimum 8 - 10 glasses of water is an essential component to health.
- 🍷 Minimize caffeine, alcohol and soda pop intake because they deplete the body of water.
- 🍷 Recognize activities or illnesses that require additional water consumption.

Proper Breathing

- 🍷 Breathing correctly is the simplest and most powerful technique for improving health.
- 🍷 Breathing is the bridge between body, mind and consciousness.
- 🍷 Spend time being aware of your breath, slow it down, breathe from your lower abdomen and extend the length of your exhalation.

Conscious Eating

- 🍷 Choose food that is natural and fresh and that is both physically and emotionally nurturing.
- 🍷 Pay attention to how your body responds to different food choices.
- 🍷 Ensure that your body functions optimally to absorb and metabolize the nutrients in your food.
- 🍷 The best nutritional program will consider your current health status, age, specific body type, environment and health goals.

Daily Exercise

- 🍷 Exercise is needed to maintain the health of muscles, joints and bones. It also ensures inner flexibility in blood vessels, tissues, thoughts, emotions and improves energy levels, reduces stress and uplifts mood.

Continued over 



🕯 When deciding on a type of exercise program listen to your body and choose exercises that balance your lifestyle. If you have a very active busy life, choose exercises that are more relaxing and calming. If you are more sedentary, then a more active exercise program might be needed.

Adequate Sleep

🕯 During the deeper stages of sleep, the body regenerates and restores organs, bones and tissue, replenishes immune cells and circulates hormones needed to assist healing and prevent disease.

🕯 Alcohol, sleeping pills and other supplements might promote sleep initially, yet they often make the problem worse in the long term and reduce the ability of the body to heal itself.

Balanced Lifestyle

🕯 Working long hours, physical hardship, excessive talking or thinking, spending too much time in front of the television, computer or video games negatively affects your health.

🕯 Excessive exercise, sleep or inactivity can also be harmful.

🕯 Become aware of your life and get a sense for how much time you spend doing different activities and how they affect you.

Freedom to Express

🕯 Negative thoughts and emotions can be harmful to your health when they are suppressed.

🕯 Find safe, healthy outlets to express your emotions.

🕯 Learn to communicate honestly with someone you love, talk to friends, laugh, keep a journal, draw, paint, or use creative visualization.

Spiritual Needs

🕯 A positive attitude toward yourself and others is the backbone to health and joyful daily living.

🕯 Establish and find purpose in what you're doing, a meaning to your life and joy for living.

🕯 Nourish the will and drive necessary to make the changes that are important in your life.

Prevention

🕯 Prevention means recognizing and asking for support when you need it and ensuring that your physical, mental, emotional and spiritual health remain a prominent lifelong focus.

Work with your Naturopathic Doctor

🕯 to determine what nutritional or exercise program is best for you

🕯 to assist you in treating any underlying health concerns

🕯 to identify specific naturopathic treatments that can support you in achieving your health goals.