

# Back to Basics:

## NATURAL LAWS TO LIVE BY FOR A HEALTHY NEW YEAR

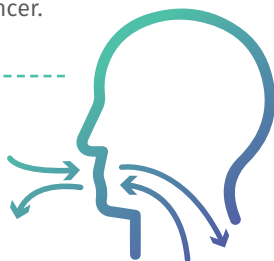


The Natural Laws are essential home therapies that **EVERYONE** can follow to achieve optimal health and well-being. The tips below are taken from a presentation by Dr. Dickson Thom a renowned naturopathic doctor and the co-founder of the American Center for Biological Medicine in Scottsdale, AZ.



### 1 Get outside!

**A minimum of 30 minutes a day of exposure to fresh air and direct sunlight can have incredible health benefits.** Studies have shown that the direct sunlight can help with melatonin and serotonin levels during the day which can improve sleep patterns and overall mood. Keep in mind sun safety recommendations to help prevent skin cancer.



### 3 Breathe In, Breathe Out

#### Daily consciousness of breath is essential for health.

Breathing heals on many levels; it detoxifies, strengthens the immune system, and releases toxins (around 70% of our toxins are released from our body through our breath!)

Here's a deep breathing exercise to get you started:

- Inhale for 1 count.
- Hold for 4 counts.
- Exhale for 2 counts.

Example: if you inhale for 2 seconds, you hold for 8 and exhale for 4. Do sets of 10 breaths, several times a day for a **MINIMUM** of 100 DEEP breaths a day.



### 5 Get a Move On!

#### Engaging in 30 minutes of moderate activity

– including household chores and walking to work – most days could decrease the risk of cardiovascular disease and early death. On the flip side, being sedentary increases risks for diabetes, high blood pressure and poor circulation. **Be creative about the ways you can incorporate movement into your day.** Why stand in line when you can use that time to stretch your neck and shoulders or bend your knees for flexibility? There are also apps that count your steps throughout the day and provide reminders and feedback to keep you motivated to move!

### 2 Be a Kid Again!

#### Fun and play shouldn't end with childhood.

In fact, there are studies that show the many benefits of playing for adults, which include increased creativity, productivity, and feelings of well-being. Put fun in your schedule and make play a priority for increased well-being!



### 4 Water is Kind of a Big Deal

#### The eternal question: how much water do I need to drink?

To determine your normal hydration needs, calculate your body weight in pounds, divide it by 2 and drink that many ounces of water each day. For example, a 200 pound man should drink 100 ounces of quality water each day (that's 12.5 cups!) If you are in a hot climate or exercising, you should increase this amount. And a good rule of thumb is, if you're thirsty, you're already dehydrated. Grab yourself a glass of water stat!



To access the full presentation as a PDF or video, please go to [http://bit.ly/Natural\\_Laws](http://bit.ly/Natural_Laws).



## 7 Get Your Zzzz's

**Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.**

If you get less than eight hours of sleep a night, you are operating impaired; your alertness, productivity and creativity, and general health are all affected.

**So what can you do to improve your sleep?** Be in bed by 10:00 PM, sleep in total darkness with no WiFi devices in the bedroom and raise the head of the bed 6" so that you're sleeping on a 5-degree incline. Inclined bed therapy may improve your blood circulation, metabolism, respiratory, neurological and immune function and may also ease symptoms associated with Alzheimer's, diabetes, glaucoma, migraines, multiple sclerosis, sleep apnea, acid reflux, edema, varicose veins and more.



## 8 Just Say "Ohm"

**It's no surprise that meditation is good for the mind and soul but it can also have a profound effect on the body.**

Daily meditation lowers high blood pressure, can improve your immune system, increase your energy level, as well as serotonin production which can help improve your behavior and mood. It can also decrease some tension related pain that can cause insomnia, ulcers, muscle and joint problems and reduces tension headaches. **Statistically, even just 20 minutes of daily meditation can have benefits on physical, mental and spiritual health.** Make it a part of your daily rituals, just like brushing your teeth.



## 9 Eat Well, Live Well **You've heard it a thousand times: "You are what you eat." But what does that mean?**

Our bodies contain similar nutrients to the food we eat. Therefore, depending on what kind of food we are consuming and the contents of that food, we are affecting our nutrient levels and overall health.

Certain health conditions may respond better to some restricted diets better than others (and you should consult your specialist about which one is right for you) but there are some general things you can do to prepare your digestive system to be ready to digest the food you are eating.

**Have a pre-dinner cocktail** - take ½ to 1 tsp. of apple cider vinegar in a glass of water 15 minutes before eating

**Pause before you dig in.** Pausing before you begin to eat also helps prime your digestion – just seeing and smelling the food starts the production of saliva in the mouth which then signals to the stomach that food is on it's way and giving thanks for the meal allows you to shift your focus from life's stressors to the present moment.

**Chew, chew and chew.** Digestion begins with the act of chewing to mechanically break food into smaller pieces that are easier to digest. Try chewing each piece 31 times or to the point that it's nearly unrecognizable on your tongue, then swallow

**Put down your fork between each bite of food.** When we eat quickly we end up gulping air as we work to eat and breathe simultaneously, which can cause gas and bloating.

**Hold the Water.** Perhaps the only time you'll hear this! Do not drink with meals, and if you do, NEVER drink anything cold. Drinking fluids at meals actually dilutes your stomach acid which disrupts digestion.

**Remove distractions.** Turn off the TV and put down the phone. Reduce stress and focus on a relaxed eating experience.

**And for dessert....relax.** After eating, sit and relax for 10-15 minutes

**Another good rule of thumb is to eat by color.** Including 10 different colored foods in your diet will reduce heart disease, cancer and other chronic illnesses by upwards of 60%! Dark and intensely-colored plant foods usually contain more chemically active antioxidants than pale ones, so choose foods in shades of bright red, orange, yellow and green, like sweet potato, yams, fresh corn, plums, prunes, peppers, and grapes, just to name a few.

**Last, essential fatty acids** (flax, chia, hemp, sunflower, sesame, pumpkin, fish oils, EPO, borage oil, etc), probiotics, minerals, and vitamins also play an important role in the eating for optimal health.

**For more information, including specialized diet suggestions, access Dr. Thom's full presentation as a downloadable PDF or video at [bit.ly/Natural\\_Laws](http://bit.ly/Natural_Laws).**

To access the full presentation as a PDF or video, please go to [http://bit.ly/Natural\\_Laws](http://bit.ly/Natural_Laws).