

Top 6 Holistic Health Practices

1. Healthy Eating Practices

- Prayer or Silence Before Meals – Take a minute before you begin eating to have gratitude.
- Deep breathing before and during meal.
- Do Not Eat While in Motion or Standing or Watching T.V. – Avoid eating in the car, or while moving from one meeting to another. When you are eating a meal, just do that - do not distract yourself.

All of these practices take the body out of a sympathetic nervous system (stress) response, and prepares the body to digest.

2. Oral Hygiene

- Tongue Cleaner
- Electric Toothbrush
- Tooth and Gum Tonic
- Oil Pulling – Put ½ teaspoon of coconut oil in mouth, and swish around vigorously for 20 minutes. Then spit it out. Once completed, swish around some reverse osmosis water briefly to wash the rest of the oil out.
 - Recommend Skinny Coconut Oil Company, as they are the only coconut oil verified to be alkaline
 - Do not spit in the sink, and coconut oil will clog your pipes! Spit out in the trash instead.
 - Other tinctures, such as cat's claw, or other essential oils can be added to the coconut oil to boost its efficacy

3. Basic Water

- Should not be bought in a Plastic Bottle. You may think you're getting a better product, but there is really no regulation of the bottled water industry! Waters tested have shown everything from microbes and parasites to high levels of heavy metals. In addition, the way the water is bottled causes chemicals to leach into the water from the bottles, adding to your toxic burden.
- Ideal is Reverse Osmosis
 - Reverse Osmosis water is available in a variety of ways. Many grocery stores, including Wal-Mart and Kroger have refilling stations for RO water, and there are delivery services, like Rain Fresh, who will bring it to your door. There are also options for filtration systems for your home, ranging from single tap filters to whole-house filtration systems.

4. Eat Clean

- As Michael Pollan says, "Eat real food. Mostly plants. Not too much."
 - Eat simply, and as close to fresh, local and in season as possible.

- Avoid packaged, processed foods
- Shop mostly in the perimeter of the grocery store (fresh produce, fresh, unprocessed meats)
- Learn to read labels!
 - If you are unfamiliar or cannot pronounce ingredients:
 - a. look it up on your smart phone to find out what it is
 - b. Reconsider Purchasing Product - chemicals are NOT real food!
- Organic Whenever Possible
 - Check out EWG.org for the “Clean 15” and “Dirty Dozen” lists, which tell the most chemically treated produce vs. the least chemically treated. This will give you a starting point for purchasing organic produce, if you can’t yet go all organic! Anything on the Dirty Dozen should always be purchased organic, if possible, especially any items your family eats a lot of.

5. Move More!

- Schedule time each day to get in movement of some kind
- Stand up from your desk every hour and stretch
- Find activities you enjoy - walking in the park, swimming, dancing, gardening and chasing kids or grandkids around all qualify as movement!

6. Get Your Zzzzzs

- Sleep needs vary from person to person, but most people need between 6 and 8 hours each night.
- Shut off all electronics and dim lights an hour before bedtime to signal the brain that it’s time to sleep. Blue lights signal that it is still daytime, so can interfere with melatonin production.
- Try to keep to a regular sleep schedule. Constantly changing sleep patterns confuse the brain, and can cause difficulty sleeping.
- Breathe deeply into the diaphragm for 3 or more minutes before bed to move the Central Nervous System out of the stress response, and into its resting mode.