



## *Naturopathic Health & Wellness Centre*

### **Head Start Package**

Healing is an inside job - mentally, spiritually and physically. I can't do this work for you at home, this is something you have to embrace. I invite you to think of your current health situation as a 'call to action', a 'reboot' as it were, an opportunity to honour your body and attend to its needs. Every one of us has the power to take back our health and ignite our own wellness revolution in our life. No one can take better care of you than wise, brilliant, capable and STRONG you.

You will find this a journey that grows you and offers many gifts along the way. So congratulations on taking this trip towards wellness. I ask that you keep an open mind and have fun with it. Get creative.

I've put together this wellness practice information package to get you started. It takes a general approach to healthy changes that will jump start you towards your goals. Naturopathic visits in the office can often get technical as I work towards assembling the physiological needs of your body, discovering your major stressors and primary issues and sometimes I don't have time to touch on these basics. This handout covers some crucial areas of your life that you can begin focusing change on (if you haven't already). Note, they are general in nature, your specific needs will be revealed as we progress through care together.

Let's just hack an all too often limiting belief about health up front. It goes like this: "I don't have enough time or \$ to be healthy". Truth is we all have the same amount of hours in a day, letting this excuse stand in your way, may one year from now have you exactly in the same place you are now. I encourage you to reflect on how you choose to spend your time and money and what you put your attention on. Trust me, you have time to incorporate healthy practices into your day, you don't have enough time to get sick - being sick is a full-time job you don't want.

I suggest you to print this out, read it and keep it handy for reference.

If you have questions, please bring them to our visits and we can explore them. Let's have fun together, life is for joy not suffering.

I would also encourage you avoid thinking or say the famous phrase “I will try” when approaching any health practice. It is a set-up for failure. May I suggest you take the approach of “I will endeavour to work on this and take care of myself”. Be curious and have fun. Don’t worry there is no test here, no judgement, just support and encouragement.

Health is a journey of discovery and enlightenment, one step at a time.

### **Sleep:**

There is no magic wand I can wave to protect you from the ravages of chronic sleep deprivation. Sleep is the most efficient & important way to establish wellbeing, heal, repair, restore and regenerate your body and mind. It’s imperative that you learn to master your sleep. Sleep is a goal in itself!



Don’t fall for these Urban Myths:

“Busy, productive people need less sleep”

“You snooze you lose”

“Sleep is for lazy people”

Many people hack their life-force energy trying to survive on 6 hours or less sleep a night. This simply is not enough unless you’ve mastered the art of meditation at an advanced level.

Sleep debt effects every aspect of your life, especially your moods and how you show up in the world. It can tear down your personal relationships and destroy your work performance. Over time, it will de-rail your health.

### **Some serious side-effects of poor sleep are:**

- Weight gain (altered appetite and cravings)
- Poor immune system
- Poor memory & cognition
- Decreases productivity, changes how you show up in the world
- Stress
- Diabetes
- Pain & inflammation in the body
- Slows reaction time
- Aging on all levels accelerates
- Cardiovascular damage & high blood pressure
- Hormone dysregulation
- Accelerated cancer growth

- Mood disorders & poor decision making

Sleeping is paramount to good health but what most people don't realize that it also allows you access to your non-local mind (spiritual consciousness) which is very important for your spiritual growth and creativity. You lead a more conscious life if your sleep is deep and allows all phases to occur, rather than a reactive frazzled life that runs on very little sleep.

Sleep is also the time when your body detoxifies, heals, rebuilds and restores you. Your healing crew comes out to fix your bod when you sleep.

### **Sleep Rules:**

**#1** Caffeine has a half-life of 6-8 hours, so stop consuming caffeine beverages early enough in the day so you fully metabolize it and it doesn't impact your sleep negatively. I recommend stopping caffeine by 2 pm.

**#2** Alcohol, most people think it helps them get to sleep (stage 3 & 4), which might be true, but it hinders deeper phases of sleep. So if you are drinking alcohol, you must give yourself time to absorb the alcohol before you sleep. The rule is one hour for each alcoholic drink. So if you drink 3 glasses of wine, give your body 3 hours before you go to sleep.

**#3** Avoid blue light exposure before bed (phones, iPads, computers) because it is like caffeine for your brain. The blue light hinders your pineal gland from producing melatonin which is critical for sleep. Tuck away your tablet/iPhone/computer/phone, whatever it is that distracts you from preparing and getting to sleep. Put away your to-do list for another day and get ready for restoration time. We live in a technology age with conveniences and artificial lighting that keep us out of touch with our natural sleep/wake cycles we were meant to follow. So avoid the use of these devices 2 hours before bed or use blue light glasses to block that light.

**#4** Exercise is a simple way to improve your length and depth of sleep. As little as 20-25 minutes a day can help your sleep. However, if you do it too close to bed time it may affect your ability to fall asleep. It is suggested not to exercise 4 hours before going to sleep.

**#5** Establish a good circadian rhythm, and a good way to do this is go to bed and wake at the same times every day and upon waking get sunlight exposure within 30 minutes (go outside) and sleep in total darkness (block streetlights with blackout curtains, no LED clocks, hall lights, night lights etc.).

**#6** If you wake frequently in the night it may be because your brain has run out of fuel. REM and deep sleep require a lot of fuel. So eat before bed and see if this improves

**#7** Improving napping can benefit you, but it depends on what type of napping. The best nap time for most people is 25 minutes or less or a full sleep cycle for 90 minutes if you've missed a lot of sleep the night before. The optimal time of day to nap is different for everyone. If you

wake very early, you might want a late morning nap, otherwise the best time is between 1-3 pm (Siesta).

### **Tips for sleeping well and creating a “Zen Bedroom”:**

- Address inflammation & pain, get help to heal your injuries so you can rest comfortably.
- Reduce light exposure in your bedroom, sleeping in the dark increases melatonin levels, which is protective against cancer and promotes sleep. The slightest light registered by your pineal gland decreases melatonin production. Use blackout curtains or eye masks.
- If you use an alarm clock, cover it or at the least turn it away from you. Best to use a non-lit alarm clock or phone placed on airplane mode.
- Keep room cool, between 16-18 degrees Celsius.
- Keep your environment quiet, someone may have to move! If your partner snores, no use having two people not sleeping well. Consider ear plugs.
- Go to bed at the same time, wake at the same time, this routine helps sleep patterns. I suggest going to bed before 10 pm, before a 2nd cortisol spike happens which makes sleep elusive.
- Nap smart: nap no longer than 25 minutes (studies show) in the day to avoid disrupting your night time sleep cycles. Avoid naps completely if they keep you from going to bed at a sensible time or interrupt your sleep.
- Have your last meal no longer than 2-3 hours before bed, going to bed on a very full stomach puts stress on your detoxification cycles as you sleep. That being said, some people wake up in the night because the brain feels the drop in blood sugar. If this is you, snacking before bed can help you stay asleep. If you have to snack, make it a protein rich food (nuts, boiled egg) high in tryptophan to promote restful sleep. Experiment and see which strategy works for you.
- Avoid the use of sleeping pills, alcohol or drugs to induce sleep. Use natural herbal products if you need, prescribed by your naturopath to maximize sleep, sometimes simple magnesium or melatonin can be very helpful. Try an Epsom Salt bath high in magnesium with essential oils.
- Invest in a comfortable pillow &/or bed. A salt lamp, light bulbs 15 watts only, essential oil diffuser, candles, etc....
- Focus on low glycemic foods to not spike blood sugars before bed, having a blood sugar dip can wake you up in the night.

- Consider **preparing for sleep a deliberate important task**. Your brain will train to the activities you do before bed and anchor them related to your sleep. For example, having a hot herbal tea, taking a bath, preparing your cloths and bags for the next day... these activities signal the brain you're getting ready for sleep
- Meditate or pray before bed, adopt a gratitude practice before sleep, bring to mind 3-5 things you are grateful for that happened that day. These activities fill your body with healing hormones and floods your brain with good feeling neurotransmitters. It helps flush the stress from the day.
- Reduce your STRESS, more on this later. If you don't address the stress (how your mind holds the events of your life), it will creep into your precious sleep time.
- Unload your day before you settle in for sleep--just like a computer shuts down all the files & programs before it shuts off. If you have to talk out something with your partner do so earlier in the evening or day, don't do it right before bed. Take a pen and write down all the "To Do List Items" to get them out of your head and leave them for the next day. Say to yourself, "I deserve a good night's sleep", tomorrow is a new day, I can put issues away for the night. Envision a book slowly closing as you drift off.
- Become solution focused & ask better questions about situations, reframe the situation. Truth is, worrying about something won't change the outcome but will certainly keep you from sleep.
- Remove any clutter, anything school or work related from your bedroom.
- Skip the evening news, it will only install fear and other negative emotions in your subconscious before bed putting you in a poor chemical balance. Choose calming, nourishing practices before bed. You can catch the morning news and be caught up if you feel the need. Consciously choose what you listen, watch and do before sleep.
- Consider your sleep to be an 8 hour meditation and make this intention before you go to sleep.

#### **Drink more water and herbal/green teas:**



Clean water is critical to health; purification is key. The municipal water we drink no longer is a breeding ground for diseases, but comes contaminated with chlorine and fluoride to name a few chemicals that do harm to our body. Most water in our world is contaminated with industrial, agricultural and pharmaceutical contaminants. Purify and bottle your

own water for consumption. Carry your water in stainless or glass containers. Even if the plastic water bottle says it's BPA free, it is still some kind of plastic that we will likely find out years later is toxic to some degree for our body and it leeches into your water. Airports, sport arenas, schools etc... often have filtration fill-up stations to take advantage of if you carry your own container.

Aim for drinking water before or between meals, not with your meal as it dilutes your digestive power. Skip the sugar laden drinks, juices, pop, energy drinks.... Just drink purified water and teas are best for the body. If you drink coffee, remember it's a diuretic and acidifies the body, drink water to help off-set this, and keep coffee to a bare minimum and organic.

Always drink clean purified water. Which water purification system to use can be complex as changes in new technology is discovered. Bare minimum use a charcoal filtration system like the common Britta filters (low end purification) or a gravity fed multi-level filtration system, alkaline systems, or reverse osmosis. My recent favourite is the Berkey Water System; check it out. If you want the cleanest water and removal of 100% glyphosates (Round-up) use reverse osmosis. For more details feel free to ask me in a visit and we can discuss. I would however suggest avoiding distilled water as it is dead and can't hold a healthy vibration.

Water carries information and holds frequency. Dr. Masaru Emoto's study on water structure is fascinating. I encourage you to read about his experiments on water crystalline properties. It will change how you handle and view your Drink of Life! I always put an intention or bless my water, I suggest you do the same.

### **Movement:**

Sitting is the New Smoking! Get your grove on.

The human body is designed to move. We lead sedentary lives which are having serious effects on our health. It's evident when you see 60-70 year old people trying to get out of a chair or walk. Their strength has declined so much they have lost their vitality and ability to simply walk easily. Often their bone mass is compromised and their muscles and tendons have shortened and weakened so much they can't straighten up. What's most important is moving your body through space. I suggest getting up out of your chair at least every 20-30 minutes a day, the act of getting up, using your legs and sitting down with intention, not just falling into your chair is very beneficial.

This is not new news, regular body movement is necessary for health. Movement gets your lymphatics draining, oxygenates your cells and detoxifies waste products. I am not suggesting you have to be a top athlete, however, doing active exercises you enjoy at least 3-4 times a week is critical. You don't have to go from couch potato to marathon runner overnight.

Make it fun, some suggestions are: dancing, Tai Chi, Qigong (ask about our classes), walking/hiking, running, a sport, cycling, Yoga, dog walking, stair climbing, rebounding... Whatever is joyful and fun for you!!! Find a buddy and support each other.

Longer work outs are not better. New research shows that interval training is best for fitness, easier on your heart and overall health. This involves alternating high-burst and low-burst exercises with rest breaks. This also works out for a person with a busy schedule. A terrific workout can be accomplished in 15-20 minutes! There are loads of free exercise videos on the internet.

If you have a sedentary job, I suggest getting a sitting ball or stool to keep your core active, have a multi-level desk setting so you can stand or sit, switch back and forth. Set a timer every 30-60 minutes and get up to take a stroll, break-out into some stretches, squats, planks, push-ups etc.... Build your body strength, every little bit helps.

### **Nutrition - Food as Medicine:**

Nutrition is a huge topic which can be confusing. Paleo diet, Atkins diet, Macrobiotic diet, Ketogenic diet, Vegetarian... Truth is, information about food science that we think is correct today we may find 10 years from now was off the mark. I've found in 30 years of practice that everyone responds differently to food and meal plans in a very unique way. What your body needs now may also change over time, so let's remain flexible and open making conscious choices towards honouring our body's nutritional needs.

My approach to nutrition focuses on adding more organic, whole plant-based foods to your diet, letting go of unhealthy lifestyle practices that don't serve you, and dialing down the stress. We won't be counting calories or making you feel deprived or inadequate—we are done with all that. Instead I'll encourage you create a pace that works for you as you move toward a more holistic way of living. More healthy deposits, less withdrawals is another way to look at it.



## Good health starts in the kitchen!



What will always hold as a truth is that whole foods grown in healthy conditions are always better than processed foods mass produced with genetic modified seed stock and toxic chemicals. Healthy food has a vital vibration, processed and toxic food offers no healing frequency to the body. You always have a choice, 'God's Garden or Man's Lab'??

I would like to introduce the concept of being conscious of your body and it's response to foods - get in touch with your inner wisdom, your body's intelligence, it will steer you in the right direction every time.

In the mean time I will focus on foundational nutritional advice that generally suits everyone. As we work together, we can discover what is best for you.

### General Nutritional Suggestions:

- No amount of exercise will correct what damaging foods you put in your body. Remember, you can't out run your fork. What you put at the end of your fork is critical.
- Avoid processed foods, cook from scratch so you know what goes into your meals.
- Eat foods from your garden as nature intended, closest to its natural state as possible. Food processed in a lab does not foster health, only a longer shelf life.
- If it has a label, try to keep the ingredients under 5 items.
- If it has a long shelf life, it's likely not good for you.
- Eat locally produced food, it has the energy and nutrients you need for your area you live in.
- Don't compromise convenience for nutrition, you will pay the price later. The effort you put into buying and preparing whole healthy foods now, will guarantee a pay off in healthy ways and longevity down the road. Concentrate on eating food that provides wellness and vitality and avoiding food that drain your health and robs you of vitality.



- Think of food as fuel for your body, not just a filler, you put the wrong fuel in your body, the engine eventually breaks.
- Put the rainbow of colours on your plate, avoid beige and white foods unless that is their natural state.
- Aim for making vegetables the centre star on your plate, all different kinds at each meal. Yes veggies at breakfast is a strategy needed to get your full requirements in daily. Think of sautéed veggies beside your eggs or protein, or a smoothie or juice loaded with veggie goodness.
- Eat organic or wild foods as much as possible. Pesticides, fungicides, waxes, radiation, dyes, chemicals, preservatives all have their negative effects on the body full stop. I know you're thinking, "why is healthy food so expensive?" You should be asking "why is unhealthy food so cheap?". There is a hidden cost to those cheap foods - the cost is your health! You can either pay up front at the grocery store, or pay later for health care supplies and office visits. Medical bills cost much more than broccoli!
- After 30 years of doing food allergy/sensitivity testing, I can share that the average person should avoid dairy products, wheat, and eggs. I strongly suggest you get your personalized food allergy panel done and find out which foods in particular are immune reactive for you leading to chronic inflammation and degenerative disease.
- Start juicing fresh veggies daily or make a smoothie loaded with veggies and fruit, healthy fats, protein powder, collagen etc... Check out the internet for inspiration; let your imagination go wild. This basic habit will top you up with the needed micronutrients, antioxidants and phytonutrients needed for health. This is my favourite nutritional boost tip!
- Don't consume pure or cocktail fruit juices. They contain all the sugar of fruit without the fibre that slows the absorption of the sugar; stick to water and eat whole fruit.
- If you must drink coffee, keep it fair trade organic and only one cup a day with food and consume before noon. It has been shown lately to have some health benefits but only if it's real coffee, not a "mocha choco latte" filled with sugar and hydrogenated fats. Best consumed black if you can, or a bullet coffee (coffee, organic healthy fat, butter, coconut oil whipped up).
- Eat healthy fats. Contrary to belief, healthy fats don't make you fat, they in fact can help keep you thin.
- Healthy fats are: coconut oil, good quality olive oil, tea oil, macadamia oil, avocado oil, butter from grass-fed cows or goat, grass-fed ghee, organic raised tallow, lard, duck fat or chicken fat, walnut oil, almond oil, sesame oil, flax oil, hemp oil.

- Avoid these fats: margarine, any hydrogenated oil, palm, peanut, vegetable, corn, safflower, sunflower, soybean, canola, corn oils, and vegetable shortening.
- Minimize grains (pasta, cereal, crackers, muffins, cookies, bread products etc.). If you eat grains, keep to non-wheat options and keep them in their whole natural state. Opt for quinoa, teff, wild rice, brown & red rice, Faro, buckwheat, rye kernels, organic cornmeal, millet, and oats.
- Always opt for pasture-raised, grass-fed, antibiotic free meat choices. Find a local trustworthy source for your meat. Eating the meat on supermarket shelves that come from industrial farms are poor quality choices raised under very unhealthy conditions. This meat, how it was raised and what the animal ate translate into your health.
- Raw organic nuts and seeds on the whole are power packed with healthy fats, protein, minerals, antioxidants and healthy carbohydrates. The healthiest nuts to eat are almonds, walnuts, pecans, Brazil nuts, hazelnuts, pistachios, and macadamia. The healthiest seeds are chia, flax, hemp, sunflower, and sesame.
- Add naturally fermented foods to your diet, kimchi, sauerkraut, miso, temphe, kombucha tea.
- Stop eating cereal for breakfast, the effect on your body is a hunger-induced sugar spike, insulin spike, metabolic train wreck within hours. Most boxed cereals are too refined and full of sugar and unhealthy fats. Eat only organic musli or granola, with less than 6 grams sugar per serving or cook whole grains on the stove top and add nuts, seeds, and fruit on top.

### **Kick the Sugar Habit:**

The sooner you realize that sugar is inflammatory and detrimental to your health, the sooner you can stop damaging your system. Oh, I know this is a hard one. The human brain is wired for sugar just like cocaine. Sugar consumption is climbing out of control. Sugar is more than just empty calories, sugar literally causes heart disease, arthritis, diabetes, hormone imbalance, cancer, and more. [It makes you sick!](#)

I'm not saying you can never enjoy a sweet treat again, but do a reality check on just how much sugar you consume. You will notice a difference in how you feel once you get control of the type and amount of sugar in your diet and challenge it again, if you pay attention you will notice you feel unwell. Quitting sugar improves your health rapidly.

Sugar can be a poison - it's all about dosage. To be clear, natural sugar found in whole fruits is okay. Don't fall into the trap of concentrated juice to make snack foods or drinking fruit juices. I'm talking about the whole fruit!

*Keep consumption of added sugar under 5 tsp daily.*

Avoid: high fructose corn syrup, table sugar, artificial sweeteners, agave, rice syrup, evaporated cane juice, fructose, dextrose, maltose, sucrose, syrups, and brown sugar.

Better choices: erythritol, organic maple syrup, natural fruits, molasses, organic palm sugar, coconut sugar, monk fruit, natural honey, and stevia.

When you get the craving for sugar, stop, breath, ask yourself why you want it? Maybe learn Tapping to unlearn those old behaviours and thoughts that keep you hooked on sugar, do hypnotherapy, self-reflect on your desire for sugar, take a big glass of water and go do something you enjoy to distract you and likely the craving will pass. If not, focus on vegetables and protein to balance your blood sugar and address your nutritional needs.

### **Stress Reduction:**

Stress creates havoc on everyone's system - full stop. Trouble is, most of us don't even realize how much stress we are under because the busy, go-go, high achievement culture we live in has become our new normal. It is the norm to experience low-level chronic stress during our daily existence. While it's unrealistic to eliminate all stress from your life, there are several shifts you can make to combat and reverse the negative effects of daily stress.



A person's susceptibility to all diseases and common conditions like hormone imbalance, cancer, immune conditions, depression, anxiety, heart disease, skin conditions... are usually linked to excess stress on your system.

You can eat and exercise and do all the right things...but if you don't take time to de-stress, you are spinning your wheels. Make time to unwind and take care of yourself, it's truly an act of self-love.

### **Stress Busters:**

- Mindfulness Breathing - eyes closed, sitting or lying down, slow deep breaths deep into your belly, gently inhale 4-5 seconds, let the inhale flow gently into the exhale 4-5 seconds, feel the stillness between the breaths, let it permeate every cell of your body, feel the breath come into your nose and gently out, focus only on your breath!!! Let all your stress flow out on your breath.
- Scheduled downtime and quiet time. Treat this time like an appointment you can't miss. Read a joyful book, lay on the grass, sit under the shade of a tree, take a stroll in nature, stare at a tree, do a puzzle, go fishing, pet your cat... whatever your down time looks like, do it at least twice a day for 10 minutes minimum.

- Meditation - my favourite! This is a pillar of stress management, inner awakening and conscious living. This ancient tradition I believe is a main stay for mitigating stress in our modern world and promoting wellness. Meditation has scientifically been shown to reverse chronic illness, decrease gene activity responsible for inflammation, rebalance hormones, reset your biological age for aging, increase beneficial telomerase gene activity, reduce blood pressure, relieve pain, metabolize the stress hormone Cortisol... So many benefits, so much health potential. Take time every day, many times a day if you wish to do meditation. Take a class, get a CD, MP3, watch YouTube, do your own version - just do it! Watch the miracle happen.
- Be present in the NOW. We spend a lot of energy worrying about the future (gotta do x y z... what happens when... not looking forward to...) or staying in our past story, dragging it along like a ball and chain. Eckhart Tolle is a spiritual teacher who has insights into this evolutionary way of living and being, check him out. When you are fully present in the moment instead of losing yourself in worry or anxiety you experience life in truth and fullness. Life is NOW.
- Switch how you “hold” an event or situation in your life that is causing your stress. Events themselves do not cause emotional distress, it’s the meaning we put on them that does. It’s our human responses that set up our experience of an event. So how do you choose to see what is happening in your life? What is your perception of it, your attitude towards it, your feelings about it, how about your reaction to it? We alone create the position we hold about a situation. Grandma was right, see the glass half empty or half full, the choice is yours. What has your situation or illness come to teach you? Be open to the lessons offered to you in your life. Opening our awareness to life’s trials can bring unbelievable strength, happiness and peace.
- Share responsibilities, you don’t have to do it all yourself. Ask for help.
- Practice Yoga, Tai Chi or Qigong. These ancient traditions are steeped in intelligent ways to keep your body strong, flexible, and energetically balanced and are designed to keep your body well, preventing disease and de-stressing your body. Practice daily, go deep with it, and make it as important as brushing your teeth!
- Get a massage, a Reiki treatment, Chakra balancing, Energy session, Quantum touch session, there are many rebalancing therapies out there, find one that is right for you and make it a practice for maintenance.
- Walk away from stress ASAP, choose not to engage in stressful events and situations. If you can’t escape the situation, change your perception of it. As Wayne Dyer is famously quoted for saying “when we change the way we view things, the things we view change”.

- Get comfortable with change. The more life changes, learn to adapt to it, embrace it, enjoy it, we become resilient. “Some changes look negative on the surface, but you will soon realize that space is being created in your life for something new to emerge” Eckhart Tole.
- Don't ignore stressful events in your life. Find resolutions for them, process the emotions you experience because of them so the body doesn't file it away as a “holding pattern” in your mind, body or spirit to eventually resurface later. Honour how you feel, human emotions are a barometer of where you are and how you are, its nature's way to keep us safe and in touch with our inner world.
- Say “NO”. Stop adding stressful situations to your life or stretch yourself beyond your means. You have the freedom to choose, you create your life (where you go, with whom, how you get there, all of it, you are responsible), you decide which road you travel.
- Volunteer or help out someone in need. When we give our heartfelt service to another, somehow we benefit from the joys of our efforts and the value and love given to the recipient. Make someone's day, give a helping hand and spread you love and compassion to the world.

### **Grounding:**

Simply put, go outside and reap the benefits of nature. The earth has a healing frequency that influences us. As residents of this planet we thrive when we are connected to it on a daily basis. Many of us have become disconnected to our natural living environment. Most of our days are lived inside our houses, offices and schools shields us from this healing frequency. Getting in touch with nature energizes us, resets our biological clock, and puts us in harmony with the rhythms of the earth (gravitational, seasonal, lunar, circadian rhythms) Best ways to ground your self are taking a walk in nature, walk bare foot outside, garden, imagine roots coming out from your feet going into the earth, breathing slowly and connecting to mother earth. There are many other ways, these are just a few.

### **Reduce toxic exposures:**

We underestimate the vast number of common every day household, occupational and personal care products we are exposed to every day that are TOXIC and contribute to cancer and disease. In 2 short generations we have adopted lifestyles dependent on products that cause us great harm. Industrial and agricultural practices have always contributed to our world's toxic burden, however now, our personal choices have added considerably to the load. The human body is designed to detoxify, our healing strategies are still a working miracle, but most of us have overwhelmed our detoxification systems and the decades of bioaccumulation of toxins are doing damage to our systems. Diseases of old age that use to be rare are now extremely common and manifesting in younger ages, even in our children we see ever growing rates of cancer and immune diseases.

You can limit your exposures where you have the ability to make conscious choices of what you buy and use in your life. Below is a short brief list of expected and unexpected toxic exposures to explore and reflect on to improve your health and reduce your TOXIC stress.

- Air fresheners
- Scented candles
- Detergents, body washes, make-up, shampoo, lotions, bubble bath, perfume, toothpaste, cleaning products...
- Saw dust, treated wood
- New carpets, cars, houses, offices
- Renovations & new building products
- Mold exposure
- Pesticides, weed killing sprays, bug sprays, insect repellants
- Conventional sun screen
- Lead containing paints and toys
- Formaldehyde in cloths, insulation, furniture, e-cigarettes
- Antibiotics found in commercial raised meats and pharmaceuticals
- Mercury from “silver amalgams”
- Triclosan found in antibacterial soaps and hand sanitizers

This topic is huge, whole books are written on this topic alone. You may not be able to control all aspects of toxic exposure, but you can minimize & mitigate exposures in many ways. I encourage you to research ways to reduce your exposure or bring your questions to a visit and we can discuss viable options. TO YOUR HEALTH!

#### **Adopt an Attitude of Gratitude:**

Simply put, every night before you go to bed, every morning before you get out of bed, focus on 3-5 simple things you are grateful for. Focusing on thankfulness is a positive forming habit that induces pleasure chemicals in your body. When we train ourselves to be in gratitude, even for the little



start each day  
with a ♥  
grateful heart

things like a cozy blanket we sleep with, we cultivate a more positive outlook on life and as a result we have less stress and attract more good things in our lives. Approach life with graceful optimism.

### **Honour your Body & its Innate Wisdom:**

Simply put, I suggest you flip your understanding of your illness or discomfort. Regard your sickness or pain as your teacher and your friend. Ask yourself why you are getting sick or feeling unwell? An illness often relates to how you are conducting your life. Have you been listening to your body signals? Have you been following the principles of nature? Have you been eating well? Have you been a happy person filled with gratitude, love, kindness and forgiveness in your heart in all situations?

Listen to your inner voice, take your illness as an opportunity, a portal to the next best version of yourself, a positive warning, a wake-up call. Your body has healing strategies, listen to its beacon for help. Your subconscious mind will express things in your body to get your attention to hold a healing space and deliver what is needed to heal mind-body-spirit.

This is the only way to really heal. If you are angry at your body for crapping out on you and you hold it in a critical way, it doesn't have the frequency and loving support to heal. Thank your body, love your body, it's doing the best it can under your present circumstances. Forgive yourself and move on to healing.

Now, after reading this I don't want you to go into blame or guilt, there is no room for healing and growth there. This advice is simply offered as some guidance to become aware of what and where you are ready to grow and evolve in your own lives. Be only concerned with you and your life growth, this is what you are solely responsible for, you are not responsible for anyone else. When we grow ourselves, others around us heal and grows well, that's the miracle.

In Love and Light,

Dr. Dawn Cormier, ND

Qigong practitioner and Reiki Healer.