

VITAL TIPS FOR A HEALTHY LIFE

Relaxation

Spend time to relax the body and mind everyday – even 2 minutes can make a difference. This is necessary for our spirit (inner wisdom / Source) to express itself and for healing to manifest in our lives. A minute of meditation a day can make the difference between falling ill with stress or coping well with stress. One can use music, *Jin Shin Jyutsu*, visualisation and so on. There are no fixed paths. Daily relaxation strengthens focus; helps calm the mind and strengthen the body.

Water

Drink pure clean water.

Everyone is different so there are no fixed measurements. If you are not drinking water then you are not going to be eliminating toxins that accumulate in the body. If you are not drinking enough water you will also start to dehydrate and the body will begin to lose vitality rapidly. For most adults a litre a day is a minimum requirement. *It is a good idea to purify and charge your water. Do check out the work of Masaru Emoto and Dr Batmanghelidj.*

Greens

Eat a healthy portion of fresh green foods daily; ensure you have a chlorophyll rich diet. Greens contain minerals, vitamins, enzymes, and proteins that we need for a healthy body. (A healthy portion is one when you put your palms together and fill with organic green veg) It is a great idea to supplement your diet with chlorophyll rich foods. *We also recommend the use of well researched high quality nutritional supplements to achieve optimum health.*

Movement

Exercise the body at least once a day.

The body relies on us using it, and using all of it. Again there are no fixed must do's. 5 minutes is better than no minutes. Each body is unique and needs some form of movement. If we are sedentary most of the time then we need to make an effort to stretch the body some of the time.

Consider reducing environmental pollutants

Get safe and pure personal care products free from harmful ingredients. Eat organic whenever possible. If you are on the phone or staring at the computer screen a lot it is worth investigating protective devices and taking 15-30 second breaks at regular intervals.

Letting go and Forgiving

Accepting ourselves and the world around us, knowing how to respond with understanding to all situations nourishes our sense of well being. There are many practical approaches, the simplest is becoming aware of the breath and then slowly, consciously exhaling the reactive feelings, for e.g. anger or sadness and inhaling with awareness. Holding onto mental and emotional pain eventually leads to physical pain. Practicing “Letting Go” regularly transforms every aspect of life, for this we *recommend any form of Energy Therapy for e.g., LiberatingTouch®, EFT or Jin Shin Jyutsu.*

