

Tips for Excellent Physical Health

-especially when you feel something coming on!

1. Don't wait until you get sick to stay home from work.
2. Take natural supplements to boost your immunity as soon as you start to feel unwell, e.g., oil of oregano, grapefruit seed extract, echinacea, zinc lozenges, vitamins C & D, raw garlic, ginseng (check with your GP if you are on other meds, have a medical condition and/or are pregnant)!
3. Do daily exercise, e.g., biking, walking, yoga to keep your immune system healthy and strong.
4. Eat antioxidant-rich foods, e.g., kidney beans, blueberries, cranberries, artichokes, whole grains and foods full of omega-3 fatty acids, including flax-seeds & walnuts. Avoid sugar (an immune system depressant)!
5. Sleep as much needed (seven-eight hours for the average adult; kids often 10-12; and elderly often five-seven hours).
6. Discover inner happiness and enjoy life more. People get less sick when happy!
7. Take a break when you feel stressed. Don't let stress accumulate until physical illness sets in.
8. Have a BodyTalk session (in person or at a distance) and/or do the BodyTalk Access routine to boost your own immune system, balance your stress threshold, increase mental clarity, enhance the balance of musculoskeletal system and the body's natural healing capacity.
9. If you are feeling congested and at the beginning or middle of a cold, try breathing in essential oils in hot, steaming, water with a towel over your head, e.g., peppermint and eucalyptus. Or invest in a Neti Pot (google this), boil up some ginger, add lemon and cayenne to make a decongestant tea.
10. If you are getting cold or flu symptoms, take a hot, detoxifying bath including: two cups of organic apple cider vinegar, two cups of Epsom salts, unrefined salts or baking soda and a couple of ounces of ground ginger (google other variations). Regain excellent health!