

5 THINGS THAT ALL HEALTHY PEOPLE DO



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THE 1 THING THEY DEFINITELY DON'T DO

1. Have a Healthy Mindset

A Healthy Mind = A Healthy Lifestyle = A Healthy Body

Figure out what's important to you

Healthy people are proactive, they recognize and appreciate that their health is their most valuable asset for which only ourselves can be responsible for, and like any asset, it's value only increases when you invest in it. Think self-constructively in terms of creating health abundance versus a self-destructive mindset of believing that great health is a scarcity and that we have no control over our health because it is already predetermined by bad luck and our genes.

Poor Choices = Poor Lifestyle = Poor Health

The lifestyle we live and the choices we make everyday in regards to how we eat, how we exercise, what we drink, how well we sleep to how well we manage our stress plays the biggest role in determining our health. Unfortunately, we no longer live in a world that is congruent with good health. Persistent and chronic over exposure to toxic man made industrial chemicals in our food and farming, in the water we drink and the air we breath, to sedentary lifestyles where we don't move enough, confining ourselves within four walls, stuck behind desks and on sofas staring at our TVs and Tablets is making us all sick.

Make your health a priority

Prioritize what's important to you, don't let your health be at the mercy of things and choices that matter the least. So, whether it's meditating for 10 minutes everyday or going out for a walk, making healthy snacks or taking their supplements at the same time everyday, healthy people prioritize those choices and schedule them so over time they become healthy habits and automatic responses where we don't have to think about them and they become part of our everyday lives.

Takeaway Tips

- **Make Health a Habit.**
Schedule the important healthy things. Things that matter the most should be in your calendar. Want to be healthy? Schedule it!
- **Choose certain healthy behaviors ahead of time so you are prepared for when certain eventualities do arise.**
- **Start With The End In Mind & Believe**
Write down your vision of what health looks like for you, make some goals and action steps on how to get there. Be confident in the belief that your health is not predetermined by your genes but is in your control. So take charge and take back control of your health.
- **Think Win-Win.**
Who else wins if your health wins? What extra things are you going to do with all the extra time and energy? Take up a new sport or hobby? Take on a new business venture? Go for that work promotion? Take your family on more holidays? Everyone Wins.

2. Move with Great Posture

Movement follows Posture like a shadow

A Healthy Core = A Healthy Spine = Healthy Posture = Healthy Movement

Healthy people, young and old engage in regular challenging exercise and activities that keep their body strong, fit and healthy, helping them to stay active, independent and living a life full of energy and vitality. Scientific research now shows us that exercise doesn't just benefit our heart and muscles but also keeps our brain and minds young and healthy. Just like muscle cells, the brain cells need stimulation and the release of neurotransmitters to signal the development and maintenance of healthy brain cells and have discovered that 90% of the stimulation of the brain comes from nerve signals firing from movement of your spine. So its critical we take care of our spines and maintain a healthy posture to look after both our body and mind.

The risks of a sedentary lifestyle are well known and the evidence that regular exercise is key to maintaining and improving our health is irrefutable.

Our posture will eventually stiffen up in the position we spend the most time. Sitting all day creates postural imbalances causing us to round forwards in the upper back and shoulders, a short and compressed neck, a flattening of the curve in our low backs. These postural distortions and misalignment of our spine causes mis-firing of nerve signals causing a brain-body disconnection leading to faulty motor patterns and poor movement affecting hip, knee and shoulder flexibility increasing the risk of injury, pain and early degeneration.

Without good posture, core strength and flexibility you will get old and stiff, very quick.

The 3 Core Essentials to Posture & Good Health

ALIGNMENT ●

CORE STRENGTH ●

FLEXIBILITY

Alignment is critical as this reduces the risk of joint wear and tear and compression on the spinal discs and therefore you should be getting adjusted by your **Chiropractor** on a regular basis.

Core strength promotes core stability and maintains good alignment of the spine and joints. Occupations and sedentary lifestyles that involve prolonged sitting quickly leads to weakening and atrophy of these important stabilizing muscles leading to joint weakness and increased risk of injury and degenerative arthritic changes.

Flexibility, loss of mobility in our joints and muscles will lead to placing extra stress on other regions of the body leading to wear and tear and finally degeneration. Healthy people engage in a regular stretching routine in order to maintain their mobility and flexibility.

Takeaway Tips

- **Schedule and keep to a Regular Exercise Program that focuses on all 3 Core Essentials, alignment, strength and flexibility.**
- **Make sure you add in some Resistance Weight Training to your program with High Intensity Interval Training. Schedule a Massage to address any muscle imbalances, improve recovery and performance.**
- **Get checked and adjusted by a Chiropractor, look after that spine, its essential and will help make sure those golden years are golden.**

3. Eat a Paleo-Terranean Diet

"All Disease Begins in the Gut" Hippocrates

Research shows us that the healthiest and oldest people living in the world today enjoy eating a blend of the **Paleolithic Diet** (Hunter-Gatherer) and the **Mediterranean Diet**.

These two diets focus on a wide variety of **fresh natural whole food ingredients** rich in plants and vegetables, fiber, good quality meat and plenty of healthy fats from meats, nuts, oily fish and oils such as Olive Oil. The magic of a healthy diet is in the variety, vary your meal ingredients to ensure you consume a wide variety of essential nutrients.

**The Wrong Diet Can Kill You
The Right Diet Can Heal You
It's your Choice**

Many foods found in our food shops and probably already in our cupboards promote inflammation in the body contributing to chronic health conditions.

Food acts as more than just calories and energy, food is also information. The building blocks of food act to help regulate healthy biological function in the body, coordinating hormonal signaling and all the different metabolic pathways such as energy production and detoxification. The wrong foods leads to the wrong signalling causing organ dysfunction and over time leads to disease.

Foods to avoid: All processed foods (foods typically with more than 2 ingredients), Grains and Gluten containing foods such as breads, cereals and pasta. Dairy products, milk and cheeses. Refined Sugars and Artificial Sweeteners. Bad fats such as margarines, spreadable butters and vegetable oils. These all drive inflammation in the body leading to disease.

Takeaway Tips

- Stay hydrated drink half your body weight in ounces... so 180 lbs = 90oz of water = 11 glasses or 2.5 liters
- Don't try to bite off more than you can chew. Try implementing dietary changes slowly and see how you feel. Try removing gluten first, then try reducing your dairy intake.
- Try keeping a food diary, journal what you ate that day, and score 1-10 your hunger level and your energy level to see how you feel before you eat and how you feel after certain foods.

4. Supplement Intelligently

If I eat a healthy diet, don't I get enough nutrients from my food?

Why do I need to take extra supplements?

Healthy people choose to supplement because they know that our bodies need a little extra help. The nutrient value of our food has steadily reduced over time due to stress on the soils from changes in farming practice and the overuse of pesticides and herbicides to supply the extra demand from an ever increasing population.

Being over-fed and under-nourished is a big problem

Deficiencies in our diet of 3 key nutrients is associated with some of the most common chronic health conditions and disease.

The 3 Essential Supplements

Do you live in the northern hemisphere?

Do you eat Line Caught Salmon 7 x week?

Have you ever taken Antibiotics?

Guess what? You need to be taking these 3 essential supplements daily.

Omega 3 Fatty Acids (Fish Oil)

Vitamin D3

Probiotics

Not all supplements are created equally

Quality rather than **quantity** is an important factor when it comes to choosing your supplements. The **bioavailability** of the nutrients and how well your body is able to absorb and assimilate the nutrients is critical for their effectiveness. Avoid many of the cheaper **synthetic** forms on most shop shelves,

Takeaway Tips

- Remember, supplementation is not a substitution for a bad diet. The best way for us to get our daily nutrients will always come from choosing healthy whole food ingredients.
- Only buy supplements from reputable companies that health practitioners recommend and use themselves.
- Keep it simple and ensure you supplement with the 3 essential, Omega 3, Vitamin D3 and a Probiotic. Always consult a trained professional before taking supplements.
- Don't start by taking too many, too much, too soon. More isn't always better. Start with a low dose and gradually build up and keep a record of how your symptoms change, some might get better but some may get worse, so you should always need to be careful.

5. Stress Management

Healthy people schedule a time to manage the effects of stress

Is all stress bad?

Stress can be defined as "**anything our body has to adapt or respond to**" and it does this constantly as it adapts and responds to changes in the environment such as temperature, sound and light. Not all stress is bad. Exercise stress causes our body to adapt by increasing muscle mass and cardiovascular efficiency, improving our strength and fitness. The fight-flight response to stress can help us overcome challenges and fears helping us to reach our goals and achieve our dreams.

So when is stress bad?

The problem arises when any stress we encounter or we perceive becomes chronic. The stress response should naturally cycle between a pattern of **Fight-Flight** and **Rest & Digest**, a time for action and a time for healing and repair. A prolonged stress response causes an un-coupling of this natural cycle and the foot gets left on the accelerator pedal and the body's own adaptive reserves get burned out, leading to **Adrenal Insufficiency** and dysfunction causing a **cascading effect** on all the other organ systems in the body creating **Metabolic Chaos**. If left untreated, unresolved or ignored, symptoms will begin to appear as the body continues to lose it's normal function. So its critical to minimize and manage our exposure to too much of the wrong stress to stay healthy.

Common Symptoms of Stress

Tiredness, Fatigue, Low Energy, Thyroid Issues, Poor Sleep, Digestive Issues, Anxiety, Feelings of Depression, Weight Gain, Food Cravings, Recurring Colds & Infections

The 3 Cause Model of Stress

Physical

How We Move

Injuries, Poor Posture

Mental/Emotional

How We Think

Worry, Fear, Guilt

Biochemical

How We Eat

Chemicals, Toxins

Stress Busting Strategies

Rest, Sleep, Intermittent Fasting, Supplementation, Exercise, Massage, Chiropractic, Mindfulness, Meditation, Breathing, Detoxification

Takeaway Tips

- **Schedule a time every day when you can find a quiet moment to relax, breath and enjoy a moment to yourself.**
- **Ask yourself "what am I doing to address the 3 main causes of stress?" Find a great Chiropractor and Massage Therapist, a Fitness Trainer, a great friend to talk to or visit us we have them all.**
- **Try keeping a journal, plan out your day, write out your goals, your thoughts and your wins for the day.**
- **You don't have to be sitting down to meditate. Try going for a walk outside somewhere peaceful such as in the woods or by a river or in the hills.**

And the 1 thing they don't do... They Don't Do it Alone

It doesn't matter if you are in the world of business, sport or entertainment, to go from good to great, successful people don't achieve greatness by themselves. Even those we consider at the top of their profession still rely on a team of mentors and coaches with a close network of support and belong to groups to hold them accountable.

If we could do it all by ourselves we would have done it already.

Health Success = Team Work

For health success, we need our own team of health coaches and mentors to hold our hand and guide us through all the evidence and research, filter through the old housewife tales and health gimmicks, the latest health fads and magic diets, wonder pills and supplements.

Healthy people often belong to a group they have joined that will help inspire, teach, and hold them accountable to achieving their health goals. A network of support made up of a team of health experts and also supportive friends and family.

We will always need a health detective to uncover the problems and causes of stress and coaches to show us how to fix them, to teach us how to train and exercise, to work out the stress and kinks in our muscles and joints, to personalize our nutrition plans, to keep us on track and following the right path and to hold us accountable to achieving our health goals.

Ask yourself "Would you hire the builder who turned up with just a hammer to build your house? Or do you hire the builder with the all the tools, a design blueprint and a whole Team to build your house?"

Takeaway Tips

- Surround yourself with people who will encourage and support your goals and your mission to help turn your health around.
- Distance yourself from friends and family members that won't support you in helping you to reach your health goals or align with your dreams and vision to make a healthier you.
- Encourage a friend or family member to join and share the journey with you to help hold you accountable and make it more fun.
- Get yourself a Functional Wellness made up of a Chiropractor, Massage Therapist, Fitness & Strength Coach, Nutritionist and Meditation Instructor to take care of your body and mind.