

# NATUROPATHIC BASICS



## WATER

- A minimum of 2 liters or approximately 8 glasses of filtered water per day. Try to keep a water bottle with you through the day (glass or stainless steel bottles are best, try to avoid plastic)
- A rule of thumb is that if you are thirsty, you are already dehydrated, try to drink before you become thirsty
- Try to avoid drinking large amounts with your meals as this can interfere with proper digestion
- *Remember the body is made up of mostly water, and water plays a major role in our regular detox pathways, it is essential to keep hydrated!*

## FOOD

- See Dr. McKinnon's handout entitled "Making a Move Toward a Healthier Diet"

## EATING

- Meal times should be relaxed, you should be seated and comfortable and enjoy your meal, try to avoid distraction and stressful conversation during meal time
  - If you feel wound up before a meal take a few minutes to do some deep breathing
- Chew your food well (a minimum of 20 times between swallows)
- Ideal meal times are: 7-9am, 11am-1pm, 5-7pm
- Ideally your midday meal should be your largest meal of the day

## BOWELS

- You should have 1-3 bowel movements each day
- Your stools should be formed, brown and without mucous, blood or undigested food
- Try increasing your fiber with 2 tbsp ground flaxseed every day
  - Grind the seeds fresh everyday to maintain the integrity of the flax seed oils
    - I recommend using coffee grinder to grind your flax seeds

## EXERCISE

- A minimum of 20min of exercise should be incorporated 5-7days per week
  - If you do not currently exercise, start with walking – get to know your neighborhood
  - Try to incorporate both cardiovascular and resistance training into your regimen
    - Cardiovascular training will keep your heart and muscles healthy
    - Resistance training will help to maintain and build both bone and muscle mass
- Stretching: done every morning and after exercise will keep you feeling great and can help prevent injury

## SLEEP

- To regulate your body's natural circadian rhythm try to go to bed at the same time every night and wake at the same time. This will also help to stabilize your moods
- Try to go to bed by 10-11pm (hours of sleep before midnight are most restful)
- Sleep in complete darkness, turn out all the lights and cover lights from your alarm clock

## BREATHING EXERCISES

- See "Simple Relaxation Techniques" handout
- Do breathing exercises a minimum of twice per day, they can be done as often throughout the day as you like

- Deep breathing decreases stress, increases energy and decreases acidity in the body

## HYDROTHERAPY

- This will help to stimulate your metabolism and detoxification processes, promote healthy circulation, enhance immunity and strengthen your nervous system
- Alternate hot (1-3min) and cold (30sec) water during your shower, repeat this 3 times, always end on cold
  - If this is too much try to end your shower with a burst of cold water-
  - This does sound unpleasant but most people come to enjoy it and you will be amazed at how good you feel through the day!

## DETOXIFICATION

- The following are simple things you can incorporate into your everyday to help improve your body's natural detox mechanisms
- Lemon juice (about 1tsp) in a small glass of water 20minutes before you eat one of your larger meals
  - This will help to stimulate liver function and detoxification
- Dry skin brushing
  - Dry skin brushing aids in the stimulation of lymphatic flow, detoxification and benefits the skin
  - *Remember the skin is the largest detox organ, it is estimated that 1/3 of our toxins are expelled through it!*
  - Find a natural bristle brush about the size of your palm (you can substitute a natural fiber vegetable brush or loofah mitt)
  - Begin with you the soles of your feet; continue brushing in a circular motion up the body, directing your motion toward the heart. Avoid the face and inner thighs as these areas are sensitive. Also, avoid any areas of irritated skin
  - To increase the cleansing qualities of your dry brushing, follow it with a hydrotherapy shower alternating hot and cold
  - Wash your brush approximately every 2 weeks with soap and water and let it air dry
- Detox your environment
  - Be sure to get some fresh air everyday! Edmonton has the largest green spaces of any city its size – get out and enjoy!
  - Be conscious of what you use around your home; buy natural, chemical free cleaners and detergents.
  - Be conscious of products you use including soaps, shampoos, make up, deodorant etc. Anything you put on your skin will be absorbed into your blood stream. If you wouldn't eat it, don't put it on your skin!
  - For more information about what is safe and what is not and to research the products you use every day visit the environmental working group website at: <http://www.cosmeticsdatabase.com/> for information on personal products and <http://www.ewg.org/chemindex/list> for information on chemicals you may find in any consumer product

## LIFESTYLE

- Laugh every day
- Recognize the good in each day, try keeping a journal each day write about “ 5 things I enjoyed about the day”
- Smile! It boosts your immune system and brightens the day of all those around you

### NATURALLY INCLINED HEALTH

B1; 8115-105 ST NW EDMONTON AB T6E 4H2 PHONE: 780 757 7700 FAX: 780 757 7700  
 INFO@NATURALLYINCLINEDHEALTH.COM WWW.NATURALLYINCLINEDHEALTH.COM