

TOP 10 TIPS TO HEALTHY LIVING NATURALLY



PURE

NATURAL HEALTH & WELLNESS

INTRODUCTION

Welcome to PURE Natural Health & Wellness. We are Sharlene Brewer, Holistic Nutritionist & Lifestyle Coach and Elly Jenkyns, Naturopathic Doctor. Together we have compiled our Top 10 Tips to Healthy Living Naturally.

The following pages include our key recommendations to help you decrease risk of disease and increase joy & vitality, based on our clinical experience and research.

According to the World Health Organization, “health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”.

DRINK YOURSELF HAPPY

1

Aim to drink 8 - 10 glasses of pure, filtered water per day. One of the simplest, yet most overlooked fundamentals to health and vitality is hydration. To stay properly hydrated you need to drink half your body weight in ounces of water per day & more if you are adding physical activity to your day. Dehydration is one of the most common causes of fatigue & irritability. Adequate water intake will not only boost metabolism, it will help deliver nutrients to your cells and remove waste. Adequate water consumption is the foundation to increasing energy and vitality.

2

MAKE MEALS LOOK LIKE A COLOUR WHEEL

Include veggies at every meal and snack. Think outside of the North American breakfast box (that means cereal box) and aim to include colourful vegetables every time you eat something. Eat left over protein along side a spinach salad or pack your fritatta or omelet with a generous serving of vegetables in the morning. Add colour to your plate by choosing and using a variety of vegetables, beyond your childhood favourites. Vegetables are essential to derive nutrients like vitamins, minerals, antioxidants and other phytonutrients. They are also essential for digestive health as they provide fiber & valuable enzymes. Our bodies can adapt to surviving on less than five servings of vegetables per day, however, not without long term effects to optimum wellness.

3

MIND YOUR MOUTH & YOUR MIND AT MEALTIMES

Eat slowly, deliberately and thankfully without multi-tasking. Keep your attention on the sensations of the food; appearance, aromas, textures and tastes. Don't eat while watching TV, reading, on a computer, when using a handheld device or any other distraction. Chew your food completely by masticating it to mush in your mouth before swallowing and taking your next bite. Savour the flavours and the moments of eating.

4

EAT STRAIGHT FROM THE EARTH - WHOLE REAL FOODS

Eat local. Eat foods in season. Eat organic. It's better for you & the environment. Local foods are fresher, taste better than products shipped days before & sealed in plastic. Reduce your carbon footprint, support your local community & economy, while preserving green space in your area. Eating organic foods will deliver higher nutritional content, less toxins, better quality and taste. Choose foods as close to nature as possible like fruits, vegetables, nuts, seeds, legumes and unprocessed whole grains. Select meats and dairy that are ethically raised, hormone free and grass fed along with wild caught fish. If it comes in a box, it was likely processed in some way. Eat foods from nature, as Mother Nature has provided it, with no packaging or label to read.

WHOLE FOOD ESSENTIALS

Produce

Local, organic, in season fruits & vegetables. Some of our everyday favourites, regardless of the season, include: leafy greens like spinach & kale, onions, garlic, ginger, parsley, cilantro, fresh herbs, carrots, sweet potatoes, lemons, limes & avocados.

Grains

Quinoa, wild rice, brown rice, steel cut oats, rolled oats, buckwheat groats, Barley, wheat berries
Flours: spelt, quinoa, rice, coconut, almond, chick pea

Nuts/Seeds

Almonds, walnuts, cashews, Brazil nuts
Seeds: Pumpkin, sunflower, sesame, chia, flax & hemp

Beans & Legumes

Beans: black, kidney, adzuki, mung
Red & green lentils, split peas, black eyed peas, chickpeas

Oils

Coconut, olive, grape seed, sesame



WHOLE FOOD ESSENTIALS



Vinegars

Apple Cider, rice, balsamic

Nut Butters

Almond, hazelnut, cashew, tahini (sesame seed),
pumpkin seed

Dried Fruits

Apricots, dates, currants, raisins, cranberries,
cherries, prunes, goji berries
Soak fruits in water for 1 hour prior to consuming
to soften and dilute the sweetness

Milk Alternatives

Milks: Almond, rice, hemp, coconut
Goat cheese, nut cheeses

Natural Sweeteners

Dates, maple syrup, honey, coconut sugar

More Goodness

Raw cacao powder, cacao nibs, dried coconut,
Himalayan salt, organic nori sheets
Teas: green, matcha, holy basil, hibiscus,
peppermint, Jasmine, licorice

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COOK WITH CARE

Cook foods at low temperatures and with water or broth; steam, stew, poach, or consume foods raw. Overcooking food diminishes flavour while destroying vital nutrients and essential enzymes. AGEs (Advanced Glycation End-products) formed by broiling, grilling, or frying foods at high temperatures, promote cardio vascular disease, diabetes, arthritis, osteoporosis, cancer, and macular degeneration. Nuke the microwave and the harmful rays that it exudes. Warm your leftovers in the oven or on the stovetop. Defrost foods the way your grandmother did, in the fridge or in a tub of water. These are more effective and safer ways of cooking and reheating foods than your microwave.

REST UP

6

Sleep in a dark, cool room, away from electronics for at least 8 hours per night. Lack of sleep has adverse effects on the entire body, interfering with necessary daily metabolic repairs, taxing its ability to adapt to stress and reduces the effectiveness of the immune system. Adequate sleep is critical for many aspects of cognition including processing speed, verbal skills, memory and concentration. Research continues to prove that obesity, diabetes, high blood pressure, cancer and depression are related to the amount and quality of our sleep. Sleep is the time when our bodies do the bulk of their restorative healing. Give your body plenty of time to do its work.

What would it take to wake up feeling like a million bucks?

Getting to bed a little earlier? Turning off the TV or computer before winding down? Doing some light stretching, yoga, meditation or journalling? Playing with, talking or reading to your kids?

To wake up feeling like a million bucks, I need to:

Eat dinner at _____ pm

Turn all screens (TV, computer, handhelds) off by _____ pm

_____ Make a list of things to do tomorrow

Ten minutes of:

_____ Yoga

_____ Meditation

_____ Journalling

_____ Reading

In bed & lights out by _____ pm

CONNECT WITH NATURE

Get enough “Vitamin G” by being outside surrounded by green space daily. Research shows forest exposure promotes lower concentrations of the stress hormone cortisol, lower pulse rate, lower blood pressure, greater *relaxation response* activity, and lower *stress response* activity than do city environments. ‘Nature Deficit Disorder’ refers to the negative health effects of *not* spending time in nature, including ADHD, asthma, obesity, depression and bullying in kids. Make connecting with nature a habit and stick with it throughout all of our beautiful seasons.

How can I connect with nature daily?

- ___ gardening
- ___ surround my home & office with plants & pictures of nature
- ___ neighbourhood walks
- ___ nature walks / hikes
- ___ walking barefoot outdoors
- ___ drive in the country
- ___ lunchtime walk outside

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FEED YOUR SOUL

If being successful to you is working sixty hours a week and not seeing your loved ones, then consider adding “joy time” to your week and balancing happiness and health as success. As found in the book *The Top Five Regrets of the Dying* avoid the top regrets by:

- having the courage to live a life true to yourself, not the life others expect of you
- not working so hard
- having the courage to express your feelings
- staying in touch with your friends
- letting yourself be happy

What lights me up?

What comes easily to me?

What makes me smile?

What fills my heart?

How can I spend more time doing these things?



QUIET YOUR MIND

Taking time to be still and to be in the moment are essential to wellness. It's like recharging your battery, giving yourself time to unplug from all the busyness and activity that surrounds you constantly. Consider it a mental & emotional holiday. Take a few moments each day, even if it's only ten minutes, to practice yoga, meditation and/or breathwork. All of these options are a form of mindfulness & awareness, a practice of being in the present moment where you plug directly into yourself; your innate nature or your true self while releasing thoughts of the past or future.

Ways I can turn down my volume:

- Sit in nature
- Meditate
- Focus on Breathing
- Yoga
- Take a stroll by myself

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MOVE YOUR BODY IN A WAY THAT FIRES YOU UP

Move your body regularly in a way that feels good to you. We all know the benefits of regular exercise, however, if you're doing something that you strongly dislike, chances are you'll add more stress to your life, you will reduce your overall joy and you won't be motivated to continue. Find your own sweet spot and a form of exercise that you love to do, then repeat, regularly.

WHAT FIRES YOU UP?

I love to: _____

I would love to try: _____

I used to love: _____

