

6 FOUNDATIONAL PRINCIPLES FOR HEALTH

You can take as many fancy supplements or spend as much money as you want on highly qualified specialists, but if you don't get these Foundational Principles at least close to being right, you won't feel as well as you would probably like.

Ask yourself:

Do you wake up groggy, tired and wishing you didn't have to go to work? Do you crave to lie in bed until 11 or 12am? Do you rush out of the door, coffee in one hand, muffin or slice of toast in the other, hair dripping wet because you 'haven't had time' to dry it and are you unable to stay awake on your commute?

Then, during your day at work, do you sit for 7-8 hours, staring at the computer screen or into space at meetings, needing a bunch of caffeine to stay awake, especially at during mid morning or around 3.30pm, wanting to be somewhere else, like a remote beach in the Pacific? Can you concentrate; are you anxious or stressed?

And when you're too tired to go to the gym, do you come home, heat up a ready-meal and watch TV, before going to bed at midnight?

Do you long for the weekend so that you can have a couple of days recovering from all this, but by Sunday afternoon all you can think about is Monday morning and five more days to go?

So what are the Foundational Principles of health that will keep us in great shape and feeling on top of the world?

1. THOUGHTS

The first thing that's 'turned on' when you wake up is your thought (apart from those men who have enough testosterone to make them wake up with something else that seems to happen independently of thought...). One of the immutable laws of the Universe is that of Cause & Effect:

Thoughts → Words → Deeds

So if you wake up and have bad thoughts, by definition you're going to have a less than great day. However if your mind is filled with positive and happy thoughts, you can bet that the day will be one to enjoy. 'Man becomes what he thinks about', so 'think' about it"!

2. BREATHING

It has been estimated that 70-75% of visits to the doctor are caused by improper breathing patterns. It's safe to say that we need to breathe in order to survive. In fact, we only need to stop for about three minutes before our brain starts to die! Look at yourself in a mirror and notice how you breathe. Do you breathe shallow into your chest or deeply your abdomen? How many breaths per minute? Is your nose blocked? If you're a chest breather, who has shallow breaths, then you're stressed and breathing inefficiently. If your nose is blocked you probably have a chronic infection or an allergy to foods or chemicals. The less efficient your breathing, the less healthy you will be.

3. HYDRATION

Do you drink a couple of glasses of pure water (not tap-water) when you wake up or do you put the kettle on and get the caffeine in? Maybe if you need coffee to wake up properly, your adrenal glands are worn out and aren't producing enough hormones to wake you up. My morning cortisol levels used to be way down, explaining my need to peel my head off the pillow. Now I just wake up at around 5.30am and by 6am I'm wide awake, ready for the day. Think about it; you have been dehydrating yourself for 6-10hours while you were asleep. Water is the only thing you should be drinking when you wake up. Water helps to stimulate detoxification and stimulates digestion. Being dehydrated can lead to poor concentration, food cravings, fatigue, constipation and bad skin. Slowly drink a couple of glasses when you wake up!

4. FOOD

The next thing to think about is food. It's simple – if it wasn't here 10,000 years ago, don't eat it. If it has a shelf-life, don't eat it! Your body is designed to eat fresh food, full of enzymes to power your metabolism. It's best to eat as much organic food as you can. And don't skip breakfast. If you do, you'll find that you'll develop blood sugar problems and have energy slumps in the afternoon. Also make sure you have a good source of protein with every meal and don't eat past 8pm because your body is not meant to digest food at that time!

5. MOVEMENT & EXERCISE

A trend in society is to work, sit and eat more, while moving less. Movement is essential for good health. Find out the best types of exercise by talking to a C.H.E.K. Practitioner or by having a FREE 15min consultation with me. There are so many different ways you can move your body and you do NOT need to be a gym bunny to get yourself in shape.

6. SLEEP

When you sleep, your body repairs itself. Many people put on weight and develop hormone imbalances & diabetes because they don't sleep. If you don't sleep during the right hours – 10pm-6am, your body will gradually become less and less balanced.

If you'd like any of these principles explaining to you in greater detail, then why not sign up for a complimentary 15 minute phone consultation?

You can ask me as many questions as you wish in the time we have and I'll help you uncover exactly what it is that's preventing you from feeling or looking the way you want.

Alternatively, contact me on 07890 080 126 or email dave@davehompes.com