

Being Well...

A peek into the average shopping trolley provides a revealing picture. Statistics show that Coca-Cola is the number 1,2,3 and 4 top selling supermarket product in the USA. This is followed by cherry ripe, condensed milk and cigarette papers. Australian shopping trolleys have a similar look about them.

When we analyse the choices we make, it is of little surprise that the health and vitality of western society is rapidly declining. Chronic diseases are at an all time high. Orthopedic injuries in the work place have increased exponentially. Our lives have become increasingly stressful and sedentary. The top three causes of mortality in Australia today are cancer, heart disease and stroke.

Many common disorders can be prevented and treated by implementing a healthy lifestyle and diet.

Good health and wellbeing involves more than just going to the gym and eating 3 square meals a day. Being well depends on us making conscious informed choices. The quality of our choice is especially important when it comes to the food that we eat and the activities that we engage in.

On a physical, mental and emotional level, we are all different. We each have a unique genetic make-up. We have differing body types, physical and emotional states, personal histories, behavioral patterns and ambitions. All of these factors influence our current experience and the way in which we manage our lives.

The solution to good health isn't a 'one size fits all' diet or exercise program. Everybody's recipe is unique – in content and balance.

It is important to implement a combination of regular practices – a personal health and wellbeing formula. There is a deep pool of ingredients to choose from. These ingredients can be blended to create good health, vitality and contentment.

Exercise – choose exercises that correct imbalances, restore flexibility and replenish your body with energy. Try Qi Gong, Tai Chi or Yoga. Get rid of the office chair and try sitting on a stability ball. Additionally, a personalised exercise plan that develops cardiovascular fitness and core strength will help you to feel lighter, stronger, and ultimately better in your body.

Food – book in for an Ayurvedic consultation to determine your body type and corresponding dietary guidelines. Do away with heavily processed foods. Reduce stimulants and acidic foods. Choose wholesome fresh organic produce. There is now conclusive evidence that organic produce usually contains substantially more vitamins and antioxidants than chemically tainted foods. Consume alkalizing green fruits and vegetables daily.

Hydration – drink adequate quantities of quality water. Use the following formula to determine how much water you need to drink each day: *Body Weight x 0.033 = litres per day. E.g. a 70kg person x 0.033 = 2.31litres/day (before exercise).*

Thoughts – choose positive, life affirming thoughts. Every thought contributes to the creation of our reality. This includes who and what we attract into our life. Bring awareness to your thoughts. See yourself as separate from them and practice observing them. Avoid dwelling on negative thoughts. When they do arise, acknowledge them for what they are then replace them with positive, loving thoughts. The more we practice this technique, the more habitual it becomes and we soon find that destructive thoughts decrease in intensity and regularity.

Breathing – begin each day by breathing consciously and deeply. Steadily draw oxygen deep into your abdomen, followed by the lower lungs then upper lungs. Exhale in the same order. This yogic breathing technique allows more oxygen to enter the body with each inhalation. It is therefore, a very nourishing practice. Bring awareness to your breath, breathing deeply and steadily throughout the day.

Sleep – aim to get to bed and wake up at the same time each day. From a Circadian Rhythm perspective, physical repair predominantly takes place between 10pm and 2am. Psychogenic repair predominantly takes place between 2am and 6am. Disruption to this cycle compromises the immune and mental function and can result in adrenal fatigue. Rising with the sun promotes energetic balance.

Laughter – a miracle cure. Try this – before you open your eyes tomorrow morning, laugh aloud for at least 5 minutes. Don't worry about your partner or house mates...just laugh! It might take a bit of effort to get yourself going, but once you start just let it flow. You'll feel great for the rest of the day!

Meditation – daily meditation is a powerful way to reduce stress and increase equanimity, clarity and focus. There are numerous techniques. Choose one which feels right for you. A basic yet effective technique is simply to sit quietly and focus on your breath. When the mind wanders don't worry...just bring it back to the breath. Allow any thoughts that arise to pass through your mind like clouds in the sky. Don't attach to them...let them float away. Regular practice is important. Early morning and evening are the best times to meditate.

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