

At Ease Body Care

Presenting Preventive Health Care Strategies



YOUR PERSONAL WELLNESS COACHING GUIDE NEWSLETTER #1

Welcome to your **Personal Wellness Coaching Guide**. This newsletter is designed to help you understand the fundamentals of optimal health and guide you in a direction that will positively impact your overall health. I hope you will find the information helpful and informative. The information presented is not meant to prescribe or offer advice that may be contrary to your Health Professional. If you have conditions that are life threatening or require medical assistance we encourage you to always consult your Health Professional or Doctor.

GETTING STARTED

We will talk first about the **Five Essential Steps** to Better Health, which include Hydrating Your Body, Walking your Body, Cleansing your Body, Nourishing your Body and Targeting your Body.

Interesting enough it has been shown through personal experience that if we work inside five steps every day we will maintain amazing health. These Five Steps are not talked about or practiced enough and people who are receiving this newsletter may in fact find themselves needing to move through each step, evaluate their lifestyle and identify where you need to improve, regaining your best health step by step. Because of this situation we have devoted the introductory portion of this newsletter to educating you on these very important aspects of health. Enjoy!

Step #1 Hydrating Your Body

Why Start with Water?

Recent studies have shown that over 90% of the world's population is dehydrated and not drinking the minimal amount of water required to keep our bodies operating at optimal capacity. When our bodies become dehydrated, our organs suffer, contributing to many degenerative diseases.

DID YOU KNOW?

Alzheimer's may be due to dehydration of the brain. Other degenerative diseases, like arthritis, diabetes, and colitis, have been linked to a lack of proper water intake in our daily diets. Dr. Fereydoon Batmanghelidj, University of Pennsylvania.

How important is water?

Water is the most important nutrient that our bodies need to properly function. Water plays a critical role in the natural metabolic, digestive, and cellular regeneration processes. ALL of the systems in our body depend on water! Water helps:

- Enhance mental clarity
- Increase energy levels
- Maintain a healthy weight

- Regulate body temperature
- Moistens tissues in the mouth, eyes, and nose
- Protect body organs and tissues
- Enable proper digestion and prevent constipation
- Lubricate joints and tendons
- Flush out waste products
- Dissolve and aid in the absorption of vital minerals, vitamins, and nutrients
- Carry nutrients and oxygen to cells (Mayo Clinic, 2004, www.mayoclinic.com)

How much water should I drink?

The Institute of Medicine, based in Washington D.C., recommends that men consume 3.7 liters of total water a day and women consume 2.7 liters of total water per day.

DID YOU KNOW?

Thirst is not always a reliable gauge for dehydrating conditions. Thirst does not develop until AFTER the body fluids are depleted well below levels required for optimal functioning. Mayo Clinic, 2005.

Step #2 Walking Your Body

Why choose walking as the second step in health?

While there are a number of excellent ways to give your body the exercise it needs, WALKING is the most natural and normal activity most people can do. Walking requires little time and no equipment, and research has shown that walking (brisk or power walking) can be more beneficial and effective to overall health than extended running workouts. Walking is so beneficial because it

- Is easy on the joints and bones
- Increases stamina and improves mobility
- Expands heart and cardiovascular functions
- Reduces stress
- Improves mental alertness and function
- Assists in weight loss and toning
- Promotes proper organ functions

DID YOU KNOW?

Walking has the power to reverse the aging process and safeguard your heart. As you age, your arteries lose up to 60 percent of their stretchiness, leading to an increased risk of high blood pressure, heart attack, and stroke. Regular walking triggers the release of substances that improve the overall condition of arteries and increase their flexibility. Researchers have found that walking alone can improve artery elasticity up to 35 percent. One study monitored 24 sedentary postmenopausal women, ages 60 plus, walking 40 minutes a day, 5 days a week. After 12 weeks, these women improved the elasticity of their arteries to the same condition of someone 28 years old. Dr. Kerrie Moreau, University of Colorado.

Helping arthritis through walking.

Regular exercise is a vital part of any arthritis treatment program because it increases strength and mobility, and reduces pain at the same time. The joint movement from walking strengthens cartilage, the material which protects the ends of bones, by transporting nutrients and waste products to and from it.

Walking away the blues.

Walking and other exercise leads to the release of the body's natural happy drugs—endorphins. Many physicians recommend adding regular walking and exercise as a natural treatment to relieve a bout of depression.

DID YOU KNOW?

"Aerobic exercise of any kind has the power to calm jangled nerves and improve bad moods. When it is done every day, it can enhance self-esteem and combat depression. Research has shown that a brisk 20-30 minute walk can have

the same calming effect as a mild tranquilizer." www.prevention.com

Step #3 Cleansing Your Body

"The secret to great health can be described in three words: Cleanse Your Body! Engrave these three words permanently in your memory." Dr. Paul Bragg.

A critical step in health

Poor digestion may be the world's #1 health problem. Cleansing your body of harmful toxins and debris allows your body to fully absorb and utilize the nutrients from foods and natural supplements. Even if you're eating a fairly healthy diet, a toxic build-up may prevent your body from converting the essential nutrients you consume into the energy you require. Because of our high fat, high sugar, low fiber diets, cleansing your digestive tract may be the most critical step you can take to improve your health. Without proper cleansing, our bodies may experience problems such as

- Constipation, which results in waste accumulation in the body
- Poor enzyme secretion, which results in inadequate digestion and absorption
- Abdominal bloating, gas, and cramps
- Harmful organisms (parasites) that rob the body of essential nutrients
- Food allergies
- Ulceration of the digestive tract
- Bowel irritation
- Compromised immune system

Additional symptoms from poor digestive health include headaches, joint pain, fatigue, skin eruptions, bad breath, and recurrent infections.

DID YOU KNOW?

90% of all disease and discomfort is directly or indirectly related to an unclean colon." Royal Academy of Physicians of Great Britain.

Why fiber is so important to digestive health.

Dietary fiber plays a crucial role in the proper functioning and maintenance of the colon. Increasing the amount of fiber in the diet may reduce symptoms of diverticulosis and prevent complications such as diverticulitis. Fiber keeps stool soft and lowers pressure inside the colon so that bowel contents can move through easily. The American Dietetic Association recommends 20 to 35 grams of fiber each day, but the average American eats less than 12 grams of fiber per day.

DID YOU KNOW?

A Harvard Medical School study found that men who consumed only 12 grams of fiber a day were twice as likely to develop colon problems as men whose daily fiber intake was about 30 grams.

The other main organ we need to concern ourselves with when we are cleansing is our liver. The liver is the largest filter we have in our body. Absolutely every nutrient that goes into our body must pass through our livers. This is accomplished through our very complex circulatory system, and delivered to our liver via the blood. Here the liver will block and filter out toxins and wastes, collect and synthesize components, manufacture and excrete enzymes and acids to magically deliver to the body the much-needed nutrients required to sustain life itself. If we have a malfunctioning, overloaded and toxic liver we will be sick.

We respect the rule of thumb that nothing begins to permanently change in our body for at least three months, so when you approach a new lifestyle and make the improvements needed please be patient and commit to at least maintaining the changes and additions to your daily routine for 3 months minimum before expecting to see permanent, sustainable change. It is recommended to maintain optimal health after your initial cleanse, you would return to a 'Cleansing Program' once or twice a year for a 30-day period minimum.

Step #4 Nourish Your Body

Are we eating the right things?

Nutritional research and medical studies show that not only are we not eating enough fruits and vegetables, but that the ones we do eat are less nutritious than they used to be. The nutritional value of fruits and vegetables has decreased as much as 60 percent in the last 15 years. Accordingly, the FDA has increased its recommended dosage of fruits and vegetables to 5-9 a day. (www.5aday.com) Our diets are made up of more fats, more sugars, more carbohydrates, and fewer nutritionally rich foods. We are missing the essential vitamins, minerals, phytonutrients, and phytochemicals so critical in sustaining optimal body functions. One study suggests that one fast food meal may have more than 50 percent of our daily fat allowance and almost 100 percent of our daily saturated fat allowance. The Journal of Food Composition and Analysis reveals that Americans are getting nearly one-third of their calories from junk foods: soft drinks, sweets, desserts, alcoholic beverages, and salty snacks.

DID YOU KNOW?

“Diets containing substantial and varied amounts of fruits and vegetables could prevent 20 percent or more of all cases of cancer.” The World Cancer Research Fund, The American Institute for Cancer Research, 1997.

Eat your fruits and vegetables!

A Harvard medical report suggests that fruits and vegetables are rich in essential vitamins, minerals, fiber, carbohydrates, and phytochemicals. Fruits and vegetables have been linked to many health benefits, including lowered risk for certain cancers, stroke, heart disease, and high blood pressure. The US Department of Health and Agriculture and several global health agencies recommend that the world population double the intake of fruits and triple the intake of dark green and orange vegetables.

DID YOU KNOW?

Fruits and vegetables fight to protect our health. They are packed with essential vitamins, minerals, fiber, and disease-fighting phytochemicals. Because of this, eating plenty of fruits and vegetables everyday can help reduce your risk of heart disease, high blood pressure, Type II Diabetes, and certain cancers. Fruits and vegetables are very low in saturated fat and total fat, and have no cholesterol. A diet high in fruits and vegetables may also help to improve cholesterol levels. US Department of Health and Human Services.

Our lifestyles are busy, stressed and seemingly out of control. It is well established that the food chain that provides us food that is grown in nutrient deplete soils that are saturated with pesticides, herbicides, antibiotics and growth enhancing synthetic fertilizers. Our livestock is fed hormones and antibiotics that are still present when we eat them. It is well established that our foods are more and more processed and treated with preservatives and chemicals to enhance color, taste and flavor allowing for prolonged shelf life.

The reason we need to eat is to provide essential nutrients to our bodies. If we live a life where our bodies do not receive these nutrients we will begin to develop degenerative diseases. The first symptoms of this happening are; fatigue, suppressed immune function, depression, aching joints and muscles, lean body tissue loss resulting weakness and loss of stamina, foggy memory, insomnia, anxiety or edginess, constant colds-flues, lethargy, headaches etc. More severe conditions arise when prolonged deficiencies occur. This will result in health crisis issues, chronic debilitating issues and impairment in your ability to enjoy life or even life-threatening conditions.

Step #5 Target Your Body

Once you have established a new lifestyle of health through hydrating, walking, cleansing, and nourishing your body, you will have a foundation of health that will enable you to focus on specific areas of concern in your vital organs and body systems. Without this foundation of better health, your body could not fully utilize the medical and nutritional scientific advancements in such areas as:

- Heart health
- Weight loss
- Women’s hormone therapy and menopausal treatments
- Men’s prostate health and vitality

- Bone and joint health
- Immune health
- Digestive health
- Fitness and strength health
- Anti-aging health

To Summarize

We know that educating people and then helping them to find the solutions for their concerns is the most effective way to truly contribute to making a difference for individual's long-term health. The research and studies referenced in this newsletter are just a few of the many findings evolving into the next generation of nutritional sciences and medical discoveries. We believe in pioneering the advancements in nutritional sciences, research, and health education to aid in the future of integrative medicine and health. We believe that total health must start with **Hydration, Walking, Cleansing, Nourishing, and Targeting** your body through healthy lifestyle choices, advanced nutritional supplementation, and application of medical sciences.

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