

NATUROPATHIC BASICS

WATER:

You should drink at least 2 L of filtered water a day.

Always carry a water bottle with you (glass, stainless steel are the best, many hard plastics contain Bisphenol A a known carcinogen).

Drink before you are thirsty -- thirst is a signal of dehydration.

Avoid drinking during meals as this can compromise proper digestion.

GENERAL FOOD:

Eat Organic fruits and vegetables -- if not possible, wash thoroughly with veggie/fruit wash, diluted apple cider vinegar, or a few drops of citricidal in water.

Try to have at least half of you plate full of vegetables.

5% of your total caloric intake per day should be from protein.

Eat 5-6 small portion meals a day.

EAT BREAKFAST!!

Reduce caffeine (alternatives: green tea, Inca, chicory, dandelion, Yerba mate, Rooibos).

Avoid processed foods - especially packaged, canned, boxed, wrapped, refined, and especially trans fats.

Avoid preservatives, artificial sweeteners (Nutrasweet, Splenda, aspartame, sucralose) Use Xylitol, or Stevia as an alternative to sugar.

Eat foods that are in season and grown locally whenever possible (the 30km rule).

Avoid using the microwave, the radiation decreases the nutritional value of your foods.

Sit down and relax and enjoy the eating experience, avoid watching TV when eating.

PROTEIN:

If you are eating animal protein, eat organic/free range protein sources when possible, including eggs.

Increase non animal sources of protein: beans, peas, soy, lentils, nuts.

OILS:

Cook with extra virgin olive oil, extra virgin cold pressed coconut oil, or walnut oil when using high temperatures.

Use butter instead of margarine, and DO NOT cook with margarine.

GRAINS:

Incorporate grains other than wheat into your diet on a daily basis: spelt, millet, quinoa, kamut, rice, buckwheat, barley, rye.

EXERCISE:

Walk at least 20 minutes a day (or 10,000 steps).

Stretch the entire body when you wake up in the morning, and after exercise.

Use resistance training to build bone density and increase metabolic rate.

SLEEP:

Go to bed at the same time every night and get up at the same time: this regulates the circadian rhythm and helps mood regulation, and quality of sleep.

Try to go to bed before 10pm (each hour of sleep before midnight acts as double).

Do not have any lights in your bedroom, even cover up the alarm clock lights. Light will destroy melatonin and prevent a restful sleep.

BREATHING EXERCISES:

Do 1 or 2 times a day or as needed to decrease stress and revitalize.

Decreases stress, increases energy, decreases acidity in cells.

HYDROTHERAPY:

Stimulate metabolism and detoxification, circulation and enhance immunity.

Use alternating hot and cold showers (5:1 ratio hot to cold) Repeat 3 times always end shower on cold.

*** If starting to get a cold, then do a wet sock treatment at night. Put on a thin pair of cotton socks wet with cold water and rung out. Place 1-2 pairs of wool socks over top (2 if wool sock thin), go to sleep.

IMMUNE:

In conjunction with wet sock treatment when you feel a cold coming on, take 2000mg of Vitamin C once an hour for 3 hours and then 1000mg per hour after that until feeling better. It is possible to reach bowel tolerance (diarrhea) with Vitamin C (usually at 8000mg-1g), if this happens, stop Vitamin C loading.

Before flying or being confined to a small space with people who may be sick, take Vitamin C as suggested above for the 2000mg/hour for 3 hours.

BOWELS:

Ideally you should have a bowel movement 3 times a day.

The stool should be formed, brown, with NO mucous or blood in the toilet.

Increase Soluble and Insoluble fibre in your diet, Intake of fibre should be 25g for women and 38g for men per day.

Use Ground flax seeds or salba seeds as a source of soluble fibre: ideally freshly ground (use a coffer grinder) 2 Tbsp per day.

Insoluble fibre can be increased by having more green leafy veggies, whole grains such as oats.

DETOXIFICATION:

Start the day with a glass of water and the juice of 1/2 a lemon or lime in the morning, 20 minutes before eating anything. (warm or cold).

Dry Skin Brushing: stimulates lymphatic system, benefits the skin. Buy a long handled, natural bristle brush or dry loofah sponge--start with the soles of your feet, and brush in circular motion as you move up your body. Best done 1st in morning, or before bed at night. Follow with hot/cold shower for best cleansing qualities.