

20 Tips to Live Healthy without a naturopath appointment



e-resource by naturopath
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Hello dear one,

Thank you for downloading my 20 Tips to Live a Healthy Life (without a naturopath appointment) e-resource, I appreciate you.

And congratulations on taking a step towards improving your health. That first step is often the hardest and you certainly have to be ready to leap into the unknown, **so bravo to you!**

As you likely know, I'm a naturopath which means that I spend my days supporting people to go from feeling lost, confused and disconnected from their bodies to feeling empowered and educated enough to live healthy lives. And "healthy" can be something different to everyone, particularly when we take into consideration the unique upbringings, careers, relationships and preferences that we all have. There really is no one size fits all!

This is why I offer one-on-one sessions. To dive into the nitty gritty details of your unique life and to walk alongside you as we explore some of the areas of your health that you would like to improve. No two bodies or souls are the same and therefore no two treatment plans are the same.

To get a truly individualised tailored treatment plan, a one-on-one consultation is the best option, especially if herbal medicine or supplements are involved. However, I understand that naturopathy is a privilege and for many of you, this may not be a reality just yet. I hear you and I'm there with you.

During consultations I often bang on about the need to have steady foundations before we begin to do more intricate and detailed work together. The basics of eating healthy food, drinking enough water, getting quality sleep, moving our body and reducing stress are where we all need to start.

And so this resource is a collection of my top 20 foundational tips to get you started on your way to healthy living. If you can nail these things, you may find that you don't need a naturopathy consultation! And if you do, then we have your bases already covered meaning we can dive straight into your plan.

These 20 tips are safe, they are affordable and they are easy for most of us to try out. Having said that, I suggest picking one or two to start with and allowing them to weave into the fabric of your lifestyle before moving onto the next thing. From my experience, when you try to implement too much change in one go, you may wind up feeling overwhelmed and, frankly, like it's all too hard.

So start small. Once you think you've got the hang of one of these tips, perhaps experiment with one of the others.

Remember there is no rush! Health is not a race, there is no finish line or time constraint. It is a lifelong journey.



Be gentle with yourself. Have fun. And if it doesn't work for you, don't worry, just leave that thing to the side and try something else.

1. Every hour before midnight is equal to 2 after

Getting enough sleep is crucial for forming memories, detoxification, digesting your food and re-building energy levels. The recommended amount is 7-9 hours every single night.

However, not all sleep is created equally and getting more of your zzz's before midnight is going to be far more valuable than sleeping in until lunchtime. Hours asleep before 12am are worth double to your body.

That is because WE ARE NOT NOCTURNAL animals. Yes, we can stay up late thanks to electricity but we aren't meant to! Try going to bed and waking up an hour earlier.



2. 40+ plant foods

Diversity in the diet is key to having a healthy gut! This is especially true when it comes to plant foods - fruit, veggies, nuts, seeds, whole grains, herbs and spices.

Too often we get stuck eating the same thing over and over again and this means we are missing out on the benefits of all the other foods we aren't consuming.

I suggest keeping a log of how many different plant foods you eat. Your goal should be to eat at least 40 different plant foods every single week.

3. 2 litres of room temp water

Adults should be consuming 2 litres of water every day to stay hydrated. That increases to an extra 500mL-1 litre if you are exercising, in the heat or breastfeeding.

I recommend only drinking room temperature or warm water and avoiding cold or iced water. This is going to support your gut health and keep your digestive fire burning.

4. Dry body brushing

Underneath our skin we have the intricate and complex lymphatic system which is made up of fluids (lymph) that transport our immune cells around the body and help remove cellular waste.

Unlike the arteries and veins of the cardiovascular system, the lymph does not have a heart to help pump it around the body. It relies solely on physical movement like exercise, stretching and massage.

This is why I recommend massaging your skin in a circular motion with a dry body brush at least once a week before jumping in the shower/sauna.

5. Coffee after 9am

Every morning our cortisol rises to wake us up and get us out of bed. It then drops off and should stay low for the rest of the day.

Cortisol will spike during the day if we experience stress or consume certain substances such as caffeine.

As we are at our natural cortisol peak first thing in the morning, adding coffee can cause a huge rise and then a subsequent huge drop off leaving you tired, anxious and craving more energy - cue sugary snacks or more coffee.

My recommendation is to drink your coffee after your natural cortisol starts dropping off at around 9-10am.



6. Psyllium Husk

Psyllium husk is a form of soluble fibre that can help to regulate your bowel movements and excrete waste from the body.

If you experience constipation, inconsistent bowel movements or pain in the pelvic region (eg: after birth), I suggest a tablespoon mixed with a glass of water every day until you have had 2 weeks of daily movements.

7. Apple cider vinegar in the morning

Hands up if you have a low appetite in the morning? Or you seem to be bloated whenever you eat? You, my friend, may be experiencing a decrease in digestive function!

To start the day right, we need to get our body fired up and fueled by introducing food and breaking our overnight fast.

One of the best ways to stimulate your digestive juices is to have a tablespoon of apple cider vinegar in a small glass of water. (But please make sure to eat after because it might make you feel queasy)



8. Grounding

The practice of grounding is a way to connect more deeply with the Earth and the rhythms of nature.

It involves taking your shoes off and placing your bare feet directly onto grass, soil, sand or flat rocks.

Research shows that this can calm the nervous system and support anxiety.

There really is no limit with this and it can be done every day, multiple times a day if you like.

9. Low intensity movement daily

We all know how important regular exercise is for our fitness, our heart health, our mind and for just feeling good! But too often I'm seeing women pushing their body to its limits and training in high intensity masculine ways.

Our bodies were not made to be pushed so hard every day and this can result in hormone imbalances and menstrual changes.

I highly suggest concentrating on more gentle options such as walking, swimming and yoga for your daily exercise.

10. 100% cranberry juice

This is a treatment that I recommend quite frequently for my patients who are experiencing gut troubles.

Cranberries, like other dark red and purple foods, contain polyphenols - a compound found in certain plants that our good gut bacteria LOVE to eat.

Try having 30mL of 100% cranberry juice each day and see how your gut improves. Make sure you aren't just choosing standard cranberry juice from the supermarket as this is essentially just sugary water, it must be 100% cranberry.

11. Cold water therapy

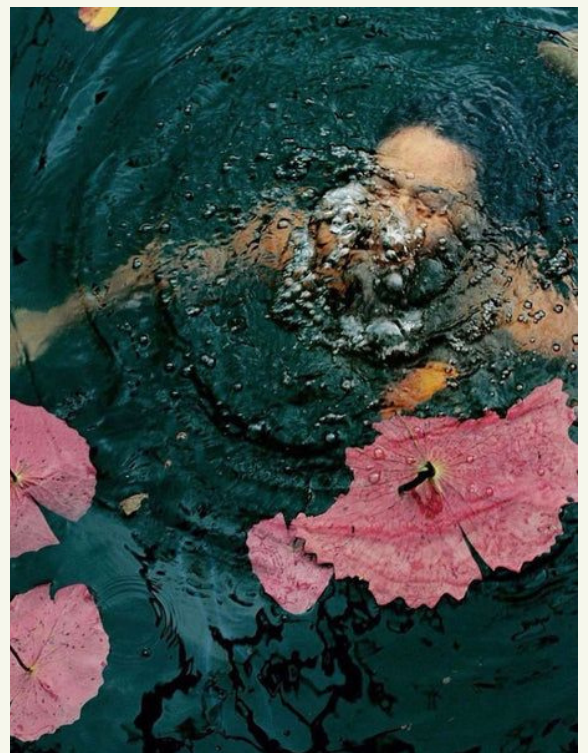
Cold plunges and ice baths are all the rage right now and for good reason!

Exposing your body to cold water can vastly improve many health measures including blood pressure and stress markers.

Rather than seeking out a snowy lake or filling your tub with ice cubes, I suggest having cold showers.

If you are brave enough, have the whole shower cold, otherwise turn the tap to cold for the final minute.

Splashing your face with cold water during the day can also have therapeutic benefits.



12. Daily practice to de-excite the nervous system

Does running around, bright lights, loud noises and constant distractions sound familiar? Living in this modern world is highly stimulating for our nervous systems and we rarely give it time to switch off.

I suggest finding a practice that you can do every day for the sole purpose of calming your nervous system - not just sleep.

Some of my favourite recommendations are laying on the floor with your legs up the wall, drinking a herbal tea in the sun and stretching.

13. Affirmations

There is a lot of research out there now that confirms what we believe and what we think, becomes our reality. If you are telling yourself you are going to be sick and in pain forever, you probably will be.

This is where the power of affirmations comes in. By simply re-wording the way you talk to yourself, you can positively change your health.

Some of my faves include:

- As I say yes to life, life says yes to me
- I am grateful for this body, this home
- I forgive myself for not being perfect

I recommend sticking your affirmation to your mirror and reciting them to yourself every morning.



14. Morning light when waking

Our bodies have a circadian rhythm, an internal body clock that is aligned with daylight hours. When we stay up late or expose our eyes to artificial light constantly, that rhythm gets somewhat confused about when to be awake and when to sleep.

By allowing natural sunlight into your bedroom or getting outside first thing in the morning, you help to get back into this natural rhythm which can improve sleep, mood and energy levels.

15. Home-made elderberry syrup

One of my favourite ways to prepare for Winter is to cook up a batch of elderberry syrup. Not only is this medicinal but it tastes VERY GOOD, even the kids will love it.

Simply mix dried or fresh elderberries into a saucepan with some water, a cinnamon stick and chopped ginger.

Slowly bring to the boil and let it simmer for another 20 minutes. Stir in some honey and strain into an air-tight jar to store in the fridge. Enjoy a tablespoon each day! (TIP: try as an ice cream topping)

16. Vagus nerve stimulation

The vagus is a big chunky nerve that runs from our brain, down the back of our neck and into our guts.

This is the main nerve of our parasympathetic nervous system, also known as the 'rest and digest' part of the nervous system.

By stimulating this nerve, you can activate a calmer state and support stress or anxiety instantly. To do this you you can hum, gargle, sing deeply or 'om' like at the end of yoga.

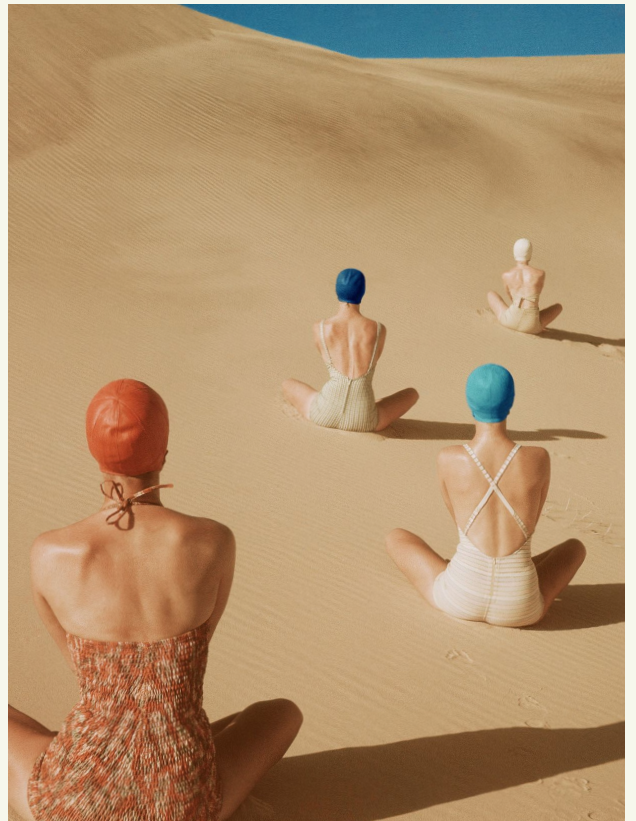
17. Meditation

Most people find it difficult to meditate and that's OK, it's not meant to be easy. Neither is the gym when you first start.

The key is finding a style or teacher that suits your individual preferences. And to not beat yourself up if you have a "bad" meditation, even the Dalai Lama struggles some days.

If you can commit to just 5 minutes every day, you will begin to see glimmers of improvement faster than you think.

Try using an app or going to a class to learn techniques so you feel less lost.



18. Invest in a water filter

We are really lucky in Australia and other developed nations to have access to safe and clean drinking water. This is a human right but unfortunately not always a given for everyone on this big Earth.

Having said that, most of the water that comes out of our taps has been highly processed with a number of chemicals added in including fluoride and chlorine.

While it is suggested that these are "safe" to ingest, I recommend reducing your intake of chemicals wherever possible to avoid hormone disruptions - plus it tastes much better when filtered!

19. Low tox cleaning & beauty products

On average women are putting over 160 chemicals on and in their body every day. While some of these are totally harmless, many of them cause hormone disruptions and a lot of them we just don't know the long-term effects of yet.

For these reasons, I recommend transitioning your cleaning and skincare products to natural, organic or home-made options to minimise your toxin exposure.

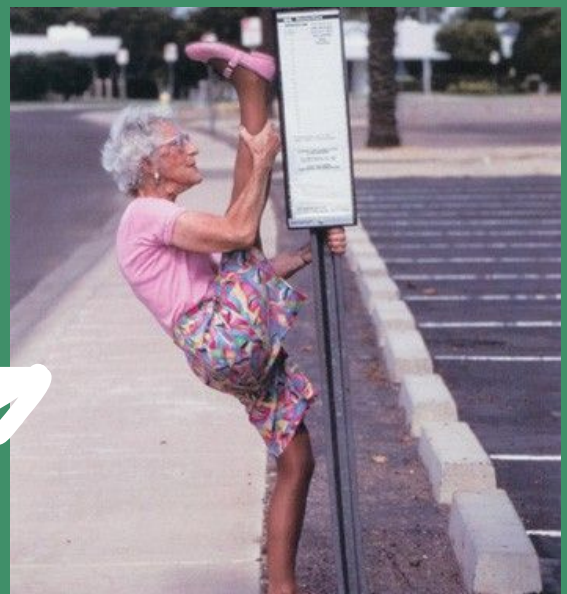
20. Keep on top of your check ups

I know it can feel like there is a never-ending to do list at times but it is essential that you stay on top of all your check ups.

This is because prevention is better than cure! And early detection of something that is 'not quite right' is FAR BETTER than waiting until you have big symptoms.

I recommend a yearly dental check up and clean, five-yearly cervical screens, yearly skin checks, mammograms every two years if you're over 40 and a general blood test every 6-12 months.

If you're able to incorporate these 20 things into your life more frequently you will be working towards a long, healthy and fun life. (like her!)



For deeper or more individualised care please book in an initial session and we can begin our journey together.