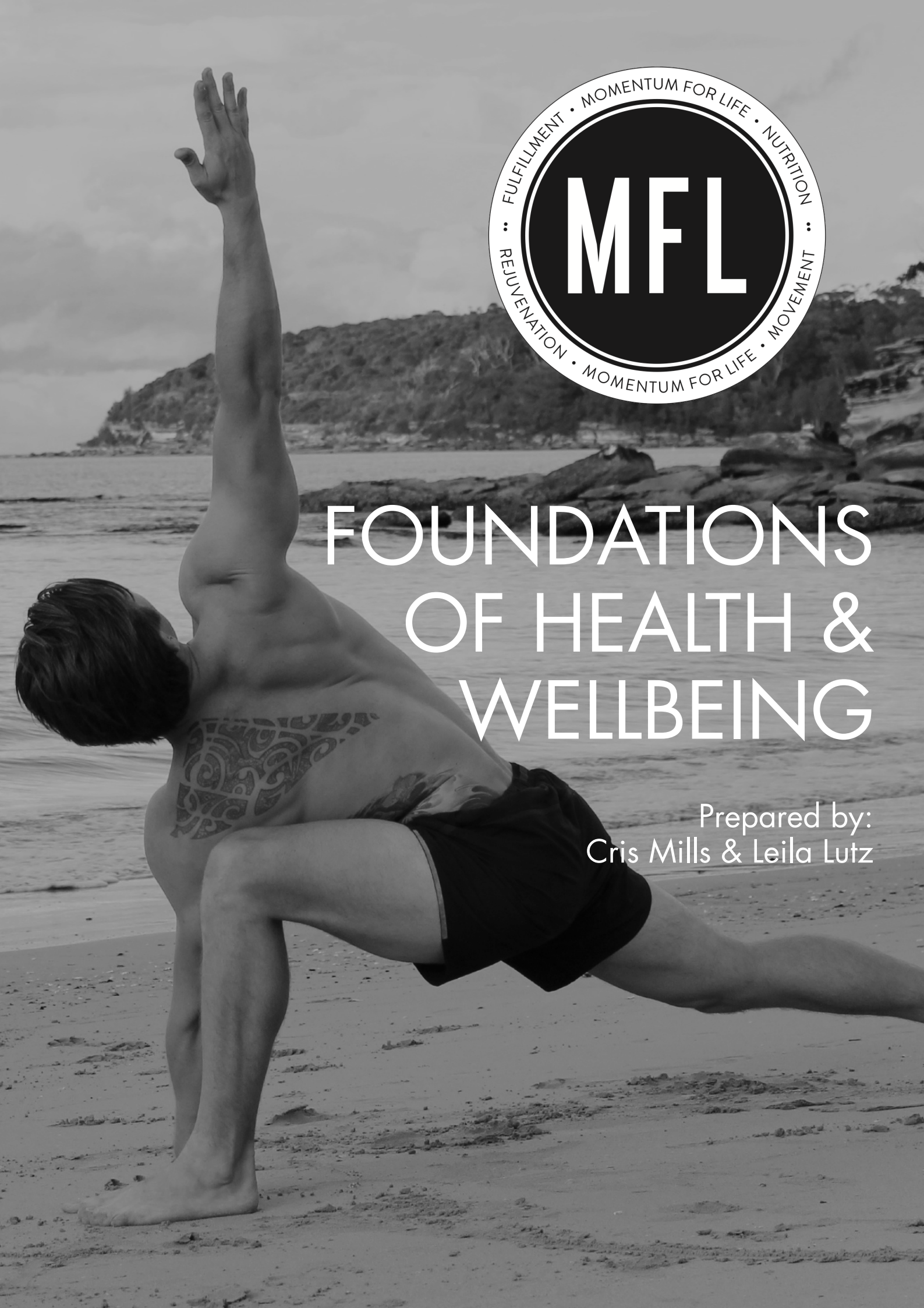




FOUNDATIONS OF HEALTH & WELLBEING

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Your breath, thoughts, hydration, nutrition, movement and rest provide the foundation stones on which to build life long health, vitality, energy, and self-esteem.

BREATHING

The way you breathe is one of the most vital and overlooked components of good health. Poor quality, shallow breathing leads to a toxic body and chronic fatigue, tight neck muscles, headaches and a host of other dysfunctions within the body.

Learn how to maximise diaphragmatic breathing for optimal health and vitality. Breathing activates your parasympathetic nervous system, which is the fastest way of alleviating stress. It is also the foundation for having a good “core” and activating your abdominal wall.



THOUGHTS

True well-being is an integration of body, mind, and spirit. Be aware that every thought, feeling, or action we take will impact our overall state of wellness. Consistent negative thinking will bring forth detrimental hormonal and chemical responses in the body.

We all know that we should try and stay positive, but most people don't realise how severe an impact negative thoughts and emotions can have upon the body.



HYDRATION

Increasing water intake will have a significant impact on your body and your state of health. When chronically dehydrated, from lack of water consumption and over-consumption of caffeinated drinks, negative effects can include chronic fatigue, high blood pressure, toxicity, headaches, aching muscles and joints and a host of other ailments.

In order to stay adequately hydrated simply increase your intake of quality, filtered water by the following ration of 0.03333 litres of water x your body weight in kg.

Begin the day by drinking a glass of water with freshly squeezed lemon or lime juice as soon as you wake up. This not only has a cleansing effect on the body but aids detoxification, and stimulates the digestive system.



NUTRITION

You are what you eat.

The food we put into our body determines our output of energy. The quality of food and liquid you consume directly correlates to the quantity and quality of energy we experience.

Poor food choices lead to hormonal disturbances and wreak havoc on our whole system, creating fat, sick, unhealthy, tired people. Learn which whole foods are suited to your personal body-chemistry, which in turn will lead to weight loss (if necessary), increased muscle mass, stabilised blood sugar levels, optimal energy, a healthy immune system and speedy recovery from exercise.



MOVEMENT

The human body is designed to move. Modern living has taken movement away from us. Modern practices place us in front of desks and computers, prolonged periods of sitting, and lead to an overall decline in movement.

Movement is life.

Movement improves your mood, your energy, and your body's ability to deploy all of its systems for optimal digestion and waste elimination.

SLEEP

Our bodies heal and repair during sleep. If we are not sleeping properly, we cannot heal properly, which will lead to hormonal imbalances, fatigue, weight gain, and lack of vitality.

Improve your sleep, in order to improve your health.

Making even incremental changes to these 6 principles will give immediate rewards in the shape of improved health, vitality and wellbeing!

An improvement of even 5% on a daily basis will significantly increase your health and vitality and put you on the path to achieving your wellness goals..



Simply have a go at improving these 6 Principles. An improvement of even 5% on a daily basis will significantly increase your health and vitality. This is easy, cost effective, and can have immense effects on improving your health, and helping you to achieve your wellness goals.

GET IN TOUCH WITH US

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