

The Basics of Health, Happiness and Living a Life Well Lived

- ◆ Take time each day to have some fun and relax—*as little as 30 minutes each day just for you.*
- ◆ Enjoy your food—eating nourishes us physically and emotionally—*eat in a relaxed atmosphere, share a meal, chew well, and eat moderately.*
- ◆ Drink plenty of clean pure water—*our bodies need 1.5 to 2 litres daily to function well.*
- ◆ Keep active, move and exercise regularly—*stretch, move, get your heart pumping, and enjoy the dance of life.*
- ◆ Enjoy an abundance of fresh vegetables, at least 3 - 5 cups each day.
- ◆ Aim to include as much raw, or 'live', food as you can—*enjoy salads, fresh fruits, seeds, nuts.*
- ◆ Aim to include protein-rich food at each meal—*e.g. fish, eggs, lean chicken or meat, raw nuts, or some plain organic/biodynamic yoghurt.*
- ◆ Ensure adequate quality sleep—*7 to 10 hours is ideal, with a couple of hours before midnight.*
- ◆ Eat 1 or 2 *small* serves daily of starchy carbohydrates, selecting from a wide variety of organic whole grains—*e.g. oats, barley, buckwheat, rye, spelt, wheat, millet, quinoa, or brown rice for cereals, flour products and pastas.*
- ◆ Enjoy two or three *small* pieces, or one cup, of fresh fruit each day.
- ◆ Snack on a handful of nuts (*e.g. almonds, walnuts, Brazil nuts*) and seeds (*e.g. pepitas, sunflower seeds*), or veggie sticks with hummus or tahini or nut butter, or fruit.
- ◆ Choose organically-grown food whenever possible—*organic is preferable for the health of our bodies, the health of the animals, and the health of our planet.*
- ◆ Take the time to do something you enjoy at least once every day—*go for a swim, walk the dog or just go for a walk, do some yoga, tai chi, gym or dance classes, read a book, meditate, or simply sit quietly in a favourite place.*
- ◆ Enjoy one tablespoon of cold-pressed healthy oils with food daily—*e.g. olive, flaxseed, coconut.*
- ◆ Enjoy herbal or green tea regularly, and coffee and tea occasionally—*and clean water often.*
- ◆ Moderate your consumption of alcohol; avoid soft drinks.
- ◆ Be good to yourself: mentally, emotionally, physically, spiritually—*ensure you are nourished in all ways.*
- ◆ Engage with life ... be a participant in your own life—*be curious, explore, be entertained by the wonder of all we have created ... drive your own bus, don't just be a passenger.*
- ◆ Avoid processed foods, fried foods, sugar and sugary foods, artificial sweeteners, white flour foods, hydrogenated oils/fats, and additives—*e.g. preservatives, artificial flavours and colours.*
- ◆ Minimise your exposure to chemicals and toxins—*e.g. pesticides, fertilisers, cleaning products, and some personal care products.*
- ◆ See yourself as whole, healthy and happy—*Hard to do? Know that where you are now, is the residual of choices made in the past; simply focus on becoming all that you wish to be, not where you might have been.*
- ◆ Life is to be enjoyed—***Love generously. Care deeply. Speak kindly. Laugh often.***