

7 QUICK NATURAL WAYS TO HEAL YOUR BODY AND MIND

"The groundwork of all happiness is health." - Leigh Hunt



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NOTES TO THE READER

The main objective of this eBook is not to substitute the reader's medical doctor. No action or inaction should be taken based solely on the contents of this information; readers should consult appropriate health professionals on any matter relating to their health. As we're all different individuals, personal results may vary from the ones presented in this eBook. The purpose of the eBook is to provide the readers simple and effective information on natural practices that can help them avoid illnesses and promote their health and well-being, by supporting the body's natural healing and regenerating functions.

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INTRODUCTION

“Take care of your body. It’s the only place you have to live.” - Jim Rohn



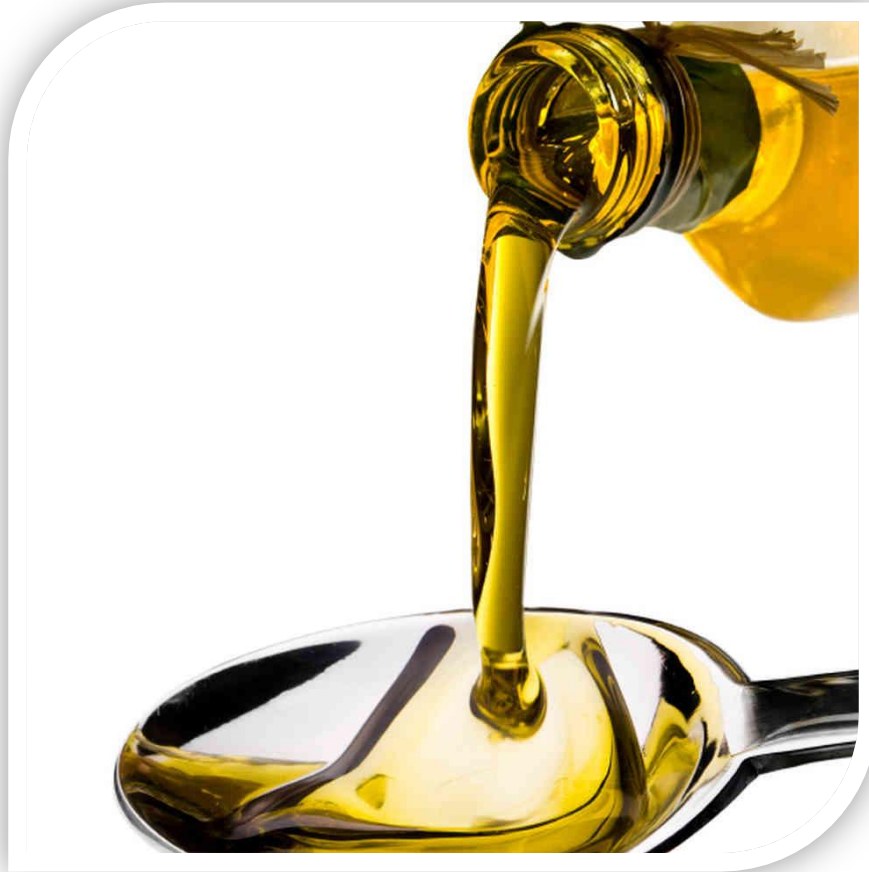
Health, Love and Wealth. These are usually our main desires, and usually in this order too! Your body is the medium through which you experience the world and, in order for you to experience it fully and happily, your body and mind must be healthy and in balance.

Restoring or maintaining health is actually comprised of just three steps: helping your body get rid of toxins, giving it appropriate nutrition and balancing activity and rest periods.

In this eBook we'll focus on 7 simple techniques, all natural, cheap or no cost at all, that work with your body's natural ability to restore itself to a vibrant state of health. The increase in your well-being will allow you to go after your dreams and live a happy, balanced and productive life. So, let's dive into it!

OIL PULLING

“Toxins – Better out than in!” – Swee Boon Chai



Oil pulling, or oil swishing, is an ancient Ayurvedic natural procedure which is low cost and very effective, and it involves pulling or swishing oil around in your mouth to achieve oral and other health benefits. It is mentioned in the Ayurvedic text Charaka Samhita where it is called Kavala Gandusha or Kavala Graha and is claimed to cure about 30 systemic diseases ranging from headache and migraines, to diabetes and asthma.

Oil pulling has risen in the last few years as a powerful natural technique that offers an effective self help, natural method for restoring and maintaining good health. It helps get rid of gum disease, which can be linked to many blood health issues, bad breath, plaque, cavity causing bacteria and it is a natural way to whiten your teeth (bonus!). Since it helps to take toxins away from the blood, it helps your liver function, and this, in turn, helps your digestive system and your entire body!

How does it work? When you swish the oil around in your mouth, it is mixed with your saliva and it activates enzymes which draw toxins out of the blood and lymph that then get released into the saliva. You'll find that the oil you spit is milky white or yellowish, not its natural color, because of the mixing of the oil and saliva, and the oil capturing the toxins and bacteria in that mix.

So, how do you do it? You put 1 tablespoon of cold pressed, unrefined oil, like sunflower, sesame, olive or coconut oil in your mouth and you swish it around for 3 sets of 3 minutes each (3 sets for optimum results, but you can do 2 sets if you don't have much time). Why 3 minutes? Because the oil becomes saturated with toxins after that time and it can't capture any more. After each session of 3 minutes you spit the oil out (on a sink) and after the 3rd session, you spit it out and rinse your mouth, with an oral elixir, for example, and wash your teeth (to be thorough you can also scrape your tongue).

As mentioned above, any cold pressed, unrefined oil can be used, but personally, I use sesame oil, because it has a pleasant nutty taste, and sometimes coconut oil, because it tastes like coconut (surprise!), and both bring additional health benefits (such as having antimicrobial, anti-inflammatory and antibacterial properties) which are borrowed when you do oil pulling with them.

Just a note: this practice should be done on an empty stomach, ideally soon after waking and before washing your teeth, as this is when you'll have the most enzyme containing saliva available! After eating, your saliva secretions drop and the pulling won't be as effective. So you can incorporate oil pulling in your morning routine, before breakfast, and start reaping all the benefits of this brilliant natural cure.

COLON CLEANSING

"The part can never be well unless the whole is well." - Plato



What is colon cleansing and what are its benefits? Colonic or bowel cleanse is any method used to remove waste and toxins from your bowel. Most people have congested colons, ranging from mild congestion, where they may have small pockets of old waste matter plastered on the colon, to a full blown congestion, which manifests as chronic constipation.

Any level of congestion forms a barrier that makes it harder for the natural contraction movements of the colon and its function of nutrient absorption. Also, a congested large intestine becomes a conducting environment for bacteria to live and multiply in. Although we need bacteria to help decompose the waste, an excess of these helpful bacteria is unwanted, as they release toxins as a by-product of their decomposition work, and when these toxins are abundant, they create inflammation and may enter the bloodstream and be a strain on our liver, stressing it and impairing its function, which, in turn, affects our overall health.

A congested colon can also cause skin problems, brain fog, fatigue and sluggishness, neck and shoulder strain and pain, flatulence or bloating, constipation or diarrhea and even colds and flues.

The practice of colon cleansing can be traced back to the ancient Greeks and Egyptians, which believed that stools lining the bowel and rectal walls were toxic. Many Americans took to the practice during the 1920s and did so for more than a decade. Because of lack of scientific basis, it became unpopular and most people stopped doing it. Today, it is gaining popularity again, as people find the benefits for themselves and are passing the word on to others.

It is now known that about 80% of our immune defenses are in the intestines, so, a clean and healthy colon is a huge leap towards regaining and maintaining great health and vitality.

There are many ways to do a colon cleanse, such as:

- colonic irrigation;
- dietary supplements,
- more fiber in your diet (added slowly).

You may notice that laxatives aren't included in the above list, and this is because most of them are chemical and irritate your colon, which is not conducive to a healthy bowel.

The most efficient of the above options is the colonic irrigation, which is a procedure done by a professional, where a small rubber tube, connected to a machine, carries water into your colon and carries the waste out.

I've used this method several times and its benefits started showing soon after 3 cleanses, when I noticed that I wasn't feeling bloated as much and my bowel movements were much easier and regular. I also noticed that I could move more freely (I love to dance!), had more energy overall, and my digestion was much quicker!

To those who may be afraid of this procedure, don't. It's easy and painless; the only thing you'll feel is warm water coming in and a big relief when everything else is coming out! After the initial cleanse (about 3 or 4 sessions), when you remove the old fecal matter from your bowel, you can do it once or twice a year, just for maintenance.

Usage of dietary supplements based on magnesium (like Colosan) is another natural way to do an effective but gentle cleanse. You can also use Aloe

Vera juice, diluting one tablespoon in a little warm water and drinking it in the morning, before breakfast.

But the most obvious (although not the easiest) way of keeping a healthy bowel is watching your diet. You are what you eat, as the saying goes. To have healthy bowel movements you'll need to include a good amount of fiber in your daily meals. Processed foods (like white rice, white pasta, white flour and breads) have very little fiber so you just don't get the bulk you need for your bowel to pass the mass through. Start including more fruit, whole grains and vegetables and drink a lot of water, which helps moisten the mass and make it easier to pass through. You can also include fermented foods in your diet, like yogurt, kefir, kimchi or sauerkraut. These will help populate your colon with healthy bacteria that, in turn, will help with your digestive processes and strengthen your immune system.

Colon cleansing is a good habit that you'll find will give you an enormous sense of well-being and a huge boost to your immune system. You'll feel and look healthier and stronger, as well as clearer and more energized.

OVEREATING / UNDER EATING

"The spirit cannot endure the body when overfed, but, underfed, the body cannot endure the spirit." - St. Frances de Sales



In an ideal lifestyle, we would have the freedom to eat whatever we wanted, whenever we were hungry, and truly enjoy our food. This is not usually what happens, though. We have preset eating hours at work (and at home) that don't always match our bodies' needs and, add a schedule a little too busy, we can even forget to eat or overdo it, causing massive stress to our bodies!

Under-eating can cause a variety of problems, both physical and mental. If your body is not getting the nutrients it needs, it's going to send you signals of hunger and cravings, and, with continued ignoring of these signals, someone who under-eats is at risk of developing mental disorders based on obsessions and overall anxiety, going even to the extreme of depression.

Physically, with fewer nutrients available, under-eating can cause the body's metabolism to slow down, and even the little food that is eaten feels

heavy and uncomfortable; also serious is the maintaining of a healthy heart, as prolonged under-eating weakens this vital muscle, compromising a healthy maintenance of blood circulation and blood pressure, which can drop to dangerous values. Outwardly, the skin ages faster, hair becomes thinner, nails more brittle, and the overall physical aspect of someone who constantly under-eats is aged and fragile.

On the opposite side of the scale is overeating, which can also be very disrupting of a person's health and well-being.

Overeating is quite common in wealthy nations, almost a pastime, and it is widespread across all levels of society. Habitual overeating is often attributed to most of modern day's chronic conditions, such as obesity, cancer and diabetes. With today's plentiful choice of processed and refined foods, the impulse to overeat can be caused by a natural reaction of our bodies, which crave the nutrients that are stripped of today's refined foods (white sugar, white rice, and white flour/pasta/bread). It can also be triggered by a desire to lower anxiety, which causes food addictions.

Overeating can also cause both mental and physical problems. It can make people feel stressed from the lack of control of what they eat, it can lead to embarrassment, guilt, mood swings and also depression. Physically, it can cause heartburn, weight gain, high cholesterol, weakened heart functions, infertility, diabetes, fatigue, and a myriad of other problems.

The excess of ingested food weakens the digestive system, that becomes progressively more depleted of digestive juices and increasingly energy depleted. The food that is not properly digested will pass on to the intestines and continue to decompose, fermenting and altering the natural pH environment, favoring the proliferation of parasites and bacteria, and creating a toxic environment that, in time, can cause a progressive congestion of the lymphatic system. The added toxins that are passed to the blood tax the liver and kidneys, which must work overtime to try to eliminate them. With constant stress, the entire body becomes weaker and more prone to chronic inflammation and diseases.

Nowadays we are all guilty of slipping into one, or even both of these bad habits at some time, but if we just pay attention to our eating patterns and try to avoid these detrimental excesses, we'll be doing a huge favor to our body.

The ideal number of times to eat varies from person to person, but it should comprise of the 3 main meals: breakfast, lunch and dinner; and some healthy snacks in between if you get hungry before the next meal time. Portions for the optimal functioning of the digestive system are 2 cupped handfuls of

food for lunch and dinner, and make sure your dinner is light, so you can digest it easily before sleep.

Eating should be done on a relaxed environment and not rushed. A good habit to create is to give thanks before and after eating, as this puts you in an appreciation mode and more conscious of what you're eating. You should also relax after eating, but not sleep!

Another tip: don't drink 1 hour before or after your meals, as it dilutes the digestive juices, although a small amount of warm water or herbal infusions is ok.

So make it a goal to enjoy your food consciously, and preferably, in good company, and you'll find it much more satisfying and it will contribute even more to your health and well-being!

CONSCIOUS BREATHING

"Breath is Spirit. The act of breathing is Living." - Author Unknown



Our body cannot last more than a few minutes without oxygen, and yet, our breathing is probably the last thing on our minds (except if it is not functioning properly!). Oxygen is an absolutely essential nutrient to every cell in our body, and our usual breathing habits just aren't cutting it, they aren't enough to keep us in balance.

When we breathe, we're not just taking in oxygen, but also energy, which is made available immediately to our body, so, if we breathe shallow breaths, not only are we depriving our body and mind of the essential nutrient oxygen, but also of the added FREE energy that would be ours to accomplish our goals and enhance our well being!

The air we breathe in is the main energy source for our brain. It calms our mind and balances our nervous system. Without oxygen we cannot absorb important vitamins, minerals or other nutrients our body needs.

When we have shallow patterns of breath for long, we get into an oxygen deficiency state, which affects our health and overall well-being, and leads to chronic deficiencies and disease. It can cause problems such as anxiety, stress, inflammatory responses, lethargy and fatigue, poor concentration, depression, muscle pain, decrease in digestive functions, a weakened immune system and many others.

It is vital (really vital!) that we learn to breathe properly and practice it regularly, until deep and conscious breathing becomes second nature, a life enhancing habit. Good breathing habits can impact your life tremendously: with proper breathing you can lower your stress and feel more relaxed, sleep more profoundly, adapt more easily to new environments, decrease your negative reactions to perceived set-backs and, overall, it can give you a better control over your life.

Physically it can boost the release of toxins by improving your lymphatic circulation, which basically improves every other system of your body, it can increase the release of endorphins (natural pain-killers), give you energy (FREE!), improve your digestion and bowel movements (the physical movement of the lungs in deep breathing helps enormously in bowel movements!), boost your immune system and, among many other benefits, you'll look younger as your skin will rejuvenate and really glow from the increase in oxygen and better circulation of nutrients.

So how should we breathe? We should always breathe through our noses, because they have a complex and very efficient filtering system (Nature design!) which traps microscopic pollutants and particles, preventing them from entering our bodies. Breathing through your nose brings another great benefit, it warms the air before it enters the lungs, and this means that you don't have to expend more energy warming it.

If you live in modern society, there's probably some degree of stress in your life, and you may be breathing with only the upper level of your lungs (about 1/3 lung capacity), this is called clavicular breathing and it is the shallowest breathing we do, it provides the bare minimum of oxygen to our body. This form of breathing is associated with stress, triggered by stress and adding to it by tensing your neck and shoulders.

The ideal breathing pattern we must train and adopt as habitual is diaphragmatic breathing. In diaphragmatic breathing you inhale (through your nose) and feel your abdomen rise, as your diaphragm lowers to expand and let your lungs fill with air. You then exhale through your mouth or nose: mouth if you want to completely remove the air, as you do in breathing exercises; or

nose if you're just practicing mindful breathing in your daily activities. If you feel comfortable counting and aren't doing anything that requires conscious attention, you could practice a breathing pattern like this one: inhale for 4 counts (or 8 if it feels more natural to you), hold the breath in for 8 counts, exhale for 8 counts and hold another 4 counts before repeating the sequence.

In diaphragmatic breathing you'll fill your lungs to about $\frac{3}{4}$ of their capacity, and you'll have a slower respiratory rhythm, which will put you in a relaxed, but alert, state. The increase in oxygen can sometimes make you feel light headed, and if you do, just return to a slightly shallower breath. With time you won't feel light headed with this breathing and your lung capacity will increase.

This is an extremely easy practice to include in your daily schedule, as it can be done anytime and anywhere, and it will bring you all the amazing benefits discussed before. Conscious breathing can change your life! And you deserve to enjoy its benefits and pleasures fully!

HEALING MAGNESIUM

“Let thy food be thy medicine and thy medicine be thy food.” - Hippocrates



Magnesium is an essential mineral for maintaining a healthy body, as it is used for more than 300 biochemical reactions. However, most people in the industrialized world are magnesium deficient (magnesium deficiency is, by the way, one of the most common under-diagnosed deficiencies) because our consumption of mainly refined foods, stripped of nutrients, just doesn't provide enough of this mineral for our body's needs.

A balanced intake of magnesium can calm your nervous system and harmonize your mind and emotions, it can lower irritability, calm mental disorders, lower anxiety, control panic attacks, relieve depression and help you sleep better. Physically it can help your muscles relax, relieving PMS, migraines, muscle spasms and cramps. It can also relax your heart, which will function more regularly and maintain healthy rhythms. Magnesium can improve your digestive processes and nourish your liver and kidneys, helping with the body's

detoxification processes, it can help you regulate your blood pressure, relieve constipation (it is a natural laxative) and it can help balance sugar levels in the blood.

All these benefits come from your simple adjustment of including more magnesium in your diet. It's certainly worth our attention.

Another great reason to add more magnesium to your diet is to help your body in the correct usage and fixation of calcium. Magnesium takes the calcium away from soft tissues, where it can cause serious chronic health problems such as arthritis and fibromyalgia, and fixates this calcium in the bones, helping with bone and teeth formation, and helping prevent another serious chronic condition, osteoporosis.

Magnesium can be increased in two ways: magnesium rich foods and magnesium supplements. As a personal note, I used to take calcium supplements for years, since I couldn't drink cow's milk, and was told milk was the main source of calcium, so I had to replace it with supplements. The supplements I took were a mix of calcium and magnesium carbonates. On one occasion I went to a physical therapist because I felt my right shoulder constantly tense and the therapist told me I had calcium deposits in many soft tissues, including my trapezius muscles. Calcium and magnesium form a great team together, the problem is that the magnesium in most supplements is not well absorbed by our body, typically less than 10% of your intake is absorbed, so, in my case, I was basically taking calcium that I wasn't able to use correctly.

Food is the best source of magnesium, and you can find it most leafy green vegetables (where chlorophyll is found, magnesium is also present), in dried seaweeds and microalgae (spirulina and chlorella, for example), in beans (like soy, mung, black and lima beans), in wheat germ and whole grains (buckwheat, corn, barley, rye and rice), and also nuts and seeds (almonds, cashews and sesame seeds). Another good source of magnesium is dark chocolate, the darker the better! If you have constant chocolate cravings, a magnesium deficiency may be what is causing them. Your body knows there's magnesium in chocolate, and you like chocolate, so, voila, perfect fix!

The second way to increase your magnesium levels is through supplements. Here you have magnesium available in many forms: carbonate, citrate, oxide, but the one that has the highest absorption rate is magnesium chloride, which is a salt collected from ancient sea beds. This is the form best absorbed by our body. Magnesium chloride is usually sold in salt form, which you can use orally or in soaking baths (or feet soaks), or you can use

magnesium oil directly on the skin. In salt form it should always say that it's pure magnesium chloride, or pharmaceutical grade. The usual way to prepare it for oral use is to dissolve 100mg in 3 liters of water (or 33mg in 1 liter) and store it in a dark glass bottle, in the fridge. The dosage depends on many factors, including age, lifestyle, eating habits or if there are particular conditions that you want to cure, but generally, the recommendation is:

- people from 20 to 55 years old – take 1 tablespoon in the morning;
- from 55 to 70 – take 1 tablespoon in the morning and another one at night;
- from 70 on (or usage to relieve a chronic illness) – take 2 tablespoons in the morning and two more at night.

You should take the appropriate dosage daily for 3 months, and then stop for one month, repeating this cycle indefinitely. Everyone is different so the reactions to magnesium intake vary, but the above dosage is minimal and should give you the mentioned benefits without side effects.

A cautionary note: people who suffer from diminished kidney functions should use magnesium under the attention of their medical doctors, as an excess in magnesium can raise toxicity levels.

If you take more than the recommended dosage, the most common side effects are diarrhea, nausea, abdominal pain and hypotension.

In soaking baths you should dissolve from 250 to 500gr of magnesium chloride flakes in warm (not hot!) water, so your skin can absorb the magnesium, and relax in the bath for about 20/30 minutes. Following the bath you should rinse with warm to cool running water and apply a soft moisturizer.

The skin is the fastest and most efficient way to deliver magnesium to your body, so you can instead consider applying magnesium oil daily or treating yourself to a foot soak every night before going to bed, to have a blissful sleep and reap all the benefits of this essential nutrient. Your body and mind will thank you!

WATER LOVE

"If there is magic on this planet, it is contained in water." - Loren Eiseley



So, as you know, your body is made up, primarily, of water, about 75%, as science tells us, so, it is obvious that, in order to keep our body functioning correctly, we need to drink plenty of it! Many of us, though, do not, and we are constantly in a state of dehydration, ranging from very mild to health hazardous. We may just drink enough to keep us from collapsing, the bare minimum to keep our body functioning. This may sound extreme, but it really is not, and in today's fast paced society it's very easy to ignore or not notice our natural thirst signals and walk around in a mild stage of stress, just due to dehydration. Some dehydration signs are: sudden thirst, fatigue, headaches, dry mouth or lips, muscle weakness, dizziness and vertigo.

Water is used by the body to nourish the cells, regulate its functions and eliminate toxins and waste. A lack of water (dehydration) will hinder the cells, that in order to keep their water levels will thicken their walls, and, at a later

stage, won't be as receptive to new water (because of the thicker membrane) so they won't be able to perform their functions correctly and will cause both a buildup of toxins as well as a starving of the cell, as it won't receive the nutrients it needs. This can lead to water retention, which is most commonly found in the legs and feet. The kidneys also try to retain water by reducing urine, and again, there's a buildup of toxins and waste products that would naturally be flushed if the body's water level was balanced.

Dehydration affects all the organs, all the cells in the body. The lack of water basically causes reactions that inhibit proper cell nourishment and causes a buildup of toxins, the two main reasons for any disease! As symptoms we might experience pain, digestive problems, constipation, lack of energy and lethargy, even depression, all due to dehydration. It causes a great amount of stress when our body's water needs are ignored, and we'll actually enter survival mode triggering a "fight or flight" response, in which our body releases hormones like adrenaline, cortisone and endorphins, that, in continued or repetitive situations, will create great damage to our body.

So, going back to the beginning, it's obvious that we need to drink, and plenty. But why water? Certainly all other beverages are made with water and they quench our thirst, right? I used to think like this, but it's not actually true. Sure, every drink has water in it, but drinks like soda, juices, coffee, alcohol, tea (not herbal infusions), and others, also have sugar, caffeine, artificial flavoring and coloring, preservatives or alcohol present, that cause dehydration through various means. For instance, caffeine causes our body to enter the "fight or flight" response, and the body will try to get rid of this irritant by flushing it out, which is why coffee, teas like black, green, red or white tea, or caffeinated drinks have diuretic effects. The body will use the water it has available and will even take water out of the cells to do this cleansing.

Sugared beverages raise blood sugar levels and cause acidity (which can damage your teeth directly) and a thickening of the blood, which forces the body to balance its pH and flush the excess sugar and toxic by-products. Also, this increase in sugar equals an increase in calories, and this can be reflected on your weight. Drinking soft drinks and sweetened juices can be equaled to drinking sugar. Alcohol, besides being toxic and causing irritation in our body, also causes the inhibition of a anti-diuretic hormone, ADH, which means we'll excrete more urine in response to the toxic stimulant than would be excreted had the hormone level been balanced. This will cause dehydration much faster.

So you actually loose water when you drink any of these beverages. You probably noticed that when you have soft drinks you feel constantly thirsty, and have the urge to drink more. But if you keep drinking more of the same, it

becomes a never ending cycle, where your thirst is never quenched and the resulting effects are very detrimental to your health.

So, bottom line, we should be drinking water. Aim to have at least 8 glasses of filtered water (or bottled water) to replenish your body and keep a normal level of hydration. Of course this doesn't mean that you can never again drink anything else! It must be balanced, though, and if you choose to drink any other beverage, then help our body get rid of the excesses by taking an extra glass of water for any glass or cup of the other beverage. If you're not used to drinking water, you should up your water consumption slowly, about 1 or 2 glasses per day, and if you find you're craving the flavor of the other drinks, you can flavor your water with a squeeze of lemon, orange or any fresh fruit!

When you start to drink mainly water, and the suggested 8 glasses per day, you'll feel and see the difference, and you'll have created a habit that will take you far in restoring or maintaining a vibrant health and sense of well-being.

BLISSFUL SLEEP

"Take rest; a field that has rested gives a bountiful crop." - Ovid



In today's mega busy and fast paced daily life, it may be hard for us to get enough sleep (quantity) and enough rest from our sleep hours (quality). Many people are sleep deprived, and most aren't even aware of it.

If you are sleep-deprived you may experience lack of focus, low productivity and constantly low energy levels. You may feel drowsy in presentations, in meetings or in warmer rooms, after eating a heavy meal, while driving at night (a real risk), or at night you may fall asleep on the couch while watching TV. I can put a check mark on all of these symptoms myself, as I was sleep deprived and didn't even know it (I slept 8 hours a day, why would I be sleep deprived?).

A prolonged period of sleep deprivation may lead to more serious consequences such as lethargy and fatigue, poor memory and a diminished capacity to deal with stress and making decisions, it can lead to an impaired

immune response (making the body more susceptible to inflammation, catching colds or infections), the digestive processes and body's metabolism get sluggish, which can lead to weight gain, you may experience mood swings and frustration and it can basically impact all areas of a person's life: health, relationships and career.

So why are so many people, who, like me, sleep the recommended 8 hours a day, sleep deprived? Well, apparently, it's not the number of hours we sleep that counts, but the number of complete cycles we sleep (this counts both for quantity and quality of sleep). Researchers found that we sleep in 90 minute cycles, so, normal sleeping hours should be: 6 hours (4 complete cycles), 7.5 hours (5 cycles) or 9 hours (6 cycles). The trick here is to schedule your bed time so you'll naturally wake after a complete cycle, be it 6, 7.5 or 9 hours. If there isn't any disturbance or distraction (like noise, a full bladder or light) after, for example, the 6 hour (4 cycles) sleep period, we naturally enter another 90 minute cycle.

So when I slept 8 hours I was waking up (with an alarm clock) in the middle of a sleep cycle, and I never felt rested, I had to drag myself out of bed and was always sleepy during the day! After trying the 90 minute sleep cycles, I found that 7.5 hours of sleep is the ideal time for me. On occasion, on the weekends, I still like to indulge and try to sleep 9 hours, but my body is so used by now to the 5 complete sleep cycles that I wake up on the 7.5 hour mark.

Another way to get the most rest out of your sleep hours is to divide them. So, for a total of 7.5 hours of daily sleep (5 cycles) you would basically sleep one big chunk of 6 hours at night and a siesta (like the Spanish do) of 90 minutes during the day, if possible, during the afternoon. This is called polyphasic sleep and researchers are now showing that this may be the best and most natural way for our body and mind to rest and regenerate. This is what children do, they sleep in the afternoon, wake up full of energy and then they sleep blissfully at night, waking up completely energized the next day. And it's not only children, many Mediterranean cultures still maintain this practice too.

So remember to time your sleeping schedule to allow you to awake naturally, after the complete number of sleep cycles you choose. Also, try to make your sleep the most profound and relaxing it can be, here are some tips that can help you do that:

- Drink a calming herbal infusion after dinner (1 or 2h after), like chamomile, to help your body and mind relax.

- Turn off the TV, pc, gaming console or work related issues at least 2 hours before going to bed. Try instead to relax by listening to calm music or reading a light book.
- Start dimming the lights around you, your biological clock will tell your brain that it's time to rest.
- Reserve your bedroom and bed for sleep and intimacy. Don't eat, watch TV or work there.
- Maintain your bedroom uncluttered as this helps your mind relax and allows for a healthy and natural flow of energy (both in you and your bedroom).
- Get a comfortable pillow and soft pillow cases. This will provide adequate support for your head and neck and the soft touch of the pillow cases will help you relax.
- Scent your bedroom with jasmine or lavender, as these plants help you relax. You can rub 2 drops of essential oil on a lamp (the heat of the lamp will softly diffuse the scent) or, using the same principle, put 2 drops in a container with warm water.
- Wear warm socks. This may be a strange suggestion, but, besides making you feel comfortable, researchers have found that keeping your feet warm helps the blood vessels dilate and that this cues the body to get ready to sleep.
- Eat a light dinner. In order for you to have a profound and restful sleep, you should digest your dinner before going to bed. A note though: you shouldn't go to bed feeling hungry, as this won't let you rest, so, if you feel hungry, eat a banana or some nuts, or have a glass of milk, as they all have sleep inducing properties.
- Rub some magnesium oil on your feet and legs; it helps your muscles relax besides bringing all the other benefits of magnesium.

In a nutshell, just try to relax before going to bed and time your sleeping schedule to allow for the complete number of cycles you choose to sleep. You'll wake up feeling refreshed and energized, and your body will have had the chance to renew and regenerate itself!

HEALTHY HABITS

“First we make our habits, then our habits make us.” - Charles C. Noble



So now you know 7 very powerful, very simple and yet, incredibly, forgotten ways to increase your health and well-being. Now what? What's the best way to use this knowledge? The answer is: turn these practices into daily habits! Theoretical knowledge of them won't be of any use to you, and sporadic usage of these tools, although better than not applying them at all, won't bring you the complete benefits that a constant practice will. So, the best way to ensure you get all their benefits is to turn them into habits.

Habits are very hard to break so, when you implement a new habit in your life, you can pretty much forget about the subject afterwards, your mind will cue you into it at the habitual time or situation.

So, how do you create new habits? First, you choose what practice you want to turn into a habit, and I suggest you choose just one or two of the above practices. Two at a time is the maximum you should be aiming for, because if

you choose more, it can be a big change from your normal daily life, and you can meet resistance from your mind, which will make the process a lot harder, when it needn't and shouldn't be.

So, for example, you choose oil pulling and increasing your water intake. You now decide that you will turn these two practices into daily habits (a strong decision will get your mind's attention) and you repeat to yourself or write down something like "For the next 21 to 90 days I'll consistently do oil pulling and drink more water to increase my health and well-being". You've noticed that I've written 21 to 90 days. Why? In "Psycho-Cybernetics", Dr. Maxwell Maltz explains that it usually takes 21 days to create a new habit, but in my experience (and many others' too) the new habit may not be fully rooted after this time. So, if you start skipping the daily practice, you'll go back to your old ways and the previous effort is pretty much erased, although now you'd have a stronger base to build the habit upon, should you decide to try it again.

So that's why it's suggested to continue the daily practice until you know its pull is strong and unbreakable, and usually, the maximum amount of time it takes to get there is 90 days, 3 months. Now, three months may seem like a long time, but if you view this from another standpoint, the maximum amount of time it will take you to create and implement 7 new, healthy and life changing habits is 1 year! So, a year from now, you'll have all the benefits these practices give you and you'll look back and want to hug and kiss your past self for making this brilliant decision and sticking with it!

Continuing with the habit creation: you've chosen the practice, or 2 practices, that you want to implement, you've stated your commitment, and now, you must choose a cue for your new habit. A cue is the trigger that reminds you to do the practice you chose. Cues can take many forms: they can be a specific time of day, a mobile phone reminder, something already in your routine that you want to associate the new habit with, a specific location ... basically, anything that you can think of that will remind you to do the practice.

For me, when creating the 2 habits given in this example, I used my morning routine to implement the habit of oil pulling and I got a new, beautiful, 1L water bottle to increase my water intake. So, in the morning, I would always do oil pulling before breakfast and before washing my teeth, and I would fill my new water bottle with filtered water and take it to work, where I would place it on a visible spot on my desk. By the end of the day I had to take the bottle home, empty, and this ensured I had my morning and afternoon's water needs covered! You can use any cue you can think of, but make it a pleasant one whenever possible, as it will help you maintain your consistency.

After doing the daily practice, you should reward yourself. Rewards can be virtually anything! For one habit I wanted to create I told myself that, for every day I did it, I could have a piece of a gourmet chocolate. Well, of course I could have eaten the chocolate anytime I pleased, but eating it as a reward for something I did made it all the more tasty and special. It's just an example. Usually, though, I like to do something much simpler. I take a small piece of paper and draw a calendar on it, for the month I'm in; below the calendar, I write the habit (or 2 habits) I'm creating, and assign them symbols (like a circle or a check mark); I then place this calendar on my fridge door. At the end of each day, I mark on this improvised calendar the habit(s) I did. Simple, but the satisfaction I get, and you'll probably also get, from looking at a completely marked calendar is enormous, making it a great reward, mostly because you'll feel like you honor your commitments to yourself and you know you're taking good care of your health.

Ok, so now you've also defined a cue and a reward. What else do you need? Nothing, now just try to be consistent at practicing the daily habits. This should be easy if you can see the benefits of what you're trying to implement, so think about why this is important to you and what you'll gain from it. Ideally, you should do your practices every day, but if you do forget it or skip it on one or two occasions, don't fret, the worry of not doing it is actually worse than having skipped one day, so just pick it up on the next cue and keep working on it. If you want a new habit, believe me, you'll create a new habit!

And this is all there is to habit creation: choose what you want to start with, pick a cue that will remind you daily to do your practice, choose a reward for doing it and keep doing it from 21 to 90 days, and, voila, you'll have a new, health supporting, life improving habit!

CONCLUSION

"You are as important to your health as it is to you." - Terri Guillemets



So there you have it. We've come to the end of this eBook. You have now (re)discovered 7 powerful healing practices that, if you include in your daily life, will bring you a boost of energy and physical and mental well-being. A quick recap, they are:

- 1 – The ancient practice of oil pulling.
- 2 – Doing regular colon cleanses.
- 3 – Avoiding excesses (either too much or too little) when eating.
- 4 – Doing conscious breathing.
- 5 – Increasing your magnesium intake.
- 6 – Drinking more water.
- 7 – Sleeping complete cycles.

Use this new found knowledge, turn these practices into habits and you'll find that, in no time, you'll feel and look healthier and be happier. And, by the way, besides the physical and mental benefits that these practices will bring you, you'll also gain an extra bonus: you'll feel wonderful for taking care of yourself. You'll feel like you've put yourself on your priority list, you VIP list, and this is life changing. You'll let yourself (and the whole world around you) know that you and your well-being are very important, and this will create a frame of mind that will help guide your future choices towards even greater health!

So congratulations! You completely deserve it!

Health, Love and Wealth to you!