

GREAT HEALTH STARTS HERE

Go back to basics and build strong health foundations with these nine key points. How many of these are you already doing?

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LETS TALK ABOUT WATER

Too many people don't drink enough water and wonder why they have symptoms like tiredness, headaches, constipation, low mood, pain, poor skin, excess weight, or fluid retention. Water will flush waste and toxins via your liver, kidney and skin. It will help with the circulation and absorption of nutrients and lubricates joints and tissues. Your body is 60% water and you will not survive without it. To improve any health condition make sure you are drinking 8 glasses of water daily. Set a reminder in your phone if you forget, or carry a water bottle with you and refill as needed.

TALK LESS & CHEW MORE

Digestion begins in the mouth. Chewing mechanically breaks food into smaller particles. It also mixes in saliva which contains enzymes to begin chemical breakdown of food. The more you chew the less work your digestive system has to do further down the track. You tend to eat less when you chew more as your brain has time to register how full you are.

Turn on your senses, eat slower, chew more and taste your food fully.



DON'T FORGET PROTEIN

Protein is a macronutrient that your body uses for body growth and repair. It is an important building block for hair, skin, nails, blood, bones muscle and blood. Protein is also needed to make enzymes, hormones and other body chemicals. So the question is are you getting enough? As a general guide you need eat the size and thickness of your palm 2-3 times a day. Sources include: fish, poultry, lean meat, eggs, nuts, seeds, hemp, dairy, legumes and tofu.



STOP, BREATHE & BE IN THE MOMENT

Practice mindfulness through consciously being in the present, aware of thoughts feeling and surroundings. We often live in the past or future which can take away from the present - the point of power.

Meditation, yoga and breathing techniques can help generate mindfulness.

Be grateful for what is and what you have – it's often more than you realise.

GET INTO NATURE & SUNSHINE

How good do you feel after a day at the beach or a bush walk? It rejuvenates the mind, body and spirit. Try to make getting outdoors part of your daily routine. Visit the beach, take a bush walk, enjoy gardening, have tea in the sunshine or simply go for a walk. Its great for vitamin D, a welcome break from sitting down, staring at screens and can lift the mood, spark creativity and release tension. Make it a part of your daily routine.



MOVE MORE

Exercise is crucial not only for fitness and weight control but it encourages circulation of both blood and lymph fluid. Better circulation can help memory, brain health and make skin glow. Exercise can improve your mood and help to decrease anxiety and depression. It can also help with pain, improve sleep and can boost sex drive. Regular movement is needed for strong muscles and bones. Aim for half hour a day, and it helps to do what you love.

Remember to build healthy habits with consistency.

There will be days when it all becomes too hard, or old habits creep in - that is all part of the journey! What is important is to continue to refocus and reset and keep going back to your goal.



TASTE ALL FIVE

There are five basic tastes – sweet, salty, bitter, sour and umami (savoury). Too often there is excess sweet and salty foods consumed. Ensure your diet contains bitter, sour foods which promote digestion. Try to include sour fermented foods like apple cider vinegar, kefir, kimchi, kombucha, and sauerkraut. Bitter foods include endive, rocket, kale, olives, ginger, coffee and cocoa (last two in moderation and without sugar).

SLEEP

Quality sleep allows your body to heal, grow and repair. So many people don't sleep enough, or deep enough which can lead to many symptoms including tiredness, poor concentration, low mood and emotional instability. Adequate sleep is needed for the correct functioning of the immune system, heart, blood pressure, and blood sugar levels. Lack of sleep can decrease your ability to cope with stress and the demands of life.

To improve the quality and length of sleep avoiding stimulants, screen time and heavy meals before bed. Consider meditation, chamomile tea, deep breathing, epsom salt and lavender bath to promote better sleep. Going to bed at the same time, in a warm comfortable bed can promote sleep hygiene.



FRUIT & VEGETABLES

Eat seasonal vegetables and fruits. Aim for half of your meal to be vegetables or salad, which is roughly 5 different vegetables and 2 fruits daily.

A variety in colour and type will help ensure a broader range of nutrients. Maybe even have your own vege patch/pots for fresh produce. Herbs, lettuce and spinach are particularly easy to grow even in small areas.

Looking for further support? Lets chat as to how I can assist

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