

YOUR GUIDE TO

*wellness*

& HEALTHY LIVING



A GUIDE TO LIVING WELL NATURALLY



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# WELCOME TO WELLNESS & HEALTHY LIVING

## INTRODUCTION

Congratulations on deciding to enhance your health and vitality by taking part in this wellness programme. This booklet aims to provide you with simple guidelines to optimise the health of your body and mind to its fullest potential.

In today's world, many people are confused about what is best for them or where they need to start to improve their health.

*"Keeping the cells of your body as youthful as possible is one of the best gifts you can give yourself"*

Many people are unsure how diet or exercise will best boost their health or which supplements to choose for optimal health and ageing. This booklet will assist you in starting the process of healthy ageing with tips on exercise, lifestyle, diet, nutritional supplementations and relaxation.

We recommend that you follow the lifestyle plan suggestions in this booklet to promote healthy ageing and optimal wellness. Make sure you maintain regular contact with your healthcare professional and to ensure success, if you're recommended to follow an additional nutritional supplementation plan, stick with it! Your body will love you for it!

*"If I'd known I was going to live this long, I'd have taken better care of myself!"*

- Eubie Blake (on his 100th birthday)



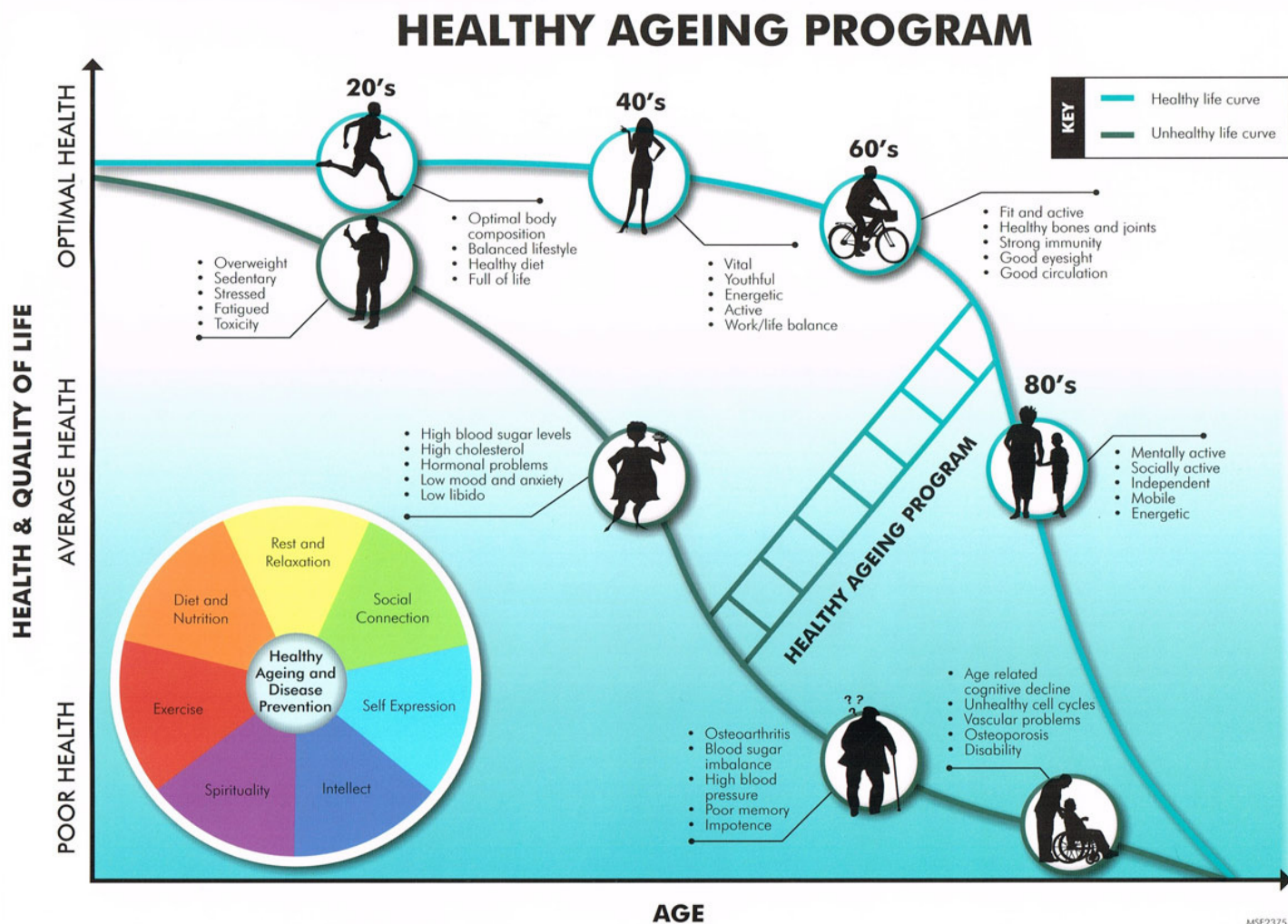
# HOW WELLNESS & HEALTHY LIVING WORKS

Wellness and healthy ageing is a balancing act. It's about bringing together all the elements of your life into harmony. Sometimes we need to add a little more of 'this' or remove a little more of 'that' to bring us into balance.

Ageing well and living well incorporates many factors. To optimise health and longevity you must consider:

- exercise
- diet
- relaxation
- social activities
- personal connections
- mental stimulation

This image below looks at what we consider to be an ideal wellness and healthy ageing programme to give you an overview of of what we recommend.





## WHY WELLNESS IS FOR YOU

*“Sufficient sleep, exercise, healthy food, friendship, and peace of mind are necessities, not luxuries.” - Mark Halperin*

This wellness and healthy ageing programme offers many benefits to the health and function of your body including:

- Healthy cellular function
- Improved energy and vitality
- Healthy skin
- Good digestion
- Healthy weight maintenance
- Healthy cardiovascular function
- Healthy mood and brain health
- Improved wellbeing
- Healthy immunity
- Better sleep
- Improved overall quality of life

# FACTORS THAT INFLUENCE WELLNESS

Although some of the variations in people's health and the ageing process are genetic, much is due to people's physical and social environments – including their homes, neighbourhoods, and communities, as well as their personal characteristics – such as their sex, ethnicity, or socioeconomic status.

These factors start to influence the ageing process at an early stage. The environments that people live in as children – or even as developing fetuses – combined with their personal characteristics, have long-term effects on how they age.

Environments also have an important influence on the development and maintenance of healthy behaviours. Maintaining healthy behaviours throughout life, particularly eating a balanced diet, engaging in regular physical activity, and refraining from tobacco use all contribute to reducing the risk of non-communicable diseases and improving physical and mental capacity.

Behaviours also remain important in older age. Strength training to maintain muscle mass and good nutrition can both help to preserve cognitive function, delay care dependency, and reverse frailty.

Supportive environments enable people to do what is important to them, despite losses in capacity. The availability of safe and accessible public buildings and transport, and environments that are easy to walk around are examples of supportive environments.



# WELLNESS LIFESTYLE PYRAMID

Supportive supplementation such as multivitamin / mineral, omega - 3 fatty acid and probiotic daily



Include a handful of nuts and seeds and up to two tablespoons of healthy oils daily



Limit starchy carbohydrates to one to two small serves daily



Enjoy a minimum of two pieces or one cup of fresh fruit daily



Include protein-rich foods in each meal



Enjoy a minimum of three cups of fresh vegetables daily



Drink a minimum of eight glasses of pure water daily



Minimum of 30 minutes of moderate activity, and 30 minutes of fun and relaxation on most days





## FOODS FOR HEALTHY LIVING

Include protein rich food in each meal

- Protein helps to regulate your appetite and to keep you feeling full for longer
- Protein protects your muscle tissue and gives you additional energy for exercise
- Protein foods include fish, seafood, poultry, meat, eggs, dairy, soy and legumes
- Include one palm size portion of protein per meal, and increase to two palms for tofu and tempeh
- Choose lean protein sources and organic or free range where possible. remember 'fresh is best and avoid processed meats such as bacon, salami, smoked or cured meats, as these may have negative side effects
- Check with your health practitioner if dairy is suitable for you





## Cut down on starchy Carbohydrates

- Starchy carbohydrates have a high glycaemic index (GI) and offer less valuable nutrition to the body
- Bread, rice, pasta and cereals should be kept to two small servings per day, each providing approximately 30 g of carbohydrates. Keeping these foods at a moderate level will help keep your body light, youthful, healthy and energetic
- Check with your health practitioner if gluten containing grains are suitable for you. Grains which contain gluten include: wheat, rye, oats, barley, spelt, triticale, semolina, bran, wheatgerm, bulgur and malt



## Enjoy a minimum of three cups of fresh vegetables every day

- Fresh vegetables provide nutrients to help your body live youthfully
- It is important to have a minimum of three cup per day to reap the antioxidant, vitamin, and mineral rewards that fresh vegetables offer
- Choose low GI vegetables such as salad vegetables and greens. Limit the intake of energy dense, high carbohydrate vegetables such as potato, sweet potato / kumara and carrots to one cup per day
- Choose certified organic or spray free produce if possible



## Eat a minimum of two pieces or one cup of fruit every day

- Fruit offers us a rainbow of nutrients and is an important aspect to a healthy ageing lifestyle
- One cup of fruit per day adds to the nutrient boost from your vegetables
- If you have blood sugar or weight loss concerns, it is best to limit fruit to two serves per day



## Include nuts, seeds and healthy oils

- Your body needs essential fats everyday for healthy joints, heart, brain and hormonal function
- The best sources to choose from are cold pressed oils such as extra virgin olive and avocado oil, as well as common nuts and seeds, avocado, almonds, brazil nuts, walnuts, sunflower seeds, pumpkin seeds, and sesame seeds
- Use about two tablespoons of oil per day in your cooking and salad, along with a small handful or 1/3 c of nuts and seeds



## Pure drinking water is essential

- Drinking eight glasses or approximately two litres of water will provide you body with optimal hydration throughout the day
- Caffeinated drinks should be kept to a minimum as these have a marked effect on the health of your body's cells - one per day at the most
- Add fresh lemon, lime or mint in your water for extra flavour



## Avoid excess alcohol, sugar and salt

- Alcohol should not be consumed every day
- Limit your intake to one to two standard drinks. Red wine, white spirits, sugar free mixers and low carbohydrate beer are the best choices
- Adding refined sugar and salt to food is rarely necessary. There are many ways to add flavour to your dishes, such as adding herbs, spices or tamari
- Foods with added sugar and sodium, such as packaged or processed foods, offer little nutritional value and may do more harm than good





## *It's ok to relax*

Remember: you are what you CONSTANTLY eat. That means once in a while, you will go to a dinner party or you will crave your favourite food and it might not be the healthiest choice. We eat around 21 meals in one week. Allow yourself one or two meals each week to choose whatever foods you would like.

You may want to combine these meals with social occasions, which are also important for healthy ageing!

Healthier take-away options include Thai or Japanese food, falafel kebabs, grilled fish and salad and vegetarian pizza.

# HEALTHY LIVING PLAN:

Record the positive steps you are taking each day towards healthy again. Tick the box when you have incorporated the dietary or lifestyle factor into your day.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Nuts and seeds: 1 handful							
Healthy oils: 2 tablespoons							
Starchy carbohydrates: 1-2 small serves							
Fresh fruit: 2 pieces / 1 cup							
Protein in each meal and snack							
Fresh vegetables: minimum 3 cups							
Pure water: 8 glasses							
Supplements							
30 minutes exercise							
30 minutes of fun and relaxation							



## EXERCISE, FUN AND RELAXATION

### Exercise regularly

- Aim for a minimum of 30 minutes of light to moderate exercise most days of the week
- Gentle to brisk walking is recommended. It can be done anywhere and requires no initial cost. Comfortable walking shoes are recommended to support your feet, knees and back
- If you haven't exercised for a while, take it slowly. It will become easier in time
- Developing a regular routine will help you stay on track
- Exercise shouldn't be a chore, make it fun! Find an activity you enjoy and stick with it
- Incorporate some resistance training, such as weight training, into your exercise programme as this can give you benefits beyond walking or aerobic exercise alone
- Please ask your health practitioner for advice to help you set some exercise goals to suit you and help you monitor your progress.

### Keep your mind active



An active mind is one of the keys to healthy ageing. Remember that old expression 'Use it before you lose it'? Stimulating your mind with new information can be extremely powerful for brain health. Keeping your mind active helps you to produce new brain cells over time and it keeps your brain young! You may like to consider a short course, a weekend workshop, do - it - yourself project, reading a non fiction book or a new hobby



## RELAX AND HAVE FUN

Stress strongly affects every system in your body. Long term or poorly managed stress can have serious health consequences. We need to manage stress and our response to stressful situations to ensure balance and health.

- Going on a picnic
- Getting a massage
- Trying out a new hobby - carpentry, knitting, pottery
- Reading a book
- Going to a yoga class
- Soaking in a bath with candles
- Going to see a comedy show
- Watching a movie with a friend
- Deep breathing and meditation
- Playing with pets
- Cooking a favourite recipe
- Playing sport or throwing a frisbee in a park
- Relaxing on a beach
- Listening to music
- Spending time in nature
- Keeping your mind active

Take 30 minutes of each day to take pleasure in some relaxing and fun activities, and you will be rewarded with an increased capacity to deal with stress and add enjoyment to your life.

Don't get stressed about trying to de-stress and achieve wellness. It should be easy to achieve - remember when implementing each of these steps, start a little at a time and seek the advice and guidance of your healthcare practitioner.

# TOO MUCH STRESS

If you are under **acute** stress, your adrenal glands will produce adrenaline and cortisol. This means your heart rate will speed up, your blood pressure will rise, your pupils will dilate, your liver will release glucose and there will be increased blood flow to the muscles to help you cope with the perceived “threat” ... This is so that, if you have to flee really fast you can – the Flight or Fight Syndrome!

If you are living with **chronic** stress – worried about finances, your job, your health, the life issues we face every day – your body will cope for a time, then you may start to notice signs and symptoms like sleeplessness, fatigue, high blood pressure, lowered immunity, stomach and perhaps digestive issues like IBS, ulcers, gastritis, constipation, bloating and gas, or you might experience fertility issues, or develop heart problems. Bodies weren’t made to cope with continual stress – there has to be some down time!

If you notice that the stress in your life is becoming harder to deal with, make sure you book a time with one of our practitioners.

## WHERE ARE YOU ON THE STRESS LADDER?

### THE STRESS LADDER



4. **EXHAUSTION:** Loss of self confidence, poor sleep habits, unusual or erratic behaviour, physical symptoms such as hypertension, ulcers, depression, nervous tics

3. **RESISTANCE:** Denial of feelings, emotional isolation, narrowing of interests, exhaustion

2. **ALARM:** Restlessness, anxiety symptoms, poor sleep, fearful, tearful, overwhelmed

1. **Feet firmly on the ground.** Feeling great. Work life balance is good and you feel happy and getting a good nights sleep



## HEALTHY BALANCE



Healthy ageing is about achieving balance in all areas of your life. The Wellness Wheel is a great place to initiate balance.

With the guidance of your healthcare practitioner, choose a different area each day or week and focus on implementing it into your life. Start today with 'rest and relaxation' and perhaps spend 10 minutes of your lunch break out in the sun.

Work your way around the wheel until you feel you have implemented as many as you can and feel free to talk to your health practitioner for more ideas and support.

# DIY WELLNESS

If you find yourself battling a nasty cold you may want to run out and pick up whatever cold medicine, you can find. Before you reach for a “quick fix” over the counter medication, why not consider trying these natural home remedies for that sore throat, or runny nose. Here are a few holistic basics that you can do from your pantry:

**Keep Hydrated:** One of the most important things to do when you’re sick is to keep your fluid intake up. Most people find they aren’t as thirsty when they’re sick. If you have a fever, or are suffering from diarrhea or vomiting, you’ll be losing fluids too. Reduce caffeine as this will only dehydrate you further. And staying hydrated helps you to keep your energy up giving your body more energy to recover. Try a herbal tea sweetened with a little honey (like Peppermint). The honey can help soothe your throat while the warm herbal tea provides hydration and is caffeine free.

If you’re brave, here’s the **My Remedy “flu shot”** ... This is best taken at the onset of any sore throat or feeling of a cold coming on.

## Power up with Vitamin C

If you are starting to feel a cold coming on, hit it with a strong dose of vitamin C. While vitamin C may not stop the cold from coming on entirely, it can significantly reduce the severity and duration of it.

Adults: Take 1000 mg of vitamin C two to three times a day. Also up your intake of fresh fruits and vegetables, which contain natural sources of vitamin C. Do keep in mind too much vitamin C can cause diarrhea, so if that starts happening, lower your dose.



## "Flu Shot"

1 teaspoon crushed or grated ginger

1 teaspoon crushed or grated garlic

1/2 teaspoon Manuka Honey

A good squeeze of fresh lemon

Top up the shot glass with nearly boiling water  
and enjoy as often as you need it when feeling poorly





### Mustard footbaths

Add 1 tbsp of dried mustard powder to any footbath for a head cold, headache or chest cough. The blood will flow away from the congested area to the feet, relieving the symptoms.

### Onion remedy

Peel and chop onions (red onions are best) cover with some natural honey. Simmer for 10 minutes, then strain and use as cough medicine. Take 1 tsp hourly or as required.

Alternatively place one chopped onion in a bowl, Spoon honey over the top and leave to sit. After a few hours a liquid will form with the honey and onion juice, take 1 tsp hourly or as needed.

Don't forget ... to stop a tickly cough in the night ... roughly chop a raw onion and place by the head. The fumes from the onion lay down on the throat and soothe that cough.

### Turn on The Humidifier

When you're ill, breathing can be a real challenge. With a stuffed up nose, this makes it a real challenge to sleep - which is just what you need to start feeling well again.

This will add extra moisture to the air, which can help ease your sinus congestion while even calming a sore throat. You can add essential oils like Eucalyptus or Tea Tree to make breathing even easier. This can make it easier to fall asleep, getting the rest you need.

### Heat A Damp Towel to soothe a headache

Simply soak a towel in some water and then wring out until almost all the water is gone. Then place in the microwave for 60-90 seconds (depending on the power of your microwave) and once finished, place over your head. Try this to ease your tension, relax your mind, and help that headache go away. This can also work well for those who are heavily congested as well.

### Sinus Head Bath`

Put boiling water and a few drops of tea tree or eucalyptus oil (or spearmint) plus a large handful of rock or Himalayan salt into a bowl. Place towel over head and breathe in the fumes. This process helps to clear the nasal passages and to dry the mucous membranes. It is important to have plenty of fresh air in the room and to drink plenty of cool clean water after a head bath. Do this before going to bed (daily or every other day until sinuses feel clear).

# SUPPLEMENTS

## Fish Oil – Essential Fatty Acids

### EYE Q Omega Oil 180's



Essential fatty acids must be obtained to ensure correct hormone pathways, and support cardiovascular health, cognitive function and maintain long lasting energy. This formula is synergistically balanced to get the right amounts of Omega 3 EPA and DHA together with Omega GLA. Equazen eye q provides a naturally sourced, unique high EPA Omega-3 fish oil formulation. Omega oils are essential for the anti-inflammatory process, as well as membrane integrity.



### Hi-Strength Fish Oil Capsules



Hi-Strength Fish Oil Capsules is a highly purified and researched strength omega-3 supplement. Omega oils are essential for the anti-inflammatory process, as well as membrane integrity.



### High Strength Omega-3 KIDS



Hi-Strength Liquid Fish Oil for Kids is a once a day, molecularly distilled, researched strength, eco-friendly omega-3 supplement for children.

Essential fatty acids must be obtained to ensure correct hormone pathways, and support cardiovascular health, cognitive function and maintain long lasting energy.



# Multi Vitamin and minerals



## Mega Magnesium Energy & Stress:

Mega Magnesium Energy & Stress features enhanced absorption Meta Mag, an exclusive and easily absorbed form of magnesium. This scientifically designed magnesium, Rhodiola, B vitamins and nutrient combination provides a multi-action effect that may help with the effects of stress and fatigue.



## Super Multi Plus, Tablets 60's

High Strength, High Potency, Daily Multivitamin.

This "one a day" multi vitamin contains nutrients and herbs that may help to reduce the symptoms of fatigue and stress, enhance cardiovascular health and maintain a healthy, normal immune system. Milk Thistle, a well-known antioxidant and hepato protectant is included to provide protection for the liver.



## C Complete

This is a complete form of Vitamin C and bioflavonoids. Bioflavonoids were discovered when it was found that Vitamin C alone would not cure scurvy. Vitamin C and its co-factors are the body's most useful antioxidant. Bioflavonoids prevent excess bruising or "road maps" in the legs. Together they can boost hormone levels in the body. In nature, Vitamin C and bioflavonoids are always found together. This bioactive formulation is made from the fermentation of vegetable cellulose and is in the form of Ascorbyl Palminate. Vitamin C is essential for the body to build the matrix for hair, skin and nails. It is an essential nutrient for membrane integrity.

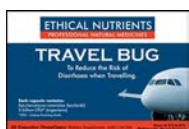


# Probiotics



## Ethical Nutrients Inner Health On The Go

This is a fridge free live probiotic protected by PROTECTAIR, a triple action moisture defense system which protects the live probiotic bacteria so they remain alive and at full strength for maximum effectiveness. Inner Health On the Go Supports a healthy balance of good gut bacteria, helps maintain general health and wellbeing and supports a healthy gastrointestinal system. Take daily to help maintain general gut health



## Ethical Nutrients Travel Bug

Travel Bug is a probiotic yeast to support healthy bowels when travelling and may be kept out of the fridge for up to 10 days. Love travelling but hate the havoc it plays on your gut? Then Travel Bug is the perfect travel companion for you!

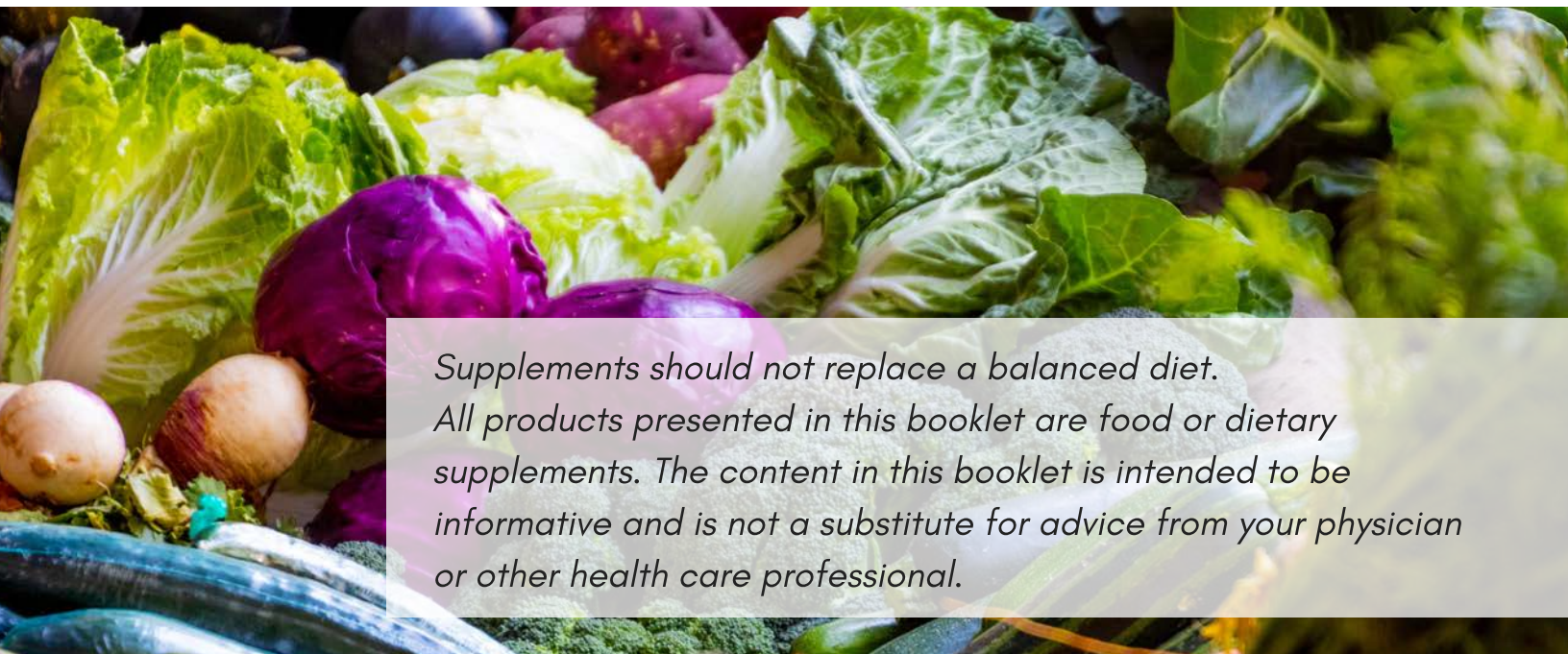


# Pain Support



## Ethical Nutrients Pain Relief

Ethical Nutrients Pain Relief contains traditional herbs for temporarily reducing pain and may relieve arthritic pain, joint and muscle pain, period pain, and may assist in the management of traumatic sports injury pain.



*Supplements should not replace a balanced diet. All products presented in this booklet are food or dietary supplements. The content in this booklet is intended to be informative and is not a substitute for advice from your physician or other health care professional.*

# SLEEP



If you find it hard to "switch off", here are some ideas

- Do a "brain dump" after dinner rather than wait for bedtime. Think about your day, talk about it or write it down.
- Keep a note pad by the bed in case woken with "ideas" so that you can quickly turn off your mind and get back to sleep.
- Try to feel tired before attempting to sleep. If you go to bed fully awake it's really difficult to sleep. A good idea is to darken the room 1/2 hour before wanting to sleep.
- Read a book. Turn off all screens at least an hour before bed (TV not so bad if 2-3 meters away).
- Only wear sunglasses in very bright light situations or you may release Melatonin which will make you sleepy at the time but mean that you have no stores for when you need it to help you sleep at night.
- Deep breathing exercises before bed (deep belly breathing in for 3 seconds out for 3 seconds- then build up to 5 seconds)
- Sleep in a dark room

# MINDFULNESS

Mindfulness is a non-religious form of meditation that involves observation of the present without judgement. In its most basic form, it simply involves sitting still, being quiet, and paying full attention to the breath going in and out of the body.

The beneficial effects of mindfulness meditation on health are now fully acknowledged by science and we believe it is a practice that everyone should be doing. Mindfulness has been shown to improve health parameters such as mood, anxiety, chronic pain, immunity and brain functions like memory and much more.

Building your practice up to 12 minutes a day is ideal. Starting out, we suggest attending a class or using one of the free Apps with guided meditations to make it a bit easier for you. Doing meditation in the evening should help to reduce stress and improve sleep.

Resources:

Smiling mind, a free meditation app: <https://www.smilingmind.com.au/>

Books to read: <http://franticworld.com/resources/recommended-books/>

## Simple breath watching meditation instructions

Set a timer with an alarm for how long you wish to meditate for. Start with one minute and build up to 10 minutes over time. Find a relaxed, comfortable position. You could be seated on a chair or on the floor on a cushion, or lying down if you need to.

Just breathe normally and notice your body. Close your eyes, let yourself relax and pay attention to your body and the sensations it experiences, like the feel of the connection with the floor or the chair. Try to relax any areas of tightness or tension.

Tune into your breath. Feel the natural flow of breath as it passes in and out of your nose. You don't need to do anything to your breath. Not long, not short, just natural. Be kind to your wandering mind. You might notice that your mind may start to wander. You may start thinking about other things. If this happens, it is not a problem. It's very natural. Just notice that your mind has wandered. You can say "thinking" or "wandering" in your head softly. And then gently redirect your attention right back to the breath.

Check in with your body to finish. At the sound of your alarm once again notice your body and any sensations that you can feel before opening your eyes and rising.

# Wellness basics ...

**Hydration:** Aim to drink at least 2 litres of water daily (best sipped throughout the day).

**Nutrition:** In general, we recommend a whole foods, plant based diet. This could also be considered a modified Mediterranean diet. This diet is characterized by:

- An abundance of fresh vegetables
- Olive oil is the main added fat (avocado oil is also good)
- Moderate intake of high quality protein (mostly seafood with some red meat)
- Plentiful nuts and seeds for healthy fats
- Whole grains and legumes rather than processed white starchy foods
- Very low in added sugars
- Moderate intake of fresh fruit for snacks
- Limited dairy intake
- Limited alcohol, sweetened or caffeinated beverages

**Examples of quality protein sources** - Fish, meat, eggs, beans, nuts and seeds

**Examples of quality fats** - extra virgin olive oil, avocado and avocado oil, fish and seafood, nuts and seeds. Butter and coconut oil are ok but should be used in moderation.

**Alternatives to white starch (breads, pasta, white rice)** - Root vegetables like kumara, beets and carrots. Brown rice. Beans and other legumes. Fresh fruit like apples, pears, and bananas.

**Healthy Snacks** - Nuts, seeds, fruit and raw vegetables

# YOUR PERSONAL RECOMMENDATIONS

## Lifestyle / Self Care


## Nutrition


## Herbal Home Remedy


## Supplements

Product	Directions

*This booklet is not intended to diagnose, treat, cure, or prevent any disease.*



### **FOR BOOKINGS AND FOR MORE INFORMATION**

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