



The 7 Best “Medicines”: Clean Air, Clean Water, Sunshine, Real Food, Movement, Sleep & Relaxation

We are spending more and more time indoors these days and we have come to learn that the indoor air we are breathing in is very unhealthy. Volatile Organic Compounds (VOCs) such as formaldehyde from building materials, the off gassing of furniture, paints, rugs, personal care and cleaning products, gasoline from an attached garage, pesticides used in and around the home, improper venting of appliances and exhaust/bathroom fans to the outside, even cooking and toxins from mold and bacteria can create these unhealthy compounds which we are breathing in. Making sure that we have adequate air filtration in our homes and workplaces is a very important part of staying or becoming healthy.

We are encouraged to drink more water as a way to improve our health but is that water free of impurities? There are many contaminants in our water today that we do not want to be putting in our bodies. These include chemicals, bleach, heavy metals like lead, pesticides, micro-plastics from plastic water bottles, glyphosate from round up, bacteria, viruses, protozoa, parasites and the toxins produced by these micro-organisms as well as many medications. Having adequate water filtration to make sure that we are not ingesting these toxins is also another piece of the puzzle of maintaining and/or achieving health. Ideally want to be drinking out of glass or stainless steel NOT plastic!

Sunshine gets a bad rap! We lived outside for millennia and were not plagued with skin cancer. Could it actually be all of the chemical sunscreens that we lather on our bodies that are contributing to the increase in skin cancers we are seeing? We also know that many people suffer with seasonal affective disorder when they do not get enough exposure to light so sunlight can definitely help with mood and mental health. There is also a study showing that sunlight can reduce blood pressure by increasing levels of nitric oxide which helps blood vessels to dilate improving circulation and heart health. Sunlight is also what allows for the production of vitamin D which has so many health benefits in the body. Bone health, immune health and blood sugar regulation are just a few of the perks of the sunshine vitamin D! So...if you can't get outside then make sure to take vitamin D.

REAL food that comes directly from nature is one of the best medicines. I think we can safely say that the Standard American Diet (SAD) is not providing us with the nutrients that we need to keep disease at bay. 87% of Americans are metabolically unhealthy! These processed manmade foods are laden with refined sugar, flour, salt and unhealthy fats. We definitely cannot outsmart mother nature by making foods in a plant or a lab and expecting them to provide what we need for optimal health. We want to be eating mostly plants with some healthy animal protein sources grass fed beef, lamb and bison, pasture raised poultry and pork and wild caught fish. Limit large fish which are more likely to have higher levels of mercury in them. Eat organic as much as possible to reduce exposure to pesticides/chemicals. Look for Paleo or Keto recipes online to replace favorite recipes. I also like Mark Hyman's new book The Pegan Diet = a combination of paleo and vegan - the best of both worlds - lots of plants with clean, healthy animal protein sources.

Movement is essential for all of us. We are not meant to be sedentary beings but for some who are struggling with more energy depleting illnesses their ability to do exercise may be limited. Therefore, the “no one size fits all” is important even when we talk about exercise. It is important to listen to our bodies. Getting exhausted or



ill after a certain amount of exercise tells us that we are overdoing it and need to cut back on the amount of time spent doing the exercise and/or the intensity of the exercise. It is also important to get a mix of cardio, strength training and stretching in our daily exercise routine. I tell my patients to schedule exercise into their day every day. Put it in your calendar! It might be 5 minutes or 50 minutes but every little bit counts. Exercise can help control weight and blood sugar, reduce risk of heart disease and Alzheimers, improve mental health and mood and help us to manage stress in a better way.

Deep restorative sleep for 7-10 hours per night is essential. This means sleeping through the night and waking up in the morning feeling refreshed and rested. Getting natural light into our eyes as soon as possible after waking is a great way to reset our circadian rhythm to get more sleep. Natural light directly affects the pineal gland to produce more melatonin which affects sleep quality. It also increases the production of serotonin which can reduce stress and improve mood. Keeping your room completely dark and cool - 68 degrees - while you sleep is another way to help you get a good night sleep.

Stress is here to stay so we need to learn how to manage it. Each of us has different ways that we relax. For some it might be exercise, reading a good book, taking a walk in nature, doing deep breathing exercises, yoga, meditation, knitting, fishing or even washing the dishes. The list is endless which is great news. All it requires is that whatever we choose to do we do it mindfully, with full attention and focus on what we are doing. When we do this we get out of the mental chatter in our heads and into our bodies lowering the stress response and increasing the relaxation response in the body. Personally, I start my day with a gratitude meditation in which I go through a list of all the things that I am grateful for in my life. It is a great way to start the day and it reminds me of what is most important in my life. Laughter is a great way to lower stress so find ways to bring more of this into your life.

Healthy Resources:

For air and water filtration systems to meet your specific needs please contact Wright Way Environmental Technologies at 586-677-1650 for a free consultation.

<https://pureairpurewater.com/>

The sunshine vitamin - take D3 with K2 - doses for optimal levels are in the 2000-10,000 IU range per day depending on the person.

For the best chicken and lamb - Circle C Farm - <https://www.circlecfarmfl.com/>

For the best beef and lamb - Aldersprings Ranch - <https://www.alderspring.com/>

For the best bison - Wild Idea Buffalo - <https://wildideabuffalo.com/>

For the best wild caught fish - Vital Choice - <https://vitalchoice.com/>

Thrive Market is a good place to shop online for Paleo and Keto items if you must eat processed foods. <https://thrivemarket.com/>

Helpful food lists:

<https://mastcell360.com/low-histamine-foods-list/>

<https://gundrymd.com/dr-gundry-diet-food-list/>



Peloton - has a great monthly subscription for yoga, pilates, strength training etc. that you can do at home even if you don't have a bike. <https://www.onepeloton.com/bike>

True Dark glasses to keep out junk light from overhead and lighting and lamps, computers, TVs, and other electronic devices. <https://truedark.com/>

Sleep Cycle app - to monitor your sleep patterns

Sleep sounds app - to help you fall asleep

Calm - a magnesium powder that can help you get to sleep

For stress management:

DNRS = Dynamic Neural Retraining System - <https://retrainingthebrain.com/>

The Gupta Program - <https://www.guptaprogram.com/>

The Emotion Code is a book and they do have practitioners who can guide you through the process if you would like - <https://discoverhealing.com/>

Brain Tap - <https://braintap.com/healing-with-sound/>

Safe and Sound - <https://integratedlistening.com/>

HemiSync - <https://hemi-sync.com/>

Vagal Nerve Exercises <https://www.arcvic.org.au/34-resources/402-vagus-nerve-exercises>

My website:

www.naturalhealthandhealing.net

Wishing you the best in health!

Dr. C