

Below are a very summarised version of the main foundational principles of health. We can do anything if these foundations are understood, in place and returned to when we face struggles. The body is designed for health, and we need to learn what real health is and best align with it so we can experience freedom.

1. **Nervous System:** Everything is founded on the neural pathways from our brain down and then back up. The feedback loop is the key because in effect everything works like a pump - contract/release; up/down; work/rest. How we we function is how well our nervous system is able to facilitate this. Anything stuck, sore, inflamed etc in effect is a contraction that hasn't been able to release, something that's gone down and is stuck to go back up, or is working so hard with no rest. The things that improve the flow of the nervous system are: Embrace honesty and your purpose. Focus on connection through the 5 senses, like touch, smell. Consider faith as a 6th sense, believing in the unseen (God and your hope yet to come). Consider exercises for the vagus nerve and somatic movement. Change how you think and speak. As a man thinks so is he. If you think and tell yourself you're sick or fat, you will be. Your cells can't do the opposite to what you direct it!! If you are angry you will be angry. The other side of the Nervous system is connection. The moment we reach out to others, think of others, and care for others, it fires up our nervous system to bring CONNECTION to our whole being. Consider the way you got stuck - and do the opposite. Consider that the nerve could be emotional (your overriding emotion could be the root cause), mental and environmentally being pulled - or all.
2. **Breathing:** Practise nasal breathing, in through the nose and out either mouth/nose. Oxygen is vital for your cells and brain. Experiment with different breathing patterns and use essential oils to breathe in for sensory improvement.
3. **Hydration:** Drink constructed quality water for cellular health. You're electrical, mainly made of water and water aids function. Enhance your water with essential oils, lemon and Celtic Sea Salt. NB a lot of symptoms like joint pain, headache, heart palpitations are actually deep dehydration.
4. **Proper Diet:** Prioritise whole nutrient-dense foods. Minimise processed foods and environmental chemicals. Pay attention to your food choices and ENJOY food. Start to ADD herbs spices and good foods before focusing on taking away. Read the food labels. The FIRST issue is chemical sensitivity above what the latest trendy eating pattern is. Consider the system that breaks down the food. Food is the messenger to the system not working.
5. **Rest/Digest:** Follow your circadian rhythm. Sleep, absorption/digestion/assimilation are your first focus and essential. Avoid devices late at night. Eat less and lighter at night, chew your food well, and listen to your body's signals for fullness and tiredness. Look at stomach acids
6. **Light:** Get daily sunlight for Vitamin D, the primary hormone which is crucial for your immune defense and hormone production. Sunlight naturally eliminates harmful organisms. Avoid synthetic sunscreen.
7. **Movement:** Engage in lymphatic rebounding, tapping, rebounding, and diaphragmatic breathing. Sensory neurological movement as the foundation. Choose enjoyable

exercises and remember that good movement starts with good posture. Too much exercise can be stressful, so find balance.

By applying these principles daily and treating them as a checklist to return to, you can continue in lifelong health. As an example, if you get a headache and before you pop a pill, ask yourself “have I had water today? Was I sitting a bit funny? Did I breathe in something toxic?”

These principles are foundational, (and challenging to summarise briefly!!!). They align with your body's natural rhythms and needs, promoting balance each day. The key is to cultivate enthusiasm for tuning in daily to our health and treating from the root cause. Our bodies are designed to heal, and we have the capacity to support this process - but it requires our commitment, prioritisation and having peace about it.

For further learnings, I suggest the following video where I explain the foundations a bit further. Put the playback speed higher so it's not so long.

[Connecting Healthy Foundations](#)

You can also register for this free 10 day Health By Design course where I unpack the design of health, giving us the knowledge to make confident choices around:

- 🌱 Day 1 - Looking in the mirror
- 🌱 Day 2 - Water/hydration/beverages
- 🌱 Day 3 - Carbs
- 🌱 Day 4 - Proteins
- 🌱 Day 5 - Herbs/spices/oils
- 🌱 Day 6 - Sugars
- 🌱 Day 7 - Environment/toxins
- 🌱 Day 8 - Stress/emotions
- 🌱 Day 9 - Exercise
- 🌱 Day 10 - Your personal action plan

Go to my website [Restoring Health](#) to register.

Please reach out if I can help in any way or if you have further questions!

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