

Healthy Habits for Everyday Happiness and Positive Mental Health

HEALTHY HABIT #1 - OUR SPIRITUAL, MENTAL, EMOTIONAL HEALTH

People tend to be weighed down by negative emotions; emotions like fear, anger, resentment, guilt, shame, and grief, that will distort the integrity and the quality of our mental health. If we become caught up in judging, criticizing, condemning, ridiculing, ourselves and/or others, it will distort us. Most people don't know the kind of damage that can be done! Instead, we can empower ourselves with selective and powerful thinking and understand the difference between thoughts that empower us and the thoughts that are disempowering. This goes for all negative emotions, whether past or present. We can focus on clearing our emotional radar and deal with past issues, and ultimately alter our way of thinking to become more happy individuals.



SPIRITUAL: Maintain an attitude of gratitude. Stay present to the beauty and love of living.



MENTAL: Recognize we are electrical, infinite beings with spirit. Every experience is a lesson and an opportunity for us to grow and learn.



EMOTIONAL: Learn to love life; be joyful, radiant, accepting and non-judgmental of ourselves or others, and create peace and harmony everywhere. Embrace prayer, meditation, and communication!

HEALTHY HABIT #2 – OUR ENVIRONMENT

It is important to remember to ground ourselves - to get our feet on the earth itself! It is helpful to be incorporating the environment into our daily lives and taking advantage of the healing properties nature has to offer. Explore these elements below and how they can positively improve your health

EARTH: Walk in nature and eat plants from organic, mineral and enzyme rich soil to balance the electro-magnetic matrix of the human body. Standing directly on the earth without shoes or socks, and being present to the surrounding elements, helps recharge the body.

PRACTICE: Try taking off your shoes and socks walk in grass, visualize yourself grounding and connecting with the life below your feet. Spending 30 to 60 minutes outdoors everyday day will help you absorb the sun has to offer, providing vitamin D and detoxifying the body!

THE SUN: Spending 30 to 60 minutes outdoors every day will help you absorb the powerful energy the sun has to offer, increasing energy, providing vitamin D and detoxifying the body!

PRACTICE: Try walking instead of driving short distances, exercise outside, carefully expose great portions of your skin to the sun.

AIR: Take advantage of fresh, long, slow deep rhythmic breathing which oxygenates every cell of your body for detoxification, energy, clarity, peace, harmony, inspiration, balance, and strength!

PRACTICE: Try inhaling for 8 seconds, holding it for 8 seconds, then exhaling for 8 seconds, repeat consecutively as many times as possible, work your way up to 20 minutes!

WATER: Visit and wade in the ocean; drink pure, alkaline, antioxidant, structured water created by Mother Earth. Where resources make this impossible, try to get ionized, filtered water.

PRACTICE: Try drinking 0.5 fl oz of water for every lb you weigh each day while avoiding, coffee, soda, concentrated fruit juices.

TAKE CHARGE: Take charge of your life and eliminate your overexposure to chemicals. Clean, organic, plant-based products produced by a quality manufacture, without any additives, should be used to replace any chemically based cleansers, soaps, coloring, and fragrances. Whether it's a household cleanser, toothpaste, shampoo, or soaps.

HEALTHY HABIT #3 - EXERCISE

There are two forms of exercise, cellular and non-cellular. Non cellular exercises are the physical exercises we do, such as weightlifting, bicycling, calisthenics, running; exercises that build muscle definition and stamina. Cellular exercises, however, are extremely important to our health and wellbeing and are often overlooked. These are exercises that oscillate the cells. Exercises such as deep rhythmic breathing work to stimulate the lymphatic system. A properly flowing lymphatic system plays a vital role in assisting detoxification.

The lymphatic fluid can pull toxins from the blood stream and then process those toxins out of the body via the bowels, kidneys, bladder, and your lungs. We can speed up the detoxification process by doing things to accelerate the process such as Detox Baths, Hot-Cold Therapy, Infrared Saunas, and Breath Work.

Take for example, the following: By eating well, we assist our body's ability to assimilate and eliminate through the bowels. By staying hydrated we assist the kidneys and the bladder flush and regulate our system. By deep breathing, we help oscillate the cells.

Breath is life. The more we breathe consciously the more we get oxygen into the depths of our cells.

Beyond the oxygen, and even more important, is the electrical life force within the air we breathe, which is a key element to longevity, energy, power, and creative ability!

HERE ARE SOME EXAMPLES OF OSCILLATING EXERCISES TO GET YOU STARTED!

- Bicycle riding
- Stretching
- Deep Rhythmic Breathing
- Rebounding
- Jumping on a trampoline
- Brisk uphill walks
- Swimming (non-stop)
- Vigorous Dance
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*You can do any of these, or a combination for 15-20 minutes a day to properly stimulate your lymphatic system!

CELLULAR EXERCISE IS VITAL.

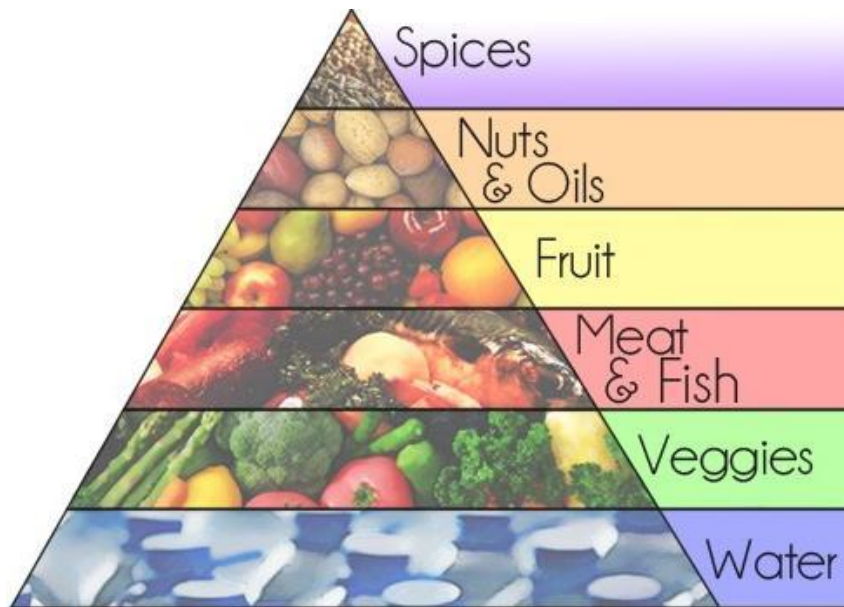
Oscillating every cell in the body is what transforms life. So, begin your journey today by incorporating simple breathing techniques and simple stretches into your daily routine!

HEALTHY HABIT # 4 – NUTRITION: THE BALANCE OF DIGESTION, ASSIMILATION & ELIMINATION FOR MENTAL HEALTH

There is no single diet that is right for every single person on the planet. There are hundreds of scientific studies and books written on how very different our bodies are. Some people thrive on eating lots of fat while others don't. Some people can eat a lot of food and maintain a healthy weight while others seem to eat very little and pack on the pounds. Are you eating the right kinds of foods for YOU?

To start breaking up with dietary stress, replace processed, inflammatory “foods” like sugar, flour, processed grain products, preservatives, food coloring, artificial sweeteners, and alcohol with real, whole foods like in this picture.

The human body was designed to consume foods that exist in nature rather than foods created in a lab. We do best with consuming naturally occurring versions of some protein, some carbohydrate, and some fat.



Positive Nutrition for mental health focuses on supplying every cell of our bodies with the essential building blocks for life! Enzymes, Amino Acids, Fatty Acids, Glucose, simple/complex UNREFINED, UNProcessed Sugars, Vitamins, Minerals, Trace minerals and Phyto-Nutrients are all required daily to create a radiant, healthy, and joyful life mentally, emotionally, and physically!

Resources: Choosinghealthnow.com and Purium.com