

Achieving Health With Natural Medicine

Part 1

"I just don't have enough time" how many times have we said this?

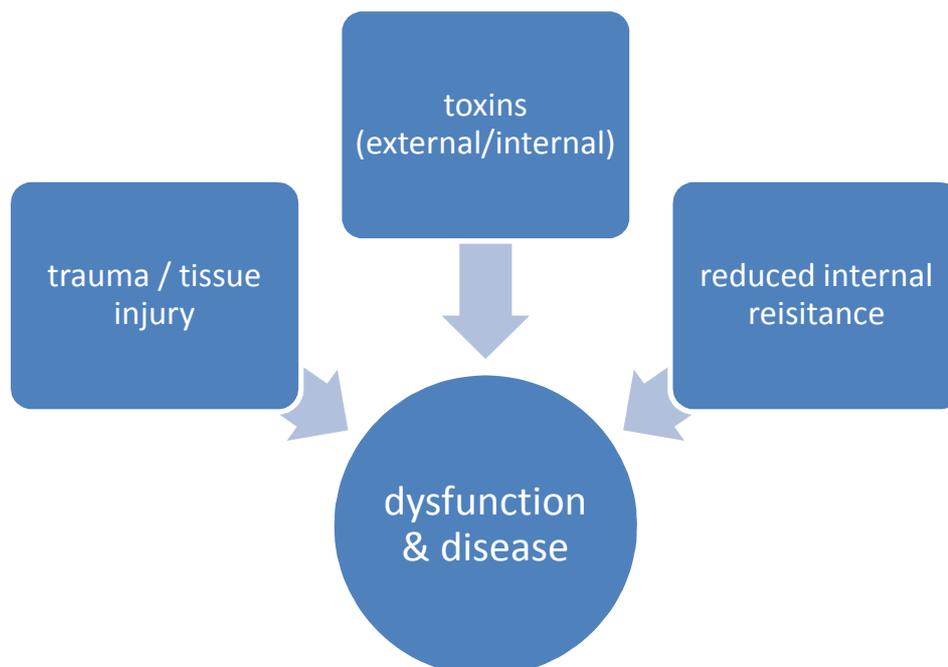
Our busy lives and schedules leave us feeling tired and stressed. Stress has a huge impact on the body affecting the digestive system, immune system and adrenals. It is one of the main reasons for systemic inflammation and disease.

It is true to say that most disease today is caused by chronic inflammation and congestion of the system. Our bodies are just too overloaded to be able to repair fast enough.

So what can we do to help manage the system and keep it at a threshold wherein the body can easily repair.

1. **Good hydration (filtered water)**
2. **Balanced nutrition : high in plant substance & basic supplementation**
3. **Regular daily movement / mobility exercises**
4. **Deep breathing**
5. **Positive mind set and mindfulness exercises**
6. **Good sleep 7-8hrs**

We want to find balance, our yin and yang. Our aim is to support the body in what it does best.....heal itself.



Our basic recommended products for wellness/ vitality are:

1. Fish oil
2. Pre and probiotics
3. Multi vitamin /mineral

There are mixed reviews out there regarding supplementation, should we, or is it simply money down the toilet?

It is safe to say however that even those of us who adhere strongly to a healthy diet may still not be getting the required nutrients we need due simply to the quality of the food available these days. Modern farming practices, soils leached of minerals, modern pesticides/herbicides all mean that the quality of food we ingest may not be enough to sustain optimal health. A multi vitamin/mineral can help to balance out these deficiencies.

Our diets now are plagued with a high level of sugars and vegetable oils (found with most processed foods) and this will tip the balance on our omega 3:6 ratio, in favour of systemic inflammation. To improve the balance and increase omega 3 intake we would need to eat a lot of fish and leafy greens. The general population just doesn't consume enough, despite good intention. A high grade fish oil supplement therefore makes great sense to get the correct amount of omega 3 oils into the diet.

Digestive health is the foundation of wellness. It is a complex system that not only removes nutrients for our body to use but also houses our immune system and a community of bacteria (weighing up to 2kg!). The balance of good and bad flora in our gut however can be disrupted, especially with modern day diet, alcohol, antibiotics, the pill and stress. This can lead to symptoms such as bloating, constipation, diarrhoea and cramps. Poor absorption of nutrients secondary to an inflamed bowel system will then lead to poor health, healing and energy. We can help restore the balance of healthy flora with pre and pro biotics. It has been shown that different strains of gut flora have different roles so it is essential to have the right combination and strength in our supplements.

As a practicing physiotherapist, my patients are often suffering from pain from inflammation. NSAID may be the first thing we grab for (ibuprofen and family) but these can be harsh on the stomach. Natural alternatives are available that have the same effect and potency but made with no chemicals. There are even different natural options for both acute and more chronic long term pain.

Don't forget a healthy system and healthy tissue will heal quicker! A sound base of wellness products will help us to heal more rapidly the next time we have a muscle strain or back pain allowing us to get back to what we enjoy in a shorter time.

See part 2 for more information on these basic supplements for health and wellness and how to find the best product for you.