



# 5 PILLARS OF EXTRAORDINARY HEALTH!

## 'TUESDAY TALKS' w/ Dr. Doug

### 1) NUTRITION

- a) Eat 'REAL' whole foods. They are your bodies basic building blocks.
  - Fruits, Veggies. Lean Meats, Legumes, Assorted Nuts & Seeds, etc.
- b) Organic when possible
  - Local Farmer's market or grow your own!
- c) Eliminate Pesticides, Preservatives, Dyes, Hormones, etc.
- d) NO Artificial Sweeteners!
- e) Stay away from Fast Foods, Fried Foods, etc.
  - They are loaded with TRANS FATS!
- f) Change slowly!!!
  - Eliminate 1 bad food at a time
  - Introduce 1 good food at a time.
  - Allow yourself a cheat day to eat what you want.
- g) Check out 'Recipe for Disaster' on our website under the 'Tuesday Talks' tab for some great meal ideas.

### 2) EXERCISE

- a) BENEFITS - Increase Energy Levels, Lowers Stress, Improve & Stabilize Mood, Helps Treat & Prevent Depression, Aids in Weight Loss &/or Weight Control, Improves Self Esteem & Self Image, Improves Alertness and Ability to Learn, Improves Quality of Sleep & Quality of Life, Strengthens the Immune System.
- b) 3 Types of Exercise:
  - *Flexibility* - Stretching (Hold 30 + seconds each), yoga & pilates
  - *Aerobic* - Cycling, swimming, brisk walking, jogging, running, skipping rope, hiking, tennis, trampoline, dancing, aerobic classes, zumba, etc.
  - *Anaerobic* - Weight training (free weights, machines, therabands), exercise ball, body weight, plyometrics, etc.
- c) Try and do a combination of all 3 types of exercises.
- d) Dr. Doug's only rule = MAKE IT FUN! Or you won't follow through with it.

### 3) SLEEP

- a) BENEFITS - Improve Memory, Live Longer, Reduce Inflammation, Spur Creativity, Sharpen Attention, Maintain Weight, Lower Stress, Avoid Depression, Strengthen Immune System
- b) Establish a bedtime routine (wash, read, vaporizer, pray, bathroom, sleep)



- c) Keep bedtime the same (earlier the better)
  - Avoid food & drink 2 hours before bed time (Eat a high protein dinner)
- d) Journaling
- e) Sleep in complete darkness - Light disrupts your circadian rhythm & pineal gland's production of melatonin & serotonin.
  - Room darkening shades & no nightlight
  - Close bathroom door (window in am)
  - Turn alarm clock away from you (to barely see it)
  - Keep electrical devices out of bedroom (TV, Computer, Cell Phones, etc)
  - Some people are very sensitive to electrical fields.
- f) Read something Spiritual or Religious (Not a suspense novel!)
- g) Wear warm socks to bed
- h) Melatonin or Valerian Root Supplement

#### **4) POSITIVE MENTAL ATTITUDE**

- a) Watch '21 Days to a Happier You' on our website under 'Tuesday Talks.'
  - Shawn Achor will 'train your brain to become more positive'
- b) "If you look for the bad in people expecting to find it, you surely will."
  - Abraham Lincoln
- c) Frozen Water Study – Dr. Masaru Emoto
  - Froze water, took pictures w/ electron microscope & exposed them to:
    - Music
    - Words (spoken & written)
    - Thoughts & prayers
  - Findings were AMAZING! Check them out on youtube or our website.

#### **5) PROPERLY FUNCTIONING NERVOUS SYSTEM**

- a) The Nervous System is the 1<sup>st</sup> system to develop in the embryo
  - 'The power that made the body, heals the body.'
- b) The Nervous System is the master controller of your body
- c) 3 Types of Nerves:
  - Sensory – 10% of all nerves. Transmit sensations
  - Motor – 45% of all nerves. Controls how we move our muscles
  - Autonomic – 45% of all nerves. Controls blood vessels, organs & glands.
- d) Nerve Scans allow us to see how Motor & Autonomic nerves are functioning.
- e) Posture & X-Rays allow us to see the alignment of the spine.
- f) Things you can check for at home regarding posture:
  - High shoulder, head tilt, forward head carriage
  - Belt always off to the side, shirt slides down one side
  - Can only carry purse on one shoulder
  - Uneven shoe wear (bottom of heel), pants need tailoring or 1 cuff is tearing
  - Uneven range of motion when bending left, right or rotating.

