

GENERAL GUIDELINES FOR HEALTH

1. **Drink plenty of filtered water throughout the day.** Dehydration is at the root of aging. The rule of thumb is that you need 1/2 your body weight in ounces of water per day, which means that if you weigh 150 lbs. you need to drink at least 75 ounces. If you are working in the sun and perspiring a lot, you will want to increase that amount. It is recommended that you measure out the proper amount for your body size in the morning and finish before early evening. It is also important to drink throughout the day-not all at once.
2. **Keep your blood sugar balanced.** In general, most Americans eat too many carbohydrates in proportion to their protein. Carbohydrates are fruits, vegetables and grains. Protein sources are meats, seafood, dairy and nuts. Fat sources are oils and fats. You should acquire approximately 40% of your grams from carbs, 30% from protein and 30% from fats (if you get tired between meals decrease your carbs. If you get tired and hungry between meals increase your protein). For more information on this, we have good books in the office. Also, fruit should always be eaten on an empty stomach and limit refined "white" carbs.
3. **Make better choices in fats and eat better sources of them.** In general, we don't eat enough of the good fats and we eat too many of the bad fats. Good fats such as olive oil and coconut oil can be used in cooking and homemade salad dressings. Butter is better for you than margarine. Hydrogenated and partially hydrogenated oils are poisons to your body and are found in most pre-packaged and fast foods. Ask for the pamphlet Get These Out of Your Family's Kitchen for a description of these and why this is important.
4. **Help your body get rid of toxins.** As your body begins to function better, the organs and cells will begin dumping toxins. Very often this dumping feels like the flu. Drinking plenty of filtered water will help this process. If you still get these flu-like symptoms, soaking in a hot bath with 1 cup each of Epsom Salts and baking soda will be very helpful. If pain is one of the symptoms, adding ginger to the bath is often helpful. Just grate two tablespoons of fresh ginger into 2 cups of water and simmer for 5 minutes and then strain the ginger out while you pour the ginger water into the bath water. We have other bath suggestions--just ask for the Baths for Purification sheet. When the bowels do not move appropriately, try eating raw carrots. Carrots bind the toxins and help draw them out. Enemas may be necessary. At Healthspring, we have other methods to help you detoxify: FIR Sauna, Raindrop Therapy, Massage, Photon Lymph Therapy, Ion Cleanse Foot Bath, and more.
5. **Get plenty of sunlight and fresh air.** Spending an hour or so outside without eyewear is very beneficial towards helping the body to regulate its hormone balance on its daily, monthly and yearly cycles. Limit sunscreen use, as most of these products are very toxic.
6. **Electromagnetic Balance.** There is an electromagnetic field surrounding all matter. This field is negatively influenced by electrical and magnetic fields such as those emitted by microwave ovens, microwave towers, radio waves, fluorescent lights, computers, etc. If we have not talked to you about a magnet, ask the doctor to test you to make sure you are protected. *Beware of using lots of magnetic field, i.e. magnetic mattresses and pillows.*
7. **Exercise and stretching.** Each individual needs movement, however, the amount or type varies widely. Tune in to your body to see what type of exercise helps you feel best. Stretching is good for everyone. If you don't know how, ask us for our handouts.
8. **Get educated about how your body works.** We have a lending library of books, tapes and videos on a variety of topics. Ask at the front desk for a list of materials that are available to you. Also, Dr. Jane periodically teaches classes about various health topics.