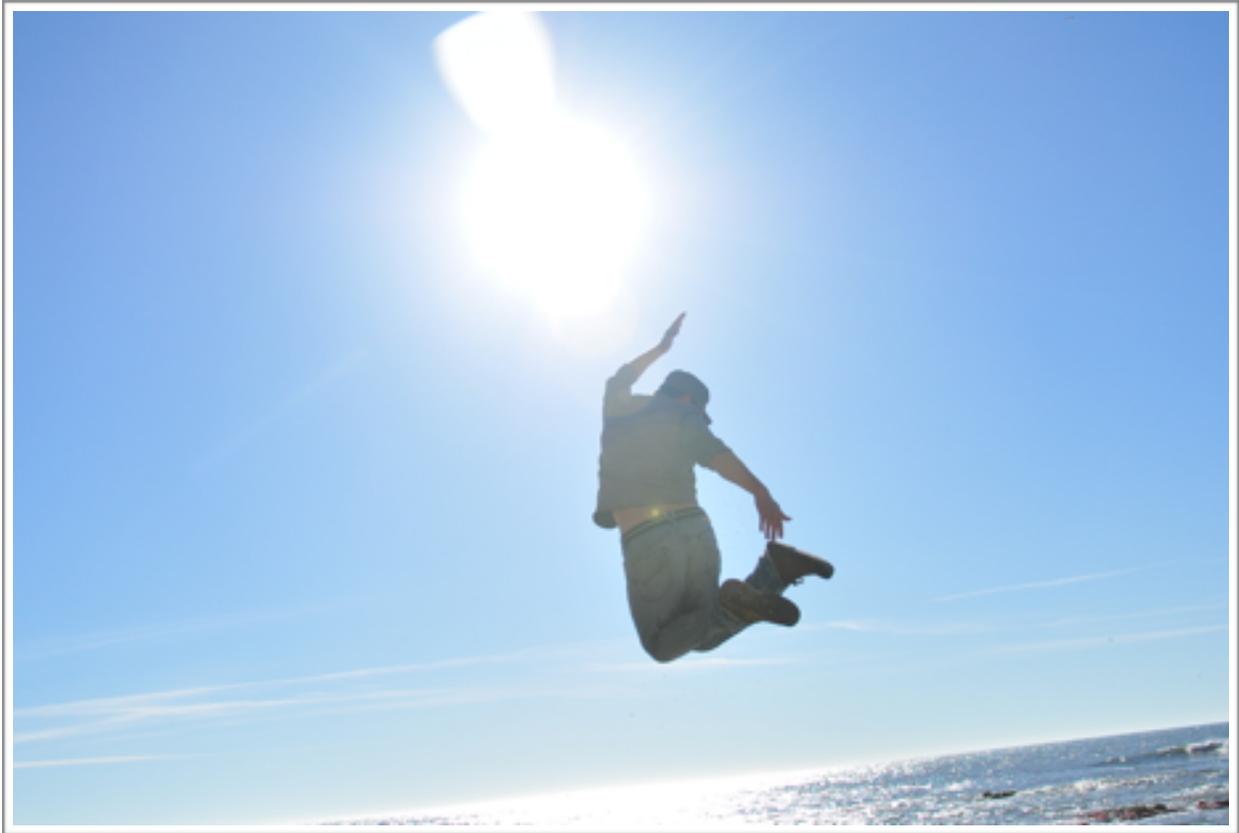


Seven Foundational Habits to Optimal Health



Feel Amazing Naturally!

By Tanya Escobedo Naturopathic Doctor
at Wild Women Wellness

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Introduction

Discover New Solutions! Discover Naturopathic Medicine.

Naturopathic Medicine & How it Will Help You

You are probably reading this because you're suffering from a health condition. Maybe you want to feel more energetic, sleep better, feel less irritable, have less hot flashes, mood swings or maybe you're tired of struggling with your weight. Maybe your frustrated with general diagnosis like "IBS" or "Chronic Fatigue" and you want answers. You're ready for solutions and you want to solve the underlying issue of your health condition instead of taking medication to mask the symptoms. The solution is here! In this eBook you will learn how to make some fundamental changes to your lifestyle so you can feel happier, healthier, and balanced!

Naturopathic medicine emphasizes uncovering the underlying cause of your 'disease', treating the imbalance, and supporting your body to move back to a place of health. Your body has an innate ability to heal itself, as a Naturopathic Doctor my job is to provide you with tools to support your body to do exactly that! These tools will help you to feel healthy, energetic, happier and more balanced everyday! They are meant to create long term health, increase your resilience to stress, and educate you on how to care for yourself. These tools take time and persistence to implement. It doesn't happen over night, but by taking steps each day you will find yourself in perfect health before you know it! First you need to commit to prioritize your health! Your body's not like a car, when it gets run down you can't trade it in for a new model! You only get one, so why not commit to taking care of it!!

Seven Foundational Health Habits

Mastering these resolves 50% of all health complaints, and builds a solid foundation for your health.

1. Connect to Your Breath

One thing about living in the Bay Area is we are all on GO all the time! And this is hard on your body, mind and soul!! Connecting to your breath is an easy, free way to bring some peace into your day.

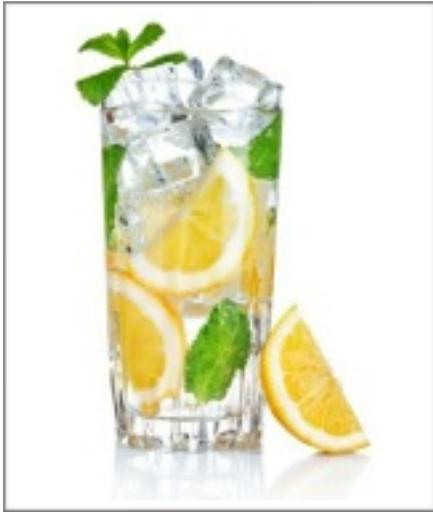
Deep breathing helps to switch your body out of stress mode and into a relaxed state. A deep belly breath massages the vagus nerve and signals your nervous system to kick out of ‘fight-or-flight’ and into ‘rest-and-digest’ mode. Deep breathing also infuses your body and mind with oxygen, energizing your cells and allowing you to think clearly and calmly.

Aim for 100 deep inhalations over the day. Consciously bring awareness to your breath and your mind will move into the present moment and out of the relentless thoughts in your head. Take this moment to become present, look at what is going on around you, what is this moment like? How do you feel? What do you have to be grateful for right now?

A good belly breath starts with a deep inhalation through the nose filling the belly then the lungs. Followed by a soft exhale through the mouth emptying the lungs then belly. This type of rhythmic breathing massages the vagus nerve to create maximum relaxation.

This conscious breathing is a powerful way to manage stress, melt tension, and break free of worry through out your day.

2. Drink Pure Water



You're composed of roughly 65% water, not coffee, juice, soda, or other sugary drinks! Water is the elixir of life! It keeps your skin looking young, your joints and muscles moving smoothly, and your brain thinking clearly. Proper hydration is essential to optimal health. Every single cell in your body needs water to work properly, you need water to flush out all the toxic junk that builds up in your body each day. How much water is sufficient to keep you hydrated? You need to consume half your body weight in ounces of water per day. For

example, if you weight 140 lbs you will need 70oz of pure water each day. Coffee, tea, juice, and other fluids are in addition to this 70oz of water. If you are a morning coffee drinker, I recommend you start your day with a tall glass of room temperature lemon water in addition to the coffee. Coffee is a diuretic, which means it takes water out of your body. Lemon water helps to hydrate and support healthy digestion. Non caffeinated herbal tea counts towards your daily water intake.

If you find it difficult to drink water, try these simple tips:

1. Add slices of lemon, mint, cucumber or oranges in your water for flavor.
2. Always start your day with a big glass of lemon water.
3. Try making batches of herbal teas, chilling and keeping them readily available in the fridge. Experiment with hibiscus with a touch of stevia or chamomile with a squeeze of lemon.
4. Buy or re-use a *glass* water bottle, have one in the car, at work, and in your day bag. When you have water with you all the time you'll be surprised how much you drink. **DO NOT LEAVE PLASTIC WATER BOTTLES IN THE CAR!** Plastic can leach xenoestrogens into your water, disrupting hormones and contributing to certain types of cancers.

3. Create Routine

Establishing regular routine works in harmony with your bodies natural rhythms. Consistent mealtimes helps to signal the body to switch into rest-and-digest mode while eating. Routine helps your bowels to regulate and have healthy bowel movements each day. This is extremely important for elimination of toxins, maintaining healthy skin, improving energy, and establishing healthy digestion.

Heading to bed and waking around the same time promotes healthy sleep and melatonin cycles. Your body likes having a rhythm similar to the rhythms in nature, day and night, and the waxing and waning of the moon. Your brain uses the light dark cycles to signal time to sleep and wake. Sleeping in a pitch black room (with the exception of moonlight) for eight hours per night is important for setting up routine. The natural light of the moon helps to signal a healthy 28 day menstrual cycle.

Head to bed around 10 pm, each hour of sleep between 10 pm and 12 am is equivalent to 2 hrs of sleep after 12 am. During this window is the most amount of regenerative and healing sleep occurs. A full eight hours of sleep each night is important because the eighth hour of sleep is when the longest REM sleep stages occur. REM sleep is the most restful type of sleep and is when you do the majority of your dreaming. Any less than eight hours per night and you are operating impaired.

4. Choose Your Foods Wisely!



Every cell, organ, muscle, and nerve, all need nutrients to perform their daily functions. Where do you think those nutrients come from?! **Your food!** It all starts with what you choose to eat and how your body absorbs nutrients. So choose wisely! I tell my patients, if you don't buy it you won't be tempted to eat it. Healthy eating starts with the grocery shop. Stay

away from the centre aisles where all the junk and pre-packaged foods are, instead stick to the perimeter where you find the whole foods. Choose organic, hormone free meats when you can. Wild fish instead of farmed, and free range eggs and chicken. In the vegetable section choose a rainbow of colors, each color provides a different nutrient, and the darker the fruit or vegetable the more nutrient dense. Leave the iceberg lettuce and reach for the kale and chard, leave the bananas and choose blueberries instead. Cruise through the bulk section and try some new grains such as quinoa, wild rice, and steel cut oats. Choose a raw unsalted nut mixture for snacks, instead of power bars or granola bars. They are too high in sugar!

Read labels! You will be surprised what's in your food. Avoid ingredients you can't pronounce, especially artificial sweeteners like Acesulfame potassium and Aspartame. Choose foods low in sugar, when you read the nutritional label keep in mind that 4 gms is equal to 1 tsp. For example in a 6oz container of mixed berry Yoplait yogurt there is 26g of sugar, that's 6.5 tsp of sugar! Lastly, don't be fooled by 'low fat', 'low cal' or 'natural' marketing schemes. Use the ingredients to determine how healthy a product is.

Avoid food fads, there is no cookie cutter diet for everyone. Individualized diets are important to support your specific health concerns and lifestyle habits. Eating the *right foods for you is your best medicine.*

5. Daily Movement & Balanced Exercise.

Include movement everyday in your routine. Park further from the door, get up from your desk and do some stretching, go for a short walk on your lunch break, grab a yoga class before or after work. Get your heart rate up for a minimum of 30 minutes three times a week. Brisk walking, cycling, jogging, dancing, weight training, yoga, or sex all count! Doing what you love, with the people you love makes it more sustainable!



Choosing the right type of exercise is as important as getting the exercise in. If you are the energetic, angry, high strung, driven, or fiery type you want to choose more high energy sports such as running, cycling, cross-fit, Bikrams yoga, or interval training. If you are looking to lose the beer belly, increase muscle mass, or cut fat you want to do more weight lifting, cross training, and interval training. If you feel tired and run down in the mornings, have difficulties sleeping at night, have puffy weight around the mid-section, and use stimulants to get you through the day then stick to tonifying exercise. Try Vinayasa or restorative yoga, walking, dancing, or swimming and avoid running, cycling and other intense exercises. Most importantly listen to your body! If exercises leaves you feeling exhausted then you're doing too much or doing the wrong type of exercise. If you feel energized and refreshed afterwards then you are on track!

6. Hydrotherapy



Water is powerful medicine! Find out for yourself by incorporating one or two of these in a few times per week. These three simple therapies will help you to boost energy, remove toxins, relieve pain, and drain congestion.

1. **Hot/Cold showers:** Start with 1 minute of hot water, you should feel good and warm. Then follow with 30 seconds of cold. Repeat this several times always ending on cold. At the very least do one round hot-cold-hot-cold. This causes your blood vessels to expand and contract, stimulating lymph and blood flow. This pumping action brings healing factors to painful joints and muscles, stimulates drainage of congested areas, and removes toxins from stagnant parts of the body.
2. **Steam inhalations:** If you're having chest or sinus congestion try a steam inhalation. Boil some purified water, add it to a large mug with 2-3 drops of essential oil. Cup the top of the mug and your nose and mouth with your hands then inhale slowly. Try essential oils of eucalyptus for chest colds, tea tree for fungal infections and lavender for relaxation.
3. **Epsom salt baths:** The most effective way to soothe sore muscles and aching joints at the end of a long day is with a hot epsom salt bath. Fill the tub with hot water, add three cups of Epsom's salts. Soak for 10-20 minutes, finish with a cold rinse and head to bed. Add a few drops of lavender essential oil for added relaxation. Be sure to get out slowly and carefully, don't plan on doing much after wards.

7. Harmonize your Mind and Body.

Humans are the only species capable of changing our biology, we can do this because we have the power to choose our attitudes and reactions in each moment. Your thoughts evoke emotions, then your body responds biochemically. This biochemical response effects your health on a physical level!



For example, imagine a friend invites you out on her boat, you are frightened of the water, and you fall in. You respond with fear which causes your body to increase your heart rate, your mouth dry, and your blood pumps to your limbs so you can save yourself. A similar reaction occurs to feeling of worry, depression, anxiety about the future or regret about the past. This reaction sends a message to our cells to respond to the threat in an instant, even if no real threat exists. Now imagine if you love the water and enjoy swimming. When you get out on the boat, instead you jump in, and take pleasure in a cool swim on a warm day. This positive experience would create feelings of well being and happiness. Similarly, when we choose to respond to life with optimism, openness to change, passion, and faith then we send our cells a completely different message. We send a signal of healing, peace and adaptability. In every moment we have the power to choose our attitude and reaction to every person and situation we encounter. Healthy peace of mind creates a healthy body.

How can we stop the worry and release the anxiety? Start by finding some peace each day. It's as simple as taking a deep breath, looking around, and feeling grateful for *this* moment. Start your day with a playful dance, a short yoga session or meditation. Studies have shown that within a few minutes of meditation blood pressure lowers, heart rate slows, and feelings of overall well being increase.

If you are wanting to try meditation for the first time I really enjoy Oprah & Deepak 21 Day mediation challenge. [Click here to learn more.](#)

Conclusion

*“The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent diseases with nutrition.” -
Thomas Edison*

Navigating through your health can be confusing and frustrating at times. There’s so much information on the web, it’s difficult to know where to start and what’s right for you. Your health is your most valuable asset! Investing in your wellness first will allow you to give more time and energy to your family and friends and doing what you love! I am committed to helping my patients live their lives to their fullest and healthiest potential!

I am committed to helping you:

- ▶ Enjoy great energy all day so can enjoy life to its fullest.
- ▶ Have a restful sleep every night so you can take on each day with a smile.
- ▶ Feel empowered because you are happy with your weight and level of fitness.
- ▶ Experience the freedom of healthy digestion.
- ▶ Have a healthy pregnancy naturally and get your kids off to a vital start.
- ▶ Feel the strength of balanced hormones and take charge of your emotions.
- ▶ Manage stress with ease so you can enjoy your life worry free.

Naturopathic Medicine is right for you if:

- ▶ You are ready, willing and able to make positive changes for your health.
- ▶ Are tired of treating symptoms and are ready to address the underlying cause.
- ▶ You haven’t had much success with conventional treatments and you are looking for new solutions.
- ▶ Want a doctor that is responsive, supportive, and takes time to listen to your health concerns.
- ▶ Want a doctor who empowers you through education, so you can take charge of your health.

I will help you achieve your health goals by following these...



Fundamental Principles

First Do No Harm

Use the Healing Power of Nature

Always Find the Cause

Treat the Whole Person not Just the
Symptoms

Use Preventative Medicine

and Empower you Through
Education.

Conditions I commonly address with great success:

Hormone imbalances:

- ▶ Fatigue and sleep difficulties
- ▶ PMS and PCOS
- ▶ Blood sugar irregularities
- ▶ Thyroid conditions
- ▶ Menopause

- ▶ Overweight and difficulties losing weight

Digestive Health

- ▶ Crohn's and Colitis
- ▶ Allergies and Food sensitivities
- ▶ Diarrhea, constipation and IBS

Family Health:

- ▶ Fertility health
- ▶ Sexual health complaints
- ▶ Pregnancy health
- ▶ Asthma and Eczema
- ▶ Kids with digestive issues or allergies.

I invite you to join my fan page on Facebook and read my blog, as I share an abundance of great health and wellness information there. Many of my patients love this, and find it really offers them a deeper level of support in treatment.

You can [click here to join my fan page](#) and [here to read my blog](#).

If you have any questions about your health, I am happy to answer them in a complementary 15 minute phone consultation. Contact me at 650-271-9453.

I hope you have received a great deal of benefit from my eBook and choose to take steps each day to nourish yourself! If you have a friend or family member you think will benefit from this eBook please feel free to share!

Happy Healing,

Dr Tanya E

Dr. Tanya Escobedo ND.