

# RECREATING the Healthy you

By Krista J. Essler, LAc

So much to do and so little time: Go to work, make dinner, do laundry, spend time with loved ones. Not to mention clean, get the car fixed, go shopping, and pay bills. When can I find the time to be healthy?! Well, I'm here to help with five easy ways to promote better health of mind, body and spirit.

**Drink water!** Eighty percent of your body weight is water and every metabolic function in your body needs it. This moisture promotes healthy skin and hair as well as proper digestion and metabolism of carbohydrates, proteins and fats. Most headaches are due to dehydration. Recent research shows you should consume an amount in ounces equal to half the body weight in pounds. (i.e. you weigh 160lbs, drink 80 oz. of water) The source of water is of equally important. Many area wells contain acidic water which leaches copper and other metals out of pipes. Whole house filtration systems are available and can help to improve your health by stopping toxins before they get into your system. Distilled water and water filtered through reverse osmosis is mineral deplete. Since mineral deficient liquids will draw these nutrients out of your bones and tissues, reintroduce them with supplements such as 'Concentrace'.

**Think good thoughts.** Before you find yourself cursing the person in front of you who didn't speed up to get through the traffic light, or didn't use a turn signal, take a deep breath and be grateful that you have a car and can drive. When someone bumps into you, apologize first. If you let the actions of other influence your mood, you will find it difficult to maintain a positive one. Changing the situation into something pleasant allows you the freedom to move peacefully through your day.

**Park your car far away from the entrance to the grocery store, mall, office, etc.** This little bit of extra exercise will have cumulative effects. By strengthening your muscles a bit more, they will inevitably burn more calories (a pound of muscle burns between 30 – 50 calories / day!) Moving your body a little bit more, will help

to increase circulation and nourish your tissues more as well as promote function of the lymphatic system, which is key for a strong immune system. And perhaps this little reminder of making better choices for yourself will carry through to your purchase choices as you walk up and down the aisles at the grocery store.

**Leave the junk food at the store.** If you don't buy it, you won't have it around to eat in a moment of weakness. Instead, fill your cart with healthy snacks like fresh and dried fruits as well as raw nuts and vegetables. If you are having specific food cravings, there is something lacking in your diet. For example, a craving for salty foods indicates a deficiency in specific minerals which are present and most bio-available in Celtic Sea Salt (available at health food stores) yet aren't available in regular table salt. This is why an indulgence in salty foods doesn't necessarily satisfy the craving. Chocolate cravings are indicative of a magnesium deficiency. Fried foods indicate an essential fatty acids deficiency. These fats are necessary for cellular health.

**Get proper sleep.** This is the time when you heal on a deep level. Going to bed just 15 minutes earlier will have a cumulative effect. If falling asleep is difficult, drink chamomile tea or a glass of warm milk 1 hour before bed. Cut back on caffeine earlier in the day as well. If you are waking up in the middle of the night to use the facilities, make sure you stop drinking liquids at least 2 hours before bed. If you are bolting awake and find it difficult returning to sleep, there are dietary changes and supplementation that will help you get a more peaceful rest.

Dramatic changes are difficult to make and maintain. Try incorporating these simple suggestions at your own pace to recreate a healthier you.

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