

THE 5 PILLARS OF HEALTH

BY CHERYL BAILEY RN

1. ENVIRONMENT
2. DIET
3. STRESS
4. THOUGHTS
5. MOVEMENT

ENVIRONMENT

We have evolved from a long process of living within natural systems here on earth. Animals evolved in a symbiotic environment where they are connected to nature. We evolved over millions of years attached and embedded within the earth's ecosystems. Look at what happens to wild animals when they are removed from nature and placed in restrictive stressful environments. They have mental health issues and they get sick. We cannot all just up and move back to nature, but there are many things we can do.

WHAT WE CAN DO:

Look around at your environment. Is it loud? Is it messy? Is it full of angry people? These are clues. We evolved in nature which is peaceful most of the time with bursts of activity from time to time. It was not hectic and scary all the time. Every now and then we would get chased by a predator but this did not happen every day. The closer we can match our current environment to the environment we evolved in the better we will feel. We have changed very little since we left our home surrounded by nature.

The first thing we can do is to reconnect ourselves to nature and there are several ways to do this. One is by taking off rubber soled shoes and placing our bare feet on the ground. This changes the electrical current in our body. We are electric beings (see "The Body Electric" to learn more). When we place our bare feet on the ground the current in our body changes to the current of the earth.

Walking in nature has a powerful impact on our mind and wellbeing. Walking barefoot in nature is even better.

Bring live plants into your environment. Just by looking at plants we connect to nature. I know some people have trouble growing plants but there are many plants that are quite difficult to kill.

There is still nature all around us, most people have parks close by or a backyard that can be used to reconnect. Sometimes I go out into my backyard and sit on the ground. I just look closely at the plants and after a few minutes I get lost looking at the plants and tiny creatures everywhere. Before I know it I feel calm and my wellbeing returns. Nature is a very powerful anti anxiety remedy.

DIET

We really are what we eat and food can be one of our best medicines. We have forgotten this in the west. We have extremely high healthcare costs and as a population are very sickly. How is this possible when we are one of the richest nations in the world? Technology has not helped us in this area, it has hurt us. Our food has been changed to the point that our bodies no longer even recognize it as food. Its like trying to run a car on bananas when it is designed to run on gas. The car will sputter and stop working as soon as the gas ends and the bananas begin. We evolved eating natural foods in a natural environment and to stay healthy we have to eat the food for which our body longs.

WHAT WE CAN DO:

Do not try to remove foods from your diet, this does not work for most people. DIETS DON'T WORK. Diets cause feelings of stress and depravation. These feelings cause cravings which makes you want to eat even more. ADD, don't take away. ADD one healthy item back to your diet every month and before you know it you will have reconnected your body back to nature. This will make you feel so much better that you will start craving these healthy, nutrient dense foods instead of junk food. It works like magic! Junk food increases hunger and appetite because the body is trying to get the resources it needs to function. All the body can say to you is "I'M HUNGRY" when it needs nutrition. When we eat healthy plants our appetite and cravings are turned off.

Add to your current diet three organic green smoothies a week. Get a wheatgrass juicer (no loud noises here) and juice green leafy vegetables, cucumbers, and apples. 2/3 greens and 1/3 fruit.

Three organic smoothies a week can change your life. The potential added cost is well worth it because over time your appetite will decrease and you will eat less. Then as you transition from unhealthy food to healthy food, your food bill will be about the same as it was when you were eating junk food. It's a myth we can't afford healthy food. We just can't afford junk food AND healthy food at the same time. Transitioning from junk food to healthy food may also save you a lot of money in the long run on medical bills. Because if you continue to eat unhealthy foods you WILL have costly medical bills.

STRESS

When our brain perceives danger it triggers something called the fight or flight response. This response evolved over a long time to allow us to escape from predators. In our fast paced world today many people live in light or flight mode all the time. This stress response releases chemicals in our body that are not helpful to us such as cortisol. Too much cortisol causes inflammation in the body over time.

WHAT WE CAN DO:

Relax with headphones and listen to binaural beats. This changes the frequency or current in our brain. Theta brain waves cause a relaxation response that turns off the fight or flight response. Since the industrial revolution that changed the world we have become caught in a constant state of fight or flight. Just look around you, most are in constant stress because we have forgotten how to calm ourselves and relax. 10 minutes a day can change your life from stressful fight or flight mode to relaxing calm peaceful mode.

The best binaural beats I have found are made by the consciousness specialist Tom Campbell. They can be found at [Tom Campbell's My Big Toe website](#). Tom Campbell is a physicist and NASA engineer

with impeccable credentials. I have personally used his binaural beats and found that they can pull you into peace mode within 10 minutes.

THOUGHTS

Thoughts are things. Stressful thoughts stress us out and happy thoughts make us happy. We are beings that have several parts. Besides our body we have the mind or intent. Wherever the mind goes the body follows. The mind is primary which means the old saying is true; MIND OVER MATTER.

WHAT WE CAN DO:

First calm the mind by listening to binaural beats, then get out a piece of paper. Write down what you are thinking. Look at them. Are they happy? Are they worry? Are they sad? Find out what you are thinking and if it is negative change it. Think happy wellbeing thoughts on purpose. We can do that. You can control your thoughts, don't let your thoughts control you.

Get into the drivers seat of your thoughts, then just drive yourself to thoughts that make you feel good. Healing thoughts that let the body know that everything is going to be just fine. To get control of your wellbeing you must calm the mind first! In India the Hindu religion teaches people that their mind controls the body and everything else. Mind is primary in this culture which is why mindfulness is practiced in this culture. I have met many people from India and they are usually happy and calm. They know that living in fear 24/7 can kill the body! We all must relearn how to calm ourselves, and once we can do this we will have control of our wellbeing once more!

MOVEMENT

Look at all the animals in the world. They move around all the time. Sloths move really slow but they are still moving. When we don't move enough the metabolism of our cells slows down. This means the cells get sluggish and can't function correctly. They don't take up nutrition correctly and, more importantly, they don't eliminate waste fast enough. This causes an abundance of toxins to overwhelm our systems. Even though we live in a sea of toxins we have a NATURAL detox system built right in. But if you are not moving and sitting in front of a computer all the time your detox system will get overwhelmed and stop working.

WHAT WE CAN DO:

MOVE: just walking can turn this problem around quickly. You do not have to go to a gym to move. We can move anywhere. Walking is a excellent way to move and get exercise . Start with one walk a day, you don't have to walk 5 miles. Just walk for 10 minutes, then as you feel better increase the distance you walk and the frequency. As you start to feel better you can increase your movement time. I don't like the term exercise, this word makes some people panic. So lets change that to moving, all animals need movement.

By following these 5 pillars of health anyone can improve their wellbeing and happiness. Change is not made by taking big leaps and bounds. Change is made by small steps over time. It really is the little things that count!