

10 Ways to Get Healthier



How to eat, drink, move and breathe your way to better health



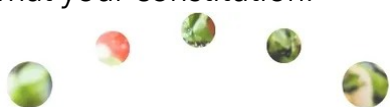
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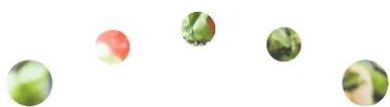
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There is no one-size fits all when it comes to good health; what works for one definitely doesn't work for another. How healthy we are is really all about the frequency and the energetic connection we hold within ourselves and with what we're eating, drinking doing, etc. But until we figure those frequencies out and how to work with them, we can definitely help our health by making a few changes that work for everyone, no matter what your constitution.



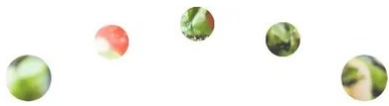
You Can Eat Whatever you Want!

This article is an interesting one because, when we are in vibrational alignment with our souls and choose a lifestyle that is a vibrational match, we will find ourselves being in good health, no matter what we eat, drink or do. We have discovered that, good health is a result of the non-physical frequencies that are within and that we are connected to, which can be improved by removing the discordant frequencies. We write more about this in our article 'The Energetics of Allergies and Intolerances' (to be published). However we have also observed that our health can also be improved massively by adjusting our physical intake and behaviours. This article is for those of us who haven't managed to find or stay in vibrational alignment with our souls and are interested to work from the outside in to help find a new healthier balance.



1. Eat More Raw Food

Eating raw food is eating from the garden of nature, just as nature intended. There is a reason that this planet is so naturally abundant in edible plants and each plant provides nutrients specific to its climate and season, which is why eating locally grown plant food is so beneficial. Raw foods are incredibly high in nutrients which our cells need to replicate perfectly. They also put virtually no stress on the body, meaning we can eat them freely and in abundance. We wrote more about this subject in our article [Why and How we Developed the 150+ Foods Stress Test](#) if you are interested to discover more about how foods place stress on the body. Apart from the overall benefit of consuming nutrient rich foods, there are two main advantages of eating raw food:



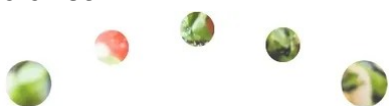
1a. Raw Food Gives You Enzymes

Every food that grows comes with its own supply of enzymes which are in perfect quantities to enable us to break down the nutrients into biochemicals for our cells and processes. If we heat that food over 45 °C (113 °F) the naturally present enzymes start to degrade, meaning we need to call upon our own reserves of enzymes to digest that food. Since most of us eat very little raw food, our enzymes deplete as time goes by and we are less able to digest the food we eat. This creates a lack of nutrients and the inability of cells to replicate perfectly, leading to ageing and disease.



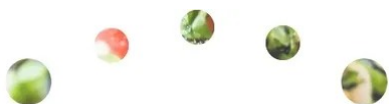
1b. Raw Food Gives You High Vibrations

All naturally growing foods have a high percentage of water. As we have seen in our article [Using Resonance Testing in Homeopathy](#) and [Healing and Frequency](#), water has the ability to hold frequencies; called water memory. As plants grow, they imprint specific frequencies into the water in their cells which we benefit from, when we consume them in their natural, raw state (not from dehydrated raw foods). Each plant on this planet has a purpose and edible plants are no different. Each of them holds frequencies which benefit different areas of our physical body. Often the shape and colour of the plant is a clue to which part of the body it benefits. So for example, if you slice a carrot you will see that it resembles the eye and carrots contain compounds such as beta carotene which help reduce the development of cataracts in eyes. When we eat raw food, we are eating high vibration food that is more closely aligned to our soul and also provides us with specific information (frequencies) that help us maintain a healthy balance.



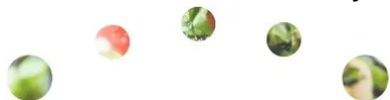
1c. How to Eat Raw Food Easily

When you're starting to eat raw food, your whole meal doesn't need to be entirely raw. You may prefer to incorporate more raw food in the form of a side salad with your main meal. If you have a low residual level of enzymes in your body or don't make them easily, then you may find eating raw foods can cause bloating. If you blend raw vegetables and fruits into smoothies it makes them easier to digest. We do not recommend juicing since this removes the fibres in foods. Although juices are great for very poorly people who need a quick boost of nutrients, we believe that fruits and vegetables on this Earth are perfect just as they are and so we love to consume them as the whole foods that nature created.



2. Eat More Alkaline Forming Foods

The pH of your blood remains constant between 7.35 and 7.45; if it goes above or below this range, then you are in serious health difficulties. That's why your body does everything in its power to maintain this range. In a healthy pH balanced diet when we eat plenty of alkaline forming foods, it maintains a healthy blood pH with relative ease, but when we eat too many acidic forming foods it begins to struggle.



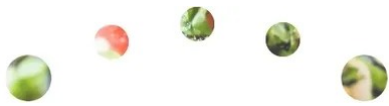
2a. What Are Acid and Alkaline Forming Foods?

There are a lot of articles about acidic and alkaline foods and also some confusion. In this article we are describing foods that, once metabolised, form an acidic or alkaline residue. We do not mean foods that are acidic before you eat them, such as lemons. This is because lemons are broken down by the body into an alkaline residue due to the high levels of potassium salts and low levels of sugar. There is a great source of information about how to follow an alkaline forming diet in Dr Robert Young's Book the [pH Miracle Diet](#) and also a quick reference food chart showing [acid-alkaline foods](#). In a nutshell, highly alkaline forming foods include mainly vegetables and low sugar fruits and highly acidic forming foods include mainly high sugar foods, alcohol, coffee, meat and dairy.



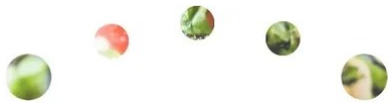
2b. What Happens When You Eat a Highly Acidic Forming Diet?

So if you consume a diet high in acidic forming foods, such as meat, coffee, alcohol and sugar, then your body will try to ensure this acidity doesn't reach the blood by flooding the body with electrolyte, alkaline minerals. However if your diet is overly acidic then, over time, your body's reserves of electrolyte minerals containing potassium, magnesium, calcium and to a lesser extent sodium, reduce. When the body doesn't have enough alkaline minerals to balance out the acidity from the foods, it will attempt protect the organs by diverting the acids to the tissues including fat cells, joints and bones. Eat a diet high in acidic forming foods may lead to a demineralisation of your teeth, causing decay and of your bones causing osteoporosis, as the body pulls electrolyte minerals from them to try to neutralise the excess acid and maintain a healthy blood pH. Excess cellular acidity can lead to chronic inflammation, such as arthritis and skin issues such as eczema. So you can see how important it is to eat more alkaline forming foods with plenty of vegetables and less sugary foods, meat, dairy, coffee and alcohol.



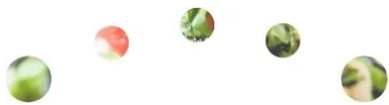
3. Drink More Mineral Rich, Alkaline Water

Reading this article you'll have seen the importance of being aware of maintaining the body's slightly alkaline balance. A really helpful way to increase both your electrolyte mineral supply and to maintain its pH balance is to consume mineral rich, alkaline water. Try to ensure that the water's pH is at least 7.5 although if you are eating acidic forming foods, then a pH of 8 would be helpful. We have discovered that the optimum water intake is different for each person and we test for this in our 150+ Foods Stress Test service. You could also learn how to Resonance Test and test your own ideal water intake. Without knowing, as a general guideline, we find that at least 2 litres a day during winter and 3 litres a day during summer is a good starting point. There is a huge difference between consuming water without minerals and water with, since the electrolytes help the cells in your body to hold onto the water you are drinking, leaving you better hydrated. It's possible to drink 2 litres of water a day and for virtually none of it to hydrate the body if you have depleted electrolytes since the natural osmosis process that pulls water into the cells doesn't function without these minerals being present.



4. Consume Fewer Toxins

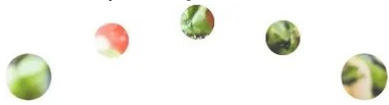
By toxins we mean foods that are not created by nature. This includes any artificial additive, processed foods, GMO foods and anything that is unrecognisable from its original natural form, such as corn flour (looks nothing like sweetcorn). A general guide is that if a food doesn't look like where it came from, or you cannot pronounce its name, then it's probably toxic in some degree. Toxins place very high stress on the body, according to our Resonance Testing, and when consumed regularly keep the body in a continual stress state.



4a. Why We Include Meat as a Toxin

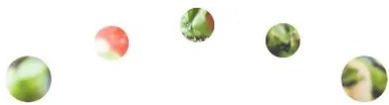
We also include meat within the category of toxins for two reasons. The first is because most farmed animals are given medicine and antibiotics, which you end up consuming if you choose to eat meat. The second reason is about vibration. Any consciousness animal suffers extreme fear when it is slaughtered, even if it is stunned before death. Animals, just like humans, are sensitive to energies and when entering an abattoir will sense the impending threat simply because of the vibrations in the room. Even before they enter the room, many animals, especially pigs and cows who are highly intelligent creatures, will know something is wrong when they are herded up and put into a truck. When those animals are put down their bodies are filled with the vibration of fear which

developed before the event. When you consume meat, just as you benefit from the high vibrations in raw food, so do you suffer from the low vibrations held in the flesh of the animals that have been put down. These vibrations are discordant with our soul that wishes no harm on any creature and therefore put huge stress on your body and keeps your frequency from reaching the level of your soul.



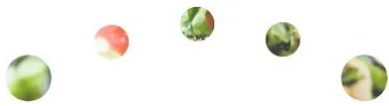
5. If You Wouldn't Eat it, Don't Put it on Your Skin

In the last category are toxins such as body lotions and creams that you put on your skin. Even though you're not munching on these creams, you unwittingly are eating them since everything you put on your skin gets absorbed into your body. If this is hard to believe then we challenge you to do the garlic test! Here is how it works: Get a fresh clove of garlic and cut it in half, down the long side. You don't need to peel it. Take the cut side and rub it onto the base of your foot, where the skin is thickest on your body. Now wait and in 30 seconds you will taste garlic in your mouth and breathe it out through your nose. In 2 minutes you will smell garlic on your skin. That is how quickly things get absorbed even through very thick skin. Imagine how quickly those body lotions that contain all sorts of ingredients that you don't even recognise get into your body? This includes many of the organic certified lotions. They may be organic, but would you really want to eat them? If the answer is no, then switch to edible natural alternatives such as coconut oil, olive oil, avocado oil and shea butter.



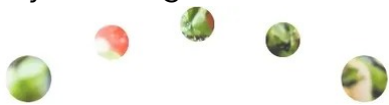
6. Help Keep Your Skin's Natural Acidity

You may not be aware of the imbalance that soap and body wash causes on your skin, since the process of lathering relies on alkaline chemicals. The skin is naturally acidic so when you use soap and body wash regularly, this destroys the skin's natural acidity, causing dry, itchy skin. These products also remove the healthy skin flora; probiotic, thereby destroying the natural protective layer. Currently there aren't really great alternatives to soap for washing hands but we have discovered that using lemon juice on hands brings immediate relief for those who are sensitive to soap and suffer from dry skin. We have also found that the skin doesn't need body wash all over to stay clean as water works really well as it allows the body's skin flora to develop. We've discovered also that the hair doesn't need shampoo which destroys the skin's natural acidity and have had great success using conditioner in place of shampoo, which doesn't strip the hair of its natural oils nor leave the scalp so alkaline.



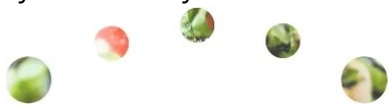
7. Get Plenty of Sunshine

More of us are getting the message that the sun is crucially important to our wellbeing. Most of us believe that this is because it's a source of Vitamin D, as it enables the body to synthesise it, but the sun's benefits go way beyond this. No amount of Vitamin D pills will make you feel as good as spending a day outside in the sunshine does and this is because of the very special, unique energy that the sun provides us. The sun isn't just a source of heat and light, it is actually a source of consciousness which has a highly rejuvenating, healing and transformative effect on our cells and wellbeing. This is one of the reasons people who live in sunny countries tend to be in better health, especially if they're eating a natural diet.



7a. Get Your Sun at the Right Time

If you're interested in getting enough sun for Vitamin D purposes it's worth mentioning that the sun needs to be high enough in the sky in order for your body to create that Vitamin D. The sun's height in the sky is called its elevation, which needs to be at an angle of at least 50° from the earth's surface where you currently are. There is an online [calculator](#) published by the National Oceanic & Atmospheric Administration which you can use to discover what the sun's elevation is where you live at a specific time. However a quicker method is to look at your shadow and if it is shorter than you are, then the sun is at a high enough elevation for you to create Vitamin D. In practice, this means that for countries at higher latitudes such as the UK, Northern Europe, Russia and Canada, the only times of day when you're going to be able to make Vitamin D is the middle of the day. If you're interested in getting enough sun for its consciousness you can get this anytime of day when it is shining, even if it's a cloudy day.



8. Move Around a Lot!

We all know that we should be exercising regularly but we have found that simply staying active throughout the day is just as effective. Exercising is really important to keep the lymph system healthy since the lymph fluid which is pumped around the body when we have an infection, actually has no pump, but simply relies on movement. That's why there are advocates of dry skin brushing as this is another way of helping boost the lymph system. Now, if you want to go out and walk, run or do any other exercise go for it, but if you prefer you can stay just as healthy and keep fit by incorporating movement into your daily routine. Rather than sitting still all day, keep changing position; get up regularly and take 10 deep, slow breaths; have face to face conversations instead of calling or using email; use the stairs whenever you can; walk to work or walk part of the

way; just find any way you can to keep moving! This movement will also greatly help your concentration levels and stop you from reaching for snacks during the day when you get that mid afternoon slump because by moving regularly you won't experience such a dip in your energy levels.



9. Take Time to Relax and Destress

Very few of us have much spare time in the day but the biggest gift you can give yourself and your health is to take 15 minutes of quiet relaxation time where there are no screens or music to distract you. Start by breathing deeply; breath in through your nose for a slow count of 4; hold for a slow count of 10 (or as much as you can) and then blow out through your mouth as fast as you can. As you breath in, fill up with the love of the universe; either imagine that coming from the sun, the moon or the earth, depending on which you feel the greatest connection. Then as you hold, feel at complete peace with yourself and allow your heart to expand out and fill the room and beyond with the love you've just breathed in. Lastly, as you breathe out, imagine you're blowing out all the stresses, issues, illnesses or whatever you want to be free of. Repeat this 10 times. Now remain still with your eyes closed and let the love in your heart expand right out into the universe and feel completely at one with the the huge expanse of the infinite field of love light. In this moment, you need no one, no thing, as you have everything as you are now one with the all that is. During these times, when you are completely connected, your cells start to align with source and this is when healing is fastest. If you like you can set the intention that you are in perfect health before you begin this relaxation.



10. Compromise is Everything

While reading this do you feel that it's all too much and these suggestions are way beyond you? If so, then why not pick out one suggestion that you resonate with and try implementing that in full or in part just once a day or once a week? This article is not meant to be giving you a set of rules, simply suggestions on how to achieve better health and the suggestions may take you months or years to adopt in full. Each time you make a change, however tiny, you are taking one step in the direction of better health. Over time you'll find that the change you have made has now become part of your daily routine that you don't notice you're doing. Now's the time to look back and see what other tiny change you can make. It also doesn't matter if you decide to take a break from your routine; good health is about overall balance and it's up to you how you find that balance. Finding a balance that suits you while compromising whenever you feel like is everything when it comes to good health!

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