

My Daily Health Protocol



"Let's build wellness rather than treating disease." -Dr. Bruce Daggy

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Every day, especially on weekends when I have more flexibility, I aim to follow a health protocol that keeps me grounded, healthy, and energized. It's a routine I've developed over the years, integrating practices that nourish both my body and spirit.

Though I strive to follow this protocol as closely as possible, I can't always adhere to it 100% every day. Schedules and obligations can interfere or derail my efforts at times, but still I aim to do as many of these as possible. I truly believe that every little bit helps!

Morning Routine

Gratitude and Prayer:

Before I even get out of bed, I say a prayer of gratitude to God for the new day. This simple act honors God, centers me, and sets a positive tone for my day.

Oil Pulling:

Most mornings, as soon as I'm out of bed, I oil pull with organic coconut oil for 20 minutes. This practice helps to detoxify my mouth and improve oral health.

Sun Exposure:

While oil pulling, as close to waking as possible, I aim to get at least 15 minutes of sun exposure. This helps to regulate my circadian rhythm and boosts my mood.

Hydration:

Following my sun exposure and oil pulling, I brush my teeth with fluoride-free toothpaste. I then drink electrolytes mixed with filtered and re-mineralized water from my RO (reverse osmosis) system. This ensures my body is properly hydrated and balanced, without the harmful chemicals found in tap water.

Exercise:

After my morning hydration, I head out (or hop on my treadmill if the weather is not good) for a 2-3 mile run. This exercise wakes up my body, gets my blood flowing, and helps me maintain my weight.

Breakfast:

Around 11 am, I enjoy a high-protein breakfast that includes organic farm-fresh eggs, homemade organic sourdough bread, and some fresh fruit or Greek yogurt topped with honey, cinnamon, and cacao nibs. I have my first cup of coffee with breakfast.

I also take my daily supplements to ensure I'm getting all the necessary nutrients.

Evening Routine

Intermittent Fasting:

I try to stop eating by around 7:00 pm to begin my 16-hour intermittent fasting period.

Grounding:

I get outside and ground when the weather is warm (no shoes, standing in the grass!) in my backyard for at least 30 minutes, connecting with nature and decompressing from the day. Often I get my grounding time in while tending to the garden!

Tech-Free Time:

To wind down, I try to turn off all electronics at least two hours before bed. This tech-free/blue-light-free period helps my body and mind to relax and prepare for a restful sleep.

Sleep:

I typically go to bed around 9:30 pm, aiming to be asleep by 10 pm. Sleep experts state the criticality of being fully asleep for the full duration between 10 pm and 2 am. These sleep habits keep me aligned with my circadian rhythm and help to ensure restorative rest. I often drift off listening to healing frequencies in a very dark, cool bedroom, creating an optimal environment for sleep.

Weekly Holistic Practices

Dry Brushing:

I dry brush my skin at least once a week before showering to stimulate circulation and exfoliate.

Homemade and Toxin-Free Products:

As much as possible, I use homemade, toxin-free soaps, laundry detergents, and skin care products. I cook with cast-iron pans or glass bakeware to avoid chemicals from non-stick surfaces.

Diet:

I try to eat organic superfoods like walnuts grown on my property, locally-sourced honey, organic olive oils, and fermented, homemade foods daily. I steer clear of bio-engineered/GMO foods, limit sugar intake, and avoid seed oils. I strive to eat as organically as possible, growing, raising, and making as much of my family's food as I can.

I try to do things that nourish my mind and spirit, too! Whether reading, writing, learning new skills, listening to health and wellness podcasts, or working on various life dreams, I find and truly believe that these things have such profound impact on improving physical health!

I certainly haven't attained perfection in my daily routine or lifestyle, but these practices have become integral parts of my life, developed slowly over the years. They reflect my commitment to holistic health and self-sufficiency, empowering me to live a vibrant, balanced life.

Keep in mind this is all a work in progress, and there's plenty of room for flexibility! Our health protocols *should* be an evolving lifestyle and process- incorporating increasing knowledge, what works for us and what helps us maintain consistency over time. Our lives and needs are unique, so wrestle this out and find what works best for you!

This journey truly is a learning experience, and you don't need to be perfect! Every positive decision you make and each step you take towards better health is a big deal and something to celebrate!

I invite you to join me on this journey toward better health and well-being. Each small step you take can lead to significant improvements in how you feel and live.

What practices have you found helpful in your own health journey? I'd love to hear your suggestions and experiences as we all strive for a healthier, more sustainable lifestyle together!

I am not a medical professional, and the information provided here is not intended to be a substitute for professional medical advice, diagnosis, or treatment. My daily health protocols and practices are personal choices that work for me and are shared for informational purposes only. They are not recommendations or prescriptions for anyone else.

Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition or health practice. Don't disregard professional medical advice or delay in seeking it because of something you have read here.

Any reliance you place on such information is strictly at your own risk. I do not assume any liability for the application of the information provided or for any consequences, direct or indirect, that may result. Always do your own research and consult with a healthcare professional before starting any new health regimen or making significant changes to your existing health practices.

Please ALWAYS DO YOUR OWN RESEARCH! Your health is YOUR responsibility, YOU know your body, and YOU will bear the consequences, good or bad, of any medical decision you make. Do not allow yourself to be coerced or scared into medical decisions you are not fully aligned or comfortable with. Carefully weigh your desired outcomes, values and knowledge of current systems into your decision process. Find a qualified medical professional you trust that aligns with your personal health philosophies.

"Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit." 3 John 1:2

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Growing towards the future in the present.

July 2024