

A woman with dark hair, wearing a white lace dress, stands with her arms outstretched and head tilted back, looking up at the sky. The background is a warm, orange-hued sunset or sunrise sky. The overall mood is peaceful and uplifting.

# How to Optimize Your Health

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# Easy Steps to Take

In this presentation we will look at  
easy ways to optimize your health through:

SLEEP

DIGESTION

ENERGY

IMMUNITY

INFLAMMATION REDUCTION



# Get Better Sleep

The human body repairs and regenerates while we are sleeping. This is why it is critical to create healthy sleep habits and patterns. The following is a list of easy things to do to help ensure a good nights sleep.

1. Get physical exercise during the day so your body is ready to rest and repair.
2. Create a bed time routine. For example every night an hour before bed take a warm bath or shower, drink a cup of chamomile tea, read for 20 minutes, smell some lavender and meditate in bed (for free downloadable meditation, please visit [halilove.com](http://halilove.com)).
3. Be sure you have adequate amounts of magnesium. Magnesium can be taken in supplement form or with an epsom salt bath before bed.
4. The most important time to be asleep is between 11pm and 3 am so do your best to be asleep during that time.
5. If you wake at night due to a wondering mind keep a note pad by the bed so that you can write down your thoughts and save them for the morning.
6. Limit caffeine intake after 12pm



# Improve Digestion

Modern research and ancient wisdom agree that digestive health is the cornerstone of overall health. Thankfully there are some simple things we can do to ensure healthy digestion.

1. Chew your food properly. At least 50 chews per mouthful of food will make it much easier for your intestines to digest and assimilate your food.
2. Eat a diet of whole foods, and as much organic as possible. Focus on vegetables and fruits mostly, followed by grains and healthy meats. Avoid processed foods and sugar.
3. In order to sanitize your body and intestines enjoy a glass of lemon or lime water first thing in the morning.
4. Be sure to get probiotics from fermented foods in your diet daily.
5. Try intermittent fasting. This is where you do not eat for 12-14 hours out of the day. Don't worry you can sleep through much of it, so try and not eat from 6pm-8am.





# Improve Energy Levels

There never seems to be enough energy...but are we really doing all we can to create strong energy for ourselves?

1. Stay hydrated with water. Drink at least one ounce per pound of body weight every day.
2. Get at least 20-30 minutes of exercise per day.
3. Make sure you are eating healthy at regular intervals and getting good sleep.
4. Learn the art of the power nap. Even if it's just resting your eyes for 10 minutes in the afternoon, allow yourself the chance to rest when needed.
5. Get some sunshine on at least 50% of your body for at least 20 minutes everyday. You'll improve your mood, vitamin D levels, immunity, tan lines, and overall energy.

# Improve Immunity

Our immune systems are tested daily as we are constantly coming into contact with a wide variety of pathogens. Viruses, bacteria, molds, fungus, parasites, or toxins we frequently face a number of ways in which we can become ill. Luckily there are many ways to strengthen our immune system, many of them have already been listed in this ebook but here are a few more ideas to pump up your immune system.

1. Exfoliate your skin daily. This practice is best done in the morning before your shower. Use a dry natural fiber stiff body brush or loofah and gently scrub the skin on your body starting at the hands and feet and working your way toward the center of the body.
2. Ice baths and Saunas. Use one or the other or, my personal favorite, alternate between the two. Both have great benefit on the immune system and should be enjoyed weekly.
3. Practice moderation...even with moderation. Don't overdue anything. Just do your best, enjoy what you can and if you overdue things in some capacity just forgive yourself and move on.
4. Qi Gong is an ancient practice that is at the foundation of most martial arts. It is a system of moves that when practiced daily will help to strengthen your mind, body and immune system.
5. Wash your hands often with soap and water. Sing happy birthday twice, while you do it to be sure you wash your hands for long enough.

# Reduce Inflammation

Cortisol is released by the body when it is under stress. This chemical is at the root of inflammatory damage to the body. And inflammation is at the root cause of most of the top deadliest diseases. So removing cortisol and reducing inflammation should be at the top of our list of things to do. Here are a few ways to do that.

1. Cry. Yes that's right...even though we've all been told to stop crying because it makes us weak the truth is it really helps us heal and makes us stronger. One of the only ways cortisol can be removed from the body without having to go through the difficult process of being broken down in the liver is through our tears. So let em fly when you get the chance.
2. A cup of turmeric tea or a curried dish per day will help you reduce inflammation as turmeric is a powerful anti inflammatory medicinal.
3. Stress reducing techniques such as breathing exercises, yoga, walking, and scream therapy can help to reduce inflammation by reducing stress.
4. Increasing your intake of Omega 3 fatty acids. Either from fish oil or a vegan source like algae oil this essential fatty acid can work wonders for systemic inflammation and the health of your nervous tissue.

Thanks for signing up!  
We hope to inspire you soon.  
May you be healthy, may you be happy, may you be  
loved and may you be at ease.  
Much love: Hali & Randi



IHCI Faculty Member  
Subconscious Restructuring Counsellor  
ERYT500 and Meditation Teacher



IHCI Faculty Member  
Integrative Medical Doctor  
Certified Yoga and Meditation Teacher