

Top 10 Health Points

The top ten health items for achieving optimal system balance, overall health and longevity:

1. **GIVE AND RECEIVE LOVE TO SOMEONE, SOMETHING EACH DAY A basic need of our being.** Can be a relationship, can be anything having a soul energy – an animal, a plant. We need this – to give it and to receive it, or we shall pass if we don't - whether an infant, or as we age, if we do not receive this, we will have conflicting issues with our physical, mental / social / emotional and spiritual health.
2. **DO SOMETHING, EACH DAY THAT YOU FEEL WORTHWHILE AT, THAT YOU RECEIVE POSITIVE PRAISE FOR - THAT YOU ARE RECOGNIZED FOR – Strive to make a positive contribution to someone's life or group / community project -** Again, a basic need to our very being for without this , see #1.
3. **DRINK SUFFICIENT AMOUNTS OF CLEAN, PREFERABLY NATURALLY MINERALIZED WATER EACH DAY** - A critical, basic, functional need for all functions of the body. Without it, we become toxic and all systems shut down – rapidly. The minerals are responsible for maintaining the genetic code - for keeping us young and healed – each time our cells replicate.
4. **ONLY CONSUME FOODS THAT ARE ALIVE, NATURAL AND ORGANIC / PESTICIDE FREE AND THAT ARE NOT ALTERED – OUR BODIES MUST GENETICALLY RECOGNIZE WHAT WE INTRODUCE TO IT, OR THAT SUBSTANCE IS RECOGNIZED AS A TOXIN** - Ideally of a local nature. Having foods locally ensures maximum nutrient value and leaves a minimum carbon footprint by not having trucks, etc. carry them a far distance, as well as supporting and building local economies and local relationships (see #1 and #2). Eating denatured or non-natural foods requires huge amounts of body enzymes in an attempt to break down the food – it can't and food goes into storage (fat) and toxins in food cause disease – both creating inflammation in multiple body organs and systems (i.e. – the body joints).
5. **BELIEVE THAT WE ARE PART OF SOMETHING LARGER, GREATER IN SCOPE THAN OURSELVES AND THAT WE ARE A VALUABLE AND INTEGRAL PART OF A LARGER PURPOSE** – This belief goes a long way in establishing reasons for being, reasons for living and gives us purpose and direction in our world. This belief gives us vital energy to approach our lives confidently – especially when at low points on our journey – to know that, no matter what, we are loved by a continuity of energy that is good and assists us in recognizing the inherent rights and purpose of all beings.
6. **WORK TO LIMIT STRESSORS THAT WE ARE UNABLE TO MANAGE** - We need a certain amount of stress to run our lives – to accomplish tasks. Stress that we are unable to manage, that seems to never go away activates our immune system to a perceived threat – thus taking away immune activity from other threats (i.e. – disease). These types of stressors usually have to do with love or money. Minimizing these stressors channels our immune system to other key threats like toxins and illness.
7. **EXERCISE OUR BODY, MIND, AND SPIRIT EACH DAY** - Our bodies were made to work, to move – doing so stimulates all body systems and is natural and critical to our health. 20-30 minutes every other day is a good guide. The same holds true for mental stimulation – continually educate oneself to remain somewhat current as to ever-changing knowledge and enlightenment. The same is true of our spiritual being – exercise it each day by being CURIOUS about things – it is through being curious and open to things that new directions and wonderment is achieved and we grow and evolve as beings. Balance and maintain the health of the muscle, skeletal, and nervous system through appropriate health practitioners.



8. **TAKE KEY NUTRACEUTICALS / SUPPLEMENTS EACH DAY** – Our food has 30-40% less nutrient value than it did 50 years ago – even true for organics. So, consume the “FABULOUS FIVE” – A multi-vitamin / mineral, probiotics, digestive enzymes, Vitamin D3, and Omega 3-6-9 natural fats. These supplements will ensure that our body, mind and spirit will have the require nutrients to perform optimally, not minimally – as well as provide a key, natural defense against potential disease.

9. **ESTABLISH AND MAINTAIN A SENSE OF COMMUNITY AND ESTABLISH FRIENDS AND A SOCIAL CIRCLE** – This includes attempting to live close to where you work, shop locally, use local entertainment sources and build the scope of overall community awareness and connections – it gives us purpose, meaning and human touch – all required for a balanced existence.

10. **FORGIVE ONESELF, FORGIVE OTHERS, LIVE IN A GRATEFUL ZONE FOR WHAT HAS BEEN SENT OUR WAY. ACKNOWLEDGE GRACE AND HUMBLENESS FOR THAT WHICH ENTERS OUR LIVES. SURROUND ONESELF WITH THOSE WHO GIVE YOU ENERGY, NOT THOSE WHO TAKE IT AWAY. MAINTAIN A TOUCHSTONE OF REALITY AS TO WHAT IS REAL IN ONE’S LIFE, NOT WHAT ONE WISHES FOR . . . and, have fun each day, keep the wonder of a childlike approach to life and live right now , in the moment, not regretting yesterday, nor fearing what lies ahead. Each day - Smile at someone you don’t know –do it each day.**

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