

# Vibrant Family Medicine & Midwifery

## Optimal Health Guidelines

Our bodies seek to remove waste products through 5 primary systems: the digestive tract, liver, kidneys, lungs, and skin. These routes of elimination allow your body to effectively remove normal waste products that can accumulate, leading to inflammation, fatigue, and immune compromise.

### **DIGESTION:**

Eat a diet high in whole foods. A whole food is one that you can picture growing. CHEW your food well and avoid any beverages 15 minutes before and after eating to not dilute your digestive enzymes. Sit and eat in a relaxed atmosphere. Your doctor may suggest that you drink 1-2 teaspoons of **apple cider vinegar** in 6 ounces of water 15 minutes before each meal to help stimulate your digestion.

### **KIDNEYS:**

**Water:** Drink ½ your body weight in ounces. Clean, filtered water is important. Any juice should have no added sugar and be diluted in half with water. Herbal tea can be considered water.

**Hydrotherapy:** End your showers with a cool rinse. Begin with your arms and legs and progress to chest and back for a total of 30 seconds. This treatment improves blood circulation and strengthens the immune system.

### **SKIN and LYMPH:**

**Dry skin brushing:** Using a vegetable fiber brush, loofah, or natural fiber sponge, brush your skin using light, short, frequent strokes from your extremities toward the heart. It is best to do this treatment before showering.

**Castor Oil Pack:** The castor oil pack should be done for 20-40 minutes 4-7 days per week to improve your digestion and immune system. A good time to do this treatment is in bed at night accompanied with music, a healing visualization, and/or deep breathing exercises explained below.

### **LUNGS:**

**Deep Breathing:** This will help you to stay relaxed throughout the day and will improve your digestion. Count 100 belly breaths per day. Place your hands on your belly and feel them rise with inhalation and fall with exhalation. If possible, breathe in and out through your nose. Rest the tip of your tongue on the back of your upper teeth.

**Movement:** Brisk movement and exercise will increase circulation, immune function, stress reduction, and breath. Exercise improves every one of the elimination systems. Some form of movement should be enjoyed each day.

### **SLEEP**

Try to go to bed at the same time every night and get up at the same time every day. A good night's sleep will also improve your memory and help balance your hormone system. I recommend between 8 and 8 ½ hours of sleep EVERY night.

**Get Outside, Play and HAVE FUN!!!** This is essential to living a happy and healthy life.