



THE BIG SEVEN!

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WANNA BE WELL?—IT'S EASY! JUST PRACTICE THE BIG SEVEN DAILY AND YOU'LL BE AS WELL AS YOUR BODY-MIND CAN MAKE YOU!

- 1. Drink Water.** Your body is about 60% water. Water runs your metabolism, removes waste, and a well-hydrated body helps you fight off stress! A very simple thing you can do to enhance your health is to drink plenty of *plain* water. Look for water that is neutral and avoid ice (your tummy doesn't thrive on cold). And whatever else you drink, do not think it substitutes for water—it doesn't. Avoid excess sugar (sodas, juices), toxic drinks ('diet' sodas, artificially colored and flavored drinks), and if you use dehydrating drinks (coffee, tea, alcohol) add back 1 ounce of water for every ounce of those you drink.
- 2. Sleep Enough.** Adults need 8 or more hours per day; teens need about 10, and little kids 12 or more. Don't skimp—tired people can't think as well, can't learn as well, can't drive safely, make bad decisions, and are a sure set-up for sickness. You can't 'catch up' on sleep, so plan enough into each day.
- 3. Live a Regular Life.** Go to bed at the same time daily, and get up at the same time too. Eat your meals at predictable times. Take regular holidays. Aim for a bowel movement at the same time daily. Your body thrives on regularity, and will reward you with good mood, steady strength and a sense of well-being. Regularity lengthens life!
- 4. Exercise!** Find a type of physical activity that you enjoy and do it! No excuses, now. Your body was made to move, and when it doesn't all kinds of things go wrong, from hemorrhoids (sitting too much), to computer wrists and shoulders, obesity, bad backs, and bad hearts. Good circulation depends on movement...and good circulation removes toxins. Toxins hanging around make you sick. Move to live well!
- 5. Relax, Play, Laugh.** Sometimes we get so caught up in the intensity of life that we forget to relax. Bad news!—relaxation helps your being expand and resolve hidden problems, be they physical, social, or emotional. Take up a hobby that gives you pleasure, play with kids, or just vege out while you read, listen to music or paint. Laugh as often as possible—it's super-healing. Give yourself permission and time, each day, to recuperate!
- 6. Eat Well!** What you put in your body today not only fuels your energy for that day, but for your whole life. Give your body fresh clean simple food. Avoid preserved, frozen, canned, and boxed foods. Avoid junk foods. Eat a rainbow of colors including lots of vegetables, fruits, and nuts and seeds. Take high quality supplements. Be kind to your body!
- 7. Give Thanks!** Find a spiritual path that is meaningful to you and walk that path with high intention. Give thanks for your life and relationships, your work and your home. Give thanks for your body that carries you through this life. Be aware of the sacred nature of life. Love variety and practice tolerance. These attitudes are healing and sweeten life.