

# Sara Jubb ND, Dip NT CNM

## NATUROPATHY

[www.sarajubbnaturopathy.co.uk](http://www.sarajubbnaturopathy.co.uk) / [sara@sarajubbnaturopathy.co.uk](mailto:sara@sarajubbnaturopathy.co.uk)

### Naturopathic Lifestyle Tips

In addition to the advice given to you by your nutritional therapist, here are some lifestyle suggestions to promote great health.

#### **Honour your emotions**

- Treat yourself, your environment, other people and animals with respect. Kindness to others is one of the best antidotes to stress.
- Give yourself time everyday to process your emotional response to the day's events.
- Keep your heart open, believe in magic and allow wonderful and unexpected things into your life.
- Don't allow food or stimulants to compensate for unfulfilled emotional needs.
- Find something everyday to make you laugh out loud.
- Nurture and trust your instincts. Quiet time with a castor oil pack over your abdomen is a great way of accessing your 'gut' feelings.
- Write some positive affirmation statements which define how you want to feel and repeat them to yourself several times throughout the day.
- Make a list every day of everything you have to be grateful for.

#### **Exercise daily**

- Aim for a minimum of a brisk 45 minute walk every day,
- Do some stretching and strengthening activity every week.
- Remember what activity you loved to do when you were nine and do that.

#### **Support your digestion**

- Eat in a relaxed environment and chew food thoroughly
- Avoid drinking whilst eating as this can dilute digestive juices.

#### **Support your organs of elimination**

- Skin
  - Dry skin brushing
  - Alternating hot and cold showers
  - Avoid hygiene and beauty products containing harmful chemicals. There are lots of gorgeous natural products available from [www.beingcontent.com](http://www.beingcontent.com)
- Bowels
  - Drink at least 1.5 -2 litres of water daily
  - Allow yourself time every day to go to the loo

- Liver
  - Every week, soak a muslin cloth in castor oil, place over your liver, cover with a hot water bottle and relax completely for 20-30 minutes.
- Lungs
  - Take regular steam inhalations with essential oils of tea tree or thyme
  - Take time to breathe deeply several times daily, ideally outdoors in nature

### **Sleep and relaxation**

- Keep regular sleeping patterns, ideally getting to bed by 10pm and having 7-8 hours of sleep every night.
- Ensure your bedroom has adequate ventilation.
- Avoid working or watching television in the bedroom.
- Build relaxation into your day. Reading, bathing, massage and listening to music are relaxing, watching television isn't.

© Sara Jubb 2009