



General pathway to better health (in the absence of specific health conditions)

Improve hydration → Relieve constipation → Improve digestion → Improve liver health → Improve sleep

1 Hydrate better

Aim for 30 ml per kg of body weight/200 ml = no of glasses of water a day or MORE if exercising or detoxing.

Add a pinch of Celtic sea salt to a glass of water to improve cellular hydration.

Ideally, drink filtered water.

2 Don't be careless about constipation

You can't detox well if you do not have regular daily bowel movements.

When prescribed medication of any type, ask about side effects that may include constipation. Ask for advice from the prescribing practitioner.

Free Guide to being Constipation Free available for download on my website [here](#) (just scroll down).

3 Improve digestion

We cannot absorb nutrients if we can't digest food. So poor digestion leads to nutrient deficiencies.

See Guide to being Constipation Free (as above) for tips about healthier digestion.

Stress inhibits our digestion.

Chronic stress suppresses stomach acid production and damages the gastrointestinal mucus lining. This impairs our digestion and hence nutrient absorption, and increases our vulnerability to gut infections and food intolerances.

So take deliberate action to reduce stress at meal times and incorporate stress management as a lifestyle habit.

Do not use proton pump inhibitors (PPIs) before understanding the real causes of apparent indigestion and being advised about more natural alternative remedies. PPIs suppress stomach acid and digestion, with many adverse side effects and health consequences.



4 Improve liver health

Our liver is the major organ for metabolising nutrients, hormones, toxic chemicals and pharmaceutical drugs.

The more of these biochemical and synthetic chemicals that our liver must process, the more “congested” these metabolic pathways become, leading to build up of toxins in our bodies, more oxidative stress and excess hormones that create hormonal imbalances and increase our risks of hormonally driven cancers.

Include much more of the cruciferous family of vegetables in your daily diet i.e. broccoli, cauliflower, Brussel sprouts, cabbage, kale, bok choy etc. These plant foods are a rich source of sulphur compounds needed for the liver processes and antioxidants that protect against oxidative damage.

Avoid or minimise alcohol and caffeine (alcohol more so than caffeine).

Avoid smoking or exposure to cigarette smoke.

Minimise exposure to other environmental toxins in your local environment, food, packaging, household goods and personal care products.

As we age, it can be very helpful to use a good quality liver-support supplement with anti-oxidant and anti-inflammatory ingredients.

5 Sleep better

Our bodies are detoxing and repairing while we sleep.

An over-taxed body and/or over-active mind will keep us from sleeping or disturb our ability to sleep well.

Improving digestion and liver health helps us sleep better.

Following good “sleep hygiene” habits helps us sleep better, more consistently.

Sleeping better helps us heal overnight and feel better each morning.



Start your day a better way

Because we detox and repair overnight, we wake up dehydrated – so start the day with two glasses of filtered water, ideally filtered and with a TBlsp of (a good quality) apple cider vinegar added to the first glass, followed by a second glass of water OR juice from ½ lemon and juice from grated ginger.

Juicing ginger: You can simply grate a 2-3 cm piece of fresh ginger root, and squeeze the juice with your hand into the glass

We may feel like we need a caffeine kick to get ourselves going when our morning cortisol is low. To help improve our natural cortisol production, rather have a Tulsi tea for its energising (and other healthy) properties – and postpone that coffee for a 10.30/11 am break to get an energy boost.

Help maintain or reset a healthy circadian rhythm by getting out into daylight when you first wake up. Light exposure shuts down melatonin that makes us feel sleepy.

Blood test results and health check ups

Blood tests are used by medical practitioners to identify the presence of disease and functional disorders, but you are generally only told you have a problem when your results are abnormal = clinically significant = you already have a disease.

The normal range for blood test markers does not mean healthy. It refers to a statistical normal population i.e. typical of 95% of the reference population, assumed to have no clinical signs of disease. This normal range is getting wider as the population gets sicker.

Functional blood assessment considers a narrower range more consistent with healthy physiological, biochemical and metabolic function in our bodies. It is better to be within this more optimal range if you wish to be well, have vitality and be more resistant to disease. I assess blood test results from this functional perspective.

If you have regular health check ups, ask for your own copy of results and keep a health file. It's very helpful to be able to track changes over time and you become more health aware and empowered to be proactive about good health.

Therapeutic use of Schussler biochemic tissue salts

Mineral deficiencies are very common due to a combination of agricultural practices and soil degradation resulting in nutrient deficient foods, and digestive problems resulting in poor nutrient absorption from the foods we eat. Mineral deficiencies or unbalanced proportions of minerals (also result of overuse of some supplements) disturb body cell function leading to disease.

Unless mineral balance is first restored, another therapy (medical, herbal, dietary) may not be effective or only superficially effective. Schussler tissue salts can be used to restore mineral balance, normalise cell metabolism and regulate constitutional disturbances, which thus helps return us to health.