



# Nuubu Detox Guidebook:

When culture  
meets  
science for  
your wellness!

**nuubu**

# TABLE OF CONTENTS

1. Nuubu - when culture meets science for your wellness!	3
2. Detoxification practises in ancient cultures	4
3. Toxins: what are they and why do they hurt us?	5
• How do toxins get in your body?	6
• How can you prevent toxins accumulation?	6
4. Why do our bodies need detoxification?	7
• We need to talk about stress	7
• Having a good night's sleep is the first step toward reducing stress	8
• Stress is linked to the accumulation of toxins	9
• How can we relax?	9
5. Modern Approach to detoxification	11
• Herbs are an important element in your detoxification journey	13
• Baths and saunas	14
• How to incorporate bathing or saunas into your detoxification regiment	14
• Yoga and exercises	15
6. Meditation practises	17
7. Thank you	18

# NUUBU - WHEN CULTURE MEETS SCIENCE FOR YOUR WELLNESS!



Congratulations! Right now, you hold in your hands a chance for a better, healthier, and happier you!

The modern world is not the best place to live a healthy and balanced life. A 2011 study found that about  $\frac{1}{3}$  of US workers suffer from chronic fatigue. However, adequate treatment of fatigue has proven challenging, and it is often overlooked by healthcare providers due to its diagnostically non-specific nature.

Migraines, general headaches, problems concentrating, high levels of stress: all of these are serious conditions that can lead to complicated health issues, not to mention the daily struggles of chronic sufferers. All of these conditions are hard to diagnose, and most of the time they are not taken seriously by healthcare specialists. Even when they are diagnosed, an effective treatment is rare.

Nuubu products were designed in Japan with the wellness, health, and inner peace of the individual in mind. During the development of Nuubu products, ancient detoxification practices were analyzed and updated with the help of the latest scientific achievements.

Nuubu products are easy to use at home and do not require any special skills or knowledge. Put a face mask on, stick a patch on your feet, and take a little time to relax! It's as simple as that!

Using natural foot patches is a great, reliable, and efficient way to cleanse your body. However, the human body is a rather complicated machine that requires strategic and holistic solutions.

The aim of this guide is to analyze the main causes of toxins and provide you with the additional knowledge you need to help yourself.

Before you start your detoxification journey, though, let's take a look at how it was practiced through the centuries.

# DETOXIFICATION PRACTISES IN ANCIENT CULTURES

One of the oldest known detox programs is Panchakarma. It is part of Ayurvedic medicine - the oldest healing system in the world. This type of medicine originated in ancient India about 3,000 - 5,000 years ago.

Panchakarma is based on central concepts to Ayurveda, which state that disease is caused by the build-up of toxic substances in the body and by imbalances in the body and mind. Treatments include:

- **Vamana:** therapeutic stomach cleansing and emesis.
- **Virechan:** therapeutic purgation.
- **Basti:** excellent cleansing and medicated enema for all neuromuscular diseases and pains.
- **Nasya:** elimination of toxins through the nose by using essential oil drops.
- **Rakta Moksha:** detoxification of the blood.

After these detoxification procedures, patients usually follow a meal program that includes easily digestible food containing antioxidant properties.

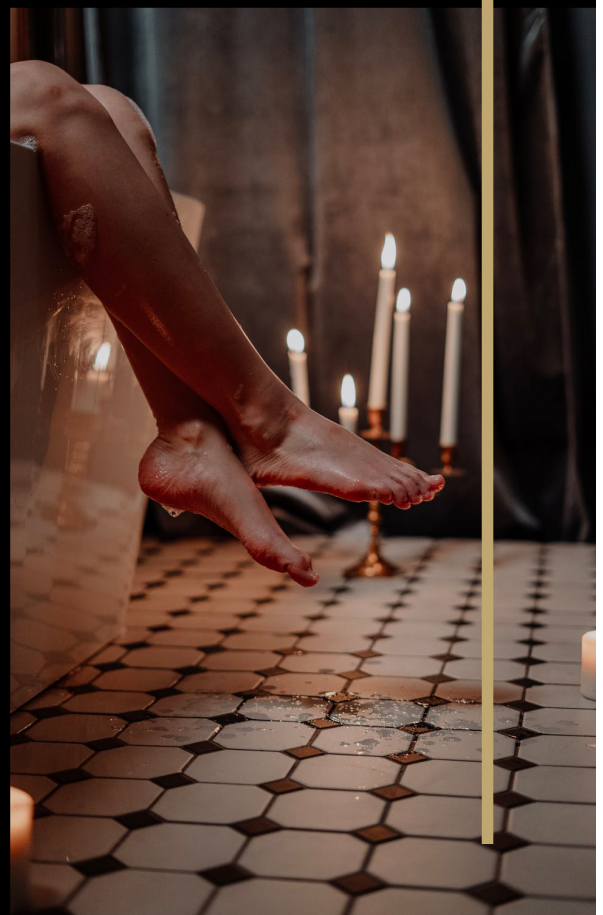
But India was not the only place where people believed that the human body accumulates dirt, poison, and other toxins from the surrounding world and needs to be regularly cleansed.

**Traditional Chinese Medicine**, which is another ancient healing system known for the use of herbs and natural ingredients, treats toxins as a disturbance in the body that must be removed.

**Native American** traditions include many similar concepts, combining aromatic rituals with food and herb intake to help clear the body and free the spirit.

**Ancient Greek and Roman** civilizations had bathing rituals and were very concerned with keeping their bodies clean. **Ancient Nordic** societies also had their practice of saunas. Sitting in a hot, humid room for extended amounts of time encouraged the body to sweat more in order to shed toxin accumulation and relaxed the body and mind. In some cases, they also used natural herbs and plants as part of the sauna rituals.

Even in **Biblical teachings**, we find hints about the need for and practice of detoxification! Fasting restrictions, body cleaning rituals, and use of aroma cleansing are all described in the Old Testament!



### What can we learn from these ancient practices?

If you closely examine these teachings from all around the world, you will probably notice some similarities:

- What we eat is a big part of how (un)clean our body is.
- Herbs and natural ingredients are a big part of these treatments.
- The methods used can be categorized into 3 main groups:
  - Body cleansing (baths, saunas, and similar rituals)
  - Cleaning from the inside by using herbs and oils and following dietary restrictions.
  - Healing your mind with aromatherapy.

The essence of these practises has always been to get rid of disturbances in the body, restore the natural flow within the body and become better, healthier and more capable versions of ourselves.

Let's learn from ancient history and see how we can incorporate it in our daily life!

That's exactly that Nuubu did with natural footpaches. Selected herbs cleanse the organism from toxins through the skin but in a time saving and modern way - while the user sleeps!



**IMPORTANT:** We definitely do not recommend emesis, blood cleansing, or other practises that might put your health in danger! These are outdated practices listed here only for educational purposes and should not be practiced now. Before starting detoxification, please be mindful about any health issues you might have and choose the approach that best suits your situation.

## TOXINS: WHAT ARE THEY AND WHY DO THEY HURT US?



Everyone has heard the term “toxin” at some point in their lives. Some strongly believe that detoxifying rituals helped them or their loved ones win a fight against cancer or other serious illnesses. On the other side of the spectrum, there are those who strictly stick with traditional medicine and do not believe in anything not prescribed by their physician.

In order to better understand how and why detoxifying practices work, we first need to understand what toxins really are. According to an International Committee of the Red Cross review of the Biological Weapons Convention, “Toxins are poisonous products of organisms; unlike biological agents, they are inanimate and not capable of reproducing themselves.” The term “toxin” was first used by organic chemist Ludwig Brieger (1849–1919) and is derived from the word “toxic.”

Put simply, it is widely believed that toxins concentrate in the human body (mostly in the liver and kidneys). This can lead to everything from minor inconveniences (like acne) that affect our daily interactions to major health issues (like constant fatigue, migraines, lack of energy and ability to concentrate) that might hold us back professionally and stand between us and our dreams. The most extreme toxins can contribute to life-threatening diseases like cancer, blood and heart conditions, and much more.

## How do toxins get in your body?

Toxin build up can happen for several reasons:

- Unhealthy eating habits, including consuming fast food, not enough fruits and vegetables, too much added sugars and saturated fats, etc.
- Too much stress can lead to the constant release of stress-related hormones.
- Too little exercise and an inactive lifestyle can lead to muscular disorders, low energy levels, and other unfavorable conditions.

Considering all this, it is no surprise that people since the ancient times have felt the need to cleanse their bodies and have developed many practices around the world to achieve wellbeing for the spirit, body, and mind. While some of them are considered to be outdated relics of the past, others are beloved by modern society and widely used today.

With the help of modern technologies, we conducted research on a variety of natural plants and herbs and selected the most active ones for our product. This is where the wisdom of ancient Japanese culture and the technology of modern Japan meet to bring you the best that nature can offer!

## How can you prevent the accumulation of toxins in the body?

The human body is smarter than most of us think it is. It can do a lot, including heal itself and clean itself. There are many mechanisms in place for these processes, such as sweating. There are also certain things we can do to help our body to be more efficient.

### Here are things that you can do to help your body:

1. Avoid smoking, drinking, and using other harmful substances. All these are considered to be a primary cause of lung and other cancers, liver failure, and heart and blood vessel disease. Getting these habits under control or, even better, getting rid of them entirely, should be the first step in your detoxification journey.
2. Pay attention to your eating habits. Minimizing saturated fats, carbohydrates, and added sugars is highly recommended by many diabetologists and health specialists. Instead, incorporate more whole grains and raw fruits and veggies into your diet, as well as a more balanced attitude toward meals overall.
3. Start practicing yoga or another physical activity, as movement is crucial for our health. It is one of the main methods for preventing heart disease, having healthy joints and muscle systems, and making sure that we stay healthy and flexible as we age.
4. Incorporate products with detoxing properties into your daily routine. These might include special herb teas, food supplements and vitamins, foot patches, and sheet masks.
5. Use more natural cosmetic, hygiene, and medicine products. Such products are gentler, more harmonious with nature, and more beneficial for your body.



**IMPORTANT:** We do not recommend that you stop using any prescribed medicine for conditions you might have, although we do believe that adding natural herbs and vitamins and developing a holistic approach to your condition might bring considerable benefits over time.

## WHY DO OUR BODIES NEED DETOXIFICATION?

We need to talk about stress



Toxins in the human body are mostly related to things that people consume - unhealthy food, alcohol, tobacco products, and other substances.

However, daily stress is no less of a danger to our immune system and overall health. The human body is equipped to automatically respond to situations we perceive as dangerous. A specific region in the brain, the hypothalamus, reacts first. It sends a combination of signals that activate the adrenal glands, located above the kidneys, to release a surge of hormones, including adrenaline and cortisol. These hormones regulate the body's response to the perceived threat, giving extra energy to the muscles, numbing feelings of pain, and putting us in a state commonly known as an "adrenaline rush."

This complex and sophisticated system has played a big part in humanity's survival as a species throughout its entire existence. The problem is that modern life wildly differs from the life our ancestors led, but our stress response is still the same. In our day and age, stressors are always lingering just behind our backs, so the fight-or-flight reaction always stays turned on.

This causes overexposure to cortisol and other stress hormones that follow and can disrupt almost all of our body's processes, increasing our risk of many health problems, including:

- **Anxiety**
- **Depression**
- **Digestive problems**
- **Headaches**
- **Heart disease**
- **Sleep problems**
- **Weight gain**
- **Memory and concentration impairment**

That's why it's so important to learn healthy ways to cope with life's stressors.

## Having a good night's sleep is the first step toward reducing stress

Experts often speak of the importance of getting good sleep every night. This means that the human body needs about 7 to 9 hours of uninterrupted sleep each night to rest and to prepare for the next day. The problem is that high levels of stress disturb dedicated rest time, making it difficult for people to fall or stay asleep.

According to the Centers for Disease Control and Prevention (CDC), 35.2% of adults in the United States get less than 7 hours of sleep each night. This can lead to a sleep deficit that results in lasting physical and mental health problems.

Sadly, one of the most damaging side effects of constant stress is sleep deprivation. Since it is impossible to reach an ideal mental state, which would help you make cautious and genuinely beneficial decisions about your life, here are the main things you can do to help yourself sleep better:

- 1.** No screen before bed time. Cell phones and other devices emit a range of blue light that disturbs our sleep patterns. These devices also keep people distracted during the night. If you're having trouble sleeping, it is very tempting to grab your phone and quickly check social media, email, etc.
- 2.** Keep the bed as a place where you just rest. It is important that your brain does not associate this corner of your house with watching movies, working, eating, drinking, and other activities. Strict association with just rest will put your body in the mood for sleep instead of other activities.
- 3.** If you have trouble sleeping, try listening to soothing music or reading a calm book for about 30 minutes. If you do not start to feel sleepy during this time, leave the bed, do something else for a bit, and go back to bed in another 20 or 30 minutes.
- 4.** Be aware that everybody has different sleeping patterns, which are closely related to sleep phases. Sometimes adjusting when you go to bed or wake up just by 5, 10, or 15 minutes will result in much better sleep because it will fit your individual pattern more closely.
- 5.** Try using detoxing foot patches during the night. Some reviews claim that this practice not only helps to cleanse the body of toxin build-up, but also increases the quality of sleep.

These are basic tips that everybody should know and follow in order to get a better night's rest. Increased sleep quality will help us to have more energy, be more productive at work, and improve the quality of the work we do throughout the day.

If you follow these steps, including reducing your daily stress and increasing healthy practices in your daily routine (such as exercising or meditation), and you still have trouble sleeping, it might be time to consult with a specialist. Every situation is different and unique, so no advice is universally applicable to everyone.

## Stress is linked to the accumulation of toxins

Think that this might apply to your neighbor but not you? Take time to sit down and spare a moment to think about yourself.

- How much stress did you have today? Yesterday? Last week?
- Do you tend to stress eat while you stress out? What kind of food do you eat when you're stressed?
- Does stress eating make you gain weight?
- Does this make you stress even more?
- How often do you calm yourself with a glass of wine or something stronger?

The truth is that modern families live in extremely stressful environments in which almost everyone is rushing to meet deadlines. People often stress out about failure, yet they most often fail because they cannot concentrate due to stress.

**This leads to other factors of toxin accumulation, such as eating unbalanced foods, drinking alcohol, and smoking.**

Even those who live fairly slow lives and have the freedom to manage their own time are affected by society's constant rush.

- Fast food chains are around every corner.
- Jumping into a taxi for even the shortest distances has become second nature to most, while walking is treated as a planned leisure activity.
- Rather than getting a good night's sleep, most of us stay up until the early morning glued to various screens.

This is why we are in dire need of detoxification now – not tomorrow, not next week, and definitely not once the deadline you are working on is finished, as that deadline will be immediately altered to suit the next task; it never ends and is never finished. Hence, we are in dire need of detoxification NOW.

## How can we relax?

Considering all this, it is extremely important to learn how to relax. We suggest starting with some basic practices and moving on to more advanced ones. Here are some tips:

**1.** Establish a daily routine. Set times when you wake up and when you go to sleep. Develop a morning and evening routine, such as having morning coffee while sitting in your favorite armchair or reading a book 30 minutes before going to sleep. Have dedicated times to eat your meals and make sure you sit down properly at the table and do not work while eating. This will help you ground your day and have solid footing no matter that happens at work or in your personal life.

**2.** Establish a beauty routine. Taking care of yourself will make you love yourself more. Also, sheet masks, massages, and other beauty rituals can be extremely relaxing and have a lasting effect of heightened self esteem.

3. Find a relaxing hobby. It can be drawing, coloring, taking care of plants, or anything else that has a soothing and relaxing effect. Something that keeps you busy for a little while but also helps you push away stressful thoughts while you do it.

4. Look into aromatherapy, guided meditation, and other similar practices. All of these are designed to provide you with the mental tools to reduce and eventually get rid of stress.

Learning to relax is the first step to a more mindful life, and it is necessary in order for detoxification practices not just to work but to have a long-lasting effect.

### **Can you cleanse toxins through the skin?**

Most teenagers and some adults suffer from acne, which can often be cleared up by making dietary changes, such as reducing the amount of chocolate you consume.

Skin is the largest organ of the human body, so it is only natural that it reacts to the accumulation of toxins. It really doesn't matter whether toxins are a consequence of too much sugar and an unbalanced diet, sleep deprivation, too much stress, or some combination of these; they affect our body, thus they affect our skin. And acne is not the only sign of toxin accumulation; redness, itchiness, dandruff, and other uncomfortable symptoms might also be a sign of too many toxins in the body.

Since skin is so reactive to toxins and has ways to show it, it also makes a great gateway for cleaning the body from them.

That's why we created a set of two items that work through skin to clean the whole body: foot patches and facial sheet masks.

Foot patches are fueled by nature; natural herbs and plants have been carefully selected and preserved in a way that keeps all their benefits intact. Our foot patches work their magic while the user sleeps, thus saving time and requiring minimal effort. This means that those who use Nuubu Foot Patches save time, which they can spend on other relaxing or detoxifying practices to have the best results!

Nuubu Sheet Masks are the star of a relaxing evening routine, rejuvenating and hydrating the skin to leave it glowing and younger-looking. This product not only helps to clean facial skin, but also helps to reduce negative visual effects of toxin accumulation, thus leaving skin prettier than ever and boosting self-esteem, confidence, and satisfaction with our own bodies!



# MODERN APPROACH TO DETOXIFICATION

There have been many different approaches to detoxifying the body over the centuries, and there are no fewer today. We strongly believe that a person needs to combine several of these to get the most well-rounded treatment and long-lasting wellness.

## Eating habits

Once you decide that it is time to detoxify your body, the first thing you need to do is look into how you eat. Food is something that we often put into our bodies with very little thought. Sadly, it is also the gateway to toxin accumulation if you are not careful and conscious about your choices!

**Sugar.** Modern food is filled with added sugars, which is the main cause of obesity and related conditions, such as heart disease and others. The American Heart Association recommends limiting your sugar intake to no more than 36 grams or 150 calories of added sugar per day for men and no more than 25 grams or 100 calories for women.

To put this in perspective, approximately 22 grams of sugar can be found in 100 grams of ketchup. A 375ml can of soft drink has 38 grams of sugar on average. A 100-gram serving of breakfast granola has about 29 grams of sugar.

**TIP:** If you want to make drastic changes in your diet by maintaining similar eating habits but with less sugar, start reading labels. Different manufacturers add different amounts of sugar, so in some cases you can simply swap to other brands of the same item!

**Fats.** Everyone knows that fat is bad. But is it though? There are many different types of fats, and while some of them can clog the blood vessels and cause heart disease, others are crucial for many of our body's functions.

For example, let's look at the avocado. It is considered to be a superfood and a healthy alternative to fast food, and it is beloved by healthy living enthusiasts. But, it is also filled with fats. How can both be true? Well, the fats in an avocado are unsaturated.

To oversimplify, there are two types of fats: saturated and unsaturated. Unsaturated fats help lower LDL cholesterol, reduce inflammation, and build stronger cell membranes in the body. They may also help reduce the risk of rheumatoid arthritis, according to some studies.



On the other hand, there is no clear consensus in the medical community about saturated fats. While some research shows its harmful effects on the body, other specialists believe that when consumed in moderate amounts and as a part of a well-balanced diet, it can be beneficial.

Ultimately, fat is an essential nutrient that the body needs to function fully. Together with a balanced diet, fat helps the body absorb vitamins and minerals and serves other vital roles.

Whether unsaturated or saturated, it is a good idea to keep your fat intake under control, since too much of it can result in weight gain. While we do not suggest avoiding fats entirely, please pay attention to the source of the fats you consume as well as the general quality of the food you are eating in order to maintain a balanced diet.

**Carbohydrates or Carbs.** By the end of last century, carbs had become the new “bad” in the diet community. However, carbs can actually be found in a wide variety of foods - both healthy and not so healthy.

Contrary to popular belief, carbohydrates are an important part of a healthy diet, since they provide the body with glucose. Glucose is an important source of energy that supports both daily bodily functions and physical activity.

But, similar to fats, carbs come from different sources and are of different qualities. The most beneficial to us are unprocessed or minimally processed whole grains, vegetables, fruits, and beans. These foods are also rich in vitamins, minerals, fiber, and other nutrients and are part of a well-balanced diet.

White bread, pastries, and other highly processed foods also contain high amounts of carbs, but since they are refined foods, most of the benefits are lost in the production process. These carbs can contribute to diabetes, interfere with weight loss, and cause other unpleasant consequences.

**TIP:** Read the labels on your food, and switch to brands that use less refined carbs. When possible, switch to whole grain alternatives.

A well-balanced diet with plenty of veggies, fruits, whole grain products, and good fats is the key to a healthy body!

As with everything concerning the human body, there is no one magic approach that fits everyone, so if you struggle with healthy eating and feel that you need additional help with your daily diet, find a dietologist or nutritionist to guide and help you.

## Herbs are an important element in your detoxification journey

Herbs are ancient remedies for many ailments. Here are some of the oldest recorded uses for herbs:

- Camomile is known for its soothing and calming effects. It is also believed to have antibacterial, anti-inflammatory, and liver-protecting effects.
- Peppermint tea is most commonly known for its beneficial effects on the digestive tract.
- Ginger tea is known to help fight the common cold and similar illnesses. It stimulates the immune system and helps fight against inflammation. Usually, ginger tea is served with a spoon of honey and a slice of lemon to elevate its effects. Some studies have found that ginger capsules are similar to non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen for relieving period pain.
- Rooibos tea might help to prevent heart disease and improve bone health.
- Hibiscus tea has some antiviral properties, so it is a good addition to prescribed medicine in case of flu or similar illnesses. Also, it has shown some positive effects on lowering high blood pressure.



**IMPORTANT:** Be sure to avoid drinking hibiscus tea if you're taking hydrochlorothiazide, a diuretic medication, as the two may interact with each other. Hibiscus tea may also shorten the effects of aspirin, so it's best to take them 3 - 4 hours apart!

Herbal teas were and still are popular around the world. Most of the herbs can be grown in a backyard garden or inside on a windowsill. Growing your own herbs for tea ensures that you know exactly that you're drinking and that it's truly free of synthetic fertilizers and other agricultural toxins.

### Other benefits from herbs

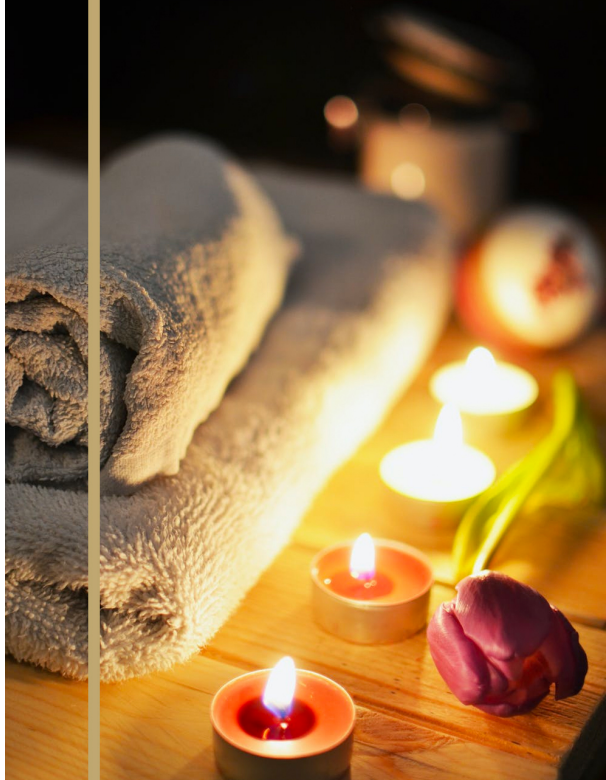
Not everybody likes the way herbal teas taste, and sometimes tea might not be the best way to get the most benefits from the herbs. Here are some other ways to benefit from herbs:

- Foot Patches. It is an extremely easy-to-use, absolutely no-hassle product. The special combination of herbs works overnight to pull the toxins out of your body. Users claim that it increases quality of sleep and energy levels during the day, leading to improved overall health.
- Mustard grain patches are put on the chest area. While in contact with the skin, the patch releases heat, so it can be used to relieve cough and other cold and flu symptoms. It is important to be careful with this remedy, because it can burn the skin if left on for too long.
- Aromatherapy sessions. Natural herbal aromas help users to relax and enter a meditative state.



## Baths and saunas

Bath and sauna culture is as popular today as it was centuries ago. There are two main benefits from these rituals. They help to get stress under control and relax the mind and muscles. Also, contrasting procedures (mixing heat with cold, as in a traditional sauna) might help you to build a strong and reliable immune system.



- **A traditional Scandinavian sauna.** Traditionally, this practice is combined with the use of a Vihta, a whisk made of birch (or similar) twigs. It is used to beat the body in the hot room in order to stimulate the feel of the steam or vapor created by throwing water on the stones of the stove that generate the heat, humidity, and temperature in the sauna. Scandinavians enjoy sauna rituals in the winter time. Once the body is really heated up, the person runs barefoot and naked (or in swimwear) through the snow and jumps into a nearby frozen lake or river. Specifically for this purpose, an avanto – a hole in the ice covering a lake, river, or sea – is prepared.
- **Steam rooms, Turkish baths, and other types of heated bathing rituals.** There are many different types of baths. Some of them are filled with steam, while others are very dry. Some of them are built from natural wood, while others are made from rock, salt, and other natural materials. In some cases, they might be combined with aromatherapy or special salt treatments, while others might include relaxing sounds and even guided meditation.
- **Hot tubs and jetted bathtubs.** Swimming has a naturally calming effect on the body, since water stimulates the whole body equally. Hot tubs and jetted bathtubs increase this experience by providing a gentle muscle massage, thus helping users to relax even further.

### How to incorporate bathing or saunas into your detoxification regiment

If available, we suggest looking around your area to find some quality saunas and spas to visit regularly as part of your detoxification regime. If these are not available, you can create your own soothing experience at home!

#### **For calming and relaxing effect:**

Take a nice, hot bath. Add some natural, scented oils for aromatherapy benefits. Put some sheet masks on for the added benefit of more beautiful, younger-looking skin. Leave everything outside the bath doors and enjoy yourself!

### To revitalize your immune system:

Contrast showers are the best alternative to saunas that almost anybody can try at home. Contrast showers can also boost blood circulation, prevent sore muscles, and help with weight loss and depression. Of course, everybody experiences effects differently.

Here is the correct way to practice this technique:

- Shower in warm/hot water for 3-5 minutes.
- Now, turn off the hot water and shower under cool/cold water for 1 minute only.
- Repeat 3-5 times.
- Make sure to finish with cold water.

Keep in mind that contrast procedures are not recommended for anyone experiencing cold, flu, or similar symptoms. Please wait until your body heals itself from these conditions, and make sure you provide any help your body needs to feel better as soon as possible. Once you are healthy again, you can try this to prevent future illness.



**IMPORTANT:** Saunas and hot baths might not be recommended for people with heart disease, irregular blood pressure, and some other conditions. If you start to feel faint, dizzy, or sick, leave the hot area ASAP, sit down in a cool place, drink some room temperature water, and do not return to the sauna! If you wish to continue this as part of your detoxification regime, speak to your doctor or health specialist first and follow their recommendation.

## Yoga and exercises

Yoga is an ancient Indian practice that started somewhere between 3300 and 500 BCE in the Indus Valley. Although very little is known about the exact origin of the practice or when exactly people started it, it has become one of the most important parts of Indian cultural traditions.

But what is yoga?

Traditional yoga is considered to be a group of physical, mental, and spiritual disciplines as well as one of the six Āstika schools of Indian philosophical traditions. The art of yoga is practiced in many different ways in Hinduism, Buddhism, and Jainism.

While traditional yoga is a highly spiritual activity, modern yoga practiced in Western parts of the world concentrates mostly on the physical aspects of the discipline.



## Benefits of yoga:

- Yoga is a wonderful exercise routine that does not require you to be particularly fit or agile.
- Correct breathing is part of the movement and shifting between stances. It also has a calming effect and helps to clear your head during the session.
- There are a wide variety of practices to choose from – from those that meld yoga and guided meditation together to more fun and modern versions, like Goat Yoga, or more physically challenging, like Air Yoga.

Due to its slow and calm nature, yoga is great for relaxation and meditation, but it might not be for everybody. Strength exercise, running, swimming, cycling – all of these are good, because they help you to prevent heart disease, keep joints healthy, and maintain a healthy body.

Here are some tips for those who would like to incorporate more active time in their day but for whatever reason cannot join classes or a gym:

- Need to get groceries? Instead of grabbing your car keys, consider walking! If you typically spend most of your time sitting and exercise is not part of your daily routine, starting to walk more is a great way to build the agility and muscle strength needed for more advanced exercise.
- Start your morning exercise routine. Do some stretching, since it is very important in order to prevent muscle injury. After warming up, you can jump rope or do some other exercise for your cardio. There are plenty to choose from, so build a routine that makes you happy. Once you finish, it is a great idea to follow with a contrast shower. Just 20 minutes, and you'll feel wide awake, energized, and ready for a new day!
- Feel the need for more substantial exercise, but can't leave your home? Here some other ideas for those stuck looking after kids or who can't leave the house for other reasons:
  - Weights and dumbbells are great for many exercises, but they can be a tad expensive. So, why not fill some bottles with rice or other grains and make your own? They might not be as heavy or as precise as weights at the gym, but they will work just fine for basic exercise needs.
  - Feel the need for some good cardio? You can always try to run around your house, or, if you live in an apartment building, run up and down the stairs. Be creative about how you exploit your surroundings to your benefit!
  - There are many online classes for yoga and other fitness practices. Get one of those! We suggest finding one that is not just recorded exercises and that allows you to reach out to the instructor if you have any questions.





## Meditation practises

Healthy eating habits, physical activity, and detoxifying herbs are all very good for your physical health, but mental and physical wellbeing are very closely knit.

We've already talked a lot about stress and its impact on overall health, as well as some tips on how to reduce stress. However, sometimes just having an evening routine is not enough to release all the stress that accumulates during the day so that you can get quality rest during the night.

Meditation can be a powerful tool to help you gain a better understanding of yourself, your body, and what you need to do in order to take back control of your life by alleviating stress and dealing with stressful environments.

Here are some tips on how to start a meditation routine at home:

- Find a comfortable sitting or lying position. Your body should be relaxed, but your spine should be straight and in an anatomically correct poze. This means no slouching on the sofa with your legs on the coffee table!
- Do not try to correct the way you breathe. Simply let yourself breathe naturally and with ease.
- At the beginning, keep your focus on your breath. Observe its pace and rhythm and pay attention to how your body moves as you inhale and exhale. If your mind wanders, simply return to your breath and continue analyzing your body's movement without trying to control it.
- Start with 2 to 3 minutes. Once you are comfortable with this, try longer sessions.

There are many different types of meditation. All have different focus, angles, and ways to practice. The most common ones are **concentration** and **mindfulness** meditations. Concentration meditation involves focusing on a single point, while mindfulness meditation is about exploring the wandering thoughts of the practitioner.

The one described here is concentration meditation, where the practitioner concentrates on their own breath. You might also concentrate on a candle flame, a repetitive noise (like a gong), a string of beads that you are counting, or something similar. It is not about pushing thoughts out of your head. Instead, it is about focusing on a single thing and returning your mind back to that thing if you notice yourself wandering. This form of meditation improves your ability to concentrate on the task at hand.

For some, gardening can be their way of meditating. Instead of focusing on their breath, they focus on the plant, analyzing leaf shapes and growth patterns or examining roots and foliage. Others meditate by painting, creating ceramic pots, or other activities that require close concentration and understanding of the material they are working with. These activities cannot be rushed. They require a patient, calm mind and the willingness to let things flow their own way.

# THANK YOU



The Nuubu team would like to thank you for purchasing our products. We hope that this guide you just finished reading will help you obtain a better understanding of your body as whole.

Once you start seeing your body as not just separate parts, but as a single and united place for your mind and soul to thrive, you'll start to understand the holistic approach to good health, calm mind, and overall wellness.

We wish you mindfulness on your journey to a better you!