

Wholistic Health

In order to get to a state of whole health, we have to look at our whole selves. We begin by looking at the Five Pillars of Self-Care.



- **Nutritious Food**

Food contains the building blocks that fortify our bodies. So, let's look at some of the basics about food. Our bodies should be alkaline, rather than acidic, so start by removing all the white food, almost all of which are acidic. For optimal health, remove chemicals, excessive hormones, mucous-causing elements and excessively fattening foods. Then replace them with life-giving foods, such as fruits, vegetables, grains and nuts.

- **Clean Water**

We are made up of at least 95% water. Every life needs water. Humans can survive for approximately only three days without water. But nowadays, water is so polluted, we have to be more diligent than ever to find water that truly hydrates our bodies. Due to the chemicals and impurities in the water, it is very difficult for our bodies to use the water we take in.

- **Exercise**

We have become a very sedentary people. We sit at computers to work, play computer games, watch television and meet on social media instead of meeting in person to play physical games. We ride in cars, trains and busses instead of walking or riding bicycles. The key is to find an exercise you enjoy and incorporate it into your everyday life.

- **Rest**

It's imperative that we rest to rejuvenate our bodies. With all the stress we put on ourselves working (whether in school or on a job) and playing (it's so easy to do with computers at our desks and in our backpacks, purses and pockets), we have to take time to sleep. Without it, we run the risk of depleting our immune systems, exacerbating physical ailments and causing mental strain. To be our best selves, rest is critical.

- **Fresh Air**

The planet's air is rapidly becoming more and more polluted. Consequently, it is becoming more difficult for our bodies to get the air we need. Generally, humans breathe a mixture of nitrogen, oxygen, argon and carbon dioxide. We exhale the carbon dioxide. We need the proper balance of gases in order for our bodies to function properly. Since we are exposed to so much pollution, we have to get away from city air and get the fresh air our organs and health need.