



Foundations of Health Booklet

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Take the first step to better health by implementing the Foundations of Health!

Health is much more than the absence of disease. True health is a state of balance and wellbeing on all levels that allows you to thrive and enjoy a happy, healthy, fulfilling and purposeful life free of dis-ease. The Foundations of Health are simple lifestyle suggestions essential to optimizing physical, mental, emotional, social and spiritual health.

Our bodies are remarkable in their ability to regulate themselves, even in the face of illness, pathology and stress. However, one of most common challenges the body faces is the regular elimination of toxins, both endogenous (made by the body) and exogenous (from our environment). The body must be able to overcome this toxic burden in order to maintain homeostasis (balance). When we become overburdened with toxins, we lose this balance and begin to experience signs and symptoms of disease (“dis-ease”). By enhancing metabolism through the digestive system, liver, kidneys, skin, and lungs, the Foundations of Health can assist the body in eliminating toxins with minimal aggravation.

The Foundations of Health are not a treatment for any specific disease or condition. Rather, they are a cornerstone of your health plan and provide insight into several aspects of health that are essential to creating and/or maintaining homeostasis in the body, so you can achieve a state of optimal wellness. Because the Foundations of Health facilitate assimilation, detoxification, and elimination, they aid the body in returning to a state of wellbeing and balance, regardless of what health conditions may be present.

Deep Breathing

Your lungs are one of your major organs of elimination. You can survive without food for weeks, without water for days, but only a few minutes without breathing. **Deep breathing** is especially important, as it allows your lungs to fully expand and completely fill with oxygen. This improves the oxygenation of your blood, thus providing more oxygen to the tissues of your body.

Deep breathing should fully engage the diaphragm (a thin muscle that sits below your lungs, which contracts during inhalations and relaxes during exhalations), meaning *as you inhale your abdomen should expand*, not your chest. This type of breathing is also known as “belly breathing.” Slow, controlled, deep belly breaths, which fully engage the diaphragm, fill the very bottom of your lung tissue with fresh oxygen and also serve to massage your internal organs, improving blood flow and circulation, and therefore, abdominal organ function.

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Sample Deep Breathing Technique:

Place one hand on your abdomen and the other hand on your chest. Use your hands to help focus your attention on expanding your belly, instead of your chest.

- Inhale for 4 counts
- Hold the inhalation for 4 counts
- Exhale for 8 counts
- Hold the exhalation for 4 counts

Exhalations are meant to be slow and long, as this stimulates the parasympathetic nervous system (“rest and digest”), which explains why breathing has the power to relieve anxiety, decrease stress, and lower blood pressure.

Water

Your body is nearly 80% water! Your daily energy depends on adequate hydration, as nearly all of your body’s chemical reactions are water-dependent. Proteins and enzymes function efficiently **ONLY** when you have enough water. Water plays a vital role in your body’s ability to digest nutrients, regulate your body temperature, lubricate your joints, and maintain the elasticity and youthfulness of your skin.

Studies have shown that a 1-2% loss in total body mass is needed before you begin to feel thirsty. So when you feel thirsty, **you are already dehydrated**. Dehydration can have a significant effect on both your physical and mental performance. Athletic studies have show that as little as a 2% loss in total body mass can **decrease physical and mental performance by 20%**! To lose weight, optimal functioning is necessary, and the first step is adequate WATER!

As a general rule of thumb, drink half your body weight in ounces daily (i.e., if you weight 150 pounds, drink 75 ounces of water each day). Of course, needs vary based on the individual, and more water is needed if you are exercising, drinking caffeinated beverages, or spending time outside in the heat.

Nutrition

The age-old adage “**you are what you eat**” is still true to this day. However, it takes more than “an apple a day.” Just as hydration affects every cell of the body, so does nutritional status. Aim for at least 11-13 servings of vegetables and fruit per day (16-18 if you are highly active). For fruits and most vegetables, ½ cup = 1 serving. Leafy

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greens are the exception (1 cup = 1 serving) and ideally comprise at least 4 servings of your total produce intake per day.

Different colored vegetables and fruits are higher in different phytonutrients, so it is important to eat a variety of colors to provide your body with the entire spectrum of phytonutrients. Make it your goal to “**Eat a Rainbow**” everyday to ensure you receive the full spectrum of vitamins, minerals, flavonoids, antioxidants, and other important phytonutrients. Green smoothies and fresh vegetable and fruit juices are a fantastic health addition to your daily routine and can serve to “bridge the nutritional gap.” While they don’t replace food in its whole form, greens powders and juices can help you get a concentrated amount of phytonutrients very easily. A diet rich in vegetables and fruits has been shown to decrease the risk of developing cancer, heart disease, diabetes, and MANY other health conditions.

Follow your VeraVia nutritional guidelines for a well-rounded, nutrient-dense day!

Movement

Movement doesn’t have to mean going to the gym, lifting weights or running miles on the treadmill. It is any activity in which your heart rate elevates, your circulation improves, and your body’s demand for oxygen increases. This can be as little as walking your dog down the street, or as much as completing a triathlon.

It has been shown that health benefits occur from as little as **30 minutes of moderate exercise per day**. Of course, if your intention is to lose weight, then more vigorous exercise for longer periods of time will speed up that process. Studies have shown that women who lost more than 5% of their body weight were more likely to keep it off if they incorporated just 30 minutes of exercise into their day. Furthermore, multiple studies have shown that 1 hour of activity, just 3 times per week, can reduce dementia in the elderly by 50%; anxiety by 48%; depression by 30%; and the progression to diabetes by 58%.

Movement can also help reduce pain. We have nerve fibers that are responsible for pain (nociception) and others that are responsible for movement (proprioception). When we move, the proprioceptive nerve fibers override the nociceptive fibers, and this can result in a reduction of pain. Essentially, the worst thing for chronic pain is to remain sedentary.

Follow your VeraVia fitness plan to reach your weight loss goals and/or improve your overall wellness.

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Sleep

There's no way around it—we need sleep. In fact, by the time we are 75 years old, we will have spent nearly 25 years sleeping! A good night's sleep is important to restore the mind and body. People who fail to get enough sleep often suffer from concentration, memory and mood problems. Studies have shown that sleep boosts the number of brain cells, especially cells that create myelin, the substance that insulates nerves and helps them respond faster.

Furthermore, sleep has the ability to affect your genetic make-up. A recent twin study has shown that the less you sleep, the more your genes contribute to how much you weigh. Conversely, the more you sleep, the less your genes determine how much you weigh, and the more control you have over your weight. Good sleep not only includes the duration of sleep, but also the quality of sleep. If your sleep is interrupted, it can affect your energy just as much as having less hours of sleep. With a lack of sleep, you are more likely to be irritable, more likely to get sick, and can have difficulty focusing on tasks.

Guidelines to good, quality sleep, every night:

- Establish a calming nighttime ritual (bath, shower, reading, meditation, castor oil pack, tea, etc.).
- Clear your mind by journaling or writing down your thoughts for the next day.
- Maintain a routine. Go to bed at the same time every night, and rise at the same time every morning, including weekends.
- Sleep in a cool, pitch-black room. Use blackout blinds or an eye mask if necessary.
- Do not eat or drink alcohol within 3 hours of going to sleep.
- Avoid looking at bright screens (TV, computer, cell phone, tablets, etc.) at least one hour prior to sleep and no later than 8:30p
- Remember, every hour of sleep before midnight is worth two hours of sleep after midnight. Try to be in bed and asleep by 10:00-10:30p every night.

*If you experience trouble falling or staying asleep, let your VeraVia naturopathic doctor know! We have many tools to help.

Outdoors/Sunshine

Simply being *near* nature has been shown to have many health benefits, including less anxiety and depression. Therefore, physically immersing yourself in nature on a regular basis can only benefit your health. Nature is our habitat, and we spend far too much time shielded from it by buildings. Being outdoors gives us access to fresh air and

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sunshine, both of which are important for maintaining health, and serves to calm us and decrease stress. Brief but direct exposure to sunlight several times per week can help defend against many diseases, including hypertension, diabetes, osteoporosis, multiple sclerosis, depression, cancer, and rheumatoid arthritis.

Get outside, rain or shine for 30 minutes daily to receive this incredible, FREE gift from Mother Nature.

Earthing

Humans evolved in direct contact with the Earth. Throughout time, humans commonly walked barefoot and slept on the ground. But our modern world of buildings, concrete, and shoes insulates us from the Earth's energy. Fascinating research has "re-discovered" how important a connection to the Earth actually is. Just as your body creates vitamin D from direct sunlight, your health is also improved through direct contact with the Earth. A disconnect from the Earth's energy may actually contribute to chronic pain, fatigue, poor sleep, any many other symptoms and conditions.

When you have direct skin contact with the ground, the Earth infuses negative ions (electrons) into your body. These serve as antioxidants in the body by scavenging free radicals and preventing oxidative damage. An abundance of research has linked many chronic diseases to oxidative damage, from cancers to heart disease, Alzheimer's and Parkinson's disease.

People can have different experiences when they "earth." Some feel energized or relaxed, others feel warmth, and some feel nothing at all. However, the long-term results of earthing can be drastic! It has been reported that earthing has helped resolve inflammation, improve sleep quality, speed post-exercise recovery time, increase energy, and lower stress levels. In fact, Tour de France riders "earthed" to help them recover faster during the race.

All you really need in order to earth is a patch of grass, sand or dirt and your bare hands or feet. However, you can also experience the power of earthing while in your house with an "Earthing Starter Kit," which includes an earthing mat, an earthing bed sheet, and earthing electrodes, so you can earth almost anywhere you go! If you are interested in earthing while you are at VeraVia, see Adrienne for your own personal Earthing Starter Kit.

Hydrotherapy

Hydrotherapy is the therapeutic use of water, often involving alternating hot and cold treatments. This style of therapeutics has been around for thousands of years and served as the basis of modern medicine. For your everyday routine, we recommend ending your hot shower or bath with a cold-shower spray. During a warm shower, your superficial blood vessels dilate to release heat from your body, and circulation is increased to all the tiny vessels in the tips of your fingers and toes. Ending with a cold-water spray causes your superficial blood vessels, including the tiny vessels in your fingers and toes, to contract, increasing the blood flow to your core organs. This brings freshly oxygenated blood and nutrients to these organs and aids in the removal of wastes and de-oxygenated blood, which is then cleansed by the liver and kidneys. Essentially, this “vascular exercise” improves elimination and detoxification. As an added bonus, you end up feeling warmer, since your blood has been shunted preferentially to your core.

To perform a proper cold-water spray:

- At the end of your shower/bath, turn the water to cold—the colder the water, the more powerful the treatment.
- Start by spraying your toes, and work up your legs towards your core.
- Next, spray your fingers, and work up the arms.
- Spray the chest, armpits, head and neck.
- End with spraying the low back.
- Get out and dry off. You should feel invigorated and warm.

Castor Oil Pack

Castor oil has been used for thousands of years, though many people are most familiar with its internal use as a laxative. However, we don't suggest using castor oil internally! We recommend creating a Castor Oil Pack for external application, and using it regularly.

Castor oil is a vegetable oil obtained from the castor seed. Historically, castor oil has been used for many purposes, including pain relief, stimulating detoxification, reducing inflammation and bloating, and improving circulation. The exact mechanism behind castor oil is still a mystery, though scientific studies have shown that it has immune-stimulating abilities. This point is important, since approximately 80% of your immune system is in your gut!

We have found that regular use of a Castor Oil Pack has been an effective adjunct to many therapies and a great aid to daily detoxification. When applied to your abdomen

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regularly, castor oil supports your digestive and liver function, decreases abdominal and intestinal inflammation, stimulates lymphatic circulation, supports your liver's efforts to detoxify your body, moisturizes your skin, and stimulates immune function (by increasing lymphocyte counts).

Instructions for creating a Castor Oil Pack:

1. Take a piece of wool or cotton flannel, approximately 12"x18" in size, and drizzle a small amount of castor oil on one side, in a back-and-forth, zig-zag motion.
2. Place the flannel over your bare abdomen and lower chest (with the side you applied castor oil touching your skin). It should cover your entire abdomen, from just below your breast line to your hip bones, and from one side of your abdomen to the other.
3. Place a towel over the pack, or put an old t-shirt on. ****Over time, castor oil will darken fabrics it comes into contact with.****
4. Optional. Place a heating pad or hot water bottle over your abdomen. Do not use heat with uterine growths, bleeding, pregnancy, ulcers or while menstruating. Do not fall asleep while using an electric heating pad.
5. Keep the pack on for 1-1.5 hours, or overnight while you sleep.
6. When you are done with the pack, place it in a sealable bag. You can reuse the pack for many nights.
7. Optional: Wipe any residual castor oil off with a cloth.
8. Use your Castor Oil Pack nightly.

Please note: you will only apply castor oil to the flannel until it is saturated (this takes approximately one week of nightly applications). The wool flannel should not be dripping, goopy, or messy. After the wool flannel is saturated, you do not need to apply castor oil to the flannel before use.

You can reuse the Castor Oil Pack for multiple nights before washing it. After washing, you will need to apply a small amount of castor oil nightly until the flannel is saturated again.

Over time, the wool flannel will darken as the pack pulls toxins out of your body through your skin. You will want to replace the wool flannel when it becomes darker in color.

Castor oil will darken material that it is exposed to over time. If you choose to sleep with the Castor Oil Pack, you will want to wear a t-shirt you don't mind staining. You may want to lay a towel down on your sheets to protect them from the castor oil. When washing your sleep shirt, sheets or towels, you can cut the oil with a solution of baking soda and water (3 tablespoon to 1 quart of water), or use a product called CastorWash.

Dry Skin Brushing

Your skin plays a vital role in detoxification and maintaining homeostasis in your body. It is your largest organ and is an important aspect of immunity, excretion, and blood and lymph circulation. The lymphatic system is responsible for transporting nutrients to your cells and moving toxins and dead material away. It also provides a highway through which your immune system responds. The lymphatic system is similar to the cardiovascular system in that they are both circulatory systems comprised of thousands of vessels, which eventually lead back to the heart.

The lymphatic system differs in that it is not “pumped” by the heart, and the vessels are much thinner, have more valves, and are much more permeable. This allows the lymphatic vessels to collect larger molecules that cannot penetrate the blood vessels. Throughout the lymphatic system are “filtering stations” called lymph nodes. Lymph nodes are areas of concentrated immune cells responsible for consuming bacteria, viruses, and other cellular toxins that have entered the system.

Since the lymphatic system is not powered by a pump, it relies on hydrostatic pressure, deep breathing, and general muscle contraction to pump the lymph fluid back to the core to be cleansed. To aid in lymph movement we recommend daily, dry skin brushing. Using a loofah or natural sea sponge, gently brush the surface of the skin with *short, rapid, feather-light strokes*. Remember, you cannot be too gentle, as too much pressure will collapse the fragile lymph vessels, negating your attempts to move lymph fluid. Start at the tips of your fingers and toes, and work towards your torso, brushing both the front- and backside of your body. You want the strokes to be as light as a feather. **Do this nightly.**

Apple Cider Vinegar

Digestion is crucial to health because it releases nutrients from food for use by your cells. Your cells can't absorb a floret of broccoli, but once it has been digested into its individual components, that broccoli becomes a wealth of nutrition and phytonutrients. The act of digestion begins even before you start to eat. It actually starts when you smell the food you are cooking or that you've been served. From there, a chain reaction of saliva, stomach acid, bile and enzymes begins, and changes in gastric and intestinal motility occur. Digestion ends when that food exits the body as feces.

The parasympathetic nervous system controls digestion, which is why it is nicknamed the “rest and digest” nervous system. Unfortunately, with the hustle and bustle of modern society, many people do not have optimal digestion because they are eating on the go; not adequately chewing their food; eating nutrient-depleted, processed foods; or

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are too stressed out. This results in indigestion, mal-absorption, gas and bloating, increased intestinal permeability, and suboptimal nutrition and can contribute to many chronic health conditions.

Apple cider vinegar (ACV) has been used for centuries as a “folk cure” for a variety of maladies. The exact mechanism as to why ACV has helped these conditions is still a mystery. Some claim it is the potassium content that is responsible for its health benefits. Others claim it is the alkalizing effect on the blood or ACV’s anti-microbial effects. Still others believe the health benefits of ACV are due to the active bacteria and bacterial by-products (these are “good” bacteria, which drive the fermentation process that results in the production of ACV). What we do know is that ACV stimulates digestion, and for that reason alone, is an indispensable therapy.

To stimulate digestion with ACV, mix 1-2 tsp of ACV into 6-8 ounces of water, and drink 15-30 minutes before each meal. Alternatively, you can a 1-2 tsp “shot” of ACV 15-30 minutes before each meal.

Foundations of Health Kit

We have designed a Foundations of Health kit specifically for VeraVia clients that will provide you with all the necessary tools to implement the Foundations of Health, while you are at VeraVia and long after your stay. As mentioned above, the Foundations of Health are a cornerstone of your health plan. With this handout and the Foundations of Health kit, you will be able to implement these important and effective health tools from this day forth.

Your Foundations of Health Kit includes:

Organic Castor Oil with Wool Flannel

Natural Sea Sponge

VeraVitality Daily Probiotic (Probiotics)

VeraVitality EPA-DHA 780 (Omega-3 Essential Fatty Acids)

VeraVitality D₃ – 2000 (Vitamin D₃)

VeraVitality Active B (Activated B Vitamins)

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Directions for Use:

Organic Castor Oil with Wool Flannel

Use your castor oil pack daily. (See page 9 for more detailed instructions.)

Unfold the flannel and drizzle a small amount of castor oil on one side. Place the flannel over your bare abdomen and chest. It should cover an area from your pelvic bones to the middle of your chest, and from one side of your abdomen to the other. Cover the flannel with a t-shirt or towel. Keep the pack on for 1-1.5 hours or overnight while you sleep. When you are done with the flannel, store it in the sealable bag in which it came.

Natural Sea Sponge

Brush your dry skin nightly. (See page 10 for more detailed instructions.)

Dry skin brushing is extremely helpful in simulating circulation and moving lymph back to your core. The lymphatic system is made of small delicate channels that help recycle extra fluid and waste from your blood stream and deliver nutrients to your cells. The lymphatic system does not have a pump like the cardiovascular system does, and thus relies on muscle contractions to move the fluid back to your core.

Using the loofah sponge, apply quick, gentle, feather-light strokes. Start at the tips of your fingers and toes, and work towards your core, with your last strokes ending near your heart.

VeraVitality Daily Probiotic – Probiotics

1 capsule per day, with food (30 billion CFU per day).

Did you know there are *10x as many bacterial cells in the body as there are human cells?!* Basically, we are big walking, talking balls of bacteria!

Beneficial bacteria exist naturally within the body and are concentrated mostly in the intestines. They keep pathogenic, or harmful, bacteria in check; create enzymes and cofactors needed to perform bodily functions and biochemical reactions; and produce vitamins, which nourish the body.

When there is an imbalance in the bacterial flora of the intestines (e.g., not enough beneficial bacteria), it is called “dysbiosis.” The most obvious reason this occurs is from the use of antibiotics, which kill pathogenic AND beneficial bacteria. However, steroid and hormonal drugs, chlorine, carbonated drinks, stress, radiation, preservatives, etc. can also create dysbiosis! A severe depletion of beneficial bacteria can present as difficulty losing weight, sugar cravings, fatigue, constipation, diarrhea, joint inflammation, acne, yeast overgrowth, frequent illness, and food sensitivities.

You can think of probiotics as a beneficial bacteria supplement. And considering that 80% of your immune system is in your intestines, which are also known as the “second brain,” you’ll be doing your entire body a favor by taking probiotics regularly!

Keep VeraVitality Daily Probiotic refrigerated.

VeraVitality EPA-DHA 780 - Essential Fatty Acids (Omega 3s)

2 capsules, twice per day (3120mg of EPA + DHA per day).

Essential fatty acids (EFAs) are called “essential” because they are necessary for health but cannot be synthesized by the body. Therefore, to provide your body with EFAs, you must ingest them!

EFAs play a role in several metabolic processes including cognition, inflammation, cholesterol regulation, circulation, and many more. Adequate intake of EFAs has been shown to improve eczema, inflammatory bowel disease, coronary heart disease, depression, and several other conditions.

****Do not use EFAs without the guidance of a naturopathic doctor if you have been diagnosed with a bleeding disorder or are taking blood thinning medication(s).**

Keep VeraVitality EPA-DHA 780 refrigerated.

VeraVitality D₃ 2000 – Vitamin D₃

1 cap per day, with food (2000 IU per day).

Vitamin D is a fat-soluble vitamin that we synthesize from exposing our bare skin to sunlight (how cool is that?!). However, over the last 3 decades, as warnings to reduce sun exposure have increased and more time is spent indoors, overall vitamin D levels have drastically decreased.

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In the body, vitamin D acts as a *pro-hormone* and is involved in many regulatory processes. It is used by the immune system to help fight infections, but also to regulate the immune response and limit inflammation. Vitamin D is related to bone growth and bone density, as well as calcium absorption. Furthermore, there is mounting evidence that vitamin D could play a role in the prevention of cancer, cardiovascular disease, diabetes, some autoimmune diseases, and other conditions.

Because Vitamin D is fat-soluble, it is best absorbed when taken with food, especially with healthy sources of fat, such as avocados, nuts or seeds, and olive oil.

Keep VeraVitality D₃ refrigerated.

VeraVitality Active B – Activated B Vitamins

1 capsule per day, in the morning with food.

A vitamin B-complex contains all the B vitamins: thiamin (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), pyridoxine (B6), biotin (B7), folate (B9), and cobalamin (B12). B vitamins play a hugely important role in the body, as they are involved in several metabolic processes, including cell growth, nerve transmission, digestion, detoxification, energy production, immune function, and DNA synthesis.

Unfortunately, our world is growing increasingly toxic, and we are constantly being exposed to toxins, such as pollutants, pesticides, herbicides, preservatives, stress, genetically modified organisms (GMOs), prescription drugs, etc. The increase in toxic exposures means our bodies have a LOT more to detox these days than in the past. Furthermore, conventional farming practices deplete our soil of vital nutrients, including minerals and B vitamins. Even if you regularly consume a healthy, plant-passionate diet, you can still be deficient in B vitamins.

Because many of the B vitamins work together in the body, it is best to take a B complex, rather than singular B vitamins. Active B complex provides a therapeutic dose of all the B vitamins in an activated form, meaning your body doesn't have to spend any energy or resources converting the B vitamins to a useable form. These are best taken with food, as they can cause slight nausea on an empty stomach. Please note: your urine will temporarily turn a greenish-yellow (almost neon) color due to the riboflavin (B2). Don't be alarmed—this is completely normal!

The components of the Foundations of Health work to re-establish a balance in the body, which is often disrupted due to daily toxicity, chronic stress, poor nutrition, and inadequate eliminatory function. They are not designed to treat a particular disease; rather they facilitate assimilation, detoxification and elimination. In that respect, the Foundations of Health help the body return to a state of wellbeing, regardless of what health conditions may be present.

It is important to remember that these Foundations of Health are daily health tools. They require a lifestyle change and have a cumulative effect, improving physiologic function over time. While some patients experience positive changes quickly, it is more realistic to expect health changes over a period of a few weeks to a few months, when used regularly. The Foundations of Health are powerful tools and can make a drastic impact on your health and life.

We hope you have an enjoyable, healthful stay at VeraVia and look forward to meeting you all individually.

In Health,

Dr. Derek Lawrence, ND