
10 FUNDAMENTAL PRINCIPLES OF HEALTH
How to reclaim your physical, mental and spiritual energy to replenish your cup and stop the drainage!
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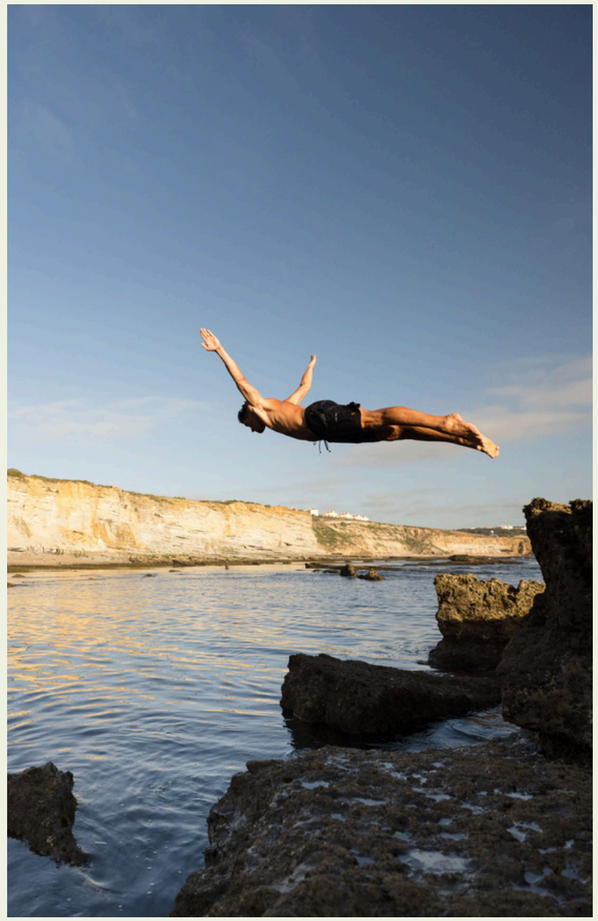
WHY?

- **Our body is a self healing organism** but we where taught our body is a biochemical mechanism of which we have to take care of with pharmaceutical medicine.
- Nature is PRO humanity. Nature provides everything the body needs to heal itself.
- Human suffering on all levels is rooted in the believe that we are depending and therefore powerless.
  - Health lies in the hand of the man in the white coat.
  - We can only achieve what we are qualified for by the system.
- **Health on all the 10 principles, on the physical, mental and spiritual level can break these shackles of limitation.**



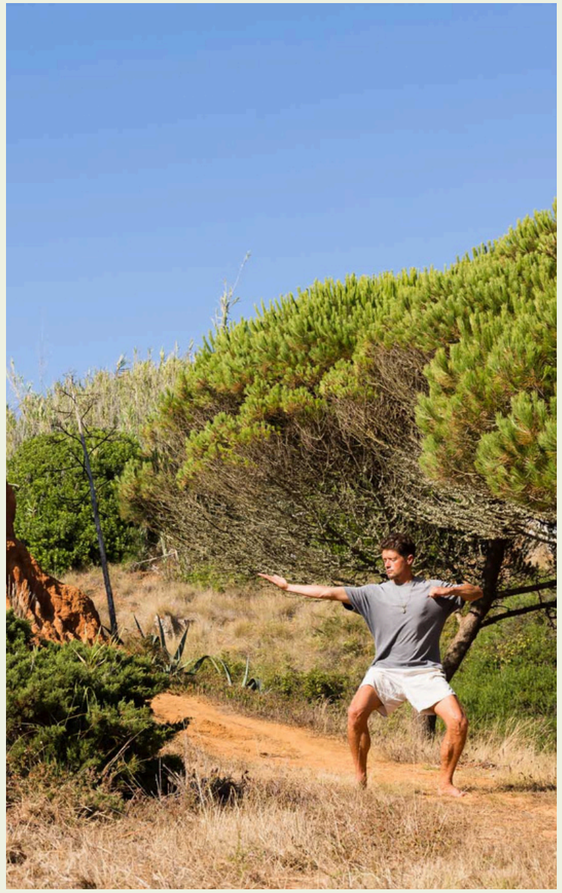
PHYSICAL *movement*

- **Our body works on blood flow and the lymphatic system**, both provide nutrients and oxygen up to the cellular level and remove cellular waste and toxins.
- Unlike blood flow, the lymph does not move by itself alone. Lymphatic collectors move the lymphatic fluids to a certain degree but support from **contraction and expansion of our muscles is essential.**
- A stagnant body of water turns into a cesspool and thus into a breeding ground for diseases.
- **Exercise keeps us physically, mentally and emotionally balanced.**



PHYSICAL *movement*

- **Movement promotes health on a physical level by improving lymph flow**, nourishment of the cells and elimination of cellular waste.
- Through exercising our **feel-good hormones** like endorphins, dopamine and serotonin are released. Furthermore health promoting hormones like **testosterone or growth hormones**.
- Choose an exercise that brings you joy and is not a stressful to do.
- **Find a balance** in working in (Qi Gong or Yin Yoga) with a heart beat < 90 bpm and working out.
- Excessive work out is stress for the body & causes degradation.



PHYSICAL *food*

"Let thy food be thy medicine and thy medicine be thy food."
- Hippocrates -

Your overall wellbeing is directly related to:

- the quality of food that you eat.
- how often and when you eat.

Fresh, organic, natural food not only provides vitamins, minerals, amino acids, fructose, micro nutrients, enzymes and bacteria to our body but also electrical, life force energy that is provided by the sun and the aether.



PHYSICAL *food*

"JERF - Just Eat Real Food"

- Buy organic, farmer direct high nutrient dense food:
  - the less chemicals, storage, packaging and transportation, the better.
- Eat as regional and seasonal as possible:
  - **Regional & seasonal means**: naturally ripened produce full of active enzymes, microbes and high nutrient density.
- Processed food is dead food:
  - No enzymes, bioavailable vitamins, no life force energy.
  - **Leads to acidic terrain**, mucus build up and takes more energy to digest than brings to the body.
  - **Rebuild your gut microbiome with fermented foods.**



PHYSICAL *water*

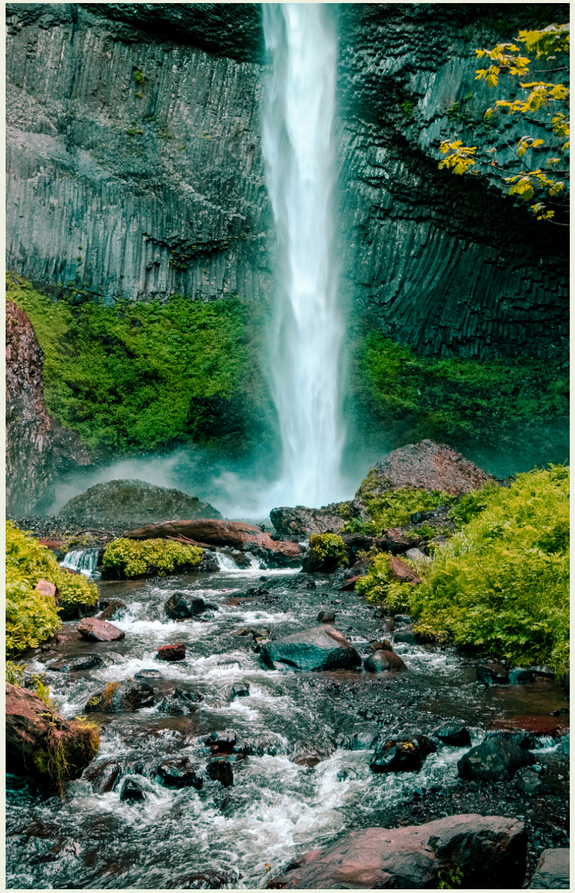
The human body is out of around 70% water.

- **Water and hydration is a necessity for the body** and is involved in nearly all body functions like:
  - Cellular nourishment and detoxification via blood and lymph
  - Digestion, creating saliva, maintaining body temperature
- Hydration does not so much depend on the amount of water you drink but on the quality.
- Nature gives us structured spring water and primary water.
  - We mainly dring recycled sewage from the tap.



PHYSICAL *water*

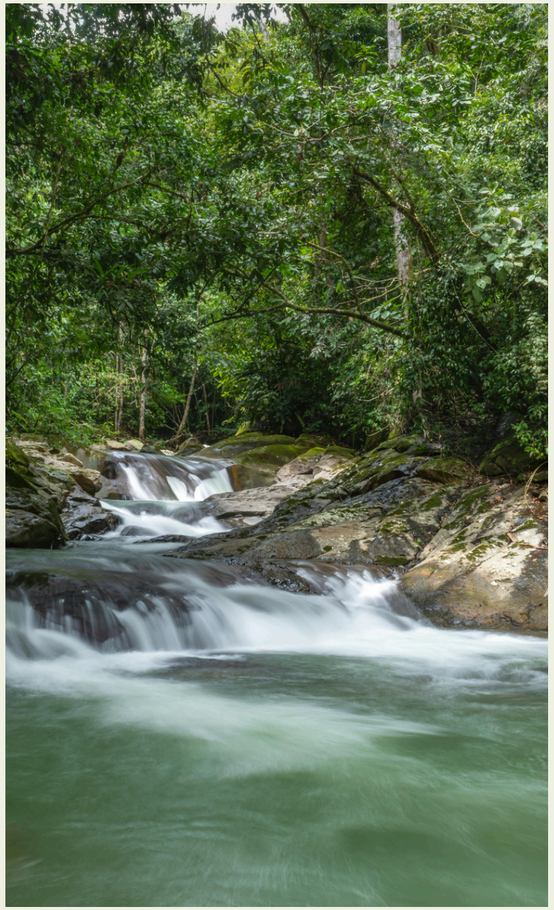
- Water from a spring near you in glass bottles is best.
- Alternatives:
  - get a good quality water filter for your tap water.
  - Filtered water is “dead” water:
    - re-mineralise and re-structure your water with:
      - a pinch of good quality, natural salt
      - place water in a glass bottle in direct sunlight
      - use a copper bottle or a revitaliser*



*vortex the water in a double helix formation mimicking water structuring in nature.

PHYSICAL *water*

- Benefits of structured water: (drink around 0,03 x your weight in kg)
  - Waters natural molecular structure **improves conductivity.**
    - Improvement of self-healing ability and cellular repair.
  - Improved absorption into the cells
  - Improved quality of the lymphatic fluids
    - better nourishment and detoxification
  - Higher energy density (electrically, spiritually etc.) to increase the body's self healing ability.
    - Waters natural flow maintains it's specific energy.
- **The difference between flushing your body with water and hydration** is the state of your nervous system! Take three deep breaths before you drink your water.



MENTAL *breath*

- Breathing is, next to absorbing sunlight, the most important act of maintaining life in the human body.
- In Ayurvedic philosophy Prana stands for vital energy, the energy behind life and consciousness which uses breath as a vehicle to be absorbed by the body.
- **Without breath we first lose consciousness, not the body functions.**
- Wrong breathing techniques eg. light, shallow mouth breathing can cause physical pain in shoulders, neck and back, metabolic dysfunction and chronic stress.
- **Restoring nasal diaphragm breathing** often heals physical problems and improves the state of your nervous system.



MENTAL *breath*

- **Breath work can restore longterm physical energy**, mental clarity and support trauma healing.
  - **Bee buzz, box breathing:** for calming the nervous system
  - **Breath of fire:** for activation of the nervous system, vitality, mental clarity, emotional release.
- Expose yourself to fresh, natural air.
- To improve quality of air and breath:
  - Avoid artificial, chemical air fresheners.
  - Ventilate your office with fresh air instead of air conditioning (most air conditions only recycle room air) to reduce exposure to chemicals from carpets and building materials.



MENTAL *rest*

- **Sleep is not only rest, it is a necessity for your body and mind.**
- Sleep affects brain health, hormones, immune system, metabolism, and mental health.
- **The quality of sleep is directly related to your overall health.**
- Get up and go to bed with the sun. 9 pm to 6 am is a good orientation.
  - Deep sleep → physically restoration (early night, before midnight)
  - REM sleep → mental & emotional restoration (late night)

- **Sleep and rest are anabolic phases of the body** which are essential for recovery and growth of cells and tissue.



MENTAL *rest*

- **Poor sleep quality disrupts the following hormones** which leads to decline of health and well-being:
  - Melatonin: signals night → suppressed by light, especially LED
  - Cortisol: should be low at night, peaks in morning
  - Growth hormone: released during deep sleep for cell repair/growth
  - Adenosine: builds sleep pressure during the day

- **Sleep is the Nr. 1 tool for self care** and optimal health. It is free and forms the basis for well-being, long-term health and longevity.



MENTAL *thought*

- **Our thoughts are active signals** in a living system which shape every layer of our human experience!
- Conscious and sub-conscious thoughts influence our:
  - perception of reality, emotions, behaviour, physiology and long term physical and mental health.
- **Thinking is an embodied process:**
  - thoughts shapes our reality and posture.
  - Breath, and muscle tension influence thoughts.
- Breathing, movement, grounding can **soften rigid thinking** without “positive thinking.”



MENTAL *thought*

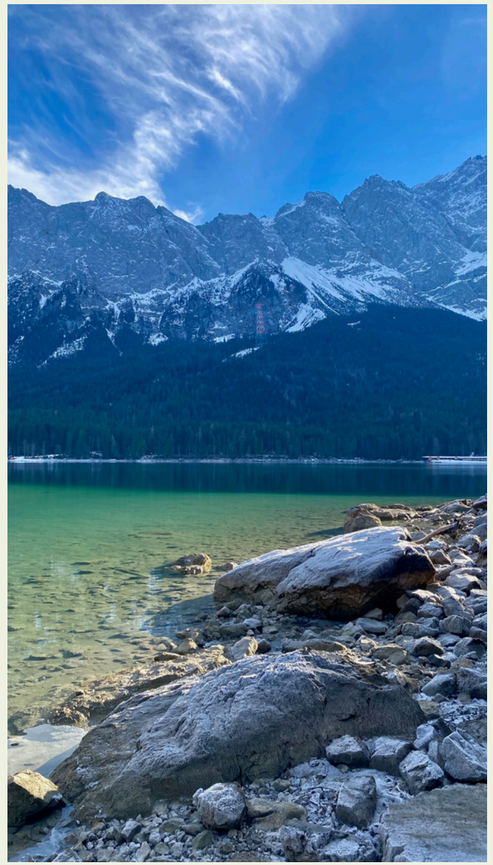
- **Thoughts create your reality but are not necessarily true**, especially unconscious thoughts.
  - Most unconscious thoughts result from programming, education, fears.
  - Deprogramming and reprogramming our thoughts can be done by meditation, hypnosis, visualising and physical behaviour.

We can’t have in our hand what we don’t have in our mind first.



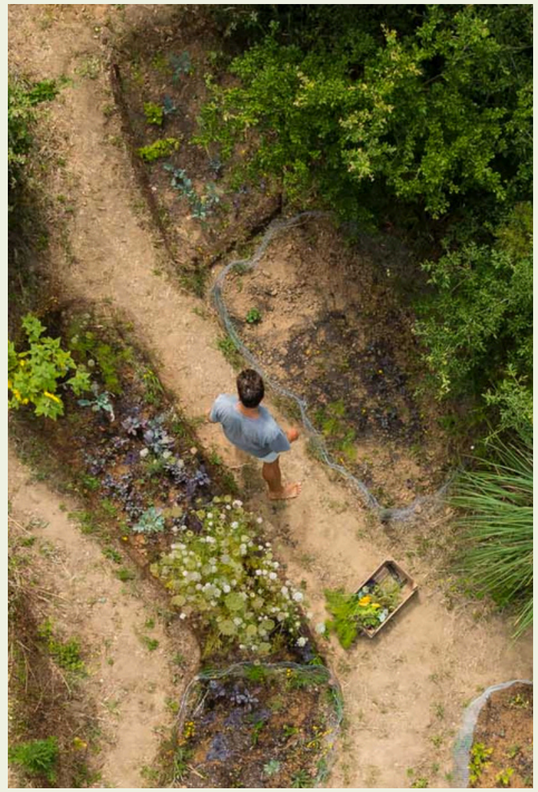
SPIRITUAL *nature*

- Nature is the only environment that provides healing.
- **Nature maintains harmony and balance on its own (blue zones)**
- Humanity destroys nature, so it destroys its own health and existence.
- **We are part of nature.** Disconnection from nature brings imbalances.
- Being in nature maintains microbial balance in the body.
- The microbiome of the soil is directly related to our gut microbiome.
- The energetic fiel and sounds from nature have a very calming effect on the body and lower stress levels.
- If we connect with natural food, water, air, soil (grounding) and sunlight, diseases heal and our body thrives.



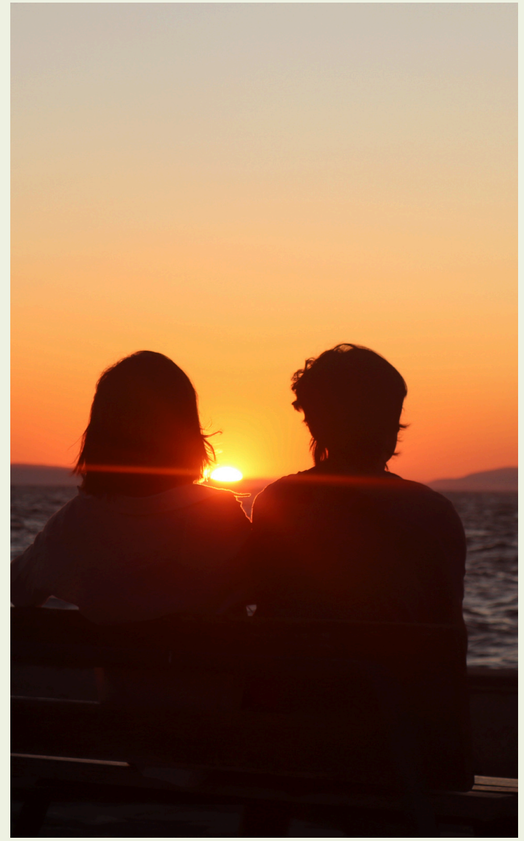
SPIRITUAL *nature*

- **Healing for all disease can be found in nature by:**
  - **Sun gazing:** heals hormonal imbalances, improves eyesight
  - **Full body sun exposure:** heals the microbiome, improves health of bones and teeth, increases vitamin D formation in the body and therefore cell division, cell growth, hormone and gene regulation, enhances innate immunity and immune regulation etc.
  - **Grounding:** charges the body with vital electrons (antioxidant effect)
    - Eliminates breading ground for disease by lowers inflammation and stress levels.
    - Has a positive impact on your mind and perception of reality.



SPIRITUAL *relationship*

- We humans live in symbiotic relationship with our environment. **Everything and everyone we surround ourself with determines the quality of our life.**
- Relationship with others:
  - Choose wisely with whom and what you surround yourself with.
  - Build relationships with supportive things and people which give you energy.
  - Let go of relationships to things and people which drain you energy.
  - **Healthy relationships can exponentially increase your ability to overcome obstacles.**



SPIRITUAL *relationship*

- Relationship with oneself:

  Fill up your cup first!

  “I choose to love and take care of myself first
  so I am able to love and take care of you.”
- **Get clear about your values and set boundaries.**
- Choose authentic in person friendships over digital friendships to experience the aura of others.
- **“Never stop hopping fences”!** Do new things to widen your horizon and knowledge of self.
- **Solitude increases perception of self.** Feel your emotions to mature in them and not being controlled by them.



SPIRITUAL *embodied consciousness*

We are spiritual beings having a human experience!

- A healthy symbiosis of body mind and soul requires a solid connection of your soul to the body. This bond is disrupted by:
  - Programming, trauma, fear, suppressed emotions
  - Distraction, entertainment, addiction, over stimulation
  - Divide and conquer, scarcity
- **As a result:** we lack purpose and vision, we see ourself small and irrelevant, we confuse feminine and masculine aspects of our being.

Not suffering and pain separates soul and body, but being alone with it.



SPIRITUAL *embodied consciousness*

The reconnection of soul and body is not “made”
but rather allowed to happen.

- Return to nature: the soul only stays where the body is experienced as a safe place.
- **Do simple joyful things** like gardening, art, walking, meditation and feel your physical body.
- **Explore and feel your emotions to mature in them!**
- Otherwise you stay small, stuck and controlled when they appear and you wont find who you are and where you want to go.
- **Live and practice your truth.**



SPIRITUAL *embodied consciousness*

- **Integration and balance of polarities (Yin & Yang):**
  - Structure, protection, clarity (masculine)
  - Feeling, receiving, flowing (feminine)
- **Morning routine:**
  - Move and feel yourself
  - Prioritise your wellbeing
  - Think and feel about what it is you need right now?
  - Focus your mind on your vision and feel your emotions that arise.



SPIRITUAL *legacy*

We are born into this world with nothing
and we leave life on earth with nothing!



- A legacy is what you leave behind. Less significant in the physical realm than on an energetic, spiritual level for other beings.
- Define your purpose, aligned with your truth and values.
- **Share your god-given abilities.**
- What would you do if money were no object?
- What is it what you DON'T want?
- Do what is fulfilling to you and brings joy.
- **Only what comes from the heart is of true value to others.**

SPIRITUAL *legacy*

- Create yourself a vision statement.

"I LIVE A HOLISTIC, HEALTHY LIFESTYLE, WELL BALANCED IN MY PHYSICAL, MENTAL AND SPIRITUAL BODY AND I MAKE THAT EXPERIENCE ACCESSIBLE FOR EVERY BEING ON EARTH!"



WORK WITH ME

Are you sick and tired of being sick and tired?

- My offer to you (online or offline)
  - **Single 1:1 session:** tailored to your needs, physically, mentally and spiritually.
  - **Kickstart your transformation:** 3 week program to find clarity, define a vision and bring you on the path towards your healthy, vibrant and self-determent future.
  - **Master your transformation:** a dive deep into the yin & yang of health, detox your body on all layers, achieve clarity and re-balance your columns of overall wellbeing.

Find more information on my website.

