

Getting Back to Basics

It seems so simple and basic, but in this fast-paced, high tech, disconnected world we live in where so much is artificial (processed foods, indoor air, synthetic clothes/furnishings, indoor lighting, digital relationships) even the most basic of needs such as fresh air and movement / exercise go unmet. Are you getting the basic necessities for a healthy life?

These include:

- 6-8 hours of sleep in the dark each night
- Regular exercise 3-5 days per week
- Fresh outdoor air
- Short periods of sunlight several days per week
- Nutritious food consisting of whole fresh organic vegetables, fruit and nuts
- In-person relationships

It may seem so simple and unimportant, but just leaving out one of the basic needs mentioned above can create deficiencies and imbalances, which then

have a cascading effect, compromising the immune system and the entire well-being of a person.

If your lifestyle is deficient in any of the basic needs due to work schedules, acquired habits, or just not realizing the importance of these, take some time to see how you can make adjustments to include these to become part of a healthy lifestyle for yourself and your family.

It may feel strange or even difficult at first. After all, it is easier to drive through a fast food restaurant for take-out than chopping vegetables. And easier to sit in front of the TV zoned out instead of moving or exercising. And after a hard day's work it can be easier to text or email than to visit with someone. But, once the initial discomfort is over, you will find that getting back to the simple things of life - nature, in-person relationships, breathing fresh air outdoors and eating whole foods - feeds our mind, emotions and body in a way that is so deeply energizing and in harmony with our true nature, we can become absolutely transformed—mentally and physically. ♦

