



UNYUCK YOURSELF: Ten Strategies For Healthy Living

www.dempcoaching.com

Phone 248-740-3231

Fax 248-740-3232 Barry@DempCoaching.com

1. QUIT POISONING YOURSELF (FROM THE INSIDE OUT).

Internal poisons include: smoking; excessive alcohol and caffeine; recreational, over-the-counter, and prescription drugs; processed meats; refined flours; processed sugars and artificial sweeteners, flavors and colors; monosodium glutamate (MSG); most preservatives, stabilizers and other additives; regular and diet sodas; commercially-prepared meals and snacks; fast food; and most margarines and partially-hydrogenated oils (trans fats).

External poisons include: most household cleaners, laundry products and drain cleaners; gardening chemicals and commercial fertilizers; pesticides; petroleum products; most cosmetics, perfumes, hair and skin products; most anti-bacterial and chemically based cleansers; most sunscreens and bug repellants; most toothpastes and mouthwashes; all antiperspirants and most deodorants; artificial fibers; plastics; lead-based paints; many glues and adhesives; hazardous and gaseous household materials; many residual building products and finishes; radon; indoor molds; industrial pollutants, etc.

2. MINIMIZE PHARMACEUTICAL AND OVER-THE-COUNTER DRUG

USE. Particularly avoid these products that suppress symptoms or conditions you could cure by yourself with diet, lifestyle changes, nutritional support and alternative therapies. Drugs confuse your body and can send it more seriously off-kilter than it already is. They can also prevent you from identifying and truly curing the root cause of many problems. All pharmaceutical drugs have side effects and put a certain amount of strain on your system, especially your liver and kidneys.

3. EAT PLENTY OF REAL, FRESH, LIVE, ORGANIC FOOD.

Living, raw foods support your brain, your body, and they maximize your energy stores. Make them the core of your diet, or at least include one or two helpings of raw food with every meal. You should make sure to get enough healthy omega-3 fats and naturally occurring fiber. Taking a good multi-vitamin and mineral supplement is great, but remember, no amount of supplements or “health products” will make up for a lackluster diet.



Nothing can do more for your health than eating right. Learn how to shop, cook and eat as though your life depended on it, because it does.

4. DRINK PLENTY OF CLEAN WATER.

Your body needs clean water – lots of it – for processing and distributing nutrients, for flushing out wastes, and for lubricating and maintaining your cellular structure, which is almost entirely liquid. So kick your soda habit. With the money you save, you can purchase a reverse-osmosis or other high-quality water purifier for you home, and a big decanter for work. Can't remember to drink your water? Place eight rubber bands around your water glass or bottle in the morning and peel them off as you refill throughout the day.

5. KEEP YOUR BODY CLEAN, INSIDE – AND OUT.

It's also a good idea to detoxify your insides – by eating clean, live, high-fiber foods and drinking enough water on a regular basis; by getting ample exercise; and also by doing cleansing diets and fasts seasonally to help clear out accumulated gunk in your colon, liver, kidneys and lymph nodes. There's no way you can be healthy when you are carting around a bunch of toxic garbage and chemical waste. It prevents you from absorbing your nutrients properly and wreaks havoc with your digestive and immune systems. It also ruins your skin.

6. EXERCISE.

That means at least an hour of some moderate activity every day, and ideally it means a *three-pronged program* (including cardio, strength and flexibility training). Adequately-balanced exercise is important not just for fitness and weight control, but also for circulation, coordination, emotional and mental wellness, chemical regulation, bone generation, your nervous system, and sleep patterns. Do your exercise first thing in the morning to make sure you fit it in. Or you could break up your hour of exercise into smaller 20-30 minute segments

7. REST.

Make sure you are getting enough sleep, and also enough downtime between all periods of exertion – physical, mental and emotional. Repair and recovery are essential parts of your natural rhythm. You ignore them at your own peril. Keep in mind that the amount of rest you need varies with the seasons, with your activities, and with your mental state. Shortchanging yourself in this department usually creates even bigger shortfalls somewhere else.



8. **BREATHE.**

Break your shallow-breathing habit and learn to breathe with your whole body – while you exercise, while you work, while you relax. Deep breathing not only oxygenates your blood and tissues, the action itself is a key component in your body's complex energy-management and healing system. Yoga and meditation classes can help you learn the art of breathing.

9. **GET OUTSIDE.**

Fresh air and sunshine are essential to your health and well-being. Being cooped up inside where light levels are low tends to depress your metabolism, your energy level and your mood. The lack of sunshine also affects your hormonal balance and inhibits your body's ability to make and process essential nutrients, like Vitamins D and K.

10. **MAKE THE MIND-BODY CONNECTION.**

If you are stressed and miserable, it affects not just your mental health, but your whole body's biochemistry and functioning – including your hormones, your immune system, and basically everything. It's medically proven that your brain's activity is affected by your thoughts and feelings. Your thoughts and attitudes (both conscious and unconscious) go a long way toward creating the reality you experience.

For more information on Barry Demp and services provided by the Barry Demp Coaching team, please visit www.DempCoaching.com.

