

ABC+D Approach to Health

A – Activate:

- 1) Believe in the body's ability to heal itself.**
- 2) Visualize how you want to feel,** then make positive **affirmations** and write them down. Ask us for some sample affirmations to give you some ideas. You may want to cut out the affirmations. Picking 1 or several each day out of a basket or container is a good way to keep yourself in a more positive mindframe.
- 3) Stimulate the healing response with a positive attitude.**
- 4) Identify and address unresolved emotional conflicts.** In Chinese Medicine, each type of emotion will affect the function of different organs. The positive emotions will help the organs to function more effectively, whereas the negative emotions will inhibit the proper function of the organs.
- 5) Take Epsom Salt Baths and/or use energetic remedies that balance the mind and body** such as: **flower remedies**, **homeopathic remedies** and **essential oils**.

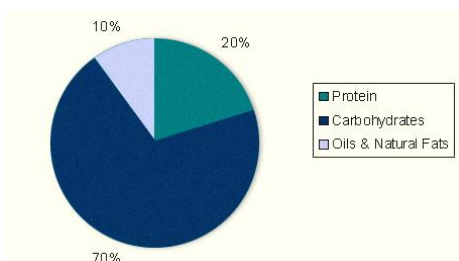
***Any nutritional program will yield better results by using any of these energetic therapies.**
- 6) Follow the recommendations on my "Top 20 List".** It's on the bottom right hand side of each page on our website.
- 7) Exercise!** Combine weight bearing exercises with stretching and cardiovascular enhancing exercises.
- 8) Try other types of therapies for healing - Ex:** Infrared Sauna, Massage Therapy, Chiropractic treatments, Physiotherapy, Acupuncture, Reiki

B – Build:

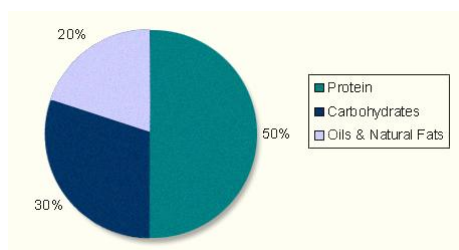
- 1) Eat a balanced diet of carbs, proteins and fats. For carb sources, focus on low-glycemic carbohydrates,** especially leafy green vegetables.
- 2) Find out your Metabolic Type!** This will help you to know which foods help to balance your biochemistry and to know which ratios of macronutrients are best for your metabolism.

Typical Macronutrient Ratios

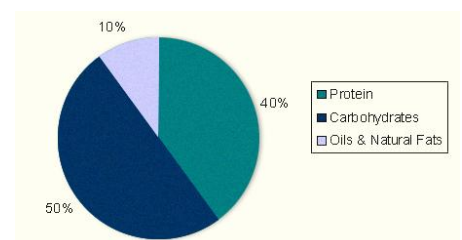
Typical Carbo-Type



Typical Protein-Type



Typical Mixed-Type



- 3) Eat natural and organic food.** Include all “colors of the rainbow” to get optimal amounts of antioxidants and other phytonutrients. Remember that variety is essential because “too much of a good thing” can be bad.
- 4) Avoid foods that you are allergic or intolerant to.** Finding out which foods that your body produces antibodies to is essential in building health. Your body cannot put a lot of energy into repairing and healing itself if your immune system is constantly busy producing antibodies to foods you are eating.

C – Cleanse:

- 1) Do a 2 week cleanse at least twice per year.**
- 2) Avoid chemicals as much as possible.** This includes pesticides, herbicides, air fresheners, cosmetics, food additives, preservatives, etc...
- 3) Find replacements or alternative choices for all the chemical products you normally use!**
There are some great alternative choices rather than using toxic chemicals, which may be damaging to your health and lead to hormonal imbalances or nervous system issues. For example, use herbal based household cleaners, soaps, and cosmetics.
- 4) Eat organic or choose naturally raised produce and meat.** Avoid meat with added hormones or antibiotics.
- 5) Drink plenty of pure, filtered water!** Avoid drinking from plastic bottles. If you have not choice, make sure the recycling codes are: 2, 4 or 5
- 6) Increase dietary fiber.** Besides vegetables, legumes and whole grains are also great sources of fibre. Fiber is also great “food source” for the friendly bacteria in the gut. Having an abundance of good “gut flora” helps to improve absorption of nutrients and also helps with immune function.
- 7) Increase sources of Probiotics, ESPECIALLY after doing a cleanse or taking antibiotics!**
Fermented foods, such as yogurt, are a great source. For people who need a high amount, especially after taking a round of antibiotics, supplementing with high concentrations in capsules may be essential. Probiotics are needed for many bodily functions, including metabolism of many vital nutrients, along with helping to keep the immune system strong.

D – Direct Aid:

- 1) The results from our online questionnaire** have been used to identify the body systems and organs that require nutritional support. Please follow our recommendations to find out what you need to do to support them.

Trish Leclair, RNT