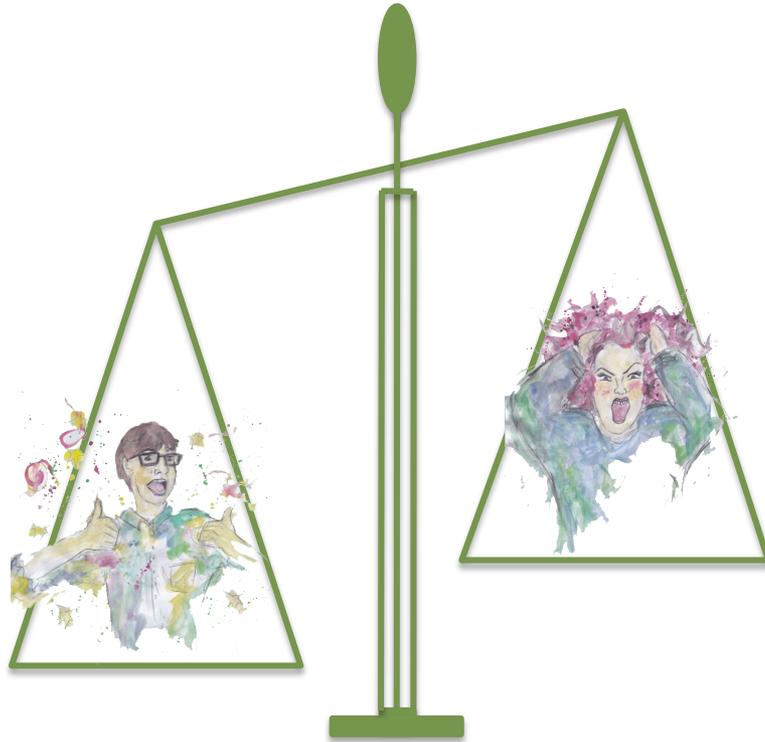


# The Health Bank Account



A health guide to aid the increase  
in your well-being investment

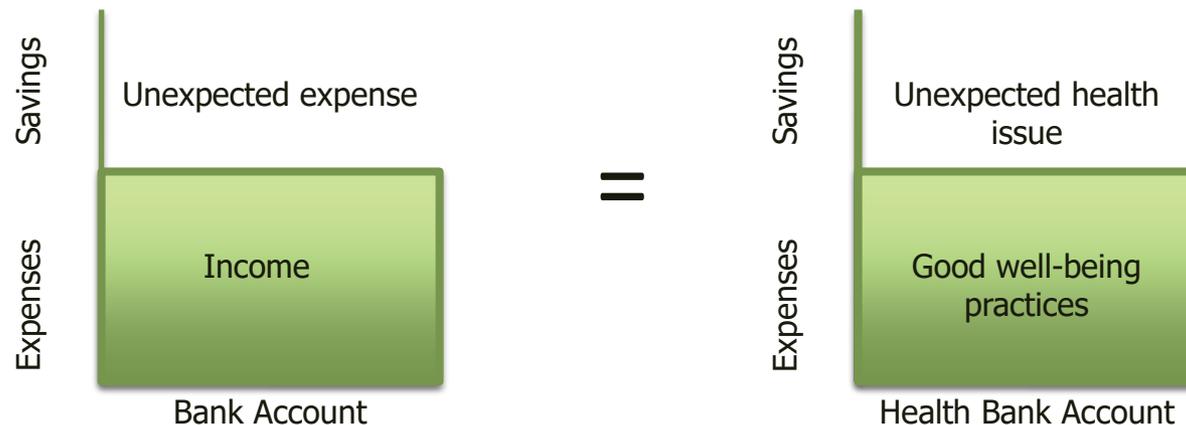


# What investment are you making?

**The Health Bank Account asks you to look at your health investment in the same way as you might consider your financial bank account.**

If you maintain your financial account so that it is always just above the 'red' you won't have anything set aside for an unexpected expense.

It is the same with your health. If you haven't stored up some health credit, an accident/virus or upset could deplete your reserves and leave your well-being vulnerable.





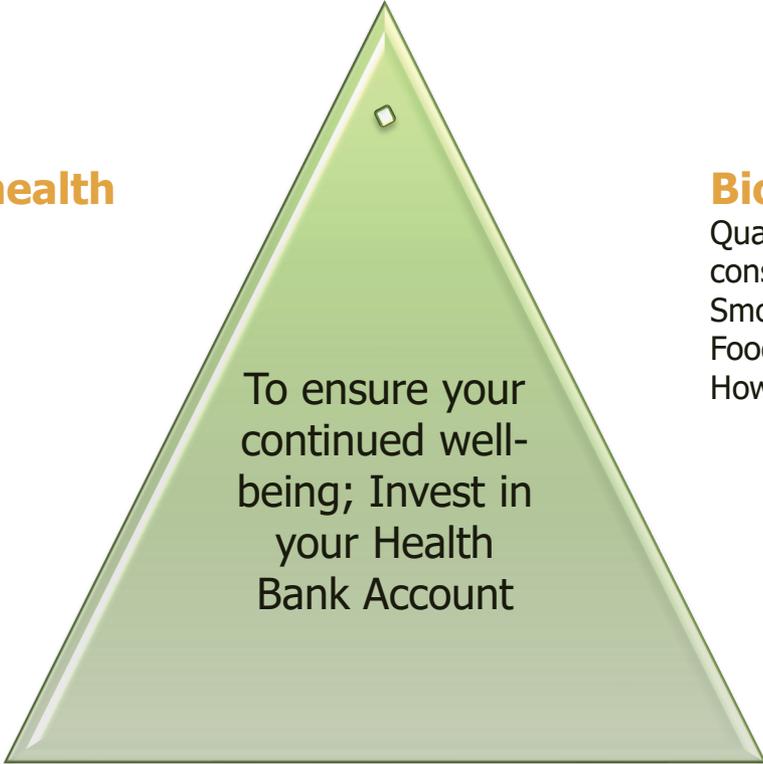
# The principle elements that support your Health Bank Account

## Emotional good health

Work related stress  
Family related stress  
Outside factors

## Biochemical good health

Quality of diet and water consumption.  
Smoking / Alcohol consumption  
Food additives / overloading  
How we eat



To ensure your continued well-being; Invest in your Health Bank Account

## Structural good health

Exercise  
Looking after needs of the body  
Work related physical stress



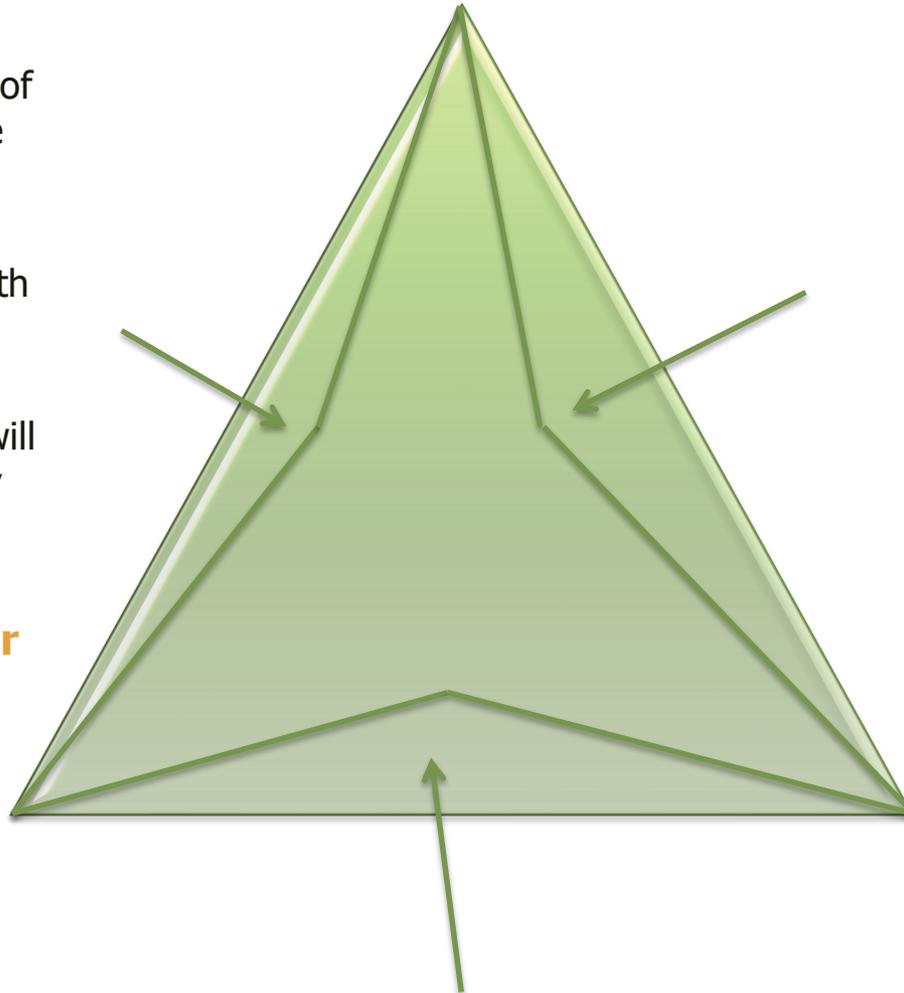
# An overload can affect all elements

If one of our supporting elements is overloaded, then the other two sides of our health bank account may become compromised.

As a result in some people, their health collapses.

All three sides of the health triangle will need to be addressed in order to fully recover and enjoy good health.

**Prevention is always better than cure!**



# Emotional well-being tips



From time to time everyone suffers external stresses.

They may be caused by work, family life, financial problems, moving-house or other circumstances.

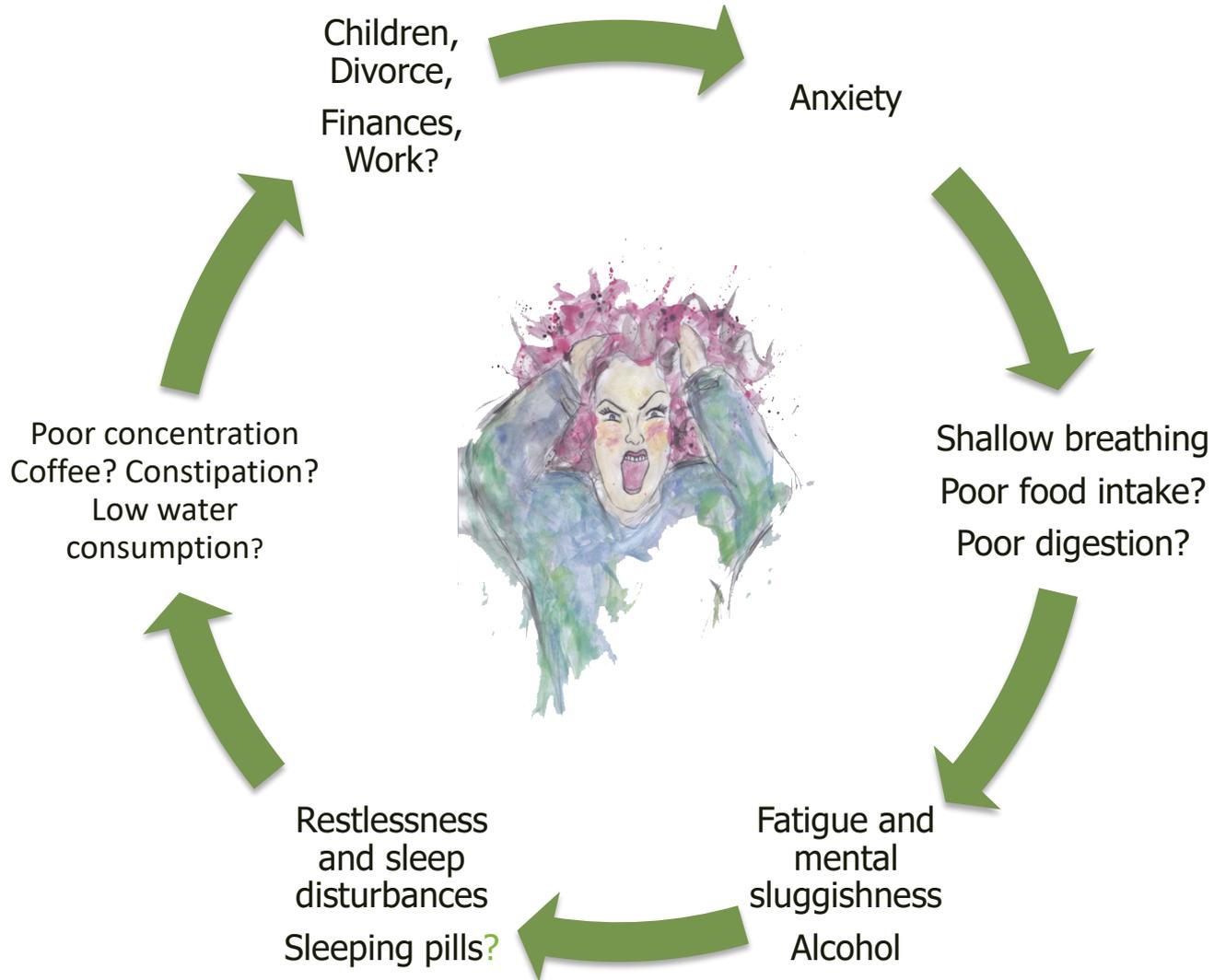
It may be necessary to seek specialist help.

This section is specifically concerned with understanding how employing some good mental health techniques and practices can help you deal with the complex issues modern day life throws in our path.



LIFE QUEST

# Spot the anxiety loop





# Spot the anxiety loop

The anxiety loop can be triggered by a variety of issues but it's effects can be very similar. We experience a problem, become trapped in a series of poor habits which exacerbate the state of anxiety and our ability to cope effectively.

Understanding and supporting healthy mental regime is as important as diet and exercise.

## **Four very important tips:-**

Start your day with gratitude ... make it the first thing you do.

Look in the mirror and tell yourself something positive.

Listen to what you tell yourself during the day and STOP when you hear yourself being negative. Replace it with something positive.

## **Pay attention to where your mind is.**

If you are always focusing on the past or the future, then you are not living in the

**PRESENT!**



# Tip number 1

## Start the day with gratitude

Start the day with gratitude

Make a list of all the things you are happy about and remind yourself of them as soon as you wake up.

Make a list and keep them by your bedside.

Adopt a plan that will remind you every morning to take that few seconds to be grateful.

Starting the day in a good frame of mind helps prepare you to make positive responses to your daily challenges.

**Self-hypnosis... it really works!**





## Tip number 2

# Watch your internal dialogue!

Probably the most damaging form of judgement is that which we do to ourselves.

Did you start the day undermining yourself?

We actually tell ourselves things about ourselves that we would never accept from other people.

When you look in the mirror tell yourself something positive.





# Tip number 3

## Hear your internal dialogue

If you are telling yourself internally:

**'that things are going wrong, you are not going to achieve the task at hand',**

then you are already setting yourself up for failure.

This is self-hypnosis and it is most effective.

When you feel unhappy, **stop** and listen to what you are saying in your head. Change it to something positive.

When we repetitively tell ourselves something negative, after just a few times we start to actually believe it. The same is true of positive thoughts.

Keep telling yourself something positive and you will come to believe that instead.

We are happier and more productive when we feel good about ourselves.

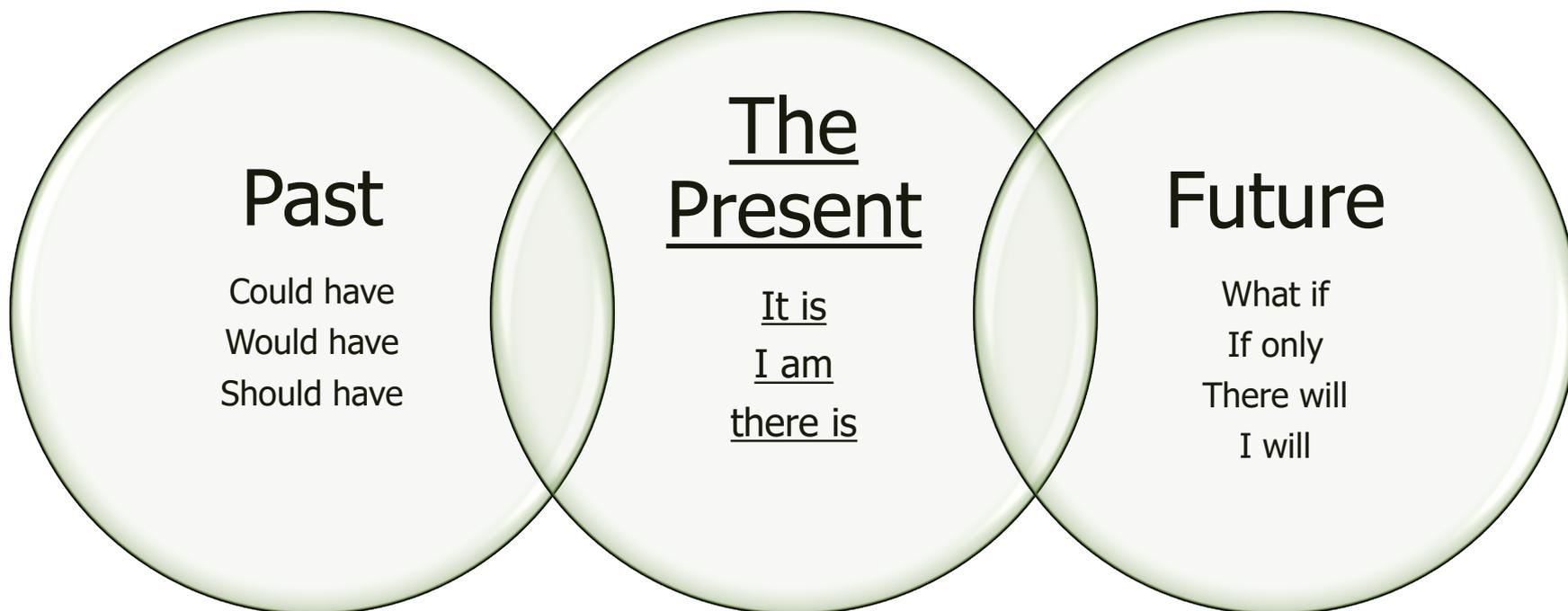


**Remember: self-hypnosis works both ways.  
Be positive!**



## Tip number 4

# Know where your attention is:-



You can only action things in the present. If your attention is focused in the past or in the future, it is not in a place where you can make a difference.

**Keep focused on the present**



# Physical tools that reduce emotional stress

Breathing ... increases oxygen to the brain. \*1

Water ... aides clear thinking, alertness and stimulates the memory \*2

Relaxed eating ... aids digestion and nutrition absorption.

Eat slowly ... aids digestion and nutrition absorption.

Exercise ... increases the production of serotonin. \*3

Water ... dehydration causes fatigue & sluggishness. \*2

Caffeine ... over stimulates and can exacerbate anxiety.

Alcohol ... accentuates your mood therefore ultimately accentuates stress.

Eating at night ... triggers the digestion process in the early hours, disrupting sleep.



# Breathing \*1

**A deep breath immediately gives the brain a dose of oxygen allowing us to think more effectively.**

The brain sets the breathing rate according to carbon dioxide levels, rather than oxygen levels. When a person is under stress, their breathing pattern changes. Typically, an anxious person takes small, shallow breaths, using their shoulders rather than the diaphragm to move air in and out of their lungs. This style of breathing empties too much carbon dioxide out of the blood and upsets the body's balance of gases. Shallow over-breathing - or hyperventilation - can prolong feelings of anxiety by exacerbating physical symptoms of stress such as chest tightness, faintness, anxiety attacks, headaches, heart palpitations, Insomnia, fatigue, muscular aches, twitches or stiffness, tingling, numb and cold hands and face.

## **Three Deep Breaths**

- Take in a long slow breath through your nose
- Hold for a couple of seconds
- Slowly release
- Hold for a couple of seconds
- Repeat twice more.





# Water \*2



The human brain is made up of 95% water.

A mere 2% drop in our body's water supply can trigger signs of dehydration: fuzzy short-term memory, trouble with basic mathematics, and difficulty focusing on smaller print, such as a computer screen. It is not surprising then that dehydration reduces our ability to make complex decisions.

Mild dehydration is also one of the most common causes of daytime fatigue. An estimated seventy-five percent of us have mild, chronic dehydration.

Have you ever walked into a room and forgotten what you went in for? Try a glass of water and see how quickly it jogs your memory.

**Coffee, Tea, Alcohol and Carbonated drinks exacerbate dehydration**



# Serotonin \*

**Serotonin levels can affect our moods. Serotonin is a brain chemical.**

A normal level of Serotonin promotes feelings of happiness, but at times, the body becomes overly stressed and will begin to use higher levels of Serotonin to compensate for being overwhelmed. Because of the increased stress level, the body will not be able to produce more Serotonin to replace the amount that was taken from the reserve. The body will suffer a recession, which can lead to a mild to moderate case of depression. Keeping Serotonin levels boosted when dealing with emotional turbulence is extremely beneficial, and help can be achieved through diet: carbohydrates , bananas, milk, beans, avocado, peas, oily fish or an omega three supplement help keep Serotonin levels up.

Exercise also increases Serotonin and generally ensures that the body is not over-revving when it is time to go to sleep.

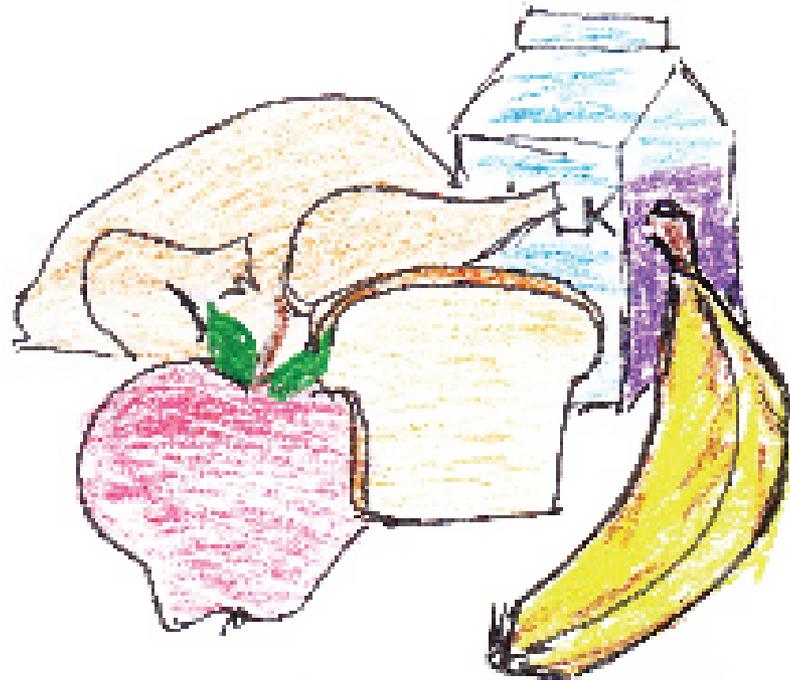
**Serotonin also triggers the production of Melatonin which is important for the sleep cycle**

# Biochemical well-being tips

Quality of diet and  
water consumption

What are we  
consuming?

And what aren't we  
consuming?





# Biochemical

## The great oil and fat myth

### **Not all fats are bad...some are essential to our well-being**

There is a good deal of literature reminding us to keep an eye on our cholesterol and reduce the intake of fatty foods. However many people have missed the message that:-

### **The 'Essential fatty acids' are paramount to our well-being**

They are better known as Omega 3 and 6 and have allsorts of important jobs such as:

- Forming cell membranes
- They are an important source of energy and become vital energy stores
- They protect organs
- They act as electrical and thermal insulators
- They build steroid hormones.
- They are required by the Brain and eyes

Poor intake has been linked with inflammation, which is thought to be the source of many of our chronic diseases, including arthritis, heart disease, and diabetes. Deficiency has even been linked with Dementia and neurological and nervous system disorders. The oils keep us lubricated from the inside, dry skin on the outside of our bodies is a sure sign we are dry on the inside.



# Biochemical

## Understanding 'Essential Fatty Acids'

Omega 3	Omega 6	Omega 9
<p>Fish oils Salmon Trout Sardines Mackerel</p>	<p>Evening primrose, Walnut oil Borage oil (starflower), Corn oil, Flaxseed oil, Blackcurrant seed oil Grape seed oil, Safflower oil Sesame oil, Sunflower oil Soya oil, Wheat germ</p>	<p>Olive oil Hazelnut oil Peanut oil Rape seed oil Almond oil</p>
<p><b>Deficiency symptoms:-</b></p> <p>Muscle weakness, visual impairment rheumatic and arthritic problems. Behavioural problems, excessive thirst, frequent urination, dry or rough patches on skin particularly upper arms and legs.</p>	<p><b>Deficiency symptoms:-</b></p> <p>Eczema, Psoriasis, hair loss, infertility, weight gain behavioural and circulatory problems</p>	<p><b>Deficiency symptoms:-</b></p> <p>Keep arteries supple</p>

Heating oils can be a problem. Olive oil and peanut oil can be heated to a higher temperature than most other oils and all margarines go rancid with the heating process. Make sure you buy your oils **"Cold pressed"**. Remember that the liver cleanses the blood. It does the same for fish too. Since the North Sea is polluted with heavy metals fish liver is not the best thing to take. Stick to Fish oil if you buy supplements (deep sea is best).



# Consider your Acid / Alkaline consumption

Another important consideration is how acidic your diet is. We are by nature alkaline but by function we are acidic. This means whilst our bodies function best in an alkaline condition, the processes of our bodies, make us more acidic. We need a healthy balance of alkaline foods to help ensure that we don't become too acidic.

Acidity has been linked to a high number of diseases, heart disease being one of the most notable. Some studies have linked acidity to difficulty in losing weight due to the body trying to store the acid in fat deposits.

It is sometimes surprising what causes alkaline conditions and what causes acidic conditions in the body. For example, lemons and limes create alkaline conditions, milk and eggs create acidic conditions in the body.



LIFE QUEST

# Alkalizing Foods

Very Alkalizing	Alkalizing	Slightly Alkalizing
<b>Vegetables</b> avocado beet greens broccoli Brussels sprouts carrots celery stalks chives corn cucumber edible gourds fennel garlic grasses (i.e. wheatgrass) green beans green cabbage leeks Tomato cauliflower lettuce onion peas leeks peas peppers potato radish red beets red cabbage rhubarb salad greens spinach squash sweet potatoes turnips watercress yellow beans Zucchini	Sour Pickles *	Artichokes, Brussels sprouts
<b>Fresh Fruit</b>	Grapefruit*, lemons*, limes*	Coconut, sour cherries, watermelon bananas - the riper they get, the more acidifying they become
<b>Cereal Grains and Breads</b>	Buckwheat	
<b>Dairy Products</b>	Acidophilus, milk, banana smoothie, fresh butter, fresh buttermilk fresh cheese fresh whey raw whole milk	Brie, fresh yogurt, fruit smoothies, pasteurized milk, slightly aged whey Swiss cheese, yogurt drinks
<b>Beverages</b>	Almond milk, green tea, mint tea, soy milk, tomato juice, water with a pH of 7+	

\* Acid but alkalizing



LIFE QUEST

# Acidifying Foods

Slightly Acidifying	Acidifying	Very Acidifying
<p><b>Meat and Fish</b> Halibut, mahi mahi, mussels, organ meats, tuna Turkey</p>	<p>Chicken, catfish, egg yolk, crab, herring, lamb, lobster, mackerel, pork Shrimp, veal, whole eggs, beef, carp, cold cuts.</p>	<p>Bass, flounder, liver, oysters, pike, salmon, sole trout.</p>
<p><b>Fresh Fruit</b> Apples, apricots, blueberries, cantaloupe cranberries, dates, figs, gooseberries, grapes, Kiwis, mangos, melons, nectarines, oranges, papayas, peaches, pears, pineapples, plums, Raspberries, red currants, strawberries, sweet cherries, tangerines.</p>		
<p><b>Cereal Grains and Breads</b> Barley, brown rice, millet, oatmeal, oats, quinoa rye, spelt, whole grain crackers whole grain pasta, whole-grain bread (without yeast) whole-grain cereals</p>	<p>Cakes, cookies couscous commercial cereals crackers - white flour ,pasta - white flour pies semolina wheat white bread white rice</p>	
<p><b>Dairy Products</b></p>	<p>aged brie, aged buttermilk aged cheeses parmesan cheese sweetened yogurt w/ fruit aged whey aged yogurt chocolate milk cooked butter cream</p>	
<p><b>Beverages</b> filtered water, tap water - depending on how treated</p>	<p>Beer, black tea, carbonated water, cocoa, coffee commercial juices, commercial lemonade, hot chocolate, liquor, sodas, wine.</p>	



# Know your Vitamins and Minerals

Most people have heard of vitamins, however not many people are aware how important minerals are. Every process in the body has a chemical pathway, there are literally hundreds of these chemical processes in the body.

The body requires Magnesium and Zinc and B6 to function optimally, along with a long list of other nutrients.

## **Are you getting enough vitamins and minerals?**

RDA simply means, recommended daily amount. If you are deficient in a nutrient you may require more than the RDA. It is important to get professional advice from a qualified nutritionist before taking supplements and ensuring your nutrients are a good quality.

# Vitamins

Name of nutrient	Deficiency symptoms	Where it is found
<b>Retinol</b> <b>Beta Carotene</b> <b><u>Vitamin A</u></b>	Deficiency: Night blindness; reduced hair growth in children; loss of appetite; dry, rough skin; lowered resistance to infection; dry eyes.	Liver, fortified Milk Carrots, Squash, Broccoli, Green Leafy Vegetables
<b>Thiamine</b> <b><u>Vitamin B1</u></b>	Anxiety; hysteria; depression; muscle cramps; loss of appetite; Tingling in fingers and toes. Confusion, Weakened powers of concentration, poor memory. Difficulties in maintaining balance, muscle weakness. Reduced pain tolerance. Disturbed sleep	Sunflower Seeds, Pork, whole and enriched Grains, dried Beans.
<b>Riboflavin</b> <b><u>Vitamin B2</u></b>	Cracks and sores around the mouth and nose; visual problems. Burning feet. Red and greasy skin but also dryness and flaking	Liver, Milk, Spinach, enriched Noodles, Mushrooms.
<b>Niacin</b> <b><u>Vitamin B3</u></b>	Poor memory. Emotional instability, Irritability, headaches. Redness, scaling and pigmentation of skin in light exposed areas. Sore and fissured tongue. Diarrhoea	Mushrooms, Bran, Tuna, Chicken, Beef, Peanuts, enriched Grains.
<b>Pantothenic Acid</b> <b><u>Vitamin B5</u></b>	Tiredness, Headaches. Emotional swings. Muscle cramps. Nausea. Weakness	Abundant in animal tissues, whole grain cereals and legumes Yeast, liver, nuts, soy flour, eggs, meat & oat flakes
<b>Pyridoxine</b> <b><u>Vitamin B6</u></b>	Anemia, irritability, patches of itchy, scaling skin; convulsions. Skin inflammation. Nervous insomnia. Sore tongue and prominent taste buds. Nausea due to low stomach acid.	Animal protein foods, Spinach, Broccoli, Bananas.



# Vitamins continued

Name of nutrient	Deficiency symptoms	Where it is found
<b><u>Cobalamin</u></b> <b><u>Vitamin B12</u></b>	Pernicious anemia; nerve damage. Tiredness, mental confusion. Pale skin and recurrent ulcers	Found almost exclusively in animal products. Animal products Meat, liver, fish, eggs, cheese, milk. Legume nodules of root vegetable – must not wash
<b>Folic Acid</b>	Anemia, neural tube defects where mother's intake not adequate Red painful sore tongue, cracks in corner of mouth, mouth ulcers. Depression	Green, leafy vegetables, Orange Juice, organ Meats, Sprouts.
<b><u>Ascorbic Acid</u></b> <b><u>Vitamin C</u></b>	Muscle weakness, bleeding gums; easy bruising. In extreme cases, scurvy.	Citrus Fruits, Strawberries, Broccoli, Green Peppers
<b>Vitamin D</b>	Rickets in children; bone softening in adults; osteoporosis.	Egg Yolk, Milk, Exposure to sun enables body to make its own Vitamin D.
<b>Vitamin E</b>	Rare, seen primarily in premature or low birth weight babies or children who do not absorb fat properly. Causes nerve abnormalities.	Corn or Cottonseed Oil, Butter, Brown Rice, Soybean Oil, Vegetable oils such as Corn, Cottonseed or Soybean, Nuts, Wheat Germ.
<b><u>Vitamin K</u></b>	Defective blood coagulation.	Green Vegetables, Liver, also made by intestinal bacteria.



# Minerals

Name of nutrient	Deficiency symptoms	Where it is found
<b>Calcium</b>	Rickets in children; osteomalacia (soft bones) and osteoporosis in adults.	Milk, Yogurt, Cheese, Sardines, Broccoli, Turnip Greens.
<b>Copper</b>	Rare in adults. Infants may develop a type of anemia marked by abnormal development of bones, nerve tissue and lungs.	Liver and other organ Meats, seafood's, nuts and seeds.
<b>Iron</b>	Skin pallor; weakness; fatigue; headaches; shortness of breath (all signs of iron-deficiency anemia)	Liver, lean Meats, Kidney beans, enriched Bread, Raisins. Note: Oxalic acid in spinach hinders iron absorption.
<b>Magnesium</b>	Nausea, irritability, muscle weakness; twitching; cramps, cardiac arrhythmias.	Spinach, Beef Greens, Broccoli, Tofu, Popcorn, Cashews, Wheat Bran
<b>Manganese (trace mineral only small amounts necessary)</b>	Nausea, vomiting, poor glucose tolerance (high blood sugar levels), skin rash, loss of hair color, dizziness, hearing loss Reproductive system difficulties	Tea, whole Grains and Cereal products are the richest dietary sources. Adequate amounts are found in Fruits and Vegetables.
<b>Molybdenum (trace mineral only small amounts necessary)</b>	Rare, however it helps other nutrients work so is an important trace nutrient.	The concentration in food varies depending on the environment in which the food was grown. Milk, Beans, Breads and Cereals contribute the highest amounts.



# Minerals continued

Name of nutrient	Deficiency symptoms	Where it is found
<b>Phosphorous (trace mineral only small amounts necessary)</b>	Weakness; bone pain; Anorexia.	Chicken Breast, Milk, Lentils, Egg Yolks, Nuts, Cheese
<b>Potassium</b>	Nausea, anorexia, muscle weakness, irritability. (Occurs most often in persons with prolonged diarrhea.)	Peanuts, Bananas, Orange Juice, Green Beans, Mushrooms, Oranges, Broccoli, Sunflower Seeds.
<b>Selenium (trace mineral only small amounts necessary)</b>	Heart disease, hypothyroidism, and a weakened immune system. There is also evidence that selenium deficiency does not usually cause illness by itself. Rather, it can make the body more susceptible to illnesses caused by other nutritional, biochemical or infectious stresses.	Seafood, Kidney, Liver and other meats. Grains and other Seed contain varying amounts depending on the soil content. Water cress.
<b>Zinc</b>	Slow healing of wounds; loss of taste; retarded growth and delayed sexual development in children.	Oysters, Shrimp, Crab, Beef, Turkey, whole Grains, Peanuts, Beans.

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# Eat a Rainbow

If you are too busy to worry about what you are and aren't eating, a quick and easy guide would be to eat a variety of coloured foods.

Check out our healthy eating blog for quick ways of ensuring you get all the nutrients your body needs:

<http://lifequest-co-uk./healthy-eating/>





LIFE QUEST

# A few more water facts!



Your body is mostly (50 to 70 percent) water. A young body has more water than an older one.

You need water to:

- Digest food, dissolving nutrients so that they can pass through the intestinal cell walls into your bloodstream and move food along through your intestinal tract.
- Carry waste products out of your body.
- Provide a medium in which biochemical reactions such as metabolism (digesting food, producing energy, and building tissue) occur.
- Send electrical messages between cells so that your muscles can move, your eyes can see, your brain can think, and so on.
- Regulate body temperature — cooling your body with moisture (perspiration) that evaporates on your skin.
- Lubricate your moving parts.

**We really do need to regularly drink water through out the day for optimum good health.**

As much as three-quarters of the water in your body is in intracellular fluid, the liquid inside body cells. The rest is in extracellular fluid, which is all the other body liquids, such as the fluid between cells, Blood plasma, Lymph and bodily secretions such as sweat, seminal fluid, and vaginal fluids and of course urine



# Biochemical The smoking habit!

It goes without saying that smoking is not good for you, however do you know that smoking affects more than just your lungs, heart and arteries? It can do more than encourage cancers too.

Smoking interferes with the bodies' ability to process and absorb nutrients. It also depletes vitamin C which is essential for well-being.

It is well worth considering a supplement.

It has a horrible effect on our skin too by reducing its elasticity and causing the skin to age faster.



# Biochemical

## How much alcohol do you drink?

Government guidelines are daily rather than weekly as you should not save up units and Drink heavily at weekends. There is much confusion over what is a unit, for example a small 125cl glass of wine is 1.5 units. The 'helpful websites' page lists a useful site .

Alcohol puts undue strain on the liver, affects nutrient absorption and depletes

### Vitamin C

If you drink last thing before you go to bed, it can cause you to wake up in the small hours. The liver kicks into action after a few hours to process the harmful toxins. This activity by the liver can cause restlessness and difficulty in sleeping. The drink some people take to help relax them can be the very thing that disturbs their sleep and therefore helps create more stress for the next day.



# Biochemical: Check your additives / overloads

<p><b>Food Additives</b></p>	<p>Additives in food have been tested safe in small amounts but are we considering the extent to which they have been added to all our foods? Nearly everything manufactured contains additives, if all your meals are pre-made you could be seriously over consuming a vast array of chemicals. In an effort to encourage dieting saccharine is now added to the most unlikely things. If it says no sugar or low sugar on the label it will almost certainly contain saccharine. Nearly all fizzy drinks contain sweeteners whether they say low sugar or not, even some fruit flavoured waters have it listed.</p> <p>PLEASE READ THE LABEL.</p>
<p><b>Oils</b></p>	<p>We are all aware these days that saturated fats are bad for us and polyunsaturated fats are better. What perhaps we are not so aware of is heating the polyunsaturated oils causes rancidity, changing the oil so it is no longer good for you. This is why fried food is not a healthy option whether you are slim or over weight.</p> <p>We need a regular amount of oil in our bodies as it helps keep our brains, skin and bones healthy. Oily fish is a very good source of omega three, however If you are not a fish eater, cold pressed salad oils and dipping oils are a healthy option. It is wise to consider a fish oil supplement if you omega 3 oil consumption is low.</p>
<p><b>Salt</b></p>	<p>We all know too much salt is not good for us and can detrimentally affect blood pressure. The salt levels in are body are controlled by Magnesium and Zinc. If the body is already low in these important nutrients the damage is greater. A packet of crisps a day and adding salt to meals can put the body under a great deal of stress. Try to restrict your salt intake and make sure you have plenty of Magnesium and Zinc.</p>
<p><b>Don't overcook vegetables</b></p>	<p>Are all the vegetables you cook mushy? The longer you cook the more nutrients are lost. Steaming is often considered a good option for vegetables.</p>
<p><b>Microwaves</b></p>	<p>One of the negative associations with microwaves is the <u>unproven theory</u> that the molecular structure of the food is changed therefore rendering its nutrients as useless to the body. If a person is solely using a microwave this could be a concern.</p>



# Biochemical

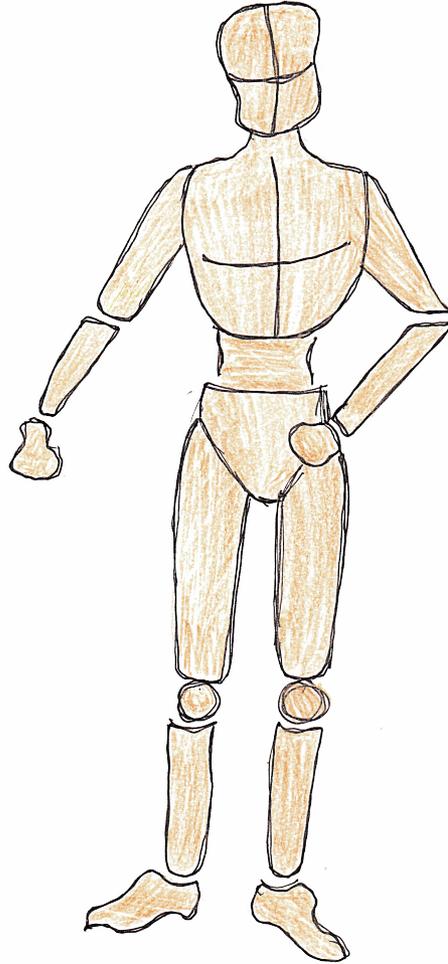
## How are you eating?

<p><b>Where and how you eat</b></p>	<p>Eating in front of the television does not help digestion. If you are highly excited or nervous the stomach is not relaxed and will not operate effectively. Consciously eating in a calm environment and enjoying your food helps maximise absorption. The stomach actually shuts down if the body is over stressed in order to send energy for the flight or fight mechanism to kick in. Eating in a stressed environment will severely reduce your ability to digest your food and absorb your nutrients.</p>
<p><b>Eating too fast</b></p>	<ul style="list-style-type: none"> <li>• The digestive process begins even before food enters the mouth. The senses of smell and sight trigger the brain to send messages to stimulate the flow of acid and enzymes needed to break down food. Hastily eaten meals by-pass this process leading to indigestion.</li> <li>• Chewing is important because it allows the food to be broken down giving a greater surface area to be worked on by firstly saliva and/or the digestive juices.</li> <li>• Eating too quickly also upsets the process that allows our body to tell us when we are full, as a result a bolted down meal can leave us still feeling hungry and can lead to over eating.</li> </ul>
<p><b>Overeating</b></p>	<p>Large quantities of food at any one meal may overload the digestive system, which may struggle to provide adequate enzymes to break it down so it can absorb the nutrients. The process maybe cumulative and if one meal has not had time to be digested before anther is eaten there is additional strain on digestive chemistry with the result of poor absorption of nutrients.</p>
<p><b>Don't eat too close to bedtime.</b></p>	<p>Eating just before bedtime when the body needs to rest and repair often leads to poor digestion and a poor nights sleep.</p>
<p><b>Careful what you eat after 6pm</b></p>	<ol style="list-style-type: none"> <li>a. Some foods take much longer to digest than others... Oils and fats particularly as they have a longer process. You are not resting properly if your body is still in the first stages of digestion.</li> <li>b. Certain foods release a chemical which must be broken down by the liver and eliminated. Cheeses, butter, wines, other alcohol and yoghurts are already in the process of breaking down when we eat them, they are high in the chemical Tyramine. Eating these foods close to bedtime can cause:- waking in the early hours, restlessness, bad dreams and /or waking feeling un-rested. This is because instead of shutting down at night, the liver is forced into action to eliminate the toxins.</li> </ol>
<p><b>Missing Breakfast</b></p>	<p>Missing breakfast after the body has already been fasting is not advisable; this is one of the optimal times for the body to digest food and best absorb nutrients.</p>



LIFE QUEST

# Structural well-being tips



# Structural: Watch how you move your body



	<b>Body Movement</b>
<b>Exercise</b>	<p>Most of are well informed enough to know that regular aerobic exercise is extremely important to our well-being. Experts have reported that exercise has been proved preventative for a whole array of diseases from Heart disease to cancer. Exercise increases the production of Serotonin which both helps increase a feeling of happiness and well-being and aids a good nights sleep. Lack of exercise can lead to an array of problems from sleep disorders to constipation as well as the more well-documented.</p> <p>***** Remember when you exercise you are using up additional nutrients, minerals and vitamins which the body needs replacing.</p>
<b>The Computer/TV</b>	<p>Watch out for sitting in the same position for hours. Often when people return from work, they fall into a chair and can be glued to a computer or TV screen for hours, an exciting film might cause you to hold your body in a rigid and stressful position for some time, without realising it. Planning some exercise before you settle down for the evening is a good investment. Having regular breaks from the computer or TV screen will also help prevent aching limbs.</p>
<b>Posture</b>	<p>Good posture is very important and can help prevent pain in limbs. The Alexander Technique is a good place to start if you need some help with posture.</p>
<b>Injuries</b>	<p>All injuries require a bio-chemical reaction in the body to repair them. Whether it's a broken limb or a torn ligament. It is important the body has plenty of magnesium, zinc, vitamins including C &amp; B6 and omega oils to help repair the damage.</p>

# Structural Taking care and mindful practices



	<b>Looking after the body</b>
<b>Eating</b>	<ul style="list-style-type: none"> <li>• Eating in a stressful atmosphere can really upset absorption.</li> <li>• It is very important to sit up straight when eating as it can cause indigestion and inhibit nutrient absorption.</li> <li>• Don't go without food for too long as it can bring on a headache.</li> <li>• Don't forget to drink water through out the day, it reduces fatigue and keeps you hydrated and aids the digestion process.</li> </ul>
<b>Sleep</b>	<ul style="list-style-type: none"> <li>• Make sure you go to bed a roughly the same time each night.</li> <li>• When you are tired take a break, this helps prevents you getting over tired and causing later sleep problems.</li> <li>• Careful what you eat before you go to bed (See bio-chemical section).</li> </ul>
<b>Relaxation</b>	<p>Quality time for your body. Often we when we are stressed we keep our bodies in a taught position. Allowing your body to relax by meditation, Tai Chi. Yoga , Jacuzzi. Anything where your body completely relaxes and purposefully allows every muscle to release, pays huge dividends. Aches and pains and headaches can be relieved. Sleep is much easier when we know how to let go of tension in the body.</p>
<b>Sleeping</b>	<p>If you grind your teeth at night, ask your dentist for a gum shield. It helps break the habit. Tension held in the Jaw can cause migraines and disturbed sleep patterns.</p>



LIFE QUEST

# Helpful Websites

- [www.drinkingandyou.com/site/uk/moder.html](http://www.drinkingandyou.com/site/uk/moder.html)
- [www.dummies.com/how-to/content/why-your-body-needs-water](http://www.dummies.com/how-to/content/why-your-body-needs-water)
- [www.ehow.com/how-does\\_4686190\\_serotonin-affect-mood.html](http://www.ehow.com/how-does_4686190_serotonin-affect-mood.html)
- [www.phionbalance.com/acid-alkaline-information](http://www.phionbalance.com/acid-alkaline-information)