

# Vital Tips for a healthy life

## Relaxation

Spend time to relax the body and mind everyday.

This is necessary for our spirit to express itself and for healing to manifest in our lives. 10 minutes of meditation a day can make the difference between falling ill with stress or coping well with stress. One can use music, breathing techniques or visualisation. There are no fixed paths. Relaxation daily strengthens focus; helps calm the mind and strengthen the body.

## Water

Drink pure clean water

Every one is different so there is no fixed measurement. If you are not drinking water then you are not going to be eliminating toxins that accumulate in the body. If you are not drinking enough water you will also start to dehydrate and the body will begin to loose vitality rapidly. For most adults a litre a day is a minimum requirement. *If you want to discover easy ways to purify and charge your water call us.*

## Greens

Eat a healthy portion of fresh green foods daily

Greens contain minerals, vitamins, enzymes, and proteins that we need for a healthy body. (A healthy portion is one when you put your palms together and fill with organic green veg)

## Movement

Exercise the body at least once a day.

The body relies on us using it. And using all of it. Again there are no fixed must do's. 5 minutes is better than no minutes. Each body is unique and needs some form of movement. If we are sedentary most of the time then we need to make an effort to stretch the body some of the time.

## Forgiveness and Letting go

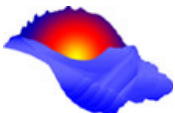
Accept the world around us exactly as it is.

This is the most difficult one to practice regularly. There are many techniques. One can do this via prayer, acceptance or simply becoming aware of the breath and then slowly allowing the difficult feelings, anger and acrimony to be released. Holding onto mental and emotional pain eventually leads to physical pain. Practicing Letting Go regularly will transform every aspect of our lives.

## Also Consider reducing environmental pollutants

Get safe and pure personal care products free from harmful ingredients and protection for devices like mobile phones. Eat organic whenever possible. *If you want info on pure and safe products call us.*

*If you want help with the relaxation exercise or forgiving and letting go do call us. We are here to help you discover your full potential as peaceful, dynamic, joyful and healthy beings. Feel **free to grow**.*



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