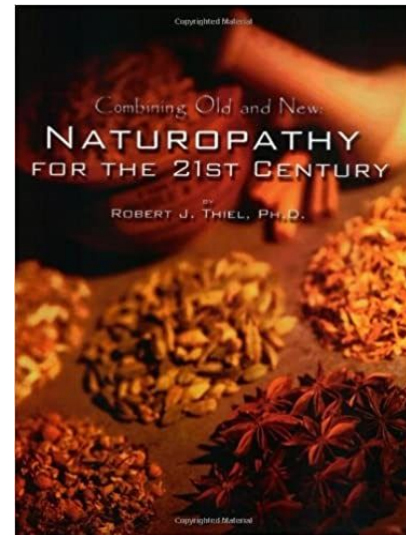


EP 12 – Ten Commandments for Longevity

We've learned a great deal from Dr. Thiel, and there are a few things you should be doing on a regular basis to see the best results. In his book [*Combining Old and New: Naturopathy for the 21st Century*](#), Dr. Thiel gives us the **Ten Commandments for Longevity**.

1. SLEEP

Interestingly enough Dr. Thiel references sleep as one of the most important things you can do. Sleep allows the body to rejuvenate at night and "repair" from the daily grind. But did you know that sleeping with your windows cracked can do a world of good for you? Getting fresh air in the room while your body is rejuvenating is very important. Of course, it's important to keep your home locked for safety, but keeping a window cracked allows fresh air to circulate through the room. Many doctors testify that people who sleep with a window open rarely get colds. This could be because of the amount of toxins which live in your home. A purifier for the home is a great start. Fresh air is the best, and we will get deeper into how to purify your home of toxic chemicals in other episodes. Get plenty of sleep even if you have to nap during the day! Naps can actually give you a fantastic boost of energy! And if possible, keep your windows cracked open! One full day of rest a week is essential to charging up the body for the following week.



2. ARISE

Arising from your sleep when you actually wake up is important primarily because if you stay in bed and fall back asleep it actually dulls your senses and keeps your autonomic nervous system stuck in a parasympathetic state which slows you down during the day because the body remains in the "rest" phase. For optimum energy you want your body to shift to the sympathetic nervous system which is responsible for your fight or flight mode, helping to give you the energy and adrenaline you need for the day.

3. WATER THERAPY & SELF MASSAGE

Taking a regular shower in the morning, and ending your shower with a cold water splash helps close down the pores and keep you warm after a shower. If you have the time for a bath that is even better. A bath three times a week is great as it pulls out lactic acid build up in the body relieving the body of inflammatory conditions. End your shower or bath with a vigorous self

massage using an activated ozone oil ([Golden Radiance O3](#)) and food grade essential oil—lavender is our pick—to help get the lymphatic system moving and help keep you warm. Dry brushing before getting in the shower or bath is another great way to stimulate the lymphatic system.

4. SCALP RUB

After you have stimulated the body, by warming up in a shower and moving the lymphatic system next on the list is stimulating brain activity for the day. As you begin to put your facial serums on, use a tiny drop of Golden Radiance O3 and massage around the ears, go up into near the temples and using firm pressure follow into the scalp. End near the clavicle and upper chest.

5. PURIFIED SPRING WATER

We have already been increasing your water intake with the [Lemon Beauty Elixir](#), however it's important to drink at least 16oz of water first thing in the morning to help clear the waste from the day before. Follow this with the [hot water lemon & ginger mix](#) and you are well on your way to a healthy and hydrated day!

6. BREAKFAST

A heavy breakfast in the morning is probably one of the worst things you can do. It creates a sluggish liver for the day and slows the body down because it goes into digestion mode which again is the parasympathetic mode needed when the body is at rest or digesting food. In order to stay in an energetic mode (sympathetic) keep breakfast light and healthy, eat fresh fruits, avoid too many eggs, eggs are good but they produce again a sluggish liver. Best choice here is a healthy homemade protein shake. You can try [Donna's Green Tea Apple Pie Smoothie](#) blended with her [homemade protein powder](#) from IBTV episodes 3 and 12.

7. FOOD

This is such an important topic, and one that should not be rushed through. If you want a healthy meal plan designed for you, it would be best to go through our [Beauty & Wellness Evaluation](#) in order to find a program that will work best for your body type. General rule of thumb is to eat plenty of fruits and vegetables, but avoid GMO corn and processed foods. Freshwater fish, and free range organic eggs are probably your best source of protein when trying to lose weight. Eating too much red meat is linked to type 2



10. EXERCISE

In our world, we believe exercise is KING and healthy food is QUEEN. Exercise does not need to be strenuous. As we age, we need to reserve our energy for the day. But doing short burst



movements through a HITT (high intensity interval training) is an excellent way to stay in shape. An example is a 30 to 45 second sprint then a 1 minute cool down walking, picking back up at 30 to 45 seconds all out. I have come to believe that this is the best form of working out for all ages, especially when combined with strength training exercises such as yoga and pilates. Another great tip is Bed Yoga—simply doing movements which help lengthen and strengthen the body upon rising or before bed is a great way to start and end the day. In the Holistic Journey Journal we

will have you track your progress and try different Bed Yoga movements and HIIT workouts, to help jump start your day or unwind for the night.

GAIN AN EXTRA 25 POINTS

All the above steps lead to a healthier immune system, and that is the key in today's ever changing world. What are the first three things from this list you can start with today? [Complete the Episode 12 IBTV Challenge Form](#) (blue sidebar or bottom of page for mobile) for an extra 25 points in this week's challenge! Please also let us know in the comments if you are interested in being one of the first to start the Holistic Journey Journal.

Then make sure you FOLLOW THROUGH with doing those three simple things starting today. After all perfection is not attainable and trying to do ALL ten steps when you are not used to doing even ONE on a regular basis will only leave you feeling bad about yourself.

As always and with love, live in good health with beautiful skin.

~Tiffany Andersen

Thank You!

