

Seven Dimensions of Wellness

Physical
Emotional
Intellectual
Social
Spiritual
Environmental
Occupational

Attainable by applying some “Alphabet Soup” to your daily health care routine:

A

Acupressure & Acupuncture

Acupressure and Acupuncture are considered ancient Chinese medicine treatments in which thin needles (acupuncture) or sustained pressure (acupressure) are inserted or applied to the body. The needle or pressure is applied on various points of the body that lie on energy lines called Meridians. These treatments are based on the belief that health is the result of a harmonious balance of energy or chi in the body. Illness follows if there is an imbalance in that chi or energy. These treatments are used for a vast variety of issues and the potential benefits include decreasing pain, lowering blood pressure, boosting the immune system and treating sleep disorders.

Affirmations

Affirmations are positive statements that reflect a goal of an individual. When saying affirmations make the statements simple, positive and stated in the present tense. Have the affirmation be limitless and refrain from affirming a want; as you will get the “wanting” not what is desired. For example, instead of saying “I want a \$1,000.00 dollars”, you affirm, “the best prosperity of money is coming to me now”! By focusing on affirmations, you have evoked patterns of energy that will begin moving through life and materializing in your experience.

Aromatherapy

Aromatherapy works with extracts from plants called essential oils. These oils can be used in diffusers, in baths and as topical ointments. Some common essential oils include: **Lemongrass** oil for reducing stress and anxiety, reducing headaches, decreasing blood pressure and assisting in digestive issues; **Orange** oil for use as a natural insect repellent; **Peppermint** oil for improving circulation in legs and feet; **Lavender** oil for reducing inflammation, improving sleep and reducing anxiety.

Art Therapy

Art therapy involves the use of various creative techniques such as painting, coloring, drawing and sculpting to assist the individual in expressing oneself. Benefits of art therapy include improved communication, concentration, self-esteem and self-awareness.

B

Baths

Baths are used to relax and rejuvenate the mind, body and spirit. By adding some ingredients to the bath water the bath can take on additional qualities. To clear congestion and alleviate body aches add 2 cups hydrogen peroxide to 1 tablespoon of ground ginger in the bath water. You may also add various essential oils to enhance the bath experience (see Aromatherapy). For a detoxifying bath add ½ cup sea salt, ¼ cup Epsom salt, ¼ cup baking soda and 1/3 cup apple cider vinegar to the bath water. This detoxifying bath can be intense so have time to relax after this bath, do not drive or drink alcohol after this detoxifying bath.

Breathing Exercises

Credit goes to Julie Krupp, yoga instructor for the following information. Breath is literally your life source; don't underestimate the power of focusing on your breath. When you control your breath, you control your thoughts. When you control your thoughts, you can be thoughtful about your actions. Think about how powerful that is.

The following are various breathing exercises:

4-7-8 Breath Cycle for Relaxation and Stress Reduction

Inhale through your nose for a count of four

Hold your breath for a count of seven

Exhale out your mouth for a count of eight

Repeat cycle four times

Alternating Breath Cycle

Alternating breathing thru one side of your nostril and exhaling out the other nostril and then repeat process four times.

C

Chakra Balancing

Chakra is a Sanskrit word meaning spinning wheel. There are seven major spinning energy centers or Chakra centers in the body. **Root** chakra is located at the base of spine and is the color red for grounding and stability; **Sacral** chakra is located two inches below the navel and is the color orange for creativity, fun, laughter, humor and sexuality; the **Solar Plexus** chakra is located at the breast bone and is the color yellow for self esteem and self confidence; the **Heart** chakra is located in the middle of your chest and is the color green and assist with unconditional love and love of self; the **Throat** chakra is located at the throat and is the color sky blue and enhances communication; the **Third Eye** chakra is located in the middle of the forehead and is the color indigo and enhances intuition and psychic abilities; the final chakra is the **Crown** chakra located at the top of the head and connects you to your higher self and higher power.

Chanting

Chanting is repeated words or phrases that when utilized increases listening skills and clears the mind of clutter. A common chant is OM, which is considered the first sound of creation. OM is not a word it is an intonation. It is considered a sacred symbol. It symbolizes completeness and when chanted the OM and the vibration of its energy can promote inner harmony, peace and bliss.

Chiropractor Care

Proper alignment leads to overall better functioning of mood and body. These chiropractic treatments can assist with improving neck and back issues, decreasing sciatic pain and reducing muscle tension. Additional benefits of chiropractic care are these treatments are drug free and non-invasive. Ask questions and give detailed medical information before receiving chiropractic treatment.

Color Therapy

The use of color to bring about change in a person's health is a practice that dates back to ancient Egypt. It is based on the belief that certain colors have healing energies. Often the seven colors of the rainbow are utilized to promote balance and healing of the mind and body. **Violet** for enlightenment, **Indigo** for calming and sedative qualities; **blue** for promoting communication and knowledge and for treating liver disorders; **green** for balance, connecting to nature and healing ulcers; **yellow** for gaining wisdom and clarity as well as a decongestant and antibacterial agent; **orange** for increasing pleasure and joy and easing digestive issues; **red** for improving circulation and stimulation of red blood cells.

Cupping

Cupping is an ancient Chinese treatment that applies cups, often of glass or silicone, to the skin to cause friction and suction. This treatment can enhance blood flow, reduce pain, increase relaxation, reduce inflammation, improve stagnant blood flow and improve poor energy flow. Do not use cupping if using blood thinners or have bleeding or clotting issues; never use over an open wound.

D

Dark Chocolate

Dark chocolate is made from raw cacao. Eating dark chocolate in moderation has many health benefits, including, being an excellent source of anti-oxidants, reducing depression by releasing endorphins, protecting body from free radicals, helping to maintain texture and integrity of the skin and improving heart health.

Drumming

You do not need a drum to receive the benefits of drumming. You can drum on all sorts of objects including drums, table tops, kitchen pots and pans, boxes and your body. Drumming can enhance your focus and concentration. Drumming is an excellent way to ground. Drumming also is a great way to release tension and stress, or to become aware of your breathing or heart beat. Try drumming to the beat of your breath or heart beat.

E

Eating Healthy

There are numerous amounts of data that indicate eating healthy is a major contributor to leading a healthy life. What does eating healthy consist of? A diet balanced with fruits, vegetables and rich in fiber is paramount. Some suggestion for a healthy diet include eating whole instead of processed foods, adding nuts and seeds to your diet, adding fish to diet, eating on smaller plates, and shopping the outer ring of the grocery store. Sonja Gupta has spoken of the benefits of ginger for gut health and treating arthritis, and cinnamon to boost circulation.

Ergonomics

Ergonomics is the study of a persons' efficiency in their working environment while keeping in mind the capabilities and limitations of the individual worker. Proper alignment of the work station allows for improved musculoskeletal movement.

Exercise

Exercise is any bodily activity that enhances or maintains your physical fitness and overall health and well being. **Aerobic** exercise is a physical activity that uses large muscle groups and causes the body to use more oxygen and the goal is to increase cardiovascular endurance (running, cycling, jumping rope, rowing, brisk-walking and swimming). **Anaerobic** exercises include strength and resistance training and the goal is to firm, strengthen, tone muscles and improve bone strength (weight training, weight lifting, interval training). **Flexibility** exercises stretch and lengthen muscles for improved joint and muscle flexibility with goal of improved range of motion (stretching exercises, yoga).

F

Friendship

According to the Mayo clinic friendships can enrich your life and improve your health; benefits include increased sense of belonging and purpose, increased happiness, reduced stress, improve self-confidence and self worth. A recent Harvard study concluded having solid friends promote brain health.

G

Gem Stones

Gem stones are pieces of mineral crystals that can be in a cut or polished form. For thousands of years ancient civilizations have used the energetic properties of gemstones to heal, ground and enhance physical, mental, emotion and spiritual attributes of the individual. These healing properties are debated in today's scientific communities and more research is needed to substantiate these claims.

However, here are a few common gemstones and their energetic uses:

Hematite can assist in grounding and balancing the Root Chakra;

Carnelian can increase creativity and balance the Sacral Chakra;

Citrine assists with self-confidence & is associated with the Solar Plexus Chakra;

Rose Quartz helps heal grief and assists with balancing the Heart Chakra;

Turquoise restores confidence in speaking and is associated with Throat Chakra;

Amethyst offers wisdom and balance and is associated with Third Eye Chakra;

Clear Quartz can lift awareness and is associated with Crown Chakra.

Gratitude Attitude

Gratitude is a gracious acknowledgement of all that sustains us, a bow to our blessings - great and small, an appreciation of the moment of good fortune that sustain our life every day. As gratitude grows it gives rise to joy. Joy is natural to an open heart. Benefits of Gratitude include decreased depression, improved sense of well-being, improved sleep, reduced stress and improved ability to cope.

H

Herbal Medicine

Herbal medicine focuses on herbs to treat ailments. Herbs are generally used in teas, capsules or tinctures. They are not diluted and they do not follow the principle of likes cure likes. Be an informed consumer and explore the potential benefits and risks of using herbs. *Prevention Herbal Cures* by the editors of Prevention Health Books is an excellent reference for becoming aware of benefits and risks of herbs.

Homeopathy

Homeopathy is the treatment of disease or issues by using minute doses of natural substances. The philosophy is likes cures likes. It works with herbs, minerals and animal products and substances are diluted.

I

Icing

Icing is the application of cold (ice) to an area of body with the benefits of pain reduction, decreased swelling and decreased inflammation.

Infrared Heat

Application of these electromagnetic waves in lamps, heating units, etc... penetrate deep into the tissue and can boost the immune system, increase white blood cells, reduce muscle soreness and decrease muscle spasms.

Ionic Cleanse Detoxification

These ion cleanse foot baths assist with pulling toxins out of the body thru the pores in the feet as the ions bind with the heavy metals and toxins that reside in the body's tissues, primarily in stored fat, liver, bowels and kidneys and skin.

J

Jazzercise

Jazzercise was developed in 1969 as a combination of pulse pounding beat and aerobic activity. Its benefits include improved muscle strength, improved cardio-systems and stress reduction.

Journaling

Journaling is the act of keeping a diary, notes, journal that explore various feelings, thoughts, ideas, inspiration, lists, dreams Benefits of such include a boost in mindfulness, improved communications skills, enhanced ability to integrate your experiences into your mind and assist with recall of pleasurable events. Various studies have shown that journaling also may improve sleep, boost confidence and enhance the immune system.

Juicing

Juicing is a combination of fruits and vegetables that has no fiber but retains the vitamins and minerals of the food.

K

Kombucha

Kombucha is a fermented sweetened black or green tea drink that has been consumed since ancient times. It is rich in probiotics and contains anti-oxidants.

Kindness (Random acts of...)

Performing even a small act of kindness i.e. opening a door for someone, looking at someone and smiling, paying for the person behind you at the drive through window , etc... can lighten your spirit, renew your energy, take focus off yourself and bring a smile to yourself and another.

L

Labyrinth Walks

Labyrinths, one kind of mandala (see below), are paths that only lead to the center. This is one way in which labyrinths differ from mazes. Mazes generally lead to many dead ends, while labyrinths lead to the center and then back to the beginning. In mazes you often lose yourself and in a labyrinth you find yourself. Walking a labyrinth clarifies that the journey is the most important part of the trip – not just the ending point. Walking a labyrinth can make you feel more balanced, whole and connected.

Laughter

Laughter reduces pain, it improves the function of blood vessels, it increases blood flow which is a protection against many diseases; it decreases stress hormones, increases immune cells, it triggers release of endorphins. Anybody have a good joke to tell??????? Laugh a day keeps the doctor away!!!! LOL

Light Therapy

Light therapy is exposing a person to artificial light, day light or specific wavelengths of light to treat a variety of issues including seasonal affective disorder, skin disorders, and circadian rhythm disorders. Techniques include a Light Box or specifically designed lamps.

M

Mandalas

Mandala is a Sanskrit word meaning holy, magical, circle or sacred circle. They are a symbol of wholeness. They are a catalyst that can activate your own inner healing powers and connection to the source within. The sacred circle has the capability to focus and catch your attention to what is inside of you, not what is outside of you. Circles balance the brain. It brings order; order leads to patterns and allows the mind to grasp and understand. Mandals are found everywhere; Medicine wheels, sun, cycles of moon, snow crystals, spider webs, your eyes, labyrinths.

Massage Therapy

There are many benefits to massage therapy including **PHYSICAL Benefits:** improving circulation; reducing muscle tension; improvements in elimination systems including reducing constipation, improving ability to pass gas and to burp; improving sleep; decreasing repetitive motions; improving breathing patterns; lowering blood pressure; decreasing pain regarding headaches, stomachaches and backaches; reducing physical stress. **MENTAL Benefits:** improving focus; improving mental alertness; improving concentration; reducing mental stress. **EMOTIONAL Benefits:** improving overall sense of well-being, decreasing depression, decreasing anxiety, reducing emotional stress **SPIRITUAL Benefits:** allowing feeling of connectedness. There are numerous types of massage including Swedish, Hot Rock, Cranial- Sacral, Rolfing, and Lymphatic, to name only a few.

Meditation

Meditation means concentration. Basic meditation is a state of being that brings stillness to a person. In this state the person is capable of tapping into their unlimited potential. Also during this period, energies may increase, a deep calmness and relaxation may be achieved, a deeper understanding may emerge and a connecting with your higher self is possible. Benefits of meditation are numerous including improved relationships, decreased addictions, management of insomnia, reduced pain, and overall sense of well-being. Twenty minutes of meditation can be like three hours of sleep. Meditation changes your brain

waves. When first beginning to meditate establish a routine, find a quiet place void of distractions. You may want to have a table nearby for items such as candles, gem stones, oils, music to establish a quiet sacred space. Meditation must be practiced. It is the same as learning to play a sport or an instrument; the more you practice the better you become at it.

Mudras

A Mudra is a symbolic or ritual gesture, usually dealing with the hands and fingers, based in Hinduism or Buddhism. The word is Sanskrit meaning gesture, mark or seal. Mudras are commonly known as hand positions in yoga and meditation, which are believed to affect the flow of energy in the body and unblock chakras (energy centers). There are numerous types of mudras. Each type is thought to have a specific effect on the body and mind by clearing the energy centers and channels. Hand mudras are most common but there are head and postural mudras as well.

Music

Studies have shown that listening to music can regulate emotion, create happiness, stimulate brain health, reduce stress, lessen anxiety, ease pain and provide comfort. Music can set or change the mood of the environment or person. Listen to what YOU like and feel the beat toward health (jazz, rap, salsa, blues, rock, classical, instrumental, new age).

N

Nature Walks and Connections

Reconnecting to nature can provide numerous physical, mental, emotional spiritual benefits. Connect to nature by gardening, hugging a tree, opening your doors and windows, and taking a walk in nature. Quiet your mind and listen to the birds, feel the breeze on your face, feel the sun on your back, feel the sand under your feet, listen to the waves, hear the crack of a twig, hear the croaks of a frog, watch a caterpillar or turtle or ant move. Experience these things and then feel what happens: you slow your pace, you breathe deep, you smile, you unplug from electronics, and you become one with nature and one with yourself.

NetiPots

NetiPots are containers to rinse debris from nasal cavity. Using NetiPots can remove excess mucous, relieve nasal dryness, reduce cold symptoms, reduce sinus headaches and improve ease of breathing.

O

Optimistic Thinking

The following information is found in Psychology Today, by Utpal Dholakia, Ph. D, July 31, 2016: Optimistic people live longer than their pessimistic counterparts. Cardiovascular health, strong immune systems, lower levels of stress and decreased pain are such benefits of optimistic thinking. Optimists know more about their own health and about how to stay healthy; they engage in healthier behaviors, they use more effective methods to deal with a setback and they have better social networks.

P

Pets

Our animal companions provide comfort, unconditional love, loyalty and a sounding board. Pets encourage us to take walks, be still. Petting your furry friend can reduce blood pressure, decrease depression, calm nerves and enhance feelings of peace and comfort.

Pilates

Pilates were developed in 1920 by Joseph Pilates. It is a low impact flexibility and muscular strength and endurance movement. It can assist with posture alignment, core strength and muscle balance.

Play

Play is essential in all stages of life and is vital for the enjoyment of life itself. Play will takes various forms as we progress thru the various stages of life. Play can stimulate the mind and boost creativity, reduce stress and boost the immune system. Rediscover your inner child and play. Play can be any activity that brings joy and happiness like playing an instrument, singing, painting, playing a sport, flying a kite.

Q

Qigong

Qigong is an ancient Chinese tradition that can relieve stress and increase energy. Qigong is often one single move repeated over and over and sometimes does not involve movement at all but will focus on breathing. This activity can include slow meditative flowing dance like motions and can involve sitting or standing.

Quotes of Inspiration

Daily quotes of inspiration can ignite wisdom and clarity of thought, lend comfort and support and motivate action. Place daily quotes on your bathroom mirror, or your work station bulletin board.

"I am not what has happened to me. I am what I choose to become." – Carl Jung

"If it doesn't challenge you, it won't change you." – Zig Ziglar

"I still believe, in spite of everything, that people are truly good at heart." – Anne Frank

"If it cannot be said with love, perhaps it should not be said." –Penny Weaver

R

Reflexology

Reflexology is also called Zone Therapy and is an alternative medicine which involves applying pressure to various points on the feet, hands or ears that correspond to various points of the body. It was first introduced in the United States in 1913 but has been around since ancient times in Egypt and China. Additional scientific research is needed in this area as no clear evidence has been found to substantiate the health benefits however many self reports attest to the benefits of reflexology including reduced pain, increased sense of well-being, decreased blood pressure and reduce stress.

Reiki

Reiki is an ancient healing technique based on the principle that the Reiki practitioner channels the life force of energy, Chi, through their hands and toward the individual. Scientific research has yet to verify the claims of the health benefits. However there are numerous self reports of those who have received Reiki and use Reiki that many benefits are possible, including improving overall sense of well-being, decreasing pain, accelerating healing, improving sleep, decreasing stress and decreasing depression and anxiety.

S

Sleep

Sleep plays a valuable role in overall health. During sleep the body repairs itself. Without the proper amount of sleep many health issues can arise including heart disease, high blood pressure and kidney disease. Most research shows that 7-8 hours of sleep per night is needed for most adults. Ways to enhance a better night's sleep include going to bed and getting up at same time each day, avoid alcohol as a sleep aid, avoid eating at least two hours before bedtime, decrease electronic use right before bedtime, **wear a sleep mask** if the room is too light, diffuse the essential oil Lavender.

T

Tai chi

Tai chi is an ancient Chinese tradition that relieves stress and increases energy. Tia chi involves a series of many movements with proper position of the knees, feet and spine. It can increase flexibility, improve balance and lower blood pressure.

Tea

Tea contains various antioxidants and has less caffeine than coffee. Tea has also been linked to strengthening the immune system, reducing risk of heart attack and stroke and fighting infection. Some herbal teas that have potential health qualities include Ginger tea, Hibiscus tea, Lemon Balm tea and Peppermint tea.

U

Unplug

“Almost everything will work again if you unplug it for a few minutes, including you.” – Anne Lamontt. 84% of cell phone users claim they could not go a single day without the device. Consider “powering down” and many health benefits can ensue, including increasing creativity, improving physical connections, breathing deep, sleeping better and seeing the wonders of nature.

V

Volunteer

Volunteering provides the opportunity to help individuals in need; help worthwhile causes and connects the volunteer to the community. Often the benefits of volunteering are greater for the volunteer then the causes they wish to help. Benefits of volunteering can include gaining a sense of connectedness, improving self worth and self esteem and decreasing stress. Research has shown that being helpful to others delivers immense pleasure thus activating various hormones and brain activity resulting in less depression.

W

Water

Water plays an extremely important role in our diet and bodily functions. Water is vital to energy production in our cells. Water holds the cells of the body together. Optimally it is recommended that you drink half your body weight in ounces daily. This does not include water in coffee, tea, and other beverages and drinks.

X

X-tra time for self

Take extra time for yourself and put your health first. If you can't take care of yourself how can you take care of others? For example, anyone who has flown on an airplane has heard, "if the oxygen flow masks need to be utilized first place the mask on you before helping those in need of assistance". By taking the time for yourself you will find that you and others around you are in a better place.

Y

Yoga

Yoga originated in ancient India and it involved physical, mental and spiritual practices. Modern yoga is often viewed as a physical activity accompanied with breathing exercises. Benefits can include increased flexibility, increased muscle tone and strength, improved respiration, improved overall sense of well-being.

Z

Zinc rich foods

Eating a diet rich in zinc is important as it is needed for DNA synthesis, immune function, growth and metabolism. You can add cashews, yogurt, crab and chickpeas to your diet as they are rich with zinc.

Zumba

Zumba was created during the 1990's by Beto Perez. This exercise fitness program involves dancing and aerobic movements performed to high energy music like hip-hop, salsa and mambo. Zumba provides all the health benefits of any aerobic exercise.

All above activities are suggestions for health; as always, before starting any health care activity please contact your health care provider.

