

# Seven Steps to Wellness

## Intro

You want to get healthier. But where do you start? What has to be done first? I'd like to offer you seven steps to start moving you towards the healthy person you really want to be.

## Step one: Start Moving

Before you read any further, there's something you should do. Stand up. Step away from the computer. Walk outside your front door and keep walking for, oh, 15 minutes or so around the block.

Back now? Pour yourself a glass of water and let's continue.

How do you feel after your walk? Perhaps a little more alert? Maybe even feeling energised? That's good: now you've had just a small taste of what being active can do for your energy levels.

Far and away, being (more) active will bring you the greatest health benefits. We are designed to move. Our ancestors roamed the countryside as hunter-gatherers searching for available food. Our genes have hardly changed since then, and yet we move our bodies only a fraction of the time. Many of the chronic diseases of our modern society, like diabetes and obesity, have developed from a lack of activeness.

To make an impact on your health, you need to stretch yourself. There's an old saying, 'use it or lose it' and that certainly applies to physical fitness. But how much exercise do you really need to do? Hold that thought while we move through steps two and three.

## Step two: Assess where you are now...honestly

Take a pen and paper and jot down everything you don't like about your state of health at the moment. Just whatever comes to mind in the moment. For example, "I have constipation"; or "my knees ache when I go for even a short walk around the block" or "I want to fit into a smaller size of clothes"

Write everything, even the health issues you think you're stuck with.

Now you know what you don't want, its time to choose how you want to feel instead

## Step three: Choose your goal posts

Here is where you decide what you want to. Imagine yourself in perfect health. What are some of the highlights of your new healthy self? For example, you might

- "I can participate with my son in the fun run"
- "I don't have to take one day a month off to cope with my painful period"

- "My bowels don't cause me any pain"
- "I've still got energy at the end of the day to enjoy time with my partner"

### **Step Four: What Do You Think Needs To Change?**

Now, be honest with yourself here! Do you already know you need to exercise more? Drink less alcohol? Things like that? Make a list of all the things you know you really should change, but haven't. There's no need to berate yourself for what you're not doing, you just want to get a clear picture of where you are and where you want to be.

### **Step Five: Check Your Environment – Is It Toxic?**

Unless you're living in a cave in the middle of a forest, living a hunter-gatherer lifestyle, away from civilisation and other people, you are coming into contact with toxic chemicals.

- Rainwater tanks can supply not just parasites but toxic runoff if crop spraying occurs around you.
- Chlorinated water can supply dangerous chloride gas in a hot shower.
- Fluoridated water can reduce your ability to absorb iodine, an important mineral for regulating your metabolism and your hormones.
- New furnishings can give off toxic fumes
- That drycleaning you picked up in its plastic sheeting will give off some toxic fumes in the enclosed space of your wardrobe unless you air it first.

### **Step Six: Replace the vitamins and minerals you need.**

Some of us need more nutrients than the rest of the population. You can choose to take a multivitamin as a 'just in case' prophylactic; or you can have your true nutrient need assessed through functional pathology testing. This relatively new form of testing assesses your urine or saliva to discover precisely what vitamins and minerals you need more of; enabling you to choose more individualised supplements.

### **Step Seven: Get the Right Help and Support**

Now you have a list of where you are now and what you want to change in your health. Where do you start?

When you want something done, like fixing a broken car, you have a choice: You can engage an expert in the area or you can spend several years learning how to do it yourself. If you choose to engage an expert mechanic, we can both almost guarantee you're going to get your car back on the road sooner.

Its just like that for health care too: You can engage a qualified naturopath to help you back on the road to health quickly, or spend several years learning what she knows already. In the meantime you're missing out on opportunities for having fun because you're not feeling healthy.

Many people put off getting help to solve their health issues; some people think that they have to do it all by themselves; and if you've had a negative experience with a health practitioner who was

dismissive of your concerns and your personal beliefs, it can be hard to deliberately seek out a new practitioner.

Naturopaths are trained to assess the health of a person on physical, emotional and spiritual levels. We are 'health coaches' who will find out what aspects of your diet and lifestyle need to be altered, and how. We will quickly refer you back to your doctor if we suspect that you need a higher level of diagnosis than what we can offer. We will also refer you to structural practitioners such as osteopaths if we can see that it's something like a spine misalignment that's getting in your way. Oh, and getting back to the exercise factor we looked mentioned in step 2? Your naturopath will hook you up with the right exercise for you. Perhaps the local pool; the gym; or the right personal trainer, who will help you get the results you want, faster.

How do you find the right naturopath for you? Talk to your friends and ask them if they know of anyone in your area. Search the yellow pages for 'naturopath' or 'nutritionist'. Make a short list of those who are accredited, as they are properly trained. You can also search the database of naturopathic associations such as ATMS (they're at [www.atms.com.au](http://www.atms.com.au)) . Phone your shortlist of naturopaths to briefly discuss your condition and see how you feel talking to them. If they're easy to talk to on the phone then they'll probably be easy to talk to in a consultation too. Go with your gut feeling!

By the way, that list you made up in steps 2, 3 and 4: Take them with you to your first consultation.

## About Olwen

Olwen Anderson is a health coach, who loves to show business owners and professionals how to effectively stay healthy while passionately following their dreams. As a business owner herself, she



recognises that there is so much you want to achieve, and when you're fit and healthy nothing is going to hold you back!

If you enjoyed reading '7 steps to wellness', you'll enjoy experiencing all the information that's on offer at her website, [www.olwenanderson.com.au](http://www.olwenanderson.com.au) Sign up for a regular newsletter that will show you how to stay on track with your health goals; or visit her blog page for health facts you can use. There's even e-books for sale that you can download instantly.