

# THE 6 FOUNDATIONAL PRINCIPALS

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If you can start to do some daily work on each one of the foundational principals, then your life will start to improve. We are all a system of systems and having one system primed and the others lagging will ultimately bring your health and wellness down.

So, with this in mind, if you can look at where you really need to focus on and make some small changes, this ultimately will lead to some great changes. As small steps and changes lead to huge improvements and goal achievements.

Not sure where to start, then have a read of the next 6 headings, and take what you can from each section. Pick the little tips to improve and see what you can do to improve your life and make the small simple changes today.



Healthy Holistic Living  
with Carl Weston



# HYDRATION

We are a living beings with billions of biochemical reactions going on within our body every second. Of these more than 90% require water. Drinking enough water is one thing but knowing the quality and the ph. is another. Upgrade your water to upgrade your health.

- Figure out how much you need, a base line is half your body weight in lbs., in ounces.
- Accelerate the way the water can be absorbed, add minerals or Celtic or Himalayan salt.
- Try and drink 8oz of water first thing in the morning before anything else.
- Filter your water – just because its in the tap doesn't mean it's the best for you
- If you're drinking caffeine – drink water after, as caffeine is a diuretic
- Make sure in winter and summer you change your requirements accordingly, believe it or not in winter you generally need a little more than you think



# MOVEMENT

We are advised to get between 150 minutes of moderate and or 75 minutes of vigorous exercise a week. Yet with these standards, human health optimization continues to decline and metabolic disease continues to increase. If I can give any advice on movement it would be to *"try and do a little something every day"*. And focus on the other foundational principals

- Listen to your body if you have the energy workout.
- Try and work out what you need, find a balance between strength, mobility and cardio.
- If you need an energy drink you need to relax – not workout.
- If you're not recovering with 48 hours – your foundational balance is off.
- Make sure you're post recovery is as big as your workout.
- Do what your body needs not what you enjoy





# SLEEP

New studies advise we need to get on average at least 7-9 hours of sleep a night. Yet on average the amount people are getting is between 5-6. Now it's not just sleep time, it's the quality that really makes the difference between awake and superhuman. Tracking sleep cycles, HRV, body temp and breath rate are all little ways to harmonize your superpower.

- Set a time that you can go to bed and wake up the same time daily.
- Make sure your room is a cave and black out blinds.
- Reduce blue light before bed.
- Reduce stimulants before bed, including sugar, alcohol, caffeine.
- Turn down the temp a degree or two.
- Do some breath work before you go to sleep





A person wearing a blue hoodie and striped shorts stands with their back to the camera on a stone pier. The pier is made of large, rounded stones and extends from the foreground into the ocean. The sky is filled with dramatic, colorful clouds in shades of blue, orange, and white, suggesting a sunset or sunrise. The water is calm, reflecting the light from the sky.

# THINKING

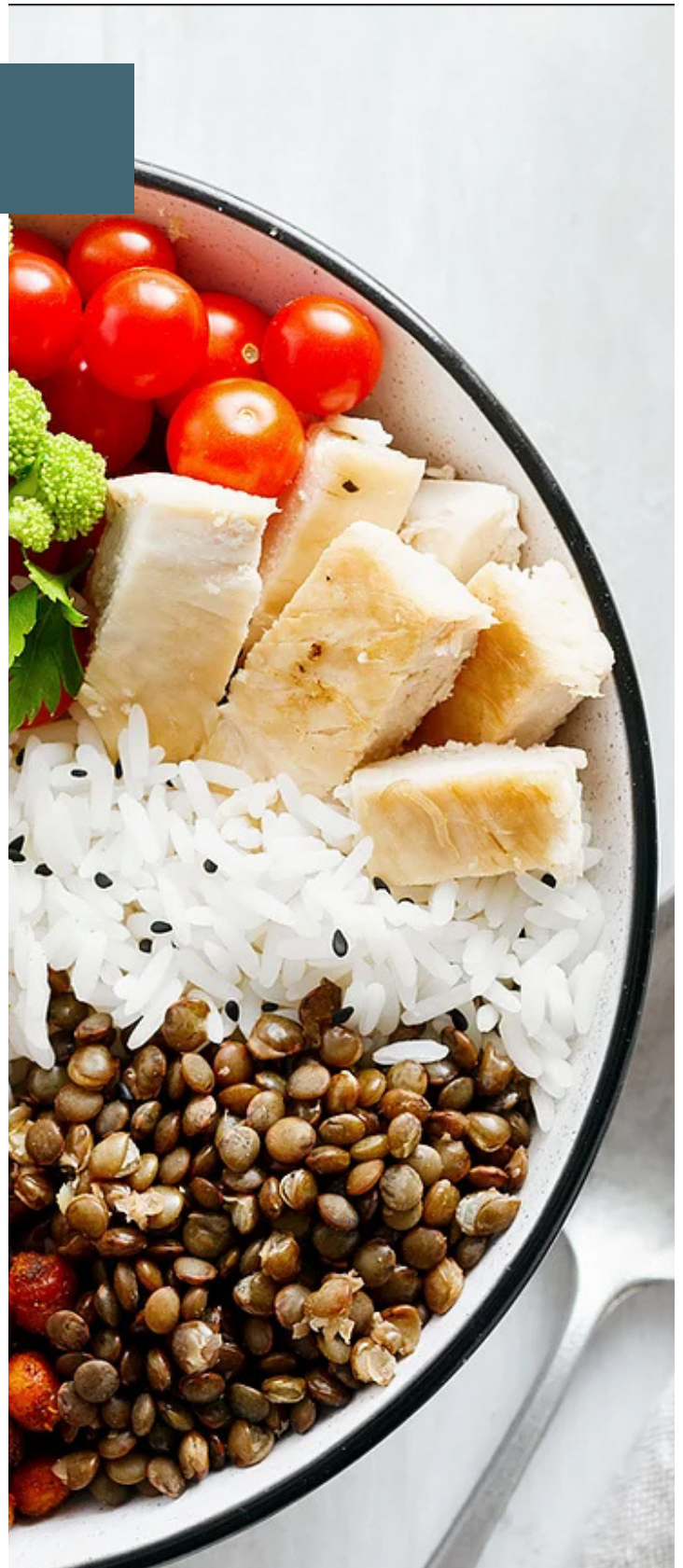
According to the national science foundation the average person has between 12,000 and 60,000 thoughts per day. Of those 80% are negative and 95% are repetitive. Repeating those negative thoughts consumes a lot of our mindset. Meditation and breath work and positive mental reinforcement can help your frame your mindset. Routine and exercise and structure can also help.

- Give yourself the time you need
- Set goals, Outcome and process
- Celebrate the little daily and weekly wins
- Start a daily meditation practice
- Make sure your food and sleep is working for you
- Start a daily gratitude practice, with family or friends

# EATING

As of 2021 61.3% of adults are considered overweight or obese. Now this poses multiple issues. I don't believe in a one size fits all for nutrition, we are all very unique in what we need, and this couldn't be truer than when it comes to food requirements. But making choices that work for you are the key, and a healthy relationship with food is the trick to a healthy lifestyle with balance.

- Figure out what type of ratio food works for you.
- Chose the best food you can afford to buy
- Avoid the highly inflammatory foods
- Avoid processed foods
- Learn the clean 15 and the dirty dozen. (these change yearly)
- You are made of what you eat and drink. Remember this when making food choices.





# BREATHE

The average person breathes on average 12-16 times per minutes. Whereas healthy people breathe on average 6-12 times per minute. Breath is the force of life and the absolute best breath rate is said to be 5.6x per minute. Making time for daily breathing exercise is a key to foundational health and wellness.

- Do the breathing test - take a big breath in and see where you breathe into, does your stomach or chest expand. (it should be the tummy)
- Start with a simple breathing pattern the 4 second box breathing is the easiest and safest place to start.
- Before you eat each meal take in 10 deep breaths
- Look into breathing practices – wim hof is a great place to start
- Make sure you don't hold your breath when exercising
- Try meditation