

7 Keys to Optimal Health!

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Introduction

The Optimal Health Wheel

Imagine that you're riding a bicycle that has only seven spokes on the front wheel. They're strong enough to hold you... as long as there is an **equal** length on each spoke. We're going to use that scenario when we look at excellent health, because it's never just 'one' thing when we want



to achieve better health. It's a number of things that **have** to come together, and that's what I've written about in the pages to come. You can eat all organic fruits and vegetables and if your nervous isn't functioning well or if you're generally miserable and have a

negative attitude toward life, your health will most likely suffer. We also need to look into our genetic makeup and address that, too. Understand, though... that if you can be really good at changing some unhealthy habits around and adopt better, healthier habits, your genetic pre-dispositions have less of an influence on your overall health.

So let's look further into what factors need to be addressed in this excellent health wheel.

1) Detoxification

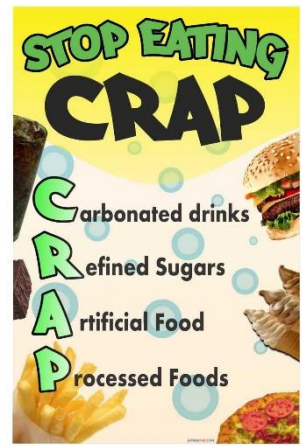
Our bodies are amazing, healing machines... if there is no interference! We'll be talking about different types of interferences throughout this eBook, but right now, let's discuss the human body and homeostasis. Homeostasis, by a [simpler definition](#), "refers to the ability of the body to maintain a stable internal environment *despite* changes in external conditions. The stability, or balance, that is attained is called a dynamic equilibrium; that is, as changes occur, the body works to maintain relatively uniform conditions."

So while you may not always *feel* what's going on inside your amazing body, it's doing its best to keep it running optimally... unless there's interference to the systems.

Detoxification, in my opinion, is the first place to start one's health journey. There are so many toxins in our bodies, on our bodies, and around our bodies that it makes sense to begin with this first key to optimal health. Here are just some things to consider:

In our bodies...

Let's start looking at the foods we eat. Does it consist of mostly organic, non-GMO foods or do you do take-out several times a week? That breakfast egg sandwich at your local fast-food place probably is most likely made with CAFO (Contained Animal Farming Operation) eggs, processed cheese product, overly processed and highly salted ham, muffins/biscuits loaded with preservatives, and margarine instead of real butter. Do you think cereal and skim milk is better? Check the label and see how much sugar and the preservatives are there. www.ewg.org is a great place to check and see which preservatives are considered safe. You'll probably be surprised.



“So... what CAN I eat that’s not toxic? Start with preparing foods *at home* instead of eating from fast food facilities. With a little thought and food prep ahead of time, you can start to eat nutrient dense foods and will feel more satisfied knowing you’re “eating clean” and saving money at the same time! To get a better understanding of this, here is a great place to start: <https://www.thekitchn.com/whole30-meal-prep-261085> .

On our bodies...



Have you ever thought about what’s in your skin lotions, suntan lotions, moisturizers, deodorants, perfumes/colognes, and makeup? SO many of these products have something called ‘endocrine disruptors’ and they can mess with your hormonal systems.

Most sunscreens, moisturizers, and makeup actually block your ability to process the Vitamin D from the sun. Did you know that most cancer patients have [significantly low Vitamin D levels](#)? In the next chapter, we’ll talk about the best ways to get Vitamin D.

Regarding moisturizers and skin lotions, consider using something completely natural and much less expensive: Pure Almond, Coconut, and Jojoba Oils are wonderful for all skin types and only contain one ingredient! Most deodorants have so many chemicals that stop sweat and block pores, it’s downright scary! While there are more natural, organic deodorants out there, they don’t always work. I have found that coconut oil, mixed with organic cornstarch, essential oils and just a little bit of baking soda keeps my armpits smelling great for at least 24 hours. Here’s basically the [homemade recipe](#) I use. I use less baking soda because my skin is pretty sensitive. See what works for you.

Around our bodies...

Think about your home for a few minutes. Do you use toxic household cleaners on a regular basis? Did you know that white vinegar and baking soda are a wonderful alternative to these endocrine-disrupting cleaners?

What about your laundry detergent? Is it loaded with perfumes and toxic surfactants that are causing [major problems in our waterways](#)? Do you use a fabric softener that's also loaded with the same? What about the new rugs and furniture you recently bought? Did you know that they may be releasing volatile organic compounds known as [VOC's that have known cancer-causing effects](#)? The best thing you can do is open some windows and let your house 'breathe' some fresh air in... then consider getting more natural alternatives and, when money allows, a house air filter would be very beneficial. Doing a little research will help you get the best filter for your home.

Think about outside your home. Do you use pesticides like Round Up on a regular basis? There are major lawsuits going on right now because so many people have been diagnosed with non-Hodgkin's Lymphoma. Consider using a more [natural approach to typical lawn care](#) and do yourself, your children, and your pets a huge favor.

2) Vitamin/Supplementation

Our food is now grown to be bigger, more beautiful, and “perfect” in less time than ever before in history and we pay a hefty price for that, but maybe not the way that you might think.

According to [The Scientific American](#), a landmark study on this topic by a team of researchers from the University of Texas (UT) at Austin’s Department of Chemistry and Biochemistry was published in December 2004 in the *Journal of the American College of Nutrition*. They studied U.S. Department of Agriculture nutritional data from both 1950 and 1999 for 43 different vegetables and fruits, finding “reliable declines” in the amount of protein, calcium, phosphorus, iron, riboflavin (vitamin B2) and vitamin C over the past half century. The researchers chalk up this declining nutritional content to the agricultural practices designed to improve traits (size, growth rate, pest resistance) **other than nutrition**.

“Efforts to breed new varieties of crops that provide greater yield, pest resistance and climate adaptability have allowed crops to grow bigger and more rapidly,” reported Donald Davis, publisher of the research, “but their ability to manufacture or uptake nutrients has not kept pace with their rapid growth.” There have likely been declines in other nutrients, too, he said, such as magnesium, zinc and vitamins B-6 and E, but they were not studied in 1950 and more research is needed to find out how much less we are getting of these key vitamins and minerals.

The Organic Consumers Association cites several other studies with similar findings: A Kushi Institute analysis of nutrient data from 1975 to 1997 found that average calcium levels in 12 fresh vegetables dropped 27 percent; iron levels 37 percent; vitamin A levels 21 percent, and vitamin C levels 30 percent. A similar study of British nutrient data from 1930 to 1980, published in the *British Food Journal*, found that in 20 vegetables the average calcium content had declined 19 percent; iron 22 percent; and potassium 14 percent. Yet another study concluded that one would have to eat eight oranges today to derive the same amount of Vitamin A as our grandparents would have gotten from one.

So what's the answer? Either eat **only** organic fruits, meats and vegetables and use some good vitamin and mineral supplementation. Since most of us occasionally eat out at typically non-organic restaurants, and don't always buy organic, then vitamin supplementation becomes important.

You need to know that all vitamin supplements are **not** created equal. When you get a multi-vitamin in a bottle of 140 capsules at your local supermarket, have you ever questioned exactly what is **in** that bottle? You read the label on the back and it kind of sounds impressive. It might state that there's "no artificial colors, no preservatives, no artificial flavors, no yeast or gluten"... sounds pretty good, doesn't it? But what about "no artificial ingredients?" Where is that little piece of information? When you actually read the "Ingredients" you find that, not only is it all chemicals made up in some lab, but there are other ingredients that should carry a warning label if you're going to consume them on a regular basis. Let's break it down.

According to Stanley A. Chua, M.D. of Bio Balance Wellness Institute... Not all supplements are created equal. While you may be consuming your daily dose of vitamins and minerals, the quality and brand of your supplements make all the difference. On many occasions, toxic chemicals and unnecessary ingredients make it into these vitamin and mineral bottles that may you be unknowingly taking.

Of course, some manufacturers present a sound reason for including these so-called additives: to preserve formulas, improve color and taste, or make supplements appear better. These colorants, fillers, or flavors, however, may affect your body's health especially if ingested regularly. What's more, there are supplements that do not contain these ingredients, allowing you a better choice when it comes to vitamins and minerals.



These six toxic ingredients are just some of the common additives in many supplements that you should look out for:

1. *Titanium Dioxide*

Commonly used in paint, cosmetics, paper, and sunscreen, titanium dioxide has no actual nutrient value and serves only as a filler to whiten products.

Albeit FDA approved—but only in very small amounts (less than 1 percent of the formulation)—health advocates blame this colorant for side-effects such as allergies, stomach cancer, auto immune disorder, and organ toxicity. When inhaled as a dust, titanium dioxide is classified as possibly carcinogenic to humans by the International Agency for Research on Cancer.

2. *Magnesium Silicate*

Commercially used in deodorant and cosmetics, Magnesium silicate is an additive that most white-coated minerals, supplements, and vitamins are laced with.

Similar in composition to asbestos, Talc is not currently considered food grade by the FDA and has been known to cause lung problems and stomach diseases.

3. *Hydrogenated Oil*

Some supplements also have fillers such as hydrogenated oil from genetically-modified (or non-organic) soya bean. It's been known to cause cardiovascular problems, diabetes, nervous system problems, and non-absorption of essential fatty acids.

Hydrogenated oil, like trans-fat and solid fat, increases low-density lipoprotein (LDL, or 'bad' cholesterol) and decreases high-density lipoprotein (HDL, 'good' cholesterol) which results in coronary heart disease (CHD). In 2010, the Dietary Guidelines for Americans called for limiting consumption of hydrogenated oil, transfat, and solid fat.

4. Coloring: Red 40, Blue 2, Yellow 5

Many times, artificial colors are added to supplements to make them more attractive, especially for children. This, however, comes at a price, [from risks of allergies and DNA](#) damage to cancer.

Doctors and scientists have also linked these artificial dyes to children's hyperactive behavior. The Center for Science in the Public Interest has called on FDA to ban artificial colors, [calling it a 'secret shame' of food industry and regulators](#).

5. Artificial Flavors

Artificial and "natural" flavors in supplements come in the form of high-fructose corn syrup, hydrolyzed vegetable protein, artificial sweetener, flavor enhancers and other unnecessary ingredients in your vitamins. For instance, they are put in your children's vitamins to make them palatable to them. However, these [ingredients have been linked to diabetes](#), hypertension among kids and weight gain.

6. Lead, Mercury and PCBs

Industrial waste such as lead, mercury, and PCBs that are polluting our oceans and seas have been affecting large fishes such as salmon, tuna, and more. This effect is carried over to many fish oil supplements. The Council for Responsible Nutrition, among others, has called for disclosure on sources of minerals, supplements, and vitamins, to trace if they have lead, mercury, and PCBs. It is therefore recommended to make sure your fish oil supplements are molecularly distilled and third-party tested to ensure their safety.

The simplest solution is to read the label and look out for such ingredients. A fool-proof solution, however, is to find a good brand that offers supplements that only use carefully selected, highest quality ingredients.

3) Diet

What does the word “diet” actually mean? This may surprise you. The word actually comes from the Greek word “*diaita*,” which means “***way of life***.” To live healthy, a diet should be a ***lifestyle***, not a short-term cycle. This doesn’t mean completely banning pizza, chocolate or your favorite food. Instead, it should be about eating a variety of ***nutrient-packed*** foods. Balancing those not-so-healthy choices with healthy choices will help you come up with a way of eating you can stick with for the rest of your life.

As you know, there are many different ‘diets’ out there. [Ketogenic](#), [Primal](#), [Whole 30](#), [Metabolic](#), [Paleo](#), [Low Carb \(Atkins\)](#), [Vegetarian](#), [Vegan](#), [Mediterranean](#) and even [Pescatarian](#) is an actual program now! [GAPS](#) is also gaining popularity with people who have numerous gut and inflammation issues. All of them target a specific type of person (mostly) and it’s important to note that not everyone fits into one category. Do some research to see what is the best fit for you.

This may take a while... give yourself some time to figure it out. It’s also a good idea to check with your doctor to make sure you’re initially healthy enough to make big changes... otherwise... start little by little and see how your body responds.

4) Proper Rest



As most of us know, sleep is when the body takes the needed time to regenerate and heal from all the stuff we do every day. It's our brains' time to sort out everything we thought about, and saw and heard for the day through dreams... even if we don't remember most of them.

But what **is** proper rest? It's different for everyone! It's been said that Thomas Edison only slept 4 hours a night... and sometimes not at all, but took 'cat naps' throughout the day. The best answer I can give you is that it's usually between 6-9 hours a day. Personally, I sleep about 6 and a half hours, and then really do well with an afternoon half hour to hour nap. Others need a full 9-10 hours. Children need more because their bodies are growing.

Find what works best for you and be consistent with bedtimes. If you have trouble falling asleep, read a book... NO electronics! A little melatonin is also beneficial for most people who find it difficult to nod off... just check with a health professional before taking any kind of sleep aids.



5) Exercise



Movement of the body is key to clearing the mind and even getting a good night's sleep! And I'm not talking about competing in a marathon or dead-lifting 400 pounds... just a half hour of walking, dance, yoga, or any kind of sport that you want to do, 3-5 times a week would do wonders for just about anybody! Find

something you like... realize that, if you haven't exercised in a while, know that you'll probably have some sore muscles when you begin. That's your body's way of repairing and rebuilding. Just don't go overboard to start and you'll be fine.

6) Proper Nerve Supply

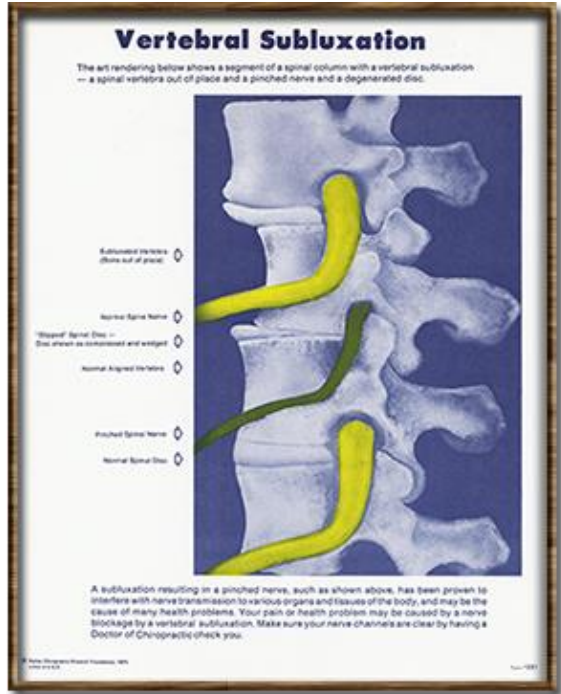
This is the one spoke of that health bicycle that is missed by so many people! Yet, it's a very important step in getting and staying well... Proper Nerve Supply.

What I'm talking about is making sure the nerve transmission from the brain to the rest of your body is free and clear to do its job, so that you're producing right amount of chemicals (like bile to break down the food in your stomach or adrenaline throughout your body to whisk you away from potential dangers). But sometimes the channels between your brain and your body can get interference. To get a better understanding, let's look at how that connection works...

In all living things there is an inner wisdom, which chiropractors call "Innate Intelligence." This intelligence is the force that regulates all our inner functioning, such as heart rate, blood pressure, secretions of glands, production of new tissue cells, etc. Our very survival depends on this Innate Intelligence every second of our lives. Imagine if we had to consciously control even one of our internal organs. It's clear that we could never survive without our Innate Intelligence, and yet we take it for granted every second of every day. Innate intelligence uses the nervous system of the body as its communication and coordination mechanism. The nerve system is composed of the brain, spinal cord and nerves, and can be thought of as the control center and wiring system of the body. The central part of the nerve system (brain & spinal cord) is encased in bone for protection; the brain inside the skull and the spinal cord inside the 24 moveable vertebrae of the backbone.

The backbone (known as the spinal column) must be allowed to remain in normal alignment and motion in order for the nerve system to operate properly. Unfortunately, the spine may lose its proper alignment and motion due to physical, mental & chemical stresses, which impact us daily. This frequently occurring condition is known as **Vertebral Subluxation**.

Physical stress includes things such as accidents, falls, heavy lifting, and minor things such as slips and jerks, poor posture, repetitive activities at work, prolonged sitting in front of the TV or computer, etc. Mental stress involves feelings of jealousy, guilt and anger as well as busy schedules and pressure at work or home. Chemical stress encompasses air pollution (especially smoking, even second hand), food additives, and drugs and medications. Every drug (even if necessary to save life) has dangerous, harmful side effects. Every one of us is subjected to these harmful physical, mental and chemical stresses everyday of our lives, and therefore at risk to develop Vertebral Subluxation.



Vertebral Subluxation interferes with the Innate Intelligence, the very essence of your life and continued existence. **Vertebral Subluxation interferes with full expression of your potential as a human being, reducing your performance on every level to less than what it should be!** When you think of the many functions most of us must perform every day, you can begin to understand how devastating Vertebral Subluxation is to human potential.

Unfortunately, Vertebral Subluxation is epidemic in our society. Also unfortunate is the fact that very few people understand that normally you don't 'feel' Vertebral Subluxation. You may feel nothing untoward, or

only feel the damage it causes after it has been present for a period of time. Thus it is important to get checked for it and get it corrected regularly. The ONLY way you can know whether you have Subluxation is to get your spine checked by a Chiropractor.

7) Affirmation/Contentment

I saved this one for last because this particular “spoke” encompasses a spectrum of thoughts... and it **is** about our thoughts!

When affirmation is spoken, what comes to your mind? **“Something declared to be true; a positive statement or judgment”** is what "YourDictionary.com" states. It's what we declare to be true!

Contentment, according to Dictionary.com is “the state of being [contented](#); satisfaction; ease of mind.

So when you put affirmation (something to be true) and contentment (being satisfied- ease of mind) together, you can bet that you've found your “happy place!” But if you're not in your happy place, how do you get there?

Start by finding something that makes you feel fulfilled inside. It could be painting, playing guitar, volunteering at an animal shelter, being with and teaching your children/grandchildren cool stuff, fishing, golfing, karate, rehabbing houses... oh, my goodness, the list can go on and on! But you are the only one who can figure this out... and sometimes it comes quickly and you already know... and sometimes it takes time and a whole lot of “I'm never doing that again!” moments.

Why is this one so important for our health? I liken it to this... Say, you're born into a family where Dad is a very successful lawyer and your passion at 18 is playing the violin. Dad says “there's no way I'm paying 50 grand a year for you to become a violin teacher. You're going to Harvard like I did and you'll take over my practice and be able to afford anything you want.” And, not wanting to make too many waves, you go to Law school and eventually become a successful lawyer... you eat well, you exercise regularly, take supplements, get a decent night's sleep... most nights... but something's eating away at you. Your discontent... you fall into a kind of depression and you don't know why. You have all the things that most people would say should make you happy, and yet... something's missing.

Maybe you go to a doctor and prescriptions are filled... and that leads to side-effects and more prescriptions are filled... and before you know it, your health is severely compromised. Maybe all this started because what you really wanted to do was play the violin!



This doesn't mean that you have to give up the successful law practice, though! How about volunteering at a nearby school once a week and teaching children how to play? What about playing in a local orchestra or quartet that plays at nursing homes and brings joy to all of those

beautiful faces?

This is what I mean by finding your 'happy place'. And it usually means doing something that's giving back to society somehow... whether it's creating beautiful art, music, or something I haven't even mentioned! Find what makes you happy and give the world a gift that only you can give...

If you'd like more information on any of these subjects, please feel free to contact me at:

JoyFluryBrown@gmail.com and mention this eBook in the subject line.