



The Seven Pillars of Balanced Health

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Let's have a little chat about Basic Nutrition

- **As we mature**, being healthy just doesn't 'happen'! We have to work at it and there's definitely a price to pay.
- **Which price would you rather pay...?**
 - Eat whatever you want and carelessly move through life paying the price with sickness and disease **OR**
 - Pay the price by being careful about what you eat and mindful of the way you live your life, enjoying health & vitality as you mature
- None of it is a total guarantee as we have lived our lives up to this point and maybe not always made the best choices for our health
- We can begin to change our health by starting to work on it right away. It's never too late to start.

The 7 Pillars of Balanced Health represented here spell out the acronym 'FREEDOM'.

For you to experience freedom in your life you need each and every one of these pillars to be strong and sturdy.

If you suffer with any sickness or disease you can find the probable root cause right here among these Freedom Pillars.



I'll explain as I go along...



Freedom Pillars

Self Care

Circle a number between 0 - 10											
Fun	0	1	2	3	4	5	6	7	8	9	10
Rest	0	1	2	3	4	5	6	7	8	9	10
Exercise	0	1	2	3	4	5	6	7	8	9	10
Environment	0	1	2	3	4	5	6	7	8	9	10
Diet	0	1	2	3	4	5	6	7	8	9	10
Outlook	0	1	2	3	4	5	6	7	8	9	10
Mind	0	1	2	3	4	5	6	7	8	9	10

Download this **Strength Chart** so you can mark off the numbers that best represent how strong you feel you are in that area of your life.



F

Fun

Freedom Pillars

Self Care

How long since you've had...

- A good belly laugh!
- Fun with your family, friends, kids, grandkids
- Jumped out of a plane!
- Spent time quietly reading a book

What represents 'fun' to you?

Circle a number between 0 - 10

	0	1	2	3	4	5	6	7	8	9	10
Fun	0	1	2	3	4	5	6	7	8	9	10
Rest	0	1	2	3	4	5	6	7	8	9	10
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Outlook	0	1	2	3	4	5	6	7	8	9	10
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Consider how well you are going and circle a number between 0 – 10 for **FUN** on the Strength Chart you have downloaded. Continue to fill out all seven as you move through.





How well do you sleep?

- Quality of your rest?
- Difficulties falling asleep?
- Difficulties staying asleep?
- Wake up refreshed?

Things that can upset sleep:

- Electric clocks
- Computers
- Mobile phones
- Power points

Please mark your chart.



Freedom Pillars

Self Care



How often do you...

- Attend a gym
- Walk, swim, ride
- Tai Chi, Yoga, Boxing
- Weights, Mini Trampoline
- Dance at home or out
- House/garden activities

Please mark your chart.



Freedom Pillars

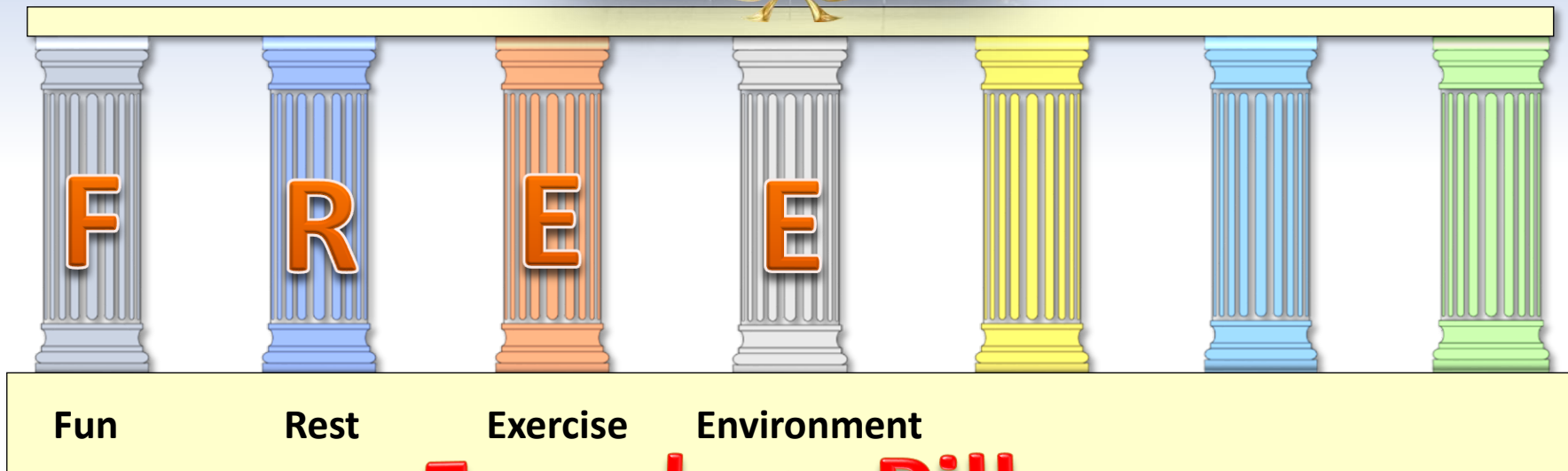
Self Care



Do you...

- Live with a smoker?
- Use Cleaning products?
- Cosmetics?
- Skin care products?
- Garden care – weed killers?
- Insecticides?
- Insect repellents?
- Paraffin candles?
- Exposure to other chemicals?

Please mark your chart.



Freedom Pillars

Self Care

Do you...

- Drink enough water?
- Eat processed foods
- Do you have trouble going to the toilet?
- Love sugar?
- Drink and eat dairy?
- High fruit & vegetables?
- Ever eat probiotic foods?
- Eat Take Away Foods?
- Drink Alcohol?

Please mark your chart.



Freedom Pillars
Self Care

How is your Outlook?

- Often depressed?
- Can you easily envision success?
- Cheery & sunny disposition?
- Speak negative words?
- Hard to forgive?
- Are you disagreeable?
- Withdrawn?

Please mark your chart.



THE TRICK TO LOSING WEIGHT IS NOT PUTTING ALL OF YOUR PAWS ON THE SCALES!



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Freedom Pillars
Self Care

The state of your mind?

- Do you meditate?
- Pray?
- Dwell in the past?
- Stressed?
- Always worrying?
- Cry easily?
- Do you love yourself as you are?

Please mark your chart.



Freedom Pillars

Self Care



Now let's see how well we balance on top of the pillars!

Each one of these stones represent one of the systems within your body.

Let's place them on top of the Freedom Pillars.

If you scored a perfect score of 10 for each of the seven pillars, this is how it will look...

A Balanced You!



This person has scored a 10 for all seven pillars and their system is perfectly balanced and healthy.

How did you go?



Fun Rest Exercise Environment Diet Outlook Meditation

Freedom Pillars
Self Care

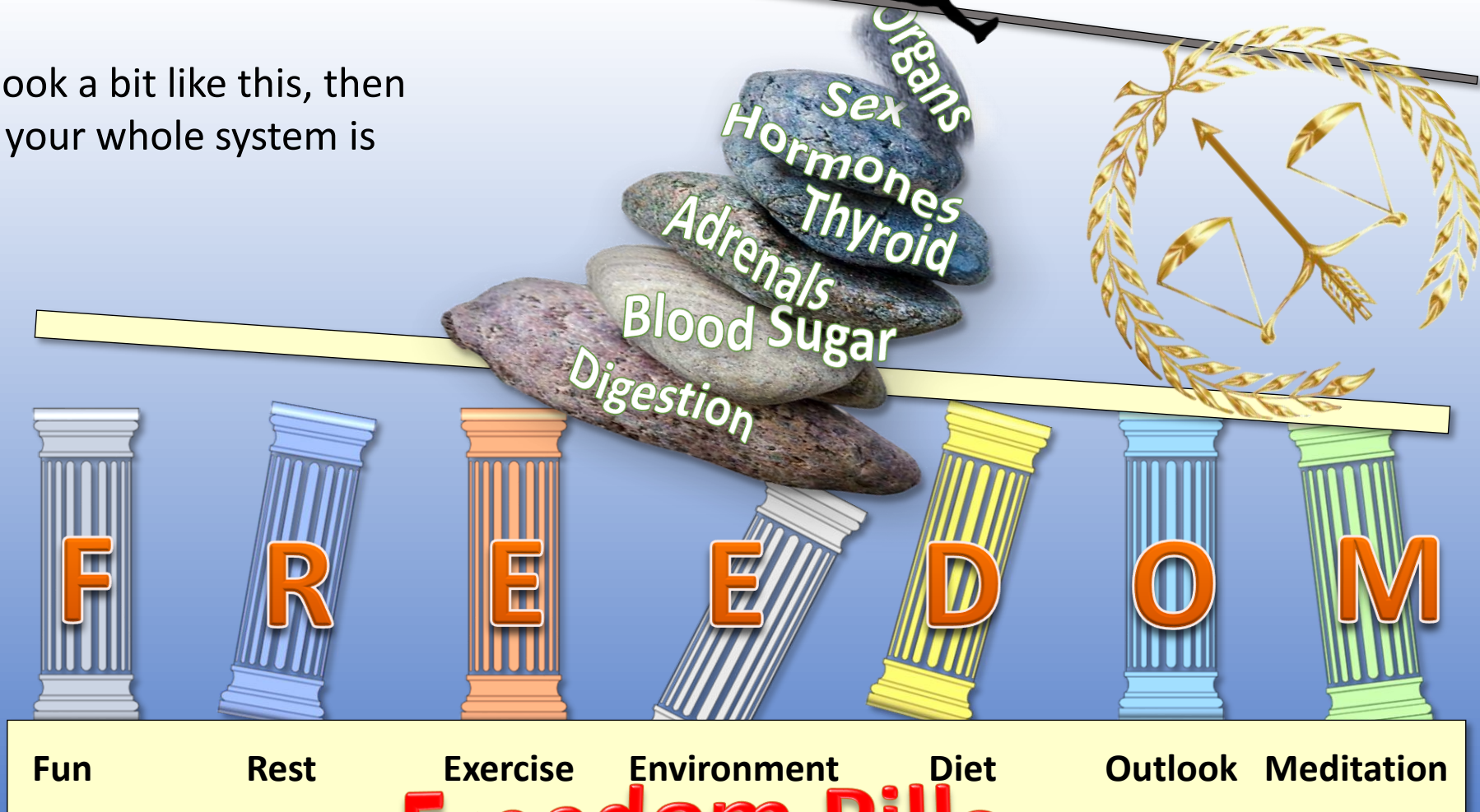
Using your scores, you will soon see if your pillars are balanced or not.



Unbalanced Freedom Pillars



If your pillars look a bit like this, then unfortunately your whole system is unbalanced...

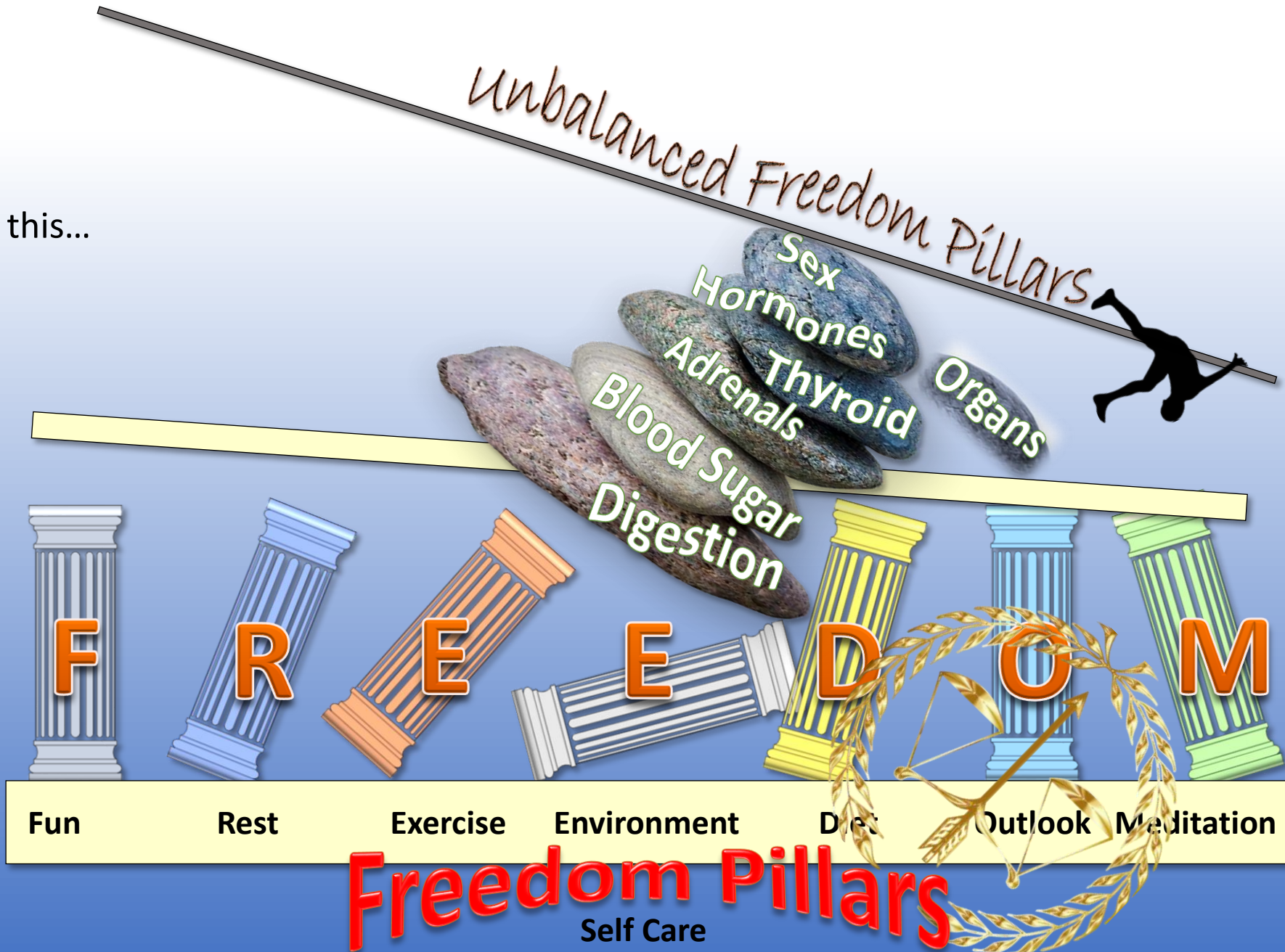


Fun Rest Exercise Environment Diet Outlook Meditation

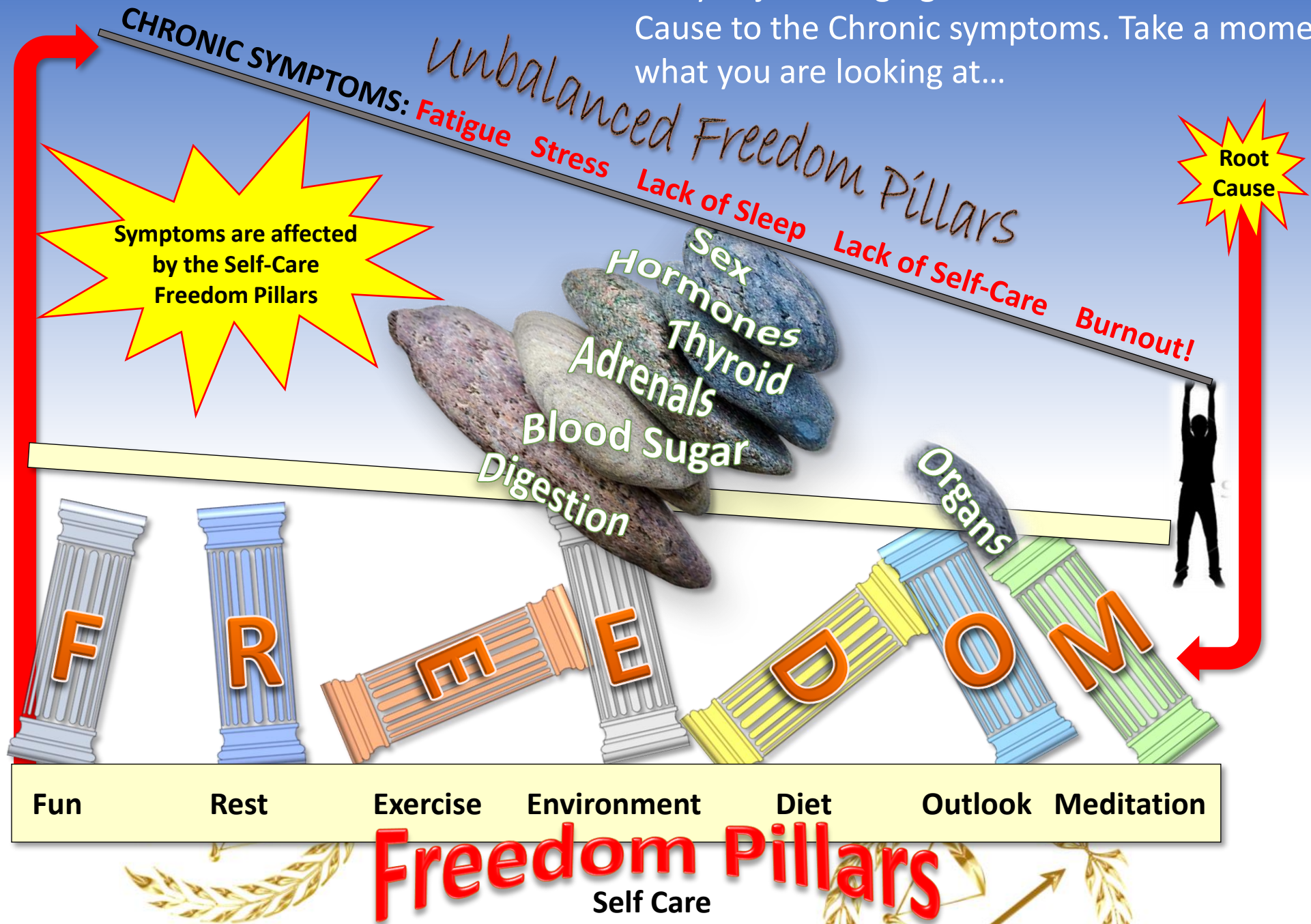
Freedom Pillars

Self Care

Or even this...



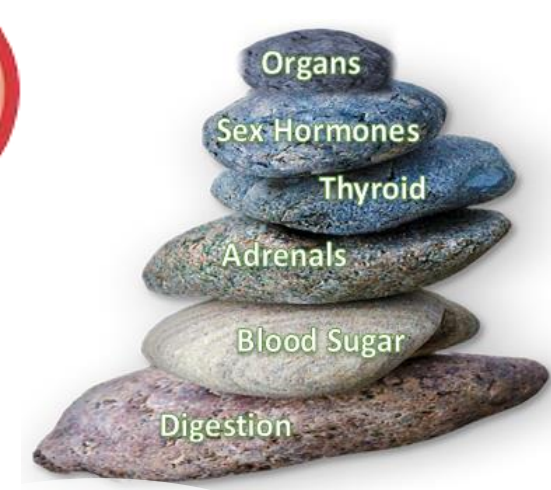
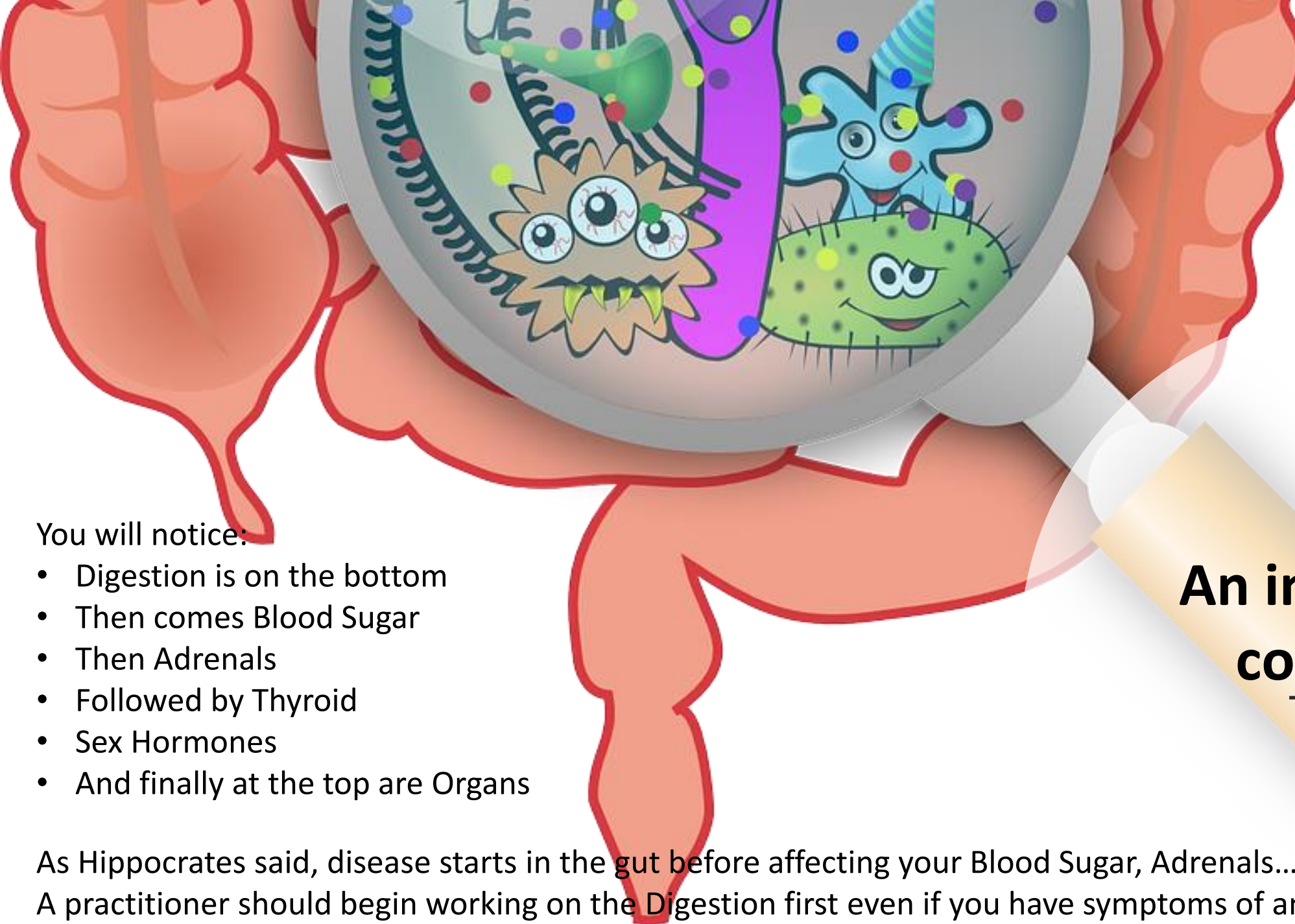
Are you just hanging on? Follow the arrows from Root Cause to the Chronic symptoms. Take a moment to digest what you are looking at...



If you have found that some of the pillars were a bit on the wonky side, it's important for you to begin working on some of the areas that were highlighted during the activity.

Take one at a time and think hard as to how to improve. No need to work on them all at the same time, it's much more important to improve them gradually so they become life changing.





All Disease
Starts in the Gut!
Hippocrates

You will notice:

- Digestion is on the bottom
- Then comes Blood Sugar
- Then Adrenals
- Followed by Thyroid
- Sex Hormones
- And finally at the top are Organs

**An interesting
concept...**

As Hippocrates said, disease starts in the gut before affecting your Blood Sugar, Adrenals... and following up. A practitioner should begin working on the Digestion first even if you have symptoms of any or all of the above.

The Wellness Solutions eCourse will help you strengthen many of the pillars in your life, and in doing so, help all your systems to be strong and healthy.

As most disease starts in the gut, attending to our food/fuel is one of the most important issues you can address.



Are you ready to be set free from the many symptoms you face daily?

If so, here is the key to unlock many of the bad or annoying symptoms you may be facing on a daily basis. Learn how it may be the very food you are eating that's causing you so much distress.

You'll be so glad you did!