



The Seven Pillars of Balanced Health Revisited!

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The original concept of The Seven Pillars came from Dr Ritamarie Loscalzo MS. DC. CCN. DACBN. from www.DrRitamarie.com.

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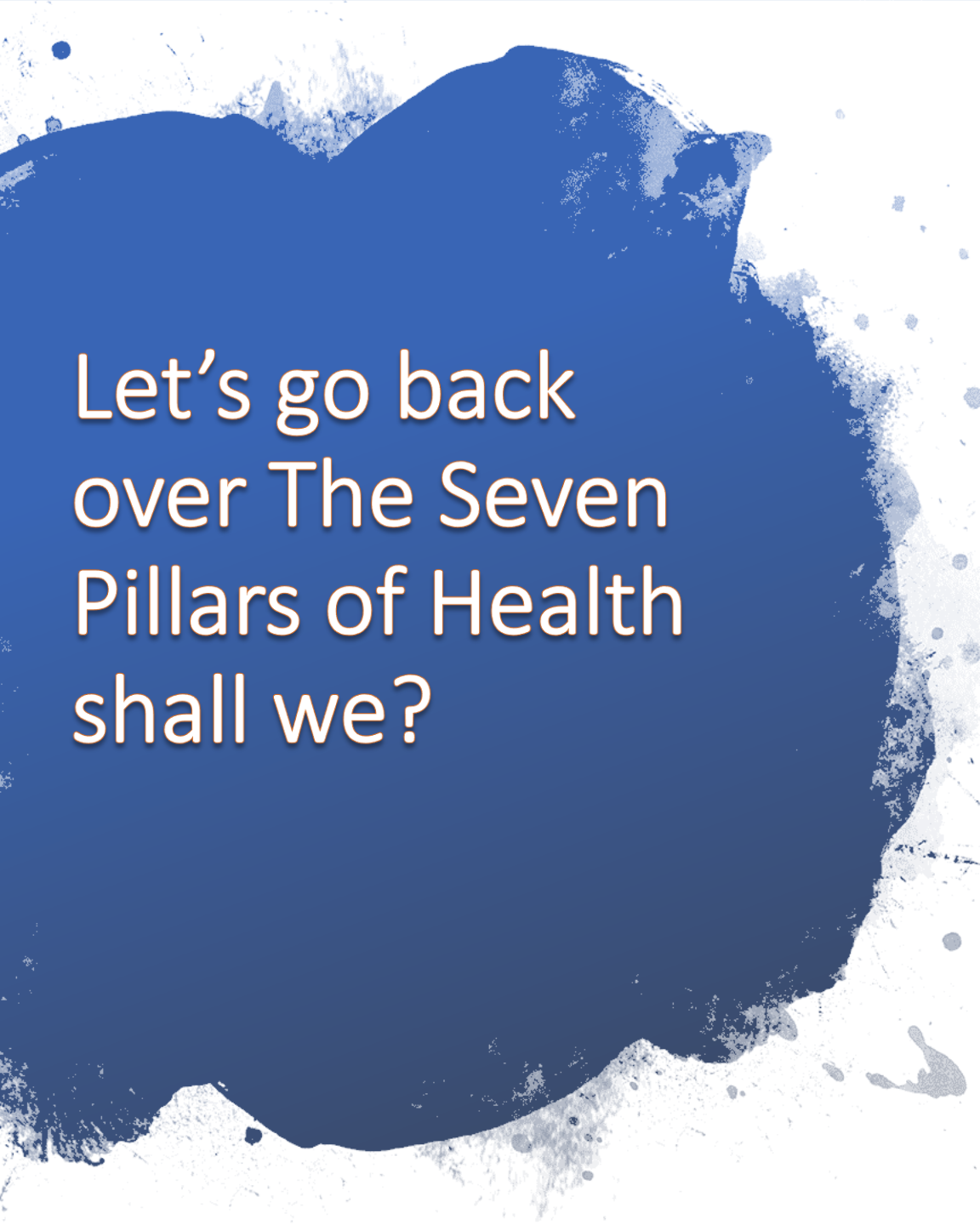
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You've been right through Wellness Solutions series...



Congratulations!

Well Done!



Let's go back over The Seven Pillars of Health shall we?

Now is the best time to revisit the Pillars of Health to see what kind of progression you have made.

As you gradually apply many of what has been suggested throughout the series, you can expect to see improvements in each of the pillars.

The aim is to cause each pillar to stand up straight and strong as this is what will help you stand against many of the debilitating sicknesses and diseases that would try to come against you.

Take your time and work your way through each of them, jotting down on the form where you truly believe you are on each pillar.

To refresh your memory on how it works I've left all the explanations in place.

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...



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.



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?

F

Fun

Freedom Pillars
Self Care

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
Mind	0	1	2	3	4	5	6	7	8	9	10

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.



How often do you...

- Attend a gym
- Walking, swimming, riding
- Tai Chi, Yoga, Boxing
- Weights, Mini Trampoline
- Dancing at home or out
- House/garden activities
- Drinking water while exercising

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.



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?

- Do you have a good outlook on life?
- Or... are you often depressed?
- Do you dwell in the past?
- Are you described as having a sunny disposition?
- Are you disagreeable?
- Do you tend to be withdrawn?
- Do you love yourself as you are?

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?
- Are you stressed?
- Always worrying?
- Do you speak a lot of negative words?

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!



Organs

Sex Hormones

Thyroid

Adrenals

Blood Sugar

Digestion

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

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.

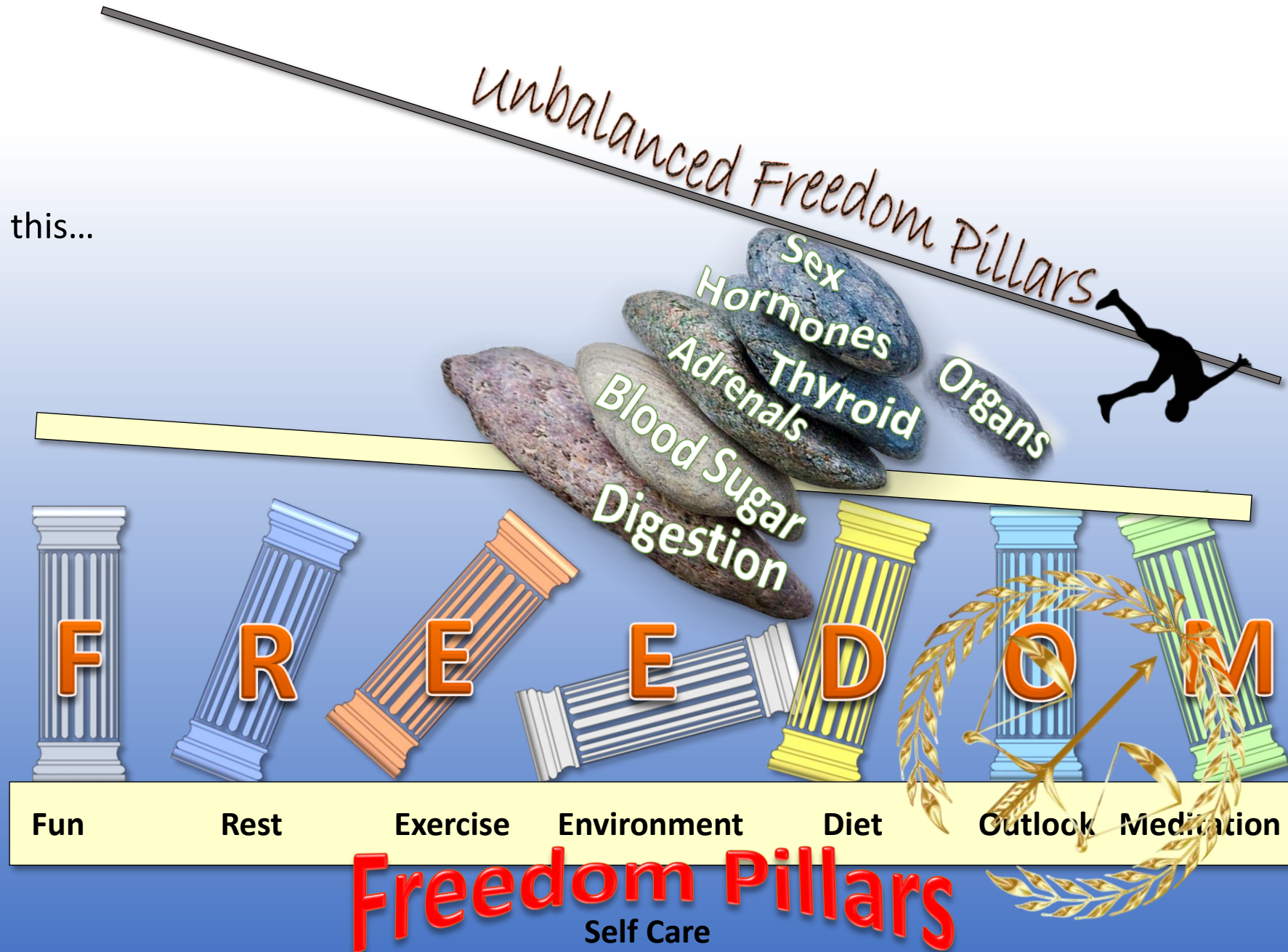


Unbalanced Freedom Pillars

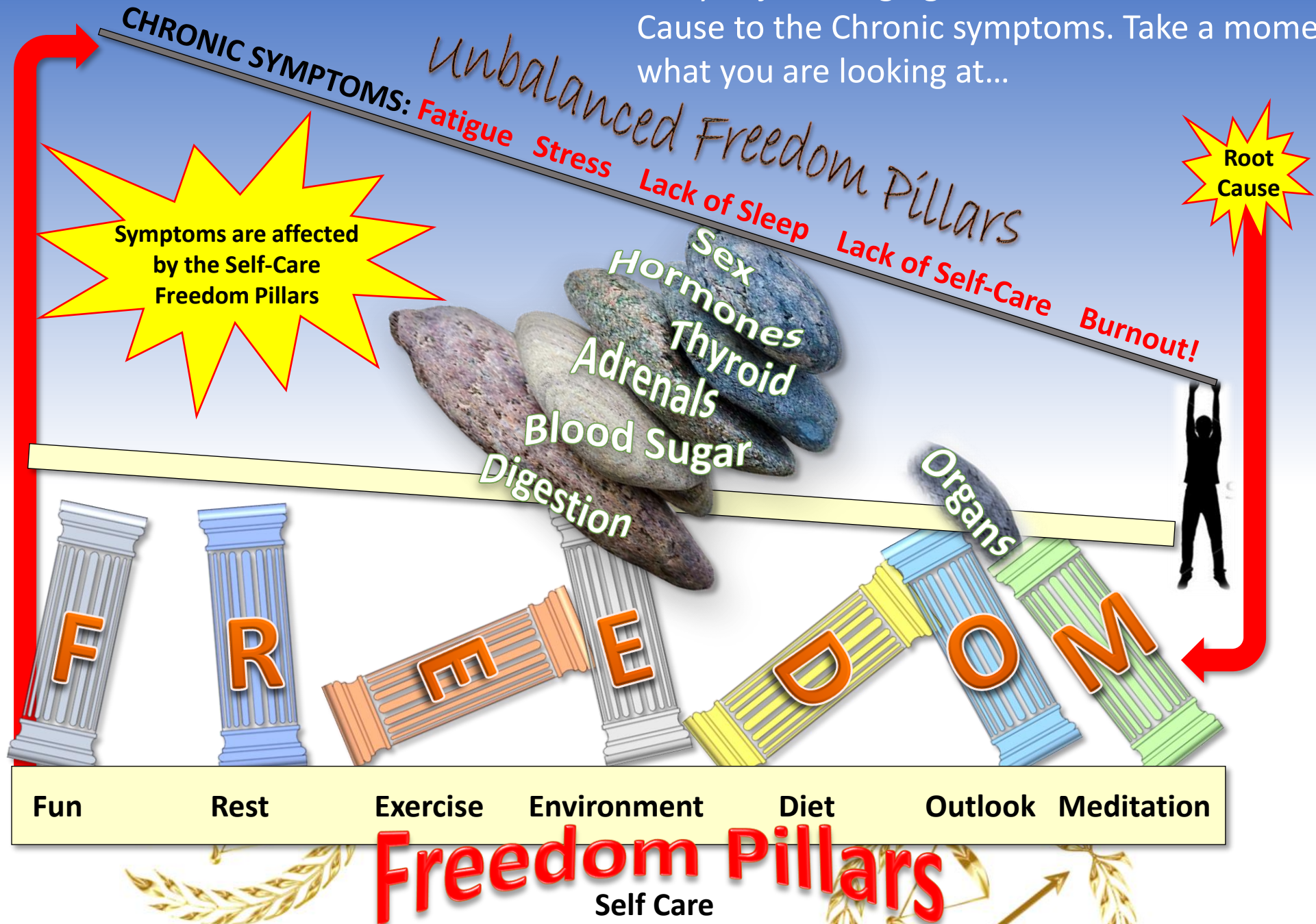
If your pillars look a bit like this, then unfortunately your whole system is unbalanced...



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...



So, how did you go?

Did you find that there have been some improvements and your pillars of health are standing straighter?

- Are you having more fun?
- Do you receive a better quality sleep?
- Are you exercising sufficiently?
- Have you improved your environment?
- I hope you have made many improvements to your diet...
- Working on your outlook and mind would definitely be a long term exercise... but have you seen any improvements since it's been brought to your attention?





The purpose of the Wellness Solutions series is to give you the necessary information to set you up for life. It's not an end in itself. You will need to continue to apply the principles every day for as long as you live.

Slipping back into old eating habits, or old bad habits of any description, will send you in the wrong direction... and I'm sure you don't want that.

I encourage you to keep on applying and you will continuously see wonderful health and wellness improvements as you go.