



Free E-book

# The *SIMPLE-6* Programme to Health & Wellbeing

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## The *SIMPLE-6* Programme to Health & Wellbeing

Within this free e-book you will take the first steps to wellness. You will be introduced to the initial concepts of the ***SIMPLE-6*** programme so that you can start making positive changes to impact your wellbeing, and reduce dis-ease, *today*.

This short introductory guide may give you a taste/idea of which area(s) you may require support with. The steps can be applied individually or together. In any order or combination to suit your needs and your current lifestyle. If you want more information on any of the steps, or advice on where your starting point may be, contact me for a consultation.

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## Simple Step 1 – Spirit



This refers to the inner or true-self. It is not necessarily connected to a doctrine/traditional religion, and spirituality is often confused as being the same as being religious.

Our spirit often guides our work, recreational choices, and determines how we view our life purpose.

For some, the term spirit may mean devoting time to pray. For others it may be more of a sense of feeling closer to nature and taking time to enjoy long walks. Creating and maintaining a connection with the things and people that are most important to you can help provide a sense of meaning, hope, and gratitude. Giving this time to yourself and those around you can help you to untangle what's important in life and bring about an acceptance of what is. Understanding that you are not your life situation and that everything we experience is in the moment. Through this process, you will find that these experiences, will pass. The joy as well as the pain is not permanent and as they fade, another experience will take its place.

## The Art of Gratitude

*A grateful mind is a great mind which eventually attracts to itself great things.*

*- Plato*

There is an increasing wealth of scientific research that positively correlates gratitude with subjective wellbeing e.g. feelings of optimism / improved wellness, (Martínez-Martí, Avia, & Hernández-Lloreda, 2010; Schindler, 2014; Tian, Pi, Huebner, & Du, 2016; Wood, Froh, & Geraghty, 2010). Additional studies have also examined the part it can play in lowering blood pressure, improving immune function, and facilitating better quality and duration of sleep.

## Simple tips to cultivate more gratitude

- Start the day with thanks – for all the simple things we take for granted.
- Give somebody one genuine compliment everyday.
- Keep a gratitude journal – it can be as simple or as elaborate as you like. Jot down a couple of things you have been grateful for today.

## Simple Step 2 – Ingestion



Hippocrates, over 1500 years ago, realised the healing power of food when he made the statement:

*“let food be thy medicine and medicine be thy food”*

Yet, with our lives being busier than ever, and the demands and pressures of work and home life increasing exponentially, we have started to over-feed and under-nourish our bodies. And without proper nourishment our bodies start to fatigue, age prematurely, and show signs of ill health. Proper nourishment also feeds our minds and can aid with concentration, executive functioning, and sleep.

There is a wealth of clinical research that can help to identify the various nutrients and phytochemicals contained within many fruits, vegetables, and unprocessed whole foods.

Step 2 is all about making more mindful choices about the foods we ingest which in turn can help to switch on our healthy genes and switch off cancer promoting genes. Disease (and certainly cancers) thrive in an acidic environment so concentrate on eating more foods that have an alkalisising effect on the body.

### Here are some simple changes you can make:

1. Start your day with a glass of warm water with fresh lemon. This will help to flush the digestive system, rehydrate, and alkalisise the body. Aim to have this 30 minutes before your breakfast to aid digestion. Drinking through a straw or rinsing your mouth after will help to protect tooth enamel.
2. Eat more greens! Broccoli, lettuce, cucumber are all hydrating, alkalisising, can be eaten raw and taste good! Aim to have a side salad with your lunch/evening meal every day.
3. Green smoothies, juices...or powders. If you don't have a juicer or blender even purchasing a good quality green powder that mixes well with water will do wonders for you. If you don't like the taste, close your eyes and down it...and see how wonderful you feel!!

## Simple Step 3 – Mind



"Mindfulness allows us to become more aware of the stream of thoughts and feelings that we experience," says Professor Williams, "and to see how we can become entangled in that stream of ways that are not helpful".

Mindfulness seems to be everywhere at the moment ...and with good reason too. Did

you know that practicing mindfulness for as little as 4 days can reduce stress (stress which can adversely affect the immune system) improve your focus, memory, and executive functioning? So it looks like it can help make you clever too!

Mindful practice also allows us to be more aware of the steam of thoughts and feelings that we experience. This can be a useful tool in allowing us to detach from the stream of thoughts (that we often become entangled in) that are not helpful or that no longer serve us.

### Try this 4-day challenge....

For 4 consecutive days, choose a time where you won't be disturbed for 5 minutes or so.

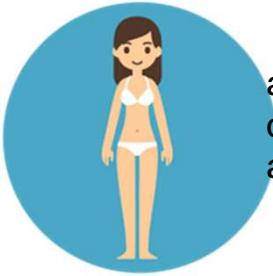
**Option 1.** Breathing exercise - Focus on your breath to a count of 15. Breathing in through your nose and out through your mouth. Each cycle should take 6 seconds or so. If your mind wanders - that's ok. Gently bring your attention back to the breath. Try it with your eyes open or closed. There is no wrong way to do this.

**Option 2.** Awareness exercise – Try being mindful when you eat. Especially if it's a

Pudding – It'll taste even better, honest!!! Savour each bite. Focus on the taste, texture, and temperature of your food. Notice how each mouthful makes you feel. If your mind wanders don't judge it. Just gently bring it back to the food you are eating. In your mind it will feel like the pudding lasted longer. Trust me!

Mindfulness is an adaptation of Buddhist meditation. Supported by over 40 years of research across a number of sectors and applications. Mindfulness is the practice of purposely focusing your attention on the present moment and accepting it without judgement. The aim is to become more aware of thoughts and feelings, in a non-judgmental way, so that instead of being overwhelmed by them, we can manage them better. Regular mindfulness practice can help us to act with clarity, wisdom and perspective, rather than simply reacting in the heat of the moment or out of habit. We are more able to focus on solutions rather than problems and to manage conflict and stress more effectively.

## Simple Step 4 – Physical Body



Physical activity plays a big part in keeping well and according to Cancer Research UK, around 3,400 cases of cancer in the UK each year could be prevented by keeping active.

The benefits of physical activity are endless and here I have listed just a few:

- improved breathing, digestion, and recovery from treatment,
- increased bone density, muscle mass, stamina and flexibility,
- supports weight control, relaxation, and flow of lymph fluid,
- reduces chances of cancer reoccurrence and improves overall survival.

Keeping active and incorporating exercise into an already busy schedule can be easier than it first seems. Try some of the ideas below:

- Aim for 20-30 minutes a day. You are looking to increase your heart rate without over stressing your body. Walking, housework, taking the stairs, running after your children in the park - it all counts! Using a pedometer to keep track of your steps can be a great motivator!
- Take the stairs instead of the lift (I know you have heard this one before!). At home, find reasons to go up and down the stairs more frequently.
- Try push-ups against the wall.
- Try a dance class.
- Exercise while you watch TV (step/squat/leg and arm raises).

Be kind and look after your body. Everyone is different and only you know your own body. Trust it and listen to it when its telling you to slow down/miss a day/or of course increase the intensity! Find your optimal weight (one method is to use a free on-line BMI calculator) and aim not to Yo-Yo too far from this. Both under and over-eating can put strain on the body.

## Simple Step 5– Love



The 5th step is all about love; of one's self and others. My daughter recently listed her new friends to me following her first day at school and put herself at the top of the list!

Unfortunately as we get older, things change and we have a tendency to treat others better than we do ourselves. When was the last time you insulted a close friend...if ever?!. Yet, we are often not even aware of how regularly we berate ourselves.

### Here are a few ways you can practice self-kindness and compassion today:

- Stop judging and just allow yourself to be. No one on earth is the same as you or has shared the same journey as you so how is it fair to compare yourself to someone else's standards? Even comparing yourself today to who you were yesterday is futile. Allow yourself the love and space to be who you are right now.
- Do more of what gives you more energy and what feels good. Give yourself the permission to do what brings you ease and less of what drains you. For example, if you don't feel like having company, kindly say that to those wishing to visit. If you feel like having a pizza/glass of wine, then have it (of course in moderation!) Research has shown that how we feel when we eat has a significant impact on how it is metabolised.
- Its ok to feel. Be authentic with yourself and others. Allow yourself to feel what you feel. No explanation or justification. By doing this not only do we show ourselves compassion, but we allow the storm to pass naturally which is preferable to supressing negative feelings of any kind.

### Changing Relationships

When faced with ill health, or any life changing event, you may find that unexpected relationships blossom and those you thought you could count on are nowhere to be found. If you can be authentic about your own thoughts and feelings it can often help with personal relationships too, where you are the one receiving the support or the one giving it.

Whatever your current position, identify your support network and practice asking for and accepting help from others. This is often easier than it sounds.

## Simple Step 6– Environment



It is almost impossible to avoid toxic exposure; whether it's from the chemicals in our food, the chemicals in the products we put onto our skin, or from the mobile phones we hold against our faces. Although it is difficult to control everything, it is possible to become more conscious about the choices we make when it comes to our own immediate environment. Consider replacing some of the toxic household and personal care products with more natural or plant-based ones.

Try some of the recipes below to make your own products. They also make wonderful gifts!

Lavender linen (pillow) spray - This is a simple recipe I have used which makes the most wonderful smelling spray and aids relaxation and sleep. I use fresh lavender but you can use dried buds.

If using fresh lavender:

- chop a bunch 4 inches from the bottom
- dry for 3-5 days
- gently remove buds from the stem
- put in a glass bowl and cover with boiling water and allow to steep in a warm environment. It's preferable to use filtered/spring water
- leave for a few hours
- drain using a cheese cloth/nut mylk bag
- pop into a spritz bottle and leave in the fridge until ready to use. Perfect for spraying onto your skin as a toner in the morning and on your clothes/bedsheets. It keeps better if in the fridge. Use within 2 weeks.

Stone (e.g. quartz, granite) worktop stain remover (should not be used on a wooden worktop surface).

- Simply spray the surface with water
- lightly cover with baking soda
- spritz with water again to make a paste and distribute evenly on the worktop surface
- leave to rest for an hour or so
- scrub any areas with a non-abrasive scrubber before wiping down the area with a clean damp cloth.