

Life Sensei UK

Holistic Health at Home

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MEALS

Move
Eat
Apply
Love
Sleep



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MOVE

- Regular
- Stretching (in office, kitchen)
- Posture
- Standing, sitting on the floor
- Walking, cycling
- Barefoot – barefoot shoes (Vivo, Freet)
- Yoga, Tai Chi, Aikido, but also gardening, carrying shopping bags etc.



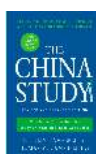
Photo by Rob Fuller, via Unsplash

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EAT

- When & how more important than what
- Break fast (12-16hrs) – check with doctor
- Say 'no' to refined & ultra-processed (sugar, carbs, vegan substitutes)
- Whole-food, plant-based meals
- Less than 5 ingredients
- Variety: colours, tastes...
- Healthy snacks in sight
- No temptations at home
- Sugar break to reboot your taste buds



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APPLY

- Skin, the largest organ of our body
- Effective barrier, but not to be abused
 - Minerals, nutrients and chemicals absorbed
 - Topical vs oral
- Less is more
- Natural: washing, cosmetics, perfume, but also cleaning products, clothes
- Tepid or cool water




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LOVE




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- Me-time (music, meditation, coffee, bath, book, run...)
- **Investment** in quality kit, if needed
- Self-indulgence, no guilt
- Time with friends and family (phone, Zoom, longer emails, post)

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SLEEP

- Evening routine
- Morning routine
- Gratitude / Meditation
- Book, if needed
- Darkness (no blinking lights, no blue gadget light, red light in toilet, eye mask, blinds)
- Apps (Freedom, QuickTime)




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MORNING ROUTINE

- Prepare from the evening
- Stretching
- A glass of warm water
- Exposure to sunlight
- Meditation
- Journaling
- No gadgets
- Break fast later




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EVENING ROUTINE

- Supper 2-3hrs prior
- Golden Milk (turmeric, ginger, black pepper, cinnamon)
- No strenuous exercise
- Gratitude / journaling
- Self-massage, especially calves, feet & toes
- Bath
- Aromatherapy or just breathing
- Light read (book!), if necessary

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USEFUL toolkit

- Mindfulness (walking, eating, listening to music)
- Breathing
- Affirmations
- Visualisations
- Meditation
- Reiki Precepts



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USEFUL shopping list

- Blender (Nutribullet, Vitamix...)
- Kettle with temperature control (AEG)
- Simple alarm (no lights!)
- Eye mask (cotton, linen – Zara Home)
- Natural materials – clothes, linen

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Reiki Precepts

- Just for today, I will be kind to all living creatures
- Just for today, I will do my work diligently
- Just for today, I will be grateful
- Just for today, I will be joyful and tranquil
- Just for today, I will be calm and peaceful

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Where to go to?

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UK directories:

- CNHC (Complementary and Natural Health Council)
- British Acupuncture Council
- Association for Coaching

Recommended authors:

Dr Rangan Chatterjee
Dr Deepak Chopra
Dr Gabor Mate
Prof Matthew Walker

Keywords to google: 'lifestyle medicine', 'integrative medicine', 'Ayurveda'

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Ayurveda

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- 'The Science of Life' *Sanskrit*
- One of the oldest holistic healing systems (3,000 years)
- Health depends on delicate balance of mind, body and spirit
- Also, balance with nature
- Personalised approach
- 70:30

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Coaching

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The process, which allows a coachee to gain awareness of who and where they are now, what is important to them and what future they want for themselves, and what action they need to take to make desired changes.

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Coaching

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Life Coaching

- Relationship Coaching
- Career Coaching

Health Coaching

- Cancer Coaching

Business Coaching

- Start-up Coaching
- Executive Coaching

NOW → **FUTURE**

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Thank you!

Life Sensei UK
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