

# The 7 Doctors

## THE FOUNDATIONS OF HEALTH

Today I cared for my body by.....

### **Oxygen -**

Taking deep, intentional breaths and getting out into nature

### **Water -**

Drinking clean water to hydrate the body and aid in detoxification

### **Nutrition -**

Think colourful, grown, pulled from a tree or the ground

### **Sunlight -**

Vit D production aids in serotonin, circadian rhythm, sleep/wake cycle

### **Movement -**

Daily movement with the goal of health, not burning calories! Oxygen, increasing blood circulation, and the release of feel-good hormones.

### **Rest -**

Rest when you need to! Create a regular bedtime.  
Around 10 pm, if you can.

### **Identity -**

Visualisation, guided meditation. Spend 10-15 minutes nourishing your inner world. Cultivating the identity of the woman you wish to be.