

# 3 Healthy No Cost Exercises with Huge Benefits – Part 1

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“The doctor of the future will give no medicine but will teach his patients in the care of the human frame, diet & in the cause & prevention of diseases.” Thomas Edison

**WALKING   SKIN BRUSHING   EARTHING**

## WALKING FOR HEALTH

Walking is one of the most beneficial exercises with almost no impact even though it is considered an aerobic exercise. This can be done by most everyone and it's easy on the body, relaxing, and enjoyable. And, it does not require any special skills or equipment. It costs you nothing but some of your time. Walk briskly if you can and even take time along your way to smell the roses; notice the flora and fauna you encounter, realize all the beautiful things around you, and how beautiful this planet really is.

A Harvard study has shown that walking at a moderate pace of about 3 mph for up to 3 hours a week can cut the risk of heart disease in women by as much as 40%. This equates to 30 minutes a day. This is the same benefit you would get from aerobics, jogging, or other vigorous exercise. The benefits to men are comparable.

I suggest that you start slow and increase the time/distance over several weeks. If you have any health issues start slow with 15 minutes 3 times a week or if you can 15 minutes per day. Increase your time with a goal of 45 minutes at least 3 times a week as you get stronger and as you get stronger you are going to want to go further. Also, another suggestion is not to walk on concrete as I have found that this has a harder impact on the body. I tend to get shin splints from too much concrete walking and it pains me to see people running on the concrete. I tend to walk on the asphalt in a less busy residential area or go to a school with a track circle or find a trail dirt path.

Don't make this work; make it fun and something you look forward to. Give yourself one day off. I always find that giving myself a day off from my routines does a lot for me.

Some of the awesome benefits of walking are:

- ❖ Good for your heart
- ❖ Improves circulation
- ❖ Improves the immune system
- ❖ Helps with weight loss and weight control
- ❖ Decreases stress
- ❖ Improves emotional stability and moods
- ❖ More energy and vitality
- ❖ Better sleep

In addition the Mayo Clinic and the Harvard Study includes the following benefits of walking:

- ❖ Lowers bad cholesterol
- ❖ Raises good cholesterol
- ❖ Lowers blood pressure
- ❖ Helps prevent and control some diabetes
- ❖ Helps prevent osteoporosis

Okay, it's time to get started – JUST DO IT! - even if it's just a walk around the block by yourself, with a friend, or your favorite sweetie. Don't be upset if you don't stick to a regular schedule. If you miss some days, just start again.

## DRY SKIN BRUSHING FOR HEALTHIER SKIN

The skin is the largest organ in the body and is regulated by the liver. If there are outbreaks on the skin we may look to the liver as not filtering the toxins out of the body as quickly or efficiently as it should. The skin is one of our most important detoxification organs and we clog it up by using a lot of chemical based products. Our kidneys and liver are our filtering organs. The lymph is our white blood circulation system. While we don't hear much about how important the lymph system is I believe we need to pay more attention to our lymph and how important it is to immune system health. I will discuss more about the lymph in a subsequent article.

Skin brushing is another way we can stay healthier that really does not cost anything other than something to rub the skin with and it can have huge benefits for a healthier look. While you can scrub your skin in the shower it will not have the same effect as what is called Dry Skin Brushing, which is outside of the shower on a dry body. Many people are piling all kinds of non-organic products on their skin with lotions, sunscreens, and other cosmetic products. Have you ever read the ingredients on some of these products? Can you even pronounce some of those products? Even many of the so called 'organic' products have chemicals or non-healthy items in them. The cosmetic industry does not have a lot of regulations on what they can or cannot put into products but yet many of you are ingesting these harmful chemicals into your systems via the skin. My rule of thought is that if I could eat the product then I would feel safe putting it on my skin. That is why I use extra virgin olive oil (cold pressed) or an organic virgin coconut oil.

What you will need is something to rub the skin surface with like a soft bristle brush; one that won't scratch your skin; a loofah, or exfoliation mitt. I actually use an exfoliation mitt as it is easier for me to use. I gently go over each area of the skin with 3 strokes. For example 3 strokes down the arms, 3 strokes up the arms, same with the legs, sides, stomach, face and neck. Go very gently on the face and neck and don't forget to do your back and buttocks. As a female, I tend not to brush the breast area but if you do, be very, very gentle. Remember, it's not about rubbing the skin raw or causing scratches. Do this daily. You may notice skin improvements in a short time or it may take you a couple of months before you really notice improvements in your skin. As I mentioned above, I like to give myself a day off each week but dry skin brushing can be done every day if you choose. Don't make this a rigid routine but try to make it part of your daily or weekly routine. Maybe do this in the morning just before your shower. It has been suggested that it's best to take a shower after doing the dry skin brushing to help remove additional dead skin and toxins.

An analogy of skin brushing that makes sense to me is that it's like a mother cat or dog that licks and licks their young. Why? Because this stimulates the immune system. I believe skin brushing does the same.

Here are some of the possible benefits of dry skin brushing and for myself I have seen great improvements in my skin over time:

- ❖ Strengthens the immune system
- ❖ Tightens the skin
- ❖ Removes dead cells & opens skin pores
- ❖ Helps with digestion
- ❖ Stimulates circulation & increases blood flow
- ❖ Stimulates the lymph system
- ❖ Helps break down fat cells, helps with cellulite
- ❖ Stimulates the nervous & tones the muscles

Start today, even if it is only with a dry wash cloth. Get a routine going even if it's only once a week. Just get started so you can see the benefits for yourself.

## EARTHING

You may be asking right now what the heck is Earthing? Earthing is a way to recharge your electrical body by standing barefoot on the earth. When was the last time you went barefoot on the grass or just laid on the ground? I encounter so many people who never seem to take their shoes off except in the shower. We seem to have lost our physical connection to the earth and it's time to start reconnecting. Have you ever walked barefoot on the beach and noticed how rejuvenating this was? Well, we should be going barefoot a lot more which really does rejuvenate the body. Going barefoot on the earth can be soothing, healing, cleansing, strengthening and promote a sense of freedom.

I lived on a dairy farm in my teens and I hardly ever wore shoes. I would even run from the house to the barn in the middle of winter with no shoes. After all, the barn was nice and warm. Even today I love being barefoot and can't wait to kick off my shoes. So what that I have more callouses on my feet!

Earthing, or another name is grounding, has many significant health benefits. It naturally grounds and discharges the body where the body takes up the earth's abundance of negatively charged ions. An analogy is that we electrically ground almost all of our appliances, buildings, homes, electrical circuits, etc. to protect them from electrical shock or over charging. Our body needs a similar grounding except it's with reversed flow of electrons.

Walking barefoot on the earth is something our ancestors did a lot and we have lost this great healing modality with the production of all the synthetic footwear. By going barefoot you are in contact with the earth's natural surface electrical energy and your body connection to the earth initiates an immediate electrophysiological shift inside your body. The earth has electrical energy and the body has electrical energy and by going barefoot you absorb the natural, subtle energies, especially the negatively charged ions that are in unlimited supply on the earth's surface.

I know that there are other ways to absorb the earth's energy and of course there are products you can buy, but I feel the best way to do this is find some grass or dirt and just plant your bare feet (or whole body) on the ground. A 30 minute stay should be noticeable in how you feel or maybe a reduction of pain. Being barefoot is best but leather or hide soles will also allow the earth energy to flow into the body.

Here are some possible Earthing benefits:

- ❖ Better sleep
- ❖ Increased energy
- ❖ Harmonization and stabilization the body's basic biological rhythms
- ❖ Reduction and possibly elimination of pain
- ❖ Reduced inflammation
- ❖ Improved blood flow
- ❖ Stress reduction
- ❖ An overall feeling of a stronger body
- ❖ Accelerated recovery after intense athletic workouts

Try it, you'll like it! It's safe, easy, and doesn't cost anything but a bit of your time. So, start today by taking time to kick off your shoes and like the old Carol King song, 'feel the earth move under your feet'. There are many published studies on the health benefits of Earthing but I will let you research that for yourself. You won't know until you try it for a while on how this will affect you and as I always say, there is no magic pill! Different people will feel different things over a different period of time. If you are quite healthy already what you might feel is so subtle that you might not even notice it until you practice any of these exercises for probably a longer period of time. Here's to your health and mine!