



Foundations of Health

BY TRINITY SCHOOL OF NATURAL HEALTH

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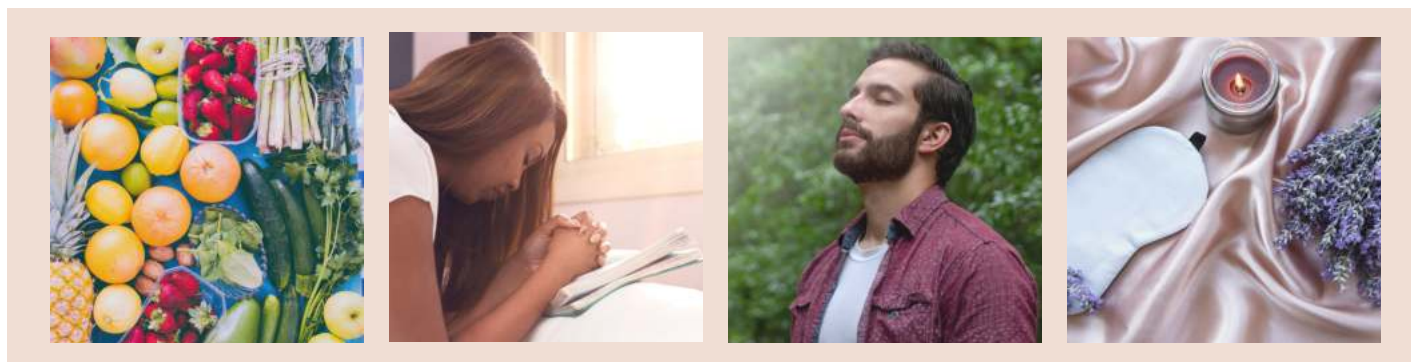
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Holistic health practitioners focus on the individual, not the symptoms or conditions someone may have. Instead, they concentrate on the person's health history, their previous action steps, including what worked and what didn't, and their "foundational choices" to achieve one goal: support the client.

"Foundational choices" are a unique assortment of holistic practices to enrich well-being that can be used to assess a client's current lifestyle. The "foundations of health," or simply "foundations," were created by the academic team at Trinity School of Natural Health. They compiled this mix of important lifestyle choices and incorporated them into our curriculum to teach other future practitioners.

At Trinity, we recognize that everyone is different. These differences require a holistic practitioner to dig deep into the individual's lifestyle choices (foundations) and their current and past social, emotional, and environmental dynamics to discover the true person. In addition to assessing the client's foundations, health history, and previous action steps, a natural health professional must also be aware of the person's current medical care to ensure that recommendations won't interfere with their current treatment plan and are reviewed by their physician.

In this article, we will discuss this unique Trinity philosophy and explain the different components of each foundation. Read on to learn more.



Foundations of Health

1. Air & Breathing

What's in the air you breathe? Are you surrounded by toxic chemicals from household cleaning products, or are you using all-natural alternatives? By assessing the air quality in your home, work, and the overall environment from a natural health lens, a holistic health practitioner can help to support and guide you to better health. Along with air quality, proper breathing technique is essential to wellness. To breathe properly, you should consistently inhale deep from your diaphragm, so the belly moves outward rather than the shoulders moving up. Breathwork can also be used as a calming tool. For example, one technique slows the breath by holding the inhale and elongating the in-and-out breathing.

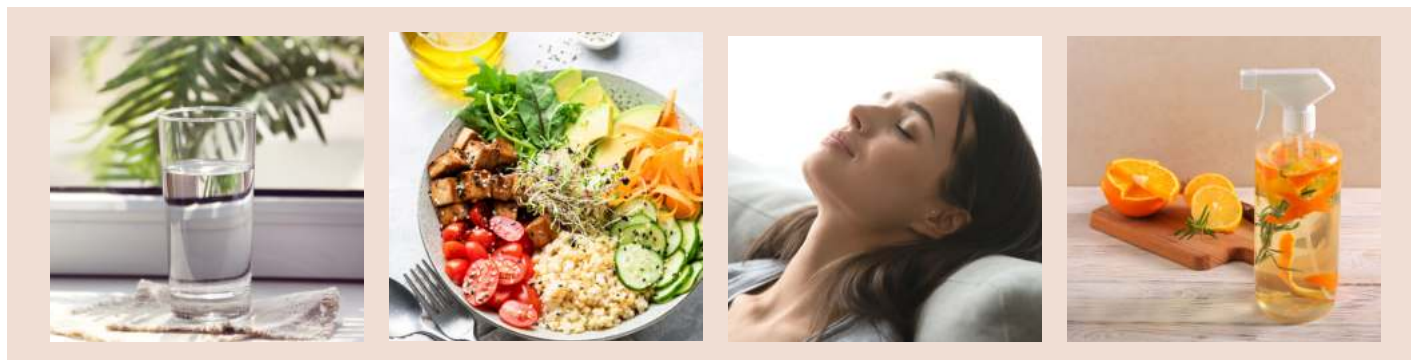
2. Water

Water is vital to life, and drinking it every day is recommended, but how much you drink can vary. We recommend that you aim to drink half your weight in fluid ounces daily (i.e., 75 ounces of water for a 150-pound adult). A visual cue that can indicate you are properly hydrated is when your urine is mostly clear with a tinge of pale straw color.

3. Food

Food choices and needs vary from person to person and in different stages of life. However, our general suggestions are to eat real food in its whole form and, whenever possible, grass-fed, hormone-free, and organic to reduce chemical exposure. Another universal recommendation is to avoid or minimize your intake of fried foods, refined sugar, and empty calories.

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4. Exercise

Exercise is important for longevity and overall quality of life, and you don't need to train to become an Olympic triathlon athlete to receive the benefits! A common recommendation is to do 150 minutes of moderate exercise per week. Always consult your doctor to determine what type and duration of exercise is appropriate for you.

5. Body and Energy Work

Body and energy work can help your mind, body, and soul to be in tune with one another. It also helps to support the individual and their unique challenges. Examples of body and energy work include chiropractic, acupuncture, tapping, massage, biblically-sound crystal use, and qigong.

6. Balanced emotions

To achieve a sense of balance, it's important first to recognize that emotions are normal. We all have feelings, but their expression, or lack thereof, can become imbalanced. A holistic health practitioner can provide their clients with tools to support general emotional well-being, such as meditation, Bach flowers, or relaxation techniques. However, it's important to speak with a healthcare expert, such as a mental health professional, for specific or troublesome emotional concerns.

7. Spirituality

Spirituality and a belief in God can give you a more positive perspective and improve your well-being. Spirituality can also connect you with others who can provide support and inspiration in your life. To enhance your spiritual foundation, you can pray, attend church, read the bible, or join a biblical studies group. You can also meditate or spend time in nature to feel spiritually connected.



8. Rest

Rest includes sleep and relaxing downtime. Although many fall short, adults need 7-9 hours of sleep per night. To help bring on restful sleep, cultivate periods during the day for relaxation and reduce or avoid TV and cell phone screens, which can interrupt melatonin production, 30-60 minutes before bedtime. During this time, you can read a book, pray, knit, or do breathing exercises to promote relaxation.

9. Sunlight

Humans are more complex than plants or animals, but we share a basic life need: sunlight! Fifteen minutes of sun exposure in the early morning or late afternoon is the ideal time to receive the benefits of sunlight to boost your vitamin D levels. At all other times during the day, you should wear physical sunscreen and limit your time in the sun. Sunlight can also improve how you feel indoors, so keep your curtains open for natural light and feel more alert and energized.

Conclusion

“Healthy for you” foundations can be the basis for well-being and a life that’s filled with enrichment, joy, and connection to yourself and others. To learn more about the Foundations of Health, consider watching our “Foundations of Health” lecture or enrolling in our Certified Natural Health Professional program. To learn more about the CNHP program, visit trinityschool.org/program/cnhp or speak with an Enrollment Specialist by calling 800-428-0408, option 2, or using the chat feature on our website.

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