

Welcome to the 3-4-7 Starter, a unique wellness strategy designed to help you understand and guide your health from the simplest perspective, to sustainable health. The ultimate objective of health is a dedication to lifelong effort for lifelong health. These will lay that foundation.

The '3' represents the core elements that make us who we are: spirit, soul and our physical condition.

- 1) The spirit relates to our connection with God, our sense of self, and our purpose for connection and relationship.
- 2) The soul represents our mental and emotional condition, and our thought patterns. As a man thinks so is he.
- 3) The physical condition, is the trillions of living cells making up our body, AND our environment.

These three elements (spirit, soul and physical condition) are the main entry points that influence and direct our body, and it's where symptoms and disease will originate. When addressing health issues, it's crucial to understand - we are a spirit, with a soul and in a cellular body in a physical environment. The body is only directed and moved by the condition of these 3 areas. It's crucial to remember that our body is a living entity with various systems. It responds only to in its current condition. It possesses an 'off switch' that activates when it senses danger, as its primary function is to ensure our safety, as safety is what keeps us alive.

The '4' signifies the first considerations or principles we need to understand.

- 1) We are more than just a physical being; our spirit, soul, and environmental influences fire up the physical cells of our body to function. Just like the law of gravity, our bodies operate on a system of laws that are there to protect us and keep us alive. The first system to kick in when we are born is our immune system, followed by the nervous system, and then the energy system. Understanding this order and how these systems interact and affect our other systems like the lymphatic, cardiovascular, digestive etc can empower us to navigate health challenges without feeling overwhelmed.
- 2) Think of ourselves as a bustling city of trillions of cells, each one a living entity made up of tiny live microorganisms organisms. These tiny organisms come together to form our organs, systems, and overall body functions. When you face a health issue, instead of focusing on the scary diagnosis, consider the tiny organisms that could be affected by the external live organisms like bacteria, fungi, worms and parasites. It's a more empowering perspective to think about handling an infection rather than a daunting disease.
- 3) Every system in our body operates on a principle of balance. This includes the rhythmic pump like movement of contract and release. All our systems work on the principle of a

time to work and a time to rest. Our heart and muscles, the alternating work and rest periods of our organs; the digestion, the hormonal cycle; the cycle of day and night, the balance between acidity and alkalinity, and the ratio of good/bad microorganisms in our bodies. Stress occurs when this balance is disrupted, and stress causes the dis-ease.

- 4) It's important to apply the principle of first mention when looking at finding the health prescription. When did it first start? What is your childhood history? It's important to apply that same first principle with our symptoms. What is the system before the symptom? Nothing in the body works as an isolated entity. A symptom is coming usually from the system above it and symptoms are just messages telling us to stop and change direction. We've become so afraid of symptoms when actually they are good - they're telling us something so don't shoot the messenger.

Finally, the '7' stands for the foundational applications that we will explore together, providing practical steps to apply these principles in your daily life. Go to these before reaching for a tablet or panicking:

- 1) Nervous System: Embrace honesty and your purpose. Focus on connection through the 5 senses, like touch and affection. Consider faith as a 6th sense, believing in the unseen (God and your hope yet to come). Consider exercises for the vagus nerve and somatic movement. Change how you think and speak. As a man thinks so is he. If you think and tell yourself you're sick or fat, you will be. Your cells can't do the opposite to what you direct it!! The other side of the Nervous system is connection. The moment we reach out to others, think of others, and care for others, it fires up our nervous system to bring CONNECTION to our whole being.
- 2) Breathing: Practise nasal breathing, in through the nose and out either mouth/nose. Oxygen is vital for your cells and brain. Experiment with different breathing patterns and use essential oils to breathe in for sensory improvement.
- 3) Hydration: Drink quality water for cellular health. Your electrical, mainly made of water and water aids function. Enhance your water with essential oils, lemon and Celtic Sea Salt. NB a lot of symptoms like joint pain, headache, heart palpitations are actually deep dehydration.
- 4) Proper Diet: Prioritise whole nutrient-dense foods. Minimize processed foods and environmental chemicals. Pay attention to your food choices and ENJOY food. Start to ADD herbs and good foods before focusing on taking away.
- 5) Rest/Digest: Follow your circadian rhythm. Sleep and absorption/digestion are essential. Avoid devices late at night. Eat less and lighter at night, chew your food well, and listen to your body's signals for fullness and tiredness.
- 6) Light: Get daily sunlight for Vitamin D, which is crucial for your immune defense and hormone production. Sunlight naturally eliminates harmful organisms. Avoid synthetic sunscreen.
- 7) Movement: Engage in lymphatic tapping, rebounding, and diaphragmatic breathing. Choose enjoyable exercises and remember that good movement starts with good posture. Too much exercise can be stressful, so find balance.

By applying these principles daily and treating them as a checklist to return to, you can continue in lifelong health. This approach aligns with your body's natural rhythms and needs, promoting balance each day.

These principles are foundational, (and challenging to summarise briefly!!!). The key is to cultivate enthusiasm for daily the root causes of our health issues. Our bodies are designed to heal, and we have the capacity to support this process - but it requires our commitment, prioritisation and having peace about it.

This journey also calls for guidance from someone who brings both personal experience and professional knowledge to the table. You need someone who can set boundaries that provide you with room to grow without feeling trapped and confused by modern cliché. It might be challenging to trust yourself and such an expansive space, but it's within this space that you'll find the freedom to learn, listen, and trust. When you can trust, you can change, because change stems from a sense of safety within the body. Please always know I'm that person you can safely reach out to!