10 Ways to Improve Your Health That You (probably) Don’t Know About

By Lori Klein
1. Earthing: Connect with Mother Earth

Why?

- Earthing or “grounding” is a term used to describe when your body directly contacts the earth’s surface by walking, sitting, or sleeping outdoors in nature.
- The flow of energy between our bodies and the earth’s surface supports removal of damaging free radicals in the body.
- The earth has a negative charge. It was found that when a person has an excessive negative charge and walks barefoot on the ground, then the excess of electrons will be absorbed by the earth’s surface. The earth will also provide what is needed for those with a deficiency of electrons, to achieve a healthy balance.
- Earthing neutralizes the free radicals in our bodies, significantly reducing oxidative stress and inflammation.

How to Do It

- Earthing can be done by walking barefoot and/or sitting outside on the lawn, dirt, or sand. Earthing should be done for at least 30 minutes every day for optimal benefits.
2. How You Poop

**NOT NATURAL**

**NATURAL**

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Why?

- Nature did not intend for people to be sitting down when doing their business. The toilets we use today require us to sit, compared to our ancestors who use to squat out in nature.
- This is not the optimal position for efficient movement of the bowels. When we are in a sitting position, such as sitting on a toilet, the anorectal angle is not in alignment and pressure is placed on the rectum. This can contribute to excess feces remaining inside of the body and/or experiencing difficulty, including the need to strain for a bowel movement. When we are in a squatting position, the puborectalis muscle relaxes and the angle becomes in straight alignment. This allows for an easier and more efficient movement of the bowels.

How to Do It

- When you’re sitting on the toilet you can try to replicate the squatting position.
- This can be done by raising your legs and moving them slightly to the sides of the toilet.
- You can try it at home by just setting up stacks of books to place your feet on.
3. How You’re Using Your Cell Phone

Why?

- Cell phones produce high levels of electromagnetic fields (EMF’s), radiation. This radiation is absorbed by our body’s tissues and cells, especially the areas in close contact with the phone such as, the head and neck. Additionally, the EMF’s emitted remain strong within a wide radius of at least a few feet from the phone.
- The dangers of EMF’s emitted from cell phones have been studied and were found to be connected with an increased risk of cancer, tumor growth, and increased risk of cancer for children. Cell phones were also found to affect children’s central nervous systems. Researchers found that 143 proteins in the brain were negatively impacted by cell phone EMF’s from only 3 total hours of cell phone use.

How to Do It

- Try to limit how often and for how long you use your cell phone. Never place a cell phone closer than 2 inches from your head. It would be optimal to keep your cell phone powered off at all times and when needed, make short phone calls on speaker phone keeping the phone as far as possible from your body.
- Using a headset for your cell phone does not reduce the level of EMF’s being emitted from the phone.
4. Massage Your Skin

Why?

- Massaging your skin stimulates your lymphatic system. When you massage your skin, whether it be with your hands or a brush, the lymphatic capillaries underneath your skin are stimulated and flow is increased.
- When the lymphatic system is stimulated from massaging your skin, your body’s cortisol levels are decreased and your lymphocytes, the cells crucial for immune system functioning, are increased.
- Gentle massaging strokes increase blood flow, oxygen and lymph transport to tissues and organs, boost the immune system, aid in detoxification, and aid in autonomic nervous system regulation.

How to Do It?

- Gently massage your skin with light pressure allowing for your skin to move and stretch. Massage your skin in small motions in the direction of your heart.
- Massage each part of your body including your torso, limbs, and scalp.
- Do this for 10 minutes at least twice a day for optimal health benefits.
5. Don’t Use Wi-Fi in Your Home

**Why?**

- Similar to cell phones, wireless routers emit high levels of electromagnetic radiation. The radiation from wireless routers is particularly harmful because regardless of whether or not your devices communicating with the router are on or off, the router is often left on all day and night emitting high levels of radiation.
- The level of electromagnetic radiation from wireless routers was found to be transmitted at the same frequency as microwaves.

**How to Do It**

- It would be best to not use wireless routers at all, instead use a hard wired system. If you are going to continue using a wireless router in your home, turn it off and unplug it when not in use. Also, keep the wireless router as far as possible from your bedrooms, or any rooms you spend the majority of your time in. This way the signal is weaker and less radiation will be reaching you, the more space, objects, and walls between you and the router, the better.
6. Get Rid of Toxins Hiding In Your Home

**Why?**

- Many of us try to eliminate toxic products and chemicals in our homes, but sometimes, the most harmful and most used products are often overlooked.
- Chemicals/pollutants to remove from your home or switch out for an all natural alternative are: Laundry detergent, dryer sheets, bug spray, topical beauty products (moisturizers, hand crèmes, anti-wrinkle creams, anti-cellulite creams, lotions), perfume, deodorant, hair spray, shampoo, conditioner, toothpaste, dish soap, hand soap, facial cleansers, carpet cleaners, wall paint, all cosmetics (foundation, eyeliner, mascara, etc.), dishwasher soap, window cleaners, levels of radon, air freshener, PVC flooring, plastic shower curtains, stain resister chemicals in carpet, mattresses with flame retardants, couches and furniture with flame retardants, teflon pans, aluminum foil, plastic cups (not safe even if BPA free), drinks or food packaged in plastic, furniture made from particleboard, dust.

**How to Do It**

- Use all natural products, many of these can be made from a few simple ingredients in your home. Such as, using baking soda, coconut oil, apple cider vinegar, fruit for makeup, and when you cook use stainless steel or glass.
8. Breathe With Your Diaphragm

Why?

- The most beneficial way to breathe is with your diaphragm, yet, most of us are chest breathers.
- When you breathe with your chest you’re only utilizing a small portion of your lung capacity. This is a much less efficient use of oxygen and can cause an oxygen debt. When the diaphragm is utilized, it allows for added capacity of oxygen. Also, the lower portion of the lungs are more efficient at delivering oxygen.

How to Do It

- First, use this simple test to determine if you breathe with your chest or diaphragm.
  1. Place your right hand on your chest and your left hand on your abdomen. Then take a deep breath.
  2. When taking a deep breath which hand rises more? Did your right hand move first and the farthest? If so you’re a chest breather.
- You can Change how you breathe by practicing these simple steps for a few minutes every day:
  1. Place one hand on your chest and the other on your abdomen
  2. Take a deep breath expanding your abdomen as you inhale for three seconds. Then exhale for six seconds
  3. Repeat deep, slow, relaxing breaths.
9. Open Your Windows

Why?

- Opening your windows increases the oxygen levels in your home and provides air circulation. When windows and doors are left closed, the air quality indoors begins to worsen and so does your health. This is of particular concern in the winter months, when many seal off their windows and doors and try not to let any of the cold air in. However, this creates a hazardous health situation as the indoor environment’s air quality is significantly worse than outside air.
- It is best to open your windows or doors to allow fresh air in to increase the oxygen levels in your home and circulate the air. Optimal levels of oxygen in your home are necessary for optimal bodily functions, maintenance, and detoxification. When homes are closed up, the oxygen levels decrease and carbon dioxide levels increase, this may cause you to feel more tired, have less energy, or even cause headaches. The air quality is also affected by damaging pollutants circulating in the air. These can come from toxins released from paint, flooring, furniture, building materials in your home, chemicals used, dust, and outgassing of toxins from carpets.

How to Do It

- Open several windows or doors for at least 15 to 30 minutes every day, whether it is summer or winter.
10. Don’t Wear Shoes in the House

Why?

- Wearing shoes inside your home tracks in all kinds of chemicals, pollutants, and hazard materials which get carried throughout your home, remain in your carpeting and on your flooring, and continuously can be released into the air and absorbed through your skin.
- Shoes bring into your home; petrol fumes, industrial pollution, pesticides, fertilizers, animal excrements, lead, and more harmful chemicals. A study found that coal tar from driveways, a carcinogen, is carried into the home from shoes.

How to Do It

- Remove your shoes at the door and have a specific place to store them. You can store them in a breeze way or entry way. Remember to take your shoes off at the door, even if you’re running back in to grab one thing.
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Lori Klein is a health activist and wellness researcher, in the areas of natural health and living. Lori is the creator of Health Extremist (http://www.healthextremist.com), an informational natural health website.

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