



10 Ways to Kick-Start Your Wellness Part of the “Baby Steps to Family Health” Series

Dr. Kimberly Goldman
Chiropractic Physician
Homeschool Mom
Nourish the Nations Co-Director

In my video teaching, “Laying a Proper Foundation” (BHtv Week 7), I presented basic concepts about genuine health that I believe are necessary for being able to make proper health choices for ourselves and your families.

My four key foundational principles for health are:

- 1. Our bodies were made to be healthy, to function perfectly, to heal and sustain themselves.**
- 2. Disease is not “caught”. It is not something to be afraid of. Dis-ease is DEVELOPED.**
- 3. The immune system is the ONLY thing that can fight disease.**
- 4. Symptoms are not the problem. They are merely expressions of health.**

Once you have internalized these four keys, you are ready to begin making meaningful changes. So the next question you will naturally find yourself asking is, “Where do I start?”

Really, there are two questions here. The first is **where** to begin (meaning, what should I change first?), and the other is **how** do I initiate (meaning, what is my first action step or steps?).

We'll answer the second question first, remembering the concept I shared before called “Baby Steps”.

Babies always have a steady progression in their development. They never run before they walk, and they all eventually sleep through the night (although it sometimes seems to take forever). I've yet to find an adult who is still not potty trained, or who has not learned to feed himself (table manners not withstanding.) And yet, we never lose patience with a baby who is just learning skills and habits; we never berate a crawling infant with, “What's taking you so long? You'll NEVER learn to walk at this rate!”

We need to have the same level of love and patience with ourselves. By this I mean, we must not expect huge changes in lifestyle (and therefore health) to take place overnight, and we should not feel frustrated when change does not seem to happen quickly enough. We must also be careful to not compare ourselves to others; each person is different in what the next most appropriate progressive step is or should be. You can only gauge your progress today in relation to where YOU were yesterday.

There is a concept or strategy in exercising called “interval training”, and it works incredibly well, both physiologically and mentally. Interval method encourages you to push yourself to YOUR next level with an increase in difficulty after a certain amount of time. What's wonderful about it is that anyone can do it; you just need to determine where you are now (a baseline) and then you will be able to figure out what to do next; just like you must know where you are on a map now in order to figure out the best way to get to a certain destination. (Maybe one day someone will invent a “body GPS”, but until then....)

So...what are your health goals? Are you ill or feeling awful and want a radical transformation as soon as possible? If so, you might choose to be more aggressive with your changes. Otherwise, it's probably best that you make your changes step by step, developing healthy **habits** over time. This is typically the wisest strategy for successful long-term change.

The following is a list of what I believe are the ten areas that make the biggest impact on our health and well-being if they are not being managed correctly. Please use it to help you decide what's most important to you. Don't get overwhelmed realizing how far you might possibly need to go, because in the next section we'll be showing you how to approach it with “baby steps”. For now just consider where you'd like to start:

You've probably heard many of these before, and you may be keeping some of them....**but don't think for a minute that this is too “basic” a list.** The same way we keep reading the Bible over and over again, we need repetition of core principles to both encourage us and keep us on track. So, until you can say that you are keeping all of the items below consistently, and they are so much of your lifestyle that you never break your decided standards for each one, consider this list a friendly reminder. (Read it while I go get a glass of water, as I've fallen behind for the day, and I'll meet you on the other side.... ;-))

1. **Drink Water, Only Water, and Enough Water Almost** any health problem can be caused by dehydration. The most common and easily remedied include: headaches, edema (swelling), asthma, allergies, skin problems, weight gain. Benefits to drinking enough water are reversing these problems. People report having more energy, decreased appetite, weight loss, fewer headaches....lots to gain by drinking enough. Half your body weight in ounces of water per day is a great standard, more if you are in hot weather or exercising (which you will be doing after reading point #4.)
2. **Eat Fresh Fruits & Veggies** We all know we need to eat more fruits and veggies....full of nutrients, best taken live (raw). The easiest way is through fruit smoothies every morning for breakfast and at least one salad per day.
3. **Get Enough Sleep + Pray/Meditate/Relax.** Down time is necessary for a positive mental attitude, which is necessary for health! Your body does most of its healing and repairing during sleep time; if you don't get enough, you're limiting your body's ability to get well.

4. **Exercise** Lack of exercise will lead to weight gain and sluggishness, possibly difficulty sleeping and lack of energy. Everyone needs to move!
5. **Switch to Whole Grain** White bread/pasta/rice is devoid of nutrition and is likely to add to digestion issues including constipation, diarrhea, and candida (yeast). Remember, you can make PASTE from white flour. Imagine what it does in your intestines! Yuck.
6. **Limit Sugar and other Sweeteners** Sugar can cause headaches, tiredness, moodiness, lack of energy, difficulty with blood sugar spikes (diabetes/pre-diabetes). Artificial sweeteners are much worse. Staying far away from them and taking your sugar in natural forms (by eating fresh fruit) will help you avoid these and other problems.
7. **Limit Dairy & Meat** Your body needs very little protein; most people can be perfectly healthy without eating any animal products. Too much of it, if it's the standard farm raised type, is likely to cause heart disease and cancers. Keep it limited, and whatever you do eat, make sure it's organic (and grass-fed if beef), without added antibiotics or hormones.
8. **Chemicals** Avoid eating additives and non-foods such as MSG, corn syrup, or anything with a long name you can't pronounce. A good rule of thumb is that if you don't know what it is...don't eat it!
9. **Get Vitamin D to Boost Your Immune System** As you know from my foundational principal #3, the immune system is vital to health. Well, Vitamin D is the most effective way to boost it. Plus, it's free (from the sun) and the supplemental version is inexpensive. From head colds to cancer, Vitamin D can help. It's very worthwhile and simple!
10. **Get Chiropractic Care for Wellness** (It's not just for a sore back or neck.) Your brain controls every part of your body by communicating through your spinal column (spine). This communication is VITAL for your body to function properly. Nerve pressure caused by *subluxation* will cause disease processes in your body, despite your best efforts to maintain an otherwise healthy lifestyle. Chiropractic care is important so that your body is able to work as it should, even if you have no back or neck pain.

Unless you are facing an immediate health crisis, I recommend choosing just ONE of these initiatives with which to begin.

So, keeping your primary health goal (or goals) firmly in mind, you should be able to answer the question, "What do I need to do first/next?" The answer is: *Whatever the logical next progressive step is in whatever area/category I am working on to get moving in the right direction.*

For example: Take #1), "Drink Water". If you drink soda, coffee, tea, or juice, and NO water, then the next logical step would be to drink SOME water each day, working up to ½ your body weight in ounces daily. By doing this, you will naturally begin to drink less of those other beverages, because you simply will not have enough time in the day (or room in your stomach) for both enough water and other beverages, plus food.

Once you implement a change, maintain it for at least one week before adding another change, so you don't get overwhelmed and discouraged. The new change can either be another step in the same category or adding another new area of change.

Remember: **Baby Steps**. Cheer yourself on and be pleased with a little change at a time; don't beat yourself up if you fall, just keep going. After a week (or more), you'll feel like you've mastered your step, and you'll be ready for the next one. Baby steps are better than no steps at all, and they will get you where you want to go when, like a baby, you refuse to quit.

And then, little by little, **YOU WILL CHANGE**. Imagine, making a change (not just thinking about it but actually **DOING IT**) each week, adding to the one you've already made. Imagine what that will look like, what kind of benefits you will have after six months. We're talking major transformation of health as a possibility!

YOU CAN DO THIS!



Dr. Kim Goldman graduated from Life University School of Chiropractic in 1999. After practicing a few years in Ft. Lauderdale, FL, she met her husband-to-be (BHtv Executive Producer, Chaim Goldman), and a short time later was married and living in Jerusalem, Israel. After nine years, and homebirthing four boys and finally a girl, the Goldmans returned to Florida in 2011 and had their sixth child (a son) in August 2012, to make it an "even half-dozen"!

As a homeschool mom of many, Dr. Kim is not actively practicing Chiropractic (only adjusting family and friends), but she loves to teach even complete strangers the benefits of a natural and healthy lifestyle.

Her focus on BHtv is "Babysteps to Family Health", where she shares her knowledge and experience regarding the challenges and adventures of day-to-day life with lots of "littles" around.

Contact Dr. Kimberly Goldman

Website: www.FamilyNatural.com

Email: DrKimberlyG@gmail.com