

Soapbox on Foundational Freedom Daily Essentials

There are more factors that affect our emotions than we think. In order to build a strong foundation for our Emotional Wellness, we believe there are some essentials we must incorporate into our lives on a daily basis. However, everyone has variations in what they need, and how much. The concept of bio individuality sheds some light on these variations in nourishment.

The term bio individuality was coined by Joshua Rosenthal (founder of the Institute for Integrative Nutrition in NY). Here is the concept in his own words: “Bio individuality means there is not a one-size-fits-all diet, each person is a unique individual with highly individualized nutritional requirements.” This means that there are many factors to consider when assessing your nutritional needs, including environment, genetics, thought patterns, feelings, and lifestyle choices. When we think about nutrition, we of course think about the foods we eat and the nutrients they provide us. We also consider nutrition to be the ways in which we nourish ourselves holistically, through our choices in thought, lifestyle, environment, and relationship. What works for one person may not be right for someone else. We subscribe to the belief that the best way to discover our individual needs is through intuitively listening to our bodies, and honoring our findings rather than imitating what may work best for someone else.

Check our list of hot tips we have learned for our favorite Daily Essentials. This is not medical advice and is not intended to diagnose, cure, or treat any disease or illness.



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Clean Water

Our tap water is contaminated with thousands of chemicals. As horrifying as this is to discover, there are solutions! The best thing you can do is get a proper water filtration system in place. Reverse osmosis is a great way to filter out contaminants. A more affordable option might be a countertop water filter pitcher or tank. When you add quality filtration to your water supply, you'll also want to be sure to remineralize your water to get the most hydrating benefits! Add a pinch of salt and a squeeze of lemon or lime, or both! Bonus tip: warmer water is better than cold for drinking.

Nutrition

The best sources of dietary nutrition are whole, organic, unprocessed foods as close to their natural form as possible. When you can, buy from a farmer directly and source your whole foods locally whenever possible. Toxic ingredients can be sneaky and there are most likely poisons in your favorite packaged and processed foods. Check out the Environmental Working Group for research and information regarding food, water, and personal care products. Toxins from processed and chemically modified "foods" have a directly negative impact on our health, including our ability to regulate and understand our emotions, and our body's ability to heal itself naturally.

Sleep hygiene

If you struggle with falling or staying asleep at night, it's essential that you make some changes to your nighttime routine. We have found that going screenless at least an hour or two before bedtime increases our ability to sleep peacefully. If you choose to have screens on close to bedtime, it's best to use a pair of blue light blocking glasses. Practicing a restful routine at night to calm your mind and body down, and being sure to schedule enough hours of sleep for your specific body are great places to start. Additionally, try eating a smaller portion for dinner, and/or eat earlier in the evening. Allowing your body to digest your final meal completely before you hit the sack enables you to reap the benefits of the deep repair of restorative sleep without your body needing to divert resources to digestion.

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Movement

Moving your body every day is essential! Whether it's gentle stretches, moderate exercise, running, or walking, try to get your body moving as often as you can throughout the day. The best thing you can incorporate into your routine, if nothing else, is walking. Get out and walk every day! A simple way to include walks in your day is to get them in before meal times. Your body will thank you, and so will your Emotional Wellness!

Sunlight

Sunlight is essential for life. When we hide ourselves from the sun's light, we cut ourselves off from essential vitamins and energy. There are many benefits of having daily exposure to the sun. One important benefit is the increase of the brain's release of the hormone serotonin. Serotonin lifts your mood and brings more calmness and focus. At night, darker lighting is responsible for the brain making the hormone melatonin, the hormone that helps you sleep. This is why it is good to be off of those screens for a while before going to bed. We recommend checking the Environmental Working Group for information about the toxicity of the ingredients in your sunscreen. Getting enough sunlight each day can be difficult, and supplementing with a high quality, third-party tested vitamin D3 can be helpful.