Are you burning the candle at both ends?

Feeling spent, from giving out all the time?

Not enough time for yourself? Stress can make you feel like you are carrying an extra load.

Unwind, relax & smell the roses! Go on… give yourself permission to. Not once a month or when you finally get your holiday break, unwind everyday!

Plan into the daily scheduling your very own ‘wise time’. To be able to keep giving your best efforts at home & in the workplace, your energy tank needs to be filled up. Incorporating your own ‘wise time’ into the day will help to put more fuel back in your energy tank. Learning to conserve this energy takes will power & wisdom! Understand that it is okay to say “No” to some things in order to preserve your energy.

Life is so busy. We can often keep going & going at a pace that is truly unhealthy! Stress can cause digestive complaints & totally affect the balance of your hormone levels. Stress can even cause Candida to be multiplied in your body. We don’t consider stress to be a disease. However, it can lead to some pretty horrible chemical imbalances in the human body.

I’m glad you’re reading this guide because it is time to take care of yourself. It sounds selfish doesn’t it? Actually, as you learn to de-stress, refuel & tank-up, you will be able to give your best to your loved ones & friends. It is time to listen to your body! If you are feeling overwhelmed then adapt ‘wise time’ into your daily routines. Here’s some examples of wise time to help you refuel your energy tank daily & naturally keep your hormones in rhythm, preventing the levels from getting out of balance.

*I think the Spanish Culture got it right, in regards to taking siestas! To assist in balancing hormones, lessoning inflammation & generally de-stressing, take 15 to 20 minute mini siestas nearly everyday. Late morning or early afternoon works best & shouldn’t interfere with nightly sleep.
*Go out into your garden & glide your hands over some of the herbs you may have growing. Inhale their lovely aroma. Taking time out to smell the roses & the herbs!*

*Learn the art of Tea Making ~sitting quietly and being mindful of the moment is one of the easiest ways to bring the feeling of being overwhelmed & on the go to a stand still. Brewing, sitting and sipping should help you slow down & relax. It’s a good idea to have a pen & paper to right down any thoughts you may have, then free your mind up again & let feelings of thankfulness & gratitude fill your heart. My husband loves herbal teas like peppermint or lavender. I personally prefer a `Silver Tea!` I actually developed a love for this when I was pregnant with our first child. Silver Tea is a trendy name for just a cup of hot water, with a slice of lemon on the side of course. The effects of unwinding are still the same, with the added bonus of feeling cleansed!*

*Have a picnic breakfast or lunch in a picturesque area.*

*This next idea is to help your whole family de-stress & unwind: - Our family gets the greatest joy hopping in the car after a busy day & we drive just a short distance to some beautiful country roads. We hop out of the car with our dog in toe & start our daily stroll enjoying the relaxing scenery. We love mountains & breathing in the fresh air on these country roads. Not only do we unwind, but we are also getting oxygen into our bloodstream, which helps kill off Candida. So perhaps take a short drive with your family to somewhere that evokes emotions of happiness, beauty, peace & rest.*

**Your very own `wise time` will give your body the rest it needs. You probably will end up feeling very revived & your energy levels will increase again. Take care of yourself, so you can take care of others!**

**Let’s consider now the foods you are consuming!**

Your choice of foods can heal your body. Diet can be like medicine. Drinking & eating foods that help to heal your gut is a great place to start on your journey back to health. Bone broths heal stomach lining and probiotics restore the balance back to your digestive system.

Next, is detoxing your system & introducing nutrient dense foods. To help your detoxification process stop eating sugary foods &
most carbohydrates.

Thirdly, fill your diet with clean foods. Simply put, eat Real Foods! Unadulterated foods that don’t even need to be packaged. Like our Great Grandparents used to eat… from paddock to plate. A diet rich in these foods will enable you to receive a variety of nutritional benefits.

**Think about how often you exercise.** Daily gentle exercise is wonderful when aiming to de-stress your life. Rigorous exercise can increase your cortisol levels (your stress hormone), which can have negative effects on the body. So gentle is best, especially if you are acutely stressed. The Cortisol Hormone is like the accelerators peddle in a car. You can read more about the role of this hormone on the website www.inspired4health.com.au

**Try To Remove or Lesson Environmental Toxins.** Toxins can play havoc with your hormone levels. Lesson your intake of processed, genetically modified & chemically induced foods. For example; hormone injected meats/poultry & dairy need to be replaced with grass fed organic meats. Consider the type of cosmetics you are using, as these have toxins in them too. Ladies did you know that most lipsticks have lead as an ingredient. This is toxic to our bodies & can affect oestrogen levels in woman.

**Laugh Daily!** Laughter has wonderful healing properties. Stress decreases and all the mechanisms in your body relax when we have a good belly laugh.

**It is a good idea to have you Stress Hormones Checked (Cortisol & DHEA) by your Doctor.** Find a doctor who will have an understanding of your symptoms & not just the blood test results. Ultimately a doctor who marries a holistic approach to wellness (using natural therapies) with medicine will be a wonderful blessing to you. If these Stress Hormones are misfiring & out of balance then you will most likely need to Reset your hormones through lifestyle changes, which you can read more about on the website. Your doctor may possibly want to recommend you start using hormone replacements. If that is the case, please remember that Bio-Identical Hormones are a more natural alternative rather than the synthetic paramedical HRT. You can read more about this on the website www.inspired4health.com.au When our hormones are balanced we are able to fight stress & calm anxious thoughts with ease.
Your nightly sleep is of course of utmost importance! Discipline is certainly needed to be early to bed & early to rise! You will reap wonderful benefits from sleeping 8-10 hours per night & your hormones will thank you for it!

I hope that this guide will help you adapt ‘wise times’ into your daily busy lives. Learn how to incorporate ways to refuel your energy tank. May this guide give you some insights into distressing your life & help to give you the peace that you need.

Here’s To A Lighter Load!!

From Angela
Inspired 4 Health