

# How To UN-complicate Health

An Essential Guide For  
Anyone With A Body



by Susan Living  
[www.susansfoodforthought.com](http://www.susansfoodforthought.com)



# How To UN-complicate Health

**Thank you for downloading this free report on creating a life of extraordinary, UNcomplicated health and wellbeing!**

*May you take with you as you read...  
an increased sense of your own power of choice -  
your freedom to take what you like into your body;  
to choose health even when faced with negativity,  
pain and disease;  
to see opportunity for growth  
rather than limitation and mostly,  
to celebrate and appreciate your body and mind;  
they do amazing things every moment of every day.*

*Susan Living*

One of the challenging things about health and wellbeing is the vast array of differing, conflicting and confusing opinions about what's right and good for us to do. Frankly health, it appears, is needlessly and overwhelmingly complicated. It is not the role of this report to go into any great detail about each of the areas of health mentioned. Rather, my purpose is to give you a clear framework to work within, a starting point to assess where you are in each area so you know what most needs to be looked at right now. Health is journey that unfolds over time and each of us begins where we're at. The only thing that matters is that we start. Today.

**It may be useful for you to print out this report - it contains a worksheet and a handy checklist of how you can UN-complicate your health every day in a straightforward and direct way.**

# What is health anyway?

Health is a 100% practical concept. No matter how many books you read or practitioners you see, if it's not a part of your daily life and attitude, no results will be forthcoming.

I created this report to put some perspective on what health actually means. It is an abstract concept, after all. It's so subjective, how do we actually quantify it? If you're reading this, chances are you already know that health is so much more than simply an absence of disease. So before we begin, I'd like you to ask yourself: What does health look like to me? What does health feel like and how will I know it when I've got it?

For some, it may be a clear, calm mind. For others, feeling physically energetic so they bounce out of bed and straight into their morning exercise program.

Maybe it's feeling good doing EVERYTHING you need to be it work, cooking, cleaning, driving, enjoying your children and doing for them, having really stimulating conversations or looking after yourself. Perhaps that's what health looks like: simply making health important enough in your daily life so you do what's necessary to prolong your time on earth.

I encourage you now to grab a pen (go on, do it!) and use the space below to write down your thoughts on health. What would be different in your life if you had more or better health? What changes would you make? How do you want to feel as you go through your day to day activities? Really let your imagination loose. Go on. Do it now. I know you have good intentions of coming back to it but you'll probably be too busy later. Health is practical remember and one of the easiest ways to un-complicate it is to make it utterly relevant to what matters most to you.



## What is Extraordinary health?

All of the above and so much more! Extraordinary health is about optimisation of human potential and has a philosophy of ever expanding possibilities. If you have extraordinary health, you recognise that there is an innate intelligence within you, an inborn wisdom that governs all healing, function and repair and that the purpose of all health and wellness practices is to remove interference to this intelligence so your body can heal itself.

This kind of health is the essence of simplicity itself - the polar opposite of contradiction and confusion and complication about what you “should” or “shouldn’t” be doing to live a healthy life.

The ultimate goal of extraordinary health is for you to be your own doctor, to so fully understand your own body that you know how to bring yourself effortlessly back to health and balance time and time again.

## How to UN-complicate health

(otherwise known as...“The 7 Secrets Of Extraordinary Health”)

It must be said before I begin that these aren’t really “secrets” - they are freely available to each and every one of us. You don’t need a medical degree or specialist appointment to know you need to use them or to understand their application. You don’t need a referral or expert advice or money in the bank. You don’t need to go on an expensive health retreat or read a book or go to a seminar. They are profoundly simple and universal in their application.

All you need is an awareness that you have a body and that there are certain things that will either add to the health and vitality of that body or take away from it. All you need to do is use these 7 principles as often as possible, every day if you can. You may like to focus on getting right just one or two initially or do a little bit in every area. Whatever works for you is perfect.

The 7 secrets of extraordinary health are in no particular order of importance. Make what works for you with the least effort *your* number one.

## Passion



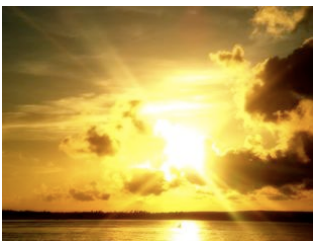
If you have enough of this one, you can get by without having the others perfect... for a time. Is there something in your life that you do just for you? That brings you enormous pleasure? If not, find something as soon as possible!

## Water



We are mostly water. We need it. Water cleanses our body and removes the burden of many potentially harmful substances every day. Drink it. Room temperature is best. 1-2 litres a day.

## Sunshine



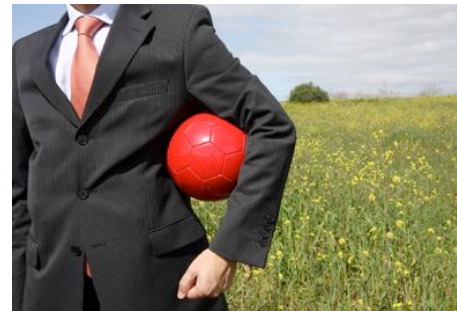
All living creatures need it. It makes life on this planet possible. Expose your naked skin to direct sunlight often. 10 - 20 minutes a day depending on your climate. Sunlight energises our cellular function and impacts our neurological balance and mood.

## Breathing



Our lungs allow life to enter us - the more we breathe deeply, easily, consciously and slowly, the more energy we create. Start a breathing practice. It doesn't have to be time-consuming. 10 long, slow, deep breaths in bed in the morning will energise your body and mind. Look to the Eastern world for more simple breathing practices.

## Movement



Some may call it exercise, but the focus is on enjoying moving your body in whatever way you choose - walking, dancing, yoga, jogging, working out, tai chi, anything as long as you enjoy it and it makes you feel good.

Movement doesn't need to be difficult or challenging - gentle is very effective too.

## Whole Food

Anything processed by man is incomplete - it has had vital nutrients removed and strange substances added.



Avoid as much as possible anything in a can, wrapper, bottle, jar, cardboard box and plastic container. Eat food as close to it's natural state more often than not. Eat all the junk food you like as long as you make it yourself.

## Relationship



Are your relationships damaging you? Is there a relationship in your life that stresses you whenever you think about it? What is your relationship like with yourself? How kindly do you treat yourself? What ways can you find to create magnificent relationships with each and every person in your life?

## The 7 Secrets Of Extraordinary Health

### ***Today I gave my attention to...***

- Passion
- Sunshine
- Water
- Movement
- Breathing
- Whole Food
- Relationship - with myself & others

### ***Tomorrow I will give my attention to...***

- Passion
- Water
- Movement
- Breathing
- Whole Food
- Sunshine
- Relationship - with myself & others

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Often when it comes to our health and wellbeing we can get caught up in the “how”, trying to figure out “how” we can exercise or eat better or avoid certain pitfalls that we know aren’t good for us, “how” we can fit it all into our crazy busy lives. I encourage you to simply start with the intention that you want to be healthier and happier and let go of any ideas you may have about “how” you’re going to get there. This is especially useful if you are currently in a state of pain or poor health and disease. If we let go a bit, start looking for what’s “right” with our body rather than what’s “wrong” we will shift and lighten and then life will show us the “how”, one small step at a time. *What could be simpler than that?*



## *Ready to create Extraordinary health?*

*Stay tuned for more simple, UNcomplicated and easy ways to create extraordinary health with regular teleclasses, webcasts and articles on different aspects of health and wellbeing. I invite you to join our community, get involved, share your thoughts and experiences and ask any questions you may have about the art of applying the 7 Secrets in your daily life.*

*I look forward to sharing more with you in the future!*

*Susan Living*

[susan@susansfoodforthought.com](mailto:susan@susansfoodforthought.com)