



# Circles of learning

Education Health Environment Community Creativity

## The 7 Basic Principles of Health

1. **Fresh air:** Clean air is vital to our good health. Remember that indoor plants are great providers of clean oxygen.
2. **Sunshine:** The sun provides us with vitamin D and is a great healer. Get out in the sunshine and use chemical free sunscreens.
3. **Filtered water:** Drink clean water, no juices, cordials, fizzy drinks or milk.
4. **Exercise:** Play outdoors in the garden, park, beach or bush. Grow herbs and vegetables in pots if you don't have a garden.
5. **Sleep:** Get plenty of sleep, and have a good night time routine.
6. **Avoid chemicals and drugs:** The side effects cause stress on the body.
7. Eat a **healthy diet:**
  - No junk food in the home.
  - Whole organic unprocessed foods – fruits, vegetables, whole grains, raw nuts (not peanuts), seeds, organic eggs, fish, and grass fed meat.
  - Organic is best – if not available then soak fruits and vegetables in 200ml of vinegar for half an hour.
  - Read labels – avoid all white bread, white rice, white pasta, biscuits and cakes.
  - Only buy wholemeal – low GI.
  - Eliminate sugar, colourings, flavourings, preservatives and sugar.
  - Good fats are important - coconut and its oil, olive oil, avocado, butter (not margarine). You may choose to supplement with fish oil and / or flaxseed oil.
  - Avoid all soy products.
  - Health is our most valuable possession – it is free, don't take it for granted. Be mindful every day and lead by example.
  - Food is our best medicine.

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