

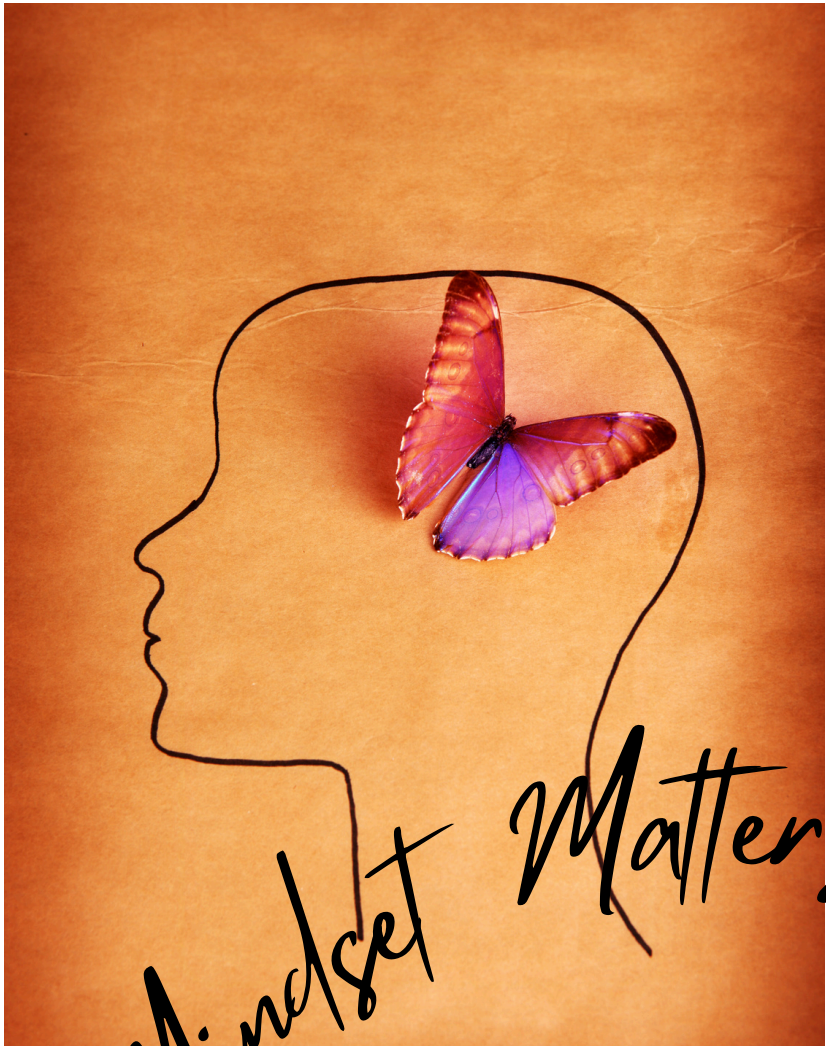


The Mindset of Wellness:

THINK HEALTH INTO MIND, BODY & SOUL

Sarah Merron

CAN YOU THINK YOUR WAY TO WELLNESS?



Mindset Matters



THE POWER OF THE MIND IN HEALING

The mind has a profound influence on the body's ability to heal. This connection, often called the mind-body connection, emphasises that our thoughts, feelings, and attitudes can positively or negatively affect our physical health.

Over one hundred years ago, Wallace D. Wattles wrote a book called 'The Science of Being Well' and scientists haven't looked back since. His books talk of thinking in terms of certainty and achieving our desired outcomes.

Wattles explains "Man is a form of this Living Substance, and has within him a Principle of Health. The Principle of Health in man, when in full constructive activity, causes all the voluntary functions of his life to be perfectly performed. It is the Principle of Health in man which really works all healing, no matter what "system" or "remedy" is employed; and this Principle of Health is brought into Constructive Activity by thinking in a Certain Way."

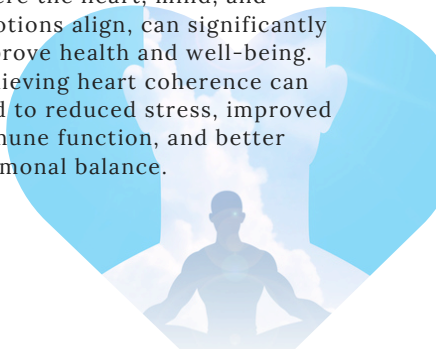
He suggests that by having absolute certainty that you will heal in alignment with the modality of your choice and belief system - you will.

Several decades later, Dr. Bruce Lipton, in his book "The Biology of Belief," explains how our beliefs can directly impact cellular functions, demonstrating that positive thinking can enhance the immune system, reduce stress, and improve overall health outcomes.

HEART INTELLIGENCE

Heart intelligence is the concept that the heart is more than just a pump for blood. It is an intelligent system that sends powerful signals to the brain, which in turn influence our emotions, thoughts, and behaviours.

The [HeartMath Institute](http://www.heartmathinstitute.com) has conducted extensive research on heart intelligence, demonstrating that heart coherence, a state where the heart, mind, and emotions align, can significantly improve health and well-being. Achieving heart coherence can lead to reduced stress, improved immune function, and better hormonal balance.



THE PLACEBO EFFECT AND HEALING

Dr. Joe Dispenza, in "You Are the Placebo," discusses how the placebo effect shows the power of the mind in healing. By believing in the effectiveness of a treatment, even if it's just a sugar pill, patients can experience real physiological changes. Sound familiar?

This demonstrates the incredible potential of the mind to influence the body's healing processes through belief and expectation. Research shows that placebo effects account for 30% of the positive outcomes from medical treatments.

MIND AND HEART IN ACTION

Visualisation and Cancer Recovery

In one remarkable case, a woman diagnosed with stage 4 cancer used visualisation techniques alongside her medical treatments. She imagined her immune cells attacking the cancer cells and visualised her body becoming healthy again.

Her doctors were astonished when, after months of combining these techniques with her medical regimen, her cancer went into remission. This case illustrates how powerful the mind can influence physical health outcomes.

Heart Coherence and Stress Reduction

A man suffering from chronic stress and high blood pressure learned heart coherence techniques through biofeedback training. By practising heart-focused breathing and generating positive emotions, he significantly lowered his blood pressure and minimised his stress levels.





Over time, these practices not only improved his cardiovascular health but also enhanced his overall sense of well-being.

HARNESSING THE MIND AND HEART

Visualisation Exercise

- **Find a Quiet Space:** Sit or lie in a quiet place where you won't be disturbed.
- **Relax Your Body:** Take deep breaths and focus on relaxing each part.
- **Create a Positive Image:** visualise a scene where you are completely healthy and happy. Imagine your cells working efficiently, your immune system functioning optimally, and any illness being overcome.

- **Feel the Emotions:** As you visualise, evoke strong positive emotions such as joy, love, and gratitude. Feel these emotions as vividly as possible.

Heart Coherence Exercise

- **Heart-Focused Breathing:** Focus your attention on the area of your heart. Imagine your breath flowing in and out of your heart area.
- **Generate Positive Emotions:** Recall an event when you felt a strong positive emotion. Try to re-experience that feeling. This could be a feeling of love, appreciation, or joy.
- **Sustain the Feeling:** Maintain this positive emotional state while continuing the heart-focused breathing for a few minutes.

Q & A

Q: *Can these techniques replace medical treatments?*

A: No, these techniques are complementary practices that can support your overall health and enhance the effectiveness of medical treatments. Always consult with your healthcare provider before making any changes to your treatment plan.

Q: *How often should I practice these exercises?*

A: Consistency is key. Aim to practice visualisation and heart coherence techniques daily. Even a few minutes each day can make a significant difference over time.

THE INFLUENCE OF POSITIVE THINKING

Our thoughts have a profound impact on our physical health. By maintaining a mindset focused on well-being, we can support our bodies in achieving and maintaining health.

This involves consistently directing our thoughts toward health and vitality, imagining ourselves as healthy, and believing in our body's ability to heal.

KEY PRINCIPLES OF HEALTH-FOCUSED THINKING

Health-focused thinking is about aligning your mental state with your desired physical state. Here are the core principles:

1. Positive Thinking: Consistently nurturing thoughts that promote health and well-being.

If you find yourself having an unhealthy thought, switch it to a more nurturing thought instantly.

2. Visualisation: Regularly imagining yourself in a state of perfect health, from every cell in your body to your radiant energy field.

3. Belief and Confidence: Hold strong beliefs in your body's capacity to heal and stay healthy.

Repeat them in your head until you truly believe them. "I believe my body loves me and supports me in everything I choose to do."



**"YOUR BODY HEARS EVERYTHING YOUR MIND SAYS."
NAOMI JUDD**



HOW AND WHEN TO APPLY THESE THOUGHT PATTERNS

Managing Chronic Illness

Imagine you or someone you know is dealing with a chronic illness. Instead of focusing on the disease and its symptoms, you can adopt a mindset based on recovery and health. How can you do this?

- **Daily Affirmations:** Repeat statements like "I am healing", "I know I am healthy", "I feel full of energy", "I trust my body" and "My body is strong and healthy."
- **Health visualisation:** Spend time visualising yourself free from illness, engaging in enjoyable activities without limitations. Do this daily or even twice per day.
- **Positive Emotions:** Cultivate feelings of joy and gratitude to enhance the healing process. Every time you feel true gratitude, you develop coherence between heart and mind and your energetic frequency rises.

Maintaining Health

If you're currently in good health, maintaining a positive mindset can be a preventive measure to ensure ongoing wellness. Practices include:

- **Mindful Eating:** Approaching meals with thoughts like, "This food nourishes my body and keeps me healthy." Then chewing longer than your normally would.
- **Active Lifestyle:** Engaging in physical activities with the mindset, "Exercise strengthens my body and boosts my vitality."
- **Stress Management:** Using thoughts such as, "I remain calm and centred," to manage stress effectively, which can negatively impact health.



Healing from Injury

A positive mindset can aid the healing process during injury recovery. Techniques include:

- **Healing Visualisation:** Visualising the injured area healing and returning to normal function.
- **Affirmative Thinking:** Using affirmations like "My body is repairing itself daily and completely."
- **Optimistic Attitude:** Maintaining a hopeful and positive attitude towards recovery.

PRACTICAL EXERCISES

Daily Health Affirmations:

Choose three to five affirmations related to health and repeat them several times a day. Examples include "I am full of energy and vitality," "My body heals quickly and effectively," and "I am in perfect health."

Wellness Visualisation:

Spend five to ten minutes, daily, visualising yourself in perfect health. Imagine engaging in activities you love, feeling energetic, and being free from discomfort or illness.

Gratitude Practice:

Every morning, write down three things you are grateful for regarding your health. Include aspects of your body that function well or positive health experiences.



Q & A

Q: How long does it take to see results from positive thinking?

A: Results can vary based on the individual and the consistency of their practice. Some people may notice improvements quickly, while for others, it might take longer. The key is to maintain a positive and consistent practice.

Q: What if I struggle to maintain positive thoughts?

A: It's normal to have moments of doubt or negative thoughts. When this happens, gently redirect your focus to positive affirmations and visualisations.

Practicing mindfulness and meditation can also help in maintaining a positive mindset.



THE IMPORTANCE OF SLEEP FOR HEALTH

Sleep is a fundamental component of overall health and well-being. Quality sleep is essential for physical recovery, mental clarity, and emotional stability. It supports various bodily functions, including the immune system, memory consolidation, and metabolic regulation. Ensuring healthy sleep habits can significantly enhance overall wellness.

KEY PRINCIPLES FOR HEALTHY SLEEP

Achieving healthy sleep involves understanding and implementing several key principles:

- **Consistent Sleep Schedule:** Go to bed and wake up at the same time every day.
- **Sleep Environment:** Creating a comfortable and conducive sleep environment.
- **Pre-Sleep Routine:** Establish a relaxing routine before bedtime to signal your body that it's time to sleep.
- **Mind and Body Relaxation:** Engaging in activities that relax both mind and body.

ESTABLISHING A CONSISTENT SLEEP SCHEDULE

Maintaining a consistent sleep schedule helps regulate your body's internal clock. Here's how to do it:

- **Set a Regular Bedtime:** Choose a bedtime that allows for 7-9 hours of sleep and stick to it, even on weekends.
- **Wake Up at the Same Time:** Set an alarm to wake up at the same time every day, ensuring your body gets used to a regular sleep-wake cycle.
- **Gradual Adjustments:** If you need to change your schedule, gradually shift your bedtime and wake time by 15 minutes each day.

CREATING A SLEEP-CONDUCTIVE ENVIRONMENT

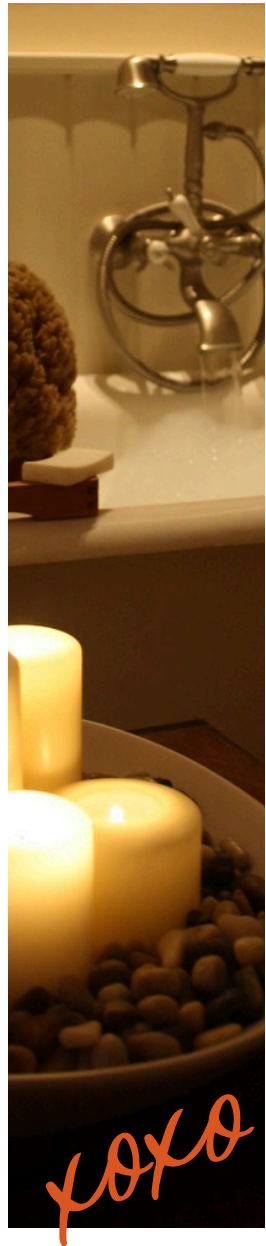
Your sleep environment plays a crucial role in the quality of your sleep. Consider these tips:

- **Comfortable Bedding:** Invest in a comfortable mattress and pillows that support your sleeping posture.
- **Room Temperature:** Keep your bedroom cool, typically between 60-67 degrees Fahrenheit (15-19 degrees Celsius).
- **Minimise Light and Noise:** Use blackout curtains to block out light and earplugs or white noise machines to reduce noise disturbances.

ESTABLISH A PRE-SLEEP ROUTINE

A relaxing pre-sleep routine can help signal your body that it's time to wind down. Here are some ideas:

- **Limit Screen Time:** Avoid screens (phones, tablets, computers) at least an hour before bed, as blue light can interfere with sleep.
- **Relaxing Activities:** Engage in calming activities such as reading, taking a warm bath, or practising gentle yoga.
- **Mindfulness and Meditation:** Spend a few minutes meditating or practising deep breathing exercises to calm your mind.
- **Earlier Dinner:** Eat your dinner at least 4 hours before getting into bed.



"HEALING IS A MATTER OF TIME, BUT IT IS SOMETIMES ALSO A MATTER OF OPPORTUNITY."
HIPPOCRATES



TRY THESE EXERCISES

Bedtime Meditation

- Find a comfortable position, close your eyes, and focus on your breath. Inhale deeply for a count of four, hold for a count of four, and exhale for a count of four. Repeat for five to ten minutes to relax your mind and body.

Progressive Muscle Relaxation

- Starting from your toes, tense each muscle group for five seconds, then slowly release. Work your way upward through your legs, abdomen, arms, and face. This technique helps release physical tension and prepares your body for sleep.

Visualization for Sleep

- As you lie in bed, visualise a peaceful scene, such as a quiet beach or a serene forest. Imagine yourself there, experiencing the calm and tranquillity. This can help divert your mind from stress and promote relaxation.

Q & A

Q: What should I do if I can't fall asleep within 20 minutes?

A: If you can't fall asleep after 20 minutes, get out of bed and engage in a quiet, relaxing activity such as reading or listening to soothing music. Avoid screens and bright lights. Return to bed when you feel sleepy.

Q: How can I minimise disturbed sleep?

A: Ensure your sleep environment is conducive to continuous sleep by keeping it cool, dark, and quiet. Avoid consuming caffeine or large meals close to bedtime, and limit fluid intake in the evening to reduce nighttime awakenings.

Q: Is it okay to nap during the day?

A: Short naps (20-30 minutes) can be beneficial if you're feeling tired. Don't nap too late in the day!



THE ROLE OF HYDRATION IN HEALTH

Water is a crucial nutrient for the human body, accounting for approximately 60% of body weight, though this percentage can vary based on age, sex, and body weight.

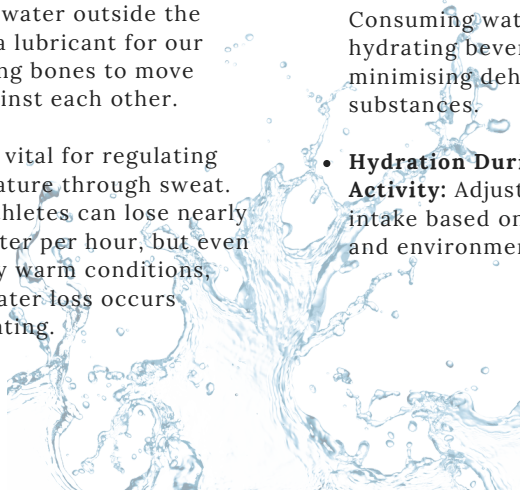
Water is essential for numerous biological functions. At the cellular level, it provides structural integrity and is a major component of blood, lymph, gastric fluids, and urine. It also forms blood plasma, which plays a critical role in transporting oxygen, glucose, and amino acids to active muscles and tissues, while removing carbon dioxide and lactic acid that can hinder muscle performance. Additionally, water outside the cells acts as a lubricant for our joints, allowing bones to move smoothly against each other.

Water is also vital for regulating body temperature through sweat. Endurance athletes can lose nearly 3 litres of water per hour, but even in moderately warm conditions, significant water loss occurs through sweating.

KEY PRINCIPLES OF PROPER HYDRATION

Ensuring adequate hydration involves understanding and implementing four key principles:

- **Daily Water Intake:** Drinking an appropriate amount of water daily based on individual needs.
- **Recognising Signs of Dehydration:** Being aware of symptoms that indicate the body needs more water.
- **Balanced Fluid Sources:** Consuming water and other hydrating beverages while minimising dehydrating substances.
- **Hydration During Physical Activity:** Adjusting water intake based on activity level and environmental conditions.



STAYING HYDRATED

The amount of water a person needs can vary based on age, weight, activity level, and climate. Here's how to determine and maintain adequate hydration:

- **General Guidelines:** A common recommendation is to drink at least 2 litres of water a day, though individual needs may vary.
- **Listen to Your Body:** Thirst is a natural indicator that you should drink more water. Light yellow urine typically indicates proper hydration.

ELECTROLYTES

Electrolytes, such as calcium, chloride, magnesium, potassium, and sodium ions, are essential minerals for human health and cannot be replaced by other nutrients in the diet.

Without electrolytes, basic functions such as movement, thought, and life itself would be impossible. Electrolytes play a crucial role in directing water and nutrients to where they are needed most in the body and in maintaining the optimal fluid balance within cells.

So, if you want to hydrate your body, try adding a couple of crystals of rock salt or sea salt to your water before you drink it.

SIGNS OF DEHYDRATION

If you feel thirsty, tired, dizzy or lightheaded, and your mouth feels dry, you may be dehydrated. The other main symptoms are:

- Dark yellow, strong-smelling pee
- Peeing less often than usual
- Having sunken eyes
- Headaches

The key is to drink before you're thirsty and get ahead of the hydration game!



Q & A

Q: Can other beverages count towards my daily water intake?

A: Yes, other beverages like herbal teas, milk, and vegetable juices can contribute to your daily fluid intake. However, water is the best choice, as it is calorie-free and readily available.

Q: What are the effects of chronic dehydration?

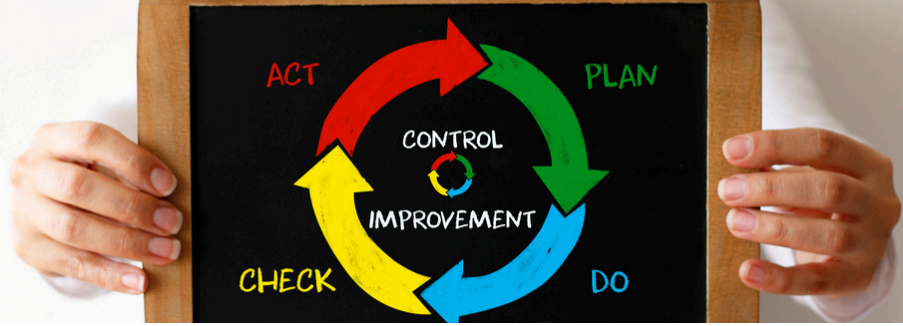
A: Chronic dehydration can lead to various health issues, including kidney stones, urinary tract infections, constipation, and decreased cognitive function. Long-term dehydration can also negatively impact skin health, causing dryness and premature ageing.

Q: How can I stay hydrated if I don't like drinking water?

A: Try infused water with fruits and herbs, eat water-rich foods like fruits (watermelon) and vegetables (cucumber), or drink hydrating beverages such as herbal teas and coconut water.

**"OUR BODIES ARE APT TO BE OUR
AUTOBIOGRAPHERS."
FRANK GILLETTE BURGESS**





THE POWER OF BELIEF IN HEALTH

Believing in your body's ability to self-heal and acting as if you are in perfect health can have a profound impact on your well-being.

By adopting the mindset and behaviours of a healthy person, you can promote physical health and resilience.

You're going to think, feel and act like a healthy person.

KEY PRINCIPLES FOR BEHAVING IN A HEALTHY WAY

To effectively behave in a way that supports your health, consider these key principles:

- **Positive Mindset:** Maintain a belief in your body's ability to heal and thrive.
- **Health-Promoting Actions:** Engage in behaviours that reflect the habits of a healthy person.
- **Consistent Practice:** Integrate these behaviours into your daily routine consistently.
- **Self-Compassion:** Treat yourself with kindness and patience, acknowledging that health is a journey.
- **Rest:** If you feel tired, rest or take a short nap.
- **Posture:** If you find yourself in a hunched-over position, stand up straight and declare you have good health and energy.

**"THE PART CAN NEVER BE WELL UNLESS
THE WHOLE IS WELL."
PLATO**

HELPFUL HABITS

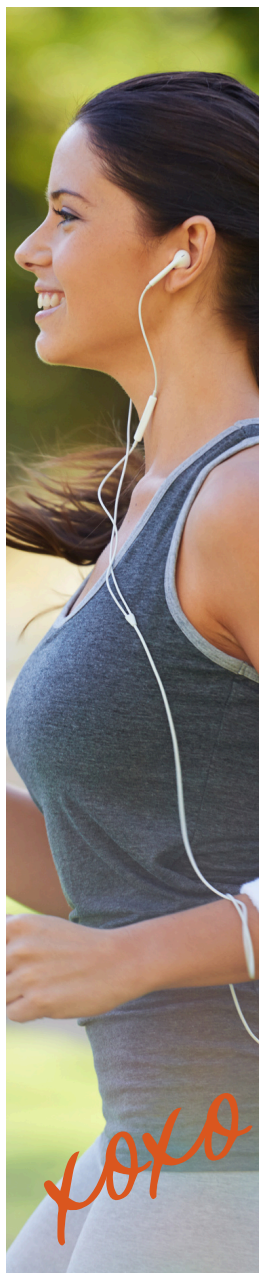
Adopt behaviours that reflect the habits of a healthy person. This includes:

- **Nutritious Diet:** Eat a balanced diet rich in whole foods, such as fruits, vegetables, lean proteins, and whole grains. Avoid processed foods and excessive sugar.
- **Regular Exercise:** Incorporate physical activity into your routine. Choose activities you enjoy, whether walking, dancing, swimming, or yoga.
- **Adequate Rest:** Prioritise sleep and rest. Ensure you get 7-9 hours of quality sleep each night and take breaks to rest and recharge throughout the day.
- **Stress Management:** Practice stress-relief techniques such as meditation, deep breathing, or spending time in nature.

PRACTICE AND SELF-COMPASSION

Consistency and self-compassion are key to maintaining healthy behaviours:

- **Daily Routine:** Create a daily routine that incorporates health-promoting activities. Consistency helps build habits and reinforces the behaviour.
- **Set Realistic Goals:** Set achievable health goals and celebrate your progress. Avoid being overly critical of yourself if you have setbacks.
- **Self-Compassion:** Be kind to yourself. Understand that health is a journey with ups and downs. Treat yourself with the same kindness you would offer to a friend.



"YOUR BODY IS A MIRROR OF YOUR UNCONSCIOUS MIND. IT IS IN A CONSTANT STATE OF COMMUNICATION WITH YOUR THOUGHTS." DR JOE DISPENZA

5 WAYS POSITIVE THINKING IMPROVES HEALTH

- **Enhanced Immune Function:** Positive thinking boosts the immune system, making the body more resistant to infections and diseases. Studies have shown that individuals with a positive outlook have higher levels of immune-boosting antibodies.
- **Reduced Stress Levels:** Positive thinking helps reduce stress by altering the perception of stressful situations. Lower stress levels contribute to better overall health and faster recovery from illnesses.
- **Improved Cardiovascular Health:** Positive emotions are linked to better heart health. Optimistic individuals have lower blood pressure, reduced risk of heart disease, and improved heart rate variability, all of which contribute to a healthier cardiovascular system.
- **Faster Recovery from Surgery:** Patients with a positive mindset often experience quicker recovery times post-surgery. Positive thinking can enhance the body's healing processes and reduce the perception of pain.
- **Better Coping Mechanisms:** Positive thinking equips individuals with better coping strategies to deal with chronic illnesses.

**"THE MOMENT YOU CHANGE YOUR PERCEPTION IS THE MOMENT YOU
REWRITE THE CHEMISTRY OF YOUR BODY."
DR BRUCE LIPTON**

ABOUT SARAH MERRON

Sarah Merron has 25 years' experience as a practising healer and a corporate background.

Since 2008, Sarah Merron has been guiding individuals to unlock their potential and lead happier lives of purpose. As an NLP Trainer and Self-Leadership Coach, she has empowered countless individuals from diverse backgrounds, including business pioneers, entrepreneurs, nurturing parents, and dedicated athletes.

To formalise her holistic health knowledge, she is also studying a 3-year Diploma in Nutrition with the College of Naturopathic Medicine. Find out more at www.sarahmerron.com.

