

Self-Care : Your Opportunity to Care for Yourself

Drink Water

Consuming more clean water is almost always your first step when you have pain. Water is critical to helping flush abnormal chronic inflammation and toxicity out of your body. Water is also critical for proper digestion, metabolism, and normal neurological signaling. Your tissues and systems will suffer if you do not have enough water. Normal body water is >55%.

How much water should I drink?

Drinking more water does not necessarily mean that your tissues will absorb more water. It is possible to have a problem where water goes straight through you without being absorbed. The only way to know how much water you have in your body is to do a body composition test.



Go Green

Your tissues were designed to *function, repair, and regenerate* in an **alkaline environment**. There are only two tissues that are supposed to be acidic in the human body: the inside of the stomach and vagina. All other tissues do better when they are between a **pH of 7.2-7.4**. You create alkalinity in your body when you eat raw or unprocessed fruits, vegetables, most nuts, raw honey, lentils, beans, and most heirloom grains.

Enhance: Superfoods such as loose leaf green tea, raw sprouts, and vegetable juices have the potential to alkalize your system even faster, and should be used often if you are needing to detoxify your body or build new tissues.

Breathing

Never underestimate the **power of your breath**.

Parasympathetic breathing is a powerful self care tool that can be used to reduce pain and mental distress, as well as a good habit for wellness. Breathing for 2-30 minutes is best.

Enhance: Focus on parasympathetic breathing in a 4-2-6 rhythm. Breathe in for a 4 count, suspend your breath for 2 and then breathe out your mouth for 6. This should not be done at such a slow count that it causes air hunger.

Tissues will not function, repair, or regenerate normally if the nerves to those tissues are damaged. Self-care steps become more effective and valuable as your spine gets closer to normal.

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Walking

When you walk you allow your sacral pump to move, **moving cerebral spinal fluid** up and around your spine and brain cavity. This is a powerful detox tool. Try and walk a minimum of 30 mins a day.

Enhance: Remove any tight clothing (this includes bras) and swing your arms in a cross crawl motion.