

Top 10 Tips for Recovery

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Lower emotional stress

Mind-body researchers have discovered that a negative response to stress can have a large impact on your health, regardless of your diet. Emotional stress can cause inflammation in the body, which is a key underlying factor in just about all chronic diseases and disorders.

In addition, stress can lower stomach acid, thereby by raising your susceptibility to viral, bacterial and fungal infection.

Find a way to relieve stress for you and/or your child, whether it's through meditation, prayer, walking, gardening, playing outside or exercise.

Sweat it out

We all know that we should be exercising more, but did you know that the body releases toxins when you break into a good sweat? Our skin is the body's largest organ and also its largest method of detoxification.

A good, sweaty exercise also releases endorphins, giving you the "runner's high" as a reward.

TIP: If you're not achieving that reward, work out a little harder or longer until you get it.

Symptoms can improve.

Did you know that 92-95% of symptoms of diseases and disorders are under your control? Only 5-8% is due to your genes.

Diet, stress and lifestyle factors make up the largest portion of triggers of symptoms. I hope that gives you hope and helps you feel empowered. You can do it!

Check the poop

Sorry to be so gross, but the truth is, if you or your child isn't pooping at least once per day, a major route of detoxification is clogged.

Not only that, but roughly 70% of your immune system is located in your intestines, so a person with chronic constipation and/or diarrhea likely has a compromised immune system.

Some of the more common signs of a compromised immune system are:

- Dark circles under the eyes
- Red cheeks/ears after eating
- Chronic runny nose
- Chronic allergies
- Chronic ear infections
- Chronic sinus infections
- Constant sickness
- Acid reflux
- Projectile vomiting (babies)
- Colic (babies)
- Cradle cap (babies)
- Bloating belly



Get a good night's sleep

Most people, including children, just don't get a good night's sleep anymore. Deep restful sleep is necessary for the body to repair itself. Establish proper bedtimes so the adrenal glands don't go into overtime and cause undue stress.

Babies:	5:30-6:00pm
Toddlers:	6:30-7:00pm
Young children:	7:00-7:30pm
Older children:	8:00-8:30pm
Teenagers:	9:00-10:00pm
Adults:	10:00-11:00pm

Check your temperature

A basal body temperature (BBT) of 97.8° or less when taken under the arm for 5-10 minutes before leaving bed in the morning could indicate a possible hypothyroid condition.

Without a high-enough temperature, many metabolic processes in the body just don't happen, so a person with a low BBT is more likely to be fatigued and/or sick on a constant basis.

Check your blood sugar

Sure, we all know that there's a diabetes epidemic going on right now, but even non-overweight, athletic people are surprised to find out that they, too, are diabetic.

Common symptoms of excess blood sugar are:

- Increased thirst
- Headaches
- Difficulty concentrating
- Blurred vision
- Frequent urination
- Fatigue

Cut out the sugar

Sugar is as addictive as drugs! Sugar activates the same pleasure centers in your brain that hard drugs like morphine and heroin do, and you get a dopamine rush from consuming it. No wonder it's so hard to give up!

Sugar is pushed on us by an agricultural policy that subsidizes corn and sugar, making it a cheap and addictive additive to processed foods. Fifty years ago, the average American consumed about 20 pounds of sugar per year; these days, it's around 130 pounds. No wonder we're an obese nation.

Here are some reasons why you'll want to cut out the sugar if you're looking to improve your health.

- **Sugar feeds cancer.** Sugar in all of its forms, including high-fructose corn syrup, maple syrup, agave, etc., feeds cancer because it causes angiogenesis, the growth of blood vessels that feed a tumor.
- **Sugar suppresses the immune system.** Glucose, fructose, sucrose and other simple sugars cause a 50% reduction in the number of white blood cells that engulf pathogenic bacteria.
- **Sugar feeds *Candida* and other intestinal pathogens.** Candidiasis is a systemic, whole-body infection with the *Candida albicans* yeast. Sugar feeds *Candida* and other intestinal pathogens, which in turn suppress the immune system.
- **Sugar causes inflammation.** Sugary foods cause an increase of inflammatory cytokines. An overproduction or inappropriate production of certain cytokines by the body can result in diseases like heart disease, cancer and autoimmune diseases.
- **Sugar uses up valuable nutrients to process it.** For example, it takes a LOT of magnesium to process sugar, and magnesium is both woefully deficient in the Standard American Diet and necessary to calm the central nervous system.
- **Sugar causes adrenal fatigue.** Cortisol, made by your adrenal glands, controls blood-sugar swings. Too much sugar can cause excess cortisol production, leading eventually to adrenal fatigue, where your adrenals can't make enough cortisol to get you through the day with enough energy.
- **Sugar decreases your ability to concentrate.** A high-sugar diet leads to a lack of attention in children (and adults, too!) as well as an increase in adrenaline.
- **Sugar increases your appetite.** Sugar doesn't tell your brain that you're full and that you should stop eating, which is why you can scarf down a whole box of crackers or cookies and still be hungry.



Do an elimination diet

Food sensitivities and intolerances cause a different kind of immune response in the body, and they also cause chronic inflammation.

Testing for them is different than the typical "scratch test", and the best way to test for them is for you to do an elimination diet at home.

Remove the top allergens (gluten, dairy, eggs, corn, soy, nuts, tree nuts, fish and shellfish) for one week.

Add them back in one at a time every 4th day while keeping an eye out for unusual symptoms like headaches, rashes, inattentiveness, hyperactivity and constipation.

Be sure to keep a food journal as symptoms may take 2-3 days to appear.



Eat the rainbow

Naturally colorful fruits and vegetables contain high levels of vitamins, antioxidants and other phytonutrients that are beneficial to our health.

Fresher food is always better as it has more of these nutrients than canned or frozen food. An even better option is to buy locally grown produce because it won't be jet-lagged from traveling long distances.

Eliminate artificial food

Artificial food is not food, yet it's ubiquitous in processed foods as artificial colors, artificial flavors, preservatives and artificial sweeteners.

Artificial colors are typically made from petroleum and have been linked to hyperactivity, aggression, headaches, seizures and allergies.

Artificial flavors can contain neurotoxins.

Preservatives can promote tumors, impact the nervous and reproductive systems, and weaken the immune system.

Artificial sweeteners have been linked to seizures, headaches and muscular pain, as well as an increased appetite.

Bottom line: you want food as close to the source as possible. Food that will rot means it is a fresh food!

Work with me



I've given you some great tips to get started on your road to recovery. Whether you're dealing with fatigue, neurological disorders (ADHD, Sensory Processing Disorder, autism, PDD-NOS, Parkinson's, Lyme or multiple sclerosis), digestive issues or autoimmune disorders (lupus, fibromyalgia, etc.), I can help you go further and experience:

- More energy
- Less sickness
- Clearer thinking; more attention
- Better sleep; more sleep
- Less pain
- Less itching, redness, swelling
- Less abdominal pain or GI issues
- Less allergies
- Less anxiety, depression, tantrums, stimming or other behavioral issues

[Click here](#) to set up a consultation in your time zone.