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15 Essential Preventive Health Habits

****See *LINKS* for Free *Video Demos***** after List

#1. LYMPH MASSAGE is first on my list! - increase immune lymphocytes & T-cell activity, flush out mucus & microbes. Caution: a fever means that lymph nodes are overwhelmed, so massage should not be done until temperature is normal again.

#2. OIL Pulling - Take 1 teaspoon of organic coconut oil and squish it in your mouth first thing every morning, it grabs bacteria and deep cleans your gums. Spit out in garbage, not sink.

#3. Drink warm LEMON WATER - First thing after oil pull, and through out the day. Also great to add anti-microbial GSE Grapefruit Seed Extract drops. Can also add electrolytes.

#4. Salt-Water FLUSH ENT (ear nose throat) - SQUIRT your nostrils one at a time & snort out mucus, using bottle of sterile saline (for eyes), or saline nose spray. Better & more hygienic than a neti pot, GARGLE with salt water/saline or diluted hydrogen peroxide. SCRAPE your tongue!



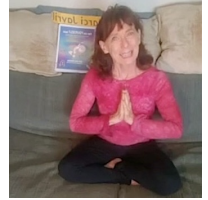
#5. DRY SKIN BRUSHING - Use a rough washcloth, natural bristle brush, or your fingernails. Gentle, repetitive feathering strokes towards the heart, that stretch the skin layers, will TICKLE, and increase lymphatic circulation. You can also use brush wet in the shower and scrub, for exfoliation.



#6. BOUNCE / Antigravity - Play on a Sports Ball! better than a mini-trampoline, it's safer & more versatile. Sit on couch, use ball like a footstool, and BOUNCE legs. Lay on floor and ELEVATE your legs onto ball.

#7. ELEVATE/ inversion - put your LEGS UP as high or higher than you heart as often as possible, with footstool, pillows, or lean them against wall. YOGA inversion poses are great - make it easy & comfortable at your own ability: down-dog, shoulder stand, or bring legs over head, arch backwards on edge of couch, or use ball.

#8. HUM/SING/BREATHE - Sound vibrates the Vagus Nerve, which is closest to the skin surface directly behind the ear lobe. You can also rub the boney area very slowly and gently to activate. Deep abdominal breathing balances the autonomic nervous system, kicking in the para-sympathetic rhythm, switching out of flight/flight and stress.



#9. VISUALIZE - pure ocean blue. THINK LOVELY THOUGHTS. Positivity has a dramatic effect, reducing stress, inducing relaxation. Mentalize your "happy place" with people & beauty that comforts your heart & soul. Put blue light bulbs around your home.

#10. EPSOM SALTS Bath - Use 1-2 cups Mineral Salts, can add 1/2 cup baking soda. Essential oils or herbs are optional. In the shower, combine soap & salts in your hand, wet yourself down, turn off water and scrub all over. Rinse well, this will have a similar effect, drawing out toxins through the skin.



#11. REFLEXOLOGY - Roll heel, arches & toes on a footsie roller, or wear reflexology inserts in shoes or slippers. Use 2 tennis balls tied together inside a sock, and roll entire bottoms of feet over them. Press with your thumbs & fingers, or use a vibrating massager to relax your feet. Bottoms of your feet contain reflex points for all internal organs and body parts, so pressing on them will activate health & balance.

#12. SPINE MASSAGE - Use 2 tennis balls tied together inside a sock and roll them on either side of the spine for a great massage. Lay on floor, or lean against a wall, or sturdy couch. Use a vibrating massager to relax shoulders and upper back, by leaning up against it, support with pillows, on a chair or couch.

#13. STRETCH SPINE R.O.M. Range of Motion - The spine is designed to move thru 6 directions (bend forward, arch back, side stretch R+L, twist R+L). A thorough sports warmup, stretch, Thai massage, yoga, or chiropractic routine will encompass testing & trying to equally strengthen & elongate all 6 of them. To make a permanent change in elasticity, you MUST HOLD at the line of resistance for AT LEAST 90-120 seconds. [no pain, no bouncing].



#14. SUPPLEMENTS (suggested) - Vitamin C up to 1,000mg every 4 hours. Vitamin D3, Omega 3-6-9, Turmeric & Black Pepper Formula, Kyolic Garlic, water clustered Silvercillin Liquid (NOT colloidal), Probiotic, Enzymes, Electrolytes, Daily Vitamin&Mineral age appropriate, CoQ10, Ha-Collagen Formula, Ginger, Wild Raw Honey.



#15. EXERCISE + PLAY! - MOVE free style to music, to poetry, during the news, while listening to audio program, while singing, dreaming, wishing, frustrated, planning, celebrating, let it out and make SOUNDS to release & truly experience your EMOTIONS!
^This may be the last item on List, but it can be the FIRST thing you DO!

BONUS: Try Something New at home ideas

Become Mindful with flowarts! hoop, contact staff, flags, staves, juggle, poi, fans
Workout with free weights, ankle weights, resistance bands. Follow personal trainers
Do a ballet barre at home, follow a jazz class on youtube, learn a tap routine
Pick a challenge on Tik Tok and challenge your friends

Find an inspiring music video and follow along, dancing or lip syncing
Have a frenzied dance experience, turn up a favorite song, let loose!
Learn how to do a headstand, handstand, balance something on your hand
Learn a magic trick, build something, fix something, throw stuff out
Repurpose stuff you've got & make a creative collage or vision board
Paint or draw with Other hand. then use dominant hand. Use both at once!
Read poetry out loud, do karaoke, play drums or percussion from kitchen

Do slow motion stretches, prowl like wild animal, make jungle sounds
File old photos, consolidate onto harddrive & thumbdrives, print some out
Sew, mend, repair, invent, cut, remake, recycle your clothing & costumes
Wash your ceilings, walls, windows, carpets & floors - THAT's a workout!
Watch documentaries, nature, science, comedy, travel on free channels
Online - Take a tour of a museum, read magazines, download free ebooks

****LINKS for YOUTUBE VIDEO DEMOS ©2020**

15 Preventive Health Habits
- <https://youtu.be/1DAv3UxOGAo>

Your Body of Water: lymph massage explained
- <https://youtu.be/3NxHU0oR588>

Lymph Facial: Melting Touch Method©
- <https://youtu.be/87QAE02nD5c>



Brain balance yogic breaths

- <https://youtu.be/1eM1lmExUDE>

Beautify + Tone Face - Lymph Massage

- https://youtu.be/HBcrt1_j624

Scalp massage for brain fog

- <https://youtu.be/ViFJG-DTHOQ>

Pull your Ears! Relax skull

- <https://youtu.be/hbNAJUGOkR0>

Fake Face Lift, relax TMJ

- <https://youtu.be/zKmKrXfCa2c>

Move Emotions, use a prop! dance therapy

- <https://youtu.be/mbJCp9wP4TA>

Body Yin/Yang Meridians - self-massage

- <https://youtu.be/gmX0CSp6a3s>

Crazy Fun Dance! Express Yourself

- <https://youtu.be/XPZo-NIVWX4>

Clear Lungs & Decongest Chest

- <https://youtu.be/f4O19pZkRzQ>

Foot Massage & Reflexology

- <https://youtu.be/4yM2s7R9pPg>

Salt Water Flush for sinuses + throat

- <https://youtu.be/ZqonIR0yB68>

Tickle for Health! Dry Skin Brushing

- <https://youtu.be/qGtIhjYDAHw>

Easy Stretch on Couch - yin yoga

- <https://youtu.be/BGkeZYUm8c>

Bounce on sports ball for lymph health

- https://youtu.be/H5HPYo_DlxM

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