

6 Essentials For Life

While creating B.E.S.T., Dr. Morter, taking a holistic approach to health, focused on the Six Essentials for Life. According to Dr. Morter, “Health – or disease for that matter – is an effect, the offspring of our conscious choices in six essential areas of life.”



1. What We Eat

Eating a plant-based diet of approximately 75% fruits and vegetables will help to keep the body alkaline as they are the easiest for the body to digest. Whereas too much “party food” creates more acid in the body which can cause fatigue, or inflammation and lead to pain throughout the body.

2. What We Drink

Drink plenty of water throughout the day, room temperature is preferred, to flush out toxins and allow the body to absorb the water. You can add lemon to your water to increase hydration (absorption increases with citrus). Keep the alcohol, caffeinated drinks and soda to a minimum. These drinks dehydrate the system and can also cause fatigue, dizziness or headaches.

3. How We Breathe

Breathing in a clean environment is clearly important. Conscious breathing is beneficial in times of stress and overwhelm. Dropping your attention into the belly and breathing from the core takes our attention out of the runaway mind and sends a signal to the brain that all is well.

This both calms the mind so that we can make clear choices and oxygenates systems in the body.

4. How We Exercise

Exercise is a key component in feeling well and mandatory when we're eating both more food than usual and rich foods that our body may not be used to. Getting your heart rate up will boost your metabolism, where strength training will maintain muscle tone. If you're not an athlete or a gym rat, walk! It's convenient and the contralateral movement keeps the left brain and right brain communicating, which is once again important to keep the mind clear for healthy, conscious choices.

5. When We Rest

Rest is not just a good night's sleep. I have clients that literally fall asleep on my table because most people don't take a moment, let alone 10-20 minutes to simply "be" at some point throughout their day. Sitting mindlessly on a park bench or a silent place in your home, or perhaps in nature if it is available, can be very calming. Try this, without a laptop computer a cell phone or even a book. Comfortably sit or lie down and quietly rest both the body and the mind.

6. What and How We Think

Thinking is the clincher here. Overthinking and negative thinking are big culprits of taking us out of the game completely. Be aware of what's running through the brain and possibly causing more angst than you need. If you don't already have a meditation practice or prior to a meditation practice, set the intention to pause in the moments of crazy, consciously release the over thought or negative thought of the hour and clear away what isn't serving you in that moment. Using the breath, as stated above is wonderful way to support this process.