

Daily rituals OF NATURAL HEALTH EXPERTS

Leading wellness experts reveal the daily practices that invigorate and sustain them. By Bonnie Bayley

It's been said that what you do every day matters more than what you do every once in a while, and that's particularly true when it comes to your health and wellbeing. Introducing even one small, positive habit into your daily life can have a big impact in the long-term, as these experts explain.

Daily ritual: DRINKING APPLE CIDER VINEGAR



Victoria
O'Sullivan,
naturopath

"One ritual that I swear by is two capfuls of apple cider vinegar in a glass of water, sipped with each meal. Apple cider vinegar increases stomach acid, helping with the digestion of protein and the absorption of minerals like iron, magnesium, zinc and calcium. With improved protein digestion, you feel full for longer and have less crashes in energy following your meal.

I choose unfiltered apple cider vinegar that has the 'mother', a cloudy substance that contains good bacteria."

Daily ritual: YIN YOGA STRETCHES



Duncan Peak,
founder of Power
Living yoga

"I do yin yoga as soon as I wake up each day. Cats and dogs get up in the morning and stretch. They want to bring a sense of fluidity back to the body, and we are no different.

Yin yoga uses the same stretches you see in vinyasa (flow) yoga, but you hold poses at 60 per cent effort, for up to five minutes. It focuses not just on releasing muscles, but targeting connective tissue such as fascia. Each morning I do four to six poses, and each pose leaves me feeling like I have regained full range of flexibility, with abundant energy flow."

Daily ritual: MEDITATION



Rebecca Campbell,
spiritual teacher
and author of *Light
Is The New Black*

"My daily wellness ritual is a form of meditation called Light Sourcing. For less than 15 minutes, you 'hand over' the things that you are striving for, struggling with and trying to heal, and allow yourself to be replenished.

It's an ultimate prayer of surrender, where you connect with the 'universal source energy' and allow yourself to rest, be filled up and receive the gifts the universe has for you.

This daily ritual enables me to connect with my intuition and fill up my inner well, so I'm not running on empty."



Daily ritual: BREATHING THROUGH THE NOSE



Mim Beim, naturopath
and author of *Natural
Remedies: An A-Z of Cures
For Health & Wellbeing*

"Every day, I practise a breathing technique called Buteyko. It involves breathing slowly through the nose, instead of the mouth. Throughout the day, I'll bring awareness to how I'm breathing – it's basically mindfulness in action. It improves circulation and oxygenation and switches on the parasympathetic (relaxing) nervous system.

Since I've been practising it, I've had no asthma or hayfever and my anxiety levels are way down. I'm able to cope with a lot more and even if I am faced with stressors, I respond to them better."

Daily ritual: AFFIRMATIONS



Dr John Demartini,
performance and
behaviour specialist

"I have a list of internal dialogue statements or affirmations that I say to myself every morning. I've been doing this since I was 18, and I don't think there's anything on my list that hasn't come true. I have hundreds of them, but some examples are: 'I love what I do and I do what I love'; 'I'm an international professional speaker travelling the world inspiring millions of people to live extraordinary lives'; 'I'm a master of persistence, presence, love and gratitude' and 'I'm a prolific writer and a prodigious encyclopaedist'. They serve as a reminder of what's highest in priority to me, because if you don't fill your day with high-priority actions that inspire you, your life will fill up with low-priority distractions that don't." ▶

Daily ritual: TAKING A HERBAL FORMULA



Dr Vishal Sharma,
practitioner at the
Ayurvedic Wellness
Centre Sydney

"My daily wellness habit is taking an Ayurvedic herbal compound called triphala. I take it early in the morning with two glasses of warm water on an empty stomach.

Triphala (the legendary 'three fruits in one') has been used for thousands of years in India. It is made up of three components: haritaki, a liver and digestive aid, amalaki, a super antioxidant, and vibhitaki, a colon cleanser and detoxifying herb. The key benefits I get from taking it include detoxifying the liver and whole body, improving metabolism and reduced *ama* (undigested food residue) accumulation."

Daily ritual: LETTING IN THE CHI



Carolyn
McCallum,
director of Feng
Shui Harmony

"Each day I welcome the *chi* or positive energy into my home. I do this by opening the blinds in my bedroom and letting the light flood in. I also open the windows to allow the fresh air in. This ritual enables *chi* to flow via light and air into my sacred space. I take a moment to stand there and breathe in the *chi*, which welcomes the energy of the day."

Daily ritual: AN EVENING WIND-DOWN ROUTINE



Dr Nat
Kringoudis,
Chinese medicine
practitioner

"My sleep routine before bed is a priority. I ensure all devices are shut down by 10pm, to give my eyes a rest from the blue light emitted from screens, which can confuse our brain with day and night. I generally then have a shower, and then read for 30 minutes.

Once I'm in bed, I do some diaphragmatic breathing. I've



found this routine gives me more restful sleep, more balanced hormones and less signs of excess oestrogen in my body, which leads to issues like long menstrual cycles and weight gain."



Daily ritual: RECONNECTING WITH ONESELF



Cassie Mendoza-
Jones, naturopath,
kinesiologist, author
of *You Are Enough*

"I make time each day to tune into myself and reconnect with my own energy. Some days it's just making time for a yoga class, on others it might be more involved, such as doing some journaling, using energetic essences and oracle or angel cards. Other times, it might be a short meditation or a walk around the block.

It's important for me to do this because life is busy! Some days I feel a little bombarded with outside 'stuff', so tuning in helps me to clear what I no longer need, which helps if I'm feeling overwhelmed."

Daily ritual: PRACTISING GRATITUDE



Sharon Kolkka, general
manager and wellness
director, Gwinganna
Lifestyle Retreat

"As soon as I wake, I consider what I'm grateful for. Sometimes this is as simple as a comfy bed or being able to breathe clean fresh air, because I live in such a beautiful environment. Even in the face of grief or disappointment, there's always something positive in our lives, for example, having eyesight or a home. I then meditate, sometimes just for five minutes, noticing my breath and setting an intention for the day.

This ritual helps me begin each day in the parasympathetic or 'rest and digest' nervous system, balancing my mind and body and preparing me for the day's challenges."

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