



Naturopathic Foundations

Determinants of Health

The following are the key lifestyle and daily choices that impact health. When on the path of disease prevention and health promotion, identify the factor(s) that need work and start with those.

| Category | Status | Priority | Next Steps |
|---------------------------------|--------|----------|------------|
| Intention of Health / Healing | | | |
| Spiritual Connection | | | |
| Psychologically Strong | | | |
| Water | | | |
| Breathing | | | |
| Healthy Diet | | | |
| Ability to Eliminate Toxins | | | |
| Sleep | | | |
| Movement & Exercise | | | |
| Alignment (posture) | | | |
| Healthy Regimen | | | |
| Alkaline Personal Care Products | | | |
| Personal Hygiene | | | |
| Clothing & Shoes | | | |
| Time Spent Outside | | | |
| Supportive Relationships | | | |
| Respect Bodily Urges | | | |



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Determinants of Health

Health is an innate, complex process. Achieving and maintaining health starts by addressing the many determinants of health. Your naturopathic doctor will assist you in assessing your current status and in outlining the steps that are required for improvement. Check out our website at www.naturopathicfoundations.ca for detailed information on each of the determinants of health.

Intention of Health & Healing – A person’s intention overrides everything. Having an intention of optimum health influences the choices that you make and keeps you on the path of health and healing.

Spiritual Connection is about having a sense of a purpose, a feeling of being connected to something. It is about having a desire for life and living. It is what motivates and fulfills you. It defines how you see yourself in relationship to the greater universe.

Psychologically Strong relates to effectively dealing with thoughts and emotions and recognizing that the mind is able to override a person’s physiology and structure. It relates to a person’s self-talk, how they speak and their sense of personal empowerment.

Water is essential to health and is involved in all bodily functions. A person requires ½ their body weight in ounces each day.

Breathing is the ultimate sign of life. Aim for breaths that are deep, slow and that expand the belly. Breathing is a reflection of how a person engages with their life and is measured partly by the freedom to inhale and exhale with ease.

Healthy Food involves eating food that is appropriate in quality and quantity for your age and constitution. It is about choosing an alkaline diet of balanced portions, with choices that support individual health.

Ability to Eliminate Toxins is essential to health. Primary routes of elimination include urine, bowels, perspiration, breath, voice and menses/ejaculation. Improving the body’s ability to eliminate toxins is often the first step to health.

Sleep & Rest are best when they are in-line with the circadian rhythm. Adults require 7 – 9 hours of restful sleep a night.

Movement & Exercise. Movement of all body parts is an essential aspect of health. You want to ensure that your exercise complements your life and is specific for your individual constitution and concerns. Generally you want to engage in about 5 hours of movement per week.

Alignment (Posture) influences the internal functioning of every system of the body. Become aware of ideal posture and learn to pay attention to your posture when standing, walking, sitting and exercising.

Healthy Regimen is about recognizing that health and healing follow a number of cycles – the circadian rhythm (daily), lunar (monthly) and seasons. Ideal daily regimen varies with a person’s age and constitution and with different conditions and diseases.

Alkaline Lifestyle is about reducing or eliminating acidic factors such as smoking, alcohol, time spent on a computer, cell phone or PDA, the amount of prescription or recreational drugs, and the time spent “surrounded by concrete.” It is about choosing natural options for personal care products, household chores, gardening, hobbies and renovations.

Personal Hygiene includes brushing and flossing teeth, washing hands before meals, and regular bathing. Proper hygiene is one of the primary steps to preventing acute illnesses.

Clothing & Shoes. Wear clothes and shoes that fit and that allow your body to move freely without constriction. Choose natural fibers so that your skin can breathe.

Time Spent Outside. Ideally you want to spend at least 20 minutes outside each day and you want to choose to spend more time in nature as part of any healing journey.

Supportive Relationships. Having a partner, family and friends that are supportive is important for health. For some, their support comes from their work or community. It is also important to be able to express yourself freely in your relationships.

Respect of Bodily Urges. Belching, releasing gas, coughing and sneezing are all natural bodily urges and are the body’s way of maintaining health. It is best to allow the body to express at will. If bodily urges are chronic or annoying, it is important to address the causal factor(s) that require(s) this reaction in the body.