

## A Wellness Home - Your First Line Of Defense

Why have a wellness home? Your home is your family's first line of defense. You need a home that becomes an environmentally safe haven from the outside world of industrial pollution, water contamination, and nutritionally deficient foods. Added to these factors are recent reports of high levels of indoor pollution, expensive but ineffective water solutions, our family's stress, lack of exercise and relaxation. A wellness home is surprisingly affordable and comes with huge family benefits, from newborns to grandparents.

**REST and RELAXATION: Step 1: Improve you family's quality of sleep**

Quality rest and relaxation is the foundation of your family's health. Current statistics from the National Sleep Foundation cite 74 or more of the human body is water, replenishment and true hydration aids all functions. The brain thinks more clearly, digestion is enhanced, energy is balanced and the immune system improves. Eight or more glasses of water per day are minimum for most of us. Also as the skin is the largest organ in the body and easily absorbs chemicals and contaminates through skin cells, a shower filtration system is an important addition.

**AIR FILTRATION: Step 3: Combats flu, airborne viruses, allergies by breathing good air**

Air filtration is the second part of the environmental element. It has been reported by the Center for Disease Control and Prevention that one of every six high school students suffers from asthma. In some regions, asthma is the leading cause of absenteeism in schools (LA Times, 2005). Air pollutants are endangering family members in the home, with cleaning supplies, unhealthy levels of ozone, dust mites, and mold, all of which could be minimized with portable air filtrations systems that include hepa-filters and negative ionized air.

**NUTRITION: Step 4: Commit to nutritional and whole food supplement support**

Promote prevention in your family's health. Invest in the quality of whole food supplements that are prepared to preserve the highest level of vitamins, minerals and nutrients. They support the immune system and boost overall health. This is one instance of taking the guesswork out of your family's daily nutritional needs.

**FITNESS: Step 5: Don't sabotage your efforts-keep it simple, fun, and enjoy**

Find opportunities to enjoy exercise with your family. Fitness activity is a metabolic booster, stress reducer, a relaxation and sleep enhancer. The American College of Sports Medicine recommends 20 minutes of continuous activity 3-5 days a week for adults, more for children. Remember to integrate stretching, which will save you and your family members unnecessary injuries.

Today we know that it is not our doctors or society who are ultimately responsible for our health or the health of our families. It is our taking ownership that will determine your family's health and safety. Creating a wellness home is your first line of defense. To learn more about how you can start or complete your Wellness Home, go to <http://www.nikken.com/genesisgroup>

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### About the Author

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