



Body Re-Alignment Blueprint™

Learn how the stress of everyday life interferes with *The 5 Pillars of Health and Vitality*

Lasting Health and Vitality are built on 5 Essential Pillars

The 5 Pillars of Health and Vitality

Pillar 1: Hydration - Your body depends on water to survive. Every cell, tissue, and organ in your body needs water to function properly. Your body uses water to maintain its temperature, remove waste, and lubricate joints.



Pillar 2: Oxygen - Oxygen is the fuel that allows our cells to produce energy from the food we eat. As the body works to release the energy stored in our food, oxygen must be supplied to the cells and carbon dioxide must be removed.



Pillar 3: Nutrition - Food is made up of nutrients. Micronutrients such as vitamins and minerals are needed only in small amounts. Macronutrients such as carbohydrates, protein, and fat are needed in larger amounts. The body cannot function properly if one or more nutrients is deficient.



Pillar 4: Detoxification - This is the process of removing poisonous, harmful, and unwanted substances from the body. By eliminating existing toxins and avoiding new toxins, the body can remain strong and healthy over longer periods.



Pillar 5: Physiology - Focuses primarily on how the body moves, and the structure and function of some of the major organ systems. It is the foundation upon which we build our knowledge of how to treat disease, and how to cope with stress from different sources as it acts on the body.



Stress from Daily Life

- Aging
- Previous trauma (physical, emotional, mental)
- Past injuries (physical)
- Poor Eating Habits (processed foods)
- Sleeping Disorders
- Work/Life Imbalance
- Toxic Relationships (Divorce, separation)
- Exposure to toxic substances
- Environmental toxicity
- Radiation
- Money-related stress
- Hereditary Challenges

How Stress Interferes with the 5 Pillars

1

Pillar 1: Hydration - De-Hydration is the loss of water and salts from the body. When too much water is lost from the body, organs, cells, and tissues fail to function as they should, which can lead to dangerous complications.

2

Pillar 2: Oxygen - When the body, tissues, and cells, fail to receive sufficient amounts of oxygen a number of systems in the body can be negatively affected. It can cause blood vessels in the lungs to narrow, increase your heart rate which can cause the heart to expand and weaken. It can also be harmful to brain function, physical ability, as well as sensory and motor skills.

3

Pillar 3: Nutrition - When the body is malnourished a host of problems can arise. Reduced muscle and tissue mass, decreased mobility and stamina, increased chance of respiratory problems and infections, in addition to slower immune response, and fertility issues.

4

Pillar 4: Detoxification - When toxins are not properly expelled from the body they can make you susceptible to disease and illness. Often times toxins will bind to hormones which can slow your metabolism and cause weight gain. Toxins can also affect the structure and function of cells and cause a host of autoimmune disorders. Detoxification is important because it can literally reverse the symptoms of illness.

5

Pillar 5: Physiology - When the body's organs, muscular, and skeletal systems are weakened, cells, organs, and tissue can age prematurely, and can create compounding problems in the joints and ligaments, as well as overall circulation.

Key Takeaways: A breakdown in one or more of the 5 pillars has a compounding negative effect throughout the body that, if not checked, can produce chronic physical pain, digestive disorders, and hormonal imbalances making it difficult to restore health.

Key Takeaways: The body is a complete system and when all 5 pillars work as intended, is capable of maintaining optimal health and restoring itself from stress and trauma.

Curious about your 5 pillars? Speak to a BodyMaster specialist today. visit us at : www.bodymastertherapies.com/insight