

THE 5 MINDSETS OF A
Natural Health
LIFESTYLE

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Credentials & Acknowledgements

Credentials

Wendy Selvig is a Certified Aromatherapist and a Certified Raindrop Specialist. She has been a paid natural health researcher for a non-profit organization for over 15 years. She is also a Young Living Independent Distributor #1062622.

Acknowledgements

I would like to thank my Heavenly Father for leading me on the journey of living a naturally healthy life. I'd like to thank Dr. Sutton (my naturopath), Sera Johnson (a very naturally minded close friend), and every naturopath and chiropractor who has influenced me towards choosing the natural way.

Thanks also to my family, who supports this journey and keeps an open mind.

The Natural Health Lifestyle

I've worked as a natural health researcher for over 15 years. The non-profit organization I work for has found natural solutions for major illnesses like HIV and cancer. In my line of work, I've interviewed many naturopathic doctors and naturally minded people. I realized that there are several mindsets that naturally minded folks have that others don't. I feel like these mindsets help you to make the right decisions in life towards health and for living a long and healthy life. The purpose of this booklet is to share these mindsets with you.

I have a more in-depth class that I teach on these mindsets, if you'd like to listen to a recording of this class, please email me at Info@theoilyacademy.com for a link.

Mindset #1: Choose Natural over Synthetic

This first mindset is the foundation of choosing a natural healthy lifestyle. Are you ready for it? Here it is: *Whenever you are given a choice, choose natural over synthetic.* This means in your food choices, your supplement choices, your medicines, personal products and cleaners.

When it comes to food, if you choose a living, raw food like an apple or a carrot, that food comes complete with enzymes designed to break it down. If you choose a cooked or processed food, your body will have to borrow enzymes from your pancreas to break it down. Our bodies make some enzymes and some researchers say we have a finite pool of enzymes that we are born with. If our bodies have to borrow from this pool too much, we will be lacking enough enzymes for our bodies to work well when we are in our elderly years. Research does show that people in their 70's have half as many enzymes as people in their 20's. I like to suggest people take Essentialzyme enzymes from Young Living to provide your body with extra enzymes to break down your cooked and processed foods, and to save those finite enzymes for your future years.

When it comes to medicines, we can choose pharmaceutical drugs or we can choose medicinal herbs or essential oils. Of course, you should always consult with a naturopathic doctor or your regular physician when it comes to your personal health. But you should know that there are options from both worlds for most health issues. Pharmaceutical drugs often come with side effects and natural supplements and oils usually don't have any. Talk to your naturopath about natural medicines for you and your family.

Be mindful of everything that comes in contact with your skin and lungs. Lotions, shampoos, soaps, lubricants.... We live in denial and assume that if it is sold on the supermarket shelf that it is safe. That is not true! The worst offenders to the human body are cleaners! Choose natural plant-based products that do not have any harsh chemicals in them. You don't have to burden your body to kill microbes. There are plenty of things in nature that do that without harming the body.

Mindset #2: Remove and Lessen Your Toxic Load

The EPA says that over 80,000 chemicals are presently used in the USA and less than 2% have even been partially evaluated for safety by the U.S. government. The EPA considers more than 75% of these chemicals to be hazardous to human health. Most people think the government would not allow toxins in the products we use, but that is simply not true. You are the gatekeeper of your own home and your body. You have to decide what comes in and what comes out of your home.

Consider replacing all of your toxic house cleaners with Young Living's Thieves Cleaner. It is a concentrated cleaner that ends up being cheaper than Clorox. It kills bacteria and microbes and yet is plant based and safe for contact with your skin. It keeps your pets and children safe from toxic exposures as well.

Make your own laundry soap or use Thieves laundry soap to guarantee you aren't burdening your body. Young Living has a whole line of shampoos, dish soap, dishwasher soap, laundry soap, massage oils and a complete line of toxin free makeup. Choose natural to keep the toxins off your skin and out of your lungs.

Mindset #3: Understand Nutrition

The United States is in a farming crisis. Because of high yield farming practices, many nutrients are not being put back into the soil. Some nutrients haven't been replenished correctly for as many as 50+ years. The fruits and vegetables we are eating today are said to be 10 times less in vitamins and minerals than the fruits and vegetables of our grandparents' day. Understand this to know we unfortunately need to supplement.

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As of 2020, the USA's top ten deficiencies are Vitamin D, Omega 3 fatty acids, Sulfur, Magnesium, Calcium, B Vitamins, Vitamin K, Vitamin C, Zinc & Iodine. Sulfur is practically unknown as a deficiency because when the USDA made their chart of necessary nutrients, they didn't know how much sulfur a person needed and so they left it off the chart. It is said that every North American is across the board deficient in sulfur. That being said, I like to tell people about the supplement that Young Living has called Sulfurzyme. It is not the same as sulpha drugs and if you are allergic to sulpha drugs, you aren't going to be allergic to Sulfurzyme. Sulfur regulates the inflammatory process and brings relief to many who have discomfort in their joints.

Master Formula and Ningxia Red, two of Young Living's top supplements cover ALL of the deficiencies except for sulfur. And we are so fortunate that Young Living also carries the Sulfurzyme. With these three supplements, you can cover all of your needed vitamins and minerals.

Mindset #4: Learn to Research

Get familiar with Pubmed.gov and other research websites. Be willing to look online for natural solutions to your health issues and don't give up until you find the right answers. Get a naturopathic doctor in your life and visit him/her several times BEFORE you get a scary diagnosis so you trust their judgement and you have a natural second opinion.

Mindset #5: Learn the Body Systems

Body systems are important to know because in the natural world, prevention is worth so much more than curing. You can learn what essential oils and supplements support each body system and you'll know immediately what to use when something goes wrong.

For example, knowing that lemon oil supports the excretory system and specifically the kidneys, any time you have any issue with any organ in that system, you can have confidence that lemon should be a part of your health supporting regime.

Here are a few of the basic body systems and oils that you can use to support them:

1. Endocrine system: Frankincense, Valor, Endoflex, Progessence Plus (for women), Dragontime (for women).
2. Cardiovascular system: Lavender, Peace and Calming, Joy
3. Muscular/Skeletal system: Valor, PanAway, Peppermint, Lavender
4. Immune system: Thieves, Lemon, Frankincense, Oregano
5. Nervous system: Frankincense, Peace & Calming, Lavender
6. Digestive system: Peppermint, Lemon
7. Respiratory system: Frankincense, Peppermint, Idaho Blue Spruce, Raven, Eucalyptus Radiata or Globulus
8. Skin and Hair: Frankincense, Lavender, Purification

Conclusion

This booklet contains the main points of a much more in-depth class taught by Wendy Selvig. If you'd like to know more, contact her for a link to watch the recorded class online. Contact her at Selvigfamily@gmail.com. All material in this booklet and the idea of the 5 mindsets of Natural Health are copyrighted 2019 by Wendy Selvig.