HEALTHY *primal* LIVING
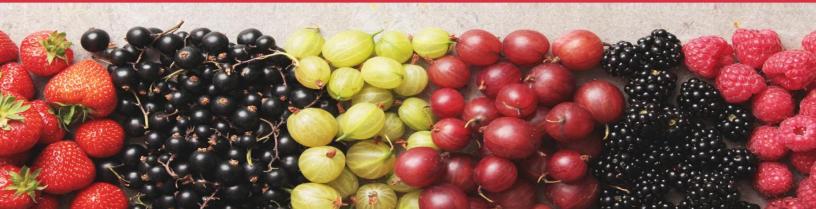
DISCOVER HOW TO LIVE AND EAT LIKE A CAVEMAN TO BECOME HEALTHIER AND CHANGE YOUR LIFE…

Healthy Primal Living Cheat Sheet: Top Ways to Live More Naturally

You've read the ebook, you've seen the mind map and hopefully you've started applying some of these changes to your lifestyle so that you can start living healthier and more primal.

But perhaps you're still slipping up in some areas and maybe you're making a few mistakes that come with modern living. This Healthy Primal Living cheat sheet will bring you up to speed and share some of the best ways to start being healthier and getting back to your roots…

Less Screen Time!

Your body was not designed to spend all its time looking at screens. Screens trigger a stress response due partly to nature of the light they create and partly due to the need for constant concentration.

That would be bad enough but it gets a lot worse once you start introducing multiple screens and you begin and end every day with the screen.

Try introducing these few rules to start feeling fresher and less 'wired':

- No more than one screen at once
- No watching TV 'for the sake of it' – only watch when there's something you're interested in on
- No screens 30 minutes before bed – this will prevent your brain from releasing cortisol in response to what *it* thinks is sunlight. This in turn will help you to produce more melatonin and to sleep more heavily.
- No screens first thing in the morning – as soon as you check your email you'll be in a 'reactive' state of mind rather than a proactive one. Complete your 'morning routine' first.

Posture

Most of us have poor posture the vast majority of the time. This is particularly true if you sit at a desk for long hours with your shoulders hunched and your arms forward.

One quick fix for this is to tense your transverse abdominis by trying to 'pull' your navel in towards your spine. This will automatically encourage you to straighten up and will give more support for your back.

Sit Less

Better yet? Sit less.

One way to do this is by investing in a standing desk. Use this whenever you're doing a more 'mindless' task like answering emails and don't need to be highly focussed.

It's believed that in the wild, we wouldn't have sat at all and would instead have squatted. This is what you will see primitive tribes doing to this day.

Try squatting in front of the TV, standing on the bus and getting up for walks. This way, you'll avoid the stiffness and muscle shortening that can come from maintaining the same unnatural posture for long periods of time.

Take Cold Showers

Primitive man would only have been able to wash himself in the sea or in lakes – and actually this has a lot of benefits. A cold shower can help you to improve your testosterone and even your fertility (for men) while it is also great for burning calories and increasing focus by raising norepinephrine.

Best of all, cold showers are harsh. It's the last thing you want to do first thing in the morning and this takes a large amount of mental discipline and will power. This is the kind of hardiness we've lost by spending all day indoors in the warm. Time to toughen up!

Forget Bags

You know what else you wouldn't have done in the wild? Carried bags all day. If you have a shoulder bag or backpack, then you're placing unnecessary strain on your back and creating and uneven posture that your body will have to compensate for. Try to prevent this by getting bags with handles and holding them in one hand instead.

Spend Time With Animals

Want to make your trail running even more authentic? Some people believe that primal man may have hunted alongside packs of wolves.

In his book, *The Rise of Superman*, Steven Kotler suggests that running with dogs may help us to get into a highly focussed and natural 'flow state'. I'm not sure about all that, but taking your dog for a run in the woods is a great way to reconnect with your innocent sense of fun, adventure and curiosity!

View Faces in the Morning

Seth Roberts suggests that we are happier when we see faces first thing in the morning. In the wild, we would have lived in settlements with lots of people whereas today we often live in smaller groups of 2, 3 or even one.

Hanging photos of your friends and relatives around then may help to boost your mood on an unconscious level and help you to feel a little less isolated!

Get More Sunlight

Many of us don't get enough sunlight, which leads to vitamin D deficiency and even SAD (seasonal affective disorder). To start getting more sunlight, you should create the aim of walking more. This has also been shown to improve mood and creativity – especially when we walk in natural environments.

If you can't get in more walks, consider investing in a lamp that will simulate natural daylight.

Add a Plant to Your Desk

A plant on your desk can be registered unconsciously by your brain as being subjected to a natural environment. This has been shown to help lower blood pressure and in doing so, to reduce stress and improve productivity.

Of course it also follows that sitting by a window and looking out at a garden can have even better effects!

Go Barefoot

If you're not up to barefoot running yet, try spending some time in your garden in bare feet. It's an oddly therapeutic feeling being more connected with the ground beneath you and it will help you to start developing some more strength, dexterity and feeling in your feet and toes.

Breathe Properly

Take note of how you breathe. If your chest moves first then you aren't breathing the way you're naturally designed too and you may be limiting the amount of energy your body is getting as a result. Move the abdominals first, making way for your diaphragm to drop into the cavity and let your lungs expand from the bottom.