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The 7 Essentials for Health

Without the proper building blocks our bodies can't repair & rebuild as they were designed to

In an **ideal world** we wouldn't need nutritional supplements, but as it is we live in heavily poisoned world where we can no longer get all of our nutrition from food. We've spent **years** trialling different products and brands, and have narrowed it down to a select few that tick all the boxes. Like all things we focus on, these are **the 20% that bring 80% of results.**

The 7 Essentials:

- Tissue Salts
- Magnesium
- Vitamin C
- Boron
- Fermented foods/Probiotics
- Vitamins D3/K2
- Intermittent Fasting



*P.s. Keep an eye out for **exclusive discount codes** for Schuessler and Time Health. These will be shown at the bottom of each relevant “Essential”.*



Essential #1: Tissue Salts

Tissue salts are the **12 vital minerals** that our bodies need: they support cell metabolism, regulate mineral levels in the cells, and promote healing processes. Proper mineral balance is necessary for normal cell function; when our blood lacks the necessary nutrients we can **become prone to illness**. Tissue Salts provide our cells with the essential nutrients they need, improve the absorption of nutrients we ingest, and encourage overall good health.

The basic principles

- Our bodies are composed of an enormous number of tiny, living cells. Each one is made up of perfectly balanced quantities of water, organic substances & inorganic substances
- The inorganic (mineral) elements are the vital part; the active “workers” which build our millions of bodily cells
- If our blood lacks the necessary quantities of these life-giving elements, then the rebuilding process fails and ailments occur.
- If you would like to learn more then you can watch our informative video about tissue salts [here](#)

What causes tissue salt deficiency?

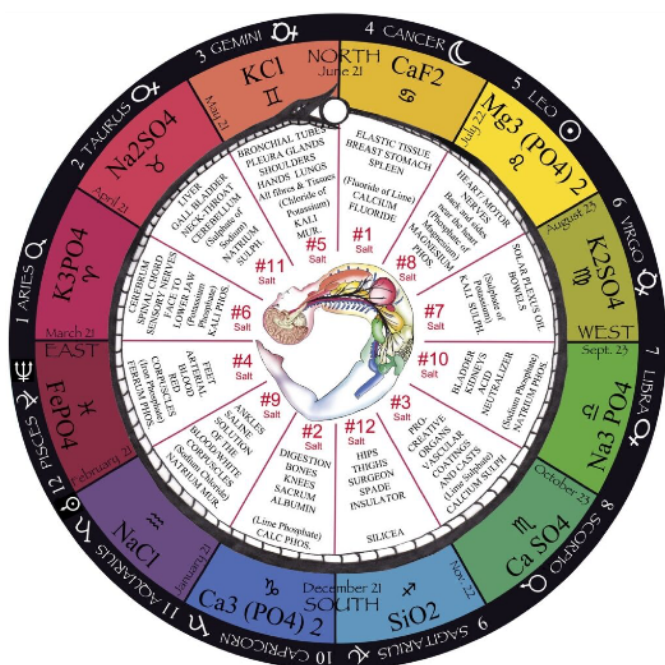
- With today’s reliance on highly processed foods, keeping a healthy balance of minerals in the body is often difficult
- Lack of a particular tissue salt can be caused by **stress, poor diet, pollution or injury**
- This may cause a blockage in the cell’s regulation, which can be corrected by providing the correct tissue salts
- We’re also **naturally deficient** in specific salts depending on our birth date, you can learn more about this on our [blog post](#)

The 12 Tissue Salts

- Calc fluor (Calcium flouride)
- Calc phos (Calcium phosphate)
- Calc sulph (Calcium sulphate)
- Ferr phos (Ferrum phosphate)
- Kali mur (Potassium chloride)
- Kali phos (Potassium phosphate)
- Kali sulph (Potassium sulphate)
- Mag phos (Magnesium phosphate)
- Nat mur (Sodium chloride)
- Nat phos (Sodium phosphate)
- Nat sulph (Sodium sulphate)
- Silica (Silicon dioxide)

What they're used for

- Ligaments, blood, muscle strain
- Bone, teeth, connective tissue
- Skin disorders, bile, wounds
- Minor inflammation, redness
- Mucous, coughs, sore throat
- Nerves, irritability, headaches
- Dry/scaly skin, dandruff
- Muscle cramps, spasms
- Runny nose, loss of smell, taste
- Acidity, indigestion, heartburn
- Digestion, liver, water retention
- Hair, skin & nail nutrient



Everybody needs all 12 of these tissue salts, however, we also need extra doses of *4 particular salts* depending on where we are in the birth date chart (which you can see to the left).

We take Schuessler tissue salts, specifically the Combination 12 PLUS the extra 4 that align with our birth dates (for me that is Kali Sulph, Kali Mur, Ferrum Phos, and Silicea).

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Essential #2: Magnesium

Magnesium is a **vital nutrient**, since the body cannot function properly without it; 1300 enzyme reactions rely on it and it has 325 reactions within the body. It's so important that it is often called "**the master mineral**". Our bodies need it to regulate day-to-day metabolic reactions, facilitate proper muscle & nerve function, and to improve cell division. Research indicates that up to **80% of people are magnesium deficient**... low levels can be linked to **type 2 diabetes, heart disease, and Alzheimer's**.

Symptoms of low magnesium

- Diabetes
- Osteoporosis
- Depression & insomnia
- Muscle cramps or twitches
- Palpitations & angina
- Headaches/migraines
- Fibromyalgia & chronic fatigue
- PMS & menstrual cramps

Benefits of magnesium

- Improves exercise performance
- Reduces fatigue-causing lactate
- Reduces insulin & stress hormone levels
- Reduces blood sugar levels
- Important influencer in brain function & mood
- As effective at improving depressive symptoms **as 50mg of antidepressants**

Our bodies can't produce magnesium, so it must be ingested. Legumes, nuts, seeds, leafy greens & meat all contain traces... but it can be tricky to obtain enough due to the state of our soil & food, so **we must supplement it**. We make our own **magnesium oil**, but when we can't access this we use this powerful **Marine magnesium** from Time Health.

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Vitamin C (ascorbic acid) is an **essential nutrient** that has many functions in our body. It reduces fatigue, protects cells from oxidative stress, and is the building block of bone, skin, blood vessels, collagen, and other tissues. It is also known to inhibit bacterial growth. Dr Frederick Robert Klenner did pioneering work with vitamin C in 1948 during the polio epidemic; **he cured every polio case he saw with very high IV doses.** He also used it to cure diabetes, pneumonia, shingles, herpes, pancreatitis, hepatitis, arthritis, radiation burns, leukaemia, and some cancers... to name but a few!

Symptoms of low Vitamin C

- Scaly skin
- Nosebleeds
- Gum inflammation
- Painful joints
- Slow healing wounds
- Fatigue and weakness
- Irritability & low mood

Foods high in Vitamin C

- Tomatoes
- Acerola cherries
- Oranges & lemons
- Strawberries & cantaloupe
- Broccoli & turnip greens
- Sweet potato & squash
- Nettles (incredibly high content)

Vitamin C can't be stored in the body, so it **must be consumed**. The recommended daily dose is a mere 75mg for women & 90mg for men, however, a much higher dose would be better if you're trying to fix deficiency.

Excess Vitamin C simply passes out through urine, so you're very unlikely to have any toxicity issues (you will know when you've had too much as your bowel will tell you). You can buy it in tablet or powder form, such as this high-strength **Acerola Cherry powder** from Time Health.

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Essential #4: Borax

Borax is a naturally-occurring **vital mineral** composed of sodium, boron, oxygen & water. It has been used as a remedy for 4000+ years and works wonders for arthritis, is a very potent anti-fungal, and enhances the effect of magnesium. It is essential for the growth & maintenance of bone, healing of wounds, hormone utilisation, and has even demonstrated **preventative and therapeutic effects in a number of cancers** (prostate, cervical, and lung). When combined with magnesium it is said to be able to **remove heavy metal toxicity from the brain**.

Benefits of borax

- Inhibits calcification
- Promotes repair of bones & cartilage
- Prevents bone loss
- Protects from heavy metals
- Prevents candida & fungi
- Stabilises hormones & blood sugar
- Natural blood thinner
- Improves memory & dexterity

Can be used as a remedy for

- Gout
- Osteoporosis
- Osteoarthritis & rheumatoid arthritis
- Blood lipid disorders & hypertension
- Bladder infections & UTIs
- Connective tissue diseases
- Therapeutic effects in cancers

Boron is quickly and easily excreted, primarily through the urine, which means **a regular dietary source is required**. The best method of getting boron into your system is a pinch of Borax placed under the tongue, as the salivary glands act as a transporter for the boron.

[This article](#) and this [detailed study](#) make for interesting reading.



Not all bacteria is bad, and we couldn't survive without good bacteria: **80% of our toxin removal** and waste processing system is done by bacteria based in our gut. In fact, **we have more bacterial DNA than human DNA!** Modern foods, drinks, and lifestyle (antibiotics etc) destroy our gut bacteria and intestinal flora, which allows the bad bacteria to overtake our system. This can cause autoimmune problems, digestive issues, rashes & allergies, fatigue, sleep issues, depression weight gain/loss etc.

Fermented foods: sauerkraut

- You can ferment all sorts of vegetables to make tasty & healthy sauerkraut
- I noticed a change within a few days when I first started making & eating these. I had increased energy levels, desired less food, and noticed my digestion felt easier
- I still regularly make fermented cabbage, and have also added other vegetables & fruits to the mix

Fermented foods: kefir

- I also make a batch of double-fermented kefir daily (using locally sourced raw milk) & drink a cup of the second-fermented batch from the previous day
- You can use the kefir to make fermented soft cheese & use the whey from this as a starter for your fermented vegetables
- You can also make kefir water, which is a very light & fizzy drink that is full of bacteria

Probiotics help to **reduce the candida** (bad bacteria) in our system back to correct levels, therefore reducing these symptoms and problems. We can refill our good bacteria by eating fermented foods, or by taking a powerful multi-strain probiotic (such as these **55 Billion CFU** ones from Time Health that my daughter takes).

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Essential #6: Vitamin D3 + K2

Vitamin D is an **essential nutrient** our bodies create in response to sun exposure. It's required for bone health, proper muscle function, nerve signals, and **without it we can have difficulty absorbing calcium**. Vitamin D3's natural partner is Vitamin K2: while D3 helps us to absorb more calcium, K2 helps our body transport it to our bones and teeth (instead of letting it sit in the arteries and soft tissues). This not only **helps to promote bone health, but it also helps to keep our heart healthy as well**.

Symptoms of low Vitamin D3

- Hair loss
- Slow wound healing
- Frequent illness and infections
- Feelings of tiredness and fatigue
- Bone pain & bone loss
- Back and muscle pain
- Long periods of depression

Benefits of Vitamin D3

- Reduces the risk of osteoporosis
- Protects the cardiovascular system
- Eases symptoms of depression
- Reduces symptoms of MS
- Regulates blood sugar levels

The vast majority of us don't get sufficient vitamin D from sunlight alone, especially during the winter months, so it's important to supplement our levels. Unlike vitamin D, **vitamin K isn't manufactured by our glands or organs**, so we must get it from food or supplementation.

Good food sources include: leafy green vegetables, blueberries, figs, cheese, eggs, meat, and soybeans. Or you can buy a supplement that contains both, such as [this one](#) that we use from Time Health. If you'd like to read more about Vitamin D; this very [in-depth article](#) by Dr Amandha Vollmer is absolutely stellar.

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Essential #7: Intermittent Fasting

Intermittent fasting (and longer term fasting) has been popular in some religions for **thousands of years**, and is acknowledged as being very beneficial for our health and well being. Many things happen during intermittent fasting that can protect us from many illnesses, such as **asthma, MS, type 2 diabetes, heart disease, arthritis, age-related neurodegenerative disorders, IBS**, and even many **cancers**.

Key benefits

- Increases lifespan
- Enhances autophagy & DNA repair
- Suppresses inflammation
- Aids cell repair growth & plasticity
- Decreases cardiovascular disease
- Improves fat loss/weight management
- Strengthens neurons & memory

Cancer research

- Research also shows that fasting for 13 hours or more has a **very big impact on reducing cancer recurrence**
- In fact, fasting for less than 13 hours per night can be associated with a 36% higher risk of breast cancer recurrence compared to fasting 13+ hours
- If you'd like to read more about this topic you can do so [here](#)

Fasting affects ketone production in our brains; ketones trigger the production of the BDNF molecule which strengthens neurons responsible for learning, spatial memory, associative memory, working memory, verbal memory, and cognition. This has **tremendous importance for dementia, Alzheimers, Parkinson's, and Huntington's**. If you want to read a good book on the health benefits of fasting, please read this one by [Paul Bragg's](#)

You will have an easier time if you're less carbohydrate-dependent & your body is already used to using fat as fuel. Looking at a ketogenic diet or at least dramatically reducing sugars & carbs will be very beneficial.