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PRINCIPLES OF HEALTHFUL LIVING

Introduction

In the course of my studies and practice as a physician, as well as my time on this planet attempting to survive as vibrantly as possible, I have learned what I will call ‘principles of healthful living.’ What follows is by no means an exhaustive list, nor the final word on all subjects, but rather reflects my current state of expertise in an area that has consumed a great deal of my interest and study.

For the sake of coherent logic, I have organized this outline into ten sections as follows:

- 1. Toxicity Avoidance**
- 2. Exercise**
- 3. Nutrition**
- 4. Stress Management and Rest**
- 5. Energy Circulation and Conservation**
- 6. Attitude and Psycho-emotional Management**
- 7. Socialization**
- 8. Spirituality**
- 9. Preventive Diagnosis and Maintenance**
- 10. Rational Hierarchy of Disease Treatment**

Since I am presenting an overview, what follows is in outline form. This will facilitate note taking during talks. I will also offer greater detail on individual subjects in other lectures and writings.

I) Toxicity Avoidance

- a) Home toxicity risks are greater than outdoors exposures for most people:
 - i) Cleaning products
 - ii) Paint and finishing chemicals
 - iii) Lawn and garden care products:
 - (1) Pesticides
 - (2) Herbicides
 - (3) Chemical Fertilizers
 - iv) Drinking water

- v) Heating & ventilation systems
 - (1) forced air
 - (2) electric
 - (3) woodstoves
 - (4) gas
 - (5) oil
 - vi) Cooking systems
 - (1) microwave
 - (2) electric
 - (3) gas
 - vii) Carpeting
 - viii) Upholstered furniture
 - ix) Mold
 - x) Fluorescent lighting
 - xi) Electromagnetic fields
 - xii) Plastics
 - xiii) Fragrances
 - xiv) Cosmetics & self-care products
 - xv) Dry cleaned clothing
 - xvi) Attached garages
- b) Outside toxicity
 - i) Exhaust fumes.
 - ii) Other air pollution sources.
 - iii) Water pollution.
 - iv) Food
 - c) Psycho-emotional toxicity
 - i) Endogenous
 - ii) Exogenous

II) Exercise

- a) Cardiovascular (aerobic)
 - i) Target heart rate zone
 - ii) Thirty minutes 5 times weekly
 - (1) Three 10 minute sessions better than one 30 minute one.
- b) Stretching
- c) Strengthening
- d) Proprioception

III) Nutrition

- a) Clean Food
 - i) Organic
 - ii) Free Range
 - iii) Local

- b) Whole Food
- c) Unprocessed Food
- d) Balanced Nutrition
- e) Appropriate Supplements
- f) Appropriate Food Preparation
- g) Seasonal Eating
- h) Metabolic Type Eating

IV) Stress Management & Rest

- a) Sleep
 - i) Quantity
 - ii) Quality
 - iii) Timing
- b) Play time & other forms of release
- c) Sympathetic / Parasympathetic Balance
 - i) Meditation
 - ii) Autogenic Training
 - (1) Biofeedback
 - (2) Progressive Relaxation
- d) Constructive Problem Solving

V) Energy Circulation & Conservation

- a) Qi Gong
 - i) Tai Ji
 - ii) Sexual Qi Gong
- b) Yoga
 - i) Hatha
 - ii) Kundalini
 - iii) Kriya
 - iv) Ashtanga

VI) Attitude & Psycho-emotional Management

- a) Core World-view ontology.
- b) Life purpose.
- c) Autonomy & differentiation
 - i) Locus of control
- d) Self-talk
 - i) Self-soothing.
 - ii) Positivity – negativity balance.
- e) Counseling / Psychotherapy

VII) Socialization

- a) Identity / Roles
 - i) Family
 - ii) Career
 - iii) Other groups

- b) Relationships
 - i) Family
 - (1) Spousal
 - (2) Children
 - (3) Parents
 - (4) Siblings
 - (5) Other
 - ii) Friends
 - iii) Work
 - iv) Community

VIII) Spirituality

- a) Ontological construct.
- b) Self-definition.
- c) Degree of presence.
- d) Level of awareness
- e) Embodiment of love and compassion.
- f) Self-realization practices.

IX) Preventive Diagnosis & Maintenance

- a) Understanding familial / genetic tendency
 - i) Genomic testing
- b) Significance of personal health history
- c) Appropriate age and gender related lab testing
 - i) Cardiovascular risk
 - ii) Cancer risk
 - (1) Breast CA screening - Mammography
 - (2) Cervical CA screening - Pap smear
 - (3) Colon CA screening
 - (4) Prostate CA screening
 - (5) Lung CA screening
 - (6) Ovarian CA screening
 - iii) Food sensitivity testing
 - iv) Endocrine Gland Function Screening
 - (1) Thyroid
 - (2) Adrenal
 - (3) Sex hormones
- d) Biological age
 - i) Oxidative balance
- e) Toxic burden
 - i) Heavy metals
- f) Detoxification
- g) Appropriate diet and supplements

X) Rational Hierarchy of Disease Treatment

- a) Remove obstacles to cure
 - i) Dietary
 - ii) Addictions
 - (1) Tobacco
 - (2) Alcohol
 - (3) Drugs
 - iii) Sedentary lifestyle
 - iv) Psycho-behavioral
- b) Stimulate the healing mechanism
 - i) Acupuncture
 - ii) Homeopathy
 - iii) Hydrotherapy
 - iv) Qi Gong
- c) Add natural therapeutic substances
 - i) Nutrients
 - ii) Herbs
- d) Add synthetic therapeutic substances
 - i) Pharmaceuticals
- e) Remove diseased tissue
 - i) Surgery
 - ii) Chemotherapy
 - iii) Radiation therapy
- f) Palliation vs. Cure