

Hern Protocol

Meticulously follow and Incorporate the **HERN** protocol (**Hydration, Elimination, Rest, Nutrition**) in every aspect of your Lifestyle Change journey.

The H.E.R.N Protocol is our natural healing methodology developed over years of research, consultations and successful practical application with 1000s of clients. It comprises what we have discovered to be the 4 pillars of natural health and organic healing.

Hydration – The body is made up of up to 70% water therefore every organ and moving part of the body requires water to perform its proper function. Without water nutrients cannot be moved into cells nor toxic waste materials moved out of them. The heart and brain are composed of up to 73% water, muscles approximately 84% water and skin 64% water, according to the Journal of Biological Chemistry. To adequately hydrate the body enables these and other vital organs relying on regular water supply to achieve optimal function and accelerate spontaneous healing.

Elimination – Is aimed at stimulating the body's natural ability to purge itself, creating a less toxic environment and enabling healing to progress at a cellular level. Many modern diseases are caused by the accumulation of toxic waste stored in the body. Supporting the body to rid itself of waste and lingering toxins helps prevent damage to surrounding organs, toxins entering the blood and ultimately the onset of disease. It also assists multiple functions including digestion, better nutrient absorption, increased immunity and energy production .

Rest -.Adequate sleep plays an essential role in physical health. If you are not sleeping you are not healing. During sleep essential healing and repair takes place within the heart and blood vessels. Without sufficient sleep the risk of heart disease, kidney disease, high blood pressure, diabetes and stroke are greatly increased

Nutrition – Everything is food but not everything is nutrition. Eating a balanced diet is vital for good health and wellbeing. Nutrition provides the body with the energy, protein, essential fats, vitamins and minerals to live, grow and function properly. We need a wide variety of different foods to provide the right amounts of nutrients for proper immune function and good health.



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