



Pillars

OF
WHOLISTIC
HEALTH



Hey there!

Each pillar has a plethora of information and tools to help you and your family get healthy and stay connected! This book is a peek into each pillar and a great ‘starter kit.’

The aim is to gradually improve in each pillar until all four work harmoniously together, taking you and your family’s health to a whole new, better level!

Your commitment and 100% participation will make all the difference in getting the full benefit.



Do the work, walk the talk, and lead the way.



My goal is to help families with children to overcome challenging behavioural issues, on-going sickness and disconnection with the family. As a result you’ll feel peaceful, aligned, and a whole lot healthier; and able to connect as a family!

With love

Bonita x

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4 Pillars OF WHOLISTIC HEALTH



With Yourself & Others

Slow down, unplug and re-connect. Make exciting, heart-centred decisions, creating a healthy home environment.
Key Themes: Intuition Led - Inner & Outer Connection

Aware & Actively Engaged

With a curious mind and intuitive heart, continue to evolve and move forward to positively impact future generations.

Key themes: Explore Curiosities - Nurture Creativity



From The Inside

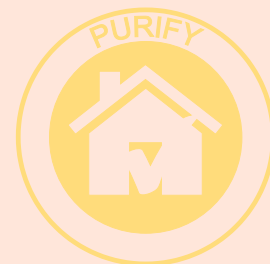
Help your body self repair, heal and grow. Create a simple lifestyle that brings abundant health and wellness.

Key themes: Quality Food - Natural Products

Healthy Spaces

Power your decision-making by seeing through the shenanigans to provide a clean, peaceful home.

Key Themes: Healthy Homes - Low Tox Living





WITH YOURSELF
& OTHERS

STORYTELLING

What are you telling yourself?

Many of us think we are our 'stories' and can get caught up in the drama they create. Making sense of these 'stories' is essential to your health, happiness and the relationship with yourself and your family.

You see the world, your story (also called paradigms or assumptions) through your perception which was created through a collection of external experiences, events and people that unknowingly enter your subconscious, causing you to develop beliefs, ideas and views that are not necessarily your own.

Most of your paradigms are inaccurate because you need all the information. You think you do, but many times you don't.

You see the world not as it is but as you're conditioned to see it.

By observing your stories, rather than being swept up in them, you can free yourself and your children from the conditioning.

When you're able to observe the stories you tell yourself and understand the extent to which you have been influenced by your experiences, the more you can take;

- responsibility for those paradigms,
- examine them,
- test them against reality,
- listen to others, and
- be open to their perceptions

Therefore, getting a larger picture and a far more objective view.

By being open to new or additional information, you're able to connect with your heart and find the truth within.



You will never be able to escape from the heart
so it is better to listen to what it has to say.

- Paulo Coelho

Is It Your Ego Or Intuition Talking?

**EGO
(FEAR)**

VS

**INTUITION
(AUTHENTICITY)**

Anxious, rushed,
reactive



Calm and at peace

Something you
'should' or 'have'
to do



Excited about
the next step

Logical sense



Inner knowing

Wants control



Willing to wait and
see

Ignore any
feedback



Willingness to
learn

REFLECT

Rate the following on a scale 1 – 5.
1 = you never participate in them.
5 = you find yourself doing it all the time.

Walking in nature



Creative activities (writing, drawing)



Engaging in loving, uplifting conversations



Eating lots of fruit and veg



Complimenting others



Having quiet, reflective time



REFLECT

Rate the following on a scale 0 – 10.

0 = you never participate in them.

10 = you find yourself doing it all the time.

Watching TV	
Using your laptop/tablet all day, at night on the couch	
Using your phone	
Gossiping	
Eating chemical, artificial junk food	
Sitting at a computer all day	
Avoiding exercise	
Isolating yourself	
Forcing yourself to socialise when you're exhausted	
Engaging in petty arguments	

Choose an area you rated highest in, meaning you find yourself doing it all the time, and reduce it by just one hour a week. As you reduce the time you spend on these activities, you'll notice it feels good to have more space and calmness, and you'll naturally engage in them less and less.

6 BENEFITS OF SELF-CONNECTION

Self- awareness



Physical, emotional and energy bodies are aligned. You are enough, just as you are.

Sense of purpose



You trust your intuition and have the courage to share your gifts with the world. Life has meaning.

Quality Relationships



Clear on which relationships uplift you and which to set free.

Connection to intrinsic values



Decision-making becomes easy and natural. You're aligned in authenticity and integrity.

Greater Perspective



Seeing the bigger picture allows you to keep moving forward positively.

Strength in uncomfortable situations



Others no longer trigger you. This awareness creates the ripple effect of love and peace.



”

When we love, we always strive
to become better than we are.

When we strive to become
better than we are, everything
around us becomes better too.

Paulo Coelho



AWARE &
ACTIVELY
ENGAGED

IKIGAI

A reason to jump out of bed!

The humans of Japan believe that everyone has an ikigai.
Follow our curiosities to see where it takes you....



Do whatever engages you in life!

SELF-AWARENESS

Definition:
'Conscious knowledge of one's own character and feelings'



10-15%



95% of people claim to be self-aware

research shows only 10-15% actually are

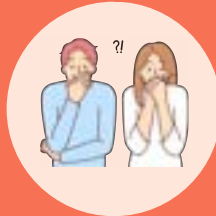
4 STAGES TO LEARNING SELF-AWARENESS



4. Mastery / Autopilot

It comes natural to you. You may even start teaching and showing others.

Advanced awareness in this area. Harmful products have been replaced with healthier choices



3. I Know, But I Have To Think About It

Perseverance through the uncomfortableness. You want to be and do better. Confidence grows. Practice helps embed the new knowledge/skill.

You ask questions, research and look for alternate options



2. OH Sh*t!

You're aware of something new. Ego feelings of weakness or inadequacy might rise. People tend to stop here, unwilling to move forward through the discomfort.

There's potential harmful chemicals in your families personal care products

1. Blissfully Unaware

You're completely unaware (potentially ignorant?), you don't know what you don't know.

Example:
The cosmetic industry is mostly self-regulated, meaning manufactures can put (almost) whatever ingredients they want into their products.

INCREASE YOUR AWARENESS

BLISSFULLY UNAWARE

vs.

ROAD TO MASTERY

Accept the life you've been
'given'

Isolated and alone

Defensive and can justify all
actions and behaviours

Avoids other's opinions and
feedback at all costs

Alcohol, drugs, watch lots of
tv. Numb anyway possible

Accept what it

Keep putting yourself in
uncomfortable places to learn
and grow

Deep, meaningful relationship
with self & others


Looking for ways to
improve & be better

Seeks out other's opinions and
feedback

Movement. Out in nature

Question everything

Greater awareness moves you closer to 'self-actualisation,' Carl Rogers calls it 'fully functioning.' In this place Christine Fieldhouse says you "are open to experience, live for the moment, trust your own feelings, think creatively and are always looking for fresh challenges and experiences."

A woman with long dark hair is sitting on a grey couch, wearing a beige knitted sweater. She is holding a white mug filled with tea and a slice of lemon. The background is a soft, out-of-focus indoor setting.

We are often tired and imbalanced
not because we are doing too much,
but because we are doing too little
of what is most real and
meaningful.

MARIANNE WILLIAMSON



FROM THE
INSIDE

BONITA'S STORY...

After my wedding in 2015, I went deep into how to be healthier. My curiosity took me on a plethora of tangents, and what I found blew my mind!

With this new information and awareness, I've improved my life in every possible way.

Why isn't this information easy to find and available to everyone?

There's a simple reason. Two companies make an absolute fortune by keeping us sick, disconnected and sleepless.

Healthy Whole Humans is here to get the word out about true health and how cheap and simple it is to be fully functioning and healthy.

Good health is your right. When you have the facts and alternate safe options, you and your family can make informed decisions to improve your physical and emotional health.

BLUE ZONES

The oldest, healthiest people in the world

Blue Zones are areas in the world where a group of people live to be over 100 years of age with good quality of life!

Pick one of the nine ways to get add to your toolkit!




How to live to be 100+ - Dan Buettner



Share



Watch on  YouTube

https://www.ted.com/talks/dan_buettner_how_to_live_to_be_100?language=en

19 mins



Research says...

63%

of Australians aged 18 and over are overweight or obese

43%

of Australians aged 16-85 will experience a mental illness in their life

406,000

Visits are made to a general practitioner (GP) on an average day

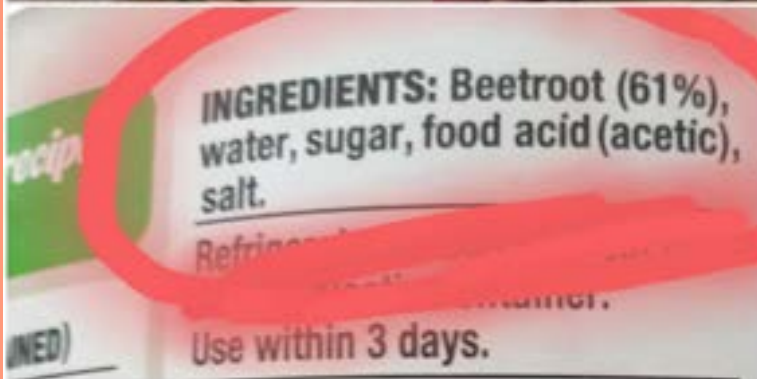
IT'S REALLY THIS SIMPLE



food

”

Real food doesn't HAVE ingredients.
Real food IS ingredients.
-Jamie Oliver



not food

Benefits Of Food

*^
real*

DIGESTION



**PEACEFUL
SLEEP**



**EMOTIONALLY
BALANCED**



ENERGY

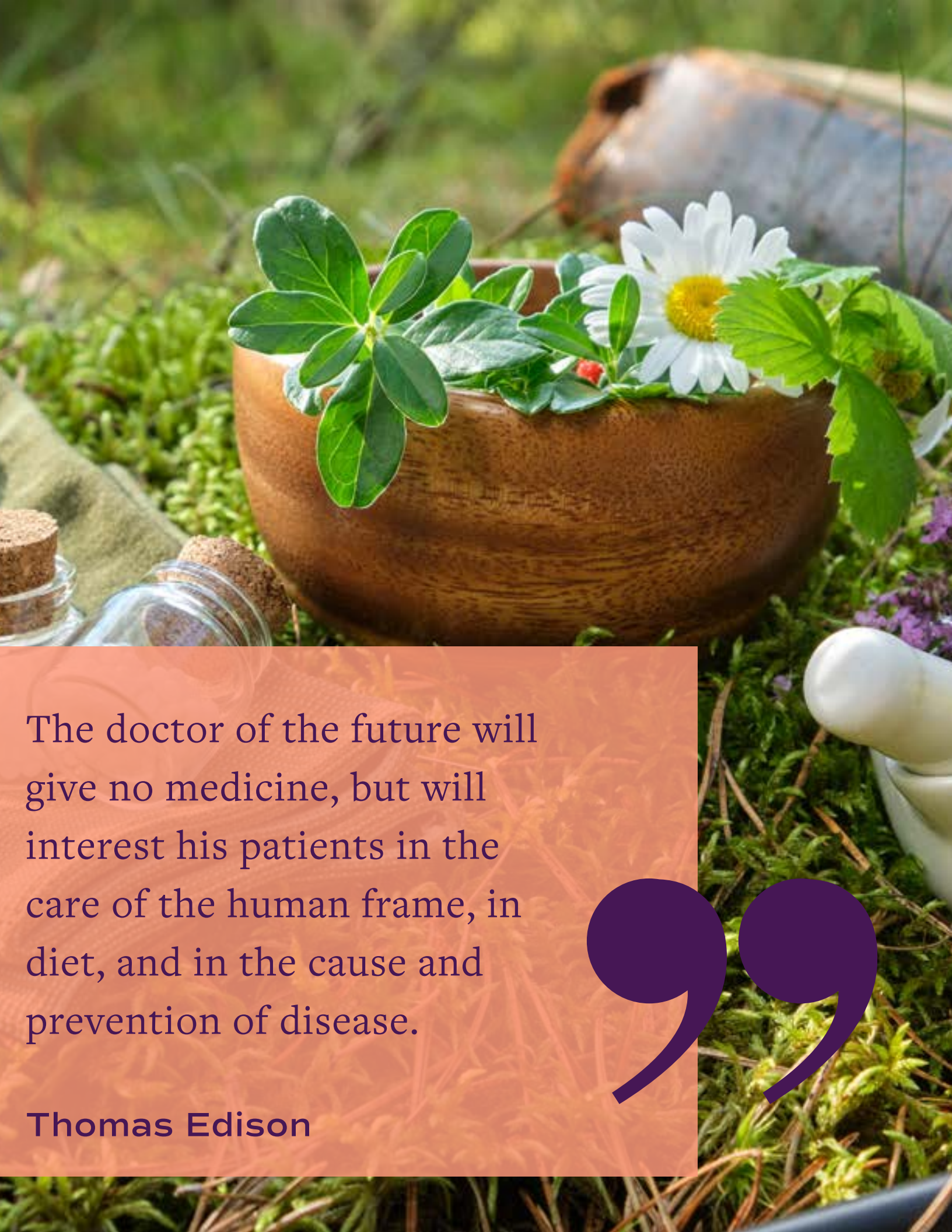


CLEAR SKIN



**BODY REPAIRS
ITSELF**





The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.

Thomas Edison





HEALTHY
SPACES



THE NASTY LOWDOWN

Chemicals and toxins found in everyday products like makeup, soap, shampoo, playmats and bath toys disrupt the function of hormones and the endocrine system, which regulates mood, reproduction, digestion, gut and skin.

We assume a little bit of everything is fine. Everything in moderation. But what we know now is that the lowest levels of exposure can have the biggest effects of toxic chemicals in our daily lives.

- Dr Leo Trasande

Examples of ongoing use of these products can contribute towards issues such as; male sperm count, asthma and breast cancer.



The Statistics

200

Number of chemicals the average woman is exposed to before leaving the house in the morning (men are at around 100)

4.9M

Deaths attributed to environmental chemicals worldwide in 2012

5x

Indoor air quality is up to five times more polluted than outdoor air. Air pollution kills more people in Australia than the road toll

33%

of consumers reported health problems such as migraine headaches and asthma attacks following exposure from fragranced products

Resource: 'Healthy Home Healthy Family' by Nicole Bijlsma





Chemicals To Avoid

01

PHTHALATES

Nail polish, hairspray,
perfume, detergents

02

PHENOXYETHANOL

Moisturiser, perfume, vaccines,
household products

03

SODIUM LAURYL SULPHATE (SLS)

Toothpaste, shampoo, hair
colour, foundation

04

ALUMINIUM SALTS

Cosmetics, sunscreen,
antiperspirants

05

BISPHENOL A (BPA)

Receipts, cans, water
bottles, toys

06

SODIUM LAURETH SULPHATE (SLES)

Body wash, bubble bath,
conditioner, hard surface
cleaners

07

PARABENS

Sunscreen, toothpaste,
lipstick, pharmaceuticals

08

TALCUM POWDER

09

PARFUM

Most cosmetic products,
deodorant

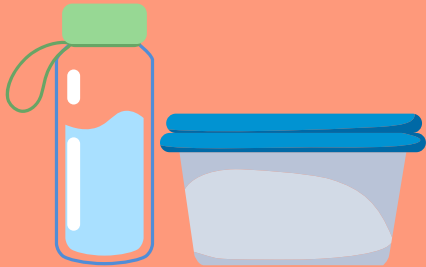
found in

When a flower doesn't bloom,
you fix the environment in
which it grows, not the
flower.

Alexander Den Heijer



DON'T STOP, JUST SWAP!



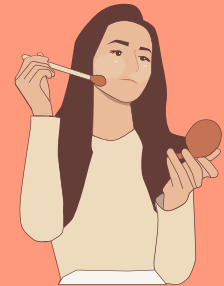
Chemical leaching plastics



Glass & Stainless Steel



Makeup with
unpronounceable ingredients



Makeup with natural
ingredients



Fake smells; fragrance,
candles, air fresheners



Nature; organic
essential oils, fresh air



Uber bendy, soft, stretchy
plastic toys



Toys made from natural
materials

WHOLISTIC HEALTH

Tips for healthy living

MOVE

Be in nature! Garden, forest, ocean.

DITCH CHEMICALS

Read ingredients and if you don't know the words, look them up.

BREATHE & SAY THANKS

Deep belly breaths and share things you're thankful for every day.

REAL FOOD

Eat like your great-grandparents, fresh & natural.

LAUGH

"Life is too short to be serious all the time. So if you can't laugh at yourself, call me... I'll laugh at you."



FAMILY WORKSHOPS

made with love x

Wholeness Wheel

The wheel represents your 'whole' self and the different areas of your lives.

Together we'll create a visual representation of where you're fulfilled and what areas need more attention.



Healthy Plate

Look at foods that nourish your body, and other factors that make up healthy nutrition - it's not only the food that's on your plate that contributes to health and wellbeing!



Connection & Community

We're a tribal bunch us humans. We have a biological need to belong, to be a part of something other than just oneself. When we're loved, supported and feel safe within, we go out into the community as healthy whole humans.



Movement

Physical exercise is only one way you can move. We'll explore the different ways you can connect with your body so you'll have a variety of tools to understand your emotions and express your creativity.



with a whole lotta love

Bonita xx



Did you like the 4 Pillars?
Then you'll like my
website. Visit to get
information on health
and connection, watch
and comment on my
videos, join the
newsletter, enroll in a
workshop, or say hi. I
always welcome friendly
hello's.

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