

5 steps for enjoying

Vitamin



©



Asociación



SOCIEDAD COLOMBIANA
DE CARDIOLOGÍA & CIRUGÍA
CARDIOVASCULAR



Fundación
Colombiana
del Corazón



Corazones
Responsables

step 1

Short

reencounter

practices

Vitamin



step 1

Short

reencounter

practices

Short reencounter tips



Open the curtains and blinds in your home and workplace every day. Take a couple of minutes and observe what nature has to offer, without judging, just enjoy what you can see: trees, mountains, all shades of green, the sky, the moon, the sunrise or sunset, water, and the movement caused by the wind.



Open the windows and let fresh air in, let it renew your environment and sniff it intentionally to renew the oxygen in your lungs.

It is also valid if you have access to a terrace or the door to your house or dwelling, or even your workplace.





If you do not have windows and easy access you can try to have contact with nature using technological interventions: use screen savers with evocative scenery, use background music with nature sounds, decorate your space with pictures of nature. Technology is also valid.

If you go to a natural location to engage in physical activity, try to pass through a garden or natural setting and consciously and intentionally observe the natural options you find, stimulating positive thoughts.



Walk more slowly through a natural location (garden, park) if you pass through it every day. The idea is to increase the minutes of connection with the natural setting.



Sit for five minutes on a bench in that park you pass through every day and listen to the sounds provided by nature. Observe the people, birds or insects, always with an open mind, without judging.



If you go out for a walk, try to feel the breeze and the sun that warms you. If it is already nighttime, try to find the moon in the sky, as well as the stars. Observe admiringly, observe as you connect. Try to admire the sunrise or sunset with its forms and colors.

step 2

Experiences
for

connection

Vitamin



step 2

Experiences for

connection

Buy a plant:
the one you have
always wanted. Learn how
to care for it and commit
to a mutual relationship
with it. Water it with your
own hands, encourage
it every morning, greet
it and let it know that you
are happy to see its new
leaves and inflorescences.



Stroke your pet, talk to it, try to
understand its needs, let it feel
your affection and love. Spend
meaningful time with your pet.

Have you dreamed of having a garden? Do you have the means and space? Study the species that can be cared for at your elevation and temperature setting. Start with a few plants, perhaps trees if there is room for them to grow. If you care for your garden or the place where you keep your plants every day, you are increasing your connectedness with nature.



Do you like the scents of nature? Get a humidifier and some natural essential oils with plant or fruit smells. You will benefit from nature's aromas.



Hug a tree. Try to hug a tree every week. With any tree you find, bring your body, arms and face close, and try to think that you are inheriting its energy. Take a picture and send it to the Vitamin N Hug Community. vitaminaN@corazonesresponsables.org

step 3

Increasing

the

frequency

Vitamin



Increasing the

step 3

frequency

To increase the therapeutic strength of the vitamin, you must increase its duration (daily minutes in nature), frequency (the times per week, month and year that you spend time in nature), and intensity (the diversity of the natural options with more trees, more plants, more water, more vegetation density).



Are you going to plan a vacation? Let your destination be nature. That is the proposition. The best way to reconnect, to energize, is traveling to a natural setting to rest. Look for hiking paths in your city or a nearby town, along with wellbeing tourism or nature tourism packages. There is a wide variety of options full of nature connection experiences.

We suggest, that according to your financial possibilities, you consider spending at least one night a month in a natural setting. A getaway to a natural park, a natural reserve, or to a relative or friend's farm. Try to feel the night, the night breeze, the contact with the moon and stars, the sunset, or maybe try to get up early to meet that memorable postcard of the sunrise.



step 4

Sensory

practices



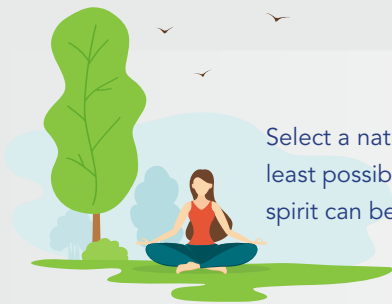
Vitamin 

Sensory



step 4

You only need **an open mind:**

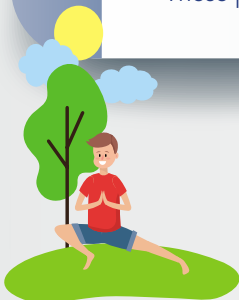


Select a natural setting of your preference where you can be quiet and have the least possible amount of noise and traffic. A place where your mind, body and spirit can be restored.

These practices are therapeutic when there is conscious and intentional exposure to nature. This is a Nature-Based Intervention (NBI) within the structure of the "Vitamin N Therapy" model of the Fundación Colombiana del Corazón. These practices are based on attention restoration and stress reduction theories.



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You are in your chosen spot. Feel the present moment. The here and now. Try to leave your thoughts about difficulties and your problems aside and put away your cell phone. If you connect with all your senses, your experience will be a discovery.

Take a few seconds to become aware of what you feel as you are in this place.





Conscious breathing

This is the window for achieving vitamin N therapy. You are going to engage in conscious breathing: this means inhaling and exhaling consciously and deeply with brief pauses between each action. Do it for 15 seconds, thinking about how you are doing it and what you feel.

Strengthening full attention

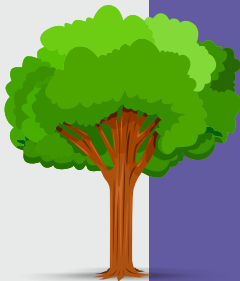
Try to avoid judging what you see or feel; be patient; observe everything as if for the first time, with a beginner's mind; fill yourself with confidence; try to accept that each moment arrives and let your sensations flow.



Invigorating and discovering the sense of sight

Sight is probably the sense we are most accustomed to use. Ask the participants: How often do we focus our gaze on what comes across our path? Are you a person who walks along looking at the ground or your feet?

Practical exercise



Place your body in the position you decide is most comfortable for you. Scrutinize every detail, every color, every suggestion, every texture, every form; observe how the plants and trees move and notice the detail of light and shadow. Try to observe from what is closest to what is farthest on the horizon; look up and try to find the treetops. Do this for three minutes. Go back and write down your sensations: Did you discover something? Is there anything new? How can you apply this experience in your everyday life?

Invigorating and discovering the sense of hearing

We are always hearing, receiving sounds, but it is possible to disconnect and not pay attention to them. We are going to move from just hearing to listening.



Practical exercise

With your eyes open, try to distinguish the closest to the farthest sounds, sharpening your hearing. Now, with your eyes closed, pay attention to your breathing and try to identify the sounds that most appeal to you, that give you the best feelings. Do this for three minutes. Go back and write down your sensations: Did you discover something? Is there anything new? How can you apply this experience in your everyday life?





Invigorating and discovering the sense of smell

The sense of smell allows new reality codes to reach the brain which create unexpected sensations, many of which are fixed in the mind, remembering smells related to one's home or hometown, or a person. There are natural oils or volatile substances in nature, known as phytoncides, which are part of trees' defense system against fungi, bacteria and viruses. When we breathe them in as we smell them, they reach our immune system and make it stronger.

Practical exercise

Stand up and move around your immediate surroundings trying to distinguish nature's aromas, intentionally smelling the earth, grass, water, stalks, leaves, flowers and their surrounding environment. Differentiate between aromas that give you wellbeing and others that perhaps repulse you; sharpen your sense of smell and pay attention to the thoughts and emotions that are awakened.



Walk like this barefoot for three minutes. Go back and write down your sensations: Did you discover something? Is there anything new? How can you apply this experience in your everyday life?

Invigorating and discovering the sense of touch

Touch refers to hands, feet and skin. These are three sensitivity information sources which allow us to feel cold, heat or humidity, among others, and it is particularly through this sense that we connect with sizes, textures and forms. Touch allows us to feel comfortable and safe in a variety of situations. Touch provides us with information about the environment and our own body.



Practical exercise

In the setting in which you find yourself, try touching the elements of nature without looking at them, in order to imagine and feel them; dare to touch leaves, bark, branches, earth, water and sand. Touch the natural environment with affection, identifying the sensations it produces in you. Try to do this for a couple of minutes. Now is the time to cling to the earth, what is known as "grounding" or returning to the earth. You must remove your socks and shoes to use the sense of touch in your feet. When bare feet touch the earth, the body discharges its accumulated electrostatic energy and absorbs negatively charged ions from the ground, thus balancing the excess positive ions.

Do this for three minutes. Go back and write down your sensations: Did you discover something? Is there anything new? How can you apply this experience in your everyday life?





Invigorating and discovering the sense of taste

The sense of taste allows us to perceive and process the properties of food, and is part of the vital process of eating. The sense of taste allows flavors to be captured through the nervous system. The flavors arrive and remain in the brain as delicious, good, bad, acceptable, unpleasant, etc. Using this information, we decide if we like or reject something.

Practical exercise



Take a fruit of your choice (a grape, tangerine, orange, etc.) and a bottle of water. Feel the fruit with your hands, now smell it and open it very slowly, noticing the feelings of desire it triggers. Then, very slowly, begin to taste it, little by little to distinguish its flavor, texture and sensations. Go back and write down your sensations: Did you discover something? Is there anything new? How can you apply this experience in your everyday life?



step 5

Feeding
on

Vitamin N

Vitamin



Feeding on

Vitamin N

step 5

We humans get sick because we consume more products than foods. Research studies show that 80% of what we eat are processed or ultraprocessed products, and only 20% are natural foods. We would like to invite you to learn to eat by choosing foods instead of products, inverting this proportion: let 80% be foods and only 20% products.

How can you **achieve this?**

Choose products that are in season. Fruits, vegetables, pulses and cereals that are in season. Foods, by definition, are all those that come from nature. This is feeding on vitamin N.

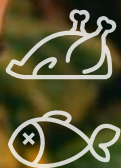


Your diet should be based on fruits, vegetables, oatmeal, grains, seeds, legumes, plantains, roots, tubers, lean meat, eggs and milk.

Choose fresh, lean meats (with little visible fat), with white meats (chicken or fish) being preferable.



Choose blue fish (mackerel, salmon, herring, fresh tuna), and preferably not fried.



Replace fried foods with boiled, baked or grilled foods.



Avoid products with added sugar.



Reduce your salt intake.



Try to shop at a farmers' market (fresher and less expensive food) rather than the supermarket.



Choose fewer products that come in boxes, plastic or glass. This does not mean that they are bad, but some may affect your health.



5 steps for *enjoying*

Vitamin 

Choose your products with care and check their freshness and expiration date.



Make a shopping list.



Plan your menus before shopping.



Store ingredients properly.

Avoid eating
to feel full; eat to feel
satisfied.



Support local
production. A good
option is to buy food at
a farmers' market.



As much as possible,
use all parts of the food
you buy.



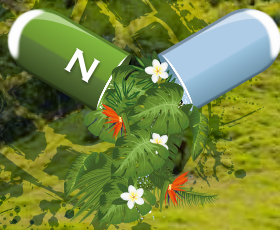
Only buy what
you are going to eat,
thus avoiding waste.

If you connect with nature,
you feed on vitamin N, take
the farm to your table and
contribute to climate change
by avoiding waste.

Try a different fruit or
vegetable every week
and prepare a special
recipe as a family.



5 pasos para disfrutar de la Vitamina N



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Traducción
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Fotografías
Freepik Premium

Diseño y diagramación
Yátaro Diseño Digital

Fundación Colombiana del Corazón ©
2023



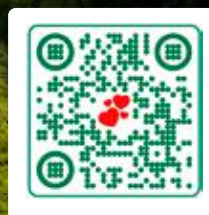
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