



Essentials

for

Whole Body

Wellness

flourish!
— mindful psychotherapy & nutrition —

SIMPLIFY YOUR QUEST FOR WELLNESS

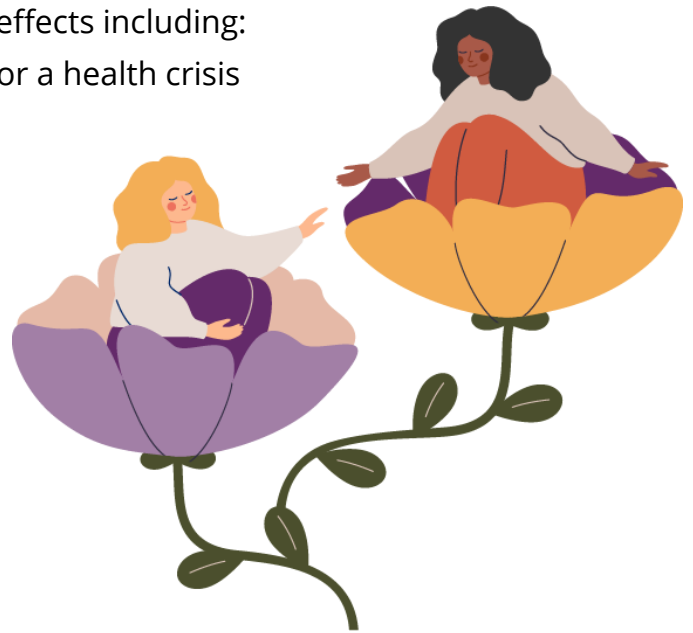
By embracing rather than dismissing our bodies as complex systems we can actually simplify our quest for wellness. For example, you might be able to drastically improve your daily bouts of fatigue and hopelessness by increasing your clean water intake and going to bed earlier. And since our systems are interrelated the increased level of hydration could also improve your strength, elimination pathways, and

cognitive functioning. These improvements can be considered side effects - positive side effects that contribute to a better quality of life.

Bringing the fundamentals of total body wellness into your daily life can dramatically improve your mental and physical health as well as increase the quality of your daily experiences.

WARNING: These essentials can have side effects including:

- ✓ Increased capacity to cope with stress or a health crisis
- ✓ Improved cognitive functioning
- ✓ Increase energy and strength
- ✓ Balance mood and blood sugar



MINDFULNESS

Cultivating mindful awareness of the signals your body is sending you can lead you to being pro-active, other than reactive, with possible dysfunction or deficiencies within your body. Mindfulness is the body's natural and innate ability to decrease stress even during times of crisis. Building mindful awareness takes practice but a little bit, every day goes a long way.

Ways to cultivate mindfulness:

- ✓ Daily yoga, tai chia or Qi Gong practice
- ✓ Daily meditations
- ✓ See a mindfulness-based therapist on a consistent basis
- ✓ Taking a [class like this one](#) taught by the 'father' of mindfulness, Jon Kabat Zinn.

Wholesome Lifestyle Habits

DEVICE-FREE TIME!

De-attach from your phone for at least one hour a day, even if you feel anxious or fear you are missing something. Your mind and body will thank you for allowing yourself to be in the present moment that is unfolding right in front of and IN you; this allows you to be connected with the people around you, your environment, and your own personal thoughts, feelings, experiences and sensations.

GET OUTSIDE

Allow the cacophony of sounds, smells, tastes, feels and sights of the outdoors to nourish your body with the nature connection it yearns for.

MOVE YOUR BODY!

The human body was created in a way that necessitates daily movement in order to keep our cardiovascular, musculoskeletal, pulmonary, and elimination systems healthy and optimal. Whether you do squats in your living room, walk around the block, practice flow yoga on your balcony, or go to the gym, for a hike, or a bike ride - - just do it! And commit to this nearly everyday for at least 10 minutes.

DRINK AT LEAST 80 OUNCES OF CLEAN, PURIFIED WATER!

Hydration is key to total body wellness and Americans are severely dehydrated due to stress and drinks that are filled with sugar and synthetic ingredients. To get into at least 80 ounces of clean, purified water a day try drinking 16-20 ounces when you first wake up to get your day off to a great start. You will need an advanced filtration system to remove toxins like chlorine and fluoride that are in most municipal-based water systems. This means something more than a Brita or the fridge filter. Berkey's are great but there are also counter top water distillers - both deliver clean, purified water that will nourish your body.

MAKE YOUR OWN FOOD

If you are intimidated by grocery shopping, cooking, and cleaning up, we feel ya. Making your own food takes effort, time, and skill, and picking up prepared food can be not only convenient but necessary for some who work long hours and/or have many responsibilities. However, keeping healthy food on hand in your home can not only save you money but also time, especially once you get into a routine of meal preparation. And, when you use organic and clean ingredients you are ensuring you are filling up on nutrients, not inflammatory toxins that are prevalent in nearly all prepared, processed or fast foods.

Some tips: Keep gluten-free bread, nut butters, organic sandwich meats, canned mercury-free tuna or salmon, pre-washed organic greens, a bag or two of non-GMO potato chips, organic apples, eggs, and a few other vegetables and fruits of your choice and you will be able to whip up a satisfying meal within meats with very little cleanup.



MAKE RESTFUL SLEEP A PRIORITY!

Achieving restful sleep is not easy in our modern world filled with blue light from screens, EMFs from cellular and Wi-Fi signals, fast foods and sugary foods and drinks. Our human bodies accomplish lots of detoxing, restoration and regeneration while we are asleep so putting in effort to improve your sleep quality can have big payoffs like elevated and balanced moods and sustainable energy and strength throughout the day.

The Keys to Restful Sleep are:



Try going to bed and getting up at the same time every day, at least for 2 weeks in a row, even if you have the day off. Sleeping in on the weekend may not be helping you catch up on rest. Instead, consistent sleep patterns, even if you are only sleeping for 5 hours, can help you maintain quality sleep patterns.



Our human bodies love sleeping in cool, dark places. Create an environment in your bedroom that is dark (the easiest way is to buy a comfortable sleep mask), quiet (for you urbanites, earplugs are helpful or so is a sound machine), and cool (preferably 68 - 70 degrees F).



The blue light from phones, tablets, and other screens can make your body think it's daytime and will prohibit the body from switching into sleep mode. This can be hard to do for many so a compromise is to wear blue-light blocking glasses after 8pm, like these: [Northland Outpost Blue Light Blocking Glasses](#)

Nutrients for Total Body Wellness

If you want to spend less time at the doctor's office and reduce or even eliminate the number of prescription medications you take daily the best place to start is to throw out the traditional food pyramid since the suggestions of 6-11 servings of bread, cereals, rice and pasta daily (the foundation of the pyramid) will leave you with many nutrient deficiencies that will have a negative impact on your overall wellness. By flipping the traditional food pyramid upside down your plate will have more vegetables, fruits, clean proteins and healthy fats - all essential for total body wellness.

Even if you flip the pyramid and prepare most of your meals with clean and organic whole foods, agricultural practices over the past hundred years have depleted the soil of the nutrients we used to get out of our food. Supplementing with essential minerals like magnesium and zinc plus vitamins B, C, D, K, and E can keep your immune and nervous systems operating optimally, including your mental health, while also helping your body fight the good fight when battling colds, viruses, allergies and even some bacteria.



Important note: Vitamin and mineral supplements are NOT created equally! Inexpensive supplements contain fillers and cheap forms of nutrients that give little assistance to the body and in some cases can do more harm than good. It is recommended you purchase brands trusted by doctors or healthcare professionals.

Additionally there are many different forms of the minerals and vitamins noted above and the dosage and form is usually different for everyone. For instance some folks do better with magnesium glycinate then magnesium citrate and many people need methylated versions of the B vitamins even though big box stores sell B complexes that have non-active forms of B vitamins, which means they can't be used by most people and, in some, can make you feel worse not better.

Our favorite supplement brands and formulas include:

Pure Encapsulations - This brand is favored by most integrative medical professionals and is committed to using high quality, pure ingredients FREE FROM unnecessary additives and many common allergens, and backed by verifiable science.

Dr. Mercola Liposomal Vitamin C - a powerful nutrient and antioxidant that supports immune health, promotes cardiovascular health, aids in the protection and repair of your body's cells, and dozens of other benefits.*

DaVinci A, D, K - Powerful combination of vitamins A, D, and K2 (as MK-7) supports bone, cardiovascular and immune health as well as calcium absorption.

