


Health through Awareness: Diet and Lifestyle Modifications Made Simple

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Hippocrates, the father of medicine said:
“Let food be thy medicine and
medicine be thy food”



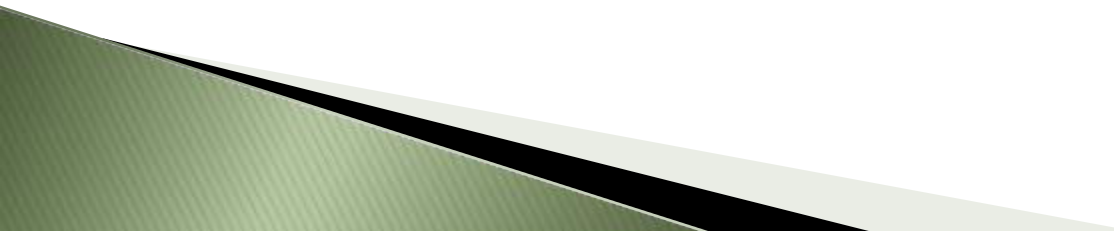


Try Organic Food

***...or as your
grandparents
called it,
“Food”***



One study in the *Journal of Applied Nutrition* showed that the average levels of essential minerals were much higher in organic foods than in conventional. Organic foods also contained 25% less mercury and 29 % less lead than conventional. Both of these metals are known toxins to the nervous and immune systems.



Rethinking Your Foods

The foods you choose to eat can have a dramatic effect on your health and ability to heal. Some of your current food selections and eating habits may be conscious decisions or emotional responses, while other habits may have been passed from generation to generation.



Eating for wellness

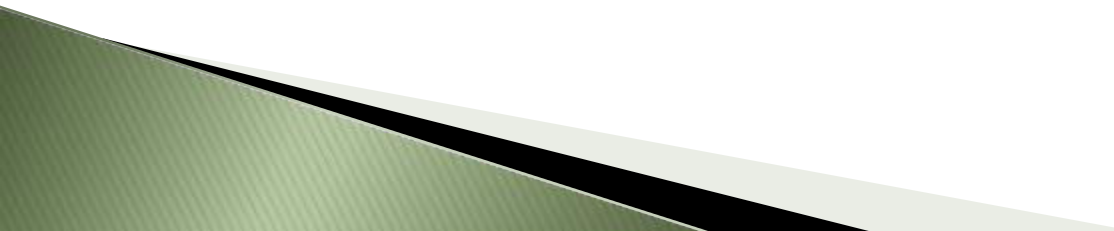
It is now accepted that a person's state of health is influenced by the dynamic interaction of a variety of environmental factors – such as diet, physical activity and pollutants-influenced by his/her genetic uniqueness

(known as epigenetics).

Nutrition has emerged as a primary factor that can positively or negatively impact one's health



Modern lifestyle can foster habits that lead to illness. Most people living in industrialized parts of the world eat too much animal protein, salt, sugar, saturated fat and new-to-nature chemicals in the form of preservatives, environmental contaminants, pesticides, insecticides and herbicides. These factors can help turn on genes that predispose us to chronic diseases, as well as turn off genes that protect us from illness.



Nutrition 101: Why Choose Organic?

What Does “Organic” Mean? And is “Natural” the Same Thing?

In the world of farming and agriculture, “organic” refers to the way that farmers grow, raise, and process the foods that we eat, such as fruits, vegetables, grains, meat, and dairy products. Organic fruits and vegetables use natural pest and weed controlling techniques, natural fertilizers like compost, and are not Genetically Modified Organisms (GMOs). Organic meats, and therefore dairy products, are free of added hormones and antibiotics, and are fed organic feed.³⁰ There is no legal definition for the term “natural” when used to talk about food, therefore always read labels carefully to better understand what you are buying and consuming.³¹



VS.



REQUIRED	ORGANIC ³⁰	NATURAL ³¹
• Animals can go outdoors	Yes	Not required
• Strict certification standard	Yes	Not required
• Prohibits harmful materials	Yes	Not required
• Keeps soil and water healthy	Yes	Not required
• Animals eat 100% organic diet	Yes	Not required
• Antibiotics in meat	No	Allowed
• Growth hormones in meat	No	Allowed
• Synthetic fertilizers	No	Allowed
• Genetically engineered ingredients	No	Allowed
• Toxic pesticides	No	Allowed
• Sewage sludge fertilizer	No	Allowed

Why Is This Important for Me?

Consuming chemical herbicides and pesticides, antibiotics, and hormones used in conventional farming (as opposed to organic farming) can, over time, have a serious impact on our health in a number of ways. Here's how:

- **Chemical herbicides and pesticides.** There are over 600 chemicals registered for agricultural use in America, many of which have not been tested for long-term health effects. Pesticides have been linked, in a number of studies, to a variety of conditions including cancer, obesity, diabetes, Parkinson's disease, and infertility, just to name a few.
- **Antibiotics.** When we eat conventionally raised animal proteins we are unknowingly eating antibiotics as well. Although there is no arguing that antibiotics have an important role in treating bacterial infections, constant exposure to antibiotics via the diet can eventually cause bacteria to become “antibiotic resistant.” Antibiotic resistance means that bacteria can no longer be treated by certain drugs during times of infection.
- **Hormones.** Added hormones, used to bulk up the animal before it ends up on your plate, are a major concern because they are often linked to early onset of puberty, growth of tumors, and increased cancer risk, among others.

Is Eating Organic Expensive?

Yes and no. Eating organic can be more costly, but if you are a smart shopper you can eat organically grown foods on a budget as well. Here are some tips to help you choose organic on a budget:

- Shop seasonally. When you buy fruits and vegetables that are in season, they are often less expensive than items that are conventionally grown.
- Warehouse stores, where you can purchase items in bulk at a lower cost, now offer a variety of organic food items. If you live in a smaller household, some items like meats can be frozen and defrosted for later use, or you can split your produce with a friend.
- Look for farmers markets or join Community Supported Agriculture (CSA) groups in your area
- Become familiar with the **Dirty Dozen** and **Clean 15**. These lists, compiled and updated yearly by the Environmental Working Group (www.ewg.org), identify fruits and vegetables with the highest and lowest pesticide levels. Make it a priority to buy organic from the **Dirty Dozen**, and know that you have a little more wiggle room with items on the **Clean 15**.

DIRTY DOZEN** HIGHEST LEVELS OF PESTICIDES		CLEAN 15 LOWEST LEVELS OF PESTICIDES	
1. Apples	7. Peaches	1. Asparagus	9. Mangoes
2. Celery	8. Potatoes	2. Avocado	10. Onions
3. Cherry Tomatoes	9. Snap Peas	3. Cabbage	11. Papayas
4. Cucumbers	10. Spinach	4. Cantaloupe	12. Pineapples
5. Grapes	11. Strawberries	5. Cauliflower	13. Sweet Corn
6. Nectarines	12. Sweet Bell Peppers	6. Eggplant	14. Sweet Peas
Others to be aware of: Hot Peppers, Kale, and Collard Greens		7. Grapefruit	15. Sweet Potatoes
		8. Kiwi	

Tip: Clean fruits and vegetables with a diluted vinegar solution (one part vinegar to three parts water) to drastically reduce the amount of bacteria and pesticides.

**While eating organic is preferable, it should not stop you from consuming a variety of fresh fruits and vegetables.



Another reason to eat organic is to avoid genetically modified organisms (GMO's). A GMO is any organism in which the genetic material has been altered in a way that does not occur in nature. This technology allows individual genes to be transferred from one organism to another.



HOW TO TELL GMO FOODS FROM ORGANIC FOODS

A GMO is a Genetically Modified Organism, meaning that it's been altered by a scientist in a laboratory on a genetic level.

One example would be a type of strawberry that was developed to be more frost tolerant. In order to do so, scientists inserted a gene from a cold ocean dwelling fish. Sounds tasty doesn't it?



ORGANIC
Starts with 9
Five digit code:
- 95879

Daily
Superfood
Love

**CONVENTIONALLY
GROWN**
Starts with 3 or 4
Four digit code:
- 4257

**GENETICALLY
MODIFIED**
Starts with 8
Five digit code:
-86890

Nutrition 101: Carbohydrates⁸

Carbohydrates or “carbs” are 1 of 3 macronutrients whose job is to supply energy. In the body, carbohydrates are converted to glucose that is used to support day-to-day activities and acts as the primary source of fuel for the brain. Carbohydrates can be found, in one form or another, in most food items—and some sources are better for health than others. Therefore, the type of carbs we eat really does matter and deserves a closer look.

Carbohydrate Sources



FRUITS,
VEGETABLES



LEGUMES



DAIRY & DAIRY
ALTERNATIVES



WHOLE GRAIN



JUICES, SODA



SWEETS



PASTA, RICE



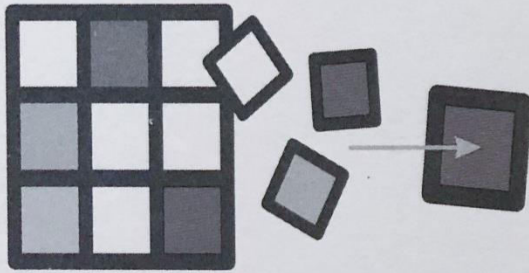
REFINED
BREADS, CEREALS

Complex vs. Simple Carbs

COMPLEX CARBS = GOOD	SIMPLE CARBS = BAD
<p>Complex carbohydrates have a structure that requires our bodies to work harder to digest them, resulting in:</p> <ul style="list-style-type: none">• Slow digestion and a feeling of fullness• A more gradual insulin response• Stimulation of metabolism	<p>Simple carbs are more processed. Because they have a less complex structure they are digested more rapidly and sugar is quickly absorbed into the body, resulting in:</p> <ul style="list-style-type: none">• An immediate spike in blood sugar levels• A more dramatic insulin response• The energy crash associated with carb consumption
<p>Tip: We are not able to digest fiber, but it keeps our gut bacteria happy as a “prebiotic.” Certain types of prebiotic fibers, such as chicory root and inulin, support beneficial bacteria that make important vitamins and keep the bad bacteria in control keeping our digestive and immune systems healthy. Fiber also helps with keeping cholesterol and blood sugar in check, while supporting healthy regular elimination.</p>	

How Carbs Are Used

Carbs are broken down:



Carbohydrates are broken down and turned into glucose, a simple sugar

Glucose is used for:



Energy during exercise

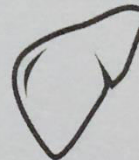


Energy for the brain

GLUCOSE IS STORED FOR:



Energy in muscles



Maintaining stable blood glucose levels

Excess glucose is turned into:



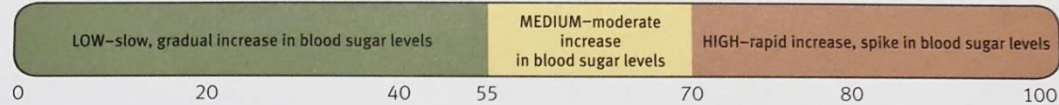
After glucose is used or stored, excess is converted to fat

Understanding Blood Sugar Response and the Difference Between Glycemic Index and Glycemic Load¹⁰

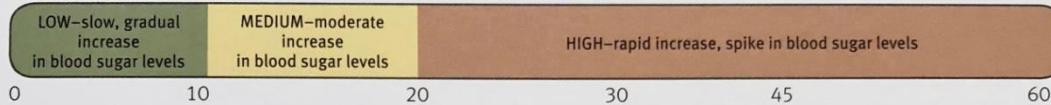
Glycemic Index (GI)—a ranking of carbohydrate foods according to how rapidly they are digested and released as glucose (sugar) into the bloodstream.

Glycemic Load (GL)—a measure that describes both the quality and quantity of carbohydrates in a food serving.

Glycemic Index



Glycemic Load



Doughnut vs. Watermelon!

Comparing watermelon to doughnuts helps to illustrate how GI and GL differ. Both watermelon and doughnuts have the same GI (76), but are very different in quality from one another. Doughnuts are made from highly processed grains and refined sugars, while watermelons are a whole food that contains fiber and water. So, despite having the same GI, the differences in the makeup of these foods mean that they have very different GLs. Watermelon has a low GL of 8, while doughnuts are medium-high with a GL of 17.



What's in it: sugar, fat, refined grains

Glycemic Load
17



What's in it: fiber, water

Glycemic Load
8

What Does This Mean for Me?

Not surprisingly, low GI/GL foods tend to be better for you and further support eating a variety of whole, phytonutrient-rich plant foods. While the majority of foods on the FirstLine Therapy Food Plans are low glycemic foods, they also include medium glycemic load foods (e.g., category 2 vegetables). By following your food list, eating foods in sensible portions, and balancing your plate, you can achieve a lower overall glycemic load for your diet without having to worry about the values of an individual food before you eat it.

Balancing the Glycemic Load of Your Diet

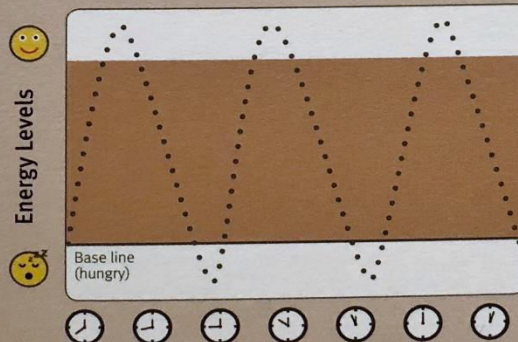
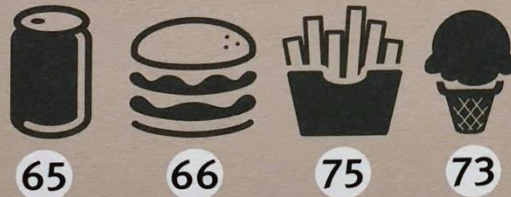
Glycemic-conscious eating means choosing foods that help to balance blood sugar levels or give better “glycemic control.” Managing blood sugar is important because it can help to:

- Aid in weight loss and weight maintenance
- Manage early stages of insulin resistance and curb the development of blood sugar-related conditions, such as type 2 diabetes
- Control food cravings

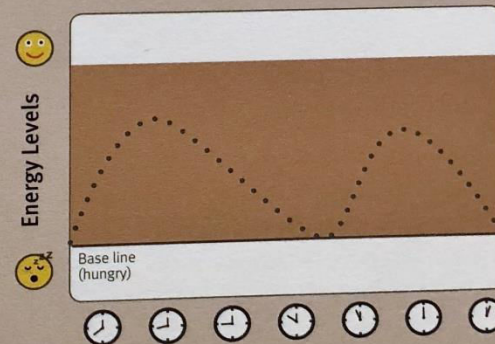
What is a Low Glycemic Meal?

High glycemic foods are typically sugary or highly processed carbohydrates (potato chips, white bread, etc.) and cause a fast rise in blood sugar that result in an energy “spike” followed by a “crash” that leaves you tired and hungry for more high carbohydrate foods. Being conscious of the glycemic index (GI) and glycemic load (GL) of the foods we eat helps us break this spike/crash cycle, resulting in more consistent energy levels and reduced cravings for sugary foods.

High Glycemic Load



Low Glycemic Load



Nutrition 101: Fats¹⁵

Fat is another type of macronutrient that, in the past, has been demonized by the media because it was feared to be a major contributor to heart disease. However, research has discovered that there is a difference between "good" and "bad" fats. Good fats are those that play a vital role in the body, such as fats found in olive oil, nuts, and avocado, which have been shown to lower cholesterol, play a protective role in cell membrane function, and produce certain essential vitamins in the body. Bad fats (partially hydrogenated fats or trans fat), on the other hand, are those that are manufactured to keep foods shelf-stable, and are implicated in increasing cholesterol and inflammation. Examples of packaged foods containing bad fats include: potato chips, baked goods, and crackers.

Fat Sources

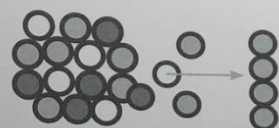


Types of Fat

UNSATURATED = HEALTHIER	SATURATED = IN MODERATION	TRANS = BAD
<p>Mono- and polyunsaturated fats are beneficial to our health</p> <ul style="list-style-type: none"> Typically liquid at room temperature Includes mono- and polyunsaturated fats <ul style="list-style-type: none"> Mono can lower cholesterol and be heart protective Poly includes omega-3 and omega-6 essential fatty acids 	<p>Saturated fats are best consumed in moderation</p> <ul style="list-style-type: none"> Generally solid at room temperature Primarily from animal sources Depending on the source, they can raise total and LDL "bad" cholesterol Coconut oil when consumed in moderation may provide some health benefits 	<p>Trans fats are more harmful than natural saturated fats</p> <ul style="list-style-type: none"> Chemically modified to enhance flavor and texture, and increase shelf life Added to many packaged foods Raises bad cholesterol and lowers HDL "good" cholesterol
<p>Tip: Watch out for the ingredients that contain the words <i>partially hydrogenated</i>. This is code for trans fat. This ingredient is often found in peanut butter.</p>		

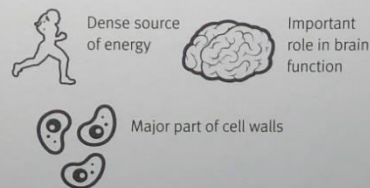
How Fats are Used:

Fats broken down:



Fats are broken down into fatty acids

FAT IS USED FOR:



HEALTHY DIETARY FATS:

Healthy dietary fats are good sources of fat-soluble vitamins A, D, E, and K and essential fatty acids that we obtain from food

Choosing Healthy Fats:

- Choose more plant and fish sources of healthy fats. Select wild caught fish to maximize health benefits.
- Replace saturated and trans fats with mono- and polyunsaturated fats to reduce risk of cardiovascular disease
- The typical American diet contains a 20:1 ratio of omega-6 to omega-3 fatty acids, likely from eating foods containing or cooked in vegetable oils rich in omega-6s.¹⁶ This imbalance can contribute to inflammation, cardiovascular disease, diabetes, cancer, and arthritis.
- Focus on choosing foods containing omega-3 and decreasing omega-6 foods. Aim for a 4:1 ratio of omega-6 to omega-3 for reduced risk of developing certain chronic diseases.
 - o Omega-3: sardines, salmon, tofu, chia seeds, walnuts, flaxseeds
 - o Omega-6: beef, dairy, pecans, sunflower seeds, sesame oil, safflower oil, sunflower oil, corn oil, soybean oil

Fats by the Numbers

2 essential fatty acids

There are two essential fatty acids that must be obtained from the diet—omega-6 and omega-3 fats

.....

2+ servings

The American Heart Association recommends eating at least two servings of fatty fish per week (for high omega-3 content)

.....

4:1

Aim for a 4:1 ratio of omega-6 to omega-3 fatty acids¹⁷

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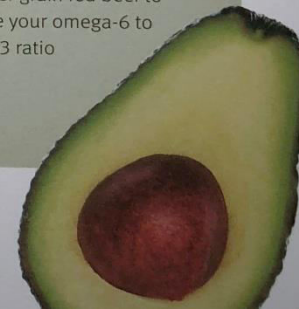
9 calories

Fat provides the most energy, nine calories per gram, of all the macronutrients

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Tips to Increase Healthy Fat Intake

- Fish is the only animal protein high in omega-3 fatty acids. Eat cold water fish twice a week, such as salmon, sardines, herring, or mackerel. Avoid breaded or fried products.
- Sprinkle 2 tsp. ground flaxseed or chia seed on your oatmeal, salad, or yogurt a few times a week
- Use olive, avocado or flaxseed oil in salad dressing
- Sprinkle walnuts, almonds, or pecans over salads, or eat a few as a snack—keeping portions in mind. If there's a choice at a cocktail party, nibble on unsalted almonds or walnuts—both contain unsaturated fats.
- Buy omega-3 eggs, which come from hens fed on flaxseed. They contain seven to 12 times more omega-3s than regular eggs.
- Add a serving of avocado to your salad, or blend into your salad dressing. It's a great source of monounsaturated fat, which is linked to a variety of health benefits, including a reduced risk of breast cancer.
- Choose grass fed and finished beef over grain fed beef to improve your omega-6 to omega-3 ratio



Nutrition 101: Proteins²⁰

Protein, like carbohydrates and fats discussed in Sessions 2 and 3, are the third type of macronutrient. While protein is often thought of as meat, eggs, or dairy, there are a number of plant-based sources as well. Including an adequate amount of the right types of protein is important for the repair and health of the body. It is more plentiful in the body than any other material besides water.

Protein Sources

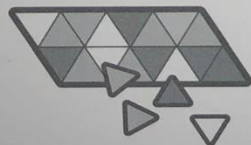


Protein Types

COMPLETE PROTEIN	INCOMPLETE PROTEIN
Provides all essential amino acids. Found in: <ul style="list-style-type: none">• Meat/Poultry• Fish• Dairy• Eggs• Quinoa/Soy	Provides some amino acids, but not all essential amino acids. Found in: <ul style="list-style-type: none">• Grains• Legumes• Nuts• Seitan
Tip: Combine 2 or more incomplete proteins to form a complementary protein, which can provide adequate amounts of all the essential amino acids (e.g., rice and beans). It is not necessary to combine these proteins at each meal; they can be consumed over the course of a day.	

How Proteins are Used:

PROTEINS BROKEN DOWN:



Proteins are broken down into amino acids

PROTEIN IS USED FOR:



Optimal health, promote growth, build muscle, and to maintain and repair the body

SKELETAL MUSCLE IS FOR:



Major component of the skin, muscles, organs, glands, and body fluids

Choosing Proteins:

- Eat more plant-based and vegetarian proteins like legumes, quinoa, and tofu
- Buy leaner cuts of protein, such as round roast for beef or center cut chops for pork
- Enjoy two servings of fatty fish per week, such as salmon, herring, or mackerel, for a healthy dose of lean protein and heart-healthy omega-3s
- Some more “exotic” proteins like bison and ostrich are leaner than other more commonly consumed animal proteins

Proteins by the Numbers

1 of 3

Proteins are one of the three macronutrients (carbohydrates and fats are the other two)

.....

4 calories

Proteins provide energy, four calories per gram

.....

8 conditionally

Eight amino acids can become conditionally essential during times of illness or stress

.....

9 essential

There are nine essential amino acids, meaning our bodies cannot make them and must be obtained from food

.....

20 amino acids

There are 20 different amino acids

.....

Tips to Increase Protein Intake

- **Eggs.** Quick and easy, and they don't need to be limited to breakfast. Add them hardboiled to a salad for lunch or have two over easy with rice, whole grains and vegetables for a quick dinner.
- **Nuts/Seeds.** Add nuts or nut butters to smoothies, oats, or fresh fruit.
- **Poultry.** Prep chicken on the weekend and use it throughout the week in different ways. (Monday: chicken salad. Tuesday: chicken, rice, and vegetables. Wednesday: chicken tacos, etc.).
- **Legumes.** Use beans or lentils as a side dish or get creative and add to soups, salads, and stews to make them a little heartier.
- **Dairy.** Combine yogurt or cottage cheese with fresh fruit to make a great high protein snack.
- **Tofu.** Use tofu in place of meat in almost any recipe for a high protein vegetarian option.
- **Quinoa.** Substitute pasta or rice with quinoa to increase the protein content of your meal.



Nutrition 101: Water

Water intake and fluid balance are among the least understood and most neglected areas of overall health and weight management. In fact, 37% of people mistake thirst for hunger because they are unaware that they are thirsty and not hungry.²³ Because water is very important to health, our bodies attempt to maintain proper fluid and water balance at all times.

Consuming too little water can result in water retention. Increasing water intake can actually decrease water retention, bloating, and added weight gain.

BEST TIMES TO HYDRATE	SIGNS OF DEHYDRATION
<ul style="list-style-type: none">• When you wake up• Before each meal• Before a workout• After a workout• When you feel tired or achy• Any time you are out in the sun or in hot/humid environments	<ul style="list-style-type: none">• If you are thirsty, you are already dehydrated• Pain in joints and muscles• Fatigue• Headaches• Dark yellow urine• Constipation• Lower back pain
Tip: Always carry a bottle of clean water with you wherever you go. Keep a log of how much you drink each day.	

How much water do I need?

Although individual variation exists, drinking $\frac{1}{2}$ your body weight in ounces—up to eight glasses for most patients each day—can help you achieve your health goals.



Will I feel bloated and retain water if I drink more of it?

Drinking the appropriate amount of water actually reduces water retention and bloating, even during menstruation for women. Since your body is constantly regulating its fluid balance, you can over-compensate by retaining water if you are not drinking enough. Drinking more water can also help you lose those few extra pounds and aid with proper digestion. The researchers estimate that over the course of a year, a person who increases water consumption to 1.5 liters a day would burn an extra 17,400 calories, for a weight loss of approximately five pounds. They note that up to 40% of the increase in calorie burning is caused by the body's attempt to heat the ingested water.²⁴

Benefits of Drinking Water:²⁵



AIDS IN
DIGESTION



HELPS REGULATE
BODY TEMPERATURE



LUBRICATES
JOINTS



FLUSHES WASTES
AND TOXINS



LUBRICATES
THE EYES



AIDS IN
WEIGHT LOSS



MAINTAINS BALANCE
OF BODY FLUIDS



RELIEVES FATIGUE/
ENERGIZES MUSCLES



STRENGTHENS
BRAIN

Water by the Numbers

1.5 liters

A person who increases his/her water intake to 1.5 liters (50 oz.) a day will burn an extra 17,400 calories a year²⁶

30 minutes

Drink some water every 30 minutes

75% of brain matter

The brain is 75% water

When do you need more water?

ENVIRONMENT

Heat, humidity, or extremely dry conditions can contribute to dehydration

EXERCISE

When you sweat from physical activity

SICKNESS

Fevers, vomiting, and diarrhea make your body lose fluids

PREGNANCY/BREAST FEEDING

Additional fluids needed to stay hydrated

Tips to Help You Meet Your Water Goals

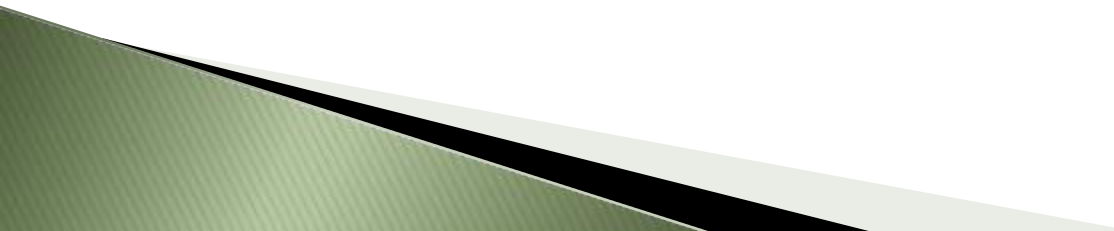
- Keep a water bottle that measures fluid ounces at home or at your desk. This way the counting is done for you. All you need to worry about is finishing the bottle between the time you wake up and the time you go to bed. If a 64-oz. bottle appears too much to tackle, try a 32-oz. or 16-oz. bottle and just remember to refill it throughout the day.
- Create a buddy system with a family member, friend, or coworker to make sure you are drinking your water
- Add citrus, ginger, or cucumber slices to your water to give it flavor
- Remember to take baby steps and gradually work up to your goal of half your weight in ounces. It's never too late to start—this is for your long-term health!
- Tip for soda drinkers—transition to sparkling water, mineral water and still water

If you drink caffeinated coffee or tea, keep in mind that these are dehydrating. Consume additional water in order to keep yourself well hydrated.

Physical activity

It is well established that regular physical activity is beneficial for all individuals but is particularly important for those with poor blood sugar balance, cardiovascular health issues and altered body composition.

The best exercise is one that you will commit to and enjoy doing. If you are physically limited consider chair yoga or chair exercises. Incorporate deep breathing techniques which are very therapeutic and have various health benefits.



Benefits of exercise

The benefit of engaging in regular physical activity include:

- ▶ **Improved blood glucose control and HbA1c**
- ▶ **Helps you change your body composition by gaining muscle and losing fat.**
- ▶ **Improves blood pressure**
- ▶ **Improves effectiveness of medication**
- ▶ **Reduces stress and makes you feel better**
- ▶ **Increases metabolism to help burn more calories at rest.**
- ▶ **Increases muscular stress and endurance**
- ▶ **Increases HDL (good) cholesterol levels**
- ▶ **Improves sleep and overall quality of life**



TOP 10 REASONS TO EXERCISE

Keeps you young

Reduce infection

Prevent heart attacks

Ease asthma

Control blood sugar

Protect against cancer

Combat stress

Relieve hot flashes

Protect men's health

Prolong life

Integrative Nutrition



Let's Talk About Stress

What Is Stress?

The dictionary defines stress as “a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.” What this definition fails to address is that stress means something different to everyone. People use the word “stress” or “stressful” to describe a plethora of situations. Oftentimes, it is as easily used to describe when a person is not able to find their keys in the morning as it is used to describe dealing with the death of a loved one. Stress can be many things, but it is how you view it that really matters.

Transforming Stress²²

Over the years, stress has earned a reputation for being bad for your health, and in some cases it is. But recent research indicates that in most instances changing how you view stress can actually change how it affects you. In her book *The Upside of Stress*, Dr. Kelly McGonigal even goes so far as to say that changing your mind about stress can actually make you healthier and happier. She says that the best way to manage stress isn't to reduce or avoid it, but rather to rethink and even embrace it. When you face your stresses, rather than ignoring them, you build your “toolkit” for dealing with these types of experiences. The result is that in many instances stress can actually increase confidence, act as a motivator, enhance learning, and even strengthen social relationships.

Becoming Self-Aware

Now that we understand that not all stress is bad and shouldn't necessarily be avoided, it is also worth taking an introspective look at the stressors that we have in our life and whether or not they belong there. Being self-aware gives up the opportunity to say “you can't stress over the things you can't change.” Oftentimes we feel overwhelmed by stress because we have taken too much on or we take on responsibilities that are literally impossible for us to tackle. In addition, self-awareness allows you to recognize your body's stress signals and respond with a positive “I can” attitude so that you don't fall victim to negativity.

The Mind-Body Connection

Using the mind-body connection can help you build resilience and improve your coping skills. Taking part in certain activities including yoga, massage, meditation, guided imagery, deep breathing, and relaxation poses have been proven to intentionally turn on the relaxation response and encourage self-awareness and self-expression—keys to help transform stressful events into opportunities for growth and development. Explore which activities work for you and make them part of your weekly routine.

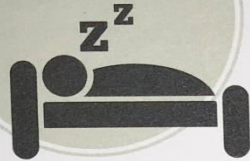
Changing Your Mindset

A mindset is a belief that influences how you think, feel, and act. While collectively we have (e.g., “the sky is blue”), what makes a mindset different is that it holds significance in how an individual views life or events. The good news is that changing your mindset from “stress is harmful to my health” to “stress can be good for me” is as simple as changing what you tell yourself.



Stress Management

Get enough sleep.
Keep regular sleep habits.



Keep it simple.



Know your stress
triggers and plan ahead
so that you can avoid or
minimize them.



Maintain
supportive relationships.



Allow yourself to say no
and set personal boundaries.
This will help you to free up
more time and energy to focus
on your goals and stay on track.



Take time out
for yourself and relax.



Have fun.
Laugh often.



Make time for
hobbies and interests.



Exercise or be active
daily to burn off stress
and improve your brain
chemistry.



Don't be so
hard on yourself.



Don't bring work
problems home or
home problems
to work.



11 Ways to Sleep Better

1. Create a relaxing bedtime routine:

- Read a book
- Take a warm bath
- Listen to music
- Keep the temperature in your bedroom at a comfortable level (extremes can disrupt sleep)
- Practice a relaxation technique like soft belly breathing
- Minimize distractions, such as noisy clocks, bright lights, and uncomfortable clothing or bedding

2. Is your mattress supporting a good night's sleep? If not, then consider investing in a new mattress.

3. Go to sleep and wake at the same time each day to develop a sleep/wake rhythm that encourages better sleep.

4. Go to bed only when sleepy. Get out of bed if you are not sleeping or are unable to fall asleep within 15 to 20 minutes. Then get back into bed only if you are sleepy.

5. Maintain a consistent wake up time, no matter how much sleep obtained.

6. Use the bed for sex and sleep only.

7. Watch your diet and eating patterns. A heavy meal or spicy foods before bedtime can lead to nighttime discomforts and fluids can require disruptive trips to the bathroom. A light snack can prevent hunger pangs and help you sleep better. Eat no closer than two hours before bedtime.

8. Avoid caffeine (tea, cola, chocolate, and coffee) four to six hours before bedtime.

9. Have no more than one serving of alcohol consumed two hours or more before bedtime.

10. Exercise regularly. Exercising in the morning or afternoon is ideal. Consistent exercise may help you get a deeper, more restful sleep.

11. Stop using electronics (i.e., cell phones, tablets, and televisions) 30 minutes to one hour before bed. The blue light emitted by these devices disrupts melatonin production.



Deep Breathing

- ▶ *Here are a few benefits to deep breathing:*

- ▶ Decreases stress, increases calm. ...
- ▶ Relieves pain. ...
- ▶ Stimulates the lymphatic system (Detoxifies the body). ...
- ▶ Improves immunity. ...
- ▶ Increases energy. ...
- ▶ Lowers blood pressure. ...
- ▶ Improves digestion. ...
- ▶ Helps support correct posture.

- ▶ *The Physical and Emotional Benefits of Breath Meditation*

- ▶ Reduce stress levels in your body.
- ▶ Lower your heart rate.
- ▶ Lower your blood pressure.
- ▶ Improve diabetic symptoms.
- ▶ Reduce depression.
- ▶ Better manage chronic pain.
- ▶ Better regulate your body's reaction to stress and fatigue.
- ▶ Reduce the possibility of burnout for caregivers.

Deep Breathing

Deep breathing is a form of focused belly breathing that has been shown to reduce stress and anxiety. The American Institute of Stress (AIS) recommends abdominal breathing for 20 to 30 minutes each day to reduce anxiety and stress, and has developed certified techniques to help stop an acute stress response in its tracks.

Deep abdominal breathing increases the supply of oxygen to your brain and stimulates the parasympathetic nervous system, helping promote a state of overall calmness. When you engage in deep breathing techniques, you become more connected to your mind and body, helping draw focus away from stressors or worries in your head and quieting your mind.

- Your breathing becomes slower
- Your heart beats more slowly and your muscles relax
- Your blood pressure decreases

AIS Certified Deep Breathing Techniques

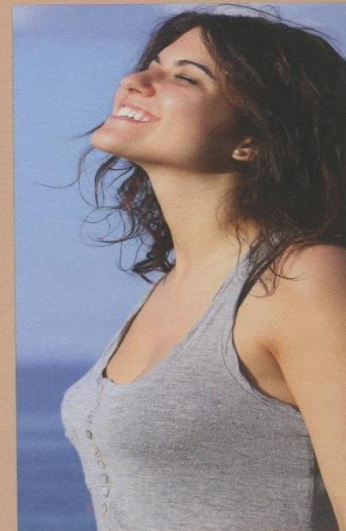
The following techniques help to elicit the “relaxation response”—a physical state of deep rest that changes the physical and emotional responses to stress.

Quieting Response

This technique takes only takes six seconds. It utilizes visualization and deep breathing (a powerful combination) to stop an acute stress response in its tracks. First “smile inwardly” with your eyes and mouth and release the tension in your shoulders. This is a powerful muscle release in the places where most people hold muscle tension. Then imagine holes in the soles of your feet. As you take a deep breath in, visualize hot air flowing through these holes moving slowly up your legs, through your abdomen and filling your lungs. Relax your muscles sequentially as the hot air moves through them up your body. When you exhale reverse the visualization so you “see” hot air coming out the same holes in your feet. Repeat throughout the day whenever you need to feel calm and relaxed.

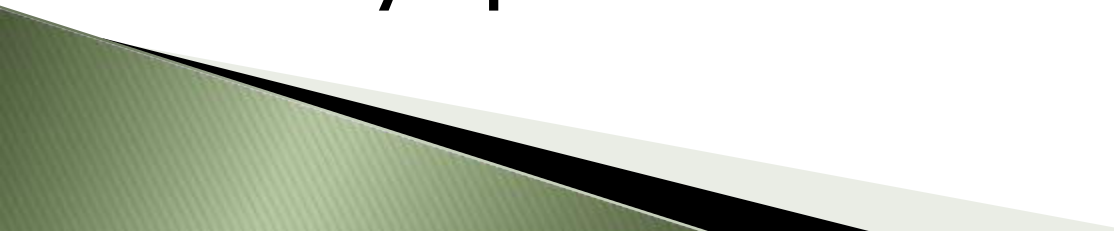
Teddy Bear Breathing

Lie on your back, and place one hand on your chest and the other hand (or favorite teddy bear) on your belly button. Close your eyes and relax your whole body. Breathe in slowly through your nose. Your hand (teddy bear) should slowly rise, but your chest should not. When you have taken a full deep breath, hold it for a count of three, then slowly breathe out. Repeat a few times until you feel relaxed.



GLUTEN SENSITIVITY

Gluten sensitivity is actually an autoimmune disease that creates inflammation throughout the body, with wide-ranging effects across all organ systems including your brain, heart, joints, digestive tract, and more. It can be the single cause behind many different "diseases." To correct these diseases, you need to treat the cause--which is often gluten sensitivity--not just the symptoms.



DISEASES ASSOCIATED WITH GLUTEN

A review paper in *The New England Journal of Medicine* listed 55 "diseases" that can be caused by eating gluten. These include osteoporosis, irritable bowel disease, inflammatory bowel disease, anemia, cancer, fatigue, canker sores, rheumatoid arthritis, lupus, multiple sclerosis, and almost all other autoimmune diseases. Gluten is also linked to many psychiatric and neurological diseases, including anxiety, depression, schizophrenia, dementia, migraines, epilepsy, and neuropathies such as CTS, sensory ganglionopathies and **fibromyalgia**. It has also been linked to autism.

Eliminate (or limit)

GLUTEN

Caffeine

Alcohol

Sugar

Processed food

Stress

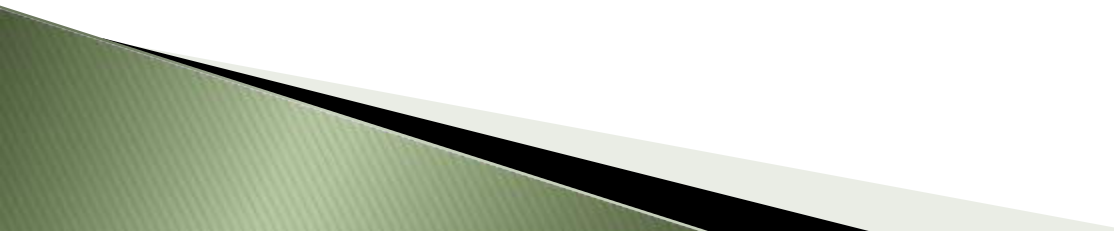
Smoking



Night shades?

- ▶ **Nightshades** can be problematic for people with **autoimmune** diseases due to their lectin, saponin, and capsaicin content. These are all compounds that have a high potency in **nightshade** vegetables. All plants and animals contain some lectins. One of lectins' jobs is to protect the plant, specifically the seeds.

Some common night shades

- ▶ Tomatoes
 - ▶ Potatoes and starch from potatoes
 - ▶ Eggplant
 - ▶ Bell Peppers
 - ▶ Chile peppers
 - ▶ Red peppers
 - ▶ Paprika
 - ▶ Cayenne
 - ▶ Tobacco
 - ▶ Ashwagandha
- 

SUPPLEMENTS

Fish Oil (Omega 3)

Probiotics

Multivitamins/multiminerals

Vitamin D3

Magnesium & Calcium

Digestive Enzymes

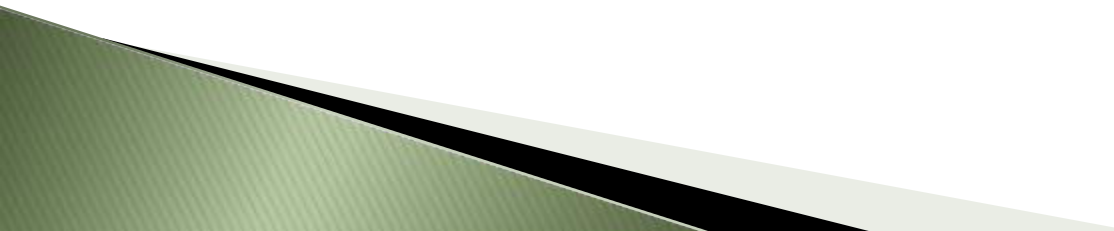
Hydrochloric Acid



Designs for Health Nutritional Products

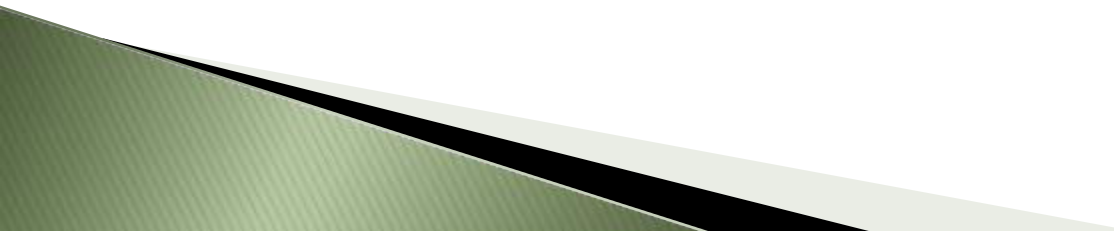
- ▶ **Detoxification Support Packets**
 - ▶ **14/21 Day Detox Program**
 - ▶ **Pure Paleo Meal**
 - ▶ **VegeMeal**
 - ▶ **Hydrolyzyme**
 - ▶ **Inflammatone**
 - ▶ **B Supreme**
 - ▶ **ReseratroL Supreme**
 - ▶ **DFH Complete Multi**
 - ▶ **Omega Avail Ultra**
 - ▶ **Digestzymes**
 - ▶ **Probiotics**
- 

Other supplements to consider

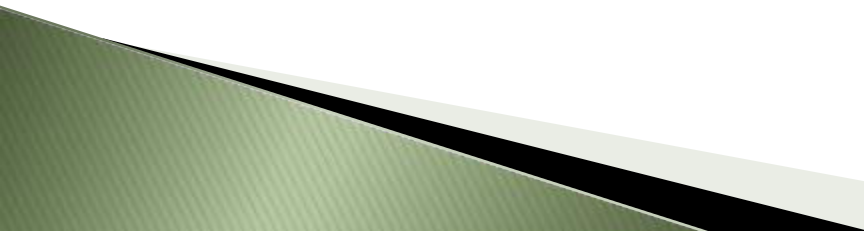
- ▶ Standard Process – Zypan
 - ▶ Ion Biome Gut Health (formerly known as Restore)
 - ▶ Spry dental products made with Xylitol
 - ▶ Xylimelts are oral-adhering discs that stick to your teeth or gums to relieve persistent dry mouth. Use **XyliMelts** during the day or while sleeping and find temporary relief from frequent thirst, sticky dryness in the mouth and throat, and other unpleasant dry mouth symptoms.
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Dry Mouth

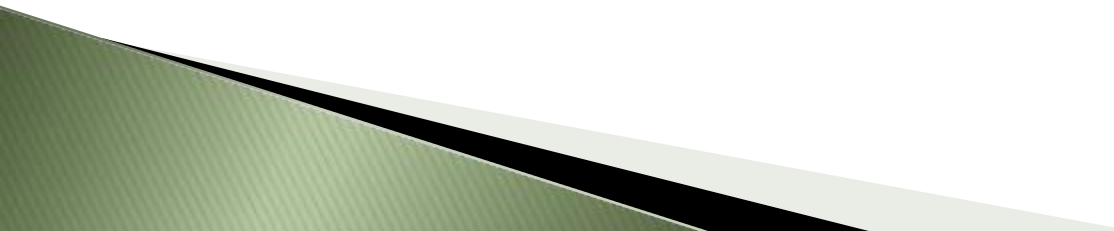
- ▶ Dry mouth, or xerostomia (zeer-o-STOE-me-uh), refers to a condition in which the salivary glands in your mouth don't make enough saliva to keep your mouth wet. Dry mouth is often due to the side effect of certain medications or aging issues or as a result of radiation therapy for cancer. Less often, dry mouth may be caused by a condition that directly affects the salivary glands.

- ▶ Saliva helps prevent tooth decay by neutralizing acids produced by bacteria, limiting bacterial growth and washing away food particles. Saliva also enhances your ability to taste and makes it easier to chew and swallow. In addition, enzymes in saliva aid in digestion.
 - ▶ Decreased saliva and dry mouth can range from being merely a nuisance to something that has a major impact on your general health and the health of your teeth and gums, as well as your appetite and enjoyment of food.
- 

Healthy guidelines

- ▶ **EAT ORGANIC FOODS- CONSIDER GLUTEN FREE**
 - ▶ **EXERCISE**
 - ▶ **SUPPLEMENT YOUR DIET WITH APPROPRIATE VITAMINS AND NUTRITIONAL SUPPORT**
 - ▶ **DETOXIFY THE BODY**
 - ▶ **DRINK PURE FILTERED WATER**
 - ▶ **ELIMINATE COMMERCIAL HOUSEHOLD CLEANING PRODUCTS AND TOXIC GARDEN PESTICIDES**
 - ▶ **REFUSE SYNTHETIC HORMONE TREATMENTS**
 - ▶ **SEEK NATURAL APPROACHES TO HEALTHCARE**
 - ▶ **EMPOWER YOURSELF WITH A POSITIVE OUTLOOK - ADOPT AN ATTITUDE OF GRATITUDE**
 - ▶ **FIND A HEALTHY AVENUE FOR STRESS RELEASE SUCH AS MEDITATION, YOGA, GARDENING READING ETC.**
 - ▶ **MAINTAIN HEALTHY RELATIONSHIPS**
 - ▶ **EXPLORE YOUR SPIRITUALITY**
- 

**Today I will find
balance in my life. I will
reveal my potential by feeling
and being healthy, by embracing
all the elements that are on my
path to wellbeing. By striving for
the best expression of Me. I will
find greater connectedness
to the world and to those
I love. Today I will live
intentionally.**



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