

SLEEP

Sleep deficiency & deprivation can contribute to:

- 1) **Disease:** kidney stones, IBS, fertility problems, heart disease, arthritis, thyroid disorders, diabetes, cancer
- 2) **Changes in Appetite:** increased ghrelin, a hormone associated with hunger and cravings, especially craving sugary and comfort foods to battle fatigue
- 3) **Brain Disorders:** reduced attention span, low willpower, susceptibility to poor moods, headaches/migraines, depression
- 4) **Weight gain:** increased likelihood of sedentary lifestyle and increased appetite

STRESS

Did you know 75-90% of all doctors visits are related to conditions caused by chronic stress?

- 1) **Digestive Disorders:** bloating, cramping, constipation, diarrhea, acid reflux, IBS, can worsen ulcers and inflammatory bowel disease
- 2) **Weight gain:** increased cortisol contributes to the accumulation of abdominal fat and increases cravings for fat, salt and sugar to try and correct the hormonal imbalance.
- 3) **Skin, Hair, Teeth:** reduced blood flow to skin during stress and hormonal imbalance can cause eczema, acne, hives, psoriasis & rosacea, contributes to hair loss & gum disease.
- 4) **Hormones:** linked to PMS severity and fertility problems in women

THE 4 PILLARS OF PHYSICAL HEALTH

NUTRITION

The Standard Western Diet of Americans: high in "bad" fat (soybean, canola and vegetable oils), high animal protein, dairy, sugar, excess salt intake and processed foods all promote:

Obesity, metabolic syndrome, cardiovascular disease, diabetes, cancer & inflammatory autoimmune conditions

The average American consumes 150-170lbs. sugar yearly, which is linked to **cancer, breast cancer** and other **diseases**

Contraceptive use depletes the body of: folic acid, vitamins B2, B6, B12, vitamin C, vitamin E, magnesium, selenium and zinc.

EXERCISE

Problems of sedentary lifestyles:

1. **Energy & Mood:** Individuals who sit for more than 6 hrs. a day can be up to 90% more likely to feel psychological distress: nervous, restless, hopeless, or even more than those who sit for less than 3 hrs. daily.
2. **Anxiety:** sedentary behaviors, like watching TV, excessive electronic use, can increase the risk for anxiety
3. **Disease:** Increase risk of cancer, blood sugar spikes and excess weight gain, leading to other conditions.

SLEEP

- 1) Establish a sleep routine- quality is more important than quantity
- 2) Disconnet from all electronics minimum 1 hr. before bed
- 3) Perform gentle stretches to down-regulate the central nervous system to prepare for sleep
- 4) Organize your mind by writing out all "to-do" lists
- 5) Try not to eat prior to bed so that your body can focus on recovery and not metabolism.

STRESS

- 1) Learn diaphragmatic breathing techniques
- 2) Avoid caffeine, sugar and processed foods like the plague
- 3) Double your intake of vegetables
- 4) Connect with important people in your life regularly
- 5) Limit social media and mindless surfing on the web or TV - this can actually increase anxiety
- 6) Get outside to exercise, with or without friends

SIMPLE STRATEGIES TO PROMOTE HEALTHY LIVING

NUTRITION

- 1) Learn what you are actually eating and what is in your food by using a food tracker app (My Fitness Pal)
- 2) Set one food goal at a time - the calories you drink are the easiest place to start
- 3) Eat something green everyday
- 4) One sweet daily maximum (baked good, sugary drink, etc) - work towards limiting as much as possible
- 5) Caffeine and alcohol really tax the endocrine and hormonal system - look for ways to cut back and/or eliminate
- 6) Try one new healthy recipe weekly

EXERCISE

- 1) Everyone has at least 5 min. to get their heart rate up daily- where are three 5min. windows you could increase your heart rate daily?
- 2) Exercising first thing in the morning boosts metabolism and mood and ensures nothing in your schedule will interrupt your workout.
- 3) Routine is key - what time of the day can you establish an exercise habit?
- 4) Aim for weightlifting exercises minimum 2x weekly
- 5) Move every day