



# WAYS TO TURN YOUR HEALTH AROUND

To Allow yourself to Vitality Live Your Purpose

*We believe that health is our most important and valuable asset. And as life continues to get more hectic, we believe that protecting our health is the best thing we can do, not only to survive but to thrive. We have found these nine simple but effective tips are the key to unlocking an optimal pathway of improving health.*



**Vitality**  
Family Health

## DETOXIFY

**Problem:** We live in toxic soup and sadly, it starts at birth. Cord blood from newborn babies today has been tested immediately after birth and has shown the presence of 200+ chemicals, which are transferred to the newborn from the mother's exposure. We are continually exposed to more toxins and chemicals from the things that we eat, drink, breathe, put on our skin, and even think.

**Solution:** Start to minimize exposure by eating organic real foods, drinking purified water and avoiding plastic containers, switching out cleaning products, air fresheners, and skincare products for natural alternatives, and working on shifting negative and limiting thoughts into more positive and productive thoughts. Take it a step further and seek out a functional healthcare provider to supervise you with doing a formal detoxification program to really reset your body.

## EAT LOCAL AND REAL FOOD

**Problem:** Our food supply and related marketing is confusing and is a major contributing factor to our current healthcare crisis. Unfortunately there is more money to be made in marketing unhealthy foods, so marketing mainly ignores healthy alternatives. Have you ever seen a marketing campaign for broccoli or apples? We need to realize that it's up to us as individuals to educate ourselves about learn what healthy food really is and how to identify it.

**Solution:** Learn to identify "clean" food including things like organic, pasture-raised, grass-fed, cage-free, sustainably raised or harvested. Local farmer's markets, health food stores, and CSA (Community Supported Agriculture) options are all great places to start. Try to eat locally as much as possible to improve your health but also to minimize the negative environmental impact.

## SLEEP

**Problem:** The average American gets approximately 6.8 hours of sleep per night. However, studies show that 7-9 hours per night is ideal. When we are chronically sleep deprived, our bodies do not operate optimally. This leads to problems with mental and physical fatigue, decreased reaction times, weight gain, decreased tolerance to stress, and development of chronic diseases.

**Solution:** Try to get 7-9 hours of sleep at least a few nights per week to avoid chronic sleep deprivation and sleep debt. Also, learn to practice good sleep hygiene habits including keeping the bedroom as dark as possible, only sleeping and having sex in the bed (no work or watching tv, etc), avoiding watching tv or being on the computer within a few hours of bedtime if possible, avoiding heavy meals and/or alcohol within a few hours of bedtime, and getting out of bed if you are unable to fall asleep within 20-30 minutes to avoid anxiety about not sleeping and going into another room to do a quiet activity until ready to fall asleep.

## GET MOVING

**Problem:** Most Americans wake up, commute for 30-60 minutes to work, sit at a desk for 8 hours per day, spend another 30-60 minutes commuting back home, then crash on the couch for up to 4 more hours watching tv. Then they repeat the daily cycle for decades. This inactivity is laying the groundwork for poor health and has been linked to foggy brain, inflexible spine, weak abdominal muscles, varicose veins, heart disease, insulin resistance/prediabetes, and cancer.

**Solution:** It's simple, start moving more. Go for walks daily, park further away, take the stairs, do a few minutes of exercise during commercial breaks, start biking, join a gym, play with the kids/grandkids, take a fitness class, etc. The recommendations are endless, so you just need to start doing something that you enjoy. You will start to feel better, which will motivate you to keep moving.



# SLOW DOWN

**Problem:** In our fast-paced 21st century life, we do not realize how hectic our lives can be especially compared to just a few generations ago. With instant communication and instant gratification being a staple in our lives, it's no wonder that we are sicker than we've ever been as a society.

**Solution:** Slow down. Learn to say NO to doing things and seeing people that are not serving you well. Learn to eat slower and more mindfully so you can actually enjoy the tastes, textures, smells, and company you are exposed to during meals. Start meditating daily. More and more studies are showing the massive health benefits of taking even just 10 minutes per day to sit quietly and focus on your breathing. There are a multitude of apps and websites available to help you create your mindfulness routine that fits with your personality and lifestyle. The most important thing is to get started, commit to it, and it will start to transform your world.

# DECREASE STRESS

**Problem:** Our accepted standard state of stressed out living is literally killing us. When stressed, the body is in "fight or flight" (FOF) mode, which allows us to get out of danger (historically within an hour or so). Once safe, our bodies calm down and move to "rest and digest" (RAD) mode. We need to be in RAD mode to optimally digest, reproduce, and ultimately HEAL. RAD is the optimal state for our health. Unfortunately, we generally live in constant FOF mode.

**Solution:** Decrease our stress to work on getting out of FOF mode more often. Start doing more things that allow you to experience a sense of relaxation, enjoyment, and peace. Carve out more time to do fun hobbies, spend time with positive people who make you feel better, avoid toxic people, listen to music, do yoga, sports, exercise, read positive books, listen to inspirational speakers & podcasts, find alone time to meditate, journal, be in nature. The key here is to identify the things that make YOU feel good and to try to do them much more often, and ideally, on a daily basis.

# CHECK YOUR HORMONES

**Problem:** Most people fail at losing weight/getting healthier not necessarily due to a lack of effort/commitment, but by focusing only on eating better and/or exercising more. Great starts, but lackluster results cause most to just give up and lose motivation. In order to address poor health and weight gain at the root causes, we need to address hormone imbalances (especially with estrogen, cortisol, and insulin) as well as diet and lifestyle factors to be truly effective.

**Solution:** Seek out a functional healthcare provider who can do the proper testing to allow you to identify any hormone imbalances along with other labs to get an extensive snapshot of your internal environment. We cannot change what we are not aware of, so knowing where you stand on your numbers and hormone levels will help you stay motivated to work on the diet and lifestyle changes you need to make to reach optimal health.

# CONNECT

**Problem:** Even though we're more plugged in than ever, it's caused an unanticipated side effect of social isolation. Loneliness and lack of connection has been linked to worse health and earlier death than those who have strong social ties to communities. Great examples are "The Blue Zones" (areas in the world where people are consistently living to 100+ years old), "The Daniel Plan" and "The Roseto Effect" discussed in "Outliers" by Malcolm Gladwell.

**Solution:** Connect more to your family, your friends, like-minded colleagues, those with similar hobbies, and avoid spending time as much as possible with people who are negative. The more you can do this, the more you will continue growing both personally and professionally and the closer you will get to reaching your goals.

# BELIEVE

**Problem:** It's very easy to forget how much potential we have to live and grow when the pervasive mindset is to wait for things to happen to us and for us. Many people feel stuck in their jobs/lifestyles and sometimes live their lives miserably while waiting for a better situation to arrive. The reality is that we have the power to change our situations at any time, but we have to choose to do it. We need to learn to trust/believe in ourselves to create the life that we truly want.

**Solution:** Start believing in yourself and your ability to change your life. When we start believing in ourselves, everything changes and the world opens up to endless possibilities. We are able to see that we can work on healing ourselves with the guidance of physicians, but ultimately see them as partners in our health and understand the importance of our own participation. Once we believe in our capabilities, we can start saying yes to the opportunities that the universe presents to us and this will allow us to develop into our most authentic and purpose-driven selves.

**In summary, when we start to incorporate these 9 tips into our daily lives, we will begin to transform our health and the important paths we are all following to make our world a better place.**