

PILLARS OF WELLNESS

HYDRATION



EXERCISE



HEALTHY EATING



NUTRITIONALS



SLEEP WELL



REDUCE STRESS



DETOX



7 PILLARS OF WELLNESS OVERVIEW

HYDRATION

- Drink ½ your weight in ounces of purified water every day. For example: If you weigh 200 pounds, drink at least 100 ounces of water per day.
- For better hydration at the cellular level, drink fluids that contain nutrients and electrolytes. This will help flush toxins and provide us with more energy and endurance. Whatever electrolytes our body does not use will be stored for future use. Ask us about Hydrate, a scientifically formulated hydration drink we recommend. Other options include adding Celtic Sea Salt or Pink Himalayan Salt to purified water.
- At meal time, sip liquids. Drinking too much during meals can cause poor digestion.

HEALTHY EATING

We want to fuel our bodies with nutrient rich foods and eat at the right times. To achieve this we can share our Traffic Light Eating and Intermittent Fasting guides.

SLEEP WELL

Turn off electronic devices 1 hour before bed, keep electronic devices away from you bed, protect your eyes from blue light emitted from digital screens, and allow your body to wind down before bed. Taking a good nutritional supplement before bed helps to promote better recovery from both the physical and emotional stress from the day. Please ask us about our Sleep nutritional, we'd be happy to provide you some samples for evaluation.

EXERCISE

Let's discuss what might be the best exercise for you and why. For some people we recommend our Burst Training Program. Burst Training naturally produces HGH, the "fountain of youth hormone" that is produced in the pituitary gland and stimulates growth, cellular reproduction, and regeneration. For better results please ask us about adding good Pre and Post Workout nutritionals. (Check with your doctor before starting any exercise program.)

NUTRITION

Science is showing us that one size does not fit all when it comes to nutrition. Our personalized nutrition platform is based on a scientifically proven Health Assessment with an optional DNA Nutrition & Fitness Report. These HIPAA compliant reports (based on 18 years of scientific development) take into consideration our family & personal health history, medications, lifestyle habits, DNA, and many other factors to discover the daily nutrients that we each individually require.

REDUCE STRESS

We want to manage our stress levels because stress throttles our cortisol levels. Cortisol is a stress hormone that causes us to experience the "fight or flight" response, that over prolonged periods of time can cause various health conditions. Scientific research shows that elevated cortisol levels can: affect our memory & cognition, lower immune function, decrease bone density, increase insulin levels, raise blood pressure, increase cholesterol levels, and cause weight gain, heart disease... and more.

Ways to manage stress may include: meditation, paced breathing, exercise, enjoying the outdoors, saunas & hot tubs, massage therapy, proper nutrition, hobbies, travel, reading great books, and getting 7-8 hours of deep sleep.

DETOX

Of these 7 Pillars of Wellness, many scientists believe detoxification may be the most important pillar. Toxins cause inflammation & dysfunction at the cellular level, and can affect our genetic expression by triggering various health conditions.

If we're not healthy at the cellular level, we're not healthy. We want to fix the cell to be well so that we can achieve optimal wellness! Ask us what detox options might be best for you. And when it comes to prevention, we can show you how to eliminate toxic household cleaners, personal care products (skin care, shampoo, tooth paste, deodorant, hand wipes/sanitizers...), and reduce the harmful effects from EMF radiation (5G, WiFi, Bluetooth...).

These 7 Pillars of Wellness can help us close the gap between our "health span" and "life span" so that we can feel, look, and perform better... and reach our God given potential!