

Wellness Advice for Workshop Sessions

Detoxification

Avoid drugs and excessive alcohol.

Alcohol and recreational drug use burden the body with additional toxins that in turn need to be neutralized. These substances also deplete vitamins and minerals that are essential to the body's detoxification processes as well as general health and well-being.

Dry skin brush daily before shower.

Dry skin brushing helps in detoxification by stimulating the lymphatic system, which is responsible for eliminating cellular waste. When the lymphatic system is not working properly, waste and toxins may build up and result in compromised health. How: Using only light pressure and always brush in the direction of the heart, start at the feet and work up. Avoid delicate areas such as your face (unless using face dry brush), genitals and any irritated skin.

Exercise regularly.

Exercising 3-4x a week is great to help with detoxification. Sweat, exhalation, urine and bowel elimination help to detoxify the body and eliminate toxins.

Get quality sleep.

Good quality sleep is essential for good health. While you sleep, the body rejuvenates, replenishes and repairs. The body processes toxins through the detoxification organs (such as the liver, kidneys and lungs) and eliminates them through urination and bowel elimination upon waking. Since you are not eating during the night, the digestive tract gets a break and the elimination process can catch up.

Increase water intake.

Adequate water intake is necessary for cellular and metabolic processes. Without sufficient water, processes are slowed and elimination of waste is impaired.

Rebound.

Rebounding is basically jumping on a mini trampoline to stimulate the lymphatic system, which is responsible for eliminating cellular waste and aiding detoxification.

Swim.

Swimming helps to stimulate the lymphatic system to better eliminate toxins and cellular waste from the body.

Digestion

Apple cider vinegar before meals.

Add 1 teaspoon – 1 tablespoon of raw enzyme-rich apple cider vinegar to a couple ounces of water 10-15 minutes before meals to aid digestion.

Chew thoroughly.

Drink your food and chew your liquids. Chewing is a vital part of digestion and the saliva contains the first digestive enzymes your food will reach. The mouth is the only place where food is broken down mechanically. The act of chewing also triggers the rest of the gastrointestinal system - the lower stomach muscles relax and release food and the pancreas produces enzymes and bicarbonate. Nutrient extraction is also impaired if food is not adequately chewed. Undigested pieces of food may also serve as food for bacteria in the colon, leading to bacterial overgrowth and flatulence.

Don't eat for 2-3 hours before bed.

Sleeping on a full stomach slows your digestion and can leave you experiencing acid reflux, bloat and discomfort.

Herbal teas for digestive upsets.

Sip on Peppermint, Ginger, Papaya Leaf, Hibiscus or Mint tea to soothe digestive issues.

Use a potty stool.

Prop feet on a step stool when using the washroom to correct colon alignment and encouraging complete elimination without straining.

Mindfulness

Don't eat for at least 2 hours before bed.

Sip on Valerian Root or Chamomile tea for a sleepy time remedy.

Introduce peaceful meditation into your routine.

Keep a daily gratitude journal.

Keeping a daily log of things you are thankful for is a great way to reconnect and put reality into perspective. This helps you focus on what really matters. Re-read past entries weekly and any time you're feeling a little blue.

Meditate.

Meditation can increase self-awareness, help focus on the present, give a new perspective on situations and improve mood.

Sleep

Add essential oils to relax.

Use essential oils to relax at bedtime. (1-2 drops of lavender, chamomile or clary sage on pillow)

Avoid/Reduce stimulants after lunch.

Stimulants may interfere with sleep. It's best to avoid caffeine-containing substances such as coffee, non-herbal teas and chocolate.

Cool and darken room.

A dark, cool room is optimal for sleeping.

Don't eat within 2 hours of bedtime.

Having a full tummy at bedtime interferes with sleep quality.

Don't toss and turn.

If you can't sleep, get out of bed, but don't turn on electronic devices. Tossing and turning can cause more stress making it more difficult to sleep. Opt to read or meditate instead until sleepy.

Get to bed by 10 pm.

Getting to bed early can help you catch up on ZZZs. Each hour slept before midnight is like sleeping 2 hours!

No electronic devices in the bedroom.

Electronics are stimulating and their light can negatively affect melatonin (sleepy time hormone) levels. Keep electronics such as televisions, computers, smartphones, gaming consoles and e-readers off in the bedroom.

Read before bed.

Unwind with a book before bed rather than being over stimulated by electronics.

Stress

Add restorative exercise.

Add restorative body exercises to your routine to help reduce stress.

Choose herbal teas.

Non-caffeinated beverages are best during times of stress. Great herbal options include valerian,

Get a massage.

Receiving a massage can help release physical muscle tension and assist in relaxation.

Meditate.

Meditation can renew your sense of calm, allowing a new perspective on stressful situations and help reduce negative emotions.

Practice deep breathing.

Deep breathing can help release tension, relax the mind and body, improve energy levels and elevate mood. How: Start with 10 slow, deep breaths and work your way up in 10 minutes.

Reduce caffeine consumption.

This may include coffee, non-herbal teas, and chocolate.

Reduce stress with herbal tea.

Sip on Valerian Root or Chamomile tea for a relaxing tea.

Spend time outside daily.

Fresh air is good to reduce stress and shift energy.

Use Aromatherapy to unwind.

Infuse your space with your favorite essential oils.

Use essential oils.

Rub 1-2 drops of your favorite essential oil in your palms, rub together and breathe in aroma.

Warm bath.

Soak in a warm bath to help unwind. Adding essential oils such as chamomile, sandalwood or lavender can further help with relaxation.