

It's Time To THRIVE

10 Holistic Tips for a new you!

Focus on mastering one topic each month and become your own expert. With 12 months in the year and 10 topics to cover, you'll have a two-month buffer for flexibility and deeper exploration.

1. Choose Joy
2. Healthy Insulin Levels
3. Antioxidants
4. Hydration
5. Stress & Sleep
6. Herbs
7. Get Moving
8. Fresh Milled Grains
9. Gut Health
10. Eliminate Micro Plastics



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1. **JOY** Choosing joy can mean different things to different people. Sometimes, our circumstances may feel unchangeable, making joy seem out of reach. However, joy is ultimately a choice we can make. What brings you joy? It could be any or all of these: your faith, creativity, time spent in nature, loving relationships, hobbies, self care and finding your community.

2. **INSULIN:** When you regulate your insulin levels, your body can become a fat-burning machine. However, when insulin levels fluctuate, it can leave you feeling tired, groggy, and craving sugar. To help stabilize insulin levels, consider these strategies: include at least a fist-sized portion of protein at every meal, eliminate processed sugar and grain, reduce stress-producing cortisol, eat most fruits that are high in antioxidants, get natural insulin-supporting supplements.

3. **ANTIOXIDANTS:** Antioxidants are essential for slowing the aging process and protecting your cells from free radicals that can alter your DNA. By incorporating antioxidant-rich foods and supplements like organic berries, fruits, olives, raw walnuts, oranges, (YL) essential oils, and NingXia Red into your routine, you can support youthful vitality and even release body fat, which often serves as a storage site for toxins.

4. **HYDRATION:** Our bodies, like the earth, are about 70% water. Proper hydration not only detoxifies the body but also improves mental clarity, digestion, muscle recovery, and skin health. Unless you can source your water from a pristine mountain spring, ensure it is filtered and remineralized. Embrace being a "water snob"—choose to drink from glass, copper, or stainless steel containers for optimal health. For extra flavor, you can add strawberries, cucumbers, mint leaves, and/or essential oils (YL). Take your total weight and divide that number by 2. That is your water goal per day!

5. **STRESS & SLEEP:** Stress and Sleep go hand in hand. When you are NOT chronically stressed you will sleep better than ever! When you get proper sleep, you think more clearly, experience fewer food cravings, maintain balanced hunger signals, support better hormone regulation, and enjoy an improved mood overall. Journaling, a self-care bedtime routine, calming support like herbal teas, essential oils, magnesium, epsom salt baths and evening stretching can help you ease into healthy sleep cycles.

Stress, in all its forms, is a significant factor in why we gain weight, lose sleep and become ill. It not only raises cortisol levels but also triggers insulin spikes, leading to weight gain and low energy. Stress even manifests on our faces. Lower your stress by eliminating stressors where possible, focus on gratitude and find ways to cope in those stressful moments by incorporating breathing exercises while inhaling the aromas of essential oils does more than simply offer a "good smell"—it actively enhances our overall well-being.



6. HERBS: Herbs are beneficial for our bodies because they are rich in vitamins, minerals, antioxidants, and other bioactive compounds that support overall health. They have been used for centuries to promote healing, strengthen the immune system, improve digestion, reduce inflammation, and enhance mental clarity. Become an herb and spice expert! Learn to grow your own herbs for cooking, olive oil dips, and teas. Did you know you can even apply herbs to your skin in the form of an oil? The health benefits are amazing!

7. GET MOVING: A body in motion stays in motion. Moving your body through all planes of motion stimulates cellular regeneration, helping you feel and even look younger. Activities like walking, stretching, and resistance exercises boost longevity, enhance blood flow to every tissue, and serve as one of the most effective natural antidepressants. Witness your body transform by aiming for 8-10,000 steps per day, daily stretching, and resistance exercises. Remember, our bodies were designed to move. There are many natural herbs, oils and supplements to support your efforts.

8. FRESH MILLED: Commit to avoiding processed grains, and you'll unlock a whole new level of health! Freshly milled grains, such as einkorn, wheat and spelt, provide perfectly bioavailable fiber, vitamins, and minerals that far surpass the benefits of processed alternatives. Once you experience the health improvements and richer flavors, you'll never want to go back!! I will not even touch processed grains now. Learning to mill your own grain and bake with it is a rewarding skill that takes time and patience to master—but it's well worth the effort. Freshly milled grain, used within a few days, retains its God-given nutrients without causing the blood sugar spikes and crashes associated with processed grains. Remember to always source your grain from a trusted grower! Pssst! I have some wonderful sources!

9. GUT HEALTH: Focusing on gut health is essential because the gut is the foundation of overall well-being. It plays a critical role in digestion, nutrient absorption, immune function, and even mental health. A healthy gut helps regulate inflammation, maintain a balanced microbiome, and produce essential neurotransmitters like serotonin, which influences mood and sleep. When the gut is out of balance, it can lead to issues such as bloating, fatigue, weakened immunity, hormonal imbalances, and even chronic illnesses. By prioritizing gut health through proper nutrition, hydration, probiotics, fiber, and stress management, you can improve digestion, boost energy, and support a stronger, healthier body and mind. Young Living has everything you could ever need for gut health and digestion support. Essential Oils like digize, ocotea, peppermint and black pepper or supplements like Essentialzyme, detoxzyme, alkalime, comfortone, and ParaFree are all amazing at supporting healthy digestion

10. **MICROPLASTICS:** Avoiding microplastics is crucial because they pose significant risks to both human health and the environment. These tiny plastic particles, often less than 5 millimeters in size, can enter our bodies through contaminated food, water, and air.

Reasons to Avoid Microplastics:

1. **Toxic Chemicals:** Microplastics can carry harmful chemicals like BPA, phthalates, and heavy metals, which may disrupt hormones, damage cells, and contribute to chronic health issues.
2. **Inflammation:** Ingested microplastics can trigger inflammation and oxidative stress, potentially leading to tissue damage and long-term health problems.
3. **Bioaccumulation:** Once in the body, microplastics can accumulate over time, compounding their harmful effects.
4. **Environmental Harm:** Microplastics pollute ecosystems, harm wildlife, and disrupt the food chain, indirectly affecting human health.

One by one, you can rid your home of these plastics over time. Start by eliminating plastic water bottles and drinking out of glass, copper or stainless steel. Invest in food storage containers like pyrex glass.

Don't do it alone....

Get help! pssst! It's way more fun!

Interested in learning how to make sourdough bread from fresh milled wheat?
Text "Sourdough Class" to 936-304-2121

Interested in having a health coach?
Text "Health Coach" to 936-304-2121

Would you like to get help with your 10 steps?
Start by taking a Health and Fitness Assessment
[CLICK HERE](#)



My ACTION PLAN

How do you want to FEEL by the end of 2025? _____

What specific goal can you set to move closer to how you want to feel?

Who in your life is a support for you in your goals? _____

Who in your life would be willing to join you? _____

Who in your life is a great mentor to you on these topics? _____

Who in your life is a great cheerleader for you? _____

Who in your life will hold you accountable if you ask them to? _____

Which topic do you want to start with? _____

What do you think led you to your current state of health, and what changes in your life now give you confidence that you won't find yourself back here again?

My ACTION PLAN

January _____

February _____

March _____

April _____

May _____

June _____

July _____

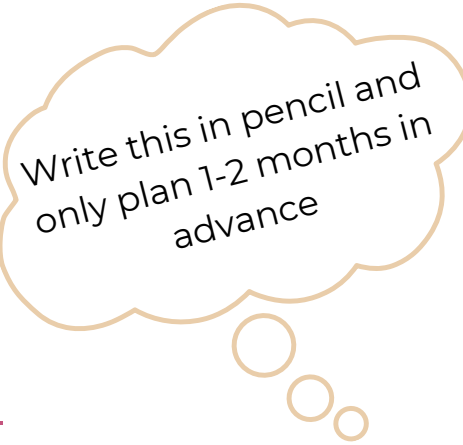
August _____

September _____

October _____

November _____

December _____



Write this in pencil and
only plan 1-2 months in
advance

Is there anything that needs to be in place before you can begin?
