



NUTRITION & LIFESTYLE

NOURISH YOUR BODY. SUPPORT YOUR MIND. ENHANCE YOUR LIFE.

Good nutrition and healthy lifestyle habits provide the foundation your body needs to function, heal, and thrive.



WESTERN WELLNESS PERSPECTIVE

Western medicine emphasizes the power of nutrition and lifestyle in preventing disease and supporting overall health.

- Supports immune function
- Helps maintain a healthy weight
- Improves energy and mood
- Supports heart health
- Regulates blood sugar
- Reduces risk of chronic disease
- Promotes better sleep
- Enhances brain function



Healthy eating, regular movement, quality sleep, hydration, and stress management are key pillars of long-term wellness.



EASTERN WELLNESS PERSPECTIVE

In Traditional Chinese Medicine (TCM), food is considered medicine and daily habits influence the flow of Qi (energy).

A balanced lifestyle supports:

- Strong digestion & Spleen function
- Balanced energy (Qi)
- Emotional well-being
- Proper Yin & Yang balance
- Harmony in the organs
- Seasons & natural rhythms



TCM encourages eating whole, natural foods, staying active, managing stress, and living in alignment with nature.



FAITH PERSPECTIVE

Our bodies are a temple of the Holy Spirit. Wise choices honor the gift God has given us.



"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."
1 Corinthians 10:31 (KJV)

Caring for our bodies with healthy nutrition and lifestyle is one way we honor God and live with gratitude.



WELLNESS TIPS



- Drink plenty of clean water.
- Eat whole, unprocessed foods most of the time.
- Include a variety of fruits and vegetables daily.
- Choose healthy fats.
- Stay active every day.
- Get 7–9 hours of quality sleep.
- Manage stress with prayer, deep breathing, or meditation.
- Spend time in nature.



FOODS THAT SUPPORT WELLNESS

FRUITS

- Berries
- Citrus
- Apples
- Avocados
- Bananas



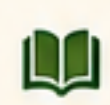
VEGETABLES

- Leafy greens
- Broccoli
- Bell peppers
- Carrots
- Sweet potatoes



FOODS THAT NOURISH

- Whole grains
- Nuts & seeds
- Legumes
- Omega-3 rich foods
- Lean proteins
- Herbs & spices
- Fermented foods
- Healthy oils
- High-fiber foods
- Green tea



EDUCATIONAL SOURCES

NUTRITION & LIFESTYLE

- Mayo Clinic – Healthy Lifestyle
<https://www.mayoclinic.org/healthy-lifestyle>
- Harvard T.H. Chan School of Public Health – Nutrition
<https://www.hsph.harvard.edu/nutritionsource/>
- Academy of Nutrition and Dietetics
<https://www.eatright.org>

EASTERN WELLNESS

- National Center for Complementary and Integrative Health (NCCIH)
<https://www.nccih.nih.gov>

RESEARCH

- National Institutes of Health (NIH)
<https://www.nih.gov>
- PubMed
<https://pubmed.ncbi.nlm.nih.gov>



Always consult your healthcare provider for personalized medical advice.



THRIVE & SHINE THURSDAY

Watch this short educational discussion exploring nutrition, lifestyle habits, and how small daily choices can make a big difference.



WELLNESS GUIDE

View or download the companion wellness guide for practical tips, meal ideas, and healthy habit trackers.



RELATED TOPICS



Gut, Immune & Cellular Wellness

Hormone Wellness

Metabolic Wellness

Weight Wellness

Stress Management & Mindset

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BOOK YOUR SESSION

Ready to take the next step? Schedule your Quality of Life Coaching session to receive personalized education, wellness guidance, and ongoing encouragement on your journey toward a healthier quality of life.



BOOK YOUR SESSION

Let's Work Together for Your Best Life!

You were created to live well, feel well, and thrive!

