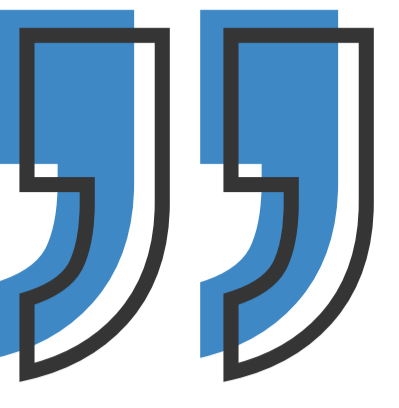




Basic Treatment Guidelines: Supporting Health on a Daily Basis



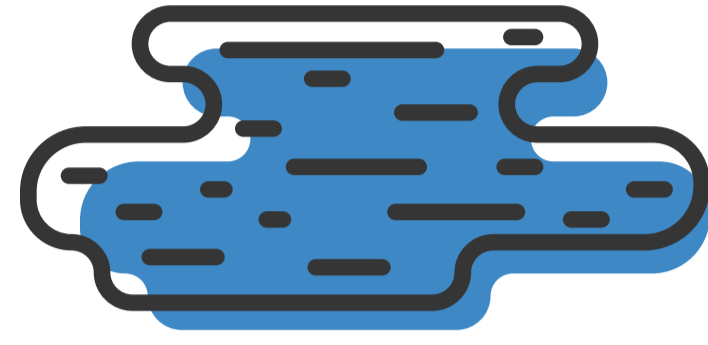
By Dr. Lexi Loch

with special thanks to Dr. Dickson Thom



Sleep

Aim for 7-9 hours of restful sleep each night. Sleep is when the body repairs, integrates information, and is crucial for overall health & well-being. Ideally, you should wake feeling refreshed.



Hydration

Our body is around 2/3 water and it is the medium in which the body's numerous chemical reactions take place. Aim for 1/2 your body weight in ounces per day, example 150 lb person = 75 ounces of water per day.



Nutrition

How we nourish our body significantly impacts how our body functions and is able to repair itself. When possible, eat local and organic - this is better for our body's and the planet.



Time in Nature

Fresh air is vital to overall health. Sunshine also helps to stimulate vitamin D production in our body. Try to spend at least 30 minutes each day outside - rain or shine!



Movement

The human body is designed to move, whether you enjoy walking, running, hiking, yoga, Qi Gong, or other forms of activity - your body will thank you! Generally guidelines include 30 minutes of activity at least 5 times per week.

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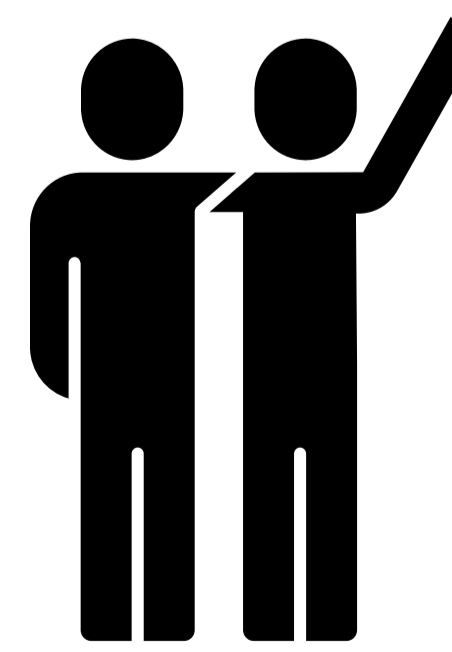
Deep Breathing

Did you know the average adult takes 20,000 breaths per day? Try to take 100 deep breaths per day. Tips: deep breathe at stop lights, when you're feeling stressed, when you need more energy, or when you're unwinding at night.



Have Fun

Find time each day to something you enjoy. Whether it's reading a book, dancing, singing, laughing, or gathering with friends and family. Your happiness and health are deeply connected.



Social Support

We are social creatures and finding support is important to overall health. Support can be from friends, family, mental health provider, or support groups. If you are struggling to find social support - let's discuss this at your next appointment.