

The background of the slide is a tropical beach scene. At the top, a large, bright sun with rays is partially obscured by the text. To the right, a large green palm tree stands on the beach. In the sky, a few small birds are flying. The ocean is a solid blue band across the middle. The beach is a light tan color at the bottom. The text is centered in the upper half of the image.

# Dimensions of Wellness Healthcare LLC

6 Dimensions of Healthy Living

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## Fruits & Vegetables



Choose foods with high nutrient value. Vegetables should make up the largest part of your diet.

Colorful fruits- strawberries, blueberries, blackberries, raspberries (these are low glycemic fruits that will not spike your blood sugar), apples, avocados

Leafy greens- arugula, dandelion, romaine, kale, spinach  
These are good in smoothies

Artichokes are very healthy and mushrooms boost immunity

Cruciferous vegetables – help regulate blood pressure, blood glucose, and cholesterol; they are anti-inflammatory, (avoid if you have low thyroid)

broccoli, cauliflower, brussels sprouts, kale, cabbage, asparagus







## Meat & Seafood

Pasture-raised chicken and eggs- these are the healthiest

Grass-fed meats- these do not contain hormones  
beef, lamb, pork

SMASH FISH- these are the safest fish to eat with the lowest  
amount of mercury:

Sardines

Mackerel

Anchovies

Salmon – wild-caught

Herring







## Dairy & Fats

Dairy is inflammatory and should be eaten infrequently.

Some people may need to avoid it completely for certain health conditions.

Choose hormone-free yogurt and cheese and A-2 dairy products which lack A-1 casein proteins

Choose healthy oils such as olive oil and avocado oil

Butter is important to consume because it contains butyric acid which enhances the intestinal barrier

Nuts are a healthy fat, however, they are lectins. Not everyone can tolerate lectins

The healthiest nuts are macadamias (safe on a lectin-free diet), almonds, pistachios, walnuts, pecans, eaten raw without oils





## Nightshades

These foods are inflammatory and are considered lectins because they contain seeds:

peppers  
tomatoes  
potatoes  
eggplant

Although they are delicious not everyone can tolerate them- especially those with autoimmune or thyroid conditions.

## Roots

Root vegetables grow below the ground:  
carrots, yams, potatoes, turnips, onions, garlic, radish, ginger  
beets

They are nutritious but high in starch which converts to sugar.  
Diabetics should use caution





## Grains

Grains are considered lectins and should be avoided if you cannot tolerate lectins.

Wheat, barley, and rye contain the most gluten and should be avoided.

Quinoa, oats, and rice have the least amount of gluten.

Brown rice is more nutritious but higher in lectins and arsenic.

All grains are carbohydrates that convert to sugar.







## Herbs

Use herbs freely on your foods and try some that are new to you:

Himalayan and sea salt should be used daily unless your health condition prohibits it.

Dill is tasty on salmon  
Coriander, cumin, turmeric, and ginger flavor lamb and beef nicely.

Cayenne is good in soups and on potatoes

Basil, oregano, and parsley on chicken or vegetables





## Desserts

Baked apples are a healthy dessert- core the apples, sprinkle cinnamon, and bake for 1 hour at 350 degrees.

Dates & figs

Dark chocolate

Fruit

The healthiest sugars are honey and maple syrup which should be used sparingly.





## Hydration

**Drink half your weight in ounces of water daily.**

**If you weigh 150 pounds, drink 75 ounces of water daily.**

**Start as soon as you wake up and drink a glass of water. Adding squeezed fresh lemon helps to stimulate the liver to flush out toxins.**

**Drink throughout the day.**

**Green tea is another healthy drink.**

**If you drink coffee, organic dark is the healthiest.**





## **SLEEP**

**OUR BODY REPAIRS ITSELF WHILE WE SLEEP BETWEEN  
10:00 P.M. AND 2:00 A.M.**

**THE MORE HOURS OF SLEEP WE GET DURING THOSE  
HOURS PROVIDES IMPROVED DETOXIFICATION,  
INCREASED IMMUNITY, IMPROVED HORMONAL  
BALANCE AND COGNITION, AND WEIGHT LOSS.**

**MOST PEOPLE NEED 7-9 HOURS OF SLEEP EACH NIGHT**

**CHRONIC SLEEP DEPRIVATION IS LINKED WITH CANCER,  
DIABETES, ANXIETY, AND HEART DISEASE**

## **SLEEP**

**\*AVOID BLUE SCREEN 3 HOURS BEFORE BED- PHONES,  
COMPUTER, T.V.**

**\*KEEP YOUR BEDROOM COOLER RATHER THAN WARMER**

**\*MAKE THE ROOM COMPLETELY DARK**

**\*AVOID CAFFEINE AFTER 3:00 P.M.**

**\*RAISE THE HEADBOARD ON 3-INCH BLOCKS  
OF WOOD TO HELP WITH DETOX**

**\*READ, MEDITATE, PRACTICE YOGA BEFORE BED**

**\*EPSOM SALT BATHS CONTAIN MAGNESIUM WHICH  
PROMOTES RELAXATION**



## EXERCISE

WE NEED 30 MINUTES OF EXERCISE A DAY OR 150 MINUTES PER WEEK.

IT SHOULD BE A COMBINATION OF ENDURANCE, BALANCE, STRENGTH, AND FLEXIBILITY

WALKING, DANCING, AND HIKING ARE FORMS OF AEROBIC EXERCISE THAT INCREASE YOUR HEART RATE. INCREASING THE TIME EACH DAY IMPROVES ENDURANCE. THIS TYPE OF ACTIVITY CONTRACTS YOUR MUSCLES.

FOR THOSE WITH MUSCLE OR JOINT PAIN, WATER AEROBICS IS BENEFICIAL.

TAI CHI, DANCE, AND YOGA HELP WITH BALANCE








## EXERCISE

STRETCHING HAS BEEN SHOWN TO REDUCE STIFFNESS IN YOUR ARTERIES, IMPROVES STRENGTH BY LENGTHENING MUSCLES, AND HELPS PREVENT INJURIES, AND INCREASES FLEXIBILITY.

LIFTING WEIGHTS HELPS TO INCREASE YOUR STRENGTH. THIS IS ESPECIALLY IMPORTANT FOR WOMEN IN PREVENTING OSTEOPOROSIS. START WITH 3-POUND WEIGHTS AND 5 REPETITIONS. WEIGHT-LIFTING SHOULD ONLY BE DONE EVERY OTHER DAY.





## RELATIONSHIPS

RELATIONSHIPS ARE A VERY DELICATE TOPIC TO APPROACH.  
UNCONDITIONAL, HEALTHY, SUPPORTIVE RELATIONSHIPS ARE  
IMPERATIVE TO YOUR PSYCHOLOGICAL STATE AND IMMUNE SYSTEM.

AVOID NEGATIVITY

BE WITH PEOPLE WHO TRULY WANT THE BEST FOR YOU

THIS MEANS FRIENDS, FAMILY, AND SIGNIFICANT OTHERS



## RELATIONSHIPS

WOMEN USUALLY WANT TO MAKE RELATIONSHIPS WORK OUT,  
WHETHER THEY ARE HEALTHY OR NOT.

WE MAY HAVE FRIENDS SINCE OUR CHILDHOOD THAT WE HAVE JUST  
KEPT OUT OF HABIT.

MAKE SURE YOUR RELATIONSHIPS ARE NOT ONE-SIDED. THEY SHOULD  
BE MUTUALLY BENEFICIAL

BEING IN A STRAINED RELATIONSHIP CAN CREATE SYMPTOMS THAT  
AFFECT YOUR NERVOUS SYSTEM, SUCH AS ANXIETY AND DEPRESSION.  
LONG-TERM THESE CAN HAVE NEGATIVE EFFECTS ON YOUR HEALTH,  
LEADING TO AUTOIMMUNE DISEASE AND CANCER.

THE SAME GOES FOR FAMILY RELATIONSHIPS.  
MANY PEOPLE FEEL THAT YOU MUST TOLERATE FAMILY BECAUSE THEY  
ARE YOUR RELATIVES.





## RELATIONSHIPS

I HAVE SEEN MANY PEOPLE LIVE THROUGH STRESSFUL FAMILY  
RELATIONSHIPS.

THE DYNAMICS OF A FAMILY ARE WHAT WE ARE BORN INTO. ONCE WE  
ARE AN ADULT, WE CAN CHOOSE WHICH RELATIONSHIPS ARE  
BENEFICIAL AND WHICH BRING US DISTRESS.

MANY TIMES IT ALL COMES DOWN TO COMMUNICATION. ONCE A CHILD  
BECOMES AN ADULT, THEY ARE FREE TO MAKE THEIR OWN DECISIONS,  
SUPPORTED OR NOT.

THE DYSFUNCTION COMES IN WHEN THE PARENT CONTINUES TO  
EXPRESS THEIR DISAPPROVAL OF THEIR ADULT CHILDREN.

THERE IS NO ROOM FOR JUDGMENT OR CRITICISM.  
IT TAKES A STRONG PERSON TO WALK AWAY FROM IT ALL.  
IT CAN BE DONE.



## RELATIONSHIPS

THE SAME IS TRUE OF SPOUSES OR SIGNIFICANT OTHERS. MANY FEEL COMPELLED TO STAY IN AN UNHAPPY OR UNLOVING RELATIONSHIP. SOMETIMES PEOPLE STAY FOR FINANCIAL REASONS. BUT HOPEFULLY, YOU CAN CREATE A PLAN FOR HOW YOU WILL EVENTUALLY HAVE THE LIFE YOU DESERVE.

OTHERS STAY BECAUSE THEY ARE HOPEFUL THAT THINGS WILL IMPROVE.

YOU WILL KNOW WHEN THE TIME IS RIGHT FOR YOU TO MOVE ON.

## Stress Management

We live in a demanding, fast-paced world. Make time every day to do something for you.

Set limits

Uninterrupted eating

Spend time in nature

Epsom salt baths

\*Grounding/Earthing

Breathing techniques

Cold water plunge

Socialize

Infrared sauna

Salt caves

Dry-skin brushing

Massage



THESE ARE MY SUGGESTIONS FOR HEALTHY LIVING.  
MAKE SMALL IMPROVEMENTS IN EACH DIMENSION.  
SOME CHANGES CAN BE MADE IMMEDIATELY AND SOME  
MAY TAKE MONTHS OR YEARS.

ANY SUGGESTIONS LISTED HERE FOR DIET AND EXERCISE  
SHOULD BE DISCUSSED WITH A HEALTHCARE PROVIDER.

I AM EXCITED TO HELP YOU WITH A PERSONALIZED PLAN  
AND TO GUIDE YOU ON YOUR JOURNEY TO IMPROVED  
HEALTH

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