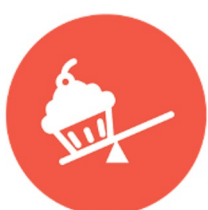


Terrain Ten Quick-Start Guide

The Terrain Ten™



Genetics &
Epigenetics



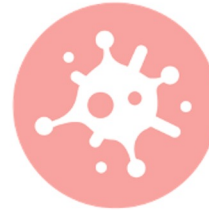
Blood Sugar
Balance/
Metabolic



Toxic
Burden



Microbiome &
Digestive
Function



Immune
Function



Inflammation



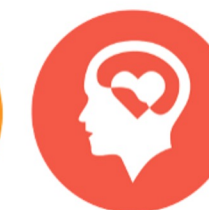
Blood
Circulation &
Angiogenesis



Hormone
Balance



Stress &
Biorhythms



Mental &
Emotional

What is The Terrain Ten?

The Terrain Ten™ are ten factors that affect our health (or terrain). When these factors are optimal and in harmony with each other, our bodies are thriving and resistant to chronic disease

The Terrain Ten™ Questionnaire

The Terrain Ten™ Questionnaire is an in-depth set of questions that helps us evaluate which of these factors are likely to need the most attention and support.

Learn how to improve your health & heal your terrain by contacting a Terrain Advocate and/or a Terrain-Trained Practitioner using our [directory](#). Get started by making a few lifestyle changes using this Quick-Start Guide.

Terrain Ten Quick-Start Guide

1. Genetics & Epigenetics

If you or a family member have a history of cancer or other chronic disease . . .

Add in more dark, leafy greens and cruciferous vegetables daily

2. Blood Sugar Balance/Metabolic

If you commonly get hangry . . .

Reduce sugary drinks such as soda, juice and sweet coffee drinks

3. Toxic Burden

If you are sensitive to smells . . .

Stop using products with artificial scents such as air fresheners

4. Microbiome & Digestive Function

If you have digestive issues . . .

Add fermented foods such as sauerkraut

5. Immune Function

If you get sick often. . .

Improve your vitamin D levels with daily exposure to sunshine

Terrain Ten Quick-Start Guide

6. Inflammation

If you have skin conditions or food sensitivities . . .

Eliminate seed oils such as corn, canola, cotton seed, & soybean oils

7. Blood Circulation & Angiogenesis

If you bruise easily . . .

Add daily movement of your body like walking

8. Hormone Balance

If you are a woman with PMS or a man with low libido . . .

Never heat or store food in plastic containers

9. Stress & Biorhythms

If you have trouble sleeping . . .

Do not use screens at least one hour before bedtime

10. Mental & Emotional

If you often get irritable or have mood swings . . .

Reach out to your support system

Terrain Ten Quick-Start Guide



What is Metabolic Health?

Metabolic health is when all the processes in each of our bodies' systems (The Terrain Ten) are optimal and working together in harmony.

If you would like to learn more about metabolic health, use these helpful links:

- Terrain Advocate & Practitioner [Directory](#)
- Dr. Nasha Approved Store
 - DrNashaApproved.com
 - Use discount code FIRST10 for 10% off
- Metabolic Approach Courses
 - Practitioner Master Course - MATC.Terrain.network
 - Terrain Advocate Program - Terrain.network/TAP/
- Dr. Nasha's Books
 - The Metabolic Approach to Cancer – MTIH.org/book
 - Mistletoe and the Emerging Future of Integrative Oncology – TheMistletoeBook.com
- Metabolic Health Day
 - MetabolicHealthDay.Life
- Sign Up for [Dr. Nasha's Newsletter](#)
- Stay in Touch

