



5 STEPS TO JUMPSTART YOUR HEALTH





DON'T KNOW WHERE TO START ON YOUR WELLNESS JOURNEY?

The path to functional wellness begins with addressing lifestyle and environmental factors. There are many different things that can affect your optimal health including: diet, stress, toxin exposure, micronutrient levels and even your emotional well-being.

Here are a few simple tips to help you get started on your journey to your best self.



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NUTRITION AND WATER INTAKE

THESE ARE KEY TO HELPING YOUR
BODY FUNCTION PROPERLY

Reduce your simple carbohydrate intake,
especially sugars

Increase your fiber intake (+ low GI vegetables).

Increase your water intake to at least 75oz daily

Take a professional grade multivitamin

Make sure to increase your vegan protein

For more information on nutrition focus groups
or on the metabolic code diet [click here.](#)



SLEEP

GETTING ADEQUATE REST
IS ESSENTIAL FOR OPTIMUM
PERFORMANCE

Make sure to get 7-8 hours of restful sleep
each night

Having racing thoughts? Feeling tired all
day, but wired at night? Try L-theanine

Need help falling asleep and staying asleep?
Try Sleep Perfect



STRESS

CHRONIC STRESS CAN
LEAD TO HORMONE DYSREGULATION,
INCREASED INFLAMMATION, AND MEMORY
PROBLEMS

Find stress reduction techniques to implement daily
like meditation or yoga

Start an adaptagenic herb like ashwaganda or
adreboost (not for patients with high blood pressure) to
help your body deal with your stress on a cellular level

If you need help with your memory you could use
Memory Plus to improve your cognitive function

Did you know your gastrointestinal is related to your
brain health? Heal your gut and your mind with Colon
Health



EXERCISE

MOVING YOUR BODY IS A MUST FOR OPTIMUM HEALTH

Strive for a minimum of 30 minutes of active movement daily

After a workout it is important to restore your body with a high-quality protein to heal your muscles properly.

Have a workout injury or need some extra support. Incrediwear has a whole line of products to help your body move properly and help heal sore or injured muscles.



TESTING

KNOW YOUR NUMBERS AND
YOUR RISK

Intolerance labs

Health labs

Everlywell



TAKING THESE STEPS
WILL GET YOU A GREAT
START ON YOUR
JOURNEY TO LEADING
A HEALTHY LIFE.

If you need more information please
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