

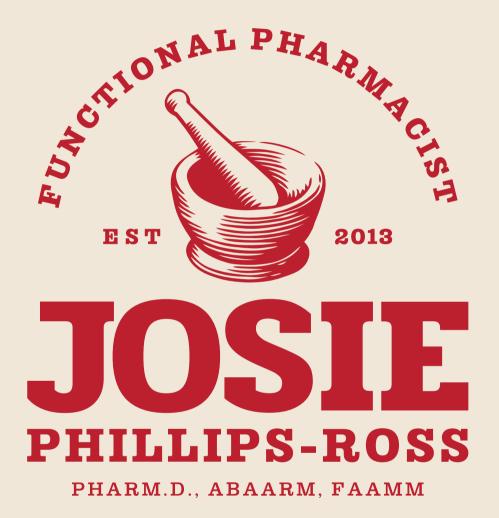
5 STEPS TO JUMPSTART YOUR HEALTH



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.



Nutrition and water intake	04
Sleep	05
Stress	06
Exercise	07
Testing	08



NUTRITION AND WATER INTAKE

THESE ARE KEY TO HELPING YOUR BODY FUNCTION PROPERLY

Reduce your simple carbohydrate intake, especially sugars

<u>Increase your fiber intake (+ low GI vegetables)</u>

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 <u>click here.</u>



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 <u>L-theanine</u>

Need help falling asleep and staying asleep?

<u>Try Sleep Perfect</u>



STRESS

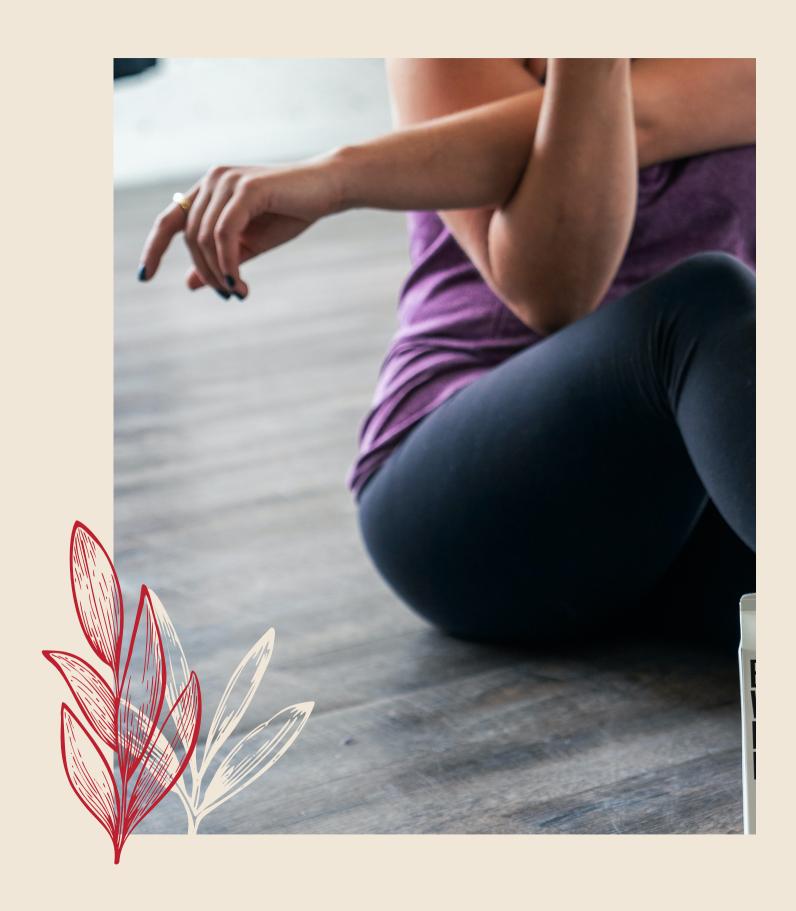
CHRONIC STRESS CAN
LEAD TO HORMONE DYSREGULATION,
INCREASED INFLAMMATION, AND MEMORY
PROBLEMS

Find stress reduction techniques to implement daily like meditation or yoga

Start an adaptagenic herb like <u>ashwaganda</u> or <u>adreboost</u> (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 <u>Colon Health</u>



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 <u>high-quality protein</u> 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

<u>Intolerance labs</u>

<u>Health labs</u>

<u>Everlywell</u>



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

If you need more information please contact us.

816-569-2125 phillipsfamilyrx[at!]gmail.com