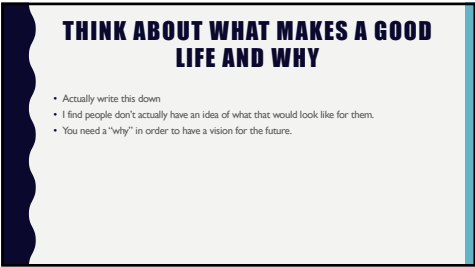
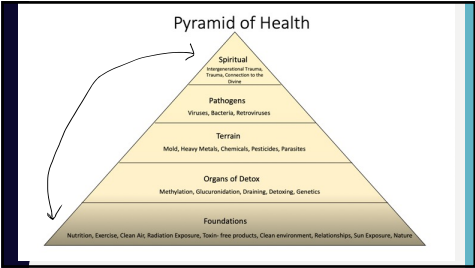




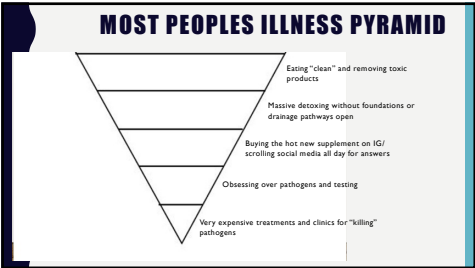
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4

HEALTH CAN NOT BE FOUND IN A SUPPLEMENT. HEALTH IS FOUND IN THE FOUNDATIONAL WORK THAT YOU COMMIT TO DAILY.

DAILY EFFORT > MAXIMUM EFFORT

5


MENTAL HEALTH STABILIZATION

- This is STEP ONE while you are working on the others. Sometimes this goes along side the others b/c the others will support mental health. However if you are feeling so depressed or so anxious or suicidal, then that needs to be addressed first.
- Top down vs bottom up approaches
- This could involve
 - Doing a therapeutic IDA
 - PRN stressor work
 - Somatic experiencing
 - Nervous system regulation work
 - Breathwork/meditation
 - Medications
 - Supplements
 - Diet alterations
 - Bio technology

6

PARASYMPATHETIC WORK


- This needs to be a daily practice, not something that is done occasionally. Change comes from the small things you do daily, not the big things you do once in awhile.
 - Nervous system regulation (ie DBRS, primal trust, Gaps, etc)
 - Somatic experiencing
 - Breathwork
 - Myofascial release work
 - Tapping/EFT
 - Meditation
 - Yoga flow/movement
 - Reflexology
 - Mindful moments
 - No technology
- Pick one and stick with it DAILY for several months before adding in a second technique.
- I recommend starting with a top down technique and then working in a bottom up technique.



7

RUSHING/SPEED OF LIFE


- Our lives are inherently chaotic. They are chaotic because we are all stuck in the rat race...trying to do more and be more. This affects the nervous system and does not allow for rest.
- Rest is a necessary part of life...it is not laziness
- NOTICING first when/why you are rushing is the first step. Then, putting things into practice so that you don't do it anymore or do it minimally.
- I can't express enough how important this is. I used to rush just doing the dishes or taking a shower and never even noticed until I made it a priority!



8

RELATIONSHIP TO SELF

- This is an unfolding process. It is a dual process with detoxification because with detoxification/clearing of the mind, you will develop a better/stronger sense of self.
- How do you talk to yourself and about yourself? What language do you use?
- What are your pain points?
- Are you optimistic or pessimistic?
- What patterns do you use as self protection? Control? Saying yes when you mean no? People pleasing? Who are you without those patterns?
- Who are you without your chronic illness? What do you gain from being chronically ill?



9

RELATIONSHIPS TO OTHERS

- This is so tricky because many times these patterns have been ingrained since childhood. I would invite you to simply notice...does your mom say something to you that pushes your buttons and then you explode and yell at her which causes her to become angry or defensive back? What are the patterns you have with your loved ones that repeat themselves over and over and over again? The first step is always awareness. The second step is realizing that the only person you have control over is yourself.
 - Boundary setting
 - Allowing toxic relationships to end if needed
 - Family constellation work
 - Family systems therapies

10

GROUNDING/ TIME IN NATURE

- Daily time outside in nature with your feet on the ground. Mother earth has the perfect healing frequency of 7.83Hz (the Schumann resonance)
- Minimum 30 minutes per day, ideally much more than that. Try spending most of your day outside...how can you make that happen? For me, I work outside on our terrace.
- If you work in an office building, can you open a window? Can you spend your lunch outside on the grass? If it's truly impossible, then consider a grounding mat.

11

TIME OFF TECHNOLOGY

- Technology is a killer of mental health, period. Scrolling through social media gives you a hit of dopamine. This dopamine is addictive and makes the rest of life feel mundane/unexciting. The more technology that you use, the more likely you are to experience depression/anxiety/OCD behaviors. It also affects sleep patterns.
- The max I would recommend spending on technology is 1 hour per day (set a timer). If you have to work on tech (like I do), at least invest in blue light blocking screen protectors or glasses. Keep the tech to work though and not social media scrolling.
- Many people who are healing stay off of social media altogether until they are done healing.
- Too much information about healing can also affect the nervous system leading to poorer outcomes in a health journey.
- Haskins V, L, Tuck P, et al. (October 08, 2022) Increased Screen Time as a Cause of Declining Physical, Psychological Health, and Sleep Patterns. A Literary Review. Current 14(10):e30051. doi:10.7759/curea.30051
- Baku, P, et al. (2017) Longitudinal associations between changes in screen-time and mental health outcomes in adolescents. Mental Health and Physical Activity. Doi: <https://doi.org/10.1016/j.mhpa.2017.04.001>

12

NUTRIENT DENSITY



- Cronometer (a free app that allows you to track your macros and micros). It's free!
- Optimisingnutrition.com (to get optimal levels). You can plug these optimal levels into cronometer for free. You can also purchase his macro and micro class for \$37.
- Making sure you are hitting all of your micro and macro nutrients as well as fatty acids/omega 3 and 6's.
- Macros- protein, fats, carbs
- Micros- vitamins/minerals
- Would you expect your car to run on crude oil rather than gasoline? NO, so stop expecting your body to do the same.

13

HYDRATION AND MINERALS

- Drinking 3-3L of water per day
- NO distilled or RO water as they are completely depleted of minerals. (yes I realize this is an opinion)
- Spring water, carbon filtered water, structured waters are best if possible
- Minerals- you can use basic trace minerals but if you are toxic, I would recommend a HTMA to see where your minerals are and take minerals appropriate to your mineral ratios. I find that people do better when minerals are tailored to each unique individual.
 - If not, you want a 2:1 Sodium/Potassium ratio as well as roughly 1,000mg magnesium per day and 1,200mg calcium per day supplementally. (these are your macrominerals)
 - I prefer to make my own minerals using potassium powder and salt of choice rather than buying ready made minerals however you can use Pickleball or Redmond's Ralyts as an option
- My mineral argument

14

MOVEMENT

- This doesn't mean exercise. This means just moving your body
 - Spinal twists
 - Stretching
 - Walking
 - Hiking
 - And of course any form of exercise
 - Movement trumps exercise any day when chronically ill as many times the adrenals are too stressed/fatigued to do intense exercise at the beginning.

15

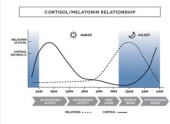
SUNLIGHT

- Sun exposure provides us with so much more than just vitamin D! It's no wonder that more northern climates experience more depression, autoimmune disease and suicide than southern climates.
 - Reduction of autoimmune antibodies
 - Improved sleep
 - Improved mood – reduced depression
 - Reduction of lung, colon and breast cancers
 - Lowers BP
 - Stronger bones- drives calcium into the bones
 - If you truly can not tolerate the sun, consider a vitamin D lamp such as the Sperry.

16

CIRCADIAN RHYTHM

- This is a humans natural diurnal pattern. We used to follow these patterns closely before we had electricity. We would naturally sleep less in the summer and more in the winter.
- Melatonin spikes in the evening and cortisol in the morning giving us this diurnal pattern
- In bed by 9:30 and up by 6:30 is a good goal.
- Follow good sleep hygiene rules (see next slide) for good bedtime sleep and good morning hygiene.



17

SLEEP HYGIENE

- No technology after sundown (or at least 2 hours before bed)
- Turn off cell
- No electronics in the bedroom ever
- If you must be on tech, use blue light blocking glasses
- Eliminate exposure to blue light- can switch out light bulbs for red light bulbs or special lamps without flicker or blue light exposure
- NO vigorous exercise 1-2 hours before bed
- Maintain a regular sleep schedule
- Gratitude journal
- Exercise or do movement for 20-30 minutes per day
- If you don't fall asleep within 30 minutes of going to bed. Get up and do some stretching, reading, meditation, listening to soft music.
- Do meditation or breathwork before sleep
- Pitch black room
- Avoid caffeine after lunchtime
- Avoid alcohol near bedtime as alcohol inhibits deep sleep
- Keep the bedroom cool at night: 68-69 degrees F
- Resolve concerns/worries/planning before bed. Make a list if needed. Journal if needed.

18

MORNING HYGIENE

- Direct sunlight on the eyeballs every morning upon waking
- Eating within 45 minutes of waking and eating at least 35-50g protein in the AM
- Writing out goals for the day to keep you organized
- Not rushing in the AM- waking with plenty of time to eat, get ready, etc without hurrying
- Stretching/somatic movements/time in nature/mindful moments/breathwork

19

POSITIVITY

- It seems most humans tend to focus on the negatives of a situation rather than the positives which leads to negativity bias (a situation being worse than it is).
- Instilling positivity into your day is so important. Remember that life is what's happening RIGHT NOW, not on that expensive vacation that you take once per year. It is literally in the mundane of the daily grind.
- How can you incorporate more positivity daily?
 - I dance and sing when cooking or doing the dishes
 - Playing with my son with full attention
 - Appreciate my time in nature and the beauty of it
 - Keep a gratitude journal that I do before bed (takes me 30 seconds)
 - Mindful moments during the day to check in with the mental loops I'm experiencing
- Note that it might be a light in the beginning... the body likes to stay in it's same patterns, but over time, you can change your state of being to become more positive.
- Stop blaming and fear mongering

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FUN!!!!!!

- We seem to forget in all of this mess that life is supposed to be fun, flexible, enjoyable. Don't lose your fun and excitement for life amidst the "you must do's"
- Remember that you are trying to heal to be able to have more fun and flexibility. So, start now and find the joy in what you are doing.
- Doing these things begrudgingly is not the point. It is not meant to feel hard. It is meant to be fun and flexible.

21

LOOK WHAT YOU WROTE DOWN AT THE BEGINNING OF THE WEBINAR

- Has anything changed?
- Have you made any realizations?
- Do you see things differently at all?

22

IMAGINE THIS SCENARIO

- A 38 year old female comes to me. She is living in a big city and is working a job that she hates. Her relationship with her husband is less than ideal, but they don't have time for therapy. She feels terrible everyday with a lot of symptoms including headaches, period pain, digestive bloating/gas, insomnia, fatigue, acid reflux, intolerance to various foods and depression. Her symptoms have progressively gotten worse over the past and more than 10 really concerning. She feels unable to work, but is too financially trapped to quit working.
- She eats breakfast in her car on the way to work (usually a smoothie or some overnight oats) and eats lunch at a restaurant most days or brings her lunch which is typically a salad and chicken breast. Sometimes she doesn't eat dinner just bc she doesn't have time to cook or is too tired but when she does, it's usually meat and a veg. Overall, she eats around 700-1,000 calories per day and about 40g of protein. She reports that she "hasn't slept" so has never touched her food.
- She exercises 1-2 days per week in a gym doing a Boot Camp class then does the sauna x 30 minutes afterwards. She generally feels like it's difficult to make it through the workout but then gaining weight so continues.
- Her only time outside is sometimes a walk on the weekends, but she rarely is exposed to sunlight during the day.
- She falls asleep looking at her phone at around midnight and wakes at 6:00am for work the next day. She feels fatigued when she wakes in the AM. She doesn't see friends or family except maybe a few hours on the weekend if that, not too tired.
- She crafts on the couch after each work day watching TV and spends her entire weekend recovering from the week, only to do it again the following week.
- She comes to me because she read about "chronic illness" and feels like that fits her symptoms picture and wants to know the "best" treatment to help her achieve the health goals. She spends much of her time online looking at local health and facebook for answers to her problems.
- She tends to run from provider to provider looking for a quick solution to her symptoms.

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SO IS THE REST UNIMPORTANT?

- NO! Of course in the case of complex chronic illness, doing some other treatments, supplementation, seeing a practitioner, etc might be necessary, BUT there is much you can do on your own that is free or very low cost.
- It will save you so much money in the long run to get most of your foundations in place before seeing a practitioner; because if they are ANY good at all, they will make sure these are getting done.
- You CAN NOT heal on 700 calories per day just like you can not heal if you absolutely hate your life (poor relationships, no community, a job you hate, negativity bias all day, poor self talk/self esteem, fear, overuse of technology)
- "They" whoever "they" are have created a world that is not suitable to the optimal human condition. It is much harder today to have foundational health than before...give yourself some grace and be gentle with yourself.

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