

# Session 5

# So Far....

If this is new to you - or even not -

Don't get overwhelmed.

One step at a time.

Small steps toward big changes.

Pick the step that will make the most difference, then layer in other things

Put habits together

Support....

# Focus

Discuss the other habits and areas that we need to focus on and sustain long term for maximum health.

- Sleep
- Stress
- Self-talk and affirmations
- Detox and toxin avoidance
- Movement
- Grounding/Sunlight/Nature
- Brain
- BMs
- Social connection

# Slow and Steady

1-2 action steps at a time

When you are comfortable with a new skill → start with the next action

This is a continual process for all of us!

Commit to ongoing improvements.

Choices I make daily - clarity on your purpose. What do I say yes to that takes away from the other things?

# Sleep

- Insomnia has reached epidemic proportions. It's estimated to be the #1 health-related problem in America. More than 1/3 of Americans have trouble sleeping every night, and 51% of adults say they have problems sleeping at least a few nights each week.
- You cannot be healthy without quality sleep. PERIOD
- Among other things, a full night's sleep:
  - enhances memory and mental clarity
  - improves athletic performance
  - boosts mood and overall energy
  - improves immune function
  - increases stress tolerance
- Fewer than 6 hours of sleep per day is associated with low-grade chronic inflammation and worsening insulin resistance, as well as increased risk for obesity, type 2 diabetes and cardiovascular disease

# Sleep

## Potential damaging effects of lack of sleep

- Overweight & obesity
- Imbalanced blood sugars
- Decreased immune system
- Mood & mental health issues
- Systemic inflammation
- Chronic disease

# Sleep Hygiene

- Restrict artificial light at night
- Try eating more carbs at dinner
  - Carbohydrates increase amount of tryptophan available in pineal gland, which in turn can help melatonin production in the brain
- Keep bedroom cool & dark
- Manage stress throughout day
- Exercise
- Bright morning light
- Address underlying issues like RLS, Sleep apnea, blood sugar, etc
- Be off screens 30-1 hour before bed

# Stress

- Sometimes it can feel like stress is all around us. We are trying to meet more demands than ever and our self-care routine gets pushed by the wayside.
- **Stress is a part of life.** Our brain and body's stress responses help keep us safe from danger—and that's really important. But these responses can also go into overdrive and hurt us more than they help us. Managing stress is as essential to our health as the impact of unmanaged stress can be lifelong.
- What stressors do you face?
- How do you manage stress?

# Stress

- We have to learn to manage stress and change our perception towards it!
- Stress is inevitable
- Stress management techniques
  - Meditation
  - Mindfulness
  - Self talk
  - Writing lists
  - Brain Dump/Morning Pages/Journaling
  - Deep breathing
  - Exercise
  - DNRS/Gupta
  - Brainspotting

# Chronic Stress

- Chronic stress has been linked to
  - Cardiovascular disease
  - Insulin resistance and type 2 diabetes
  - Obesity
  - A weakened immune system
  - Kidney disease
  - Gastrointestinal disorders like irritable bowel syndrome
  - And much more...

# Self Talk

“It makes no difference what you do for a living, what your educational background is, what your problems may be, or what your goals are. It doesn’t matter whether you have succeeded or failed in the past; the workings of the human brain are completely indifferent to your situation in life. Anyone can use self-talk and benefit from its results.”

-Quote from *What to say when you talk to yourself*.

# Self Talk

- Imagine a “mental apartment”-the place you live with your thoughts
  - It's furnished with everything you think about yourself
  - Its furnished with everything you think about the world
  - Your thoughts are it's furniture
- Much of this furniture is hand me down. An old negative way of thinking handed down by parents, friends, and teachers. Derived from our experiences and traumas
- What furniture is furnishing your mental apartment?
- “If you knew the power of a negative thought, you would never think one again.” --Switch on your brain

# Self Talk

- Say you clear out the entire “mental apartment.” You hire a moving company and they clear it all out..
- Does your negativity disappear? Do your toxic thoughts about yourself stop?
- NO...
  - We are most comfortable with the thoughts we have lived with most. It is what we know and what we are most secure keeping in our side
  - In order to change our thoughts, and in turn our self talk
  - We have to REPLACE negative thoughts & negative self talk with NEW positive thoughts

# Self Talk

- **Self speak:** anything you say to yourself or to someone else about yourself, or about anything else is part of your self talk
  - What you say when you are speaking makes up an important part of the pictures and directions you are feeding your subconscious
  - Listen to everything you say when you speak. Do your words paint the picture you want your subconscious mind to see?
  - If not, change the words. Rephrase them! Learn to build the best in yourself and give yourself a new program

# Self Talk

- Changing Self Talk

- Monitor

- Practice being aware of all of your words & thoughts. Use mindfulness
    - In order to change, you have to be aware
    - Listen to any message you give yourself that could wire your brain to work against you

- Edit

- When you hear yourself using the wrong kind of self talk, either thinking or saying the wrong thing, IMMEDIATELY change it
    - Turn around and rephrase it
    - Example: I just can't get in control of my bad eating habits & binges...CHANGE to I am in control of what I eat and have the power to say no
    - What we say is a directive to our subconscious mind. Those that are repeated enough will be physically wired in your brain and become TRUTH

# Affirmations

# Detox

- This is a topic we have covered before. Review toxin course
- Recap:
  - It has been estimated that there are over 80,000 chemicals presently used in the United States. Some of them have not yet been extensively tested for their effects on human health. In fact, research shows that even babies have a toxic load. Up to 232 toxic chemicals have been found in the umbilical cord blood of 10 babies
  - “We are exposed to and bathing in this "toxic soup" everyday - we inhale it, we sit on it, we sleep with it, we cook with it, eat it and drink it.”

# Detox

- Your immune system's job is to identify and eliminate foreign invaders from the body. When your body recognizes a toxin, it targets the toxin and gets to work on removing it. But when your total toxic burden gets too high, causing your "toxin bucket" to overflow, your immune system is forced into overdrive.
- This causes chronic low-level inflammation – meaning your immune system is chronically stuck working overtime just to keep up.
- While we innately have detoxification systems in place, we are bombarded with too many toxins for our body to take care of on it's own

# Signs of Toxicity

- Fatigue
- Muscle aches
- Joint Pain
- Sinus congestion
- Postnasal drip
- Headaches
- Gas/Bloating
- Constipation
- Diarrhea
- Foul smelling stool
- Insomnia
- Difficulty Concentrating
- Food Cravings
- Trouble Losing Weight
- Skin problems/Rashes
- Heartburn
- Dark circles under eyes
- Canker sores
- PMS
- Foul smelling breath or taste in mouth

# Toxin Avoidance

- The first key in detoxing is actually working to avoid the toxins in the first place
- Sources of toxins
  - Skincare and personal care products
  - Water
  - Air
  - Plastics, Phthalates, Chemicals
  - New materials: paint, flooring, furniture, beds
  - Infections
  - EMF
  - Stress

# The big ones to address

- Water
  - Have you tested your water?
  - Do you purify your water?
  - Are you drinking bottled plastic water?
- Air
  - What is your air quality?
  - Have you done any testing?
  - Do you clean and dust frequently
  - Do you use high quality HEPA air purifiers?

# Detox at Home

- After we have worked through detoxing our home, our air, our water, our pantry, and our thought life...we still should actively be doing some detox at home
- Detox at home methods:
  - Foot bath
  - Dry skin brushing
  - Clean eating
  - Infrared Sauna
  - Epsom salt bath
  - Exercise (the key is to sweat!)
  - Supplements
  - Castor oil packs
  - Deep breathing
  - Adequate sleep
  - Managing stress levels

# Movement

- 150-300 minutes a week ideal
- Move throughout the day
- We were made to move
- Work up slowly - be able to do the same thing daily
  - Find something you enjoy!
  - Start with 10 minutes 3x/day or daily and work up from there
  - The more we can work it and schedule it into our routine, the more inclined we are to keep doing it
- Aerobic, stretching, strength, balance
- Find an accountability partner! Get your family involved

# Relationships/Social

- Evaluate relationships
- Connection is important
- Support is important
- We are who we hang out with
  - We think the way those around us think
    - Negative or positive
    - The way we think about life/health/food
  - We make choices based on the actions of those around us
    - Drinking often/casually
    - Choosing poor health choices over big ones
    - Overcommitting
- Can you think of a time where a relationship or interaction negatively affected you? How about positively?

# Relationships/Social

Lonely people have higher blood pressure, higher heart rates, and more atherosclerosis than people who have a good social support system. They also show greater likelihood of

- Insomnia
- Inflammation
- Disease
- Depression
- Cancer

# Relationships/Social

Having a social support network, conversely, **improves endocrine, immune, cardiovascular, and mental health and increases longevity**. People who are more involved in society also show lower serum levels of inflammatory proteins

According to some studies, social support—or lack thereof—is a greater predictor of overall survival than:

- Physical activity
- Body mass index
- Hypertension
- Alcohol consumption
- Smoking

Addressing the above (activity, BMI, alcohol, smoking) are still important, but what a great reminder that our social life and relationships have influence as well!

# Relationships/Social

- Even though technology has the power to connect us, even across the globe, we *feel* more isolated than ever. In fact, over the past 20 years, the number of Americans who say they don't have a close friend has increased threefold
- What can you do to be creative to increase connection around you?
- Ideas
  - Host a party at your house and serve all the food you have recently been trying & creating. Use it as an opportunity to show others how healthy eating can taste
  - Invite people over for a BBQ
  - Have people over for a game night
  - Plan more date nights with your significant other, or girls/guys nights if you are single!
  - Go hiking
- Aim to get outside more, deepen relationships & connections and minimize screens and technology

# Outside, grounding, sun

- Sun 15 minutes a day - more if able
- Outside air
  - Open windows and air out (keep humidity <50%)
  - Get outside (AM best - but often if able)
  - Forest bathing/walks
- Grounding

# BMs and hydration

- Hydration is very important
  - ½ body weight
  - Urine clear
  - Not thirsty
  - Consider electrolytes
  - If you struggle to drink, set a reminder on your phone. Designate a water bottle & aim to fill it a certain amount of times throughout the day
  - Do not drink plastic water! The quality of water is also important in hydration
- BM's
  - Rocks, logs, snakes, pudding, tea
  - Daily or even after each meal
  - Magnesium, other help
  - Squatty potty/stool

Sweat more, pee more, poop more

# Brain

- Heal our brain
  - Stress
  - Rewiring
  - Brain support with nutrients
- Aware of thoughts
  - We produce up to 50,000 thoughts a day and **70% to 80% of those are negative**. This translates into 40,000 negative thoughts a day that need managing and filtering
  - Mindfulness
  - Take thoughts captive, reframe! Remember what we can control is our perception!
- Work our brain
  - Work areas of deficit
- Watch for toxins if there is any possible BBB issues
  - Alcohol
  - Toxins
  - Sleep and more
- Food cross reactivity