

Wellness Empowerment

1.) Include healthy protein with each meal to keep your blood sugar level even as well as your energy level. Eat a balanced meal to maintain a healthy pH level.

2.) Monitor your sodium intake:

American's consume an average of 4800 mg of sodium daily equaling 2 teaspoons of salt. The goal is below the middle point of about 2000 (almost 1 tsp) would be just OK, less is better. Try not to add any extra salt and if you are going to use salt, try some sea salt.

3.) Monitor your sugar intake:

The average American eats approx. 24 lbs. to 70 lbs. of sugar a year! Hard to believe isn't it. It's just not the sugar we notice we are using, but hidden sugars in our foods such as Ketchup, jams, soups, etc. There are 9 teaspoons of sugar in 12 ounces of soda. Excessive levels of sugar in the bloodstream are associated with numerous metabolic disorders. Keep track of your sugar intake on a daily basis as you may be very surprised how much you are consuming.

4.) Decrease unhealthy fat intake – use olive oil & coconut oil. stay away from canola oil as it is one of the most genetically modified crops in the United States.

5.) Eat 5 organic fruits and organic vegetables daily. (I'd rather see more vegetables than fruit.) Eat organic whenever possible to lessen the toxic load. Eating more vegetables is associated with improved insulin sensitivity. Eat a variety of vegetables, especially dark greens. Non-organic food is full of pesticides, chemicals, devoid of being grown in healthy soil and can be a genetically modified organism. Genetically modified (GMOs) food/seed has been altered and is unnatural. GMOs are resistant to bugs and pesticides so crops; did you ever wonder what that does to your body? So far, the largest GMO crops in the United States are corn, canola, soy, and cotton.

6.) Drink plenty of water. Cut down on coffee, tea, cola and alcoholic beverages. Diet soda is harmful since it contains artificial chemicals to sweeten it. Regular soda contains too much sugar and may even contain high fructose corn syrup.

7.) Limit artificial additives, MSG, dyes, processed or fast food intake.

- 8.) Read the nutritional labels on food so you are aware of the nutrients that you are consuming. Nutritional labels can be misleading so make sure you are interpreting it correctly.
- 9.) Incorporate quality supplements for additional support for your body. Functional Medicine lab work will show you the vitamins you need specific to your body.
- 10.) Exercise for at least 30 minutes daily in some form. Most important aspect is consistency to exercise regime.
- 11.) Get 7-10 hours of sleep every day. Finish heavy protein meals two hours before bedtime. Most people need 7-8 hours of sleep nightly; missing sleep can increase one's appetite.
- 12.) Effectively deal with stress overloading by nourishing adrenal system. Functional medicine lab tests will check your adrenal markers responsible for mood regulation, focusing and excitotoxicity.

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