

INSPIRE

wellness & nutrition

Listening,
Gratitude,
Kindness & Joy;
Celebrating it all!



If you listen to
your body when
it whispers, you
won't have to
hear it scream.

Adapted from a
Cherokee Proverb

Listening to your body


- Pain
- Sensations
- Hot or cold
- Fatigue
- Excess energy
- Stressed
- Jittery
- Thirsty
- Hunger/starving
- Moody



Why is it important to respond?



In our culture we
tend to want to
suppress and ignore
uncomfortable
feelings



Pain relievers

Binge eat/drink

Excess medication

Sugar/carbs

Fast food

A photograph of a forest with tall, thin trees and a ground covered in green moss. Sunlight filters through the trees, creating long shadows on the mossy ground.

We need to listen and
address the root
cause of our
symptoms

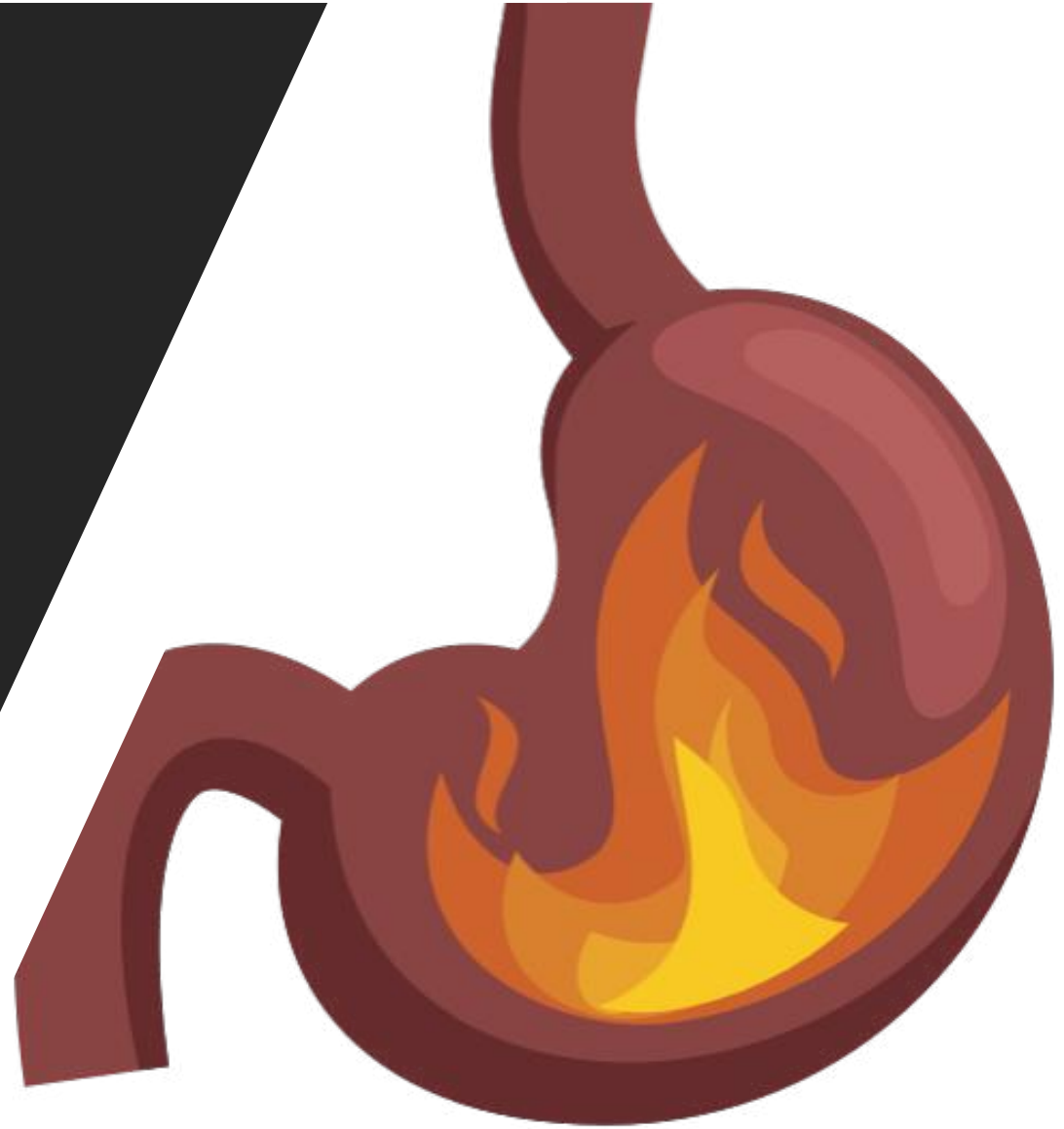
- It takes time to investigate, explore, and heal
- When was the last time you felt great?
- We are meant to live a vibrant and healthy lifestyle!

Foundations of Health

- Proper diet
- Adequate sleep
- Proper stress management
- Optimal digestion, absorption, and utilization of nutrients
- Adequate elimination
- Optimal tissue minerals
- Balanced essential fatty acids
- Proper blood sugar regulation
- Optimal hydration
- Adequate vitamin levels
- Balanced adrenals, thyroid, and sex hormones
- Good cardiovascular health
- Balanced kidney, bladder, and immune systems

Heartburn or Acid Reflux

Most people assume hyperacidity in the stomach causes heartburn – which is actually quite rare



Causes of heartburn or acid reflux

- Timing of stomach acid secretion - when no food is in the stomach – can lead to inflamed/irritated mucosa (skipping meals)
- Low stomach acid – hypochlorhydria – can lead to inflamed/irritated mucosa
- Structural
 - Hiatal hernia
 - Weak esophageal sphincter

Other causes of heartburn or acid reflux

- Overeating
- Obesity
- Cigarette smoking
- Chocolate
- Fried foods
- Carbonated beverages
- Alcohol
- Coffee

These foods/conditions increase pressure that forces gastric contents into the esophagus



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Finding the root cause helps us find solutions



- Heal the digestive tract by
 - Reducing foods that trigger your symptoms: chocolate, fried foods, carbonated beverages, alcohol, coffee, tomatoes and citrus, pineapple, spicy foods, mint
 - Adding bone broth, coconut foods, healthy fats (olive oil, avocado, salmon) to your diet to heal the mucosa
 - Try digestive bitters or apple cider vinegar to help give your stomach acid a boost and improve digestion
- Eat slowly
- Raise head of your bed a few inches
- Don't eat for 3 – 4 hours before going to bed

Dry flaky skin

- Most people just live with it – use hydrating lotions



Causes of dry flaky skin

- Essential fatty acid deficiency
 - Insufficient intake
 - Liver dysfunction – not processing fats properly
 - Mineral deficiencies



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Possible solutions

- Eat more fatty fish, olive oil, flaxseed, walnuts, avocados, and other healthy fats
- Fish oil supplements – make sure they are high quality
- Drink beet juice (add to smoothie) to support liver function
- Drink plenty of water (rule of thumb $\frac{1}{2}$ body weight in ounces)



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Fingernails that chip, peel, or break easily

- Get manicures to cover up the problem



Causes of weak fingernails

- Low stomach acid (hypochlorhydria) causing digestion issues
- Nutrient deficiencies
 - Protein
 - Trace minerals
 - Essential fatty acids



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Causes of low stomach acid

- Antacid use
- Excess sugar and refined/processed foods
- Chronic overeating
- Constant snacking between meals
- Excess carbohydrate and alcohol consumption
- Zinc and thiamin deficiencies
- H-Pylori infection

Finding the solution to weak fingernails

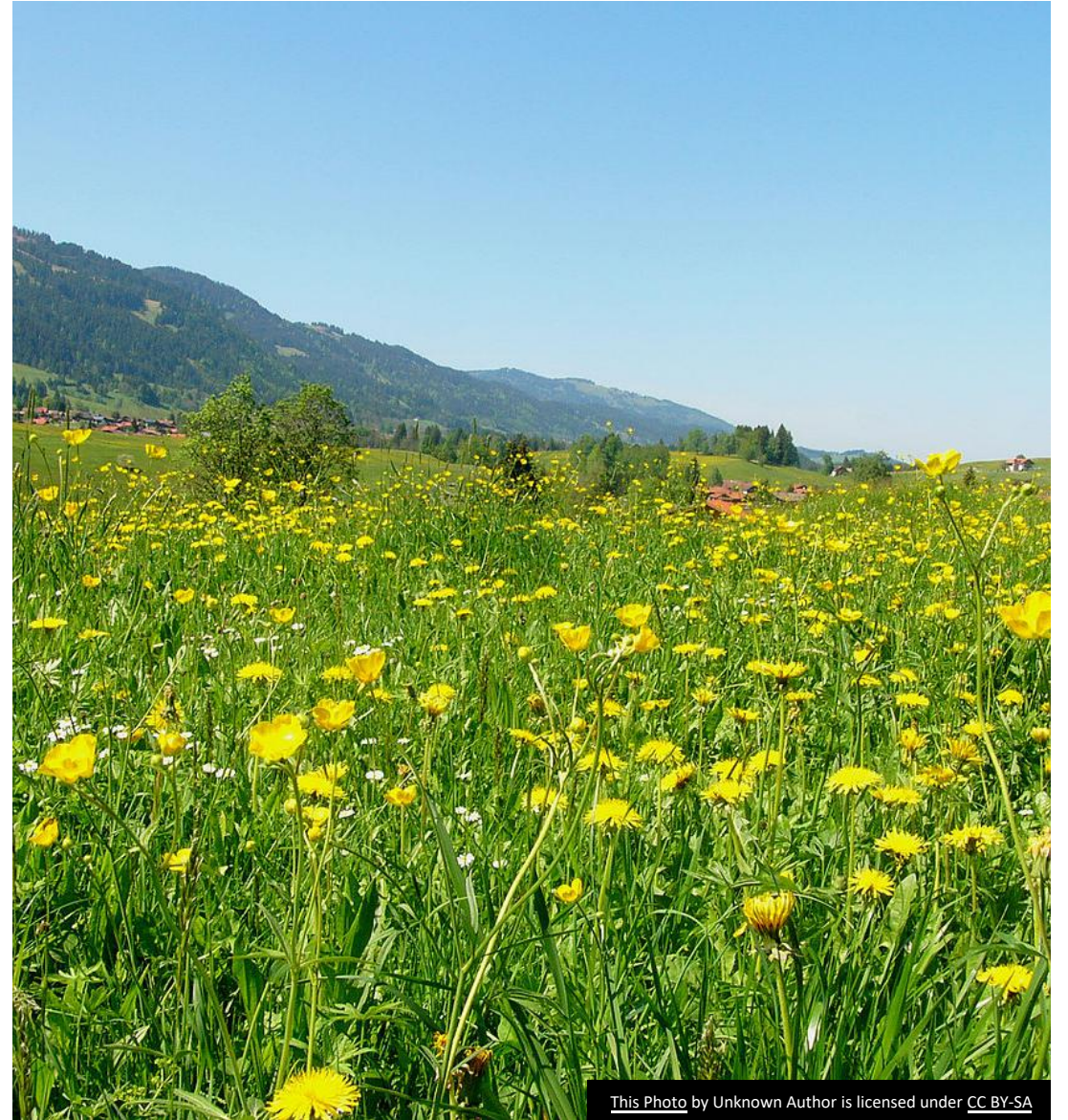
- Address the digestive system:
 - Pancreatic enzymes
 - Digestive bitters
 - Apple cider vinegar
- Essential fatty acids
 - Flaxseed
 - Walnuts
 - Salmon and other fatty fish
 - Fish oil supplements
- Liver support
 - Beet juice
- Adequate protein in diet



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Gratitude, Kindness, & Joy

- Practice self-care
 - Gentle exercise and movement – yoga, walking, stretching, biking, hiking
 - Hydrate with pure water
 - Nourish with whole foods – proteins, healthy fats, colorful fruits/vegetables
 - Get ample good-quality sleep
 - Stress reduction – meditation, breathing practices
 - Enjoy the outdoors and nature
 - Clean out one drawer or closet
 - Take a warm bath – light that favorite candle
 - Don't take on too many commitments
 - Do something for others
 - Most importantly... schedule this time for self-care and guard that time with everything you have!



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