



7 Pillars Of Health



Eat Well & Hydrate: Optimize eating so that it fuels your body. Good nutrition provides energy, improved immune function, and fuels vital functions in the body. Water is life. Drink around ½ your body weight in ounces per day.



Manage Stress: Managing stress directly affects our mental and physical health. Increased stress elevates the stress hormone known as cortisol. This will add fuel to the fire of hormone imbalance, be responsible for weight gain, and increase inflammation throughout the body. Fast pace life requires most of us to work on our own stress management skills.



Nourish the Gut: Gut health is responsible for inflammation, mental health, healthy weight, hormone function, and more. A healthy gut also leads to healthy bowel movements which are vital for pelvic health. Take note of foods and substances that irritate your gut and try to limit them. Find a probiotic that works for you.



Detoxify: Reducing the toxins in the products we use (household and cosmetic) can make a huge difference across many body systems. Reducing plastics and choosing products with fewer chemicals can greatly help as well as learning what supplements and foods are instrumental in helping our body detox including magnesium supplements, lotions, or bath flakes.



Get Moving: Motion is lotion to our joints and muscles and is crucial for mental health. Not to mention this is a "use it or lose it" scenario! Aim for 150 minutes of moderately strenuous activity per week. Try to do some strength training for all muscles in the body twice a week.



Connection: Connecting with our friends and family as well as actively seeking out the things that bring us joy is crucial to our overall mental and physical health. Or more simply, do fewer of the things that bring us pain and do more of the things that bring us joy.



Sleep: Sleep is the MOST important factor in hormone health, crucial for the body to repair itself and help the brain function optimally. Sleep deprivation can affect our mood, mental health, hormone balance, weight gain, stress, and more. Aim for 7 hours/night minimum.



*Self care isn't
an expense.
It's an investment.*