

30 DAY HEALTH RESET

# Workbook

REVITALIZE HEALTH LLC

REVITALIZEHEALTHLLC.COM



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*Revitalize Health, LLC*

# Welcome

CONGRATULATIONS ON BEGINNING YOUR NEW JOURNEY!  
Change is not easy, but you have taken the first step. I am so excited to be on this journey with you. Thank you for letting me be part of your metamorphosis. This is about you becoming an active participant in your life. Let's do this!

**MIRIAM D. HUGHES, MSN**

**WOMEN'S HEALTH NURSE PRACTITIONER**

**FUNCTIONAL/INTEGRATIVE WOMEN'S PRACTITIONER**

**CERTIFIED NURSE MIDWIFE**



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She screamed, “who are you?!” to the stranger standing in front her. She didn’t recognize this person who had encroached into her space and would not stop starrng at her with their soul piercing gaze.

“Who are you?!”. She could not get the stranger to respond, to flinch even, at her pleading screams. They just stood there watching her, waiting almost, but for what? “What do you want?!” she cried as her shoulders heaved large sobs. She tried to rid herself of the gaze, but they wouldn’t give her any relief, even for a second. Her eyes were blurred from the grief that seemed to be pouring out through her salt-filled tears. She couldn’t stop the ache that had filled her chest to capacity, past capacity. The emptiness was too much for the scant strength she had left. She tried to turn inward, to find some shred of solace and strength within, but all that was there was void; nothingness.

“Who are you?!” She hung her head, the tears slowing. Defeat sinking in. Thoughts filled her mind, but nothing made sense. So much left to do, but now, this must be the finale. This must be how it ends for me. And yet her strength, she realized, had left her years ago. She couldn’t have fought off this intruder if she had wanted to. Her passion and zest and vitality, where did that go? Forgotten, like all of her other dreams. Or maybe crumpled on some ‘to do’ list.

She almost screamed the question again, “who are you”, but they wouldn’t answer she realized. Their plan must be to torture by silence. Silence, that was something she was not comfortable with. It allowed her to think, and when she thought she remembered, and remembering wouldn’t do anyone any good. Then for one second she dared look up. She met the penetrating eyes and held them for just a moment and quickly looked away. There was something familiar almost, but she didn’t dare look again. The intensity was too much. She couldn’t breathe. The air in the room seemed to heavy to pull in and fill her deprived lungs. What fate awaited her if she looked again? Or for too long? Would they strike then?

She realized she had stopped crying. She wondered why they wouldn’t speak. She gazed up again, this time she knew they were familiar, but who? Someone from long ago? What was their name? This time she didn’t look away, but cautiously peered from under her messed hair and smeared mascara. They seemed to want to be recognized. Why? They seemed, calm; waiting. Waiting for what? To be remembered?

She remembered her high school graduation – what a strange memory in this situation? She remembered her first job and the excitement of growing up. She remembered promises secretly made to herself that she had forgotten for decades. She remembered so many things. How odd it seemed for all these things to rush back.

She couldn't contain herself! She remembered a person from so long ago, but this person in front of her was a complete stranger. Lost. How had they come to be right in front of her – blocking her path! She thought she had always been so careful, safe even. She was swallowed up again. The emotions overwhelmed her anger, regret, sorrow and yet even something faint that seemed maybe like joy. What to do now? Attack, escape, surrender? Her next move would determine the rest of her life. She moved forward quickly and had to cover her eyes as the glass shattered all around her.




*This was me,  
before I broke  
through to my  
new self.*



# my promise to you

If you will commit, and allow yourself the opportunity, you can be changed by this experience.





# WEEKLY PLANNER

WEEK ONE \_\_\_\_\_

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

## GOALS

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## TO DO LIST

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## NOTES

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# WEEKLY PLANNER

WEEK TWO \_\_\_\_\_

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

## GOALS

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## NOTES

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# WEEKLY PLANNER

WEEK THREE \_\_\_\_\_

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

## GOALS

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## NOTES

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# WEEKLY PLANNER

WEEK FOUR \_\_\_\_\_

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

## GOALS

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## NOTES

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# Habit Tracker

**HABIT:SELF  
CARE**

S M T W T F S

**WEEK ONE**



**WEEK TWO**



**WEEK THREE**



**WEEK FOUR**



**NOTES**



# Habit Tracker

**HABIT:EXERCISE**

S M T W T F S

**WEEK ONE**



**WEEK TWO**



**WEEK THREE**



**WEEK FOUR**



**NOTES**

DAILY

# Mindset Practice

(feel free to make multiple copies)



## MORNING

TODAY'S MANTRA: .....

.....

.....

LOOKING FORWARD TO: .....

.....

.....

TO MAKE TODAY GREAT, I WILL: .....

.....

.....

## EVENING

I'M GRATEFUL FOR: .....

.....

.....

PEOPLE I APPRECIATE: .....

.....

.....

3 GOOD THINGS TODAY: .....

.....

.....

OTHER THOUGHTS

MOMENT TO REMEMBER



# Week One Day One

## **DRINK WATER**

**3 LITERS PER DAY**

8 oz every hour x 12 hours per  
day = 3 L/day

## **MINDFUL EATING**

\*20 minutes (minimum) to eat a meal

\*Don't eat in front a screen

\*Don't go back for seconds

\*Finish your last meal 2-3 hours before bed.



# Week 1 Day 2

## SLEEP

### 7-8 HOURS PER NIGHT

Have a consistent routine -  
including some kind of wind  
down

Avoid alcohol before bed

No screen time for an hour  
before bed

WEEK 1 DAY 3

# Portion Control

- o A baseball or an average-sized fist - Measures about 1 cup. An appropriate portion size for raw or cooked vegetables, whole fruit
- o A tennis ball or small, scooped handful Measures about ½ cup. Equal to 1-ounce equivalent for grains, such as pasta, rice and oatmeal
- o A deck of cards or the palm of the hand Measures about 3 ounce-equivalents. An appropriate portion size for fish, chicken, beef and other meats

## CONNECT

### ON OUR FACEBOOK PAGE

share your progress and with the community!

- One serving of cheese is six dice
- One-half cup (80 grams) of cooked rice, pasta, or snacks such as chips or pretzels is a rounded handful, or a tennis ball
- One serving of a pancake or waffle is a compact disc
- Two tablespoons (36 grams) of peanut butter is a ping-pong ball
- One-quarter cup (35 grams) of dried fruit or nuts is a golf ball or small handful
- One medium baked potato is a computer mouse

# Week 1 Day 4

**TWO HUNDRED YEARS AGO, THE AVERAGE AMERICAN ATE ONLY 2 POUNDS OF SUGAR A YEAR. IN 1970, WE ATE 123 POUNDS OF SUGAR PER YEAR. TODAY, THE AVERAGE AMERICAN CONSUMES ALMOST 152 POUNDS OF SUGAR IN ONE YEAR.**

## **ADDED SUGAR - ADDED CALORIES**

**SUGAR IS ADDICTIVE**

Sugar changes brain processes

You are stronger than your cravings!

# Week 1 Day 5

**THE AMERICAN HEART ASSOCIATION (AHA) RECOMMENDS NO MORE THAN 6 TEASPOONS (24 GRAMS) OF ADDED SUGAR PER DAY FOR WOMEN. THE LIMITS FOR CHILDREN VARY DEPENDING ON THEIR AGE AND CALORIC NEEDS, BUT RANGE BETWEEN 3-6 TEASPOONS (12 - 24 GRAMS) PER DAY.**

## THE MANY NAMES OF SUGAR:

SUGAR • DEXTROSE • MALTOSE • GLUCOSE • FRUCTOSE • CORN SWEETENER • HONEY • CORN SYRUP • SUCROSE • SORGHUM SYRUP • SORBITOL • BROWN SUGAR • LACTOSE • MOLASSES • SYRUP • FRUIT JUICE CONCENTRATE • HIGH-FRUCTOSE CORN SYRUP

Give yourself time. Be patient  
and kind to yourself.

You are stronger than your cravings!

WEEK 2 DAY 1

# Carbohydrates

Carbohydrates are important. They are:

- A universal fuel for most organs and tissues in our bodies.
- The primary fuel source for our brain, red blood cells and a growing fetus.
- The main source of energy for our muscles during exercise.
- Structural components of cell walls.
- Carbs form the structural framework of RNA and DNA (ribonucleic acid and deoxyribonucleic acid).
- Give certain proteins their functionality.



There are three classifications for Glycemic Index:  
Individual food portion:  
Low: 55 or less  
Mid: 56 - 69  
High: 70+

When you stop eating carbohydrates, your brain stops regulating serotonin, a chemical that elevates mood and suppresses appetite. And ONLY carbohydrate consumption naturally stimulates production of serotonin.

MODERATION, PORTION SIZE, AND QUALITY OF CARBOHYDRATE ARE THE IMPORTANT FACTOR.

# Week 2 Day 2

**PROTEINS IMPROVE IMMUNITY  
PROTEIN FUNCTION AS ENZYMES - WHICH  
ALLOW FOR REACTIONS IN OUR CELLS.  
PROTEIN FUNCTION AS MESSENGERS THAT  
ALLOW BIOLOGICAL PROCESSES BETWEEN  
CELLS OR ORGANS.  
PROTEIN FUNCTIONS AS TRANSPORTERS AND  
STORAGE  
PROTEIN FUNCTIONS AS AN ENERGY SOURCE**

TAKE YOUR WEIGHT IN POUNDS AND MULTIPLY THAT NUMBER BY 0.36.  
SO FOR A 130LB WOMAN THAT'S BASICALLY 47G OF PROTEIN MINIMUM.  
ADD 50% TO THAT FOR OPTIMAL PROTEIN INTAKE

See next page for plant based  
proteins.



# Week 2 Day 2

**QUINOA      BROWN RICE**  
**WHEAT BERRY      BARLEY**  
**BUCKWHEAT      WHOLE-GRAIN BREAD**  
**WHOLE-GRAIN PASTA**  
**SOY      EDAMAME**  
**LENTILS      KIDNEY BEANS**  
**BLACK BEANS      PINTO BEANS**  
**CHICKPEAS**  
**CHICKPEA PASTA**  
**RICE AND BEANS**  
**CHIA SEEDS      FLAXSEEDS**  
**PUMPKIN SEEDS**  
**TAHINI**  
**SUNFLOWER SEED BUTTER**  
**WALNUTS      ALMONDS**  
**PISTACHIOS      CASHEWS**  
**PEANUT BUTTER**  
**TOFU      TEMPEH**  
**SEITAN      NUTRITIONAL YEAST**  
**SPIRULINA      SPINACH**  
**BOK CHOY      BROCCOLI**  
**BRUSSELS SPROUTS**  
**MUSHROOMS**  
**GREEN PEAS**

# Week 2 Day 3

**MONOUNSATURATED FATS REMAIN LIQUID AT ROOM TEMPERATURE.**

**GOOD SOURCES OF MONOUNSATURATED FATS ARE OLIVE OIL, PEANUT OIL, CANOLA OIL, AVOCADOS, AND SEEDS/NUTS, AS WELL AS HIGH-OLEIC SAFFLOWER AND SUNFLOWER OILS. EAT THESE MOST!**

**POLYUNSATURATED FATS. POLYUNSATURATED FATS ARE ESSENTIAL FATS. THAT MEANS THEY'RE REQUIRED FOR NORMAL BODY FUNCTIONS BUT YOUR BODY CAN'T MAKE THEM. SO, YOU MUST GET THEM FROM FOOD. A POLYUNSATURATED FATS CONSIST OF TWO MAIN TYPES OF POLYUNSATURATED FATS: OMEGA-3 FATTY ACIDS AND OMEGA-6 FATTY ACIDS. BOTH TYPES OFFER HEALTH BENEFITS.**

**GOOD SOURCES OF OMEGA-3 FATTY ACIDS INCLUDE FATTY FISH SUCH AS SALMON, MACKEREL, AND SARDINES, FLAXSEEDS, WALNUTS, CANOLA OIL, AND UNHYDROGENATED SOYBEAN OIL.**

**Fats are good! They are a nutrient! Fats help food taste good, they help satisfy us, they give us long lasting energy, they feed our cells, nerves, and soul. They help you absorb vitamins and other nutrients better. They are required for healthy skin, nails, and hair. Stop eating the prepackaged, high carb, highly processed, high chemical cupcakes and spongecakes and whatever else.....that is making you fat and tired and grumpy. FEED YOUR BODY what it actually needs! You will be happier and FEEL happier!**



WEEK 2 DAY 4

# Nuts!

Nuts are full of all of the healthy wonderful monounsaturated, polyunsaturated, and omega three fats!

Avoid: "Roasted", "salted", "flavored" nuts are unfortunately adulterated!! Stick with plain, old, natural, unadulterated version of the nuts. It usually says "plain" or "raw" on the package.



Nuts and seeds:  
Improve cholesterol profiles. .  
Prevent heart arrhythmias.  
Reduce blood clotting.  
Relax blood vessels.  
Raise levels of glucagon-like peptide 1. This hormone helps to control glucose levels and to lower insulin levels in people with prediabetes.  
Contribute to feeling full and shutting down those crazy cravings!

SERVING SIZE IS KEY! 1.5 - 2 oz three to five times per week.

# Week 2 Day 5

**CAFFEINE IS A DRUG!  
IT HAS CREPT INTO SO MANY LIVES AND TAKEN  
TOTAL CONTROL.**

**CREATES DEPENDENCE!**

**"IF YOU CAN'T WAKE UP AND FUNCTION LIKE  
A NORMAL, SANE, HUMAN BEING UNTIL YOU  
GET YOUR CUP 'O JOE THAT IS A PROBLEM!!"**

IT DOES AFFECT YOU. IT DOES AFFECT YOUR SLEEP. IT AFFECTS YOUR CORTISOL (FIGHT/FLIGHT). IT INCREASES YOUR BLOOD PRESSURE AND HEART RATE, THE WORK REQUIRED BY YOUR HEART IS INCREASED. YOU ARE PUTTING EXTRA STRESS ON YOUR BODY EVERY CUP YOU DRINK. YOUR ADRENALINE IS INCREASED AND THIS STIMULATES EVERY CELL IN YOUR BODY/BRAIN FOR NO REASON. CAFFEINE IS PURPORTED TO HELP IMPROVE MEMORY.....BUT IT DOES NOT IN THE LONG RUN.

That stress response is creating inflammation! When we have constant inflammation, our body is working against ourselves all day long. It is very smart it is doing what it is supposed to do. When it senses inflammation, what does it do to deal with that inflammation - react to the inflammation by calling out the troops - creating more inflammation, more of a response. This vicious cycle goes on and one until one day you realize you never actually have natural energy.

# Week 3 Day 1

## EAT THE RAINBOW!

YOU DON'T HAVE TO EAT THE WHOLE RAINBOW EVERY DAY, BUT IF YOU CAN GET 6 SERVINGS (AND REMEMBER SERVINGS ARE MUCH SMALLER THAN YOU MIGHT HAVE ORIGINALLY THOUGHT)....SO 6 SERVINGS OF SOME VARIETY OF THE RAINBOW EVERY DAY AND TRY TO ALTERNATE WHAT YOU'RE EATING THROUGHOUT THE WEEK YOUR BODY WILL HAVE A CONSTANT STREAM OF WHAT IT NEEDS. AND WHEN IT GETS THAT INFORMATION FROM WHOLE FOOD SOURCES IT KNOWS WHAT TO DO WITH IT,,,,, AND IT USES THE INFORMATION TO HEAL.

Remember serving sizes are smaller than you think - you can do this!



# Week 3 Day 2

**SOLUBLE FIBERS SLOWS DIGESTION. THIS MEANS THAT IT TAKES LONGER FOR YOUR BODY TO ABSORB SUGAR FROM THE FOODS THAT YOU EAT, HELPING TO PREVENT BLOOD SUGAR SPIKES (AND THE PESKY JUNK FOOD CRAVINGS THAT CAN STRIKE BECAUSE OF THEM).**

**INSOLUBLE FIBER ESSENTIALLY PASSES THROUGH YOUR SYSTEM UNCHANGED. PASSES THROUGH THE GASTROINTESTINAL TRACT RELATIVELY INTACT. IT BINDS TO OTHER FOOD COMPONENTS YOU'VE EATEN AND HELPS TO MOVE THINGS ALONG, IT ALSO KEEPS THE DIGESTIVE SYSTEM HEALTHY BY AIDING THE GROWTH OF BENEFICIAL GUT BACTERIA (THIS HEALTHY GUT FLORA IS CRUCIAL IN PREVENTING BAD BACTERIA FROM STAGING A COUP AND CAUSING ILLNESS).**

Excess estrogen (think PMS, PCOS, difficulty losing weight, irregular periods, mood problems, estrogen-linked cancers like breast/ovarian/uterine) is excreted through our bowel movements/stool. DETOXIFICATION (especially excess estrogen) happens through our bowel movements. Eat fiber!

WEEK 3 DAY 3

# Gluten & Dairy

There are no absolutes in this world and the truth is - Not everyone needs to be on a gluten-free diet. Some only need to do it for a short term, to let their gut heal and reduce inflammation and then they are fine. A lot of times if people go gluten free, even short term, they find that they feel significantly better. The problem may not even be the wheat or gluten directly, but the pesticides that are used on the crops. It's hard to know EXACTLY, but something has definitely changed within us, or our crops, or a combination since in the last 10-20 years so many people are getting sick from eating gluten based products.



Be brave enough to make some change!!

Dairy: Some studies show a positive effect, meaning decreased inflammation with dairy intake. Some studies show a neutral effect, meaning there was no increase in inflammation, but no decrease either. And and even smaller studies show some mild increase in inflammation.

If you're going to use dairy ORGANIC is key to avoid hormones, antibiotics, and chemicals from the animal to you.

I would try going completely gluten and dairy free for a minimum of 2 weeks, 4 weeks is preferred. This is not always easy, you have to be diligent as gluten can sometimes hide in foods that you wouldn't expect and dairy is found in many of our favorites. But try it! You may not even realize it is, or is not, contributing to you not feeling as well as you can. Then choose 1 and slowly introduce it back in. I would start by eating it for one day and then be free for another day or two and then another day with it in. If you don't have symptoms within a week, go ahead and add it back a little more, but pay attention and keep track of symptoms for about two week. Then repeat the process for the other one.

# Week 3 Day 4

**SITTING IS THE NEW SMOKING!  
TOTAL SITTING TIME, TV-VIEWING AND LEISURE  
SCREEN TIME (I.E. SOCIAL MEDIA) ARE  
ASSOCIATED WITH POORER CARDIOMETABOLIC  
RISK PROFILES IN ADULTS. CARDIO- METABOLIC  
MEANS INCREASED BMI, INCREASED WAIST  
CIRCUMFERENCE (WHERE THE DANGEROUS FAT  
LIVES), INCREASED TOTAL CHOLESTEROL,  
INCREASED TRIGLYCERIDES, DECREASED HDL  
CHOLESTEROL (GOOD CHOLESTEROL),  
INCREASED BLOOD PRESSURE, INCREASED NON-  
FASTING GLUCOSE, INCREASED INFLAMMATORY  
MARKERS**

THE WORLD HEALTH ORGANIZATION HAS PROJECTED THAT, AMONG ADULTS, DEPRESSION WILL BE LEADING CAUSE OF DISEASE BURDEN BY THE YEAR 2030. GROWING EVIDENCE SUGGESTS THAT SEDENTARY LIFESTYLE IS AN IMPORTANT RISK FACTOR OF DEPRESSION AMONG ADULTS (THERE'S THAT PHYSICAL ACTIVITY AGAIN) AND ALSO THAT >4 HOURS OF COMPUTER/TV/SCREEN TIME ARE ALSO ASSOCIATED WITH INCREASED DEPRESSION.

Kids: Screen time, in particular, television viewing, has been negatively associated with the development of physical and cognitive abilities – this means it decreases physical and cognitive abilities. It is positively associated with obesity and sleep problems, depression and anxiety. Positively in this case means bad – it increases obesity, sleep problems, depression and anxiety.

# Week 3 Day 5

**VITAMIN D IS A LITTLE HARDER TO GET FROM FOOD SOURCES, BUT AFFECTS SO MUCH! VITAMIN D IS A NUTRIENT YOUR BODY NEEDS FOR BUILDING AND MAINTAINING HEALTHY BONES. THAT'S BECAUSE YOUR BODY CAN ONLY ABSORB CALCIUM, THE PRIMARY COMPONENT OF BONE, WHEN VITAMIN D IS PRESENT. VITAMIN D ALSO REGULATES MANY OTHER CELLULAR FUNCTIONS IN YOUR BODY. ITS ANTI-INFLAMMATORY, ANTIOXIDANT AND NEUROPROTECTIVE PROPERTIES SUPPORT IMMUNE HEALTH, MUSCLE FUNCTION AND BRAIN CELL ACTIVITY.**

**AIM FOR BLOOD LEVELS BETWEEN 40-70**

**MAGNESIUM IS NEEDED FOR MORE THAN 300 BIOCHEMICAL REACTIONS IN THE BODY. IT HELPS TO MAINTAIN NORMAL NERVE AND MUSCLE FUNCTION, SUPPORTS A HEALTHY IMMUNE SYSTEM, KEEPS THE HEARTBEAT STEADY, AND HELPS BONES REMAIN STRONG. IT ALSO HELPS ADJUST BLOOD GLUCOSE LEVELS. IT AIDS IN THE PRODUCTION OF ENERGY AND PROTEIN.**

**NORMAL SERUM MAGNESIUM CONCENTRATIONS RANGE BETWEEN 0.75 AND 0.95 MILLIMOLES (MMOL)/L**

# Week 4 Day 1

**MICROBIOME - BASICALLY AN ALL ENCOMPASSING TERM TO DISCUSS THE HEALTHY (OR UNHEALTHY) BACTERIA AND OTHER ORGANISMS IN YOUR GUT. OUR GUT HEALTH IS DIRECTLY CONNECTED TO OUR WHOLE HEALTH - THIS INCLUDES IMMUNITY, DEPRESSION, ANXIETY, CRAVINGS, ENERGY LEVEL, ETC**

DID YOU KNOW THAT A MAJORITY OF SEROTONIN IS NOT FOUND IN THE BRAIN, BUT IN THE GUT? THIS HORMONE AFFECTS MOOD/ANXIETY/DEPRESSION, BUT IT EVEN HELPS WITH WOUND HEALING, IMMUNITY, GENERAL GUT HEALTH/BOWEL MOVEMENTS. IT HELPS WITH SLEEP. IT HELPS WITH SEXUAL FUNCTION. IF YOUR MICROBIOME IS NOT OPTIMAL THIS HORMONE IT AFFECTED.

Long-term dietary intake, what we eat - what we drink - influences the structure and activity of the trillions of microorganisms/bacteria/yeast/viruses residing in the human gut. What we take into our body can be helpful or it can be harmful. It can give our body GOOD information, OR it can give our body BAD information.





# Week 4 Day 2

**OUR GUT: ABSORBS NUTRIENTS FROM OUR FOOD/VITAMINS/ETC, IT BLOCKS "BAD THINGS" FROM GETTING IN LIKE ALLERGENS, TOXIC SUBSTANCES, VIRUSES, YEASTS, BACTERIA, ETC. IT COMMUNICATES WITH THE BRAIN/BODY. IF THE LINING OF THE GUT IS NOT HEALTHY GOOD THINGS DON'T GET ABSORBED, "BAD" THINGS GET IN, AND UNHEALTHY MESSAGES GET THROUGH.**

THE WORD "PROBIOTIC" COMES FROM GREEK AND MEANS "FOR LIFE". PROBIOTICS COME FROM SUPPLEMENTS (TABLETS) AND FERMENTED FOOD. PROBIOTIC SPECIES ARE ABLE TO CHANGE THE POPULATION OF MICROORGANISMS IN THE GUT MICROBIOME AND CONTROL THE FUNCTIONING OF THE WHOLE ECOSYSTEM OF GUT MICROBIOTA.

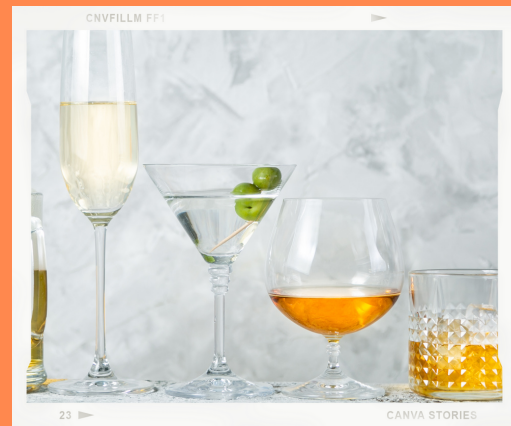
The ingestion of fermented foods potentially increases the numbers of microbes in the diet by up to 10, 000-fold. Also consuming 'living' fermented foods on a daily basis could be equivalent to introducing new microbes into the indigenous, intestinal microbiome" - and we have already talked about the benefits of these beneficial microbes.

WEEK 4 DAY 3

# ALCOHOL

A causal association has been established between alcohol consumption and cancers of the oral cavity, pharynx, larynx, esophagus, liver, colon, rectum, and, in women, breasts; [and] an association is suspected for cancers of the pancreas and lung.

Alcohol, even in low doses, impairs sleep. You think.....it helps you fall asleep and it does, but you have less REM sleep, you have more "wake cycles" – even if you aren't aware of it, and you actually end up sleeping significantly less minutes/hours when you consume alcohol.



Alcohol increases calories and glucose levels in the body.

Alcohol intake increases estrogen. Estrogen is one of the primary female hormones. When estrogen is elevated and out of balance women tend to have obesity, irregular or heavy or painful periods, Polycystic ovarian syndrome (PCOS), infertility issues, etc.

Alcohol can increase/worsen depression, alcohol use disorder/dependance, and mood disorders in general.

Find a new escape. Find new ways to relax.  
Find new ways to "let go".



# Week 4 Day 4

## Ergonomic Considerations

How we hold and move our bodies every day, even while doing something as simple as sitting at a desk or standing in place, can have an impact on our posture. Below are some general ergonomic tips to help reduce the chance of pain and injuries:

### While sitting at a desk:

Keep your feet on the floor or on a footrest, if they don't reach the floor.

Don't cross your legs. Your ankles should be directly in front of your knees.

Keep a small gap between the back of your knees and the front of your seat.

Your knees should be at or below the level of your hips.

Adjust the backrest of your chair to support your low- and mid-back or use a back support.

Relax your shoulders and keep your forearms parallel to the ground.

Avoid sitting in the same position for long periods of time. Take breaks and move your body.

### When standing:

Bear your weight primarily on the balls of your feet.

Keep your knees slightly bent.

Keep your feet about shoulder-width apart.

Let your arms hang naturally down the sides of the body.

Stand straight and tall with your shoulders pulled down and backward.

Tuck your stomach in.

Keep your head level. Your earlobes should be in line with your shoulders. Do not push your head forward, backward, or to the side.

Shift your weight from your toes to your heels, or one foot to the other, if you must stand for a long time.

### When lying down in bed:

Find the mattress that is right for you. While a firm mattress is generally recommended, some people find that softer mattresses reduce their back pain. Your individual comfort should guide your choice.

Choose the right pillow, too. Special pillows are available to help with postural problems resulting from poor sleeping positions.

Avoid sleeping on your stomach.

Sleep on your side or back, which is often helpful for back pain. If you sleep on your side, place a pillow between your legs. If you sleep on your back, keep a pillow under your knees.

# Week 4 Day 5

**#1 - DO NOT TAKE YOURSELF OFF THE TO DO LIST!**

**#2 - BE JUST AS KIND TO YOURSELF AS YOU WOULD BE TO EVERYONE ELSE.**

**#3 - ONE DAY AT A TIME.**

**#4 - PERFECTION IS A MYTH**

**#5 - KEEP MOVING FORWARD  
- JUST DON'T STOP TRYING.**

# You did it!

I hope that you are proud of the work you have put into yourself. I hope that you have started to feel a life-long shift in your physical, mental, emotional, and spiritual energy. I hope you continue your journey with gusto. I hope you continue to recognize your self worth!



"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us"  
-Marianne Williamson





# Ready to Deepen Your Health?

## HEALTH MAKEOVER

Sometimes our bodies need a little more support to be the best it can be; in order to allow us to live our best life. There are often underlying conditions that require more help than just good food and sleep can give.

LEARN MORE  
TODAY



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