

PILLARS OF WELL BEING

Proper nutrition is at the foundation of health – without it nothing else can come into balance. However, true holistic healing must encompass mental and emotional health as well. All the broccoli you can eat won't overcome the impact of chronic stress. Everything is interconnected.

WHOLE FOOD, PLANT-BASED NUTRITION

Fact: Whole food, plant based nutrition is the only diet that has been proven to prevent, treat and reverse chronic disease. Antioxidants and phytonutrients are abundant in plant foods. Antioxidants slow aging, reduce inflammation in the body, and help prevent diseases – especially cancers. Phytonutrients can also protect against diseases like cancer and heart disease.

Recommendation: Aim to eat 30-40 whole plant foods per week. Eat a variety of colors to ensure you're consuming a wide array of nutrients. Use herbs and spices to flavor your food instead of oils, butter and salt.

STRESS MANAGEMENT

Fact: The direct physical effects of stress are plentiful. Stress slows digestion, weakens immunity, reduces sexual function, releases hormones that promote weight gain, disrupts sleep, raises blood pressure and affects mood and focus.

Recommendation: Spend a few minutes each day connecting with your breath. Start a meditation practice. Just 10 minutes a day is enough to reduce stress and anxiety.

PHYSICAL ACTIVITY

Fact: Aerobic exercise interventions have been found comparable to antidepressant medications in the treatment of patients with major depressive disorders.

Recommendation: Take a walk outside every single day. Not only for the aerobic benefit but sunlight can enhance the brain's production of the mood-lifting chemical serotonin, acting as a natural antidepressant.

SLEEP HYGIENE

Fact: The need of quality sleep for good health cannot be underestimated. Poor sleep is linked to increased risk for disease such as heart disease, diabetes and obesity.

Recommendation: Create an environment for deep, restful sleep. Start by eliminating all electronics one hour before bed, darken your room as much as possible and keep the temperature between 65-72.

COMMUNITY

Fact: One of the most important indicators of longevity and good health is the quality of our relationships.

Recommendation: Spend a few uninterrupted minutes each day connecting with the people you love and practice being present.



VITALITY 360
LIFESTYLE MEDICINE