

You are your best investment!



TIPS TO LAUNCH YOUR HEALTH



You've likely been given cookie-cutter advice from everyone online and in your family. But there is a right way to obtain optimal health and longevity. This cheat sheet will break down the most foundational pieces that are essential to your health goals, whether you're trying to lose weight, gain muscle, get pregnant, or just be the best you!

1 HYDRATION

The human body is 60% water; the heart and brain are 73% water; muscles and kidneys are 79%; skin is 64%; and bones are 31% water - that's incredible! Every cell your body **NEEDS** water to carry out day-to-day tasks. Drinking enough grants you the benefits of a sharper mind, improved energy, clear skin, less painful joints, fewer muscle aches, and long-term organ health. **How to optimize your water intake:**

- Aim for 1/3 to 1/2 of your body weight (lbs) in ounces. For example, if you weigh 150lbs, aim for between 50-75 ounces of water daily.
- For every ounce of caffeine, soda, and alcohol, add that many more ounces of water.
- Opt for glass bottles over plastic to reduce exposure to nasty hormone disruptors.
- Filtered is best. If you're using distilled or reverse osmosis, consider adding electrolytes back in.



2 NUTRITION

With so many fads and "experts" telling you what to eat – how do you know which one is really right for you? **You likely need a more personalized approach but this will get you started:**

- Eat mostly plants – you can't do too many
- Keep fruit to whole fruits rather than juices to retain the fiber
- Limit sweets and simple sugars. Focus more on protein and plant-based fats.
- Choose grass-fed and pasture-raised for all animal products to reduce inflammation, as well as gut and hormone disruption
- Can't afford all organic? No problem – follow the annual Clean 15 and Dirty Dozen lists.

3 MOVEMENT

Movement is medicine!

Keeping your body active is one of the best things you can do for long term health – it's basically a built-in health insurance policy. Staying active doesn't mean sprinting on a treadmill every day. **Try this instead:**

- Walking 15 minutes after meals increases metabolism and insulin efficiency.
- Gardening and playing with your kids or dogs totally counts!
- Aim for 150 minutes weekly, broken up in any way.
- Vigorous exercise should be balanced with restorative practices like yoga, Thai Chi, and stretching.
- Strength training is an absolute must!



4 STRESS

Stress impacts our bodies on every level so

it's critical to habituate stress reducing techniques into each day. **Try these techniques:**

- Dedicate time every day that's just for you.
- Try journaling, sitting quietly away from your phone and computer.
- Close your eyes and follow your breath as it moves in and out for a few minutes.
- Try meditation.
- Disconnect from social media for a bit.
- Incorporate physical activity at least 3 days weekly.
- Invest in yourself and get regular bodywork.
- Take a vacation!



5 SLEEP

If you're going to work hard and play hard, you must also recharge with optimal sleep. Getting enough sleep improves mood, learning and memory, social interactions, productivity, immune function, hormone regulation, and libido.

- Get the TV out of your bedroom! Your bedroom is an oasis that should be for sex and sleep ONLY.
- Turn off your screens at least one hour before bed so your brain can more easily produce melatonin.
- Find a relaxing practice to do every night before bed, like reading, taking a bath, or communicating with your partner.
- Invest in a bed you'll sleep great in.
- Purchase quality sheets that you'll love crawling into.



6 Social Connection

Human beings are biologically designed to thrive in communities. You will be more successful in reaching your health goals if you have a strong crew around you who understand and support your goals.

- Create distance with those who would thwart your efforts
- Surround yourself with people who have gone through it and who can inspire you to do better.
- Get an accountability-buddy. You will share in working towards a health goal and will regularly check in to keep each other on track.
- Communicate your needs with family and friends so they can support you.



7 PURPOSE AND OUTLOOK

Research from Harvard has shown that having a strong sense of purpose increases the likelihood of having a healthy life, and increased physical strength throughout life. We also know that positive thinking in the present leads to greater levels of success later on.

- Make a list of the things that bring you joy, comfort, a sense of peace or grounding. Then incorporate at least one of these things into your weekly activities.
- Spend 10 minutes every night journaling about the good things you experienced that day, and what you're grateful for.

8 PERSONALIZED CARE

The key to leveling-up your wellness is to have a solid advocate at your side. Just as you'd hire a personal trainer, website developer, wedding planner, or midwife – you need someone who is an expert in wellness and who can address your individual concerns and goals. **Consider this:**

- You need someone who will listen to your story
- You want someone who will consider specialized testing to see what factors you could be missing.
- You deserve to work with someone who is specially trained in integrative healing modalities.



The doctors of the Denver Naturopathic Clinic understand that you've probably received a lot of advice from a lot of people. We want you to know that you are in really good hands and we're going to take care of you. We have helped a lot of people who've had the same problems as you, and we can help you too. It may take a month, or it may take years, but we promise to be with you the entire time. Launching your health starts now and it starts with these foundational tips and tricks.



For more detailed information, make sure to get your copy of our free "Launch Your Health" booklet to learn more about the science and mindset behind these recommendations, as well as better ways to implement them into your own health success story.