



Healthier Living

CREATE A HEALTHY LIFESTYLE THROUGH PHYSICAL ACTIVITY, NUTRITION, AND LIFE BALANCE



the “HOL” picture



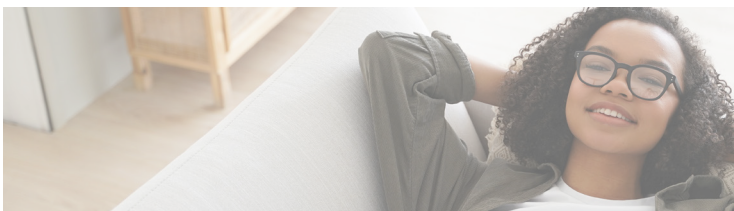
HOLISTIC HEALTH is a method that takes every aspect of a person into consideration: the physical, mental, emotional, social, and spiritual. With this point of view, your health is not just the lack of illness, but rather the maintenance of all these variables that go into making you feel good.

The goal of holistic healing is **prevention first**, and **treatment second**. Holistic providers aim to prevent health issues from developing in the first place by maintaining the health of the body, mind, and spirit. Your body is given treatment that looks at the whole person with all its moving parts and not just for one health condition. Certain treatments are used to fix the underlying cause of the disease, rather than just improve the symptoms.

For example, if you're experiencing symptoms of depression, a medical doctor may prescribe medication to mitigate symptoms. The holistic approach works to treat the source by healing every part of the body through multiple treatments. Treatment may include **nutrition counseling**, **dietary supplements**, **exercise**, **acupuncture**, **acupressure**, **yoga**, **stretching**, **tai chi**, **meditation**, **self-massage**, and **support groups** all to improve the different parts of your body working together. Altering things like your **diet**, **mindfulness**, **activity levels**, and **physical wellness** can all work to eliminate the various causes of depression. This is especially effective when joined with traditional medication. There are many ways you can start healing your body on your own such as eating healthy, hydrating, reducing alcohol consumption, getting enough sleep, staying active, doing breathing exercises, going outside, and communicating with the people around you.

Holistic treatment is not a replacement for traditional medical care. You should talk to a traditional medical doctor before trying a holistic approach, especially if you are taking prescription medicine. This will ensure you get the best, safest care possible. ♦

SWWC
LIVE WELL



QUICK CLICK

Mindful Eating Coach 2



Android: Mindful Eating Coach 2

Apple: Mindful Eating Coach 2

This free ios and android app guides you through all the steps of mindful eating with questions, lessons, and exercises. It also includes a food journal and data that you can export. ♦



FEATURED RECIPE

SWEET POTATO HASH

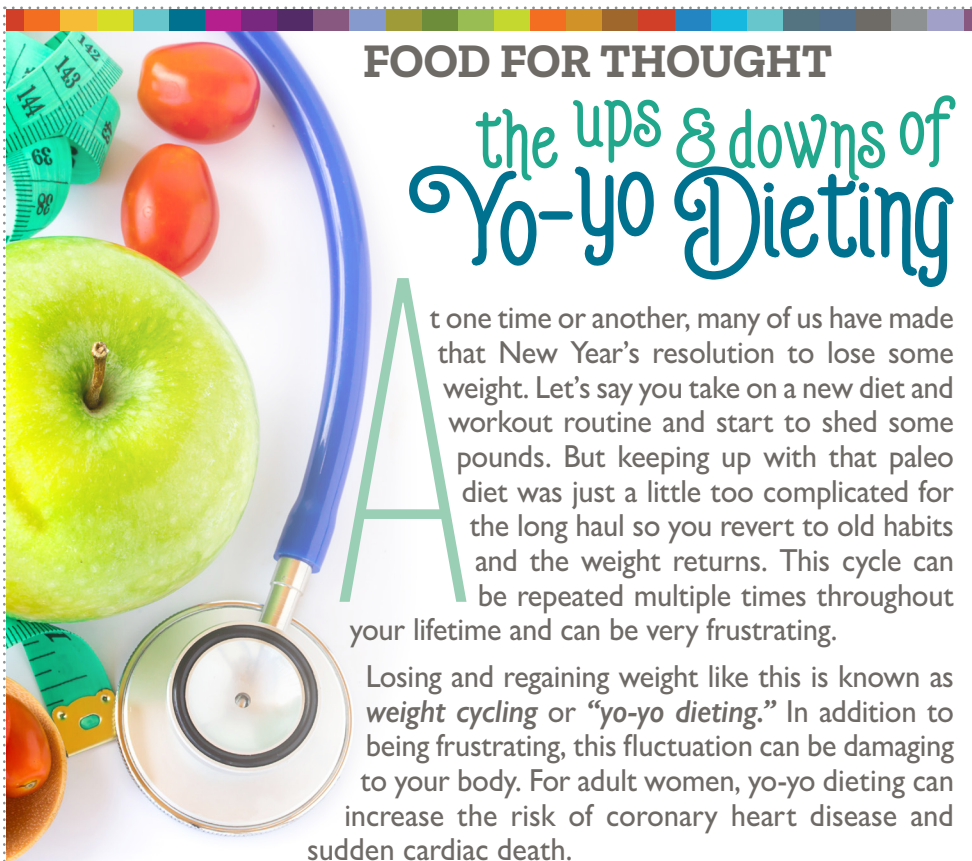
INGREDIENTS:

- 2 Tbsp. vegetable oil
- 8 oz. cooked corned beef, diced
- 3 medium sweet potatoes, peeled & shredded
- 1 large onion, chopped
- Salt, pepper, garlic, & paprika to taste
- 4 poached eggs

INSTRUCTIONS

In a large skillet, heat oil over medium-high heat. Add onion and sauté until brown, 5 to 8 minutes. Add potatoes and corned beef and cook, stirring until browned, 5 to 8 minutes. Add seasoning. Serve topped with poached egg. Serves 4.





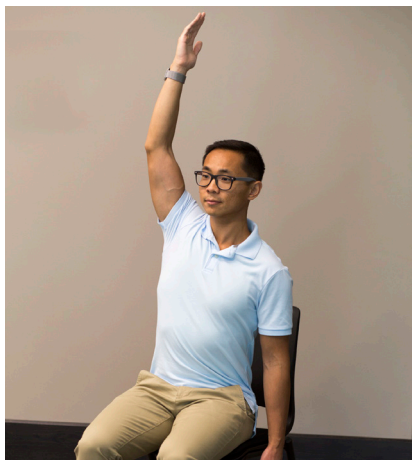
FOOD FOR THOUGHT

the ups & downs of Yo-yo Dieting

At one time or another, many of us have made that New Year's resolution to lose some weight. Let's say you take on a new diet and workout routine and start to shed some pounds. But keeping up with that paleo diet was just a little too complicated for the long haul so you revert to old habits and the weight returns. This cycle can be repeated multiple times throughout your lifetime and can be very frustrating.

Losing and regaining weight like this is known as *weight cycling* or "*yo-yo dieting*." In addition to being frustrating, this fluctuation can be damaging to your body. For adult women, yo-yo dieting can increase the risk of coronary heart disease and sudden cardiac death.

To avoid putting your health at risk, it's important to create habits that can be maintained for the long run, not just sporadic dieting. Replace refined food with more fruits, vegetables, and unsaturated fats. The goal is to modify your diet so it's healthy and not just a caloric restriction. Adding in activity can help you to lose weight, but it's safest to lose about two pounds a week or fewer. Gradual weight loss is a safer and more sustainable pattern for your body. ♦



Lateral Flexion

Side Stretch. Note: Follow words in parenthesis when switching sides. Sit tall with arms at sides. Inhale, raising left (right) arm overhead. Exhale reaching right (left) fingertips toward the ground in opposition. Hold for 3 - 5 deep breaths. Repeat on other side.

Regular movement is fundamental to good health. Moving or changing postures every 30 minutes is recommended.

Challenge of the Month:

Use Your Eater's Intuition!

Using the principals of intuitive eating, practice mindful eating **FIVE** days this month.

- Honor your hunger
- Make peace with food
- Discover the satisfaction factor
- Feel your fullness
- Cope with your emotions with kindness
- Honor your health

MIND MATTERS

Reframing your Food

Diets can do more harm than good, both to your body and brain. *Intuitive eating* is an anti-diet that encourages a healthy change in eating habits.

Principles of intuitive eating:

Honor your hunger.

Listen to your body and eat when you're hungry. Waiting for intense hunger can lead to overeating.

Make peace with food. Give yourself unconditional permission to eat. Limits put in place by dieting can cause unnecessary guilt.

Challenge the food police. There is no good or bad food. "Giving in" to forbidden food may lead to overindulgence, whereas letting yourself eat it whenever reduces deprivation cravings.

Discover the satisfaction factor. Make a meal you like and sit down to enjoy it. When eating becomes a pleasurable experience, you may notice it takes less food to satisfy you.

Feel your fullness. Know when your body wants to eat, and when it is done to reduce overeating.

Cope with your emotions with kindness. Emotional eating can be a strategy for coping with feelings. Try alternative solutions to deal with emotions, such as taking a walk, journaling, or calling a friend.

Honoryourhealth. One snack, meal, or day of eating will not ruin your progress. What you eat consistently over time is what matters. ♦

