Health & Wellness-Fall 2021

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**10 Simple Changes for Health and Wellness.**

 1. Start each day with meditation/prayer. Now more than ever, it is important that we set the tone for our day. This practice helps you begin your day in a calm, focused state. This quality will infuse into everything else in your day.

2. Movement is essential throughout your day. Find something you enjoy or you won’t do it. Sitting is the new cigarette so 20 minutes and then move for at least 2-3 minutes. Studies have shown a long list of health concerns that stem from sitting for prolonged periods of time.

3. Hydration isn’t about plain water or a number. Water is much more hydrating if you include a squeeze of lemon, lime, or your favorite citrus. Add a pinch of salt to that mix and you now have a homemade electrolyte drink. Infuse it with herbs, mint, or other fruits. Experiment to find flavors that bring joy to your tastebuds. Remember that the food you consume is also part of your hydration.

4. Herbs are a great line of defense and you should keep some basics in your pantry. For example: thyme is a great herb for warming and drying. It can be infused into a tea for drying mucous. Stinging Nettle is an herb that can also make a great tea when feeling a little under the weather. Tonics such as Fire Cider and Elderberry syrup are easy to make and a great line of defense against illness. They can be customized to your needs.

5. Nutrition is something that often goes without thought. We truly are what we eat so if you eat processed food that has very little nutritional value, you are setting yourself up for health problems. The first thing I recommend is to eat foods that are ingredients versus foods that have ingredients, foods without a label versus those with a label.

6. Sunshine, enjoy it every chance you can. The body needs Vitamin D and most of us are deficient.

7. Rest. This speaks for itself. We need to rest and give the body time to repair.

8. Community is more important than ever. Find like-minded people, family, friends, and spend time together. This can be a great stress reliever.

9. Breathe. I know some of you may read that and think “well duh!” How much thought do you put into your breath? Are you breathing to the full capacity of your lungs? If so, you should see your abdomen rise on the inhale and fall on the exhale. You should be completely filling and emptying the lungs. If you feel a respiratory illness coming on, this is even more important.

10. Lastly, don’t be too hard on yourself when striving to make changes. One baby step at a time keeps you moving forward on your health and wellness path.

For those looking for the vitamin protocol recommended by countless doctors, I recommend Dr. Zelenko’s protocol. You can find it at: <https://vladimirzelenkomd.com/prophylaxis-protocol/>. I personally take those amounts of the specified supplements plus a melatonin which has also been shown to help ward off illness. You do not need to buy his formula. I have not used it so I don’t have first hand experience with it. I started taking these supplements prior to him releasing his product line. I do advise that you only purchase supplements from a reputable company.