

Living Wellness

15 Simple Ways to Reinvigorate the Foundations of Your Health



Board Certified
Naturopathic Doctors

Welcome to this five-part guide to optimizing all aspects of your health

As you come to know our approach to Natural medicine you will soon discover that we have a far-reaching concept of health. At Natural paths, health is not simply suppressing symptoms or managing chronic conditions. To us, health is cultivating lasting vitality that allows you to live a life of fulfillment and contribution.

Of course, we want to help you put an end to difficult symptoms, but being healthy means more than not feeling sick or being in pain.

True health means:

- **Having abundant energy to do all the activities you enjoy and being able to pursue those activities without paying the price the next day or taking addictive or damaging painkillers.**
- **Being able to eat the foods you enjoy without digestive issues, abdominal pain, rashes, heartburn or constipation.**
- **Sleeping well and awaking rested. Feeling positive about your life, having balanced moods and handling the stress of life with grace and resilience.**
- **Strengthening your body to the point where no it longer needs medications with multiple side effects.**
- **If you are a woman, having a restorative menstrual cycle free of cramps, bloating, irritability and breakouts. When you are ready to have children, it involves preparing your body for conception and natural childbirth.**
- **Having a healthy sex life for both men and women. Experiencing desire, arousal and satisfaction even as you age and your bodies change.**
- **It's living your life free from the limitations of allergies and moving freely in your environment.**

The health we envision for you includes mental clarity and focus especially for our aging patients or school age children.

When you are healthy, it is visible in your glowing skin, lustrous hair and shining eyes. You are strong enough to fight off colds, flus and other infections and are truly thriving not just surviving.

This kind of radiant health can be difficult to achieve in our stress and toxin filled environment, however, the suggestions in this guide and our expertise in Natural health help make it possible.

As you read through this guide, you will be introduced to the five systems of your body that need to be optimized to experience the kind of vitality described above. You will understand what role each system plays in overall health, what diseases result when they are imbalanced and three things you can do starting today to reinvigorate that system.

Getting to the root causes of your health challenges and resolving them sometimes requires careful testing and targeted protocols designed in partnership with one of our Naturopathic Physicians. This guide is a great starting point and a resource for healthy living.

Now let's dive in!



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**15 Simple Ways to Reinvigorate the
Foundations of Your Health**

Musculoskeletal Health

Your Musculoskeletal System is the organ system that provides structure, movement and protection for your body. This is accomplished through a collaborative relationship between muscles, connective tissues and skeletal bones. The combination of rigid and flexible components in this system provides you the freedom to move freely throughout your environment and pursue an active life.

Musculoskeletal dysfunction presents as localized or widespread pain, stiffness and soreness, weakness, burning and fatigue. If your musculoskeletal system is compromised you may have conditions such as Arthritis, Fibromyalgia, Osteoporosis, Unresolved Trauma, Migraines and more.

Three ways to treat pain, improve mobility and reduce inflammation:



Take Fish Oils - Omega-3 fatty acids found in cold-water fish are proven anti-inflammatories for joint and muscle health. Fish oil reduces morning achiness and stiffness, alleviates pain associated with osteoarthritis and fibromyalgia, and reverses joint damage by regenerating joint tissue. It has also been shown to be effective for autoimmune pain associated with Rheumatoid Arthritis, Lupus, Psoriasis and more. We recommend a starting dose of 2000mg of EPA and DHA from a clean source such as Omegavail TG 1000.



Enjoy Pineapple - Pineapple contains the most concentrated source of Bromelain. Bromelain has been proven to be effective in speeding recovery from sports injuries, treating arthritis and tendonitis, and lowering autoimmune inflammation. Bromelain is so effective because it is a natural proteolytic enzyme that works to break down areas of congestion, adhesions, fibrosis and inflammatory debris. The core or stem of the pineapple concentrates the highest amount of bromelain, so make sure to use the entire pineapple when juicing.



Cook with Turmeric - it's a slam-dunk to aggressively treat musculoskeletal inflammation and pain and promote optimal health. Turmeric's most studied ingredient, Curcumin, is among the most effective anti-inflammatory compounds in the world. When compared in studies against the popular NSAIDs aspirin and ibuprofen and even Celebrex, Curcumin wins! It has a safety profile that allows for aggressive and worry free use. In order to achieve therapeutic dosing, start at 1000 mgs of high quality curcumin extract, but begin today by using this powerful spice in your cooking.

Inflammation has many causes that can be assessed using a number of tests. We often start with an Adrenal Stress Index that will measure your body's ability to produce cortisol, the most important anti-inflammatory hormone. Your individual presentation and health history will reveal to us which tests will best identify the cause of your aches and pains.

Gastro-Intestinal Health

The Gastrointestinal Tract is responsible for digestion, fermentation, absorption of nutrients and excretion of waste and toxins. This system provides the building blocks for a myriad of health systems in your body.

The GI system plays such a wide role, from digesting the proteins that allow you to build brain neurotransmitters to housing nearly 80% of your immune system that it is an essential part of feeling great and enjoying lasting health.

Some obvious symptoms of GI dysfunction include indigestion/heartburn, belching, bloating, diarrhea and constipation. Others are less obvious like fatigue, skin issues, chronic congestion, pain or depression. Poor GI function can even increase our vulnerability to infections and allergies.

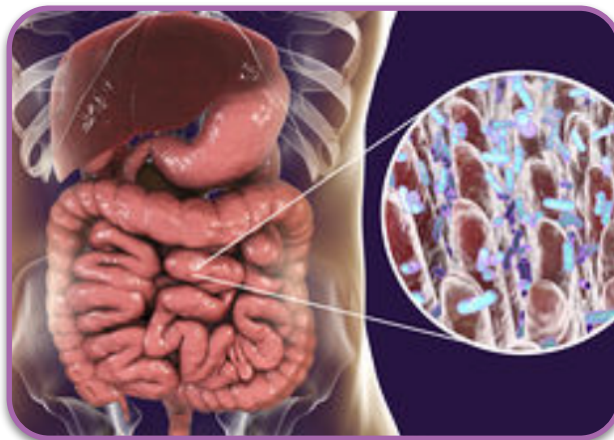
Naturopathic Doctors acknowledge the link between digestive function and a myriad of health issues, something that is often missed by mainstream medicine.

Here are 3 ways to support and treat your GI health:



Eat more Cabbage

Introduce cabbage into your diet on a weekly basis. Cabbage is a bountiful plant based food source of L-glutamine. This amino acid feeds the enterocytes (cells that line the intestinal lining) that form the protective barrier between you and the world. It is most effective at healing damage to the gut lining when juiced, consumed raw or lightly steamed. A quarter head of cabbage is considered a portion.



Take Daily Probiotics

When detrimental bacteria outweigh beneficial ones, your digestion and immune systems are negatively impacted. Unless you are making your own yogurt and other fermented foods at home you will not be getting the probiotic support you need from most supermarket probiotic products because they have few live bacteria or are loaded with sugars and other detrimental ingredients. Take a high quality probiotic supplement in order to positively impact gut health.



Avoid Drinking Beverages with Meals

especially cold beverages. In order for enzymes to be activated for optimal digestion, enzymes must be 'turned on'. This process requires heat. Cold beverages can inhibit this process and large quantities of liquids can further dilute the potency of our digestive enzymes. It is best to consume beverages at room temperature and between meals.

Want to get to the bottom of your Gastro-intestinal health Challenge? Schedule a consultation and we can order a Comprehensive GI Panel. This test will measure intestinal inflammation and enzyme levels, reveal the presence of parasites, the ratio and numbers of good and bad bacteria, and determine the health of your gut's immune system. With this information, we will create a targeted treatment plan to resolve your symptoms and restore GI health.

Endocrine Health

Your Endocrine System is made up of glands that produce and secrete hormones that regulate the activity of cells and organs. These hormones regulate your body's growth, metabolism, sleep cycles, mood, sexual development and function.

In order to be healthy and feel great, you must balance what we call 'your Endocrine Triad', the relationship between the thyroid, adrenal and reproductive organs.

When this triad is compromised, you can struggle with symptoms of fatigue, weight gain or loss, poor cognition, irritability, mood disorders, poor stress response and even constipation. We call these symptoms, 'the great masqueraders' because they can be common to multiple endocrine imbalances and can make treatment difficult without proper diagnosis.

Here are 3 ways to optimize your energy, mood and metabolism.



Eat Brazil Nuts - By eating only two Brazil nuts per day you receive up to 200mcg of Selenium, which is necessary for thyroid hormone conversion of T4 to T3. T3 is the power fuel that stokes the fires of metabolism. This is essential for healthy weight and energy production. When T3 deficient, you are not only tired but struggle to burn fat and lose weight. Selenium also works to prevent or reverse thyroid related autoimmune disease.



Try Maca Root - Maca is a first go-to for both male and female reproductive health, libido and fertility. Maca optimizes the communication between the hypothalamus and pituitary as well as the pituitary's communication to the adrenal, thyroid and reproductive organs. Maca consumption may increase energy, support against stress and fatigue as well as optimize immune function to fight infection and reduce autoimmune concerns. Start with 1000mgs/day. This powerful plant packs a punch for both men and women.



Add a Rhodiola Supplement - Your adrenal glands are your first line of defense against stress. When your adrenal glands are depleted you can feel exhausted, overwhelmed, wired but tired and stressed. Adaptogenic herbs, like Rhodiola, nourish the adrenal glands and allow you to prevent and treat these symptoms. A supplement providing 200-600mg daily is wonderful tool in your toolbox to maximize your strength and resiliency in stressful times.

A complete hormone panel can illuminate the health and balance of your complete Endocrine triad. This test allows us to gauge the health of each individual part of your Endocrine System and pinpoint deficiencies and imbalances. Once we know what part of your Endocrine system is in need of support, we can determine why that imbalance is present and directly address it.

Immune Health

The Immune System is your Master Surveillance System. It is constantly on the look-out for anything 'foreign' it perceives as a threat to your optimal health and survival.

It must continually evaluate and decipher that which builds you up from that which threatens to tear you down. Unfortunately, your immune system may be on overload due to our toxic modern environment, processed foods and constant stress.

An overloaded immune system can show up as a wide variety of signs and symptoms throughout your body. Chronic allergies, weakened defenses against infections, cellular and systemic inflammation (aches and pains), severe autoimmune diseases and cancer are all signs of compromised immunity.

Here are 3 ways to re-invigorate your Immune System:



Reduce Sugar Intake

This is especially important during the days and weeks you are fighting allergies and infections. Sugar consumption from a single can of soda can reduce white blood cell function by 75% for up to 4-6 hours. The immune system responds to invaders by triggering inflammation in your body. Sugar itself sets up systemic inflammation, adding to and exacerbating immune reactions, physical symptoms and lengthening your overall recovery time.



Optimize Vitamin D

The symptoms you may notice with Vitamin D deficiency are low energy, poor mood and musculoskeletal aches and pains. Supplementing with 2000iu/daily will maintain your current Vitamin D levels. During the winter months you can take up to 5000iu/daily as there is less sun exposure. However, it is important to request a lab test from your physician as deficiencies are very common and testing is the only way to know exactly how much Vitamin D you should be taking.



Eat Mushrooms

Mushrooms are not just food, they are medicines that provide acute and long-term immune support. Look for the fancy ones like Coriolus, Reishi, Maitake, Cordyceps and Lion's Mane. Mushrooms containing beta glucans play a defensive role by directly fighting infections, and an offensive role by strengthening our bone marrow and white blood cells. Cooking mushrooms helps to unlock their unique potent immune powers.

When assessing the health of your immune system we approach it from two directions. First we can understand what stressors the immune system is struggling with through Environmental, Heavy metal, Mold, or Food Sensitivities Tests. Secondly, we may discover the strength and ability of the immune system to handle those foreign invaders through a micronutrient panel. This two directional approach allows us to eliminate excess stressors while simultaneously building up your capacity to deal with them.

Neurotransmitter Health



Neurotransmitters are chemical messengers that relay information throughout your brain and body. Your neurotransmitter balance, more commonly known as 'brain chemistry', sets the stage for optimal psychological and physical health.

Neurotransmitters dictate a myriad of health factors. They influence your ability to handle stress, feel motivated, experience joy and pleasure, give and receive love, make connections with others and even organize your day. Most notably, neurotransmitters also regulate your sleep cycle.

The 5 most chronic conditions that arise when neurotransmitters are imbalanced are anxiety and depression, chronic fatigue, impulsivity, insomnia and PMS/PMDD. 86% of Americans have neurotransmitter imbalance.

Here are 3 ways to balance your Brain Chemistry:



Embrace Bitters - If you experience symptoms of heartburn/acid reflux, indigestion, belching and bloating you likely are not producing enough hydrochloric acid or other digestive enzymes to optimally break down meals. This means you are not assimilating enough amino acids from protein to build neurotransmitters. Bitter herbal tonics made with Gentian, Ginger and Anise, taken before meals, will jump-start digestion of protein and other food nutrients. Greens such as arugula and kale also act as bitters when eaten first in a meal.



Eat Protein at Breakfast - Neurotransmitters are built from amino acids. Since the body cannot produce or store Essential Amino acids, they must be obtained from the protein in our diet. A breakfast of carbohydrates alone does not provide the important building blocks for our neurotransmitters and brain health. It's important to average at least 15-20 grams of protein at breakfast each morning. A single egg contains about 6 grams of protein.



Magnesium, the mind mineral - Although Magnesium is a catalyst for more than 300 enzymatic reactions it is one of the most common nutrient deficiencies. Magnesium supports a balance between Glutamate – a neurotransmitter that stimulates us and GABA – one that calms us down. Magnesium deficiency goes hand in hand with Serotonin and Dopamine deficiency. Serotonin is our most potent natural anti-depressant and Dopamine is necessary for focus and motivation. Take a supplement containing 200-600mg of Magnesium citrate or glycinate before bed or twice per day.

If you are struggling with anxiety, depression, chronic fatigue, ADHD or insomnia you may have a neurotransmitter imbalance. An easy to decipher urine test will tell the balance and quantity of 15 vital neurotransmitters. Genetics, environment, chemicals and nutrient deficiencies all affect the balance of brain chemistry. Schedule a consultation to get a clear picture of your brain health.

Congratulations on Taking Charge of Your Health!

We packed a lot of information into those five pages, but implementing even one suggestion can yield results. Some suggestions such as limiting water with meals or starting your day with protein require little effort. While others may require more planning.

If one of your body systems needs extra support, try implementing all three suggestions over several weeks time or contact us for evaluation and testing.

As Naturopaths we know that disease exists when our bodies are out of balance. We can help you experience true health and vitality by evaluating which of the 5 body systems or combination of systems are compromised.

We may then investigate the cause of your imbalance with targeted testing and in depth analysis of your personal history. Finally, we will introduce natural protocols and supplements to restore balance and return you to optimal health. If you or someone you love is ready to regain health and vitality, schedule a consultation today.

[Schedule Consult](#)



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