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Healthy New Year: Foundations of Wellness

With Abbey Skinner

Skip to the webinar recordings

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Presenter Bio:

Abbey Skinner

Abbey earned her Master of Science degree in Nutrition and Integrative Health in 2019. She has always had a passion for holistic health and discovered her love for teaching while on a special duty assignment for 3 years as an instructor for the Community College of the Air Force. In May of 2014 she separated from 14 years of active duty service to pursue her dreams of education, teaching and helping others.

Abbey is committed to lifelong learning and studies various topics of interest in the Complementary and Integrative Health field. In addition to teaching at ACHS (Sep 2015), Abbey administers holistic health consultations and bioenergetic evaluations for Gabriel's Promise, an organization committed to providing integrative health solutions.

In her spare time Abbey enjoys walking in nature, stretching, world travel, researching, experimenting with cleanses, and of course spending time with her AMAZING family!

Contact Information:

Do you have questions or comments for Abbey? Below is her contact information and she'd love to hear from you!

Email: abbeyskinner@achs.edu

Foundations of Wellness Series

New Year = Great Time for Change!
Goal: Create Healthy Habits
Foundations are Key

4 Part Series: Water, Sleep, Food, Movement

Part 1

Water.

Benefits

- More Energy
- Glowing Skin
- A Hydrated Appearance (less wrinkles)
- Flush Out Toxins
- Someone Told me to!
- Think about this question: Why do YOU drink water?

The Science

Harvard School of Public Health:

- 60% – 70%
- Restores Fluids Throughout
- Lubricates Joints & Bones
- Helps Digestion
- *** Hydrates the Body at the Cellular Level

Amount

The "Old" Recommendation:
8 cups (8 oz) of Water per Day (64 oz)

The "More Recent" Recommendation:
½ Your Body Weight in Ounces
150 lbs. Divided by 2 = 75 Ounces

The Newest Research:
"Most Recent" PLUS
Electrolytes PLUS (sodium, potassium, magnesium, chloride and calcium)
"Gel Hydration" (food)
Why? Allows Cellular Hydration

Dehydration

- Caffeine, Alcohol, Exercise, Sauna
- All "water" is not created equally (dead water)
  Solution:
- Add Water
- Stop the Activity

Question: How Much Water do YOU Drink per Day??

Quality

Type:

- **Tap: Municipal**
  https://www.ewg.org/tapwater/
- **Tap: Well**
  Professional Testing
- **Bottled**
  Glass, Plastic, Type of Water in the Bottle
- **Spring**
  Glass or Plastic
  https://findaspring.com/
- **Alkaline**
  Higher pH
  ***Showers

Filters

- Depends on water quality!!!
- RO
- Distilled
- Carbon
- Softener (salt)
- Whole House
- Pitcher
  https://www.ewg.org/tapwater/water-filter-guide.php

Action Steps

Goal: Hydrate Your Body at the Cellular Level & Enjoy the Benefits!

Choose a Water Source

- Spring
- Filtered
- Bottled

What to Drink Out of

- Glass (Mason Jar)
- Measurable

Choose a Salt

- Sea or Himalayan
- Just a Pinch!

Calculate How Much

- Body Weight Divided by 2

Timing

- Waking – 18 Ounces
- Divide the Rest Drink Every 1-2 Hours
- Stop 3 Hours Before Bed

Educate Yourself!!

Educational Resources

- Quench – Dr. Dana Cohen (Favorite Book)!!!!
- Wallace. (2020, Apr 15). Water and Electrolyte Balance [Video]. YouTube. https://youtu.be/3i8pwmAxif0

Foundations of Wellness Series

Part 2

Sleep.

Benefits

- More Energy
- Think More Clearly
- Feels Good – Favorite Part of the Day
- Body Heals
- Because I Have To

The Science

Harvard School of Public Health:

- Boost Your Immune System
- Better Mood
- Increase Productivity / Brain Function (IF)
- Improves Memory
- Aids in Weight Loss
- Cellular Repair
- *** You Will Feel Better!

Amount

- 7 – 9 hours
- Listen to YOUR body

Life Cycle

Not Feeling Well

Stress

Cleanse

- Male vs Female
- SOLID
- Nap
  30-45 Minutes

Quality: Things to consider

- Mattress
- Pillow
- Temperature
- Partner
- Snoring/Apnea
- Sleep Study
- Pets
- Noise
- Light
- Electric Panel Location (Smart Meter??)
- Sleep App

Quality: Creating a sleep sanctuary

- Go to bed at the same time every night
- Wake at the same time every morning
- Make the room dark and cold
- Aim for 7-9 hours of sleep
- Stop all food/liquids 3 hours before bed (especially alcohol)
- Stop all electronics ideally once the sun goes down
- Unplug EVERYTHING (electronics) in your room
- Put your phone on airplane mode or leave it out of your bedroom at night
- Turn off the wi-fi and blue tooth signals in your home
- Try to be asleep by 9:45 pm (beauty rest happens at 10:00)
- Try to wake around SUNRISE
- Make a rule "the bed is used for 2 things only" – and keep it that way

Quality: Sleep Aids

Take Me

- Magnesium
- Valerian Root
- Chamomile Tea
- Melatonin WITH Doctor Supervision

Use These

- Ear Plugs
- Eye Mask
- Guided Meditation
- Journaling
- Prayer
- Gratitude Giving
- Bedtime Yoga
- Blue Light Glasses
- Aromatherapy
- White Noise Machine

Action Steps

Goal

Wake Feeling Rested EVERY Day!

Routine

Time to Sleep

Time to Rise

Everyday!

Create Your Sleep Sanctuary

Temperature

Darkness

Electronics/EMFs

Use Slide for Guidance

Challenges?

Identify and fix

Sleep Aids

Add Where Necessary

Educate Yourself!!

Educational Resources

- NIH: Brain Basics: Understanding Sleep
  https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/understanding-Sleep
- Sleep Cycle App
  https://www.sleepcycle.com/

Foundations of Wellness Series

Part 3

Food.

"Real Food"

What happened?

- All Food was "Organic"
- Industrialized Revolution
  Herbicides
  Pesticides
  Preservatives
  GMO seeds
  Hormones
  Antibiotics
  Irradiation
  Pasteurization
  Homogenization
- Conventional vs Organic

The Goal

- Eat Food as Close to Nature as Nature Intended
- Unprocessed Whole Foods
  Vegetables
  Fruits
  Meat/Fish/Poultry
  Grains? Legumes? Dairy?
- Organic Seal
- Non-GMO Verified Label (butterfly)
- Raw
  No Meat or Fish
  Parasites
- Grow your Food

Benefits

Why eat "Real Food"?

- Feel Good
- Less Aches & Pains
- More Energy
- Ideal Body Weight
- Brain Function
- Sick Less / Boosts Immune System
- Save $ in the Long Run
- Better Mood
- Feed your Cells!
- Repair / Heal the Body
- For your Family
- Support Farmers
- Quality of Life
- Preventative
- Because YOU are Worth it!

Getting started: Grocery Shopping

So Many Options!
Local Farmers Market
Health Food Stores
Sprouts
Whole Foods
MOMs
Natural Grocers
Big Box Stores
Walmart
Target
Costco
Online
Amazon
Thrive
Co-op / CSA
Farm to Table Deliver Services
Circle C Farm
The Good Kitchen
Grow a Garden

Getting Started: Diets

Beginners

Whole Foods
Organic, Wild Caught, Grass Fed & Finished, Raw

Elimination Diet
The Whole30
Dr. Amy Myers
Dr. Steven Gundry
Dr. Mark Hyman

Anti-Inflammatory Diet
Dr. Andrew Weil
Harvard School of Public Health

Concerns

SIBO
Low FODMAP
Dr. Nirala Jacobi
Dr. Allison Siebecker

Candida / Yeast Overgrowth
Dr. Jeffrey McCombs
Dr. Margaret Beeson

Overall Gut Health
Dr. Stephen Gundry
Dr. Mark Hyman
Dr. Amy Myers

Getting Started: Gel & Water Foods

Gel
Ground Chia Seeds
1 Tablespoon
Smoothie
Water

Vegetables
Cucumbers (96.7%)
Romaine Lettuce
Celery
Radish
Zucchini
Tomato
Peppers
Cauliflower
Spinach
Broccoli
Carrots (90%)

Fruits
Starfruit (91.4%)
Watermelon
Strawberries
Grapefruit
Cantaloupe
Pineapples
Raspberries
Blueberries
Kiwi
Apples
Pears (84%)

Action Steps

Goal

Feel Energized from the Food you **Choose** to Eat

Steps

Choose an Eating Plan/Diet
One that Works for YOU

Create a Grocery Shopping List
Remember "Organic"
Don't Forget Hydrating Foods

Choose Where to Shop

Clean Out Your Kitchen
Donate the Food Not on your Plan

Shop & EAT!
Big Breakfast/Brunch
Stop Eating 3 Hours Before Bed

Educate Yourself!!

Educational Resources

- CBS. (2018, Mar 12). Doctor Dispels Food Myths and Shares What You Should Eat [Video]. YouTube. https://youtu.be/HQCLbfRE7Jc

- **Doctors Mentioned:**
  Dr. Mark Hyman
  Dr. Steven Gundry
  Dr. Amy Myers
  Dr. Andrew Weil
  Dr. Nirala Jacobi
  Dr. Allison Siebecker
  Dr. Jeffrey McCombs
  Dr. Margaret Beeson

Foundations of Wellness Series

Part 4

Movement.

Why should you move?

- Your Body was Designed to Move!!!
- Walk, Run, Swim, Crawl, Reach, Bend, Squat, Lift, Stretch
- Stretches your Muscles, Tendons, Ligaments & Fascia
- Feels Good
- Less Pain
- More Energy
- Why DO Move? Why DON'T you Move?

The Science…

Harvard School of Public Health:

- Reduces Stress / Induces Relaxation
- Benefits Mental Health
- Weight Loss
- Strengthens Bones & Muscle
- Mood – Endorphins
- Cardiovascular Benefits

Strategies

In Nature

- Beach
- Mountains
- Back Yard
- Park
- Woods/Forest

First Thing in the Morning

- Sunrise
- Energy

- Park Car Far & Stairs
- Lunch Break – Walk Outside
- Schedule in Time
- HIIT

Type

- Walk
- Run
- Swim
- Stretch
- Dance / Jazzercise / Zumba
- Body Weight Training
- Weight Training

Action Steps

Goal: Move your body!

Steps
What "Type"
Makes you Happy
Choose a Few

Strategies to Implement
What works for you?

NIKE – "Just Do It"!

Healthy New Year Series – Recap/Intention

Water
Quality
Salt
½ Body Weight in Oz.
No 3-4 Hours Before Bed
GOAL: Hydrate at the Cellular Level / More Energy

Sleep
7-9 Hours
Solid is Key
Same Time Daily
Sleep Sanctuary
PRIORITY
Fix/Remove Barriers
Aids if Necessary
GOAL: Wake Feeling Rested / More Energy / Cellular Repair

Food
Eat Food as Close to Nature as Nature Intended
Experiment with Diets / Approaches
Address your "Concerns"
GOAL: More Energy/ Cellular Repair

Educational Resources

CBS. (2018, Mar 12). Doctor Dispels Food Myths and Shares What You Should Eat [Video]. YouTube. https://youtu.be/HQCLbfRE7Jc

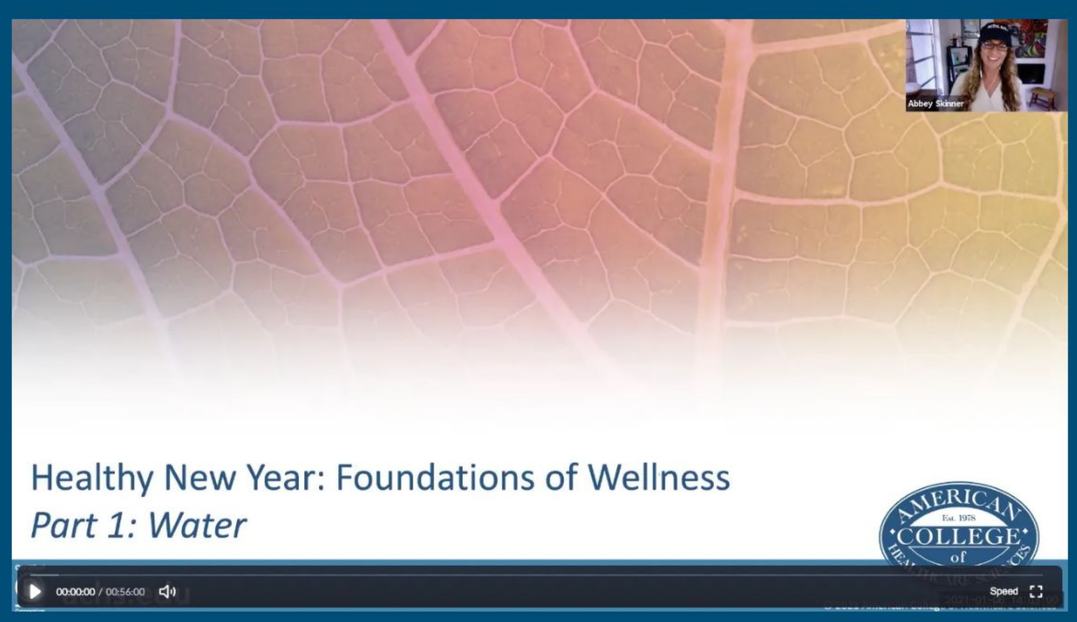
https://www.health.harvard.edu/staying-healthy/exercising-to-relax

https://www.health.harvard.edu/staying-healthy/the-science-of-exercise-shows-benefits-beyond-weight-loss

Enjoy the video recordings of our Healthy New Year webinar series as they become available.

Watch the video recording of Part 1: Water

Watch The Recording



Watch the video recording of Part 2: Sleep

Watch The Recording

Watch the video recording of Part 3: Food

Watch The Recording

Watch the video recording of Part 4: Movement

Watch The Recording

Bonus: Watch the video recording of New Year Intentions Self Care Ritual

ACHS graduate student Jennifer Langsdale will guide you to explore your Sankalpa for the New Year. Sankalpa is a yogic term that describes a deep rooted intention behind your goals & dreams that creates a foundation to your happiness and well-being. A short breathing practice and guided visualization will be offered. Participants will want to have a journal or something to record their intention writing.

Watch The Recording

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American College of Healthcare Sciences

Where tradition meets science.

About ACHS

American College of Healthcare Sciences is a world-renowned accredited online college. Our mission is driven by the principles and vision of our president, Dorene Petersen, who founded the college in 1978 as a pioneer in holistic health education.

We award degrees, diplomas, certificates and microcredentials in Integrative Health, Aromatherapy, Holistic Nutrition, Herbal Medicine, and an MBA with Specializations in Integrative Health & Wellness and Sustainable Business.

Want to learn more?

Fill out a form to request more information and one of our helpful admissions advisors will get in contact with you to discuss your educational goals.

We look forward to hearing from you!

Request Information

Free Education

Enjoy and share our free online Continuing Education (CE) classes. We want to do all we can to help during these difficult times and have made these resources free. Together we are amazingly strong, resilient, and educated!

Connect to Free Classes

Free Ebook

View ACHS's guidance on essential oil safety and best practices in our Ebook Essential Oil Safety Guidelines.

Download The Guide

Holistic Health Blog

The ACHS blog, which made the Best Holistic Health Blogs of 2020 list, covers all aspects of holistic health and wellness - Aromatherapy, Herbal Medicine, Holistic Nutrition, Coaching, Wellness, and more!

Read and Subscribe

Enjoy these free essential oil blend recipes:

CALM IS CONTAGIOUS BLEND

- **Lavender** *Lavandula angustifolia* oil: 20 drops
- **Ylang ylang** *Cananga odorata* var. genuina essential oil: 15 drops
- **Marjoram** *Origanum majorana* essential oil: 10 drops
- **Neroli** *Citrus aurantium* var. amara essential oil: 2 drops

You will need a separate empty bottle to blend the oils together in. Blend all the oils and shake well.

Please note, the marjoram essential oil in this formula can be substituted with Roman chamomile or clary sage essential oil.

https://www.apothecary-shoppe.com/

CLEAR MIND ROLL ON

- **Peppermint** *Mentha ×piperita* (L.) oil: 5 drops
- **Lavender** *Lavandula officinalis* oil: 5 drops
- **Eucalyptus** *Eucalyptus globulus* oil: 5 drops
- **Lemon** *Citrus limonum* oil: 5 drops
- **Carrier oil** or blend of oils of your choice: 1 Tablespoon (4 % dilution ratio)

Blend the essential oils and carrier oil in a glass beaker or another glass container that is easy to pour from.

Fill a 1 or 10ml roll-on bottle and roll on to any tight areas on your shoulders, neck, and temples. Do not get it near your eyes. If there is any blend left over, store it in a glass bottle or jar with a lid.

https://www.apothecary-shoppe.com/

If you are excited to try out these DIY blends, head over to the Apothecary Shoppe where we specialize in certified organic and pesticide-free essential oils and wellness supplies!

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