



10 STEPS



TO NOURISH

YOURSELF SO YOU CAN THRIVE



1 2 3 4 5 6 7 8 9 10



Strategic Planner,
Empowerment Coach, CEC, MP
Breast Cancer Facilitator & Survivor

Grateful 8



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A Health Survival Guide For You!

A 10-step guide to keep you at your best and far away from “typical” health traps.

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Empowerment Coach, CEC, MP
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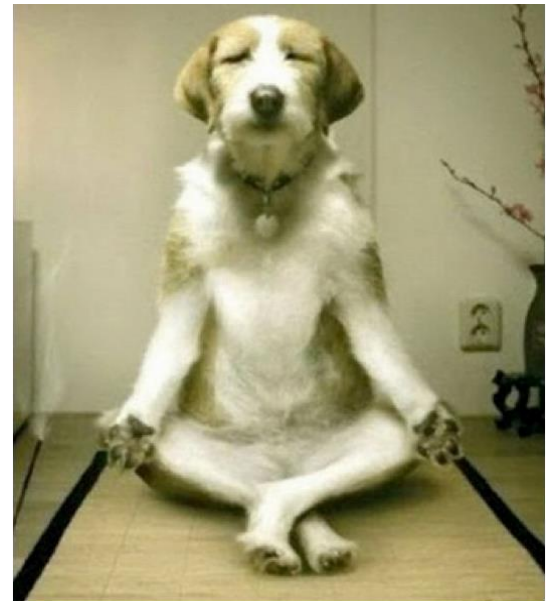
1. Nourish Yourself with Water

- Plain room temperature water
- Teas – oh the many options
- Lemons
- Spa water



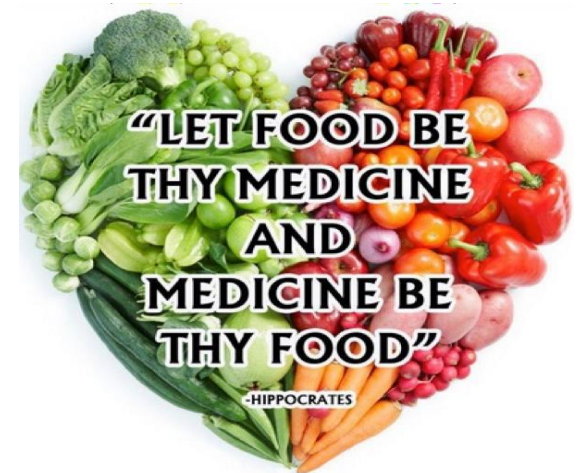
2. Nourish Yourself with Quiet Time

- Meditation – keep it simple
- Breathing exercises
- Journaling
- Ground yourself for the day



3. Nourish Yourself with Whole Foods

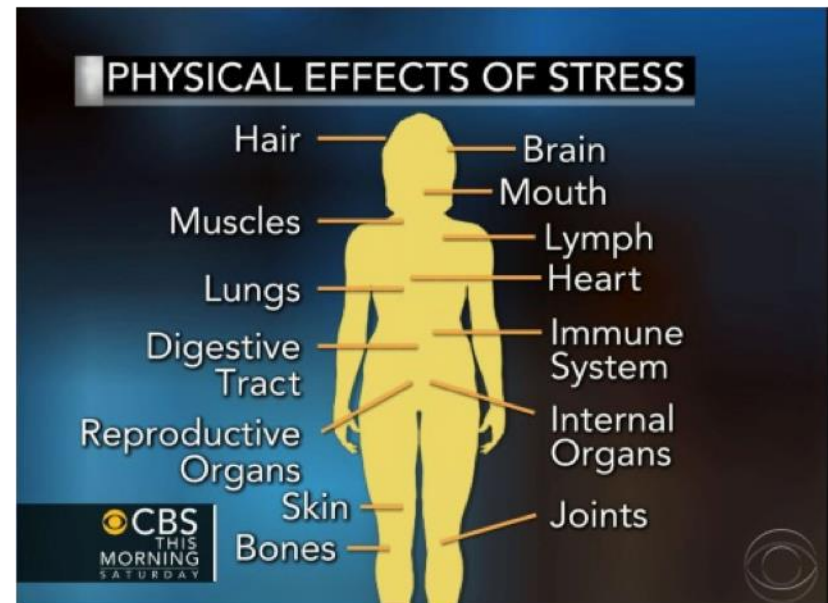
- Real, whole foods with as few ingredients as possible
- Lots of leafy greens
- Avoid processed foods, sugary drinks/juices
- Always include protein
- Healthy fats
- Shop the perimeter



4. Nourish Yourself by Decreasing Inflammation

- Inflammation = illness, mental or physical...you choose.

- Vegetable Oils
- Margarine
- Fatty Meats
- Whole 2% Milk
- Cream Cheese
- Processed Cheeses
- Sugar-Added Cereals
- Full Fat, Sugary Yogurt
- White Bread
- Preseason Foods & Seasoning Mixes



In your daily choices...

- Healthy fats
 - Fish
 - Nuts
 - Chia & flax seeds
 - Other oils
- Spices
 - Turmeric, ginger, cinnamon

And in Your Life...

- It's all about balance...like a fine tuned orchestra
 - Your kids
 - Your job
 - Your partner
 - Your family
 - Your friends
 - Your responsibilities
 - Your community



5. Nourish Yourself with Supplements & Oils

- Supplements
 - Quality, clean fish oil
 - Vitamin D
 - Vitamin C
 - B-12
 - Calcium/Magnesium
 - Probiotics
- Oils
 - Peppermint
 - Lavender



6. Nourish Yourself with Relaxation Therapy

- Showers and relaxing baths
- Hot Towel Scrub
- The ocean
- Reiki
- Yoga
- Massage



7. Nourish Yourself with Movement

- Functional:
- do your daily “routine” with intention and mindfulness.
 - Parking lots
 - Stairs
 - Gardening
 - Grocery shopping
- Planned: develop a good balance of:
 - Cardio – break a sweat 3-5 x’s per week
 - Running, biking, walking, hiking, swimming
 - Stretching & breathing – 4-6 x’s per week
 - Yoga, Thai chi
- Love it, Enjoy it!



8. Nourish Yourself by Doing Something Nice for Yourself

- “Put your own oxygen mask on 1st!”
- Mani/Pedi
- A cup of tea with a good friend
- Use your “good dishes”
- Date night
- Girls night
- Take a 20-minute nap
- Go for a walk or run without the jog stroller or the dog

9. Nourish Yourself by Accepting Help





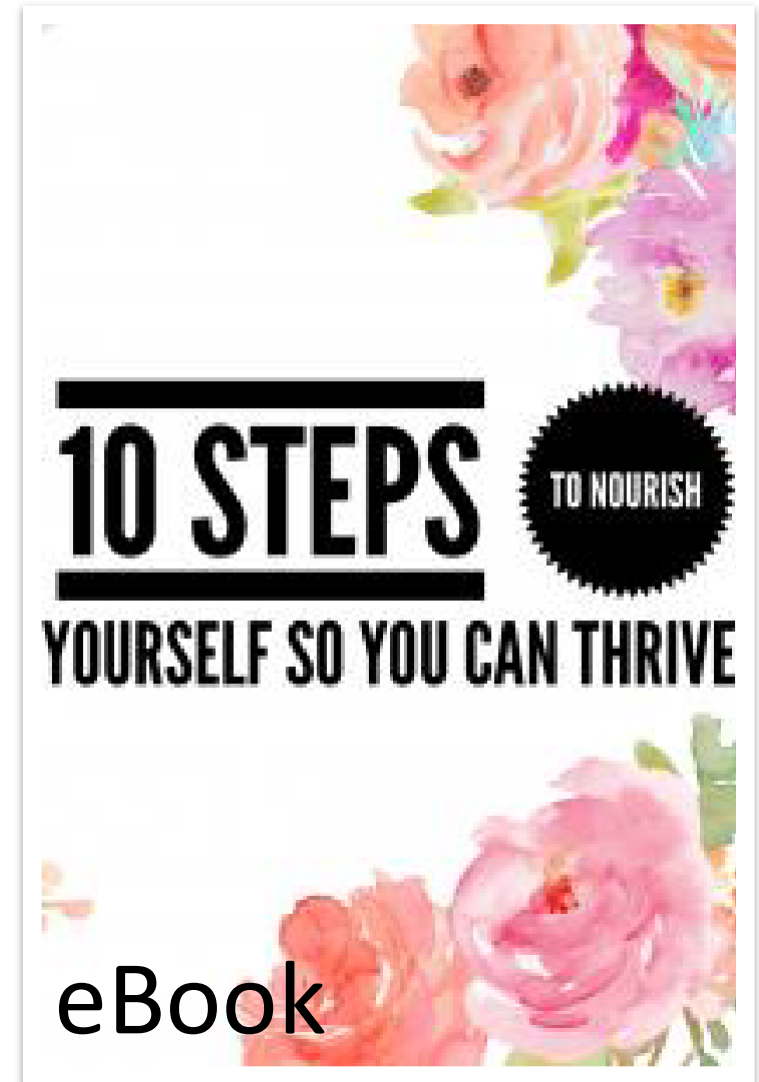
10. Nourish Yourself by Creating a Bedtime Routine

- Check the calendar for the next day
- Tidy up the kitchen and set up for breakfast
- ALL devices off 30 minutes before bed
- Hot towel scrub
- Brush teeth
- Gratitude journal
- Read something enjoyable

Invitation



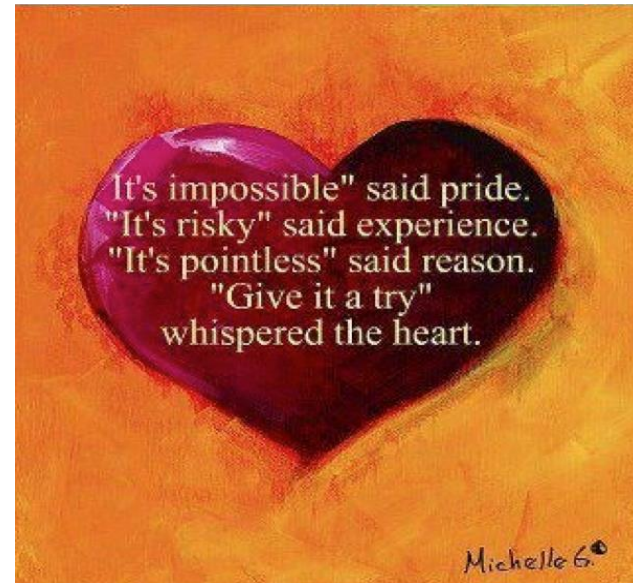
My Circle of Angels



How Will You Nourish Yourself Today?

- Just imagine...

- How good you
could feel!





Resources:

Beating Cancer with Nutrition

Patrick Quillin, PhD, RD, CNS



Each
Moment
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