



SEVEN Pillars of Inspired Health

SEVEN PILLARS OF INSPIRED HEALTH

Sunshine + Nature, Community, Nutrition, Sleep, Movement, Stress Management, Creativity



**Sunshine +
Nature**



Community



Nutrition



Sleep



Movement



Stress Management



Creativity

Mindset is key: remember that health is holistic!

Health is multifaceted; it is not limited to your diet and exercise routine.

In order to reach optimal health, each of the 7 Pillars of Inspired Health needs attention.

#1 SUNSHINE + NATURE

The relationship between Sunshine + Nature and wellness is multifaceted, with a vast body of research showing that above all, humans thrive in the sun, outside, in nature.

Living close to nature and spending time in the sun reduces the risk of Type II Diabetes, Cardiovascular disease, Premature death, Stress, and Hypertension.

Increased Mood: Sunlight increases mood by boosting Serotonin levels – your happiness hormone! Forests, oceans, and mountains calm the nervous system, regulating brain chemistry and stress neurotransmitters.

Improved Sleep: The brighter your daytime sun exposure is, the more melatonin you produce at night, allowing you to have a higher quality of sleep.

Stronger Immune System: Sunshine is correlated with optimal Vitamin D levels. Vitamin D helps signal your immune system to help fight infection, cancer and recovery.

More Energy: Mitochondria are tiny organelles inside of every cell in the body. They are the powerhouses of the cell, making ATP or energy fuel. These organelles are stimulated by sunshine!

Stress Reduction: Getting outside in nature allows a disconnect from the go, go, go of our daily lives and literally allows us to unplug, creating a stronger connection to self, our environment and community.

Bone Growth: Vitamin D is essential for calcium absorption and is essential for bone growth, formation and health. You need sunshine to convert Vitamin D to its active form.

Lower Blood Pressure: studies show that moderate exposure to the sun's UV rays and spending time outdoors can cause a significant drop in blood pressure – lowering the risk of stroke and heart disease.

Hormone Regulation: Early morning natural sunlight helps regulate hormones by stimulating your Cortisol Awakening Response – turning on your Adrenals, and signaling your Endocrine system to turn on for the day.

Weight Loss: 20-30 minutes of early morning sunshine can reduce body fat – lowering your BMI (Body Mass Index) score and slimming down the waist. Up the ante by exercising in Nature, and get a two for one!

Inspired Tips + Tricks:

- Aim for **20-30 minutes sunlight / day** minimum
- Studies show that spending **2 hours / week soaking up Nature** (forests, park, beach, mountains) improve overall health and wellbeing, both mentally and physically

#2 COMMUNITY

Spend more quality time with your FRIENDS + FAMILY!

Humans are meant to CONNECT with others. Studies on the **Blue Zones** (people who live to 100 years old) show that people live longer when they are connected and supported by a community.

Find your tribe and invest in them!

Inspired Tips + Tricks:

- What do you LOVE to do? Can you connect with others who also love what you do?
- Even if you are an introvert, step outside of your comfort zone and reach out to another! Your community can be small, it doesn't have to be huge.
- Schedule a date, eat, PLAY, relax, exercise with OTHERS.
- Get outside in nature WITH others.
- ENJOY deep connections with others.
- Cook with your loved ones. Gather around the table!
- Stay present and engaged when interacting with your community.

LAUGHTER

They say that laughter is the best medicine, helping release endorphins (feel good neurohormones), and release pent up energy. In addition to laughing, any activity that brings you joy or peace is beneficial.

Inspired Tips + Tricks:

- Spend time with your funny friends!
- Laughter meditation with a family member: try laughing ridiculously for no reason with a friend/family member. Eventually, this turns into genuine laughter because it is so ridiculous!
- Try searching around YouTube or Netflix for a favorite Comedy sketch, or comedian for a quick fix.

#3 NUTRITION (Food + Water)

FOOD

“Eat real food. Not too much. Mostly plants.”

AVOID / MINIMIZE: Gluten, Dairy, Sugar (+any known food sensitivities / allergies)

Start eliminating the most common foods that increase inflammation. You don't have to be

perfect (not yet!).

We are just starting to lay the foundation for doing a customized cleanse in the future. Notice if you have any decrease in symptoms while in this avoidance phase, and notice if when you do eat these foods, what symptoms are exacerbated.

A hormone + adrenal support diet should **avoid caffeine, chocolate, simple carbohydrates, and partially hydrogenated vegetable oil and be rich in organic proteins, fruits, vegetables, whole grains (only if you are not sensitive to grains, and only if you are not Paleo), and good fats.**

Inspired Tips + Tricks:

- Small meals that include protein should be eaten frequently starting at breakfast (within one hour of waking)
- Time should be taken to chew thoroughly and digest, rather than eating on the run.
- Avoid food/s that you know you have a food sensitivity to.
 - **Schedule an Appointment** with one of our Inspired Health Doctors (TeleHealth or In-Person available) if you are interested in testing and finding out what foods YOU are sensitive to!

WATER

Hydration is a core cornerstone to wellness!

We recommend drinking half your body weight in ounces of water per day. Getting your fill of H2O will assist your body with cellular communication and detoxifying. Plus it will make your skin looking vibrant and your bowels moving!

Inspired Tips + Tricks:

- Start your water consumption upon waking. This will help you get your water intake in prior to bed. You will want to avoid drinking all of your water after dinner so that you stay asleep!
- Keep water bottles full in the car. This helps you get your water in while you are driving- this includes the kiddos as well!

DETOX + CLEANSE

Our bodies often need a seasonal reboot – clean out the cobwebs and shed some accumulated toxins and inflammation and hit the reset button!

This is where our RENEW Program comes in!!

The program is designed to eliminate all inflammatory foods and drinks and utilizes a shake/smoothie supplement that has gut anti-inflammatory and liver detox herbs and nutrients, plus a pure vegan protein to keep you satiated.

- Check out our [ReNew Cleanse + Detox Program HANDOUT!!](#)
- **2 week or 3 week options available**
 - 2 weeks = 2 jugs of [ReNew](#)
 - 3 weeks = 3 jugs of [ReNew](#)

You can expect added energy, clear thinking, and the removal of sugar cravings. Some will have the added bonus of losing the winter/ holiday weight they have gained!

And now you know – The Inspired Health doctors' DAILY Secret Weapon!!

[ReNew Pure Protein + Detox Support Powder](#)

We use it in our smoothies to keep ourselves energized, focused, and nourished!




You can use it as your protein powder (at half the dose = 1 scoop vs 2 scoops) in your favorite smoothie too!

Check out our easy ReNew Smoothie Recipe here!



ReNew Detox Smoothie

Our favorite daily smoothie!

And part of our ReNew Cleanse Program.

 Course	Breakfast
 Cuisine	Smoothie
 Keyword	Cleanse, Dairy Free, Detox, Diabetes, Gluten Free, Smoothie, Snack, Vegan, Weight Loss

 [Print](#)

 Prep Time	5 minutes
 Total Time	5 minutes

Ingredients

- 2 scoops ReNew Powder
- 2 cups Greens Kale, Spinach, Super Greens, Salad Greens
- 1/2 Banana Frozen or Fresh
- 1/2 cup Blueberries Frozen or Fresh
- 3 Strawberries Frozen or Fresh
- 1/2 Avocado
- 1/2 cup Non-Dairy Milk or Yogurt
- Water To desired consistency

Instructions

1. Add all ingredients into Blender (or Vitamix)
2. Press Go!
3. ENJOY!!

#4 SLEEP

A regular sleep schedule with an early bedtime allows your brain and your adrenal glands the best opportunity for rest and repair. Sleeping in, whenever possible may be of benefit as well.

Inspired Tips + Tricks:

- Try to get to bed around 9:30-10 pm, and aim for 6-8 hours of high quality, restful sleep.
- Blackout shades in the bedroom
- Cover all lights on appliances (DVD, TV, etc)
- Turn phone to Airplane Mode
- Snack before bedtime
- Orange lensed glasses

If difficulty sleeping- Try a Snack Before Bedtime: Having a little snack 30-60 minutes before bedtime can sometimes help to regulate cortisol and glucose levels throughout the night.

- A little apple and nut butter is a perfect example of a light snack
- Snacks should always try to include good portions of carbs, fats, and protein

- If you have SIBO (Small Intestine Bacterial Overgrowth): do not eat before bedtime.

Orange Lensed Glasses: These goggles/glasses have been shown to improve sleep quality as well as mood, simply by blocking blue light and simulating physiologic darkness.

Extra Sleep Support !!

- **MaxRelax:** Aims to promote a calm, relaxed, well-balanced emotional and physiologic state. This is one of the favorites to help your brain relax!
- **Kavinace:** Effectively address symptoms of stress, anxiousness, and sleep issues (insomnia). If you struggle with insomnia- this is a MUST to try! (Non-habitual and safe)
- **Lavela:** Indicated for anxiety! Lavela WS 1265 has been shown to promote relaxation and calm nervousness with safety and efficacy. This was demonstrated in a controlled trial published in peer-reviewed medical journals comparing Lavela with benzodiazepines. Lavela did just as well if not better than the benzos!
- **L-Theanine:** This is an amino acid that helps promote a restful, relaxed state without diminishing daytime alertness. This can also be used for sleep.

#5 MOVEMENT

Your body is designed to MOVE!

Not to mention, one of the top cures for depression and anxiety is – EXERCISE!!

EXERCISE

Aim for at least 45-60 minutes 3-4 times per week.

If it's not on your calendar, it doesn't exist!

Inspired Tips + Tricks:

- Find a movement routine that you love, and do it!
- Exercising in NATURE is truly the best medicine!
 - Fresh air, sunlight, and sweat will uplift your mood all day long.
- Exercise is most healing to the adrenals in a non-competitive environment.
- Sign up (and pay) for a scheduled class at your local gym or exercise studio OR Schedule an exercise date with a friend: accountability is a major motivator.

FRESH AIR + LIGHT

Aim for 20 minutes of fresh air and sunlight per day!

The Pineal gland in the brain is considered the “Master” endocrine (hormone)gland. Hormones regulate a myriad of things including metabolism, energy, weight, stamina, women’s cycles, menopause, etc.

The Pineal gland is stimulated by exposure to sunlight!

Taking 20 minutes to expose yourself each day will allow you to get outside, go for a walk, take a break, and enjoy the great outdoors! Even if it is a quick office break walk around the block.

HYDROTHERAPY

Get your BLOOD *moving* every day!

- **Cold Water Rinse: Finish every shower with a 30 second COLD rinse**

The term hydrotherapy is synonymous with “water cure” and dates back with the antiquated use during ancient Egyptian, Roman, Greek, Chinese and Japanese Civilizations. When taking a warm / hot shower the blood vessels dilate with the heat. By using ONLY a 30 second cold rinse at the end of your shower, the blood vessels contract and shunt blood back into the core and vital organs, while at the same time increasing lymphatic flow and drainage. All of this benefits the function of your Endocrine, Metabolic and Immune Systems!

#6 STRESS MANAGEMENT

Make a list of 2 columns and write out your INTERNAL and EXTERNAL stressors on each side. Find the lowest hanging fruit and start eliminating those first!

Often when we decrease the clutter of our external stressors and increase our internal mindfulness practices, our bigger external stressors become easier to manage and respond to (versus react).

MINDFULNESS + MEDITATION

Daily mindfulness AND meditation allows for deep belly breathing, re-teaching the diaphragm to relax, and strengthening the Vagus nerve (the nerve that stimulates all of our vital organs). Deep breathing is essential for the nervous system and adrenal recovery.

When we are stressed out, we start to shallow breath. Shallow breathing signals the adrenals

to be alert and vigilant.

Deep breathing tells the body it can relax- there is no tiger running after you!

Inspired Tips + Tricks:

- Find a local Meditation Class in your area and sign up!
- Mindfulness + Meditation Apps: Calm, Headspace, HeartMath, Insight Timer.
- Healing Sounds + Tone Frequency Therapy: Solfeggio Frequencies (Spotify), Now by Souu, listening to your favorite band/s, going to live concerts.
- **Did you know? 20 minutes of deep belly breathing 1-2x/day will change your hormones in just 1 month!**
- Practice deep breathing while you are driving.
- Practice deep breathing when stress arises. You will get better at this the more you practice.

TIME TO DO NOTHING

It is important to have unscheduled time. This means that you have the opportunity to unfold.

Inspired Tips + Tricks:

- Spend time on your couch, in your hammock, on your porch and just stare at the clouds,
- Take a walk by the river
- Cook in the kitchen because you want to as opposed to because you have to.
- Take a bath, hot tub, or sauna

#7 CREATIVITY

What do the world's most successful, and truly happy people have in common? Creativity. Creativity is a foundational element of the human species. They say that life is about "finding" purpose, fulfillment and success...but really it is about *creating* it!

Creativity is a habit, a mindset, and a practice that can transform your life and fill it with the vitality you are seeking. The problem is, we tend to get caught up in seeking outside approval that we become too busy to fully embrace our creativity practice. Bringing your full creative self to the table, will take any of your dreams, projects or goals to the next level.

“In many shamanic societies, if you came to a medicine person complaining of being disheartened, dispirited, or depressed, they would ask one of four questions: “When did you stop dancing? When did you stop singing? When did you stop being enchanted by stories? When did you stop being comforted by the sweet territory of silence?”

-Gabrielle Roth

At Inspired Health, we are committed to inspire you to reach optimal health and vitality by identifying your unique underlying root causes of symptoms.

Schedule an appointment, we would be honored to join you on your journey towards Inspired Health!

SCHEDULE AN INSPIRED HEALTH APPOINTMENT!

Want more Inspired Health tips?

Be sure to follow us on **Instagram**, **Facebook**, and **Pinterest**.

Also be sure to sign up for our newsletter!

Visit us in-person at **Inspired Health**, or schedule a **TeleHealth appointment!**

Inspired Health Center is seeing patients in-person at our Bend, OR office and via telemedicine.

SCHEDULE AN APPOINTMENT

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APOTHECARY

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ABOUT INSPIRED HEALTH

This is customized Integrative healthcare – designed to get to the upstream root cause. Creating lasting strategies for optimal health, and the reversal of chronic disease.

WE HOPE TO TEACH AND INSPIRE YOU ALONG THE WAY.

Dr. Wendy Weintrob and Dr. Meaghan Dishman are the co-founders of Inspired Health: Center for Integrative + Functional Medicine. They are both Functional Medicine Naturopathic Doctors and Licensed Acupuncturists, each with over 16 years in private practice. As experts in the field of Integrative Medicine they bring a unique lens to the table – combining the best of Western, Naturopathic and Eastern medicine practices.

SPECIALTIES

Fatigue, Energy / Sleep, Weight Management, Autoimmune disease, Gut Health (GI Disorders), Fertility / Infertility, Hormone Health (Endocrinology), Integrative Medicine, Pain Management, Chronic Disease, Lifestyle Counseling and Wellness.

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