

SPRING 2021



Day 2

the **PLAYBOOK**

A NEW WAY TO WELLNESS



My Wellness Actions For The Next 30 Days

Day 2

Print out this worksheet and have it available to you during the retreat.
At the end of each lesson, we will take a moment to dedicate ourselves
to an action over the next 30 days.

Speaker	Topic	My “AHA”	My Action
Alanna Fincke	Go from “Type A” to “Type H”		
Dr. Jennifer Montes	Get a Clean Bill of Health		
Dr. Dan Ritchie	Planning Your Next Chapter in Life		
Rich Calandra	The Skinny on Clean Skincare		
Community Panel	Real Women of Wellness		
Dr. Fran Prolman	Clean Out the Doubt		
Shelley Galwath	The Wonder of Water		
Dr. Liz Lyster	Bringing Sexier		



Alanna Fincke

Mindset

Go from “Type A” to “Type H”

How stressed, driven, Type A's can become Type H: Healthy, happy, healed (and hot!)—busting through BS beliefs, getting unstuck, and playing big!!!

Alanna is a resilience and wellbeing expert, who helps people build their resilience and coping skills, bringing about long-term change in their health, wellness, work performance, and the full spectrum of their lives. Alanna is a Board Certified Health and Wellness Coach, and she specializes in partnering with individuals and groups in making transformational change.

Alanna is also the SVP Director of Content at the SaaS resilience solution meQuilibrium, where she teaches and trains people in top companies around the world in the skills and science of resilience.

A recent breast cancer survivor, Alanna has had to put her health and resilience to the test—and knows the power of resilience and coaching first hand. She specializes in working with stressed “Type As” as she is a recovering one herself—and moving them to what she calls, “Type H”: healthy, happy, and healed. Alanna has worked in the health and wellbeing field for most of her career at some of the world’s largest and most recognizable media brands, including Elle magazine and Martha Stewart Omnimedia.

Something people don’t know about me: Mark Wahlberg gave me a ride home in his limo!

Facebook page: <https://www.facebook.com/alanna.ncke>

Instagram handle: <https://www.instagram.com/wellbeingwithalanna/>

Blog <https://www.alannancke.com/blog>

Website <https://www.alannancke.com/>



From Type A to Type H Worksheet

How stressed, driven, Type As can become Type H: Healthy, happy, healed (and hot!)—busting through BS beliefs, getting unstuck, and playing big

Yes, you are successful at whatever you choose to do. But it comes at the expense of your health—pushing yourself to the max, taking care of everything, holding yourself to too high a standard, putting yourself dead last on your list.

Two years ago, resilience expert and board-certified health coach Alanna Fincke, NBC-HWC, was the picture of health, purpose, and success on the outside. But on the inside, she felt like everything was falling apart. Then she got diagnosed with breast cancer. And she had to change.

In this talk, Alanna shares her powerful journey to building true health and wellbeing, using her mix of the science of resilience and key eastern wisdom traditions—transforming from a busy, stressed, driven, Type A into what she calls Type H—**and how you can, too.**

Introduction

1. My story of going from Type A to Type H and how and why IO developed this program
2. Type A driven, perfectionist behavior is a habit and how we can break it

Healthy

1. Uncover the beliefs that drive perfectionism and keep you from recharging and making healthy decisions
2. How will you rewrite those beliefs? *Write them below:*

3. How ready are you to make a change for you? *Write down below where you fall on the importance-confidence scale*

Healed

1. How our brains work against us when it comes to Type A, driven, perfectionist behaviors
2. How to dramatically shift your mindset. *Write down your strongest emotion/belief below:*
3. Cluster journaling to understand and release



4. Rewrite your “laws” of perfectionism. *Try it now:*

Happy

1. Brain science of happiness and positivity
2. Rose, Bud, Thorn technique. *Write yours below:*
3. 3 Great Things About Me technique. *Write yours below:*

Hot

1. What lights you up? *Complete one of the sentences in the presentation below:*
2. Who is the person you dream to be? *Write some thoughts below:*
3. Give thought to what you want. *Complete a few of the prompts from the presentation below:*

Want to go deeper? **Join my very first Type A to Type H group coaching program**, helping stress Type As got to Type H! If you're struggling with the downsides of being an incredibly driven, anxiety-prone perfectionist, email me at alannafincke@gmail.com to see if we're a fit—and let's see the growth and miracles that can happen when you transform that driven energy and turn it back on yourself!



Dr. Jennifer Montes

Education

Get a Clean Bill of Health

Lifestyle tips to get a high five from your doctor!

Dr. Montes is a board-certified general surgeon by the American Board of Surgery specializing in diseases of the breast, and passionate **founder of Evolve Pink**, a non-profit to provide services to empower women to rebuild their lives after breast cancer.

"I am a current and active member of the American Society of Breast Surgeons. I also speak fluent Spanish and welcome our Spanish speaking patients. I received my undergraduate education at Cornell University and then went on to receive a Masters in Public Health from the Columbia University Mailman School of Public Health. I earned my medical doctorate degree from Temple University School of Medicine in Philadelphia and went on to complete my surgical training at Lenox Hill Hospital in New York City.

I knew very early in my medical career that the treatment of breast disease was my passion. This knowledge afforded me the unique ability to seek out every opportunity to expose myself to the field at varying high-profile institutions working with some of the most prominent leaders in the field. During my residency, I completed externships at Memorial Sloan Kettering, Columbia University and St. Luke's Roosevelt Hospital. After completing my general surgery training, I was selected for the breast surgery fellowship at New York University Langone Medical Center. These opportunities allowed me to publish and present clinical research, perfect my surgical skills and to draw from many different schools of thought and styles to form my own unique treatment approach.

During this time, I realized that the integration of Eastern and holistic treatments to treat the mind and spirit were equally as important as state-of-the-art Western medicine to treat the body. I truly believe that the paramount of treating any disease is to bring East and West together, synergistically, and I embrace the integration of holistic modalities to do so. I work closely with the Hunterdon Health and Wellness Centers as well as with several holistic healers in the community and look forward to introducing my patients to the benefits of holistic modalities such as Reiki, acupuncture, massage, aromatherapy and integrative nutrition.

When it came time to choose a place of employment, I knew that my time in the big city felt complete. I wanted to find a close-knit community to call home and to bring all that I had learned to the women of my community. Hunterdon County was the perfect fit and I feel very fortunate to call it my new home. My goal is to not only offer you the utmost state-of-the-art care, but also to provide the reassurance and guidance you need during your time of treatment. I spent six years commuting in and out of New York City so you wouldn't have to. I hear you and I'm here for you."

Something that most people don't know about me:

I run a farm animal sanctuary!

Facebook page

<https://www.facebook.com/evolvepink>

Website

<https://www.evolvepink.org/>

<http://www.hunterdonbreastsurgery.org/>

Instagram

<https://www.instagram.com/evolvepink/>

A Clean Bill of Health

How to Get a High Five From Your Doc

Jennifer Montes MD, MPH

What Are Women Dying Of?

All races and origins, Female, All ages	Percent
1) Heart disease	21.8%
2) Cancer	20.7%
3) Chronic lower respiratory diseases	6.2%
4) Stroke	6.2%
5) Alzheimer's disease	6.1%
6) Unintentional injuries	4.4%
7) Diabetes	2.7%
8) Influenza and pneumonia	2.1%
9) Kidney disease	1.8%
10) Septicemia	1.6%

How Does Heart Disease Affect Women?

Despite increases in awareness over the past decades, only about half (56%) of women recognize that heart disease is their number 1 killer.

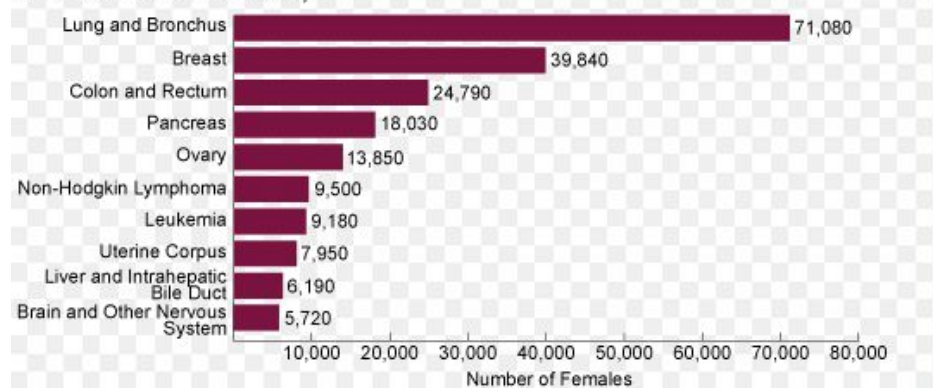
- Heart disease is the leading cause of death for women in the United States, killing 299,578 women in 2017—or about 1 in every 5 female deaths.
- Heart disease is the leading cause of death for African American and white women in the United States.
- For Hispanic and Asian or Pacific Islander women, heart disease is second only to cancer as a cause of death.
- About 1 in 16 women age 20 and older have coronary heart disease, the most common type of heart disease.



What Cancers are Women Getting?

Leading Causes of Cancer Deaths Among Females (All Ages), by Site, 2010 Estimates

Source II.6: American Cancer Society



So How Do We Reduce Our Risk?

Risk



According to the American Heart Association, up to 80% of heart disease and stroke are preventable with simple lifestyle changes.

1. You Are What You Eat



Embrace a Heart-Healthy, Cancer
Risk Reducing Diet

- eat the rainbow
- lean proteins
- whole grains
- less fat, sugar and salt

— — —

2. Keep It Moving!



This is more
than just about
the number on
the scale!

American Heart Association Recommendations



- Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both, preferably spread throughout the week.
- Add moderate- to high-intensity muscle-strengthening activity (such as resistance or weights) on at least 2 days per week.
- Spend less time sitting. Even light-intensity activity can offset some of the risks of being sedentary.
- Gain even more benefits by being active at least 300 minutes (5 hours) per week.
- Increase amount and intensity gradually over time.



3. Drink Up!



- **Helps maximize your physical performance**
 - Dehydration can lead to altered body temperature control, reduced motivation, and increased fatigue. It can also make exercise feel much more difficult, both physically and mentally
- **Significantly affects energy levels and brain function**
 - Your brain is strongly influenced by your hydration status. Studies show that even mild dehydration, such as the loss of 1–3% of body weight, can impair many aspects of brain function, like mood and concentration.
- **Keeps you regular**
 - Drinking plenty of water may help prevent and relieve constipation
- **Can help you lose weight**
 - Drinking plenty of water can help you lose weight. This is because water can increase satiety and boost your metabolic rate.



4. Just Say No!

Reduce bad habits:

Smoking

Drinking excessively

Fast Food

STRESS!!

5. Take Care of that Smile



- REDUCED RISK OF GUM DISEASE
- REDUCED RISK OF TOOTH DECAY
- REDUCED RISK OF HEART DISEASE
 - Research shows that those with significant dental issues suffer more heart attacks and strokes than those without.
- REDUCED RISK OF DIABETES
 - As gum disease arises, it causes blood sugar levels in the body to increase. One indicator of diabetes is having too much sugar in the blood, so the connection is fairly clear.
- REDUCED RISK OF LUNG DISEASE
 - As the gums become inflamed, and as bad bacteria arise, it can travel to the lungs. These bacteria can remain within the lungs, and can eventually cause an infection.
- REDUCED RISK OF ALZHEIMER'S
 - When the gums are neglected, they can become inflamed. When this inflammation occurs, chemicals can be released from the gums and can travel to the brain. Faced with prolonged exposure to these chemicals, certain parts of the brain can start to deteriorate. Over time, this may result in memory loss.

6. Primary Care is Essential



- In a [10 year study](#), researchers found that greater access to primary care was directly related to a longer life expectancy.
- By visiting your primary care doctor for your routine physicals, screenings and lab work, you're more likely to avoid costly prescriptions and care later on.
- Navigating the healthcare system on your own can feel overwhelming sometimes. With a primary care doctor, you don't have to. They know what you need and when...mammos, colonoscopy, paps etc.
- Your primary care doctor is not only a health expert, but your health advocate. The better your doctor knows you and understands your health history, the better they can care for you and help guide your long term health.



7. Get your Zzzzz



- Most adults need 7 to 8 hours of good quality sleep on a regular schedule each night.
- Getting enough sleep isn't only about total hours of sleep. It's also about the quality of sleep on a regular schedule so you feel rested when you wake up.

The Benefits of Getting a Full Night's Sleep

- Sleep Can Boost Your Immune System. ...
- Gaining Zzz's Can Help Prevent Weight Gain.
- Sleep Can Strengthen Your Heart. ...
- Better Sleep = Better Mood. ...
- Sleeping Can Increase Productivity. ...
- Lack of Sleep Can Be Dangerous. ...
- Sleep Can Increase Exercise Performance.
- ...
- Sleep Improves Memory.

Tips For Sleep



1. Stick to a sleep schedule
2. Pay attention to what and when you eat and drink
3. Create a restful environment
4. Limit daytime naps
5. Include physical activity in your day
6. Start to practice mindfulness
7. No screens for at least an hour before lights out

— — —

Starting Small = Big Changes



Whenever you're making a major lifestyle adjustment, think about a few manageable steps rather than one, drastic change.

Small changes add up!

— — —

Be Kind to Yourself!

Talk to yourself as you would your best friend...I bet you'll be a lot nicer.





Dr. Dan Ritchie

Education

Planning Your Next Chapter in Life

Why your functional independence and ability is crucial to everything you desire to do and accomplish in the next 20-40 years.

Dr. Dan Ritchie started his fitness career at Southeast Missouri State University with a bachelor's degree in Fitness and Sports Medicine and then spent a year as a graduate assistant coaching Division 1 athletes. He completed his master's degree in Health & Physical Education at the University of Wisconsin- Whitewater, where he won the 2002 Thesis of the Year.

Then Dan continued as a Lynn Fellow at Purdue University, completing his PhD in Kinesiology with a minor in Gerontology. Since 2007 Dan has owned and operated Miracles Fitness in West Lafayette, Indiana, where he and his staff have trained over 2000 clients. With over 20 years of experience, he has extensive knowledge on training the mature adult market and has equipped people in their 50s, 60s, 70s, and beyond to achieve their goals and enhance their functional longevity.

Dan was the 2014 PFP Trainer of the Year, and then shortly after he and Dr. Cody Sipe co-founded the Functional Aging Institute. Dan is a sought-after expert and speaker at national and international events on topics like balance for older adults, personal training business development, the global aging phenomenon, and functional aging training models.

He's routinely interviewed for podcasts, webinars, and on-online education summits. Dan lives in West Lafayette with his wife and five kids.

Something that most people don't know about me:

I would really rather be lost in the mountains somewhere! Banff, Grand Tetons or somewhere in the Rockies!

Facebook page (personal and/or professional)

www.facebook.com/functionalaginginstitute

Website

www.functionalaginginstitute.com

<http://functionalfitnesssolution.com/big-book-exercise-movements-download/>

Email

danmritchie@gmail.com



Rich Calandra

Education

The Skinny on Clean Skin Care

Knowing what is **IN** what you put **ON** your skin is just as important as knowing what is **IN** the food you put **IN** your mouth.

Founder of The Good Life and Pure Life Clean Skin Care

"Many years back, when I first began to envision the concept of THE GOOD LIFE, my driving force was the thought that whatever one's version of the good life was (and after asking around a bit, it became clear that there were many different versions!), the underlying foundation had to be healthy living, for without your health, it is all but impossible to enjoy much of anything else. Back in those days, my vision of optimum health was measured by your six pack abs (or lack thereof) and how much you could bench press.

Life has taught me a lot of difficult, but valuable lessons since then, and my own personal "version" of THE GOOD LIFE that I would want for myself and my loved ones has changed dramatically over the years.

Though in my mind a happy life will always need to be anchored by a foundation of good health, my vision back then of fast boats, good tequila and constant entertainment thru a variety of materialistic pursuits has given way to my current vision of learning to appreciate and be grateful for the simpler and more meaningful things in life.

On the surface, I had a lot of fun running fast and hard for many years, but it was clearly a distraction from the lack of true self love and close, meaningful relationships in my life. I was living a pretty good life by most standards, but it was all superficial. Now, after going thru some very difficult years personally, I have come to realize that deep, meaningful relationships - first with yourself and the universe (or whatever you care to call it...), and then with others, especially those close to you - is what's really important and is necessary to experience real joy and contentment in our lives. All the materialistic possessions in the world can't replace the void that a lack of inner peace and personal connection creates.

Don't get me wrong - I still love boating and all the other fun indulgences that life has to offer (including my chilled tequila from time to time - lol), but those aren't the things that create true happiness. Though nurturing our physical health in today's toxic, stressful, sleep deprived world is more important then ever, the real path to enduring happiness and contentment is based in a strong sense of spiritual and emotional well being.

While getting proper sleep, staying hydrated, avoiding toxins in your everyday household and personal care products and eating sustainable, unprocessed, whole foods is important to sustain a healthy body and an active lifestyle, it is even more critical to nourish our soul with empowering thoughts, mindful self-care, fulfilling relationships and beautiful and memorable experiences.

In the end, THE GOOD LIFE is not something that we reach or obtain, but is the life that we choose to make for ourselves.

Email

richcalandra@gmail.com

Facebook page

<https://www.facebook.com/rich.calandra.5/>

Website

THEGOODLIFE.com, GOODLIFEPURE.com



Collectively, we are slowly but surely waking up to the reality that many of the products we use on ourselves and our loved ones every single day are simply NOT as clean and safe as we once maybe thought they were...

We always just naively assumed that there was someone, somewhere looking out for us, making sure that anything and everything that ever made its way onto a store shelf in this great country of ours must be good for us, or it just wouldn't be there, right???

UNFORTUNATELY, THIS IS SOOOO NOT TRUE!!!

Know Better, Do Better...

The average woman in the United States uses 12 personal care and/or cosmetic products a day, containing 168 different chemicals, according to the Environmental Working Group (EWG).

There are over 1,400 known carcinogens, hormone disruptors or otherwise questionable ingredients, currently banned or limited from use in personal care products in Europe - comparatively, only 30 such ingredients are banned here in the United States!

Here's reality - your skin is your largest organ and it very quickly absorbs much of what you put on it. Making better choices of what products you use is one of the easiest changes you can make towards living a cleaner, healthier lifestyle!

HEALTHY SKIN STARTS WITH CLEAN, EFFECTIVE, ALL NATURAL INGREDIENTS

Algae Extract: A potent concentration of vitamins, minerals and antioxidants, which protects and nourishes the skin

Allantoin: promotes cellular regeneration and provides anti-inflammatory and soothing activity

Aloe Vera: Polysaccharides act as moisturizers, hydrating the skin. Aloe is absorbed into the skin and stimulates the fibroblasts to replicate themselves faster and it is these cells that produce the collagen and elastin fibers, so the skin becomes more elastic and less wrinkled. Aloe possesses the ability to interfere with the enzyme that produces melanin deposits in the skin, helping to prevent the formation of 'liver spots', which tend to develop in aging skin. When used regularly it may even help to eliminate existing spots.

Argan Oil: Tightens and firms the appearance of skin. Regenerative and restructuring for smooth skin and optimal cellular function

Aspen Bark Extract: not only acts as a natural preservative but also offers smoothness and refined pores through it's natural salicylic acid (beta hydroxy acids)

Beta Glucan: Promotes collagen synthesis and reduces the appearance of wrinkles

Black Raspberry: Packed with essential fatty acids and antioxidants, this powerhouse oil provides some of the best natural sun protection available with remarkable protective and healing benefits not delivered by other oils.

Vitamin "C": An anti-aging powerhouse!! First, it aids in the production of collagen—the protein fibers that give skin its elasticity, making it look smooth and supple. Vitamin C also works as a powerful antioxidant, protecting your skin from stressors like UV rays and free radicals that damage skin cells. The oxidative stress they create can lead to fine lines, wrinkles, and hyperpigmentation. It also helps to brighten and even skintone - its acidic pH helps to slough away dead skin cells, revealing a more youthful glow.

Caffeine: Provides a mild firming effect and improved circulation; Well known for it's ability to increase micro circulation, and reduce puffiness, it is recognized as one of the best actives for dark circles and puffiness.

Camellia (Green Tea) Oil: Quick to absorb leaving no greasy feel behind, this very stable carrier oil is rich in antioxidants, Vitamin E and Squalene.

Ceramides: Boosts collagen, elastin, and keratin production to repair the skins delicate lipid barrier. Ceramides are specialized fats, or lipids, found in the outer skin layer, the

stratum corneum. They act like grout that sits between the skin cell 'bricks' to maintain a healthy barrier and prevent loss of hydration. Our skin is our body's largest organ - protecting us from infectious microorganisms - and it only works optimally with a healthy barrier that can defend against everything our modern lives throw at it. Ceramides help keep the good stuff in and the bad stuff out.

DPHP: Delivers collagen and plumps the skin

Extracts of bilberry, sugar, bitter orange and lemon: for their cellular refining and toning activity through their natural glycolic, lactic and tannic acid (alpha hydroxy acids)

Green and White Tea: Contains the potent antioxidant catechin, which protects your skin from the oxidative stress caused by UV exposure.

Hyaluronic Acid: Hyaluronan is a natural component in the skin and serves to keep skin tissues soft and supple. But aging and environmental stress can deplete skin's natural HA. Topical use of Sodium Hyaluronate promotes moisture retention, viscoelasticity and lubricity. One of the most powerful moisturizing agents available.

Kalahari Seed Oil: A natural cleanser, Kalahari melon seed oil contains linolenic acid which can help to unclog pores and remove excess sebum on the surface of the skin. Kalahari is loaded with antioxidants and vitamins A, C and E to help hydrate and tighten skin, making it appear firmer and reducing the appearance of wrinkles, while also reducing skin inflammation, such as acne

Niacinamide: The active form of Vitamin B3, is necessary for cellular energy and optimal tissue function. Refines Skin Texture and Evens Skin Tone. Niacinamide also increases the skin's natural levels of ceramides and fatty acids to improve moisture retention and restore hydration levels for the glow of healthy skin. Niacinamide is a stable form of Vitamin B3 that effectively soothes and fights inflammation, strengthens the skin barrier, fades fine lines and dark spots and prevents breakouts.

Oat Beta Glucan: For improved collagen synthesis

Panthenol: provides anti-inflammatory and soothing activity

Peptides: Firms the skin and reduces the appearance of wrinkles

Phyto Peptides: Protects collagen bundles and improves micro circulation to reduce puffiness and dark circles

Propanediol: Vegetable emollient hydrates tissues

Pumpkin Seedcake: Helps to restore elasticity

Rose Hip: An exceptionally active oil, studies have shown it to be one of the most regenerative oils, improving skin texture, reducing scars and skin discoloration.

Royal Jelly: Stimulates Cellular Renewal

Rye Seed Extract: Smooths skin surface and reduces the appearance of wrinkles

Squalane: Derived from olives, a fast absorbing, non-comedogenic moisturizer and antioxidant, squalene is deeply hydrating, helps to protect skin from the free radicals that can cause age spots and premature aging, is naturally antibacterial and regulates excess oil production.

Tetrahexyldecyl Ascorbate: A stable, oil-soluble form of Vitamin C, with the ability to increase collagen levels, reduce melanin production, brighten skin and repair the effects of UV exposure and other environmental damage, such as age spots and wrinkles. It penetrates directly into the epidermis and dermis, acting both as an antioxidant and a direct stimulant to collagen.

NOTES:

Your challenge for the next 30 days is to research 1-2 skincare products you use and see how safe they are.



Dr. Fran Prolman

Mindset

Clean Out The Doubt

Become the Leader of your Life with Self-Trust,

Courage & Compassion

Dr. Fran Prolman is an internationally recognized consultant specializing in educational leadership, school improvement and instructional strategies as well as communication skills, critical thinking and organizational development. Fran earned her doctorate in teacher training and international education from George Washington University and a Masters degree in educational administration and curriculum and instruction from the University of Pennsylvania. She has been a two-time Fulbright Scholar in both India and Israel, and has presented numerous papers and workshops nationally and internationally.

Fran brings 30 years of educational experience as a teacher, staff developer, administrator, graduate level university instructor and published author. She has made frequent presentations at state, national, and international conferences including the United States Department of State AERO Curriculum Institute, the European Council of International Schools, the Association for Supervision and Curriculum Development, Learning Forward, the Central and Eastern European Schools Association, The Tri-Association, The Mediterranean Association of International Schools, The African International Schools Association and the Near East South Asia Association of International Schools.

Much of her time is spent in multifaceted organizational development work with school systems throughout the United States and internationally. She is known for her depth of knowledge coupled with high energy and practical application of content. Dr. Prolman incorporates a variety of training approaches: small group discussion, collaborative problem solving, videotape analysis, demonstrations and dynamic interchange through her work.

Fran facilitates leadership retreats for administrators, delivers system-wide keynote speeches and workshops, and coaches administrators in the building of professional learning communities, instructional supervision, evaluation and professional growth systems and the change process. She also facilitates workshops for teachers focusing on differentiated instruction, formative and summative assessment, classroom application of instructional strategies that enhance student achievement, critical thinking, and curriculum design for a Common Core standards-based classroom.

Dr. Prolman is President of The Learning Collaborative based in Great Falls, VA, and Vice President for Training for the Center for Arts in Basic Curriculum.

Youtube: <https://www.youtube.com/channel/UCX6GVxImxiYmvSPfFu0qPOA>

Website: <https://www.thelearningcollaborative.com>

Twitter: <https://twitter.com/drfranny1>



So many of us are afflicted with negative, old programming and self-talk that keeps us from reaching our greatness. Negative thoughts can rise to the surface when you're seriously thinking about "going for it" and they can justify you into doing—well—nothing...until perhaps, you think about "going for it" again.

- The reasons why self-trust and self-compassion are so hard for women to embrace.

Which one do you connect with most?

- The six categories of bias which have always been in our way.

Which one do you connect with most?

- The places where self-doubt arises in our lives.

Which one do you connect with most?

- The ways biases can be confronted.

Which one do you connect with most?



Shelley Gawith

Habit Based Lifestyle Nutrition

The Wonder of Water

AKA: Health Through Hydration

NTA, Diploma in Nutrition, BCA, BA, RWS, Emotion code practitioner.

As a Certified Nutritional Therapy Practitioner (NTP), a Certified Gluten Practitioner and a Certified Restorative Wellness Practitioner which collectively enable her to specialize in functional laboratory testing to provide further insight and information to her clients.

She draws on her life journey and shares her personal near-death health story going from an over achieving work-a-holic to having a physiological body breakdown that left her almost bedridden for two years. She was told by countless medical practitioners that she was going to die. This led her to dive deep into Functional Nutrition and rebuild her body.

Now she travels the world as a keynote speaker at a conference or delivering corporate trainings and presentations to help others to do the same. Shelley divides her time between seeing clients 1-1 at her own private clinic, running her online programs, speaking, facilitating workshops to Corporates in NZ and overseas as well as helping other wellness practitioners to have booked out clinics like hers so that she can amplify her impact on wellness even further. Known for her energy and positivity to her clients & colleagues.

Shelley's presentation style is entertaining, and animated in a way that leaves people feeling uplifted and empowered with some clear take-away tips and actions to move towards the health and life they want. She also has a very strong side and both expects and demands results. Rather than telling people what to do, Shelley opens their eyes and educates.

Facebook page

Shelley Gawith Functional Nutrition

Instagram handle

ShelleygawithFN

Blog

www.shelleygawith.com/blog

Website

www.shelleygawith.com

The most important nutrient in our body

WATER IS VITAL

- Improves oxygen delivery to cells
- Transports nutrients throughout our bodies
- Enables cellular hydration
- Makes breathing easier
- Protects bones and joints
- Regulates body temperature
- Removes waste (faeces is 75% water!)
- Flushes toxins out daily
- Improves cell to cell communication
- Maintains normal electrical properties of cells
- Empowers the body's natural healing

SIGNS OF DEHYDRATION

- | | | |
|----------------|--------------|----------------|
| • Fatigue | • Cramps | • Migraines |
| • Anxiety | • Headaches | • Fibromyalgia |
| • Irritability | • Heartburn | • Constipation |
| • Depression | • Joint pain | • Colitis |
| • Cravings | • Back pain | |



FINDING



THE FULLY
FUNCTIONAL YOU
the best version of you



Dr. Liz Lyster

Understanding Your Body

Bringing Sexy Back II

Dive deeper into the New Model of libido and motivation in women. Buckle up for a fun and informative session!

M.D., MPH (Master of Public Health in Community Health Education)

Dr. Liz Lyster, Midlife Health Expert, is passionate about helping women and men feel their best so they can do their best. As a Board Certified OB/GYN doctor for 30 years, Dr. Liz has helped women and men increase energy, reignite their sex drive, clear up hormonal imbalance, and lose hundreds of pounds. She is the author of several books, including "Dr. Liz's Easy Guide to Menopause: 5 Simple Steps to Balancing Your Hormones and Feeling Like Yourself Again" and the International Bestseller "Go for GREAT: Dr. Liz's Guide to Thrive at Every Age".

After graduating from Cornell University with honors, Dr. Liz went to medical school at the University of California, Irvine, followed by her OB/GYN residency in Los Angeles. To expand her commitment to teaching, Dr. Liz got a Masters of Public Health degree from UCLA in Community Health Education. In addition to her private medical practice,

Dr. Liz also currently teaches part-time at a local university in her area. Dr. Liz walks her own talk. To model growing older with grace, agility and power, Dr. Liz celebrated turning 50 a few years ago by climbing Mt. Kilimanjaro.

She is a continuous learner, having logged thousands of hours as a leader, participant, or volunteer in personal development programs since the age of 19.

She is the mom of two adult sons, and enjoys hiking and Argentine tango dancing with her husband. Dr. Liz is dedicated to people expanding their idea of optimal health beyond medicine to include nutrition, physical activity, and spirit.

Something that most people don't know about me:

I am a new member of Rotary International, and getting ready to pursue projects locally and around the world!

Facebook page

<https://www.facebook.com/DrLizLyster/>

Instagram handle

<https://www.instagram.com/drlizlyster/>

Twitter

<http://www.twitter.com/drlizlyster>

Email

doctorlyster@gmail.com

BRING SEXIER BACK!

DR. LIZ LYSTER – WOMEN'S MIDLIFE HORMONE EXPERT

www.DrLizMD.com

STEP 1:



← TAKE
DR. LIZ'S
HORMONE
QUIZ!

STEP 2: MY HORMONE BALANCE

1. E _____
2. T _____
3. D _____
4. O _____

STEP 3: MY FAVORITE NATURAL LIBIDO BOOSTERS

- 1.
- 2.
- 3.
- 4.

HOW I WILL CONNECT WITH MY BODY:

- 1.
- 2.
- 3.



