

Six Steps to Wellness

Week I

January 25 2010

Six Steps to Wellness

- Establish Restorative Sleep
- Develop Stress Survival Solutions
- Detoxify
- Nourish Your Body
- Restore with Exercise
- Achieve Hormone Balance

Pantry Purge

Another great project for this week is a “Pantry Purge.” Go through your cupboards and refrigerator and throw out an of the following:

- Foods that contain trans fats, hydrogenated or partially hydrogenated oils (read labels—you will be surprised where they are hiding!).
- Products containing artificial sweeteners
- Products containing high-fructose corn-syrup

To find out more about these food additives, check out my article “The three Evils of Packaged Foods” on the arcana-health website.

Getting Prepared for the Six Steps

Greetings and welcome to the first of twelve newsletters in my “Six Steps to Wellness” series.

This series is designed to cover six of what I believe to be the most important factors in achieving and maintaining health and vitality. It is not designed to address any particular condition or disease, but rather provide guidelines to help you ease into a healthy lifestyle. There are tips that will be helpful for just about everyone!

Before you get started on the Six Steps to Wellness, it is time to take stock of your current health and think about what type of changes you would like to see.

This is a great time for your yearly physical exam (including PAP and mammogram or breast thermography for women) and blood tests (cholesterol etc....).

The following “mini-body assessment” is an easy way to assess your risk for chronic disease and hormonal imbalance. This assessment can be done at the beginning of the six steps as well as periodically to track your progress.

If you are not comfortable doing this assessment on yourself, I am now offering a 15-minute Body Assessment Consultation (\$20) to help you track your achievements.

Once you have an idea of your current health status it’s time to set

some goals! These goals may be to lose weight or lower blood pressure, or simply to have more energy! What would you change about the way you feel?

For more information on goal setting, please read my article “Setting SMART Goals” on the arcana-health website.

Next week’s newsletter will focus on establishing restorative sleep. I hope you have enjoyed the newsletter!

Mini-Body Assessment

1. Weight

age: measure using bio-impedance analysis

take the average.

2. **Waist-to-hip Measurement:** this should be <0.9 for men; <0.8 for women. It is calculated by dividing your waist measurement by your hip measurement.

4. **Urine pH:** Use litmus paper strips and test urine 1 hour before meal or 2 hours after eating. It should be pH 7.0-7.5

6. **Heart Rate:** Measure your pulse for 15 seconds, then multiply by 4 to calculate your number of heartbeats per minute. Normal is 50-80 bpm

3. Body Fat Percent-

5. **Blood Pressure:** Optimal Bp is 110/70-120/80. Measure three times and

7. **Blood Sugar:** Using blood sugar monitor, normal is 4.0-6.0 (fasting); 5.0-8.0 (2hr after eating).

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In her practice, Mara uses a combination of nutritional and lifestyle recommendations, herbal medicine and aromatherapy.



Need More Information?

If you would like more detailed information on what is covered in this newsletter, please go to my website at www.arcanahealth.com

Click on the "Resources" button. Previous newsletters as well as back issues of the "Six Steps to Wellness" Series newsletters will be listed there. There are also more articles pertaining to the topics covered each week. This week, check out the following articles:

- The Three Evils of Packaged Foods
- Setting SMART Goals
- Seven Numbers Important to Your Health (Mini-Body Assessment)

This Week at Vitality Natural Wellness Clinic

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