

# Wellness Essentials:

The Busy Woman's  
Guide to Creating a Life  
You Love (And Having  
the Energy to Live It!)



Dr. BETSY LAVIN



Hello My Friend!

Thank you for joining me on this amazing journey to feel better, have more energy and live healthier. You've made the right decision to put your health and wellness on your busy to-do list and to take some simple steps to improve your body, mind and spirit.

I created the Wellness Essentials for Body, Mind and Spirit guide because I know first-hand how challenging it can be to balance work, family and life. Everything around you seems to zap your energy until you can't think straight anymore. Let me reassure you, there is a better way to live. Just a few simple changes and you can see results in no time.

These Wellness Essentials are the first step in the new you. A new courageous you who is willing to use their faith as motivation to live well. A new adventurous you who is going to challenge yourself to take your physical and spiritual health to the next level.

God's blessings to you as you begin to create a whole new you!

A handwritten signature in cursive that reads "Betsy".

Betsy Lavin  
Living Well with Dr. Betsy  
[www.betsylavin.com](http://www.betsylavin.com)

P.S. Be sure to sign up for my monthly newsletter filled with tips to live well for life!

# Wellness Essentials:

for the Body



Dr. BETSY LAVIN

# Wellness Essentials for the Body



Welcome! At Living Well with Dr. Betsy, my passion is to help you create a life you love with lots of energy to live it. For years I put off taking care of my own health, claiming I had more important things to do. Then came the day of awakening as I stepped on the scale and found myself 70 pounds overweight. I knew it was time to stop making excuses and start taking care of my own health. In the midst of running a business and raising a family, I made the courageous choice to live well.

Knowing how busy our schedules are, I have designed this guide to help even the busiest woman get on track with a wellness plan that takes just minutes to do.

## Your Body

Wellness Essentials for the Body incorporates five (5) simple steps that blend effortlessly into your busy schedule while giving you the fuel and energy necessary to sustain your active lifestyle. You may need to write them in your planner for a short time, but hopefully they'll quickly become part of your daily routine.

Each Essential step has a new ritual for you to try as well as some of my personal favorite tips. Because weight loss is also near and dear to my heart, I've added a bonus essential to help with that too!

I hope you find this guide helpful in your journey to better health.

A handwritten signature in cursive script that reads "Betsy".

Dr. Betsy



# Wellness Essentials for the Body: Living Healthier

## Wellness Essential 1: Water

**Drink 16 oz. of pure water first thing in the morning.**

Most of us don't drink a big glass of water right before we go to bed. After all, who wants to have to get up during the night? Unfortunately that means by the time morning rolls around we've gone for 10 hours without any hydration. On top of that our usual routine is to grab a cup of coffee to wake up. Caffeine gives us a boost, but coffee is also a diuretic, meaning it sucks water from our body. Not so good when we are already dehydrated.



### New Ritual

**D**rink one large glass (at least 16 oz.) of pure water before you fill your coffee cup. This one essential replenishes all the cells in your body and gets it prepared for the demands of the day.

### Benefits

**E**very single cell of every single organ of our body requires water to function properly and is vital for them to have water available at all times. It's what makes everything run smoothly, from digesting food into its essential nutrients to flushing out the toxins, nothing works well without water.

### Betsy's Favorite Tip...

*I find it's easier for me to have my water bottle filled and set on my bathroom sink at night before I go to bed. Then I can just grab it in the morning and drink it while I wait for my shower water to heat up.*

### Weight Loss Tip...

Dr. Ski Chilton (*The Gene Smart Diet*) shows that drinking just 16 oz. first thing in the morning will decrease your daily calorie intake by 20%, making weight loss a whole lot easier.

“ **How much water should you drink in a day?**

**Overall you should drink 1/2 your body weight in ounces every day.**

”

# Wellness Essentials for the Body: Living Healthier

## Track Your Daily Water Intake

Use the table below to track your daily water intake. Divide your weight in half and that's the number of ounces you should drink each day.

Oz.	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8							
16							
24							
32							
40							
48							
56							
64							
72							
80							
88							
96							

## Wellness Essential 2: *Vitamin Supplement*

**Take high quality supplements daily.**

You can get a lot of your essential nutrients from healthy food choices, but unless you have super natural lifestyle and spend every moment focusing on the nutritional value of food it's just too hard to get all the levels of nutrition you need through diet alone.

That's where vitamin supplements come in. However, as thousands of nutritional supplements explode on the market, how do you know what's right for you and which is a good brand?



# Wellness Essentials for the Body: Living Healthier

## New Ritual

**G**et it from the professionals. Don't be fooled into thinking that all supplement products and companies are equal. Cheaper products are usually filled with fillers which decrease the effectiveness of the supplement. How do you know if it's a quality product? An easy way to tell is look at what kind of store you're in when you're making the purchase. Do they specialize only in nutrition or can you get a set of tires to go with it?

If you're shopping online it's a lot tougher to know if you're getting quality supplements. Health care experts such as nutritionists and chiropractors who specialize in nutrition offer you the best assurance that the vitamins are high quality.

## Benefits

**W**hen you buy it from a professional you will benefit from both a better product and nutritional counseling from the experts.

Whether in store or online, talk to your health care professional first. Choose supplements that are as close to whole food as possible. This means they use actual foods in the product vs. something synthetically made. Dr. Betsy recommends the brands Standard Process and Multigenics in her Wellness Center. Check your nearest nutritionist or chiropractic office for great sources for high quality supplements

## Betsy's Picks for Essential Supplements...

- Multivitamin with Minerals and Antioxidants
- Calcium -1200-1500 mg/day for women
- Omega-3 Fish oil 1200 Mg/day

From here you can always add additional supplements to specialize in what your goal is:

- **Reduce Inflammation/ pain:** Turmeric is well proven to reduce inflammation and pain in the body.
- **Manage Stress:** Adrenal hormone supplements restore depleted adrenal glands to proper level for stress resistance and clearer thinking.
- **Eliminate Indigestion/stomach bloating:** Restore your gut to normal function by adding stomach enzymes such as lipase, protease and amylase. Most stomach enzyme products also

# Wellness Essentials for the Body: Living Healthier

## New Ritual

Consistency. Once you get your vitamins home, the next step is actually take them on a **consistent** basis. It takes about 30 days for your body to become saturated with any supplement so be diligent and take them every day. Stopping and starting offers some benefit, but ultimate energy comes from taking them every day.

include probiotics to help fight off virus' and keep your gut strong.

### Betsy's Favorite Tip...

I like to keep it simple. A lot of good nutritional companies have packaged all the essentials in one packet that you can take once. The best time to take your vitamins is in the morning with a large glass of water. (See Tip #1!) I personally take Women's Wellness Essentials from Metagenics.

### Weight Loss Tip...

If you find your new exercise routine is causing a charley-horse or leg cramps,

bump up your water and make sure you're getting enough calcium, magnesium and potassium.

Consult your health care professional before taking supplements and/or medication. For a list of drug interaction, or contraindications for supplements go to: Nutrition Dynamics ([www.nutritiondynamics.com](http://www.nutritiondynamics.com)) or [www.mayoclinic.com/health/drug-information/DrugHerbIndex](http://www.mayoclinic.com/health/drug-information/DrugHerbIndex))

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

## Wellness Essential **3**: Fuel Better, Feel Better

### Choose your fuel wisely.

If we put sugar in the gas tank of our car, how far do you suppose our car would run? Not too far. Yet sugar is often the one food we turn to to keep us going when the mid-morning and mid-afternoon slump hits. We tell ourselves we just need a little sweet to pick our energy up. Yes, it's true, that tasty bit of chocolate raises your blood sugar, but it will also drop you down hard in about an hour when your insulin



# Wellness Essentials for the Body: Living Healthier

## New Ritual

Choose a snack that fits what you're doing. Different jobs require different nutrients. Someone who sits at a computer all day has different demands on their body than someone who is on their feet all day.

*...Physical Jobs.* To meet physical demands choose a high quality protein snack to fuel active muscles and nerves. Best choices are a low fat cheese stick, an apple with peanut butter, lean chicken or turkey slices rolled up, or Greek yogurt with high fiber fruit. Avoid processed meats like salamis or beef jerky.

*...Thinking Jobs.* To meet mental demands require lots of essential vitamins found in vegetables and fruit. The more colorful, the more brain energy they provide. Best choices: Berries-blueberry, strawberry, Raspberries; Greens-spinach, Romaine lettuce, tomatoes. Avoid any sugary snack like cookies, candy and high calorie snack bars.

kicks in and you wonder why you're starving again.

### Betsy's Favorite Tip...

Two of my favorite things are purses and shopping. Why not apply it to wellness? I found a killer cute lunch bag and shop weekly for great produce. Shopping ahead insures that I have the veggies and fruit on hand and the cute bag makes it fun to carry to work every day!

### Weight Loss Tip...

When starting a new healthy eating routine, find a program that takes all the guess work out of what to eat. Betsy's 21-Day Purification Plan by Standard Process has a clear cut, high fiber eating plan that helps jump start your diet by purifying the toxins stored in your body. This company is widely known around the US. Go to their website: [www.standardprocess.com](http://www.standardprocess.com) to find the nearest provider for you.



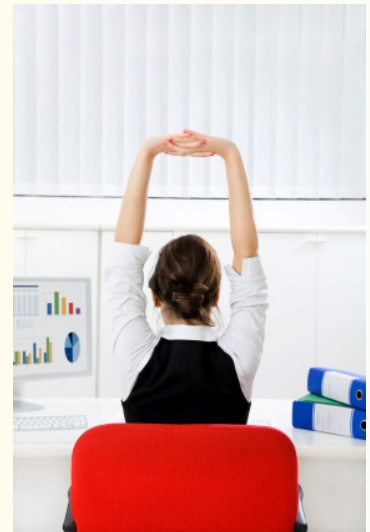
# Wellness Essentials for the Body: Living Healthier

## Wellness Essential 4 : *Move with Intention*

### Active Stretching

Whether you sit long periods at your desk or just are about to go exercise, stretching is essential to your wellness. The pumping action of our muscles and joints moves vital blood and oxygen to body and brain. This is where active stretching takes your wellness to a whole new level.

**Active vs. Static:** The difference between active stretching and static stretching is that in an active stretch you warm up the muscles as you stretch them. A static stretch is where you stretch and hold the muscle in a sustained position for 30 seconds or longer. Static stretches are best done at the end of a good workout when your muscles are already warmed up.



We're going to work on active stretching. The best part of making active stretching a part of your wellness essentials is they fit in with any activity.

...*Sedentary lifestyle:* Do these stretches several times during your work day to keep your oxygen flowing and muscles loose.

...*Light activities:* Do before light activities like gardening, lawn mowing, golfing to warm up the muscle and prevent soreness and injury.

...*High intensity:* Do a few additional reps with more intention to insure all the muscles are fully warmed up before placing high expectations on them.

# Wellness Essentials for the Body: Living Healthier

## New Ritual

**D**o these three active stretches at least once a day:

- Active Arm Circles
- Active Toe Touches
- Active Open Arm Swings

**Active Arm Circles:** Circle your arms in as full a circle as you can get. Alternate the timing so when the right arm is down the left is up. Do it at a quick pace for 1 minute. This will warm up all the muscles of your upper back, neck and shoulders.

**Active Toe Touches:** Stand with your feet spread wider than your shoulders, arm out stretched at your side. Bend and reach across and touch the opposite toe with your

fingertips. Don't worry if you can't bend all the way to the floor, just stretch the best you can. Come all the way back up to standing and reach to the other side. Repeat this for one full minute. This will warm up the hamstrings and low back muscles.

**Active Open Arm Swings:** Stand with arms outstretched to your side. Swing both your arms in front and across your chest, crossing them like your giving some a hug bear hug. Then swing them back open as far as you can, stretching the front chest muscles as your arms are open wide. Emphasize the full range of motion on each swing. Repeat these open arm swings for one minute. This active stretch is especially helpful if you sit at a computer all day with your shoulders rolled forward.

Repeat all three of these stretches again for a total of a 6 minute workout! Great for moving oxygen to the muscles and relieving tension and stress throughout the day. These can be repeated several times during your day as a stand-alone tension reliever or at the beginning of an exercise routine.

Click the link to view my video on "[Warm up stretches for your Muscles](#)":

**Betsy's Favorite Tip...** Get everyone doing it. Grab your co-workers (or family) and take designated stretch breaks throughout your day. It's more fun to do together and people won't look at you as funny as when you're doing it by yourself!

**Weight Loss Tip...** I confess I borrowed these three easy to do stretches from Jillian Michaels (*The Biggest Loser*). She does them as her warm up before her high intensity workouts. I love them because they are quick and effective for any activity. If you

# Wellness Essentials for the Body: Living Healthier

want to take your fitness to the next level on a busy schedule, add high intensity aerobics after these stretches 3-4 times a week. When joint pain prevents you from exercising, try these three above stretches as your first step into exercise. Swing and bend to your comfort level but push yourself a little further each week.

## Wellness Essential **5**: *Sleep*

### Get Quality Rest.

Have you ever found yourself too exhausted to sleep? It's difficult to shut down our minds and bodies after our super busy days, yet quality sleep is essential in living well. Sleeping is the time our body takes to repair the damage done during the day (over exercised/over stressed) and gives its operating systems a well-deserved break. Just like our computer needs have a full shut down so it can repair, so do our bodies.



So what's more important, quantity or quality? Truth is, you need a little of both.

### *New Ritual*

**G**et a good amount of sleep. The amount of sleep we need varies greatly from person to person and from day to day. The more active you are the greater your need to repair and replenish. A general rule of thumb is 6-8 hours of sleep each night.

Our body's like living in rhythm so strive to go to bed the same time each night and get up the same time each morning. Don't stress if you miss sleep one night. You won't ever really make that up. Just get back into your routine the next night.



# Wellness Essentials for the Body: Living Healthier

## New Ritual

**I**mprove the Quality of Sleep. Turn off cell phones and turn the alarm clocks light away from you. The red lit ones are less sleep disturbing than the blue ones.

Try a cervical pillow. These are specially designed to sustain the curvature in your neck. This is vital to release muscle tension. You can pick one up when you pick your vitamins at your chiropractor. They will help you choose the one to best fit your neck.

### Betsy's Favorite Tip...

Keep a journal or checklist beside your bed. When I find my mind racing with list of things done and left undone, I simply grab my

journal and write it all down. It de-clutters and organizes my thoughts and reassures me that all is well. I then close my day in a prayer of gratitude to my almighty creator of this amazing miracle that is my body and mind.

### Weight Loss Tip...

Sleep is when some of your fat burning hormones work their best, so remember to get at least 6 hours of interrupted sleep to help your body lose fat.



### Looking for a Personal Life Coach Who Can Help You Lose Weight and Feel Great?

Check out Dr Betsy's "Rescue My Life" and "Find your Balance" coaching programs. Details are found on her website.

[www.betsylavin.com](http://www.betsylavin.com). It's time to start living well!

# Wellness Essentials for the Body: Living Healthier

## Your Wellness Essentials Planner

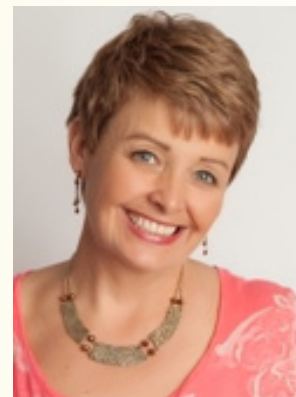
Day/Date \_\_\_\_\_

MORNING RITUAL	
Ritual	Completed and/or Detail
Drink 16 oz water	
Take high quality supplements	
Complete one round of 3 active stretches	
Eat a healthy breakfast which include a lean protein and high fiber	
Pack a fun lunch bag filled with prepared veggies, fruit and lean protein for snacks	
Include lunch with tons of vegetables, fish or chicken	
MID-DAY RITUAL	
Ritual	Completed and/or Detail
Grab a glass of water	
Do two sets of 3 active stretches	
Snack on lean protein, and some fruit or veggie to fuel your brain	
EVENING RITUAL	
Ritual	Completed and/or Detail
Gently stretch the day's tension from your back and neck, doing the 3 active stretches in a slow gentle motion	
Prepare snacks and lunch for next day	
Start winding down activity level one hour before planning to go to sleep	
Fill your water and set where you will drink it first thing in the morning	
Lay out your vitamins for the next day	
Get your journal out and empty your brain of all activity	
Set your alarm clock (phone) and turn the light away from you	
Bow your head in grateful prayer	

# Wellness Essentials for the Body: Living Healthier

## Betsy Lavin: Connecting Faith and Health

As a Christian Life Coach Betsy Lavin helps women connect their faith with their health to create a lifestyle of living well physically and spiritually. She understands how difficult it can be for a woman to keep her health a priority when so many other life's demands are vying for her time and energy. Betsy's personalized wellness programs and retreats are designed to be a place and time where women can step away from their busy lives to renew body and spirit.



A Doctor of Chiropractic with 20 years of experience in health and wellness, Dr. Betsy specializes in nutrition, purification, and weight loss programs. She is a certified Life Purpose Coach through Life Purpose Coaching Centers Int.®, creator of "Find Your Beautiful" Life Plan and founder of Life Purpose Retreat and Coaching Center in Granite Falls, MN. Her programs and retreats have helped hundreds of women discover their divine design and get the empowerment needed to start living well.

Dr. Betsy's personal weight loss success story (printed in *McCall's* and *First for Women* magazines) has been inspirational for many. She lives with her husband Pete on a four generational farm in rural southwest Minnesota.

## Testimonials... On Water

“ I can honestly say that on those days that I make drinking my water a priority, I seem to do better all day with my eating choices. If I start the day, first thing, with that 16 oz. of cold water, as I am reading my daily devotional, the rest of my day falls into place, and I am better prepared for whatever adventures God has in store for me. ~ Lois N.

”

“ I've been drinking the 16oz. of water in the morning for a few weeks now and I find that I don't start grazing the first think when I get up. I find myself drinking it sitting down and over a period of minutes. Then when it is time to start my breakfast I am more relaxed and eating in a more mindful way. ~ Sherry S.

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