

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

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

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Wellness Essentials:

for the Spirit



Dr. BETSY LAVIN

Wellness Essentials for the Spirit



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. 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 Spirit

Wellness Essentials for the Spirit offers 5 simple steps that help you make choices that bring peace to your life. When I was overweight and not living healthy I carried a constant sense of uneasiness with me. I knew in my heart the things I should be doing, habits I had every intention of creating but failed to create. Spiritually, I felt weighed down by guilt for not caring for my body, my temple, my gift from God. I was living with a divided heart.

Once I began changing my habits, I started to find this amazing peace inside me. Now I love it when I can lay my head down on the pillow at night, feeling at peace because I loved and cared for my health today.

Each Essential step is designed to help you create a plan that allows you to let go of the past and create a new life that brings peace and calm to your soul.

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The process for letting go is called surrendering. It doesn't mean giving up on what you want; it means you trust God to help you reach your goal.

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I've also included some of my personal favorite tips and 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.

Betsy

Dr. Betsy

Wellness Essentials for the Spirit: Creating Peace in Your Soul

“Teach me your way, O LORD, and I will walk in your truth; give me an undivided heart, that I may fear your name.” [Psalm 86:11](#)

Wellness Essential 1: *Surrender the Guilt*

Ask for Forgiveness.

Women are good at carrying guilt, especially when it's related to our health. We feel bad about things we didn't get done (exercise); we feel sad about the things we didn't do right (ate too much chocolate); we feel guilty for how we've neglected to care for our minds and bodies (over stressed)... the list goes on. Our guilt weighs heavy on us and we sometimes wonder if there's enough forgiveness in the world to make up for all of our downfalls and mistakes.



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“We allow ourselves to be defined by what we didn't get right.”

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New Peace Plan

Whatever you've done or not done is done. You can't go back so stop looking back. The best way to put the past behind you is to start with forgiveness. Ask God to forgive you for any neglect to your body or mind, receive his forgiveness and then let it go! The moment you ask is the moment you are forgiven. Not later, after God's thought about it. Forgiveness from God is immediate

Betsy's Favorite Tip...

Clear the slate and write a new story. Start today with your new life story based on your future choices not past regrets. When you learn to let go of guilt, you will start feeling a peace that comes from knowing you are loved and forgiven no matter what.

Weight Loss Tip...

Think before you eat. Before you take a bite of that brownie, ask yourself, “Is this brownie going to take me closer to my goal or further away from it?” Sheri S. asks herself, “Will I smile tomorrow about the choices I made today”? Lysa T. says, “Nothing tastes as good as peace feels.”

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Wellness Essential 2: Surrender the "good life" for God's Life

*"It's not fair that everybody else gets to eat what they want.
Why do I have to be the only one eating rabbit food?"*

Sound familiar? I call this the poor me syndrome. We've been taught to want the "good life" of overindulgence and easier is better attitude. But where will this behavior lead you? To peace? To a healthy spirit? Perhaps for a moment, but the regret comes in the morning.



New Peace Plan

By surrendering foods and behaviors that are not going to lead us to a "good life", we open our hearts to an authentic good life...
God's life

Betsy's Favorite Tip...

Leave the pity party and never go back. Sometimes we just have to remove ourselves from situations, events, even relationships that aren't in sync with our new lifestyle. Surrounding yourself with people who are healthy and active will help cure you of the

poor me syndrome. Also, focus on all the great foods you can have and you will feel the freedom and energy that comes from living God's life.

Weight Loss Tip...

Look at the role models in your life — are they living the wellness lifestyle? If not, start taking cues from those who live the healthy lifestyle. Do they look deprived or stressed because they eat only healthy food and exercise regularly? Chances are they're going to tell you, living a disciplined life offers a greater freedom than any overindulgence will ever give them. Making a decision to lose weight to honor your body will keep you on the right path and discover a fulfillment that is found not in food, but in God.

“

"The best way to predict your future is to create it." Unknown

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Wellness Essential **3**: *Surrender the Control*

And Ask God for Help.

Freewill. What a wonderful gift God gives us. As women, we especially love it when everything is tucked neatly under control. We've worked hard to obtain the right to make choices for ourselves, and we're not about to give up that freedom. We spend our days proving that we are capable of managing careers, family, and homes. To admit we can't handle a specific situation might appear that we are incapable handling all situations. Rather than concede we need help, our first response to a problem is, "It's okay, I've got it under control."



When I was 70 pounds overweight, I despised my lack of willpower. I kept saying, "I got myself into this mess, I'll get myself out." I just needed to gain control of the weight. My DIY (do it yourself) attitude left me weak and weary in my mind, body, and spirit. My excess weight swallowed up every aspect of my life until all I could see was a size 22 and 226 pounds on the scale.

New Peace Plan

In order to rescue myself from this situation, I had to approach the challenge in a whole new way. It began with turning to God, whispering, "Lord, I need your help."

Betsy's Favorite Tip...

Turn it over to God. It's frustrating when I tell myself one thing, but then do another, i.e. "I will not overeat on sugar today." And then eat 3 cookies.

Paul writes of a similar situation:

"What I don't understand about myself is that I decide one way, but then I act another,

doing things I absolutely despise. So if I can't be trusted to figure out what is best for myself and then do it, it becomes obvious that God's command is necessary."

Rom. 7:15 The Message

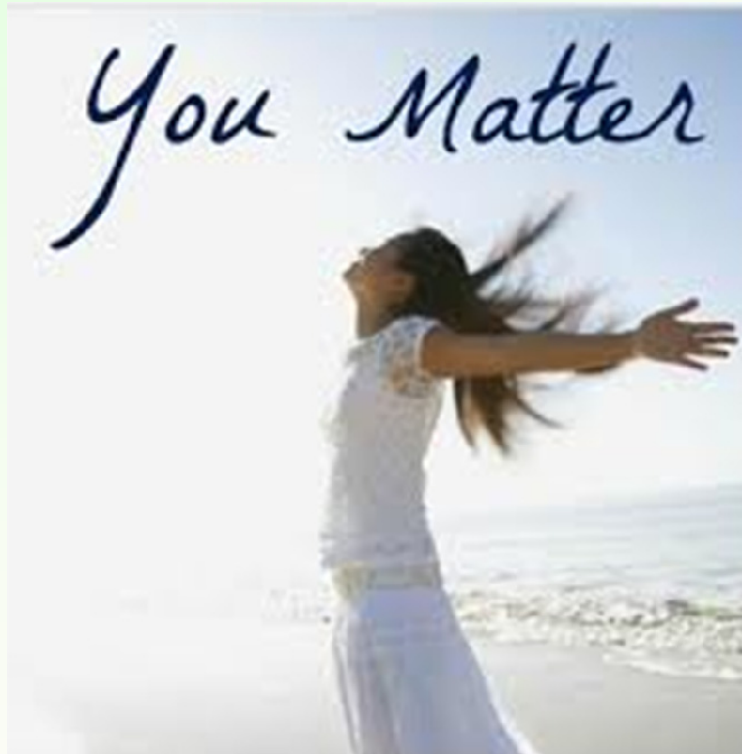
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Trust that you cannot figure it out on your own, and need God's command to help you. Bottom line: you cannot lose weight without God's help and guidance.

“Trust in the Lord with all your heart and lean not on your own understanding; In all your ways submit to him, and he will make your paths straight.” Prov.3:5-6)

Weight Loss Tip...

Admit and accept that you can't do this on your own. Let go of your “I have to do this myself” mentality to accept God's help. Resigning that willpower alone is not enough for you to break the cycle of weight gain, you need to open your heart to the strength and hope that only God can give.



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Wellness Essential 4: Surrender Doubt for Certainty

On a scale of one to ten, how would you rate this statement:

Your health matters to God.									
1	2	3	4	5	6	7	8	9	10
Matters Little					Matters Greatly				

This statement brings doubt to the hearts of many women. You know God loves you yet you see your battle with weight as something that's not a big enough issue for God to care about. It's certainly not something that we been taught to bring to him. I have to wonder, why not? Why are your added pounds off limits when it comes to God's concern? Why would something that causes you emotional, physical and spiritual pain, not matter to God?

New Peace Plan

Believe it does matter, it matters a great deal.

Betsy's Favorite Tip...

Cherish your magnificence. One close look at how your body was created is a good indicator that God cares deeply about your body. He could've created you to be any shape or size or even spirit, but he chose for you to take a human form, with two arms,

legs and a body and so on. He took great care putting together the specifics of your physical body, your individualized personality traits, emotions, skills, and thoughts so that no one from the beginning of time to the end will ever be the same as you. He made everything in the universe to exist for you. The exact chemical makeup of the air you breathe, the perfect molecules of the water you drink, the vast nutrients in the food you eat, all specifically formulated for your physical body to live.

Undoubtedly, the wellness of your body matter a great deal to God, right down to the tiniest detail.

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Weight Loss Tip...

Know that God loves you...no matter what size you are. But he also sees the pain that being overweight brings to your heart. He wants you to find a peace that comes when you love and care for the miraculous gift that is your body. Take the first step on your weight loss journey in love for him.

Wellness Essential 5: Surrender Disharmony for Peace

Choices. They determine the path for our lives. Making the right choice, even when it's obvious — it's not always easy. What choices have you made today?

- Did you opt to stay at your computer instead of going for a walk?
- Did you hit McDonalds instead of going home to fix something healthy?
- Did you make multiple dips into your chocolate stash, just to ease the stress?



You know you're making poor choices but justify your actions by claiming that this project at work was more important than exercise or you deserve a treat after the stressful day you had.

New Peace Plan

Here's what Paul writes in Romans 14:19, "Let us therefore make every effort to do what leads to PEACE and mutual edification. Do not destroy the work of God for the sake of food."

But deep inside, you know the reality is that little by little the consequences of those choices will catch up with you in the long run, and not just physically and emotionally, but spiritually as well. Your heart is far from peace because you know better, you know how important it is to love and care for this miraculous gift that is your body.

God wants us to **make every effort** to do what leads to peace now...so we can do his work for the long haul. To do that, we have to start with a plan.

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Betsy's Favorite Tip...

Make your personal PEACE Plan. The key to finding your peace is simply writing down a list of the things you need to do to stay healthy. Just 5-10 key habits that you simply must hold dear so that when you come to the end of your day, your heart will be at peace because it made good choices.

My PEACE Plan looks like this:

- I will use food as fuel for my body not comfort for my soul
- I will exercise and move my body with intention every day
- I will drink half my body weight in oz. of water daily
- I will take essential vitamins and nutrients
- I will spend time with Jesus every day. (Devotions, scripture, prayer)

My Personal PEACE Plan

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____

Please remember, this is about peace, not perfection. It's about having a plan and then doing the best you can to stick to it.

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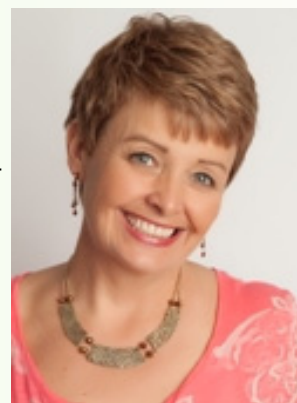
Weight Loss Tip: Focus on what you did right. Don't let a gain on the scale get you down, but instead focus on all the things you did well. The scale only tells you your weight at that moment of time, it is not an indicator of your self-worth, nor can it tell all the great choices you made that week.

Want to Learn More About Finding Peace in Your Life?

Check out Dr. Betsy's "[Rescue My Life](#)" and "[Finding Your Balance](#)" coaching programs. You **can** create the life you love!

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.