



Earth Naturopathic

Dr. Terra Winston

A JUMPSTART GUIDE TO ACHIEVING WELLNESS AND OVERCOMING FEAR

I developed this guide to help you establish the foundations for health. Without these basic health principals in place, true vitality is nearly impossible. Whatever your goals may be- weight loss, better energy, better relationships, better sleep, better sex, better focus, less pain, etc, the principles discussed in this two page guide provide a starting place.

These are the six principles covered in this four page guide. I suggest you skip straight to what you need the most and come back to the others when you have time.

1. [Food](#)
2. [Hydration](#)
3. [Sleep](#)
4. [Movement](#)
5. [Nature](#)
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Although they may seem simple, most people seriously struggle with at least one item on this list. If you struggle with all of them, don't beat yourself up, just start somewhere. Health is a journey, not a destination. Enjoy the ride!

[Food](#)

First, avoid all foods you know to be upsetting to your system. You know what I'm talking about here. Stop ignoring the bloat you feel after eating dairy, stop ignoring the hangover you have every morning after drinking a bottle of wine the night before. Stop covering up your eczema and acne with layers of foundation and concealer if you know what is causing them. Yeah I see you, I was you! Stop it. START LISTENING to your body, give it what it is screaming for (real food) and watch how your digestion, skin and mental fortitude all transform.

Here are three ways to get started:

- Eat 2-3 solid meals per day, sitting down, preferably homemade from whole foods.

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- Only eat when you are hungry. Stop eating when you are full, NOT STUFFED. You don't need to clean your plate. Overeating harms your metabolism and increases your inflammation, leading to weight gain.
- Keep a food diary. Write down what you eat, what time, how you feel before, during and after your meal and record any symptoms you have during the day between meals. At the end of every week review your journal and highlight times when you noted that a food or meal made you feel worse or better.

If you need more, check out my elimination challenge guide! This is a step-by-step guide to figuring out your food sensitivities.

Hydration

I can't stress this enough. You are not a succulent. You need water Every Single Day. And not just any water, but water that is optimized for YOU. Some people need more minerals in water to absorb and retain it. Some are more sensitive to pH imbalances. Play around with various types of fluid and find your optimal hydration level. If you have no idea what I'm talking about find a guide to help you. Naturopathic doctors make excellent health guides and we actually receive nutrition training as a standard part of our training.

Here are three tips to get started:

- Add fruit or herbs to your water to make it more appealing.
- Try drinking plain water all day, write down how you feel in your journal and how much you pee. Then try drinking electrolyte water and record your intake and urination. Note if you feel any different the next day. Do not choose an electrolyte powder with sugar in it. My favorite brand is Jigsaw but this might not be commercially available in standard drug stores.
- Download a water app to remind you to drink water throughout the day.

Sleep

Your body NEEDS sleep to heal. Sleep allows your brain to process and record events, transfer knowledge to long term memory, sort out emotions and purge TOXINS. Every cell in your body does a sort of house cleaning while you sleep. Your cells discharge debris and toxins, repair any damage that has occurred during the day and take stock of nutrients needed to perform the tasks of the following day. Can you imagine if you never cleaned your house? Have you seen the HGTV show Hoarders? Your cells need rest to take out the trash.

Here are three things that will improve your sleep:

- Avoid bright light and blue light in the evening. Use screen presets like Night Shift or blue light blocking glasses if you must be in front of a screen within 3 hours of bedtime.
- Keep a schedule and go to bed at the same time every night, no matter what day of the week. This will allow your body to send the proper signaling hormones so you will fall asleep easier and sleep much more soundly through the night.

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- Aim for 7-10 hours per night. If you can't get at least 7 hours at night, try taking a nap during the day to make up the difference.

If you want more on this topic, I suggest the audiobook *Why We Sleep* by Matthew Walker.

Movement

Movement is essential for so many reasons. Muscle obviously helps stabilize our physical body and support our everyday movements, but it also helps stabilize our metabolic function. Muscles can absorb sugars directly from the blood without the need for insulin, which is invaluable for those trying to prevent or reverse type II diabetes. Muscles also play a role in the immune system, metabolism, and sex drive among other things. But muscles aren't the only reason to move your body. Your circulatory and lymphatic systems also rely on movement to function correctly.

Here are three ways to get moving:

- Take a walk. Start with a walk around the block and go a little further each day as your endurance improves. To maximize benefits, time your walk about 30mins after eating.
- Do squats or wall sits while you brush your teeth. If you've never done these activities before, you might want to watch a YouTube video or hire a trainer to make sure you have proper form and avoid injury.
- Lift weights or other heavy objects- please work with a certified trainer to learn how to do this properly. Lifting heavy things without proper form is a recipe for injury.

There are many many ways to add movement to your daily routine. Pick something that feels slightly challenging for you and go from there. The key is consistency so don't start with something that will wipe you out for the next week!

Nature

Nature is vital to our soul. Spending time in nature has been shown to reset the nervous system, and exposure to sunlight helps us synthesize vitamin D and maintain normal sleep/wake cycles!

Here are three ways to maximize your outdoor time:

- Walk barefoot in the grass or dirt. This is called grounding and helps calm an overactive nervous system.
- Play in cold water. Cold water therapy helps stimulate blood flow and supports a healthy immune system. It can also improve the body's response to stress.
- Soak up the sunshine. Choose mineral based sunscreens that don't use harmful chemicals. Direct sun exposure on your skin for a few minutes each day may generate enough vitamin D to meet your daily recommended intake. Use the D-minder app (available in the App Store) to check how much vitamin D you are getting on any given day.

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Spirit

Spirituality, in my experience, is non-negotiable for optimal health. Without the belief in something greater than oneself, it's difficult to achieve true peace. For some, this looks like a religious affiliation or prayer practice. For others spirituality involves meditation and introspection or simply time out in nature.

Here are three ways to explore or amplify your spirit:

- Download MindSpace or another meditation app and explore some introductory meditations.
- Take a religious studies course at a local community college or online, note the similarities between the various sects.
- Join a prayer group or women's/men's group at a local church

It's important to note that spirituality does not require affiliation with any particular religion. Spirit is simply an opportunity to look beyond ones physical body and explore the affects of ones thoughts, feelings and actions on the rest of the world.

I hope you found something useful or interesting in this guide. I know your time is valuable and I thank you for trusting me to provide some insights into what is required to achieve optimal health. Feel like something is missing? Constructive feedback is always welcome. Please email drterra@drterrawinston.com

If you loved this guide and you want more, make sure you follow me on Instagram @DrTerraWinston and [subscribe to emails](#). If you live in Washington State and would like to work with me in-person, please call 509-888-2235.

*Please remember, this information is for educational purposes only. Nothing in this guide is intended as medical advise. Before you undertake any new health program discuss the risks and benefits with your healthcare provider. This information may not be suitable for everyone and I urge you to use common sense when making choices about your lifestyle.