



MIND YOUR BODY  
OASIS

## Wellness in the Workplace

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### Objectives

- Empower you to be more productive at work
- Empower you to enjoy your daily work routine
- Discuss the foundations of feeling good, having energy, and being productive all day:
  - Sleep
  - Hydration
  - Stress Reduction
  - Eating foods that Fuel

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### Do you feel great every day??



- Do you have stress in your life on a daily basis?
- Are you tired or have low energy?
- Do you have afternoon energy slump?
- Do you find it hard to focus and concentrate at work?
- Do you feel that your health is decreasing due to lack of energy or your lifestyle?

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## Sleep

Poor Sleep Increases Risk of Hard-to-Treat Hypertension and other chronic diseases

Too Little Sleep May Fuel Insulin Resistance

Common Sleep Mistakes Can Wreak Havoc on Your Health, and Increase Risk of Migraines and Dementia

Sleep is the Ultimate Antioxidant: Fight Premature Aging for Free

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## Water's effect on the Body

- Moistens tissues such as those in the mouth, eyes and nose
- Protects body organs and tissues
- Helps prevent constipation
- Helps dissolve minerals and other nutrients to make them accessible to the body
- Regulates body temperature
- Lubricates joints
- Lessens the burden on the kidneys and liver by flushing out waste products
- Carries nutrients and oxygen to cells

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## Clean Water

### Top 10 Hydrating Foods

96% Water	96% Water	95% Water	95% Water	94% Water
95% Water	95% Water	92% Water	90% Water	89% Water

[www.HealingPowerHour.com](http://www.HealingPowerHour.com)

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## Avoid Caffeine

- Diuretic-drink even more water
- Energy roller coaster (afternoon crash)
- Can cause moodiness
- Addictive



**Avoid Caffeine, Soda and Chocolate**

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## What is Stress?

- A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances
- A physiologic response to a demand for change
- "Fight or Flight" response
- Sympathetic Nervous System Dominance

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## Acute Stress versus the Relaxation Response

### Fight or Flight Response

- Sympathetic State
  - ↑ Heart Rate
  - ↑ Blood Pressure
  - ↑ Respiratory Rate
  - Dilated Pupils
  - Muscle Tension
  - Inhibits Digestion

### Relaxation Response

- Parasympathetic State
  - Dec. Heart Rate
  - Dec. Blood Pressure
  - Dec. Respiratory Rate
  - Constricted Pupils
  - Muscle Relaxation
  - Enhances Digestion

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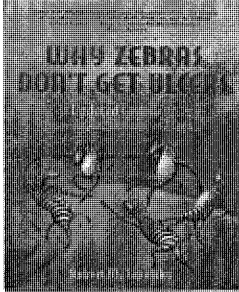
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## Sympathetic Dominance – Always On!



After the lion is outrun or kills one of the group, zebras (and all other animals) go immediately back into their baseline autonomic state and out of the sympathetic dominant state.

**The basis for human stress related disease is the high percentage of time spent in the sympathetic dominant state.**

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## Recognize Signs of Physical and Mental Stress

*(differentiate between transient versus chronic)*

- Anxiety
- Back pain
- Constipation
- Diarrhea
- Depression
- Exhaustion
- Fatigue
- Headaches
- High blood pressure



- Insomnia (disturbed sleep)
- Relationship problems (i.e. loss of sexual desire)
- Shortness of breath
- Stiff neck
- Upset stomach
- Weight gain
- Weight loss
- Worrying

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## Belly Breathing & Back Pain

“Patients suffering from chronic low back pain improved significantly with breath therapy. Changes in standard low back pain measures of pain and disability were comparable to those resulting from high-quality, extended physical therapy. Qualitative data suggested improved coping skills and new insight into the effect of stress on the body as a result of breath therapy.”



Mehling WE, et al. *Altern Ther Health Med.* 2005;11(4):44-52.

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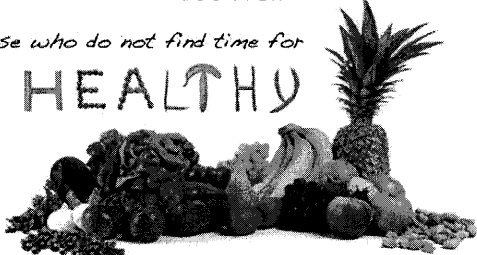
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**Eat Well**

*Those who do not find time for*

**HEALTHY**



**EATING**

*will need to make time for illness.*

SustainableMeat.org

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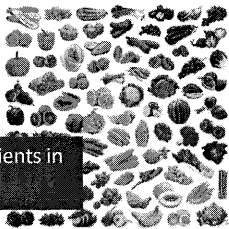
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**Eat Well**

All plants produce chemical compounds —  
**“phytonutrients”** — as part of their normal  
 metabolic activities

- Carbohydrates, fats, proteins, fiber
  - Vitamins, minerals
  - Secondary metabolites
  - Pigments

There are 10,000+ phytonutrients in  
our food supply!

Welsh et al., Am J Clin Nutr, 2007 Dec 6(6):1687-89.

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**Eat Well**

**The Phytonutrient Spectrum**

Color	Phytochemical(s)
Red	Carotenoids; anthocyanins
Orange	Carotenoids; bioflavonoids
Yellow	Lutein
Green	Chlorophylls; folate; xanthophylls
Blue-purple	Anthocyanins
White	Flavonoids; alliin
Brown	Mycelium




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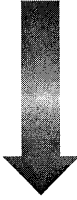
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## Eat Well

On average, 8 out of 10 Americans have a “Phytonutrient Color Gap”

- 69% fall short in **green**
- 78% fall short in **red**
- 86% fall short in **white**
- 88% fall short in **purple/blue**
- 79% fall short in **yellow/orange**



Source: America's Phytonutrient Report, 2009; America's Phytonutrient Report was conducted by Exponent for Nutrilite in 2009 using data from the National Health and Nutrition Examination Surveys (NHANES), surveys that capture what Americans eat daily, and supplemental nutrient concentration data from the United States Department of Agriculture (USDA) and the published literature.

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## Contributors to our problem



- High sugar food and beverage selection
- Processed sugars AND artificial sugar
- Hidden sugars in processed foods such as salad dressings and “healthy” whole grain cereals

Metagenics

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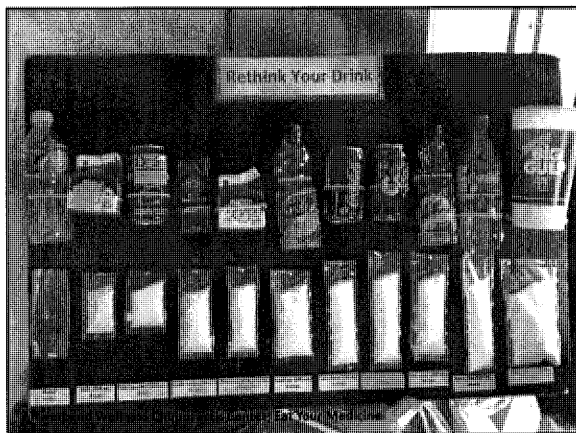
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### Eat Well: Dietary guidelines

www.eatwell.gov.au | www.nutrition.gov.au | www.health.gov.au

**Smart Eating Tips to Break the Sugar Cycle**

- 1. Eat a diet of whole foods resulting in steady blood sugar and appetite
- 2. Get a good night's sleep when you're on the sugar roller coaster
- 3. Low glycemic
- 4. Small frequent meals
- 5. Finding healthy fats
- 6. Drink water all day

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### Eat Well: During the workday!

- Bring your own lunch and snacks from home
  - Lots of Vegetables, Salads, etc will keep you from having the afternoon drowsiness from heavier foods
- Plan for a mid morning and mid afternoon snack
  - Apple or banana and cashew or almond butter
  - Hummus and veggies
  - High quality protein shake
- Drink water all day
  - Decrease false hunger signaling
  - Keep energy high

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## Move Well: During the workday!

Take breaks throughout the day to keep circulation moving and to get rejuvenated!

- Have an exercise ball to sit on or stretch on in your office!
- Backbends to energize
- Side and forward stretches, twists
- Wrist and elbow circles
- Neck rolls and stretches
- Deep breathing

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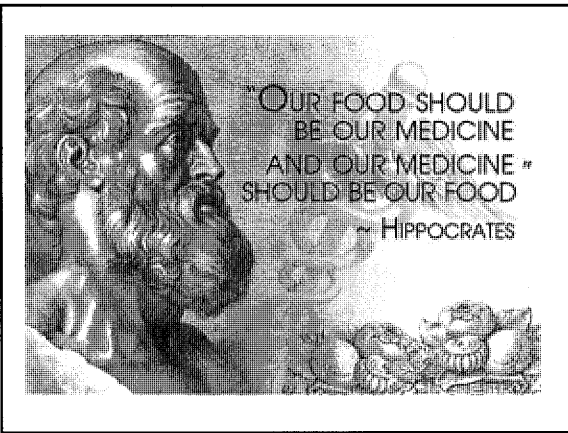
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