



FITNESS & NUTRITION EXPERT PROGRAM

WELLNESS SESSION 1:

Introduction to wellness, hormones and the nervous system



Before we get ready to rock, just a few things

1. Please make sure all phones are muted.
2. In case of tech probs, this is what to do:
 - If you get kicked out or power out, just log back in
 - If we get kicked out or power out, we will email you a back up link to log in to asap to continue on class.
3. Access to live class recordings:
 1. Each class is taped
 2. Links to access the recordings will be sent a max of 48hrs post class
4. We heart questions!
 - Please type all questions in the chat box. If you want your question to be anonymous, please just send to "HOST"



Wellness Session 1 : What we are going to cover

WHAT IS WELLNESS?
The definition of wellness and current factors affecting our wellness

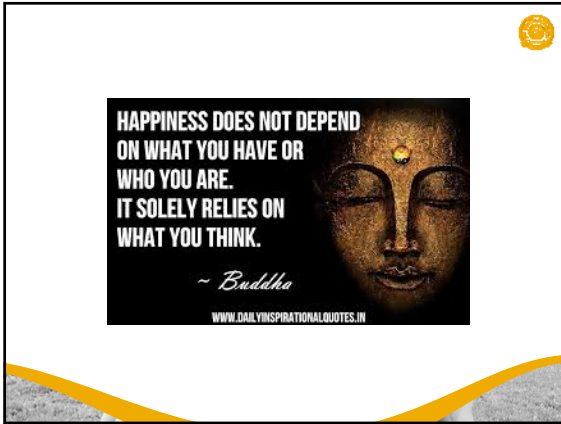
STRESS, HORMONES AND THE NERVOUS SYSTEM
Understand what stress is, how it affects our bodies and the role our hormones and nervous system play in this

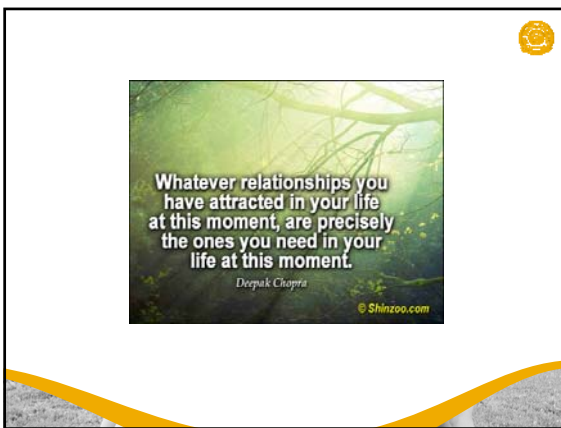
HAPPY THOUGHTS AND OUR HEALTH
The difference between love and fear & how our thoughts change our health

THE IMPORTANCE OF SLEEP
What are the sleep cycles, how much sleep do we need and tips for better sleep

DETOXIFICATION SYSTEMS
What they are and easy at home detox methods











What you need before we start:

1. Water
2. Put your finger tips together
3. Take 3 deep breaths



What is wellness?

Wellness – by Collins English Dictionary
(ˈwɛlnəs)
1. the state of being in good physical and mental health

well-ness – by American Heritage Dictionary
(wɛlˈnɪs) The condition of good physical and mental health, especially when actively maintained by proper diet, exercise, and avoidance of risky behavior.

Wellness – by World Health Organization
Health/wellness is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. (same since 1948!)



NATIONAL WELLNESS INSTITUTE:


Download the PDF
<http://cvmcdm.com/sites/www.nationalwellness.org/resource/resmgr/docs/sixdimensionsfactsheet.pdf>



CURRENT FACTORS AFFECTING OUR WELLNESS

1. Lack of physical activity
2. Lack of nutrition and nutrient dense food
3. Increase pressure from work / longer work hours
4. Lack of connectivity with our communities (it's a tech world)
5. Increase in overall stress (lack of coping mechanisms)
6. Increase in toxins in the environment / food
7. Setting unrealistic expectations for ourselves

And these are just to name a few...




What is stress?

Stress is the body's response to a real or perceived threat.

Stress is a *reaction* to a situation—it isn't about the actual situation. We usually feel stressed when we think that the demands of the situation are greater than our resources to deal with that situation.

Let's do a stress test!
http://www.cmha.ca/mental_health/whats-your-stress-index/#.VW9Zc9JViko



WHAT'S GOING ON IN OUR BODY DURING STRESS?

We need to understand hormones and the nervous system!

What are hormones?

- chemical messengers that are secreted directly into the blood, which carries them to organs and tissues of the body to exert their functions.
- Many types of hormones that that act on different aspects of bodily functions and processes such as
 - Reproduction
 - Responses to stress and injury
 - Growth and sexual development
 - Body energy levels
 - Internal balance of body systems
 - Bone and muscle strength



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What are hormones cont'd

- Secreted from the endocrine glands in the body.
- The glands are ductless, so hormones are secreted directly into the blood stream rather than by way of ducts. Some of the major endocrine glands in the body include:
 - Pituitary gland
 - Pineal gland
 - Thymus
 - Thyroid
 - Adrenal glands
 - Pancreas
 - Testes
 - Ovaries
- Hormones are powerful. It takes only a tiny amount to cause big changes in cells or even your whole body. That is why too much or too little of a certain hormone can be serious.

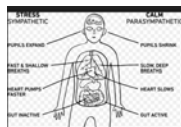



The nervous systems

The automatic nervous system is most important in two situations:
 In emergencies that cause stress and require us to **"fight" or take "flight"**(run away)
 In non emergencies that allow us to **"rest" and "digest."**
It is always working

It is divided into 3 parts:

1. Sympathetic Nervous System
2. Parasympathetic Nervous System
3. Enteric Nervous System



So you are at a park hanging out and suddenly: 


1. A bear appears!
This activates your sympathetic nervous system
Uses energy
"Fight or Flight" responses such as blood pressure rises, your heart beats faster & digestion slows down

2. You curl up under a beautiful tree and read a book
This activates your para-sympathetic nervous system
Saves energy
"Rest & Digest" responses such as blood pressure can decrease, pulse rate can slow & digestion start

3. You suddenly get nervous thinking about a date and have diarrhea
This is the enteric nervous system
It is the meshwork of nerve fibres in the gastrointestinal tract, pancreas and gall bladder (this is where gut feelings come from!)

**Now we know this, do you believe
your perception, words and thoughts
affect your health?**

Let's watch the Rice Experiment!

CHOOSE TO BE HAPPY! 

:):
you decide.

The 2 emotions: love & fear

There are only 2 fundamental human emotions that all others stem from: Love & Fear

Fear = All negative emotions ie anger, anxiety, hate, guilt

Love = All positive emotions ie happiness, joy, peace & contentment

They are opposites!

We can't feel these emotions at the exact same time

If in fear, we are not in a place of love


If in a place of love, we cannot be in a place of fear



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How does this affect the body?

All mammals including humans, have **2 different responses when feeling love or fear**



Don't think it is important? Each of these physical responses has HUGE impact on your body, weight, health and overall well being

Fear: how does this affect the body?

When feeling fear, increase of 2 stress hormones: adrenaline & cortisol

Sudden threat triggers "fight or flight" associated w adrenaline

- Kicks your body into high gear when sensing danger!
- Steps up heart rate, increase breathing, activates you are ready to go Rocky or run for the hills!

Long term stress increases a different stress hormone: cortisol!

- To cope with emergencies, breaks down non essential organs & tissues to maintain blood sugar
- When it stays high, digests bones, muscles & joints to obtain key nutrients...this means elevated fats & sugars!
- Another side effect is hunger (a-ha I know why I was reaching for doritos now!)
- Cortisol is very hard on your body!!

Love: how does this affect the body?

When feeling LOVE, the body releases oxytocin

Induces bonding, labor, lactation (all the mom stuff!)

Recent study shows oxytocin counters the effects of cortisol


Activities that produces more oxytocin

- Meditation
- Yoga
- Exercise
- Massage
- Support groups
- Happy thoughts and words of love
- SEX, SEX AND MORE SEX!

Fear - Cortisol	Love - Oxytocin
Aggression	Anti-stress hormone
Arousal, Anxiety, Feeling stressed-out	Feeling calm and connected, Increased curiosity
Activates addictions	Lessens cravings & addictions
Suppresses libido	Increases sexual receptivity
Associated with depression	Positive feelings
Can be toxic to brain cells	Facilitates learning
Breaks down muscles, bones and joints	Repairs, heals and restores
Depresses immune system	Faster wound healing
Increases pain	Diminishes sense of pain
Clogs arteries, Promotes heart disease and high blood pressure	Lowers blood pressure, Protects against heart disease

Obesity, Diabetes, Osteoporosis

The Importance of Sleep



Sleep cycles

Why is sleep important?

- Affects how we look, feel and perform on a daily basis
- It is when our body rebuilds itself ie muscle repair
- Memory consolidation and decision making
- Releases hormones regulating growth and balance our appetites by helping to regulate levels of the hormones ghrelin and leptin, which play a role in our feelings of hunger and fullness. So when we're sleep deprived, we may feel the need to eat more, which can lead to weight gain.
- hormone cortisol dip at bed time and increase over the night to promote alertness in morning.
- contributing to a healthy immune system

The one-third of our lives that we spend sleeping, far from being "unproductive," plays a direct role in how full, energetic and successful the other two-thirds of our lives can be!



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Sleep cycles

What is enough sleep?

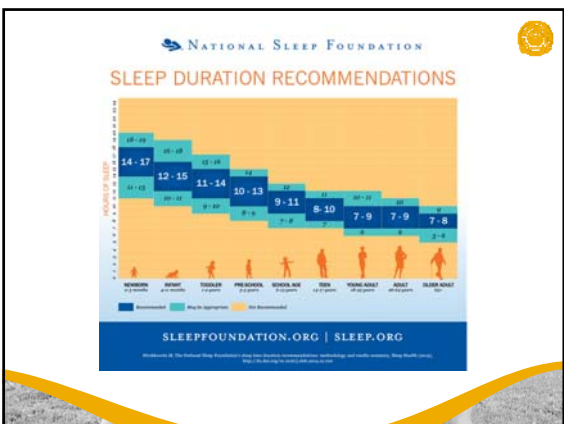
- Adults and young adults (18-25) = 7-9 hours
- Teenager = 8 - 10 hours
- School age (6 - 13) = 9 - 11 hours
- Preschool = 10 - 13 hours
- Toddlers = 11 - 15 hours
- Babies (new born to 11 months) = 12 - 17 hours

How Does Sleep Contribute to All of These Things?

Sleep architecture follows a pattern of alternating REM (rapid eye movement) and NREM (non-rapid eye movement) sleep throughout a typical night in a cycle that repeats itself about every 90 minutes.



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Sleep cycles- NREM

NREM (75% of night) and there are 4 stages:

Stage 1	Stage 2	Stage 3 & 4
<ul style="list-style-type: none"> Between being awake and falling asleep Light sleep 	<ul style="list-style-type: none"> Onset of sleep Becoming disengaged from surroundings Breathing and heart rate are regular Body temperature drops (so sleeping in a cool room is helpful) 	<ul style="list-style-type: none"> Deepest and most restorative sleep Blood pressure drops Breathing becomes slower Muscles are relaxed Blood supply to muscles increases Tissue growth and repair occurs Energy is restored Hormones are released, such as: Growth hormone, essential for growth and development, including muscle development


Sleep cycles - REM

REM (25% of night) :

First occurs about 90 minutes after falling asleep and recurs about every 90 minutes, getting longer later in the night

- Provides energy to brain and body
- Supports daytime performance
- Brain is active and dreams occur
- Eyes dart back and forth
- Body becomes immobile and relaxed, as muscles are turned off (you are paralyzed)

What are your dreams telling? Let's talk!



How to get better sleep

- Set up a sleep schedule like you would for a child
- Practice a wind down ritual before bed (ie a warm bath, deep breathing, etc)
- Turn off all electronics (don't disrupt your circadian rhythm!) and do not bring into the bed room or use 60 min before bed
- Get black out curtains or a sleep mask for complete dark
- Make your bedroom for sleep and sex only
- Keep your bedroom cool (between 60 - 67 degrees)
- Keep a bedtime journal! Do a thought dump before bed so you wont be stressed



Detoxification systems

THE LIVER DETOX PATHWAYS AND ESSENTIAL NUTRIENTS

Detoxification Pathways

Toxins → STEP 1 → STEP 2 → Waste Products (toxic products)

Required Nutrients for Step 1: B vitamins, Zinc, Iron, Antioxidants, eg. Milk thistle, Coenzyme Q, Vitamin C

Required Nutrients for Step 2: Amino Acids: Glutathione, Cysteine, Glycine, Sulfoxide, Sulfhydryl groups, Indole-3-carbinol, Indole-3-acetylmethylamide

Toxin List: metabolic end products, microorganisms, contaminants / pollutants, pesticides, herbicides, insecticides, petroleum, upper digestive, drugs, alcohol

Eliminated from the body via: Gut bacteria, Gall bladder, Bile, Bowel actions, Kidneys, Urine

What is a detox?

- A detox is a process of eliminating toxins, "detoxication" or "detoxification,"

How does the body detoxify?

Different tissues detoxify in varying ways.

- **Lungs** can detoxify by removing gases (gas **anesthetics** are removed from the body by the lungs).
- **Skin** can detoxify by reducing the penetration of toxic substances (toxins in water don't get in through the skin well; however toxins in oils do penetrate easily).
- **Digestive System** can detoxify by eliminating toxic foods, by either vomiting or diarrhea.
- **Kidneys** detoxify by secreting toxins or filtering toxins out of the blood into urine.
- **Liver** detoxifies by changing the chemical nature of many toxins.

Easy detox methods

1. Drinking lemon & warm water first thing in the morning to aid digestion
2. Drinking dandelion root tea, taking burdock or milk thistle to help promote liver cleansing
3. Taking vitamin c to support the adrenals glands and helps the body produce glutathione, a liver compound that drives away toxins.
4. Take saunas to promote sweating or hydrotherapy with showers (alternate between hot and cold showers)
5. Practice dry brushing 1 - 2 times per day

BENEFITS OF DRINKING LEMON WATER EACH DAY

- Helps flush toxins from the body
- Improves skin tone and quality
- Works as a natural diuretic
- Helps dissolve gallstones
- Helps ease indigestion
- Reduces nausea
- Supports cardiovascular health
- Is a digestive aid
- Alkalizes the body
- Improves immunity

Easy detox methods

1. Eat a diet high in fibre (promotes your poops!)
2. Drink lots of water!
3. Use positive words and mantras
4. Exercise



Detox Fiber List of Hearty Foods for Detoxing Your Body

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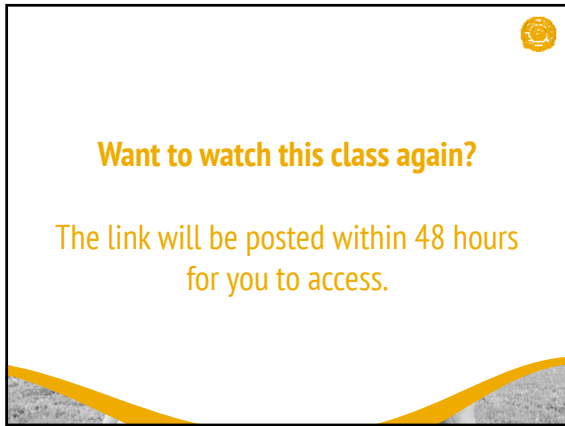
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Any questions or inquiries, please email:

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Want to watch this class again?

The link will be posted within 48 hours
for you to access.
