

# ACTIVE SOULS PROJECT HEALTH GUIDE



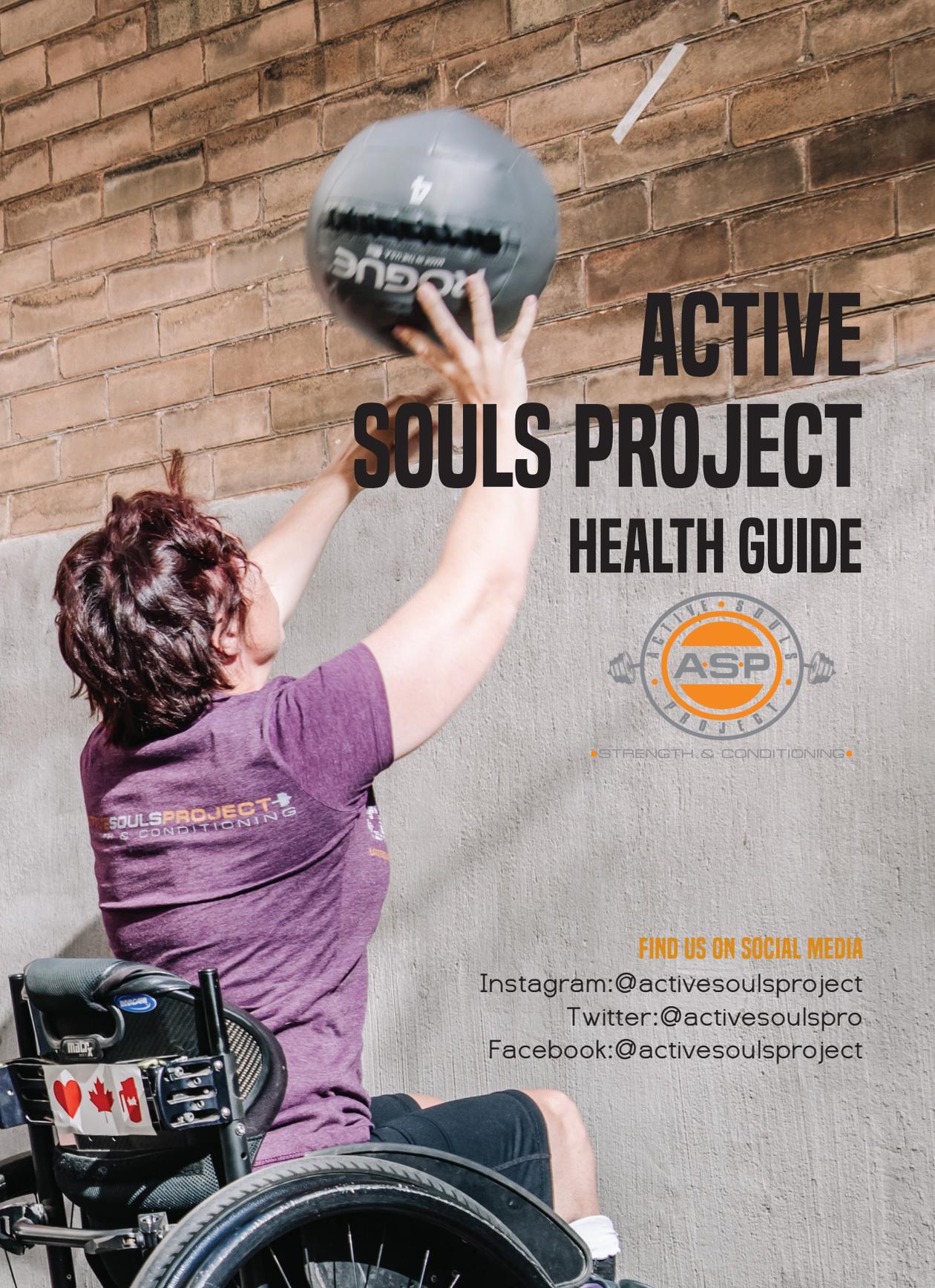
•STRENGTH & CONDITIONING•

## FIND US ON SOCIAL MEDIA

Instagram: @activesoulsproject

Twitter: @activesoulspro

Facebook: @activesoulsproject





# CONTENTS

ACTIVE SOULS PROJECT HEALTH GUIDE 04

MEDICAL DISCLAIMER 05

ANXIETY 06

ATTENTION DEFICIT HYPERACTIVITY DISORDER 08

AUTISM 10

CARDIOVASCULAR HEALTH 12

DEPRESSION & MENTAL HEALTH 14

DIABETES (TYPE 2) 16

DOWN SYNDROME 18

EATING DISORDER 20

IMMUNE SUPPORT 22

IRRITABLE BOWEL SYNDROME (IBS) 24

PAGE REFERENCE 26



# ACTIVE SOULS PROJECT HEALTH GUIDE

Welcome to our Soul Wellness Consulting Family! As an Inspired Living Ambassador, it is our mandate to provide you with valuable and meaningful wisdom for your own well being, but also so you can serve the planet with greatness and pure grace. This guide is to enhance your own state of life, force energy flow as well as provide guidance for cellular nutrition, food and healing.

In today's modern and toxic world, supplementation is required for us to be in optimal health and alignment.

Even though we've made many advancements in the world, we are also the most removed from our natural environment. We consume synthetic, refined foods, carry horrific loads of stress, and environmental toxins, and our cells are not getting the nutritional requirements our bodies can even recognize. Our bodies are continually rebuilding, renewing, and regenerating.

Most people today are extremely overworked and under nourished. We are laden with degenerative diseases because our bodies haven't caught up to our lifestyle. There is now an unprecedented amount of scientific research available for supplementation for both adults and children. It is not only advice but recommended for the prevention of chronic degenerative diseases as well as for those living with diseases.

USANA Health Science, is our trusted product partner, the world's highest rated supplement company. What is ON the label is IN the bottle. This is not true for all supplements. This means no fillers, no variance, and no contaminants. This means the highest quality nutrients and optimal quantity in every pill, powder, and bottle.

We have mindfully and carefully chosen the world's highest rated nutrition supplement company as our product partner. USANA Health Sciences has year after year been rated as best in class and has the greatest amount of scientific research behind it. Nothing compares in quality and in science to this product line. USANA also has the world's only MILLION DOLLAR GUARANTEE for professional and Olympic athletes.

# MEDICAL DISCLAIMER

Always consult your physician before beginning any supplement and/or exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult with your healthcare professional to design an appropriate exercise and nutritional program.

This is not medical advice, this is for educational purposes only.

# ANXIETY DISORDER



Anxiety disorders are a group of mental disturbances characterized by significant feelings of anxiety and fear. Anxiety is a worry about future events, and fear is a reaction to current events. These feelings may cause symptoms, such as a fast heart rate and shakiness.

Anxiety, depression, bipolar depression, postpartum depression are all related and very complex with various causes and effects. Psychological trauma, genetics, hormones, environment, and nutritional status all play a role in these disorders.

## SPECIFIC DIETARY SUGGESTIONS

Brazil nuts are high in selenium. Selenium may improve mood by reducing inflammation, which is often at heightened levels when someone has a mood disorder, such as anxiety.

Fatty fish, such as salmon, mackerel, sardines, trout, and herring, are high in omega-3. Omega-3 is a fatty acid that has a strong relationship with cognitive function as well as mental health.

Egg yolks are another great source of vitamin D.

Eating potassium-rich foods such as pumpkin seeds or ba-

nanas, may help reduce symptoms of stress and anxiety.

Dark chocolate is also a good source of magnesium. When choosing dark chocolate, aim

for 70 percent or more. Dark chocolate still contains added sugars and fats, so a small serving of 1 to 3 grams (g) is appropriate.



# BASIC SUPPLEMENTATIONS

## CELLSENTIALS:

- Provides essential vitamins, minerals and antioxidants
- Foundational full body Multi-vitamin/Mineral Supplement for overall health

## BIOMEGA:

- Supports cardiovascular health, cognitive health, supports focus and concentration, vision, and brain function and development,
- Essential Fatty Acids/Fish Oil is 100% free from lead, mercury and other heavy metals

## HEPA PLUS:

- Supports liver health and detoxification processes within the body
- Liver Support Formula (Milk thistle, Lipoic acid, N-Acetyl Cysteine, Turmeric)

## VITAMIN D:

- Supports cellular function, improves mood, improves brain function
- 1000 IU per tablet

## USANA PROBIOTICS:

- Supports healthy digestion
- Research validated colony-forming bacteria

## PURE REST:

- Naturally increases your melatonin production at night for optimal sleep
- Melatonin helps support production and function of both serotonin and growth hormone, especially during sleep
- Supports a healthy immune system, by decreasing the risk for cancer and infections.
- Melatonin helps with clear thinking and improve mood.
- Not a sleeping pill and Not habit forming

# SPECIFIC LIFESTYLE & MIND/BODY SUGGESTIONS

Our thoughts create our reality. It is our thoughts that affect our mood first. Then our bad mood continues to affect more bad thinking.

Get a minimum of 20-30 minutes of sunshine daily to improve vitamin D status.

Engage in regular exercise, which may ease the symptoms of depression, as this has an impact on hormonal and neurotransmitter activity.

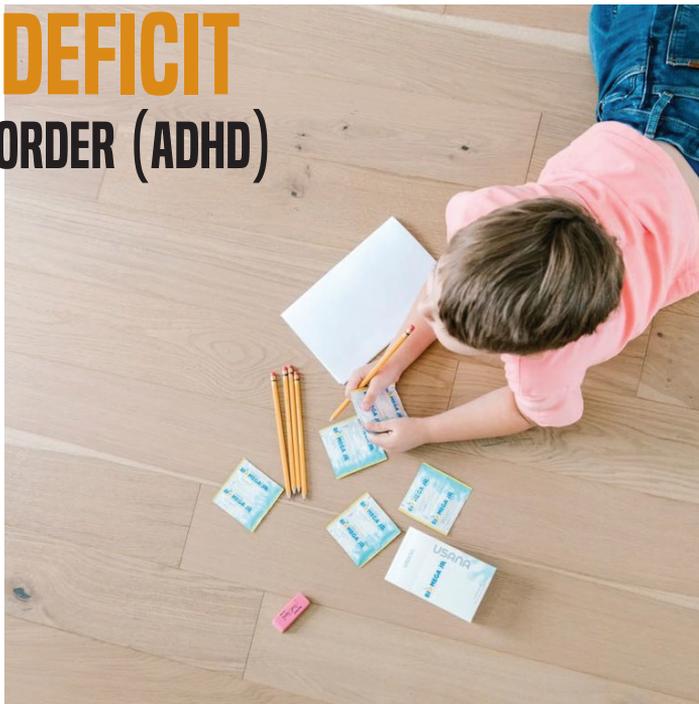
Do something that you enjoy so you can quickly start moving again and reconnect with your body.

Seek professional help to explore the emotional aspects of anxiety. Sometimes there are emotional issues that need to be cleared before depression can subside.



# ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

Attention deficit hyperactivity disorder (ADHD) affects children and teens and can continue into adulthood. ADHD is the most commonly diagnosed mental disorder of children. Children with ADHD may be hyperactive and unable control their impulses. Or they may have trouble paying attention. These behaviors interfere with school and home life. It's more common in boys than in girls. It's usually discovered during the early school years, when a child begins to have problems paying attention.

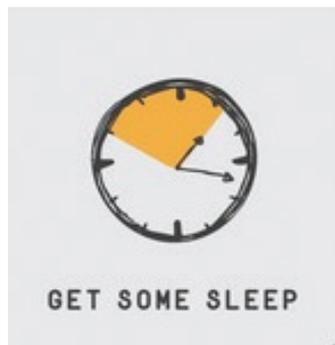


## SPECIFIC DIETARY SUGGESTIONS

Beans, cheese, eggs, meat, and nuts can be good sources of proteins. Eat these kinds of foods in the morning and for after-school snacks. It may improve concentration and possibly make ADHD medications work longer.

Load up on vegetables and some fruits, including oranges, tangerines, pears, grapefruit, apples, and kiwi. Eat this type of food in the evening, and it may help you sleep.

Foods rich in proteins like tuna, salmon, cold-water white fish and Brazil nuts, olive and canola oils are used by the body to make neurotransmitters, the chemicals released by brain cells to communicate with each other. Protein can prevent surges in blood sugar, which increase hyperactivity and impulsivity.



# BASIC SUPPLEMENTS

## CELLSENTIALS:

- Provides essential vitamins, minerals and antioxidants
- Foundational full body Multi-vitamin/Mineral Supplement for overall health

## PROFLAVANOL C100:

- Supports cardiovascular & nervous system, immune system, improves circulation
- Vitamin C/Grape seed extract

## COPAPRIME:

- Supports long and short term memory, thinking skills, alertness and attention that aids learning and retention even during times of stress

## HEPA PLUS:

- Supports liver health and detoxification processes within the body
- Liver Support Formula (Milk thistle, Lipoic acid, N-Acetyl Cysteine, Turmeric)

## BIOMEGA:

- Supports cardiovascular health, cognitive health, supports focus and concentration, vision, and brain function and development, and joint health
- Essential Fatty Acids/Fish Oil is 100% free from lead, mercury and other heavy metals

## USANA PROBIOTICS:

- Supports healthy digestion
- Research validated colony-forming bacteria

## PURE REST:

- Naturally increases your melatonin production at night for optimal sleep
- Melatonin helps support production and function of both serotonin and growth hormone,
- Especially during sleep.
- Supports a healthy immune system, by decreasing the risk for cancer and infections
- Melatonin helps with clear thinking and improve mood
- Not a sleeping pill and Not habit forming

## SPECIFIC LIFESTYLE & MIND/BODY SUGGESTIONS

Adequate sleep is a huge benefit for your brain and body.

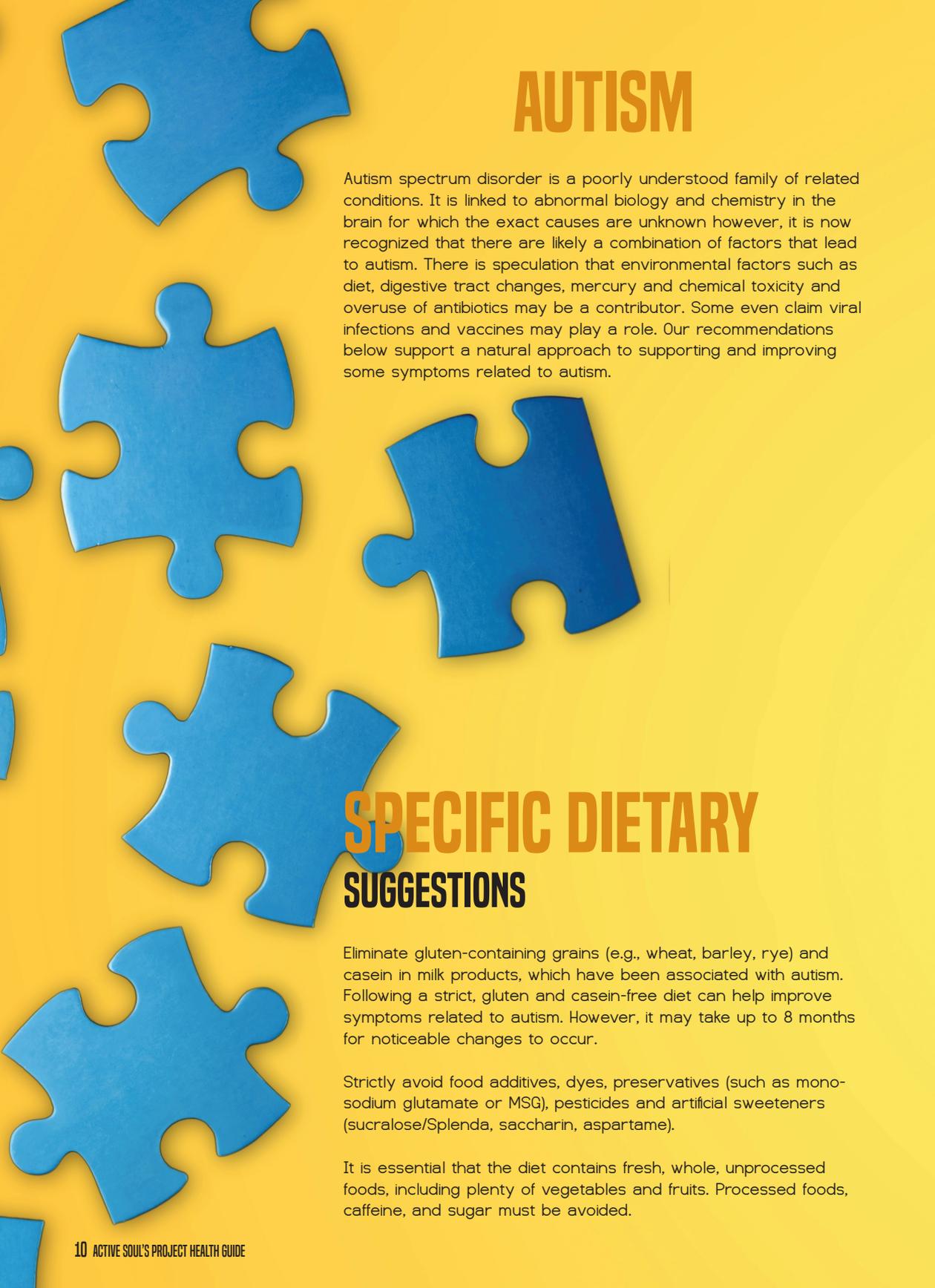
The positive sleep-health connection is well documented.

Sleep is too often neglected particularly by those with ADHD.

Action steps for sleep: No screens in the hour before bed, set up a sleep routine that occurs every night at the same time, Melatonin supplement.

Physical activity promotes brain growth, improves brain efficiency, and strengthens learning abilities.

Brain changes associated with exercise are most dramatic in the areas related to ADHD: executive functioning, attention, and working memory.



# AUTISM

Autism spectrum disorder is a poorly understood family of related conditions. It is linked to abnormal biology and chemistry in the brain for which the exact causes are unknown however, it is now recognized that there are likely a combination of factors that lead to autism. There is speculation that environmental factors such as diet, digestive tract changes, mercury and chemical toxicity and overuse of antibiotics may be a contributor. Some even claim viral infections and vaccines may play a role. Our recommendations below support a natural approach to supporting and improving some symptoms related to autism.

## SPECIFIC DIETARY SUGGESTIONS

Eliminate gluten-containing grains (e.g., wheat, barley, rye) and casein in milk products, which have been associated with autism. Following a strict, gluten and casein-free diet can help improve symptoms related to autism. However, it may take up to 8 months for noticeable changes to occur.

Strictly avoid food additives, dyes, preservatives (such as monosodium glutamate or MSG), pesticides and artificial sweeteners (sucralose/Splenda, saccharin, aspartame).

It is essential that the diet contains fresh, whole, unprocessed foods, including plenty of vegetables and fruits. Processed foods, caffeine, and sugar must be avoided.

# BASIC SUPPLEMENTS

## CELLSENTIALS:

- Provides essential vitamins, minerals and antioxidants
- Foundational full body Multi-vitamin/Mineral Supplement for overall health

## PROFLAVANOL C100:

- Supports cardiovascular & nervous system, immune system, improves circulation
- Vitamin C/Grape seed extract

## HEPA PLUS:

- Supports liver health and detoxification processes within the body
- Liver Support Formula (Milk

thistle, Lipoic acid, N-Acetyl Cysteine, Turmeric)

## BIOMEGA:

- Supports cardiovascular health, cognitive health, supports focus and concentration, vision, and brain function and development, and joint health
- Essential Fatty Acids/Fish Oil is 100% free from lead, mercury and other heavy metals

## USANA PROBIOTICS:

- Supports healthy digestion
- Research validated colony-forming bacteria

## SPECIFIC LIFESTYLE & MIND/BODY SUGGESTIONS

Get a minimum of 20-30 minutes of sunshine daily to improve vitamin D status.

Avoid exposure to toxins (gasoline, paint, solvents, cigarette smoke, cleaners, bug sprays, heavy metals, air pollution).

Get a complete dental evaluation and consider the removal of any mercury-amalgam fillings by a biological dentist who will follow the proper protocol.

Avoid drugs (if possible), espe-

cially antibiotics, acetaminophen (Tylenol), aspirin and prescription drugs.

The autistic person should engage in mental exercises such as learning new skills and information.

Physical exercise is necessary to decompress.

It is very important for the support system of the autistic person to take the time to deal effectively with stress. Stress,

in its many forms, is a pervasive issue in autism, involving the whole support system of the person dealing with this disorder.

Most times, the guidance of a trained mental health professional is recommended to help navigate the complex emotional issues that arise.

# CARDIOVASCULAR HEALTH

Cardiovascular disease includes a number of heart conditions such as arrhythmias, cardiomyopathy, atherosclerosis, congestive heart failure and some valve issues. The recommendations below are designed to support heart health in general since many heart conditions have similar features and nutrient/diet/life-style recommendations.



## SPECIFIC DIETARY SUGGESTIONS

Eat a plant-based, whole foods diet with small amounts of high-quality animal protein, especially fish varieties that are high in Omega-3 fats (salmon, sardines).

Strictly avoid damaged fats (trans fats), deep-fried foods, processed oils and margarine.

Strictly avoid food additives, dyes, preservatives, pesticides and artificial sweeteners.

Avoid refined/processed foods, alcohol, smoking and caffeine.



# BASIC SUPPLEMENTS



## CELLSENTIALS:

- Provides essential vitamins, minerals and antioxidants
- Foundational full body Multi-vitamin/Mineral Supplement for overall health

## VITAMIN D:

- Supports cellular function, improves mood, improves brain function
- 1000 IU per tablet

## PROFLAVANOL C100:

- Supports cardiovascular & nervous system, immune system, improves circulation
- Vitamin C/Grape seed extract

## BIOMEGA:

- Supports cardiovascular health, cognitive health, supports focus and concentration, vision, and brain function and development, and joint health
- Essential Fatty Acids/Fish Oil is 100% free from lead, mercury and other heavy metals

## COQUINONE 30/100:

- Maintains and supports cellular health and function
- Supports the health of many organs, tissues, including the heart, and muscle function

## GINKGO-PS:

- Supports mental acuity and healthy brain cell fluid
- Ginkgo Biloba & phosphatidylserine (PS)

## USANA MAGNECAL D:

- Supports strong, mineral-rich bones and teeth, healthy muscle and nerve function
- Energy metabolism and cardiovascular health

## FIBERGY PLUS:

- High quality Fiber
- Agave inulin supports a healthy gut microbiome

## SPECIFIC LIFESTYLE & MIND/BODY SUGGESTIONS

Get plenty of sleep (8-9 hours), which is important for the heart and the immune system.

Reduce exposure to electromagnetic radiation (EMFs).

Engage in regular exercise. When starting any physical activity program, it is important to start off slowly and use a qualified fitness professional when appropriate. Heart-rate-based exercise is a good

way to monitor yourself daily and can help you measure improvements.

Practice relaxation at least three times a day through meditation, healing imagery, tai chi or anything that calms your mind, body and spirit.

Relaxation is one of the most important things you can do to support heart health, as stress can aggravate any heart condition.

Explore forgiveness-related issues in your life. There is a strong correlation between resentment and heart disease.

# DEPRESSION & MENTAL HEALTH



Many different factors contribute to the group of signs and symptoms that we call “Depression” which is a form of mental illness. These can include diet, sleep, emotions, stress, biochemistry and a long list of other contributors. Although antidepressants might be beneficial for the treatment of depression, they cover only one aspect of this multifaceted problem. Additionally, people living with depression commonly have stomach/intestinal issues because the gut is our “second brain” and very vulnerable to emotional distress.

## SPECIFIC DIETARY SUGGESTIONS

Avoid refined sugar, caffeine and products containing these ingredients.

Eat protein with all meals and snacks to keep blood sugar stable.

Strictly avoid food additives, dyes, preservatives, pesticides and artificial sweeteners.

# BASIC SUPPLEMENTS

## CELLSENTIALS:

- Provides essential vitamins, minerals and antioxidants
- Foundational full body Multi-vitamin/Mineral Supplement for overall health

## HEPA PLUS:

- Supports liver health and detoxification processes within the body
- Liver Support Formula (Milk thistle, Lipoic acid, N-Acetyl Cysteine, Turmeric)

## VITAMIN D:

- Supports cellular function, improves mood, improves brain function
- 1000 IU per tablet

## BIOMEGA:

- Supports cardiovascular health, cognitive health, supports focus and concentration, vision, and brain function and

development, and joint health

- Essential Fatty Acids/Fish Oil is 100% free from lead, mercury and other heavy metals

## USANA PROBIOTICS:

- Supports healthy digestion
- Research validated colony-forming bacteria

## COQUINONE 30/100:

- Maintains and supports cellular health and function
- Supports the health of many organs, tissues, including the heart, and muscle function

## GINKGO-PS:

- Supports mental acuity and healthy brain cell fluid
- Ginkgo Biloba & phosphatidylserine (PS)

## FIBERGY PLUS:

- High quality Fiber
- Agave inulin supports a healthy gut microbiome

## PURE REST:

- Naturally increases your melatonin production at night for optimal sleep
- Melatonin helps support production and function of both serotonin and growth hormone, especially during sleep
- Supports a healthy immune system, by decreasing the risk for cancer and infections
- Melatonin helps with clear thinking and improve mood
- Not a sleeping pill and not habit forming

## DIGESTIVE ENZYME:

- Helps digestive your meals more efficiently to support absorption of fats, proteins, carbohydrates

## SPECIFIC LIFESTYLE & MIND/BODY SUGGESTIONS

Strictly avoid alcohol and tobacco.

Get a minimum of 20-30 minutes of sunshine daily to improve vitamin D status.

Engage in regular exercise, which may ease the symptoms of depression, as this has an impact on hormonal and neurotransmitter activity.

Do something that you enjoy so you can quickly start moving again and reconnect with your body.

Seek professional help to explore the emotional aspects of depression and mental illness. Sometimes there are emotional issues that need to be cleared before depression can subside.

# DIABETES (TYPE 2)

Diabetes is a disorder of carbohydrate, protein and fat metabolism and is characterized by elevated levels of fasting blood glucose. Insulin resistance (or the body's inability to effectively use insulin) is a feature of diabetes. These conditions of blood sugar imbalance are often successfully managed with a diet and lifestyle approach.



## SPECIFIC DIETARY SUGGESTIONS

Reduce grains (wheat, corn, rice, oats, etc.) and dairy products; consider a Paleolithic-type diet which excludes grains and dairy. Nut milk is an excellent replacement for dairy.

Avoid all sugars and artificial sweeteners (aspartame, sucralose/Splenda, saccharin). Replace sugars with small amounts of xylitol or stevia. Avoid all “diet” products.

Eat low-glycemic meals and snacks to avoid peaks and drops in blood sugar. Be sure to eat some protein and some fat with all meals and snacks to maintain normal blood sugar. Vegetables are excellent snacks when combined with nuts, avocado or olives.

Eat only low sugar fruits in moderation; 1-2 servings a day or less. Low sugar fruits include all berries, under-ripe bananas, tart apples, and firm pears.

Strictly avoid products containing high fructose corn syrup. Keep total fructose intake from all sources (including fruits) to 15-20 grams per day or less.

Strictly avoid damaged fats (trans fats), deep fried foods, processed oils and margarine.

# BASIC SUPPLEMENTS

## CELLENTIALS:

- Provides essential vitamins, minerals and antioxidants
- Foundational full body Multi-vitamin/Mineral Supplement for overall health

## HEPA PLUS:

- Supports liver health and detoxification processes within the body

## VITAMIN D:

- Supports cellular function, improves mood, improves brain function

## PROFLAVANOL C100:

- Supports cardiovascular & nervous system, immune system, improves circulation
- Vitamin C/Grapeseed extract

## BIOMEGA:

- Supports cardiovascular health, cognitive health, supports focus and concentration, vision, and brain function and development, and joint health
- Essential Fatty Acids/Fish Oil is 100% free from lead, mercury and other heavy metals

## DIGESTIVE ENZYME:

- Helps digestive your meals more efficiently to support absorption of fats, proteins, carbohydrates

## USANA PROBIOTICS:

- Supports healthy digestion
- Research validated colony-forming bacteria

## COQUINONE 30/100:

- Maintains and supports cellular health and function
- Supports the health of many organs, tissues, including the heart, and muscle function

## GINKGO-PS:

- Supports mental acuity and healthy brain cell fluid

## FIBERGY PLUS:

- High quality fiber
- Agave inulin supports a healthy gut microbiome

## SPECIFIC LIFESTYLE & MIND/BODY SUGGESTIONS

Exercise regularly. Regular physical activity may help reduce the need for medication to control blood sugar, reduce body fat that can be a major complication in diabetes, and help with mood-related symptoms. Choose activities you enjoy that are of moderate intensity. If in doubt, contact your main health provider for exercise recommendations.

# DOWN SYNDROME

Down syndrome (DS or DNS), also known as trisomy 21, is a genetic disorder caused by the presence of all or part of a third copy of chromosome 21. It is usually associated with physical growth delays, mild to moderate intellectual disability, and characteristic facial features. Down syndrome can have many effects, and it's very different for each person. Some will grow up to live almost entirely on their own, while others will need more help taking care of themselves. Their mental abilities will vary, but most have mild to moderate delays with thinking, reasoning, and understanding.



## SPECIFIC DIETARY SUGGESTIONS

Individuals with Down syndrome are likely to be overweight and have a higher risk of obesity. They burn calories at a slower rate and are frequently diagnosed with an under-active thyroid which can contribute to weight gain.

Gastroesophageal reflux disease (GERD) is common among children with Down syndrome. Symptoms include heartburn, sore throat, regurgitation and chest pain.

Gluten intolerance and celiac disease is also widespread and can lead to nutrient deficiency and an impaired immune system if dietary needs are avoided.

Periodontal disease becomes prevalent in adulthood so it is important to establish habits to eat foods that will decrease its likelihood.

Most common infection is candidiasis, they may have compressed immune systems, and have dry skin, atopic dermatitis, palmoplantar hyperkeratosis, and seborrheic dermatitis



# BASIC SUPPLEMENTS

## CELLESENTIALS:

- Provides essential vitamins, minerals and antioxidants

Foundational full body Multivitamin/Mineral Supplement for overall health

## HEPA PLUS:

- Supports liver health and detoxification processes within the body

Liver Support Formula (Milk thistle, Lipoic acid, N-Acetyl Cysteine, Turmeric)

## VITAMIN D:

- Supports cellular function, improves mood, improves brain function
- 1000 IU per tablet

## PROFLAVANOL C100:

- Supports cardiovascular & nervous system, immune system, improves circulation

Vitamin C/Grapeseed extract

## BIOMEGA:

- Supports cardiovascular health, cognitive health, supports focus and concentration, vision, and brain function and development, and joint health
- Essential Fatty Acids/Fish Oil is 100% free from Lead, mercury and other heavy metals

## CHEWABLE CALCIUM:

- Supports bone health, aids in heartburn

## USANA PROBIOTICS:

- Supports healthy digestion

Research validated colony-forming bacteria

## ORAL PROBIOTICS:

- Sugar-and lactose-free dissolvable lozenge

Strains of bacteria work together to colonize to protect the oral cavity



## SPECIFIC LIFESTYLE SUGGESTIONS

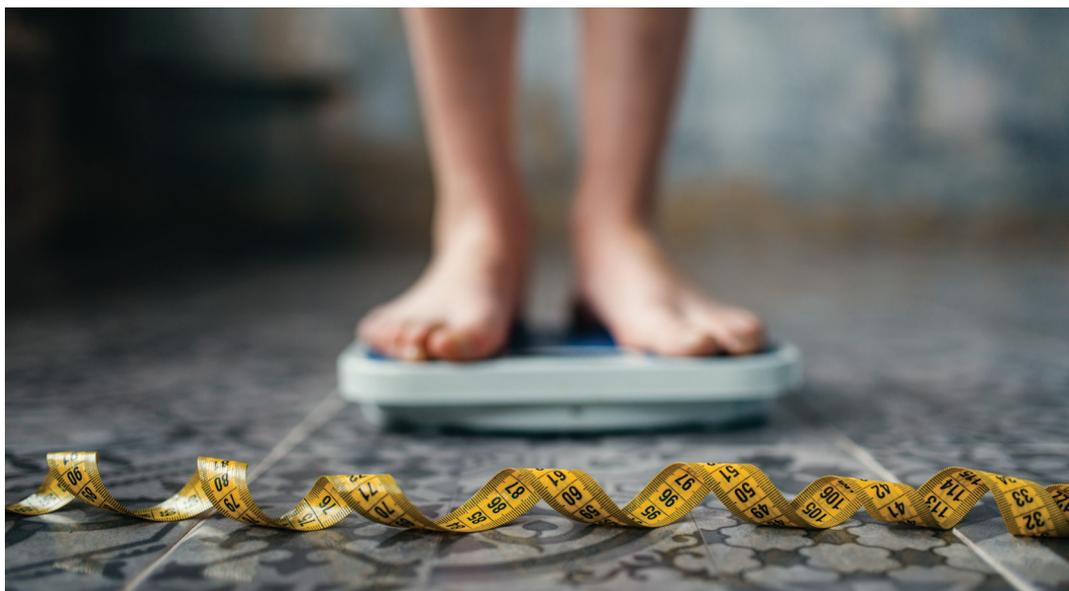
Individuals with Down syndrome have certain physical and mental distinctive features. Therefore, they may have cognitive and intelligence impairments and delays.

Down syndrome should be considered a spectrum. Each person diagnosed with Down syndrome has similarities and commonalities but levels of needs will vary. Parents should give their best to support them and teach them about their condition. By working together, they can help children with Down syndrome live a happy, healthy life.

# EATING DISORDER AND OBESITY

Eating Disorders describe illnesses that are characterized by irregular eating habits and severe distress or concern about body weight or shape. Eating disturbances may include inadequate or excessive food intake which can ultimately damage an individual's well-being.

Obesity is defined as having a BMI of 30 or more. Body mass index is a rough calculation of a person's weight in relation to their height. Having a high ratio of body fat to muscle puts strain on your bones as well as your internal organs. It also increases inflammation in the body, which is thought to be a cause of cancer. Obesity is also a major cause of type 2 diabetes.



## SPECIFIC DIETARY SUGGESTIONS

Eating fresh fruits and raw vegetables will help the body get natural vitamins it's been denied by eating junk food filled with sugar and negative calories. Dark green leafy spinach, broccoli, bright orange carrots, red tomatoes, and green, red, and yellow peppers are all wonderful sources of A, C, D, E, and K. They are also foods that are high in fiber to assist the body back to good health

Eat well by choosing nutritious foods, like fruits, vegetables, whole grains, and lean proteins

Foods that are high-fat and high-calorie should be consumed in moderation

# BASIC SUPPLEMENTS

## CELLSENTIALS:

- Provides essential vitamins, minerals and antioxidants
- Foundational full body Multivitamin/Mineral Supplement for overall health
- (Prenatals CellSentials-essential vitamins, minerals and antioxidants with excellent source of iron, biotin, and magnesium)

## PROFLAVANOL C100:

- Supports cardiovascular & nervous system, immune system, improves circulation
- Vitamin C/Grape seed extract

## HEPA PLUS:

- Supports liver health and detoxification processes

within the body

- Liver Support Formula (Milk thistle, Lipoic acid, N-Acetyl Cysteine, Turmeric)

## BIOMEGA:

- Supports cardiovascular health, cognitive health, supports focus and concentration, vision, and brain function and development, and joint health
- Essential Fatty Acids/Fish Oil is 100% free from lead, mercury and other heavy metals

## USANA PROBIOTICS:

- Supports healthy digestion
- Research validated colony-forming bacteria

## PURE REST:

- Naturally increases your melatonin production at night for optimal sleep
- Supports a healthy immune system, by decreasing the risk for cancer and infections
- Melatonin helps with clear thinking and improve mood.
- Not a sleeping pill and Not habit forming

## RESET CLEANSE PROGRAM:

- A simple approach to help you make a clean break from the effects of unhealthy foods and jumpstart healthy eating habits

## SPECIFIC LIFESTYLE & MIND/BODY SUGGESTIONS

It is important to seek treatment early for eating disorders. Treatment plans are tailored to individual needs and may include one or more of the following: Individual, group, and/or family psychotherapy, medical care and monitoring, nutritional counseling, medication.

If you're obese and haven't been able to lose weight on your own, medical help is available. Start with your family physician who may be able to refer you to a weight specialist in your area. Your doctor may also want to work with you as part of a team helping lifestyle changes. That team might include a dietitian, therapist, and/or other healthcare staff.



# IMMUNE SUPPORT



Immune system health is closely related to digestive problems, stress, frequency or intensity of exercise, and nutritional status, all of which are associated with a depressed immune response and increased rate of disease. We believe that everyone should take action to support their immune systems, especially as we age. Many critical immune system components are reduced or slowed and our susceptibility to infection and disease is increased during the aging process. It is important to enhance immune response for optimal long-term health. If you have chronic respiratory infections, gastrointestinal issues and/or gum disease, you may have a depressed immune system.

## SPECIFIC DIETARY SUGGESTIONS

Eat easily digestible foods such as soups, green vegetable juices and protein shakes. Since 70% of your immune system is in your intestinal tract, it is important to nourish your gut. Soups made with meat, poultry or fish stock help to improve immune function, conserve

energy through easier digestion and they also nourish the intestinal tract. People on vegetarian diets can use vegetable stocks and bean soups to obtain adequate protein.

Strictly avoid all sugar, including fruit juices -it weakens the

immune system.

Eat foods with fresh garlic every day (garlic is both anti-viral and anti-bacterial).

Add mushrooms to your meals. These are 'functional foods' that help support the immune system on a fundamental, multi-factorial level. Culinary mushrooms available in many grocery stores such as Shiitake, Maitake, Oyster, Enoki, Shimeji, and Pioppinos are excellent choices.

Drink plenty of pure water to keep your body well-hydrated.

Increase your intake of fermented foods such as plain yogurt, kefir, sauerkraut, miso, tempeh, and kombucha



# BASIC SUPPLEMENTS

## CELLSEENTIALS:

- Provides essential vitamins, minerals and antioxidants
- Foundational full body Multi-vitamin/Mineral Supplement for overall health

## HEPA PLUS:

- Supports liver health and detoxification processes within the body
- Liver Support Formula (Milk

thistle, Lipoic acid, N-Acetyl Cysteine, Turmeric)

## VITAMIN D:

- Supports cellular function, improves mood, improves brain function
- 1000 IU per tablet

## PROFLAVANOL C100:

- Supports cardiovascular & nervous system, immune sys-

tem, improves circulation

- Vitamin C/Grapeseed extract

## BIOMEGA:

- Supports cardiovascular health, cognitive health, supports focus and concentration, vision, and brain function and development, and joint health
- Essential Fatty Acids/Fish Oil is 100% free from lead, mercury and other heavy metals

## USANA PROBIOTICS:

- Supports healthy digestion
- Research validated colony-forming bacteria

## PURE REST:

- Supports insomnia, fatigue
- Naturally increases your melatonin production at night for optimal sleep
- Not a sleeping pill and Not habit forming



## SPECIFIC LIFESTYLE & MIND/BODY SUGGESTIONS

Get plenty of sleep. Sleep helps to improve the immune system.

Engage in lymphatic exercises such as dry skin brushing, lymphatic massage, and very light exercises such as low intensity walking, rebounding or bouncing on an exercise ball.

Take a warm bath in Epsom salts and consider using drops essential oils such as eucalyptus, oregano, peppermint and tea tree.

Stress can negatively impact your immune system. Identify any source of stress and deal with it effectively. Some stressful situations can be avoided without major consequences and can be easily removed from your life. Other stressful situations are more permanent and need to be managed and released.

# IRRITABLE BOWEL SYNDROME (IBS)

Irritable Bowel Syndrome (IBS) is the most common digestive disorder, accounting for between 30 and 50 percent of all referrals to gastroenterologists. People living with IBS experience altered bowel habits, frequently suffering from constipation, diarrhea, or alternating episodes of both. Abdominal pain, cramping, bloating, and feelings of fullness can also occur. Psychological factors such as anxiety, hostile feelings, depression and sleep disturbances play a role in IBS, and the frequency and severity of symptoms tend to correlate with these factors. IBS should not be confused with Inflammatory Bowel Diseases such as Crohn's and Ulcerative Colitis



## SPECIFIC DIETARY SUGGESTIONS

Since Irritable Bowel Syndrome may be associated with food sensitivities, try an Elimination diet for three weeks, which eliminates and helps to identify common food allergens. The most common offenders in IBS are grains and dairy products.

Avoid refined sugar, alcohol and caffeine.

Increase your intake of fiber, preferably through eating fruits and vegetables. Cooked vegetables may be more tolerable than raw for those with living with IBS.

Eat easily digestible meals such as soups and shakes when under an abnormal amount of stress.

Aloe Vera juice may help with symptoms.



# BASIC SUPPLEMENTS

## CELLSENTIALS:

- Provides essential vitamins, minerals and antioxidants

Foundational full body Multivitamin/Mineral Supplement for overall health

## VITAMIN D:

- Supports cellular function, improves mood, improves brain function
- 1000 IU per tablet

## BIOMEGA:

- Supports cardiovascular health, cognitive health, sup-

ports focus and concentration, vision, and brain function and development, and joint health

Essential Fatty Acids/Fish Oil is 100% free from Lead, mercury and other heavy metals

## USANA PROBIOTICS:

- Supports healthy digestion

Research validated colony-forming bacteria

## FIBERGY PLUS:

- High quality Fiber
- Agave inulin supports a healthy gut microbiome

## PURE REST:

- Supports insomnia, fatigue

Naturally increases your melatonin production at night for optimal sleep

- Not a sleeping pill and Not habit forming

## DIGESTIVE ENZYME:

- Helps digestive your meals more efficiently to support absorption of fats, proteins, carbohydrates
- Relieves fullness, bloating, or other occasional issues associated with digestion after a large meal

## SPECIFIC LIFESTYLE & MIND/BODY SUGGESTIONS

Sleep quality is especially significant for those with IBS. Poor quality sleep generally results in an increase in the severity of symptoms. Practice good sleep habits and strive for high-quality sleep each night.

The gut (intestinal tract) is commonly referred to as the “feeling brain” as the lining of the gut is covered with

neurotransmitter receptors. Research has suggested that people living with IBS may have extra-sensitive pain receptors in the gastrointestinal tract, which may be associated with abnormal levels of serotonin, a brain chemical involved in regulating digestion and mood.

Invest time learning to relax, as stress can aggravate any digestive symptoms. Learn to meditate, breathe deeply or simply sit in contemplation of the world around you, feeling a deep sense of calm and centeredness.

Engage in regular exercise and routines to help with stress reduction. Find activities you enjoy.



# REFERENCES

<https://www.sanoviv.com/medical-programs/>

<https://www.medicalnewstoday.com/articles/322652.php#nine-foods-to-eat-to-help-reduce-anxiety>

<https://www.dr.laddvip.com/anxiety-disorder-and-nutritional-supplementation/>

<https://www.eatingdisorderhope.com/information/eating-disorder>

<https://www.healthline.com/health/obesity#prevention>

[https://www.nimh.nih.gov/health/topics/eating-disorders/index.shtml#part\\_145412](https://www.nimh.nih.gov/health/topics/eating-disorders/index.shtml#part_145412)

<https://www.dr.laddvip.com/attention-deficit-disorder/>

<https://mail.google.com/mail/u/0/#search/dr.ladd?compose=GTvVlcSHxGmQwSTgqsgppgzKZ-jVqBLcmtXdxlqmqMcZHWPBnGMmQKqRCWttcRPnvQvzMbtvBCsXNx&projector=1>

<https://mail.google.com/mail/u/0/#search/dr.ladd?compose=GTvVlcSHxGmQwSTgqsgppgzKZ-jVqBLcmtXdxlqmqMcZHWPBnGMmQKqRCWttcRPnvQvzMbtvBCsXNx&projector=1>

<https://www.additudemag.com/adhd-diet-nutrition-sugar/>



## Soul Wellness team

Marie Viana

Amanda Filazzola

Elisa Graci

Sascha King

## Graphic Designer

Francisco Espinoza

## Active Souls Project

### Owner/ Founder/ Coach

Sascha King

Address: 987 Guelph Street Kitchener

Phone: 519-500-2156

Email: [activesoulsproject@gmail.com](mailto:activesoulsproject@gmail.com)

Website: [www.activesoulsproject.com](http://www.activesoulsproject.com)

Website: [www.activesoulsproject.usana.com](http://www.activesoulsproject.usana.com)





# Goal

WELLNESS

