5 to Thrive!

1.) Breathe

Start each day with 10 rounds of deep breathing. Inhale deep into your belly, then hold for one second, then exhale slowly through your lips like you are blowing through a small straw.

*Deep breathing (also known as Diaphragmatic or abdominal breathing) has many well-documented benefits, for both physical and mental health!

Physical Benefits

- Lowers heart rate
- Aids digestion
- Reduces blood pressure
- Improves lung function
- Boosts oxygen delivery

Mental & Emotional Benefits

- Helps regulate emotions
- Reduces stress and anxiety
- Improves sleep quality
- Eases symptoms of depression
- Enhances focus and clarity

2.) Pause

Take a 1-3 minute pause mid-morning and/or mid-afternoon. Sit comfortably, close your eyes, and practice a round of 10 deep breaths.

3.) Try A New Food

Incorporate a new, nutrient-dense food to your menu for the week. Here are a few ideas to get you started:

- **Grass-Fed and Grass-Finished Beef Liver**
  - Often called Nature's Multivitamin!
  - Aids Detoxification
  - Rich in essential nutrients, like Vitamin A, Iron, Vitamin B12, Folate (B9), Selenium, Zinc and Copper
  - Helps boost energy and reduces fatigue
  - Supports the Immune System

- **Cod Liver Oil**
  - Rich in Vitamins A & D
  - Supports eye health
  - Enhances skin and hair health
  - High in Omega-3 Fatty Acids (EPA & DHA)
  - Fights inflammation

- **Pasture-Raised Eggs**
  - High in Omega-3 Fatty Acids
  - Vitamin D (levels can be 4-6x higher than conventional eggs!) — supporting bone, immune and mood health!
  - High in healthy fats - Improved Omega-6 to Omega-3 ratio, which helps reduce inflammation in the body
  - Richer in vitamins A, E, & D than conventional eggs

4.) Eliminate Ultra-Processed Food

Choose one ultra-processed food item to remove from your grocery list or cart, and replace it with a healthier option. Ultra-processed food items tend to be “naked carbs”, meaning, they provide basically zero nutritional value for our bodies. Next time you go to the grocery store, pass up on the box of cereal or bag of chips and replace it with a healthier option that is richer in protein & healthy fats!

(Attached is a Healthy Protein Chia Oat Cluster recipe you can try!)

5.) Go For A Walk

Go for a 15-minute walk within an hour of eating a meal. Here are the health benefits to walking after a meal:

- Boosts metabolism - Going for a light walk after eating encourages the body to burn calories more efficiently, rather than storing them as fat.
- Stabilizes blood sugar levels - Post-meal walks can help lower your body’s blood glucose spikes by helping the muscles to absorb sugar from the bloodstream.
- Improves digestion - Stimulates the stomach and intestines, helping food move through the digestive tract and reduces bloating or indigestion.
- Enhances heart health - regular walks can improve circulation and supports overall cardiovascular health.

Remember that living a healthy and thriving life does not need to be complicated. Everyday, you have the ability to try one small thing that can make a *big* difference!

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