WHOLE BRAIN
HOLISTIC CARE
Integrative Solutions for Mind, Body, and Neuroimmune Health

The W.H.O.L.E. B.R.A.I.N. Daily Wellness Guide

10 natural foundations for whole-body wellness

Simple daily actions for individuals and families

A practical guide to building consistent habits. Choose what works for your body, age, and health needs. The examples are options, not requirements.

W | Water

Water supports circulation, temperature regulation, digestion, and normal kidney function. Citrus can add flavor, but the liver and kidneys perform the body's detoxification.

1. Start the day with water and a squeeze of lemon or lime if tolerated. Optional additions such as a small amount of cayenne or coconut oil are for personal preference to assist with cleansing. Baking soda is recommended for alkalizing and cleansing the body. Start with one teaspoon daily.

2. Choose a stainless-steel, food-grade reusable bottle with BPA-free components rather than a plastic bottle. Wash it regularly.

3. Sip water between meals rather than during a meal. Large amounts of water during meals can impair digestion and causing bloating

H | Healthy Nutrition

Focus on a diet high in protein, fiber, and healthy fat. Low in carbohydrates and sugar. Colorful plant foods provide fiber and a variety of nutrients. Unsaturated fats, including those in avocados, nuts, seeds, and olive oil, support overall cardiovascular and brain health.

1. Add a fruit or vegetable to each meal, adjusting texture and portion size to individual needs.

2. Aim to "eat the rainbow" across the week: rotate red, orange, green, blue/purple, and white produce.

3. Include a source of healthy fat, such as avocado, olive oil, nuts, or seeds, alongside adequate protein and other nourishing foods.

O | Oxygen

Oxygen is essential for cellular energy production. Comfortable nasal breathing can warm, filter, and humidify inhaled air; rhythmic breathing may help relaxation and emotional regulation.

1. Breathe through your nose rather than through your mouth. Mouth is for eating and the nose is for breathing.

2. Try gentle rhythmic breathing for 2-5 minutes: inhale comfortably for about 4 counts and exhale for about 4-6 counts, without forcing or holding the breath.

3. Spend a few minutes outdoors or walking where air quality is good, matching activity to your ability.

L | Light

Daylight helps regulate circadian rhythms and can support alertness and sleep timing. Sunlight enables skin to make vitamin D, although the amount varies and excessive UV exposure is harmful.

1. Get natural outdoor daylight daily. If in severe heat, take the appropriate breaks to protect your skin from UV rays.

2. Take short breaks from screens and decrease screen time throughout the day as it stimulates the optic nerve and brain activity.

3. Reduce prolonged screen use, especially before bedtime. Blue-light-filtering glasses are optional.

E | Exercise

Movement supports cardiovascular fitness, metabolic health, mood, and brain function. High-intensity interval training (HIIT) is very effective.

1. If medically appropriate and already conditioned for vigorous exercise, try a 15-minute interval session with 90 seconds of harder effort followed by 30 seconds of easier recovery; include warm-up and cool-down.

2. On other days, walk, cycle, dance, swim, or choose an enjoyable form of moderate movement. Swim and cycling are easier on joints.

3. Break up long periods of sitting with gentle stretching, mobility, or brief walks.

B | Balance

A manageable schedule, meaningful connection, and recovery time can help reduce chronic stress burden. Cortisol naturally fluctuates; the goal is healthy stress regulation, not keeping cortisol constantly low.

1. Avoid overloading your schedule: choose realistic priorities and leave some open time.

2. Take a short pause between responsibilities to breathe, stretch, or reset.

3. Plan one enjoyable activity or meaningful interaction each day. You are one person, and rest belongs on the calendar too.

R | Rest

Sleep supports memory, emotional regulation, immune function, and physical recovery. Restorative processes occur throughout sleep, not at one fixed clock time.

1. For adults, aim for roughly 7-9 hours of sleep, often about 8; children and teenagers generally need more.

2. If it suits your schedule and sleep needs, try a consistent bedtime between 8 and 10 p.m. Restorative hormones release around 11:00pm nightly.

3. Create a wind-down routine: dim lights, reduce stimulating screens, and keep a regular wake time. Reading your favorite book is an excellent choice.

A | Attitude

Mindset influences stress responses, habits, and how we cope with challenges. Thoughts affect physiology through complex brain-body pathways and speak to every cell in our body. The mind is a more powerful muscle than we think.

1. Begin the day with one encouraging or realistic intention.

2. Write down three things you appreciate or that went well. Start your morning stating one thing you love about yourself.

3. Find the positive in every situation. I promise there is one!

I | Immune Support

Immune health depends on adequate nutrition, sleep, physical activity, and appropriate preventive care.

1. Eat a varied, adequate diet with protein/fiber/healthy fats and produce, and address nutrient deficiencies when identified.

2. Protect sleep and make room for regular physical activity and recovery.

3. Enjoy grounding activities such as walking barefoot outdoors and connecting with the earth around you.

N | Nature

Time in natural environments can support relaxation, movement, attention, and connection. Sunlight and plants are important parts of our environment. The Earth expends energy and our bodies are made up of energy.

1. Spend time outdoors in a park, garden, or under trees when practical.
2. Notice the natural world for a few minutes: sounds, colors, air, and seasonal changes.
3. Combine nature with a pleasant daily habit, such as walking, stretching, reading outside, or gardening.

My Daily W.H.O.L.E. B.R.A.I.N. Check-In

Mark the foundations you practiced today. Progress matters more than perfection.

- ■ W - Water
- ■ H - Healthy Nutrition
- ■ O - Oxygen
- ■ L - Light
- ■ E - Exercise
- ■ B - Balance
- ■ R - Rest
- ■ A - Attitude
- ■ I - Immune Support
- ■ N - Nature

One small habit I will focus on this week: _____

Educational information only. Individual health conditions, allergies, medications, age, and physical ability may change what is appropriate. Consult a qualified clinician before starting vigorous exercise, using baking soda regularly, or making significant changes to a medical care plan.