



JUICY LIVING AT A GLANCE

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Check off the ones you've been doing daily and take note of where you need improvement.



1 Drink more water!

You **MUST** consume half your body weight in ounces of water per day before asking your body to feel better for you.

Pure water flushes out toxins, hydrates the skin, prevents and alleviates constipation, and provides lubrication for the joints and tissues. Drink Up!!



2 Sleep hygiene!

I can't count how many patients tell me they are watching tv or reading with bright lights before bed.



Bright lights prevent your sleepy hormone melatonin from rising at night.

Turn down those lights and instead, opt for a nice hot bubble bath, sip warm chamomile tea while listening to relaxing music, or do a relaxing yoga sequence.

If you have to go to the bathroom in the middle of the night, do **NOT** turn on the lights or you will drop your melatonin levels immediately.

Try an orangish-red nightlight instead.

3 Take your multi vitamin!

Unfortunately, our food supply and soil have become depleted of nutrients and minerals that our bodies need to help our cells function and produce energy for us.



It's almost impossible to get some trace minerals you need in food. As much as I believe in food as medicine, you likely need to supplement to get some basics.



6 Mental fast!

We are bombarded daily with negative images, video, and people as we go about our day.



Just as a good detox helps the body, a good mental detox clears and helps the mind.



Commit to decreasing tv and news media exposure and instead enjoy uplifting, funny and inspirational material.



5 Body movement!

Yep..exercise of **SOME** sort helps to increase blood flow, keep the joints supple, and elevate your mood.

Find something fun that works for you.



Start slowly and gently dial up the intensity.

A relaxing yoga or pilates flow goes the distance for increasing blood flow to the sexual organs, relaxing the mind, and toning the tush...i.e. weight loss AND better sex!

4 Address the Stress!!

- Our adrenal glands are walnut shaped organs that sit on top of the kidneys.
- They produce our "fight or flight" hormones, one of which is cortisol.
- Too little or too high cortisol can lead to fatigue, auto-immune disorders and guess what? Muffin top!!



- Make a plan to decrease stress in your life immediately and make it a daily practice.

7 Quality supplements

There are some supplements that are just great to take regardless.

You can have your holistic practitioner tailor them to you depending on your needs or find out more in my flagship program and reset detox program.

I have a "fab five" that I recommend everyone take and that includes a multivitamin, fish oil, Vitamin D, probiotics, and adrenal support.



8 Time to meditate!



I'm adding meditation as a separate heading here because of how important it can be to overall well-being.



There are sooo many types of meditation that you can try.



It has been clinically proven to help with stress and lowering cortisol, which in turn helps with weight loss.

10 Solo Time!



I saved one of the best for last. We as women are notorious for taking care of everyone else's needs, often ignoring our bodies or foregoing our own pleasure for the sake of others.

I challenge all of you to make time for yourself daily. No time you say? Well, I guarantee everyone around you will benefit more if you are rested, happy, and feeling well.

Book a massage, go for a pedicure, schedule lunch with a friend, or take a bath with the DO NOT INTERRUPT sign on the door. Do it today.

9 Date night!

It's pretty important to schedule time with your partner, alone, just the two of you. Ideally, it would be great to connect alone EVERY week for alone time.



I'm here to listen and I love to help and hear how you are doing with the tips. Shoot me an email at support@drkyia.com to let me know what your biggest challenge is and what you hope to accomplish with your health and well-being.

Ready to learn how to drop pounds, balance your hormones, and feel great in 30 days by eating REALLY tasty food and doing relaxing body movement, check out my free workshop at www.healyourselfhousecall.com