

Wellness 101

Wellness: The Bigger Picture

What does “wellness” mean to you? For some it might simply mean “not being sick.” But in reality, wellness is much more than that. Multiple lifestyle factors, taken as a whole, can have a profound effect on your health and general wellness.

Lifestyle Factors and Your Health

Some common aspects of daily life can deplete the body of the nutrients it needs to function properly, such as:

- Drinking (alcohol, caffeine-containing coffee/sodas)
- Smoking (nicotine)
- Medications (statin drugs, corticosteroids, diuretics)
- Eating (processed food, refined carbohydrates)
- Stress (work, family)
- State of health (illness, injury, intestinal issues, pregnancy)

These things can rob you of nutrients by:

- Increasing your need for certain nutrients
- Causing accelerated nutrient loss
- Damaging the absorption of nutrients from food

In order to be well, it’s important to focus not just on what you’re eating but also on how you’re living.

The Role of Good Nutrition and Supplementation

You’ve heard it a million times: eat your fruits and vegetables. But statistics show that consumption of fruits and vegetables in the U.S. has remained relatively flat over the past decade. Plus, a large percentage of adults don’t get enough nutrients – including folate, zinc, magnesium, and vitamins A, B6 and C – from food alone. The aging process, genetic fluctuations, and gastrointestinal health also influence the body’s ability to absorb nutrients. While food is the best source, nutritional supplements may be recommended to help fill dietary gaps.

Lower Stress, Increase Rest

Life’s pressures can turn on your stress response and wear you down. When your level of stress becomes chronic or goes beyond what your body can handle, it can affect your physical, emotional and mental health. To help manage stress, try a few simple techniques, like breathing from your belly, taking a short walk, getting some exercise, or listening to music.

For more advanced help with stress, check out our [Identi-T™ Stress Program](#) and talk to Dr. Clarke about a plan for managing stress.

Another lifestyle factor affecting wellness is adequate sleep. Most experts recommend that adults get between 7-9 hours each night. You may need more or less, depending on your age and lifestyle. To maintain good health, try to make sleep a priority in your life.