

10-POINT CHECKLIST FOR MORE ENERGY AND BETTER HEALTH

Feel Your Best at Any Age or Stage

Brought to you by Pure Center of Health

 **purecenterofhealth**

WHOLE HEALTHCARE FOR LIFE.

www.purecenterofhealth.com

Hello, Health Seeker...

If you feel frustrated that the medical system is not working in your favor, you need to keep reading...

We are at a point in history where people are taking **more medications than ever before**—yet feeling sicker than ever.

It has become the norm to feel anxious, to sleep poorly, to struggle with joint pain, or to have trouble losing weight. You may even think these things are a fact of life. Hassles that everyone has to deal with.

But just because these issues are common does NOT mean they are normal.

At Pure Center of Health, we know that your body was meant for more.

We know that inside of you is the power to heal. To gain more energy. To sleep more soundly. To feel more at peace.

We also know that there are many more ways to support your health than medications alone. This is true no matter what your diagnosis or current level of health.

That's why we take a **whole healthcare approach** that addresses the physical, mental, and emotional aspects of health. Our registered naturopathic doctors use comprehensive testing to discover the underlying factors that are contributing to your disease. We then customize a step-by-step lifestyle program to address all aspects of your physiology and get you on a path to better health.

The naturopathic approach works because it **gets to the root cause of the problem** rather than covering up the symptoms on the surface.

We have so many different tools and strategies that we use to help our patients regain health. We recommend herbs, nutritional supplements, homeopathic remedies, and more. But there is no miracle cure for ANYTHING. If you want to truly regain and maintain your health, you need to put in the work of improving your lifestyle.

We're going to help you do that, and **it all begins with the 10-step checklist that follows.**

So, read on. Follow this checklist to get on track for a life of more vibrant energy, health, and happiness.

**Here's to Your Health,
Dr. Amerine & the Pure Center of Health Team**



Balance Sleep, Activity, Relaxation, and Fun

It's easy to get caught up in the endless list of daily to-do's. You have responsibilities to your work, family, and community. In our fast-paced society, a lot of people struggle to find time for themselves. Unfortunately, **ongoing stress can take a serious toll on your health.** It can disrupt your sleep, hormones, digestive system, and mood. One of the best things you can do for your health is to prioritize time to exercise, sleep, and do things you enjoy. The important thing to know is that there is no one-size-fits-all. If you become a patient at Pure Center of Health, we work with you to devise an exercise and stress-management plan that will work FOR YOU.



Make 90% of your Foods Plant Foods

There are a lot of fads and controversies when it comes to diet. Some people feel strongly that the only healthy way to eat is to follow a low-carb and high-fat diet. This sort of diet is trendy, but its long-term effects are unknown. At Pure Center of Health, we are nutrition research nerds. We stay current on the most recent develops in nutritional science as well as what research has shown over the years. One of the most indisputable facts about nutrition is that **plant foods provide health-promoting compounds that you can get nowhere else.** We teach our patients to eat a diet that is based on whole foods from plants. That means eating mostly foods like vegetables, fruits, beans, nuts, seeds, whole grains, and healthy fats.



Eat 40-60 grams of Fiber per Day

When you start to eat a diet that is based primarily on whole foods from plants, you'll naturally begin to eat more fiber. **Fiber not only supports better digestion but also helps to reduce cholesterol and carry other toxins out of your body.** At Pure Center of Health, we encourage all of our patients to start counting their grams of fiber each day and aim for an intake of 40-60 grams.



Drink Half your Body Weight in Ounces

You may have been told by a friend or read something online that said you need to drink your ENTIRE body weight in ounces of water per day. That may be true in some circumstances. If you are eating a diet based mainly on meat, for example, you'll need more water to balance out the high-protein intake. You'll also need to **drink more water if you drink a lot of coffee, soda or alcohol**—because these drinks cause you to lose water from your body. However, if you follow our advice to eat a plant-based, whole-foods diet, you'll be perfectly fine drinking only half your body weight in ounces. That's because foods like fruits and vegetables naturally have a high content of water themselves. Eat these foods, and you'll need to drink less water.



Watch your Sodium Intake

Most people don't think twice about how much sodium they eat. However, eating too much sodium can cause you to retain water, feel bloated, or experience increased blood pressure. The recommended intake of sodium for the average person each day is only 2300 mg. That's the same as one teaspoon of salt. Of course, you aren't going to measure your sodium in a teaspoon measure all day. That's why we've developed a hack that we teach all of our patients to track their sodium intake. Think of it this way: if the average person eats about 2300 calories per day and should only eat about 2300 mg of sodium per day, **your sodium intake should match your calorie intake**. Start to look at the nutrition label. Try to keep the milligrams of sodium per serving equal to or less than the calories per serving.



Limit Added Sugars to 25 Grams per Day

The people who are eating a low-carb, high-fat diet have one thing right. That is—they are not eating sugar! **Eating high-sugar foods sends your body on a roller-coaster ride of blood sugar swings**. Those blood sugar swings can put you in a bad mood and make you crave even more sugar. Over time, eating too much sugar can lead to diabetes and other health problems. Along with eating a plant-based diet, we advise all of our patients to watch their intake of added sugars. Keep your intake of added sugars to less than 25 grams per day. We don't count the natural sugars in whole fruits, but we do count the sugars in concentrated sources, like fruit juices.



Identify and Avoid Food Allergens or Sensitivities

Although we recommend a diet that is based on plant foods, there are some caveats. Every person is unique, and not all foods agree with all people. Some people have outright food allergies, but many more people have subtler reactions to foods—called food sensitivities. **Many people have food sensitivities but are not even aware of it.** They have a foggy brain or runny nose or joint pain but never realized those symptoms relate to the foods they eat. That's why we look for food allergies and sensitivities in all of our patients. If your immune system does not like wheat or corn or even garlic (it's a surprisingly common sensitivity), you'll feel much better if you avoid those foods.



Optimize your Nutrient Intake with Supplements

The vast majority of the vitamins and minerals that your body needs should come from your foods. When you follow a diet based on whole foods, you'll have a strong foundation of nutrient intake. However, each person's biochemistry is unique. **Some people have a higher need for certain nutrients because of their metabolism.** At Pure Center of Health, we evaluate our patients for nutrient inadequacies. This allows us to make specific and personalized recommendations for nutritional supplementation. Also, we carefully select the supplement brands that we recommend to be sure our patients get reliable and high-quality products.



Occasionally Detoxify your Body

We live in a toxic world. Even if you eat organic food and clean with all-natural products in your home, your body will unavoidably be exposed to thousands of toxic chemicals every day. Chemicals are in our air, water, soil, and furniture. The good news is that **our bodies have miraculous systems in place for detoxification**. We can support those systems every day by drinking plenty of water, exercising, and eating healthy. We can also more intentionally support detoxification with occasional detox programs.



Get Professional Support to Propel your Health to the Next Level

The information available online and from friends is limitless. Sadly, it's also confusing and often plain wrong. Some of us have invested in years of schooling and committed our lives to understanding natural health care. **If you want to save hours of your time researching and avoid making the WRONG decisions about your health**, we strongly recommend that you seek the advice of an expert. At Pure Center of Health, we have a team of health experts who are not only passionate about what they do but also compassionate with you. We want you to achieve a more vibrant life and to be able to fulfill your biggest dreams. We hope to have the opportunity to serve you.

We can't wait to help you get whole healthcare for life!

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