SUPER WOMEN

I am NOT Superwoman! The reality of my daily life is that I am juggling LOTS of balls in the air…and sometimes, some of them get dropped! ~ Cherie Blair
ROADMAP

INTRODUCTIONS

WHAT’S FUEL GOT TO DO WITH IT?
• Primary Foods

GOT STRESS?
• Stressors
• Body
• Mind

TOOLS
What’s fuel got to do with it…. 

Primary Foods

- Relationship
- Spirituality
- Happiness
- Nutrition
What’s fuel got to do with it…

Healthy Options

• Crowding Out
• Hydrate
• Organic
• Whole Foods
• Exercise
• Community
What’s fuel got to do with it…

**Drinking Water…**
- Helps with weight loss
- Stops hunger pangs
- Purifies body from toxins
- Better digestion
- Better nutrient absorption
- Healthy bowel movement
- Makes you feel more energetic
- Raises cognitive function
...and much more

**Sugary Drinks…**
- Trigger weight gain
- Raise blood sugar
- Higher risk of heart disease
- Raise cholesterol
- Raise inflammation
... and more

[BrainyWeightLoss.com](http://BrainyWeightLoss.com)
Tools...
Got Stress…

- Major life changes
- Work
- Relationship difficulties
- Financial problems
- Being too busy
- Children and family

CONDITIONED MIND

- Inability to accept uncertainty
- Pessimism
- Negative self-talk
- Unrealistic expectations, perfectionism
Got Stress…

How **STRESS** Affects The **BODY**

- **HEAD**
  - Issues with mood, anger, depression, irritability, lack of energy, concentration problems, anxiety and panic attacks

- **SKIN**
  - Skin problems like acne, psoriasis, eczema, dermatitis, random breakouts, and skin rashes

- **STOMACH**
  - Can cause peptic ulcer disease, IBD, IBS, food allergies, stomach cramps, reflux, nausea and weight fluctuations

- **HEART**
  - Increased blood pressure, fast heart beat, increased risk of heart attack and stroke, and higher cholesterol

- **INTESTINES**
  - Decreased nutrient absorption, reduced metabolism, decreased enzymatic output, increased risk for inflammatory bowel diseases, diabetes, and more

- **PANCREAS**
  - Results in elevated secretions of insulin, which if chronic could lead to diabetes, damaged arteries and obesity

- **REPRODUCTIVE SYSTEM**
  - Decreased testosterone and estradiol production leading to reduced fertility. Diminishing of sexual behaviour and loss of sexual drive

- **IMMUNE SYSTEM**
  - Suppressed effectiveness of the immune system to battle and recover from illness. Leads to high levels of inflammation in the body, which causes a variety of chronic health conditions

- **JOINTS & MUSCLES**
  - Aches and pains, inflammation, tension, lowered bone density (propensity for osteoporosis), tightness in the shoulders and back
Got Stress…

**Body**
- Fatigue
- Headaches
- Skin irritations
- Frequent infections
- Breathlessness
- Tight muscles
- Muscle twitches

**Mind**
- Worrying
- Hasty decisions
- Impaired judgement
- Muddled thinking
- Nightmares
- Negativity
- Indecision

**Emotions**
- Irritability
- Depression
- Loss of confidence
- More fussy
- Apprehension
- Alienation
- Apathy

**Behavior**
- Insomnia
- Accident prone
- Loss of appetite
- Loss of sex drive
- Drinking more
- Smoking more
- Restlessness
Tools

- Prāṇāyāma:
  - Sanskrit
    - Prana: life force
    - Ayama: to extend, draw out

- Desk Yoga
What Questions?
Contact

ROOTS & GREENS
Dig into Wellness
Pat Conklin, Certified Health Coach

Soulshine Wellness
SARAH HATTON