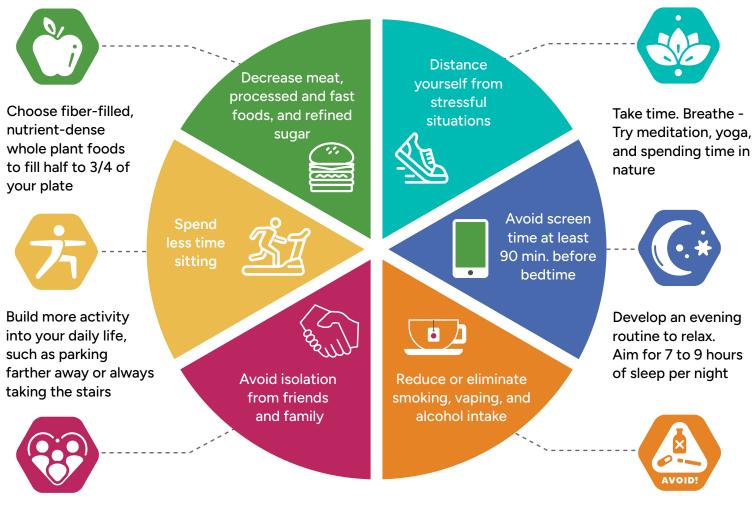


First Steps to

HEALTH RESTORATION

Lifestyle Medicine is the use of evidence-based therapies such as a whole food, plant-predominant dietary lifestyle, regular physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connection for the treatment and reversal of chronic disease.



Spend time with those who lift your spirits and help others when you feel down Being mindful of your food choices, managing your stress, being physically active, avoiding risky substance use, getting plenty of sleep and having a strong emotional support system in your life—are "just what the doctor ordered" to powerfully prevent, treat, and, often, even reverse chronic disease.

Substitute other relaxing activities and talk to your physician if you need help

ADDITIONAL TIPS

- Drink water to guench thirst
- Choose a fitness activity you enjoy, such as walking, moving in water or biking,
 Build up slowly, with a goal of at least 30 min. 5 days/week
- For the best quality of sleep, make your room cool, dark, quiet and comfortable.
- Understand the well-documented dangers of any addictive substance use can increase risk for many cancers and heart disease.
- Recognize stress that leads to improved health and productivity vs. stress that leads to anxiety, depression, obesity, immune dysfunction and more.
- Set regular times to engage with others. Social connectedness is essential to emotional resiliency.