



## Spring Into Health

by Dr. Melissa Bennett

Spring is a time for new beginnings. This newsletter offers some simple tips to help you “Spring Into Health” by springing into action this season! Below are some easy guidelines to follow that can help you on your journey to a healthier, happier you.

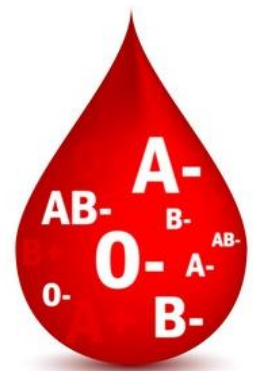


Each section will give you healthy tips on Food, Exercise and Rest that you can begin to implement every day. Remember, you have such an awesome body that it only takes a couple of good decisions done repetitively to get you back on track, even if you feel your body has been derailed. Your body has the amazing ability to regenerate; within the next year, 95% of the cells in your body will die and be replaced. In merely one year (only 365 days), your body has the amazing ability to start over again! This is so exciting because you really can have a ‘New You’ depending on the choices you make.

My patients often ask me how much they should eat, sleep, and exercise every day. Well, each individual’s needs may vary depending on gender, caloric intake, age and physical activity level. If you do have a health condition, you should always consult your primary care doctor to make sure they are in agreement with any changes you are making. Your medication levels may change as your body starts to recover and you lose weight and become healthier.

### Nutrition Tips

- I am a huge supporter of the Blood Type Diet, so I routinely recommend finding out your blood type. Once you know your blood type, you can begin adding foods to your daily intake which are highly beneficial to your body type. The Olive Leaf offers home blood typing kits that will help you determine your blood type if you do not know. You can also visit [www.theoliveleaf.com](http://www.theoliveleaf.com) and visit “TV appearances” to get a general overview of the Blood Type Diet from a local news station that interviewed my practice. A patient I had at that time lost 57 pounds and got off 11 medications following these recommendations.
- Include a healthy variety of vegetables, fruits, grains (1/2 whole grains), and proteins (including seafood, lean meats and poultry, eggs, legumes, nuts and seeds, and plant oils). Always try to find food that has not been



genetically altered (GMOs) and foods that do not contain antibiotics or steroids. You can visit [www.theoliveleaf.com](http://www.theoliveleaf.com) on my health blog to get a list of the “Dirty Dozen and Clean 15.” The “Clean 15” are foods that you should eat organically and are considered safe even if they are not certified organic. A good minimal intake would be 2 ½ cups of vegetables (fresh, if possible, then frozen, and canned as a last alternative), 2 cups of fruit, 6 ounces of grains (at least ½ of them whole), and drinking 11 to 15 cups of fluid (through liquid and solid food). A good rule, as Dr. Michael Triglia mentions often, is consuming half your weight in ounces of water. Of course, if you are over 300 pounds, you would want to use moderation.

- Limit sugars to less than 10% of your daily calories. Sweet Leaf Stevia is plant-based and a good alternative.
- Limit saturated fat to less than 10% of your daily calories, and replace with less saturated fats such as those in olive oil and coconut oil.
- Limit sodium to fewer than 2,300mg per day, and for your table salt, use Himalayan sea salt or Celtic salt.
- Many packaged foods contain added sugar and salt, including MSG (Monosodium Glutamate) which can now be labeled as “Natural Flavors.” They also include saturated or trans fats that are used especially in cookies, chips and other snack foods. Replace these foods with fresh whole produce and whole grains, and include all of your food groups. Eat from the rainbow! Condiments also contain lots of sodium and sugar, especially the ones that are labeled low fat or fat free.
- Do not eat food that has been sitting in your refrigerator for over 4 days. If you have a habit of keeping leftovers, just make sure they are dated so no one goes in and eats rancid foods which can set you up for foodborne illness.

## Exercise (FSA) Fun Sweaty Activities!

Thirty minutes of moderate-intensity physical activity of FSA (Fun Sweaty Activity), or 150 minutes per week.



The key to successful FSA is Planning, Dedication and Timing so set goals you can obtain such as starting a walking program. When starting an “FSA” activity, use credible sources to help you learn proper form and plan routines such as those suggested by the American Council on Exercise. Try to always follow a schedule and choose things that make you happy and motivated. If you are a morning person, schedule exercise around your energy cycles and lifestyle. You will receive better results when you are most energetic. From a Naturopathic perspective, we have seen that women tend to feel better exercising in the morning when serotonin is higher and

men exercise better in the late afternoon or evening when dopamine is higher. I do not like the idea of people exercising at all hours of the night because this is the time for your body to regenerate.

If you are not currently exercising, just start walking 10 minutes per day to help develop the habit of FSA’s. You will improve with every walk, and as you progress you will begin to add time, speed and add more challenging venues such as hills and hiking. You will also notice your pace will increase over time.

Exercise is also about relaxation, which can do wonders for fatigue and stress levels. Tai Chi, Yoga, and Pilates focus on core posture which will help ease physical and emotional tension.

In my practice I provide genetic testing to determine the best type of exercise for you based upon your own genetic markers. This is a great test to also determine the best diet for you genetically. You can find out if you should eat paleo, Mediterranean, low carb or a balanced diet, so you do not have to guess which one is the best for you. This test can be done remotely, so even if you are not in Georgia, it is still available to you.

Add in Xooma's Sports Pack with X20™ and FocusUP® for energy and hydration support! This pack is ideal for athletes and those with an active lifestyle. One sachet of X2O transforms plain water into a powerful alkaline beverage that hydrates, mineralizes and revitalizes. With FocusUP as the world's first "Pure Energy Think Drink," research has shown many of its ingredients support improved focus, concentration, memory, mood and mental performance.



## Rest/Relaxation

“God made the world in six days, and on the seventh day, he rested.” In the Torah, he commanded us to rest. He made us, so he knows how vital it is for us to take the time to relax and regain our strength.

I always recommend patients have a daily break to do deep breathing exercises which can help you relax. I recommend pillow breathing. ‘Pillow breathing’ is laying on your back with a throw pillow on your abdomen, and you can inhale slowly through your nose and exhale through your mouth 3 or 4 times while watching the pillow rise and fall with each breath. You can begin with 3 or 4 times and work up from there.

I also recommend meditation. The website below is a great website on meditation. I feel breathing is very important to help calm the mind. God breathed his life into us, and he has placed everything here for our healing. Breathing air properly will help us re-set our sympathetic nervous system.

<http://guidedchristianmeditation.com/537/meditation/help-for-anxiety-try-this-breathing-meditation-technique/>

Sleep is crucial for good health and healing. It is beneficial to get 7 to 9 hours of sleep per night. According to Emory University, people who get less than 6 hours per night and more than 9 hours have a higher mortality rate.

(This does not apply to teenagers, colleges students and new Moms.)



Of course, if you are having difficulty sleeping, it is important to find out why. If there is a structural problem or you are having sleep apnea, you may need a sleep study, if advised by your doctor. The goal is to make sleep a priority so that your body can regenerate.

Xooma has a great product for sleep with the MetaboWize™ PM Formula. The MetaboWize System products contain nutrients that work with the metabolism around the clock. The ingredients in the PM Formula, in particular, help boost levels of the feel-good brain chemical serotonin, which is necessary for effective relaxation and deep sleep. By helping to maintain an optimal metabolic rate, it also helps reduce excess stress hormones and supports a healthy sleep cycle.

Last but not least, everyone should be well hydrated, alkalized and mineralized with X20™ sachets during the entire year! The sachet actually comes directly from a coral reef which is located 200 feet below the ocean and

contains 70 trace minerals which are beneficial to our health. The coral reef has the same mineral composition as our bones, which is amazing and probably why I no longer have osteopenia which I had after finishing 2 years of chemo over 16 years ago. The minerals are harvested and placed into a natural sachet made out of a white birch tree (meaning there is no bleach used).

This is even more important since our soil is depleted of trace minerals. Soil is down 84% of the mineral content it had 100 years ago. However, minerals are numerous in the ocean. The minerals in X2O alkalize your water to a 9.9 pH which we already know is very important.

The combination of eating healthy, getting FSA's, and getting lots of rest and proper hydration will give you a firm foundation for excellent health and longevity!

Enjoy your spring!

Yours in Health,

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Dr. Melissa Bennett, ND is the owner of The Olive Leaf, LLC which is an integrated practice with two locations in Atlanta, Georgia. She is also the Naturopathic Consultant of New Vitality Medical Institute's age-management program.

Melissa Bennett, ND, CTN, CNW is Certified as a Traditional Naturopath through the American Naturopathic Certification Board. She is board certified in nutritional wellness and has completed her accreditation as a health partner in predictive medicine through Emory University. She is also a member of the American Association of Christian Counselors through Liberty University.

Dr. Bennett is a Certified Natural Health Practitioner and is skilled in the Zollinger method of reflexology from the Heal Center. A devotee of the science of blood type, she is an IfHI Master – earning her designation under the guidance of Dr. Peter D'Adamo. Melissa focuses on total wellness and prevention. Her mission is to help people achieve optimal health and Xooma's products help her fulfill that mission. Melissa personally recognizes that all aspects of health care serve a constructive purpose. In 2000 she was diagnosed with breast cancer on her 33rd birthday. She underwent two years of chemotherapy and 46 radiation treatments. In part from this experience, Melissa is an advocate of integrated healthcare and knows what it feels like to be sick and also the blessing of being healthy. She believes true health is achieved when your Spiritual, Emotional and Physical states are in harmony. She also believes our Lord is the true Healer and He will direct you if you place your trust under His guidance.

*Note: The statements in this publication have not been evaluated by the Food and Drug Administration and are not intended to replace the services of a qualified health professional, nor are they intended to prevent, cure or treat any illness or disease.*