**Inspired’s General Wellness Protocol**

All of the below listed are resources to help get your body to a state of health. None of this is the treatment or cure of anything specific. Our body’s expression of health is largely dependent on the environment that our cells are living in. The main goal of this protocol is to get your body to a state where it’s expressing health. A healthy ecosystem leads to a healthy body.

Below are the 8 essentials that, when combined with regular Chiropractic care, will get your body functioning the best, the fastest. There’s a lot of talk about supplements treating different symptoms, this is specific to make your cell’s environment healthier…trust your body will do the rest!

**8 Essentials**

**Chiropractic Corrective Care**

You have been given specific recommendations for corrective care. Your job is to show up, and trust that your body will do the work!

**Vitamin D3**

Manufacturer Recommendation: Innate Choice **(Now available at Inspired! Ask the front desk for more details.)**

Recommended Dosage: 1,000 IU for every 40 lbs of body weight

**Omega 3**

Manufacturer Recommendation: Innate Choice **(Now available at Inspired! Ask the front desk for more details.)**

Recommended Dosage: 2 capsules per 40 lbs / 4 capsules daily

**Glyconutrients**

Mannatech.com / Referral Code: 3895610 (order online)

Recommended: OSP Packets / Ambrotose Life Combo is a two month supply.

**Hydration / Gel Water / Trace Minerals**

Manufacturer Recommendation: Trace Minerals **(Now available at Inspired! Ask the front desk for more details.)**

Recommended Dosage: ½ tsp with a little juice. These can be salty, since they are indeed minerals!

Also Suggest: Starting day with 16oz water with real lemon (not essential oil). Work up to this if you’re not used to water in the AM.

**Sleep**

Aim for no blue light 1 hour before bed. Take time for journal, reading, talking and connecting with people in your home, or just spending time meditating.

**Exercise**

Shoot to move 20-30 minutes a day. Focus on nose breathing in all exercise.

**Some notes about the essentials listed above:**

**Glyconutrients**

Mannatech is the superior manufacturer of pure glyconutrients gathered from the aloe plant. They utilize third party testing, and have overwhelming amounts of research on how glyconutrients help restore health to the body.

<https://mannatechscience.org>

You by no means have to create an account, but you are able to get Dr. N’s cost if you do. Below is the direct link to order products at the wholesale price:

<https://us.mannatech.com/?account=3895610>

Recommended Product:Ambrotose LIFE® Canister and OSP Value Bundle

(one bundle will be a 2 month supply – you only need to take one serving a day)

Dosage:1 scoop daily of Ambrotose, 1 OSP Packet Daily

**Innate Choice Products:**

We now carry these in office!

**Trace Minerals & Gel Water**

Why You’re Still Dehydrated

The Incas and Aztecs would go weeks without water, subsisting only on chia and cacti, which are full of gel water - also found in vegetables, chia seeds and other foods.

Our body requires 23 essential minerals for water exchange in and out of cells. We no longer get these in our veggies like in the ancient times, because our soil has changed so much. Trace Minerals are those 23 essential minerals that will allow your body to maintain hydration and absorb the gel water you’re drinking!

How to Consume More

-> Take Trace Minerals Daily: add ½ tsp in a little orange juice, and take it really quick. These can be salty, since they are minerals, and the juice helps the taste!

->Add 10 drops of trace minerals to your water, the electrolytes help encourage the production of gel water.

-> Add a teaspoon of crushed chia seeds to smoothies and other drinks. By crushing up the seeds, you create more surface area, and eventually more gel.

-> Try cooking with coconut and ghee, which are both full of gel water and electrolytes.

->Incorporate many fruits and vegetables in your diet. Not only are they full of gel water themselves, they also contain naturally occurring electrolytes, and their fiber helps the body absorb gel water. This is why a green juice or smoothie is more hydrating than a bottle of water.

**Adequate Sleep**

For every hour of sleep you get before midnight, the quality is equivalent to 2 hours of restful sleep. For ever hour after midnight, the quality is equivalent to 1 hour of restful sleep. You need to be getting at least 8 hours of restful sleep! *Early to bed, early to rise!*

AVOID: any blue light 1 hour before bed - stimulates melatonin, affects hormones, and stimulates dopamine.

**Exercise**

Be grateful and intentional in just moving your body. You don’t need to over train!

You want your heart rate functioning to a point that you can run a 5k and still carry a conversation. So work towards that, and do things that actually bring you joy.

In all exercise, focus on nose breathing, and avoid breathing through your mouth.

**Nutritional Book Recommendations:**

The Blood Sugar Solution – Mark Hyman, MD

The pH Miracle: Balance Your Diet, Reclaim Your Health – Robert O. Young

**Additional Recommendations:**

**Thyroid Warrior by Biowarrior Nutrition** is the best iodine on the market. Dr. Nicole does recommend this as well as the basic protocol, especially in cases where there is hormonal imbalances, thyroid imbalances, or insulin sensitivity. **(Now available at Inspired! Ask the front desk for more details.)**

We now carry this in office, so stop by the front desk to purchase!

To get more information on the benefits of iodine:

<https://www.biowarriornutrition.com/pages/thyroid-warrior-sales-page>