

MANIFESTHEALTHNOW
LLC

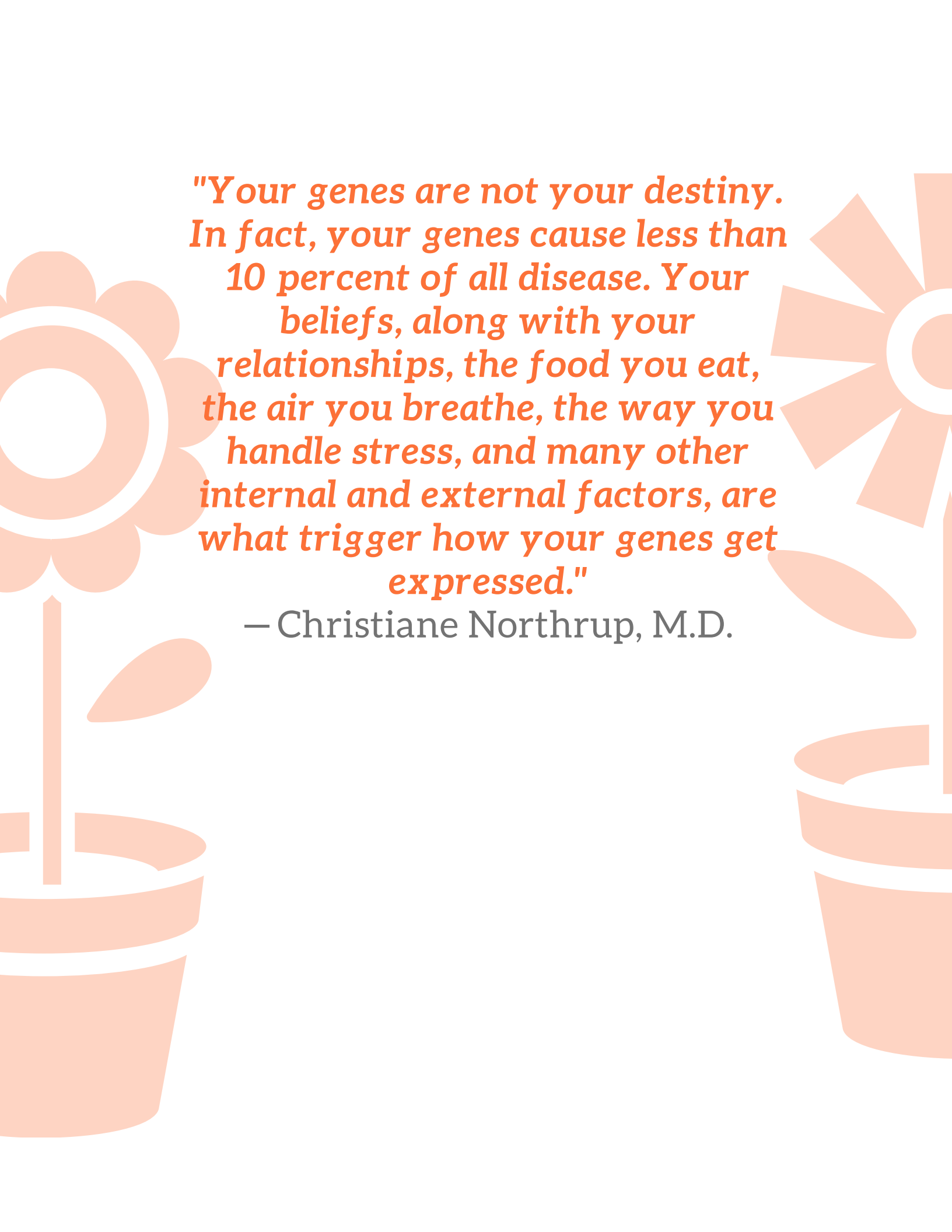
HEALTHY LIVING IN A TOXIC WORLD

Your Guide to Thrive

**Now open! Call today for your free
20 minute Discovery Session
Remote or in-Person
518-577-3001**

Find your path to wellness



The background features two stylized flowers in pots. The flower on the left is larger, with a white center and orange petals, growing from a white pot with an orange band. The flower on the right is smaller, with a white center and orange petals, growing from a white pot with an orange band. The text is centered between the two flowers.

"Your genes are not your destiny. In fact, your genes cause less than 10 percent of all disease. Your beliefs, along with your relationships, the food you eat, the air you breathe, the way you handle stress, and many other internal and external factors, are what trigger how your genes get expressed."

– Christiane Northrup, M.D.

CDC STATISTICS

Chronic illnesses such as diabetes, heart disease, asthma, arthritis, anxiety, skin disorders, digestive illnesses are a new phenomenon.

Generations ago, people died of old age, accidents, and infection. Today the statistics are staggering.

1 in 4 Americans have multiple chronic conditions.

3 out of 4 Americans over the age of 65 have chronic illnesses.

25 % of Children in the US aged 2-8 have a chronic health condition.



WHAT IS THE CAUSE OF ALL THIS CHRONIC DISEASE?

"The cornerstone of chronic disease is
chronic inflammation."

-Dr. Mark Hyman



WHAT IS INFLAMMATION?

- **Acute** (short lived) inflammation is **healthy**. It occurs during a time of stress and creates important chemical reactions to heal the body.
- **Chronic** (long standing) inflammation disrupts the balance of microbes in our digestive system.
- Chronic inflammation wreaks havoc in the body by damaging DNA, distorting cells, and even affecting our brain, mood and ability to make healthy choices.



WHAT CAUSES CHRONIC INFLAMMATION?

- Exposure to toxins from pesticides, pollution, cigarette smoke, skin care products, household cleansers etc.
- Chronic stress which causes the prolonged "fight or flight" response.
- Inflammatory foods including dairy, alcohol, sugar etc.

YOU HAVE POWER OVER YOUR HEALTH

- Choose local (organic when possible) fruits and vegetables
- Eat grass fed beef
- Cook more
- Buy healthy fats and oils
- Shop safer personal care products
- Do not use pesticides on your lawn or garden
- Stop smoking
- Avoid fragrances, except those from essential oils
- Avoid harsh household cleaners
- Get curious about any food intolerances.
- Consider lab testing for toxins, vitamin and mineral deficiencies, and hormones
- Move your body
- Practice mindfulness
- Avoid perfectionism
- Recognize areas of stress in your life, Change what you can, AND change your perception of the rest



Join the movement. Get
passionate about your
health!

I'd love to help
by coaching and educating
on how to use food as
medicine and elicit change
to meet your goals and
dreams.