

10 Key Steps for Embracing Holistic Health on Your Wellness Journey

What is holistic health? Holistic health is an approach that considers the whole person—mind, body, and spirit—while emphasizing balance and overall well-being. It seeks to address root causes, rather than just symptoms, for lasting wellness. Below are 10 essential steps to help you embark on your holistic health journey:

1. Evaluate Your Habits

Taking stock of your current habits provides a clear starting point for your journey.

- Reflect on mental, emotional, and physical patterns.
 - Identify behaviors shaped by family, experiences, or coping mechanisms.
 - Journal your observations without judgment to uncover triggers and areas for improvement.
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2. Set Realistic Goals

Change takes time, so focus on steady, sustainable progress.

- Avoid drastic, overnight changes; focus on building habits aligned with long-term goals.
 - Expect initial resistance, and be patient as persistence leads to lasting transformation.
 - Anchor your mindset on meaningful outcomes rather than fleeting ideals.
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3. Address Environmental Toxins

Your environment significantly impacts your health.

- Assess your exposure to toxins, such as plastics, nonstick cookware, and chemical-laden products.
 - Transition to cleaner options like glass containers, organic foods, and non-toxic household products.
 - Use tools like the EWG Healthy Living app or Think Dirty app to evaluate products and identify safer alternatives.
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4. Focus on Gut Health

A healthy gut is the foundation of overall wellness.

- Address issues like bloating, frequent illness, or poor nutrient absorption.
 - Support your gut with a diet that promotes a balanced microbiome and reduces inflammation.
 - Incorporate fermented foods, probiotics, and hydration to improve digestion.
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5. Relearn Healthy Eating

Nourish your body with whole, nutrient-dense foods.

- Opt for organic produce, pasture-raised proteins, and healthy fats.
- Prioritize fresh, unprocessed foods and avoid harmful additives.
- Refer to the Dirty Dozen and Clean Fifteen lists to make informed choices about organic produce.



CUT ALONG LINE



Shopping Guide

- **Plant-based foods:** Choose USDA Organic and consider soaking, sprouting, or fermenting them.
 - **Animal products:** Look for pasture-raised, grass-fed options, or minimally processed dairy.
 - **Packaged foods:** Limit ingredients and avoid harmful oils like canola, soy, or cottonseed.
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6. Address Stress and Trauma

Unresolved stress or trauma can hinder your progress.

- Work on emotional regulation and process past experiences.
 - Reframe negative narratives and prioritize mental well-being.
 - Incorporate practices like meditation, therapy, or mindfulness to sustain positive changes.
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7. Create a Flexible Schedule

A well-structured routine supports your health goals.

- Prioritize activities like meal prep, exercise, and self-care.
 - Use habit stacking to save time (e.g., listening to audiobooks while cleaning).
 - Ensure consistency by designing a routine you can realistically maintain.
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8. Incorporate Movement Strategically

Exercise is crucial, but it should align with your body's needs.

- Match your activity level with your energy intake to avoid imbalances.
 - Aim for 30 minutes of activity 5 days per week, progressing to resistance training for strength.
 - Vary your routine to prevent plateaus and maintain motivation.
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9. Prioritize Recovery and Sleep

Sleep and recovery are essential for restoring energy and managing stress.

- Stick to a consistent sleep schedule.
 - Support your circadian rhythm with morning sunlight and evening relaxation routines.
 - Address stress and workload to improve sleep quality.
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10. Embrace the Journey

Holistic health is a gradual, lifelong process.

- Remain flexible and adapt your approach to life's changing demands.
 - Celebrate small wins and stay patient with setbacks.
 - Understand that self-compassion and learning are key to lasting transformation.
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The Importance of a Personalized Approach

Every health journey is unique. Following someone else's path without considering your individual needs can lead to frustration. For example, weight gain may stem from hormonal imbalances, toxins, poor sleep, or emotional stress. Addressing the wrong root cause will yield little progress.

To achieve lasting health, focus on understanding your body's signals. Evaluate:

- Sleep patterns
- Nutrition
- Hormones
- Gut health
- Emotional well-being

Tailor your strategy step-by-step, learning not only what to do but why it works. True transformation happens when you honor your body's unique needs.

EWG's Year of Healthy Living

Here's a simple month-by-month guide from the Environmental Working Group (EWG):

- **January:** Filter your tap water using reverse osmosis or a Berkey filter.
- **February:** Choose safer cosmetics with apps like EWG Healthy Living.
- **March:** Transition to non-toxic cleaning products.
- **April:** Avoid pesticides by buying organic and avoiding harmful products like Roundup.
- **May:** Reduce exposure to PFAS chemicals by avoiding nonstick cookware.
- **June:** Choose safer sunscreen using trusted resources.

- **July:** Opt for sustainably sourced proteins.
- **August:** Minimize BPA exposure by reducing plastic use.
- **September:** Create a healthier home by using cleaner products.
- **October:** Save money and nourish yourself with whole, unprocessed foods.
- **November:** Cook with safer utensils and cookware.
- **December:** Practice sustainability during the holidays with reusable bags and eco-friendly choices.

Holistic health is about creating balance in all areas of life. By taking these steps, you can cultivate a healthier, more fulfilling lifestyle. Remember, progress—not perfection—is the goal.