

Nurse To
Nature



Natural health for real
families.

The First Steps to a Healthier Lifestyle

A guide to get you started

Introduction

Welcome! This guide is the first step to **reclaiming your health**. It's not about drastic changes, but about making **small, sustainable** improvements in your daily routine. We'll focus on three key pillars: **water, nutrition, and supplements**. Let's begin!

The information provided is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

Pillar 1: Water - Hydration is Key

- **Why Water?**
- Flushes toxins.
- Boosts energy.
- Aids digestion.
- Supports organ function.

Water is essential for virtually every bodily function. Dehydration can lead to fatigue, headaches, and decreased performance. Adequate hydration improves energy levels, aids digestion, and supports overall health. The **quality** of your water **matters!**

Purchase a 5 gallon bottle and fill with **reverse osmosis water**. Reverse osmosis water removes impurities, medication, heavy metals, and other organic materials from tap water. Most health food stores (*Natural Grocers, Green Acres, Whole Foods, Walmart, Kroger*) have water dispensers you can refill your bottle with.

To make using your 5 gallon jug easier to use, look into getting a rechargeable pump to dispense the water. This is the one I use...



Tip: Carry a reusable water bottle to make hydration more convenient. You can even add stickers to make it unique.

Pillar 2: Nutrition - Fuel Your Body Right

- **Focus On:**

- Fruits & Vegetables.
- Lean Proteins.
- Whole Grains.
- Healthy Fats.

Vitamins and Minerals are absolutely essential to a healthy body!

Potassium: Look for ingredients like grapefruit juice, pineapple juice, watermelon, bananas, cantaloupe, spinach, asparagus, and apricots.

Magnesium: Green leafy vegetables. Spinach, Kale, Celery, and Swiss chard.

This is a very deep topic, to keep it simple start out by focusing on these two vitamins from a fruit or vegetable source (organic, if possible)...

Potassium: Aim for 3500mg.

Magnesium: Aim for 400mg.

Focus on getting enough Potassium and Magnesium when you first start your transition to a healthier lifestyle. These two vitamins are essential to a supporting your body. I started juicing to ensure I was getting the needed amounts daily. You can purchase a juicer used

(I purchased mine through Facebook marketplace).



Breville Juicer

\$65 ~~\$75~~ · Sold

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I found it easier to get my vitamins and minerals through juicing. This allowed me to intake a larger portion of the fruit/vegetable, without having to eat them all. Sometimes it was easier for me to drink my nutrients, instead of eating them. Juicing also allowed for me to take my nutrients on the go.

Nutrition doesn't have to be complicated. Focus on incorporating more **whole, unprocessed foods** into your diet. Prioritize fruits, vegetables, lean proteins (chicken, fish, beans), whole grains (oats, brown rice), and healthy fats (avocados, nuts, olive oil).

Simple Swaps:

- Replace sugary drinks with water or herbal tea.
- Have trail mix and/or protein bars for a quick snack to help avoid poor choices.

Next Steps

Start with **one small change** from *each pillar* this week. **Don't try to overhaul your entire lifestyle overnight.** Consistency is key! Track your progress, celebrate your successes, and be patient with yourself. A healthier lifestyle is a journey, not a destination. Download this guide and mark it up - make it your own!

Remember to consult with healthcare professionals for personalized advice. Good luck!