

# Clean Living



# Agenda

- Definition
- Clean Eating
- Reducing Allergies
- Optimizing Gut Health
- Detox Twist
- Cleaner Home
- Headspace
- Benefits



# What is Clean Living?

- Clean Living is an integrative mind-body approach to enjoying a healthier life by eliminating toxins from your environment.

# “You Are What You Eat”

- Processed Foods vs. Whole Foods
- Seasonal, Local & Sustainable
- Food as Fuel
- Hydrate
- Skin Food – Shampoo, Conditioner, Lotions
- Shelf Life



# Allergies & Inflammation

- IgE- Immunoglobulin E
- IgG-Immunoglobulin G
- Chronic Inflammation
- Elimination Diet
- Seasonal Diet

# Gut Health

- “Second Brain”
- Responsible for 95% of Serotonin Production
- Leaky Gut Syndrome
- Linked to Depression, Low Energy, Joint Pain
- Thyroid Conditions, Food Allergies, Weight Gain
- Syndrome X



# Supplements

- Probiotics
- Magnesium
- Vitamin D
- Omega 3 &/ Fish Oil
- Vitamin B12
- CoQ10
- Daily Multivitamin



# Seated Twist

- Twists detoxify the organs
- Reorganize the body and mind



# Simple Twist

- Sit and cross one leg over the other leg
- Lean forward and twist in the direction of your top leg (eg., left)
- Exhale and place your opposite arm outside of the top thigh (eg., right arm outside of left thigh)
- First twist to the right side to stimulate the ascending colon then twist to the left for the descending colon

# Home Sweet Home

- Most people spend 90% of their time indoors
- De-clutter – paperwork, emails, clothing
- Cleaning Products
- Plants
- Air Purifier



# “Be Mindful Even When Your Mind is Full.” - De la Vega

- Conscious Communication
- Positive Self Talk
- Reframe stress as a “positive” experience
- Limit interactions with negative people
- P.E.A.C.E. = Positive Energy Activates Constant Elevation
- Conscious Breathing Exercises

# Additional Clean Living Tips

- Choose Media Wisely – social media, movies, news
- Prioritize Quality Sleep
- Emotional Contagion
- Maintain Healthy Boundaries
- Manage Expectations
- Engage in Mindful Eating



# Benefits

- Increase Energy Naturally
- Feel and Look Better
- Save Money
- Create New Rituals, Experiences & Memories
- Quality Self Care



# Clean Living

**Clean Living is a state of body, mind & home –**

- Integrating these techniques will ensure that you are living more optimally and enjoying every day more fully.

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