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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