



## LIFESTYLE AND LIFE-STYLE ASSESSMENT TEST

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### THE POWER OF INTEGRATED NUTRITION

Most people step into their health journey assuming that a special diet and detoxification alone will lead them to health. However as an integrated health coach, I see many people on healing journey's that are unable to heal through diet alone.

Often times, there are circumstances in each individual's life that are contributing to the pain and suffering of the individual. Sometimes a person might be resistant to this idea, however when they finally connect, they have much more success in healing.

I'm going to teach you about Primary foods and secondary foods so you can understand where I'm coming from, and possibly find what may be contributing to your pain other than diet alone.

Primary food is actually not food you find on your plate. Primary foods are elements such as a meaningful spiritual practice, a career you love, healthy relationships, and an enjoyable regular physical activity.

Did you ever notice a time when you might have gotten the job you wanted or perhaps fallen in love? Do you remember ever forgetting about food and being high on life? This is how our primary foods feed us.

However when our primary foods are doing rather the opposite, for example you are in an abusive relationship or a career that is in a stressful unhealthy environment it leads to self soothing with secondary foods, and or other addictions. This can also lead to emotional pain that accumulates in one area of the body.

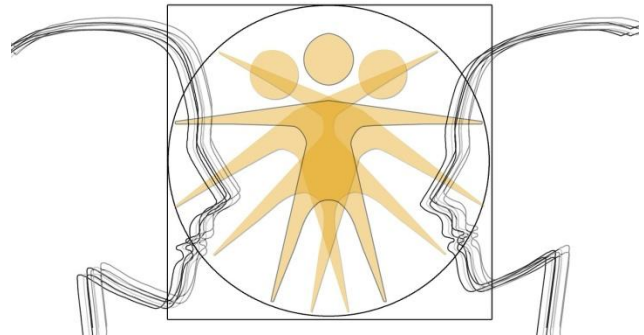
Here is a great activity designed for you, to help you discover where your life needs the most attention. I want to offer you the opportunity to bring awareness to the areas in your life that you feel may be your weakest before jumping into diet and detoxification. Of course if you have wellness in your primary foods it is very possible that diet alone can heal you.

This activity will also help you discover yourself on a deeper level contributing to a strong development in personal growth and self awareness. Enjoy!

## LIFE-STYLE ASSESSMENT TEST

**Number a sheet of paper from 1-14**

1. relationships
2. career/ career environment
3. physical activity
4. Nutrition/diet
5. spirituality
6. self-esteem/self-love
7. social- life
8. creativity
9. health
10. home environment
11. education
12. finances
13. mindset
14. play



(feel free to add any areas of your own)

Place a number between 1-10 next to each subject, 1 being the weakest and 10 being the strongest area. Remember to grade based on the health of the area rather than status. For example, if you're not married it does not mean you are weak in relationships, however if you are in an unhealthy marriage than you will want to grade yourself accordingly.

After completing the activity, take a look at your weakest points. If your relationships are a 3 or 4 and your diet is a 7, you can see how focusing on diet alone might not get you too far. For example say a woman named Sally came to me for advice. She states that her diet couldn't get any better, she's tried a whole list of supplements and detox's, yet she still can't seem to eliminate her symptoms. After discussing a few things with Sally I soon learn that she has an abusive alcoholic husband. Can you see how this could stop Sally from healing? Sometimes we don't realize that an unhealthy area beyond diet can be contributing to our lack of health and wellness.

So take your time and discover what areas in your life could use some attention. Remember a weak area can easily affect other areas of your life. Never hesitate to come back to this activity anytime in your journey. This is a great tool that will not only mark your progress, but it's designed for you in order to help you discover and grow personally

## HEAL YOUR LIFE HEAL YOUR PAIN

As we begin to discover that health is more than a diet alone, we begin to make changes necessary to better our lives. We let go of toxic relationships, we find activities we love, we open our hearts, we get the job we deserve, and we strengthen our self worth by making small changes and by receiving education. Through this we regain the power we need to heal. This is what I call empowerment. This is what I call whole being health.

Remember a toxic relationship, a toxic environment, little or no physical activity, and zero spirituality can very well contribute to physical pain and suffering. Got it?



### CHECK IN:

How does it feel to have a better look at your life?

What areas in your life need the most love and attention?

Are you feeling any blocks in the ability to grow or change? Where might they stem from and what could be the reason for limited action or beliefs.

What in your life is no longer serving you? Are there activities you can do that serve you to replace what doesn't?

What are your intentions?

Are you feeling empowered?

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## SELF CARE AND LIFESTYLE SUGGESTIONS

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Here are some self care and lifestyle suggestions beyond diet that I would like you to take into consideration. During this program we will be going more in depth in some of these areas.

Remember, these are simply suggestions, you are the one in charge of your health and your journey is truly authentic. Begin by simply bringing awareness before setting too high of expectations.

During our program we will go over these areas more in depth, we will help you set small goals with simple actions in order to empower you to accomplish your intentions. Even if you feel far from the education you're receiving, allow yourself to go through this program with ease by having compassion for yourself. The reason why we focus on small changes is to keep us from feeling overwhelmed or powerless.

If there's something you can't seem to grasp a hold of or just simply don't want to do, it's ok!! Remember we are all different and the education you are receiving is only a suggestion and inspiration. Also remember nobody is perfect, so do not strive for perfection. Do what you can do and fly with it!

### **Lifestyle suggestions beyond healthy eating:**

#### **Beyond food consumption**

- Avoid cooking with microwaves. Use gas when practical.
- Avoid water with fluoride and chlorine. Drink and cook with spring water or use a quality filter.
- Chew your food 30 seconds or more for proper digestion and breakdown.

#### **Relationships**

- View everything and everyone you meet with gratitude
- Do your best to stay on good terms with people, especially your boyfriend or girlfriend, husband or wife, parents, children, brothers, sisters, friends and co-workers. Communicate with them regularly, either in person, or via telephone or email.
- Who are you not on good terms with? Who would you avoid at a party?
- Learn to make an enemy a friend.
- Live happily, focus on what's new and good.

## Hygiene

- To increase your circulation, scrub your entire body with a hot, damp washcloth morning and at night. You can also use a skin brush.
- Avoid synthetic clothing directly on skin. Wear 100% cotton when possible especially undergarments.
- Avoid chemically perfumed cosmetics
- Use natural toothpaste
- Avoid excessive jewelry on your body to allow your natural energy to flow and circulate more freely.

## Attitude

- Give generously of yourself and your resources.
- Live each day happily without focusing on your problems.
- Hum or sing a happy song every day.
- Foster a sense of humor.
- Offer thanks before and after meals
- Most of all create a positive attitude and a wonderful environment around you, enjoy the process of becoming a healthier happier you.

## Meditation and Exercise

- Treat yourself to regular daily quiet time, study, pray, meditate, recharge
- Include exercise as a part of your daily life. Experiment with an exercise style that you love and works for you
- Try Yoga, Pilates, Martial Arts, walking, running, bicycling, rollerblading, swimming, dancing, or sports.

## Home Practices

- Keep you living space in good order, including the kitchen, bathrooms, bedrooms, and living rooms. You are your home.
- If possible, include large green plants in every room of your home to freshen and promote the oxygen content of the air.
- Minimize television watching, or at least keep a good distance away from the television.



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## ESSENTIALS

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Sometime we can get so distracted with life that we can easily forget about our essentials. What good is a healthy diet if we fail to get the proper amount of hydration? Essentials include, water, oxygen (clean air), sunlight, sleep, and nutrition.

### Water

- Composes 75% of your brain
- Regulates your body temperature
- Makes up 83% of your blood
- Helps carry nutrients and oxygen to your cells
- Helps convert food into energy
- Removes waste
- Composes 22% of your bones
- Protects and cushions your vital organs
- Helps your body absorb nutrients
- Cushions your joints
- Makes up 75% of your muscles



### Clean Air/ oxygen

- Heightens concentration, alertness and memory
- Oxygen gives you energy! 90% of our energy comes from oxygen, and only 10% from food and water
- Oxygen is vital to your immune system, memory, thinking and sight
- Promotes healing and counters aging
- Strengthens your heart, reducing the risk of heart attacks
- Calms your mind and stabilizes your nervous system
- Speeds up the body's recovery after physical exertion
- Crucial for proper digestion and cell metabolism
- Promotes healthy sleep patterns

### Sunlight (Vitamin D)

- Sunlight and whole foods have been known to reverse cancer.
- Sunlight kills bacteria, disinfects and heals wounds.
- Is beneficial for skin disorders such as psoriasis, acne, eczema and fungal infections
- It lowers cholesterol. It converts high cholesterol in the blood into steroid hormones and sex hormones we need for reproduction. Absence of sunlight can cause the opposite, converting substances into cholesterol.
- Significantly lowers blood pressure
- Sunlight penetrates deep into the skin to cleanse the blood and blood vessels.
- It increases oxygen content in human blood.
- Builds the immune system
- Can cure depression

## Sleep

- Promotes memory
- Curbs inflammation
- Helps repair your body
- Strengthens immunity
- Reduces stress
- Helps control body weight issues
- Reduces your chance of diabetes
- Reduces occurrence of mood disorders

## Proper Nutrition

- Strengthens immune system
- Promotes digestive health
- Enhances responses to treatments
- Can help your energy levels and state of mind
- Helps with weight maintenance
- A healthier heart
- Healthy Brain Function
- Higher quality of life



Source: <http://www.integrativenutrition.com>

## ACTIVITY:

Now that you have completed 2 programs, I would like for you to reflect on your progress. Whether you write it down or spend a few moments bringing awareness to it.

What has changed for the better?

What did you learn from this program?

In what ways do you feel empowered?

How do you feel?

What will more education do for you and those in your life?

What areas in your life could use more attention?

Remember to read the details of each program to find what best suits your path. You got this. You are in your power, and I believe in you.



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