Our team’s wellness strategy is to help put the odds in our favor to get through the Coronavirus pandemic. This plan will help enhance your nervous system which regulates your immune system. Your Wellness Connection uses a holistic model incorporating a quadrant approach to health: addressing mechanical, chemical, energetic and psychological/spiritual health.

**Mechanical Quadrant**
The Mechanical Quadrant represents the needs of the physical, skeletal or structural body, whether it is correction of pain, spinal subluxation, muscle imbalances or restrictions in movement. The highest degree of mechanical health is “balance”, meaning the brain and body are in harmonious communication with each other.

- **Daily Spinal Hygiene** – Once in the morning and once in the evening, 5-10 minutes of each
  - Neuromuscular Neck Exercises – strengthens deep neck flexors; keep head in neutral position and look straight down with your eyes only. Alternately press on your left and right temples with gentle resistance for 4 repetitions, then look down with your eyes to the left for 4 repetitions, then look down with your eyes to the right for 4 repetitions. Complete 1 series, before and after brushing your teeth. Link: youtu.be/yuZM5QbwN3Y
  - Neck Roll with Static Back – lay on a firm surface and use a cylindrical pillow or towel and place under your shoulders, allow head to drop back over the pillow, and be mindful not to sleep this way. While laying down, position your legs over ottoman or chair 5 min, 1-2x a day to improve cervical curve & relieve back pain.
  - Wall Angels – Stand up against a wall with your arms at a 90 degree angle, level with your shoulders, Maintain contact against the wall with your tailbone and shoulder blades. Raise your arms above your head trying to keep your elbows and wrists as close to the wall as possible. Lower your arms to the starting position and repeat for 1 minute, 1-2 times per day. Link: youtu.be/kgiXvZ36_oI
  - Psoas Stretch – Link: verywellfit.com/hip-flexor-psoas-stretch-3120306
  - Yoga Ball Inversion – sit on the yoga ball and lightly bounce for 30 seconds, then lay over the yoga ball on your stomach for another minute. Repeat morning and night.
  - Mouth Massage – Rub out the inside of your mouth muscles (in the shower) to relieve tension from clinching your teeth. Link: massagetoday.com/mpacms/mt/article.php?id=14253
  - Get your heart rate up 1 minute every hour to enhance your lung function. Example Jumping Jacks, Running in place, squats, situps)
  - Good sleep posture – sleep on your back with a pillow under your knees and hands at your side or sleep on your side with a pillow between your knees, hips aligned, neck neutral and hands in neutral position below the level of heart. Link: youtu.be/lXR_GUkdPBY
  - 30 minute workout daily, biking, walking, running etc.

**Energetic Quadrant**
Energy medicine addresses the health of the body’s “vital force”. This is subtle life-energy that courses through our body unseen. Yet without it, one would immediately feel its loss.

- Be in sun at least 20 minutes 2 times per day without sunscreen
- Practice deep breathing for 1 minute, 2-3 times per day – Take a deep breath and hold your breath for more than 10 seconds. If you complete it successfully without coughing, without discomfort, stiffness or tightness, etc., it basically indicates there should be no Fibrosis in the lungs, basically indicating no infection
- Diffuse essential oils like Thieves or On Guard throughout the day
- If you have an infrared sauna use it at least 3 times per week
- Epsom salt bath soaks: 1-2 cups – Soak for 15-25 minutes, at least 3 times a week
- Tackle house projects – Clean, De-clutter, Organize
- 21-Days To Free Your Space Program – Link: smallchangessbigshifts.com/product/21-days-to-free-your-space-program
  Use code: IMMUNE2020
- Acupuncture to enhance your well-being
**Chemical Quadrant**

The Chemical Quadrant focuses on our body's physiology and chemistry. This is balanced with proper food choices, quality supplementation, adequate exercise, and medication, if necessary.

- **Wash your hands for at least 20 seconds:** Say this affirmation out loud: “May I be well, May I be happy, May I be filled with love and kindness.” - Buddha Doodle
- **Drink ½ your body weight in oz. of ROOM TEMPERATURE water per day away from meals:** This aids in satiety, averts water retention, helps digestion, eliminates wastes and toxins, provides the body with energy, and wards off diseases.
- **Eat clean** – limit processed food
  - Mostly plant based – lots of cooked vegetables and soups
  - Avoid dairy, gluten, and processed sugar
  - Bone Broth – 1 cup per day (if you are not vegan)
  - Eat a few brazil nuts a day to increase selenium in your diet, helps mood and immune function
  - Check out Four Sigmatic Mushroom mix for immune and brain function, you can add to smoothies, water or coffee.
- **Coconut oil around my nostrils.**
- **Nasal rinse in the shower along with gargling to keep throat clear of mucus**
- **Supplements** – Doses depend on your body size and general well being.
  - Preventative – listen to your body
  - Vitamin D with K – unless you are taking a blood thinner
  - Monolaurin
  - Liposomal Vitamin C
  - Omega A and D
  - Astragalus herb
  - Zinc
  - Products available at YWC
  - Designs For Health: catalog.designsforhealth.com (practitioner code: MICHELLEROBIN, 25% off first order: FIRST25)
  - 21-Days To Rejuvenating Sleep Program – Link: smallchangesbigshifts.com/product/21-days-to-rejuvenating-sleep-program
    Use code: IMMUNE2020

**Psychological / Spiritual Quadrant**

The psychological / spiritual quadrant encompasses the awareness that pain or dysfunction in the body can be associated with spiritual and emotional blocks. By removing them, the body can and will function more optimally with an increased sense of peace and harmony.

- **Avoid/Limit news, media, and non work-related screen time** – 2 hour limit per day
- **Small Changes Big Shifts Podcast** – Link: smallchangesbigshifts.com/podcast
- **Quote Deck** – Live in a mindset of kindness and positivity
- **Consider investing in a meditation app** – Calm, Headspace, Brain Tap, YouTube
- **Think of 5 things you are grateful for every night before you fall asleep**
- **The Five Minute Journal app** – Link: intelligencetransformation.com/pages/five-minute-journal-app
- **Mindset Shift** – Shift your uncertainty/fear to connectivity/grounded
  - Ask – How can I use this time to connect with others?
  - Check in with elderly friends and family
  - Write thank you letters
- **21-Days to a Calm and Peaceful Life** – Link: smallchangesbigshifts.com/product/21-days-to-a-calm-and-peaceful-life
  Use code: IMMUNE2020

**Stay out of FEAR:**

- Face your fears with a bias of hope (we choose to believe things will get better)
  - Examine your fears in the light of the facts
  - Attack your anxieties with action (fear is meant to lead us to act)
  - Release your cares to God
- **Acronym by Pastor Adam Hamilton**

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