

# THRIVING

## Helping Women Become Stronger, Healthier and More Balanced

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**THRIVE**  
PROACTIVE HEALTH



# Thrive Proactive Health offers holistic and innovative solutions to create thriving wellness and resiliency in your life.

For many families, women are the gatekeepers of health and wellness. But so often, women neglect their own health to take care of others. We want to help change that.

*This edition of Thriving Magazine is all about women's health and wellness, and how taking care of yourself and understanding the importance of balance influences everything you do.*

If you're a woman, Thrive Proactive Health wants to help you find ways to restore, revive and optimize your self care and wellness no matter where you are on your health journey.

## Acupuncture

- Improves blood flow to the reproductive organs in order to regulate the menstrual cycle; this can be helpful if you experience heavy periods with cramping and clotting, very light periods, or irregular periods.
- Helps to flush cortisol, temporarily reducing the stress hormone produced by the adrenal glands that may be interfering with your energy and libido.
- Targets major energy points during your sessions to assist with female health and general vitality.

## Chinese Herbalism

- Helps regulate the menstrual cycle and flow, manages cramps, and even supports ovulation.
- Helps balance reproductive hormones and assists with female health and conception.
- Manages symptoms related to perimenopause hormonal changes (hot flashes, night sweats, insomnia, mood imbalances, fatigue, etc).

## Energy Healing

- Calms a dysregulated nervous system to manage stress.
- Soothes the sense of being overwhelmed and anxious.
- Results in more energy, better sleep, and more joy.

## Physical Therapy

- Physical therapists work with women of all ages from young athletes to postmenopausal women. With our specialized understanding of the postural, mechanical and muscular balances of the body, we evaluate and treat the musculoskeletal disorders that may occur at any stage in a woman's life.
- As women age, the pelvic floor muscles can become weakened, tight or spastic for a number of reasons. It's easy for the pelvis to become misaligned due to asymmetrical habits around our daily lives, jobs or sports. When this happens, the core can become misaligned and out of sync with your arms and legs causing unwanted tension and poor bladder control. We can help!

## Massage

- Helps with hormones, eases menstrual cramps, promotes good gut health, and assists with overall wellness.
- Reduces stress, helps recover from injury, relieves sore muscles, reduces aches/pains, and promotes healing, all which help to improve energy.
- Essential oils with your massage can help improve circulation, reduce inflammation, reduce anxiety, relax senses, and reduce overall pain/tension.
- Reflexology opens up energy flow within the body, clearing up stagnation and improving nerve transmission and efficiency in the body.





## Chiropractic Care

- Assists with proper alignment of the hips, sacrum, pubic bones, and spine, and can increase proper circulation and function of the reproductive organs for easier periods.
- Helps the body for optimal alignment and functioning in order to conceive without any structural interference.
- Helps align the spine, allowing signals from the brain to flow more easily to all parts of the body, thus boosting energy and sexual response.

## Naturopathy & Functional Medicine

- Helps address nutrient deficiency issues such as anemia, or use of supplementation to treat symptoms associated with PMS such as depression and anxiety.
- Checks on hormonal fluctuations with testing, and makes sure hormone levels are optimal throughout your cycle. This is a great place to start to make sure hormones are working appropriately and to try to correct them naturally if they are not, before seeking more invasive medical intervention in order to conceive.
- Addresses the causes of lack of energy or lack of libido to help boost these areas through a customized supplementation program.

## Nutrition & Health Coaching

- Empowers you to take control of your health by implementing nutrition and lifestyle changes that will contribute to the achievement of personal wellness goals.
- Assists in the understanding of how food and lifestyle affect hormones and overall health.
- Provides education on blood sugar balance to help you understand what foods to pair together. This will fuel your body properly for more energy; improve sleep; improve skin; provide fewer cravings; provide a happier, calmer mood; and balance hormones.

## Fitness Training

- Helps you to be pain free and move well by integrating functional breathing patterns and posture into an individually-programmed workout.
- Promotes moving better, in order to improve energy, power, and physical vitality during all seasons of life.

**THRIVE**  
PROACTIVE HEALTH

# CONQUER THE FEAR OF CHANGE



I sat down to write about the fear of change, but nothing was coming to my mind.

The reason is, I don't see any reason to "fear" change. Actually, I absolutely LOVE and THRIVE on change.

Everything in our Universe is energy, including you. And quantum science has found that the Universe is constantly expanding. This means that YOU (energetically) are constantly expanding and changing. But, the thing is, most of us have not been taught to tune onto the energetic part of us. Our mind holds on to the story of how things are and the way things "should" be, so anything that changes that we are not ready for feels very uncomfortable in the body.

The way to handle these uncomfortable sensations is to allow them to be felt and then breathe into them. Your essence, the truth of who you are is the energy that is moving through you, and that energy is your breath.

When you breathe into your heart you begin to awaken the presence of the love within you. And when you breathe into the solar plexus, the energy of power connects to your heart. When these parts of you are awake and aligned you expand the contracted parts of you and turn on new "energetic circuitry" to better handle all of the circumstances of life.

*But I can't stop there, because what I would truly like for you to understand is that you are never a victim of your circumstances.*

***You are actually the creator of your life.***

Another quantum truth that is so exciting is that you are actually creating the life that you are experiencing. Your life is like a movie that you are stepping into. Your thoughts carry an energetic frequency and are creating the reality that you are living. We are all powerful creators creating a life from within, but most of us are creating by default with no understanding of the power we have to change the reality we are living.

I started out helping people to align their energy for healing, but once we are aligned we become the powerful, intentional creators we actually came here to be. We no longer need to go through life as if we have no control and life is "happening" to us.

Reading this may stir something inside of you. You might feel agitated or contracted, or you might feel expansive and excited. And it's all perfect.

If you want to know more and begin to experience life as the powerful creator that you are, please schedule a session with me. Life is meant to be easy and fun, and I know that that is possible for everyone!





# Client Love

WE LOVE HEARING FROM OUR THRIVERS

Thank you for allowing us to be a part of your healing, health and wellness journey!

“ **One of the best, if not THE best, physical therapy places I’ve been to.** Staff are super friendly and knowledgeable. Customer service is off the charts! They are patient and extremely helpful when providing therapy. If you have a choice, I recommend you choose here. You will not be disappointed! + CHUCK D.

“ **Vivian is awesome. After each acupuncture session I feel really rejuvenated.** Also, the herbal blends she recommended have greatly improved the issues I’ve been dealing with. + BENETTA T.

“ I had heard about Thrive from my stepdaughter. I have some serious injuries and wanted to start early to get back on track. **They were very welcoming and helped me establish a plan of care.** Not your everyday PT establishment. Thank you. + CAROLYN

“ **I had a great first-visit experience.** Vivian was easy to talk to, very informative and I see results already. + KATHERINE B.

“ **Amazing staff who provide great results.** + DIANE D.

“ **Matt is very attentive to everyone’s posture and movement.** He is constantly evaluating and adjusting exercises to meet individual needs or limitations. + MICHELLE K.

“ **I’ve been participating in energy healing for a couple months now and the results I have been seeing in my day-to-day life are amazing.** I feel more motivated and productive, and am moving through my life with more intention! + MACKENZIE L.

“ **My massage therapist, Chantal, is a miracle worker.** I look forward to my visits with her each time and feel so refreshed after. + WYNTER B.

*If you enjoyed the content in this magazine or loved your service from Thrive Proactive Health, we’d love to hear from you: **ThriveVB.revue.us***

# FORTY AND BEYOND GETTING BACK IN THE GAME

Women are unique in the way that we age, because we face distinct health and wellness changes that are different from men, especially in our forties and beyond. We understand that some of the factors that affect our health are out of our control, such as menopause and predisposition to certain diseases. But we also understand that lifestyle choices such as exercise, screenings, and diet are within our control and can greatly impact our health as we age.



## Menopause and Mental Health

These two topics are so intertwined, it is almost impossible to address one without the other.

Menopause is a natural biological process that marks the end of a woman's reproductive years, usually occurring between the ages of 45 and 55. During menopause, a woman's body experiences hormonal changes that can cause symptoms such as hot flashes, night sweats, mood changes, and vaginal dryness.

As women approach menopause, hormonal changes can lead to weight gain, muscle loss, and a decrease in bone density. These changes can make it harder to maintain muscle mass and lose weight.

To complicate matters further, as women continue to age past menopause, the metabolism slows down, making it difficult to burn calories and lose weight, especially if compounded by a sedentary lifestyle and a diet high in processed and sugary foods.

Alongside the physical changes that accompany menopause are mental shifts. Women over 40 may experience increased stress and anxiety caused by these menopausal hormone fluctuations, as well as issues related to family and work responsibilities. Busy schedules that involve juggling work, family, and other responsibilities, can make it difficult to find time to exercise and prepare healthy meals.



## Increased Risk Factors

There are a multitude of health risk factors for women that are 40+, including cardiovascular disease, osteoporosis, and joint pain/fatigue.

### Cardiovascular Disease

Women over 40 are at an increased risk of developing cardiovascular disease, which is the leading cause of death among women in the United States. Factors that increase the risk of cardiovascular disease include high blood pressure, high cholesterol, diabetes, smoking, and obesity. Cardiovascular disease is also complicated by a sedentary lifestyle and a diet high in processed and sugary foods.

### Osteoporosis

As women age past 40, they are at an increased risk of developing osteoporosis, a condition in which bones become brittle and fragile, increasing the risk of fractures. Regular exercise and a healthy diet can help prevent or treat osteoporosis.

### Joint Pain and Fatigue

You may have seen that meme, “everything hurts and I’m dying” and chuckled, but the truth is that women over 40 may experience joint pain and stiffness, particularly in the knees, hips, and back. That, coupled with general fatigue, can make it challenging to engage in high-impact exercises such as running or jumping.

## How To Get Back In The Game

The good news, it’s never too late! Women over 40 may feel intimidated or less motivated to practice self-care and exercise, especially if they have been ignoring these areas of their lives for a while. Realize that your health goals will and should be different than they were in your 20s and 30s.

With the help of a professional, you can use health metrics like heart-rate-measuring devices, InBody and InSight scans, as well as biofeedback to create appropriate health goals for this season of life.

**Focus on strength training** to maintain muscle mass and bone density, boost metabolism, and alleviate joint pain. It is often beneficial to work with a personal trainer, especially if you are new to weight training or just getting back into it.

**Incorporate low-impact exercises** such as walking, swimming, and cycling to improve cardiovascular health.

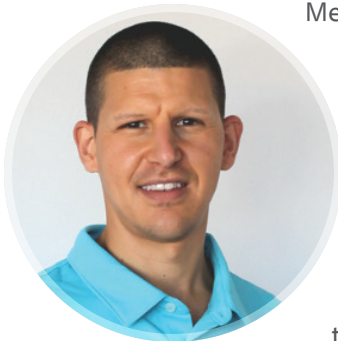
**A nutrient-dense diet, rich in whole foods and protein** can also help support overall health and fitness.

**Lastly, joining a community committed to the same goals as you** can provide motivation and support as you ease into this portion of your journey.

*If you'd like to discuss this more, please give us a call. We're always here to help!*



# WAYS TO INTEGRATE SELF CARE ACROSS YOUR ENTIRE SELF



Men and women share many of the same sources of stress, such as financial matters, work, health, and family.

That said, stress can be increased due to the many roles that women take on that include family obligations, caregiving for children and/or

elderly parents, work responsibilities, and more. As demands increase to fulfill these roles, women can feel overwhelmed with time pressures and unmet obligations as they try to juggle everything.

Oftentimes, women spend more time meeting the needs of others rather than tending to their own needs. When stress levels are high, women may not even recognize what their needs are.

But it doesn't have to be that way, and for you to be at your best for others, you need to prioritize some things for yourself.

**Self care incorporates the six pillars of Thrivestyle Medicine: Mindset, Sleep, Stress Resilience, Community, Exercise, and Nutrition.**

See how our behaviors in each of these pillars impacts our health and well-being, and get strategies on how to develop more resilience to live happier and healthier lives!



## MINDSET



**Your feelings follow your focus.** When you're focused on the negative, you will feel negative. On the other hand, when we focus on the positives in our lives, we feel better. Your focus also follows your feelings, which can then lead to a feedback loop that can be positive or negative.

### CHALLENGE YOURSELF

**Write down three things that went well today and why they went well.** Share these positive thoughts with a family member or friend.



## SLEEP



**Getting adequate sleep can always feel like a challenge.** But we need to prioritize sleep, considering we spend about a third of our lives sleeping. It does not take long for a lack of sleep to start to impact our health. This includes decreased response times, decreased performance, and increased moodiness. Chronic sleep dysfunction increases the risk of type 2 diabetes, cardiovascular disease, and premature death.

### CHALLENGE YOURSELF

**Avoid use of screens and electronics for at least one hour prior to bedtime.** Try reading a book, taking a bath, meditating, or listening to calming music.





## STRESS RESILIENCE



Even though stress is an unavoidable part of life, how we think about it and how we respond to it makes the difference in how it impacts our self care and health. The stress response is a cascade of physiological events that can lead to improved health and productivity, or to anxiety, depression, obesity, immune dysfunction, and poor health outcomes.

### CHALLENGE YOURSELF

**Get outside and get your body moving for at least 30 minutes each day, or take 10 minutes each day to sit in silence to meditate or be mindful.**



## COMMUNITY



**We are wired to connect with others through feelings.** We truly are social beings, and need to be connected with others to be emotionally well. Research shows that positive relationships are key to our well-being, and are as important to living a long life as not smoking!

### CHALLENGE YOURSELF

**Do something intentional each day to show someone in your social network that you care for them.** Give someone a genuine compliment, share a meal with someone, or have an authentic honest conversation with a friend.



## EXERCISE



**Research overwhelmingly shows that movement and exercise is beneficial for health.**

It can make us happier and more emotionally resilient. Even a single bout of exercise for 10 minutes can improve mood. Regular movement has been shown to be as powerful as antidepressant medications and without any of the nasty side effects.

### CHALLENGE YOURSELF

**Be active moving your body in some way for at least 30 minutes each day.** Take a walk, go for a bike ride, do some resistance training, or work in your yard — exposure to natural settings has been shown to be emotionally uplifting.



## NUTRITION



**What we put into our bodies each day dramatically impacts our health and well-being.**

Our bodies are complex machines that function best when we provide them with quality fuel. Unfortunately, all too often in our modern world we are feeding our bodies convenient, processed junk food, with way too much salt, sugar, protein and fat, and a lack of water, fiber, and other nutrients.

### CHALLENGE YOURSELF

**Every day, try to consume EIGHT OR MORE servings of whole foods: vegetables, fruits, legumes/beans, whole grains.**

- A serving size is roughly the size of your fist.
- Foods should be consumed as close as possible to their natural form.
- Prepare and share a plant-based meal with family or friends.

# TAKING INVENTORY ON YOUR WHEEL OF LIFE

Self care is about taking an active role in preserving one's own well-being and happiness. It includes actions that help to promote health, prevent disease, and better cope with stress, injury and illness.

Self care includes being intentional and thoughtful about certain areas of your life. When you think about self care, you are becoming mindful of your lifestyle habits and how you can become proactive in managing your life stressors better and balance all areas of your life.

Our lives are full of stressors — physical, mental and emotional. These stressors are all around us. Our resilience and how we deal with the stressors are key indicators that affect our health and happiness.

## 10 KEY AREAS OF SELF CARE

Use the Wheel of Life tool to help you reflect and get perspective on how you are currently showing up and acting in various areas of your life. The Wheel of Life is divided into the 10 dimensions that influence our unique ability to thrive...

### STEP 1 ASSESS

In the circles next to each category description on the next page, rate your level of satisfaction on a scale of 1 to 10:

### STEP 2 DIAGRAM

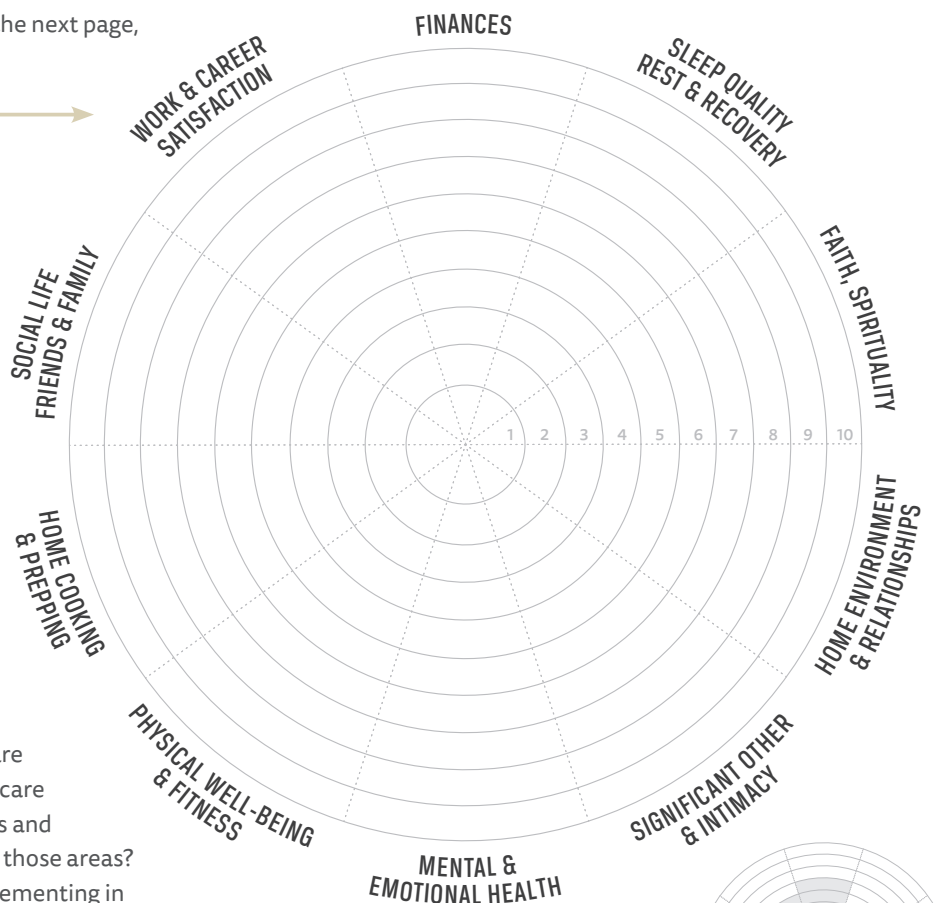
There are 10 lines on the wheel graph. Mark your rating from each category in the appropriate section of the wheel and shade the area towards the center of the wheel. See the example at the bottom of this page.

### STEP 3 IDENTIFY OPPORTUNITIES

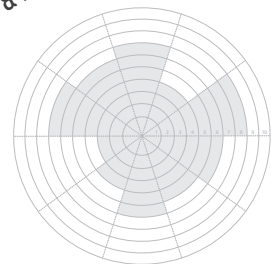
Think of a bike wheel rolling down a hill. The smoother the wheel, the smoother the ride. A balanced circumference means that your life has balance and you are optimally managing key areas of your life.

**On the contrary, flat tires, dented rims, bent spokes will all affect how we roll in life.** Those areas will exhibit the imbalances in your life that are pulling you back and affecting how you thrive.

**These become your areas of opportunity.** These are the areas where you need to incorporate more self care and become more aware of your daily contributions and routines in those areas. What habits do you have in those areas? Think about small modifications you can start implementing in those areas, become mindful and set priorities based on your life vision.



*This example shows how to fill in the spokes. It also demonstrates imbalance and opportunity for building more mindful habits in order to create a better balance.*





In the circles next to each category description, rate your level of satisfaction on a scale of 1 to 10.

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10  
LOW SATISFACTION (OPPORTUNITY) HIGH SATISFACTION (ABUNDANCE)

### WORK ENVIRONMENT & CAREER SATISFACTION

Do you sense that your work is aligned with your personal strengths and talents? Are you planted, engaged, properly challenged and growing in your career field, and working towards feeling success and achievement? Do you enjoy your work environment and colleagues or would you rather be working at a different job or in a different field?

### FINANCES

Money is merely a tool that helps us achieve our dreams and live the life we desire. This category encourages you to think about if your income supports your basic needs and the lifestyle you desire. Reflect on your relationship and habits with money and how your finances impact your relationships, security and retirement.

### SLEEP QUALITY: REST & RECOVERY

Reflect on the routines around your sleep habits. Do you have a regular consistent bedtime and wake-up time? Do you properly wind down before bed, get seven-to-nine quality hours of sleep without disruption? Do you get up easily in the morning and feel like you have enough energy throughout the day?

### FAITH & SPIRITUALITY

Positive psychology research shows us those that have a sense of being connected to something bigger than themselves are happier. You don't have to be religious to experience spirituality; this is about expanding on your sense of purpose and meaning in life. Your faith and spiritual beliefs can directly influence your relationships, as well as your emotional and mental resilience.

### HOME ENVIRONMENT & HOME RELATIONSHIPS

Reflect on your living environment, family time, and family relationships. Do you enjoy your home environment and are you able to relax and enjoy hobbies at home such as watching sports, reading, writing, gardening, playing a musical instrument, etc? Are your home-life demands and relationships stressed with too many agendas and to-do lists? Is your home messy, cluttered, or unorganized?

### SIGNIFICANT OTHER & INTIMACY

This category has you reflecting on your role in a potentially important and special relationship in your life. Reflect on your connection, engagement with each other, romantic activities, sex, and the support systems you have for each other. If you are not in a special relationship, rate how satisfied you are in that fact. Happy and satisfied or lonely and frustrated?

### MENTAL & EMOTIONAL HEALTH

Are you coping effectively and adapting to life stressors, uncertainty, and adversity in a constructive way? Can you manage your emotions and stay cool, calm and steady so you're able to communicate effectively, empathize with others, and defuse conflict? Or do you catch yourself worrying, becoming fearful of all the things that can go wrong, and swimming in negative emotions such as anger, judgment, sadness, jealousy, frustration, anxiety, loneliness and resentment?

### PHYSICAL WELL-BEING & FITNESS

Are you walking or getting at least 150 minutes of physical activity per week? Or at least 75 minutes of high intensity? Are you including resistance training and preserving muscle mass as you age? Reflect on your physical health and weekly exercise routine.

### HOME COOKING & MEAL PREPPING

Reflect on how you plan and prepare your meals each week. Do you grab pre-packed processed foods and frequent drive-thrus? Or do you consciously go to the grocery store, choose your ingredients and prepare your meals at home? Our relationship with these habits reflect our nutritional beliefs and relationship with food that will impact our energy levels and health. Plus, home cooking and sharing a meal around a table with others can enhance connection, communication and build relationships.

### SOCIAL LIFE, FRIENDS & FUN

Are you having enough fun in your life? This category is about the laughter, fun and enjoyment you have in your life. Reflect on your hobbies and recreational patterns and how you live life sharing that fun with others.

# Managing High Blood Pressure *with Chinese Medicine*



Pressure changes in the vascular system can be an indication that your body isn't properly regulating stress factors. As women, we can find ourselves needing to handle a multitude of tasks (often simultaneously), which can wreak havoc on our nervous systems over time.

Too much "overdoing it" without proper periods of rest puts us in a perpetual sympathetic state, stressing our hearts to pump blood more rapidly and causing strain on the vascular walls.

Combined with a poor diet/nutritional deficiencies, lack of physical activity, hormonal changes, other underlying health conditions or side effects of pharmaceutical medications, a consistently elevated blood pressure can cause further distress.

There are severe cases in which pharmaceutical medication is warranted as a first line of treatment. Your physician should be the one to guide you if this is the case. **However, borderline hypertension (averaging under 150/90 mm Hg) can often be effectively regulated to normal levels with regular acupuncture and lifestyle modifications.** A growing number of studies have indicated a temporary but clear effect of blood pressure lowering after applying different acupuncture treatment strategies.

A thorough Chinese medical evaluation will determine which organs are the key players for your imbalance that is manifesting as high blood pressure. Most often, the heart, liver, stomach and kidney show up as areas of focus.

A personalized plan of specific acupuncture points based on this Chinese medical diagnosis will most greatly yield beneficial results. I have found auricular (ear) acupuncture to be very effective in these cases and will often send a patient home with "ear tacks" that she can stimulate in between treatments. Other recommendations on diet, supplements and/or possibly Chinese herbs can be further made to restore balance to the organs and to maximize results.

Sometimes, just starting a conversation about the stressors in a woman's life can be helpful to identify (and possibly reduce) the triggers that may be elevating her blood pressure. A primary focus of acupuncture is to "Calm the Spirit," as well as "Move Stagnant Qi (energy)." Both can result in an overall feeling of calm and reset the nervous system.

Other lifestyle changes include a healthy, balanced diet low in saturated fats and oils, sugars and additives. A regular sleep regimen is paramount for managing stress and allowing the organs to restore after a long day. Cutting back on excessive smoking and drinking will also improve the pliability of the blood vessels in your body.



# TILT, SHIFT, AND HIKE YOUR PELVIS INTO BETTER HEALTH

*The key to a healthy pelvic floor is maintaining some dynamic rhythmic and balanced movements around the pelvic girdle. As you keep these movements healthy from side to side and front to back, the pelvic floor can maintain proper elasticity to support the movements and pressures you encounter during the day.*



Pelvic dysfunction can be scary, unfamiliar and can seem easier to ignore than to address. Bladder leakage, painful intercourse, and hip, pelvis or back pain are just some of the symptoms that can affect someone's ability to thrive and live confidently.

Throughout my career, I have met people that have been Kegeling and working on their strength for years, yet continue to have “a weak core,” pelvic floor problems, bladder leakage and/or prolapse issues.

Strong, muscular, crossfit athletes with a ripped abdominal physique have come into my office reporting of bladder leakage with jumping or squatting, yet they work on their “core” daily and continue to have issues feeling balanced around their hips and pelvis.

New or experienced moms who have been through pelvic PT continue to experience long-standing problems the more active they try to be.

I get it. There is confusing info on the internet and some teachings out there are short sighted.

While this article is only a brief snapshot, I hope that it lays a foundation for you to understand your body and movements better, and helps you to stand and move more confidently while doing the activities that bring you joy!

**The basis of pelvic floor health is understanding that the pelvic floor is only one component of a bigger system.** It's one small part of you, yet is greatly influenced by the function and movements of other postural parts.

For many reasons, the pelvic floor muscles can become weak, tight or spastic. The pelvis can also become misaligned and out of sync with your arms and legs causing unwanted tension and poor control.

The good news is that most of the time, the pain, tension and dysfunction is caused by a mechanical muscular problem that can respond well to realigning or engaging some key relationships.

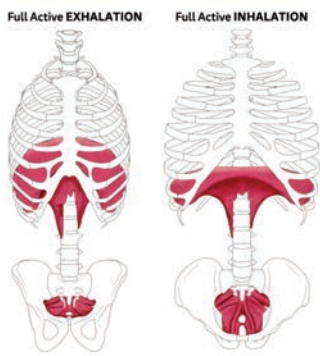
## KEEP READING FOR EXERCISES

# TILT, SHIFT, AND HIKE YOUR PELVIS INTO BETTER HEALTH

*For basic function, the pelvis needs to learn how to move in three foundational ways: tilt, shift and hike.*

**TILT** The pelvis needs to maintain the ability to tilt in sync with your breathing, thoracic cage, abdominals and hamstrings. To keep the contents of this article light and relevant, let's just look at some basic foundational movements of the thoracic diaphragm and the pelvic floor diaphragm.

The diaphragms of the body are horizontal, trampoline-like muscles that separate cavities or regions of the body. It's very important that the thoracic and pelvic diaphragms can synchronize their movement and muscle control for pelvic and core health.



The **full active EXHALATION** image shows pelvic thoracic posturing with the abdominals, hamstrings, glutes and adductors well supporting the pelvic thoracic relationship.

The **full active INHALATION** image shows the unopposed or unsupported postural

changes with too much extension and hyper inhalation. Too much tension is present in the lower back, neck and hip flexors muscles groups.

Notice the shape of the two postures. The movement and positions of the thoracic cage and pelvic bowl are constantly changing shapes throughout the day with all the various ways your body moves. A healthy pelvic floor is able to dynamically adapt and move through, in, out and in-between these end-range postures. When the thoracic and pelvic relationships are well supported with hamstrings, adductors, glutes and abdominals, the pelvic floor muscles are happy and resilient.

When the thoracic and pelvic relationships are strained by too much back extension tone, or too much hip flexor and quad tone, the pelvic floor muscles are strained, stressed and pressured.



## 90-90 Hip Lift

To properly support a foundational layer for pelvic floor health, I want you to learn how to reposition your posture and learn how to engage your hamstrings and your exhalation abdominals in a basic exercise we call the 90-90 Hip Lift.

- Lay flat on the floor, perpendicular to a wall. Bend your knees 90 degrees and put your feet flat against the wall, making sure your feet are firmly grounded into the wall. Do not allow your knees to go outside the frame of your body. Your knees should be the same width or slightly inside your feet.
- As you exhale, press your feet into the wall, dig your heels down and move your knees upward to rock your tailbone higher than your waist. Keep your back flat against the floor.
- Reach around and make sure your hamstrings are engaged. Keep them engaged as you practice sensing your abdominal muscles' relationship with your breath. Can you feel your deep core abdominals at the end of your exhalation?
- The proper positioning of your hamstring and abdominals gets your pelvis in a better position to train your pelvic floor more effectively. The pelvic floor muscles contract on the exhalation in synchronization with your abdominals and proper hamstring support.



**SHIFT** Another key support needed for pelvic health is to learn how to shift your pelvis and pubic bone from side to side and engage your inner thigh muscles at the correct time to do this.

Your inner thigh muscles are constantly regulating the tension in your pelvic floor as you walk. When your weight is shifting over your left leg, your left inner thigh should be working to support your pelvic floor as you stand on your left leg, and then as you walk forward, your weight will transition off of that leg onto your right for your right inner thigh to support you when on your right leg. A lot of people develop pelvic dysfunction when their right inner thigh muscles can't relax properly. Because of this, the scissor slide activity needs to be done laying on your right more than the left.

## Scissor Slides

To assess and work to rebalance the inner thigh muscles, we use an exercise called the Scissor Slides.

- Lay on your right side in the 90-90 position.
- Roll up a bath towel or use a small ball and place it between your knees. Also place a thin hand towel under your right knee to help cue you to keep your right outside leg against the surface you are laying on.
- As you inhale, shift your pelvis back as you slide your left knee behind your right.
- Maintaining the movement shift, exhale to squeeze your left knee into the towel roll.



**HIKE** The last of the key pelvic motions you need for pelvic floor health is pelvic hiking. One side of your pelvis should be able to depress as the other hikes slightly higher towards your armpit. This is the hula dancing pelvic motions that are needed to help shift lower back, neck and hip flexion tension.

Due to the fact that we live in a right-handed world, our pelvis often loses the ability to hike on the left side, and if our back is over tightened, it may have lost the ability to hike on either side.

## Right Leg Reach

Our Right Leg Reach exercise is our favorite go-to experience to retrain the pelvis to depress on the right side and hike on the left. This exercise is about learning to sense a compression on one side of your body and an elongation or expansion on their other.

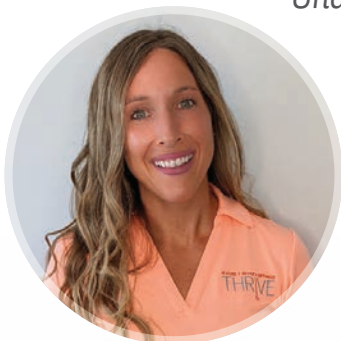
- Lay on your left side with your top leg straight and in line with your shoulders. The left leg may be bent.
- As you exhale, stretch your right foot away from your right armpit and hold your leg there.
- Pause and sense your left pelvis pushing down into the surface you are laying on and hiking up toward your left armpit.
- Hold this position, gently inhale and exhale again to elongate your right leg even longer. *This is creating what we call the “mouse house” space between your body and the surface you are laying on. The abdominal wall on the bottom is shortening while the opposite side is lengthening.*
- Hold this position for four to five breaths.

*The exercises in this article have been modified techniques originally taught by the Postural Restoration Institute®. If you are having chronic pelvic problems—your core, hips or shoulders feel imbalanced—or you are having any pain, we recommend scheduling a consultation with a certified Postural Restoration Specialist at Thrive Proactive Health, or in your area.*

# how to eat for your cycle

Nourishing or eating according to your menstrual cycle means working with your hormones instead of against them. Depending on which phase of your cycle you're in, your nutrient needs fluctuate with your hormones. You can modify your eating habits around these changes to work smarter, and bless your body instead of stressing it out. This will help establish better energy, more stable moods, less PMS, fewer cravings, and all around better health.

*Understanding your cycle is step one. During your cycle, your body goes through phases, similar to the way the weather goes through seasons.*



The length of your cycle is the number of days between periods, including the first day of your period until the day before your next period starts. Cycle length is determined by the day ovulation occurs. The average length of a cycle is 29 days, and per healthcare standards, a normal cycle can be anywhere from 23 to 35 days.





## MENSTRUAL PHASE

days 1-5

- **Focus on warm and easily digestible foods.** Metabolic rate is high, so choose nutrient-dense foods that provide sustainable energy such as protein and healthy fats. Root vegetables provide vitamin A, which helps the liver filter out excess estrogen. Increased fiber also assists with filtering out excess estrogen in this phase.
- **Foods to emphasize during this phase include** soups, stews, potatoes, chestnuts, beets, figs, edamame, buckwheat, kelp, salmon, butter, dark chocolate, legumes, whole grains, and ginger.

## FOLLICULAR PHASE

days 16-14

- **Focus on lighter and energizing foods.** This is a great time to eat raw veggies that are high in fiber, and citrus fruits with vitamin C, which aid in estrogen metabolism. Incorporate fermented food to promote gut vitality and healthy bacteria growth.
- **Foods to emphasize during this phase include** leafy greens, blueberries, citrus fruits, bananas, fermented foods like sauerkraut, pumpkin seeds, flax seeds, and oysters.

## OVULATORY PHASE

days 15-17

- **Focus on high-energy foods to support spiking hormone levels.** Complex carbs, high-fiber fruits, and protein provide stabilized energy. Greens such as chard and dandelion root promote liver function and filtration to stabilize estrogen levels.
- **Foods to emphasize during this phase include** strawberries, broccoli, avocado, asparagus, red lentil, lamb, salmon, chocolate, and almonds.

## LUTEAL PHASE

days 18-28  
this is before  
your period

- **You will want to focus on eating healthy and avoiding any foods or habits that trigger inflammation in your body.** Examples are alcohol, caffeine, carbonated drinks with artificial sweeteners, dairy, and added salt. Grounding and warming foods support progesterone production. Stabilize blood sugar levels and cravings with complex carbs from legumes, and whole grains can balance insulin. Magnesium found in leafy greens and dark chocolate helps you deal with bloating and cramping.
- **Foods to emphasize during this phase include** beans, berries, tomatoes, red peppers, apples, sunflower seeds, sesame seeds, brown rice, oats, carrots, sweet potatoes, cod, salmon, bone broth, bone-in chicken, and organic grass-fed red meat.

## BONUS

Honor your body through each phase of your cycle with exercise! Here are some general guidelines for exercise intensity that may be beneficial during the hormone fluctuations around your cycle.

### MENSTRUAL PHASE

light movement, walking, stretching, slow yoga. Rest is key during this phase; pamper yourself.

### FOLLICULAR PHASE

light cardio such as hiking, light runs, yoga, swimming.

### OVULATION PHASE

opt for circuit, high-intensity interval exercise, spin classes, weight lifting, pilates, dancing, running.

### LUTEAL PHASE

light to moderate exercise, strength training, pilates, more intensive yoga (yin or vinyasa).

# EASY TIME-SAVING

We women wear many hats: employee, partner, entrepreneur, volunteer, wife, sister, friend, mom, grandma, significant other, chauffeur, activities director, house cleaner, chef... The list goes on and on.

## BREAKFAST, LUNCH, AND

In the mix of a chaotic week, home-cooked meals can easily be put on the back burner. We're here to help you maximize your time with three easy meals that **you can prepare in 15 minutes or less.**

## DINNER RECIPES FOR YOUR

And while we offer these Crockpot and oven-baked meals as solutions to your multi-tasking multiverse... Don't forget to take time just to breathe and chill. You're allowed!

## TIME-LIMITED WEEK



### Veggie Egg Muffins

serves 4

#### INGREDIENTS

- 12 eggs
- ¼ cup plain, unsweetened almond milk
- 1 or 2 cups of veggies of your choice (onions, peppers, spinach, mushrooms, tomatoes etc)
- 2 garlic cloves
- Dash salt/pepper

#### INSTRUCTIONS

- Preheat the oven to 350 degrees. Whisk together eggs and almond milk. Season with salt and pepper (and any additional herbs/seasonings of your choice).
- Mist a 12-count muffin tin with cooking spray or brush with oil. Add veggie assortment to the muffin tins and pour the egg mixture in each muffin tin until almost full.
- Bake for 15 minutes or until set. Remove and let cool completely before storing in the refrigerator.



# Crockpot Chicken Tortilla Soup

serves 6-8 • easy to cook overnight or during the day while at work

## INGREDIENTS

- 4 chicken breast halves (or 3 large ones)
- 1 can black beans, drained and rinsed
- 1 can shoepeg corn
- 2 cans of diced tomatoes & green chilies (*I like Ro\*tel brand*)
- 1 cup salsa
- 4 oz chopped green chilis
- 1 can (14 ½ oz) tomato sauce
- Grain-free tortilla chips (*I like Siete brand*) and sour cream (*dairy or dairy-free*) for toppings

## INSTRUCTIONS

- Combine all ingredients (except chips and sour cream) in a slow cooker. Cover and cook on low for 8 hours.
- Remove chicken and shred, and stir back into soup.
- Serve with grain-free tortilla chips and sour cream.



# Honey-Glazed Salmon & Veggies

serves 4

## INGREDIENTS

- 2 ½ tbsp coconut aminos
- 2 ½ tbsp honey
- 3 tbsp olive oil, divided
- 1 lb small potatoes, halved lengthwise
- ½ tsp salt, extra as needed
- ½ tsp pepper
- 4 (6 oz) skin-on wild salmon filets
- 1 bunch of asparagus spears
- Pinch of red pepper flakes
- Finely chopped parsley, as desired

## INSTRUCTIONS

- Preheat the oven to 400 degrees. Line a large baking sheet with parchment paper.
- Toss halved potatoes with 1 tbsp oil and spices, arrange potatoes on a baking sheet. Bake for 20 minutes.
- While potatoes are baking, whisk together the marinade for the salmon: coconut aminos, honey, 2 tbsp of olive oil. Trim ends of the asparagus.
- After 20 minutes, remove the pan from the oven and push potatoes to one side. Add salmon filets and asparagus to the pan and season with salt and pepper. Pour the marinade over the top of the salmon filets.
- Bake for an additional 12 minutes or until the salmon is cooked through.
- Sprinkle with chopped parsley and red pepper flakes if desired, and serve.

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*Thrive is a team of committed and hard-working professionals devoted to the healing, performance, and empowerment of our clients supplied by our dedication to proactive health, personalized services, and a conviction towards delivering the results they need to thrive at home, at work, and in competition.*

## OUR LOCATIONS

### MARKET SQUARE

2830 Virginia Beach Blvd.  
Virginia Beach, VA 23452

9 am - 7 pm	<b>MONDAY</b>
9 am - 7 pm	<b>TUESDAY</b>
9 am - 7 pm	<b>WEDNESDAY</b>
9 am - 7 pm	<b>THURSDAY</b>
8 am - 4:30 pm	<b>FRIDAY</b>
every other 9 am - 2 pm	<b>SATURDAY</b>
CLOSED	<b>SUNDAY</b>

### KEMPS RIVER

1320 Kempsville Rd.  
Virginia Beach, VA 23464

11:30 am - 7 pm
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10 am - 6:30 pm
9 am - 5 pm
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