

PIONEERING YOUR HEALTH

PATTI BOLLI GIDEON, PT

PATTI@PBNCONSULTING.NET

832-860-1786

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AGENDA

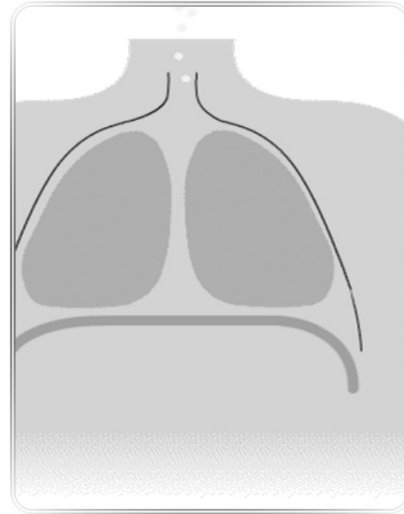
- Breathing
- Water / Sleep
- Movement/Stretching
- Strength
- Wounds
- Toxic Load
- Your self-care

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HOW DO YOU BREATHE?

Why is breathing important? Diaphragm & lungs

- Muscle strength
- Core/pelvic strength
- Stress relief
- Sleep



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WATER / SLEEP

2 critical things for your health – overlooked all the time

Water for health & weight loss - Take your weight / 2 = # of ounces you need to drink

Decrease caffeine (disrupts your sleep cycle) and bodies ability to create melatonin to help you sleep lasts 6 hours in your body

Sleep ideal 7-8 hours for night

helps body to heal and detox

decreases brain fog and short-term memory loss

make your bedroom your sanctuary – clean & calm

put phone on airplane mode & not by bed (no screen time 1 hr)

No TV in the bedroom – blue light disrupts sleep



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MOVEMENT & STRETCHING

- Movement – move every day to increase circulation and lymph system (critical part of your immune system)
- Stretching – lengthening muscles in balance across your joints
- Triggering your lymph system
 - Arm exercise – 30 seconds movement/30 second rest – do three times
 - Rebounder/mini tramp
 - Stand and alternate leg lift
 - Walk / Swim
- Stretching
 - Hamstrings/Piriformis – key to low back pain
 - Quads/hip flexors – key to knee/hip pain
 - Calves – helps to increase circulation and decrease edema in lower legs and feet
 - Plantar fascia – towel stretch to decrease pain in your feet

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STRENGTH

- Women lose 10% of muscles mass every decade after age 30
- Muscle loss can be reversed at any age – body out of balance add more belly fat to trap toxins
- Incidence of injury and fractures are due to muscle weakness and poor mineral balance in your body more than any other situation (electrolytes – potassium, magnesium, sodium, copper)
 - Pelvic floor – muscle that support your bladder, uterus, colon - breathing + 2 exercises
 - Abdominals – muscles that support your low back and hips – breathing + 2 or 3 exercises
 - Arms – muscles under your shoulder blades support all movements of your arms
 - Strength training – great for every age!
 - Best exercise – WALK!!! (sunshine!, decrease stress (nature), movement, strength!!!) swing your arms, stride out, smile

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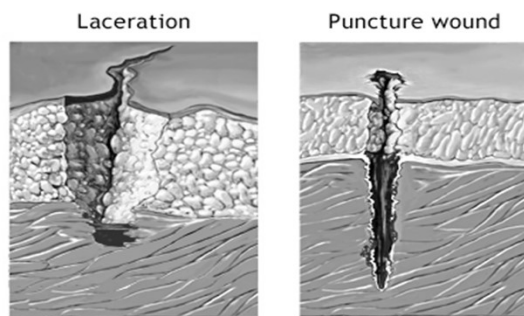
WOUNDS

Salt water (saline solution)

Hydrogen Peroxide

Antibiotic cream

Vaseline



ADAM.

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TOXIC LOAD



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- Most toxic time in history
 - Food covered with chemical
 - Cleaners – all chemicals that disrupt hormones, body functions, sleep, increase in cancers
 - Health care products – makeup, shampoo, conditioner, mascara, moisturizers etc... (9-11X)
 - Scents – glad air fresheners, candles, sprays all contain cancerous chemicals
 - www.ewg.org > skin deep check your items need to be rated 3 or less

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YOUR SELF CARE - TAKE TIME TO FOCUS ON YOU!

- Get your vitamin D – sit in sun with hands and feet exposed for 10 minutes every day (no sunscreen on the skin)
 - Decrease flu, colds and COVID with sunshine
- Decrease use of sunscreen and sunglasses (don't wear all the time)
 - SPF 50 and higher is not better
 - Melanoma (deadliest cancer) not related to sunlight exposure (diet plays a bigger role in cancer) Cancer loves sugar!!!
 - Decrease ingestion of seed oils to decrease sunburns
- Ditch your table salt
 - Use sea salt or Himalayan Pink Salt, Celtic Sea Salt
 - Need salt and magnesium to help multiple functions in your body (decreased salt leads to increase in your insulin resistance – will also strip calcium from your bones)
- Gratitude / Meditation
 - Journal / 5 gratitude's am / 5 wins pm
- Diet
 - 80-100 gm of protein / day
 - Eliminate Frankenfoods, sugar, soy, caffeine, gluten – decrease alcohol (mostly sugar), dairy
 - Drink more water / electrolytes (no sugar)
 - ACV - drink 1 tsp to 1 T before meals to increase digestion
 - Liver & gallbladder Detox (2 T olive oil & 2 T lemon juice (use for 7 days two to three times per year)
 - Drink Dandelion Root tea (if take medications) – detox's your liver
- Shower – cold water 10-30 seconds at end
- Detox bath – hot water, 2 cups Epsom salt, lavender essential oil (15 drops) soak before you sleep

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The first wealth is health. ~ Ralph Waldo Emerson

Your body hears everything your mind says so be careful how you talk to yourself. ~ Louise Hay

Your mind is your best asset! Make it work for you!

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