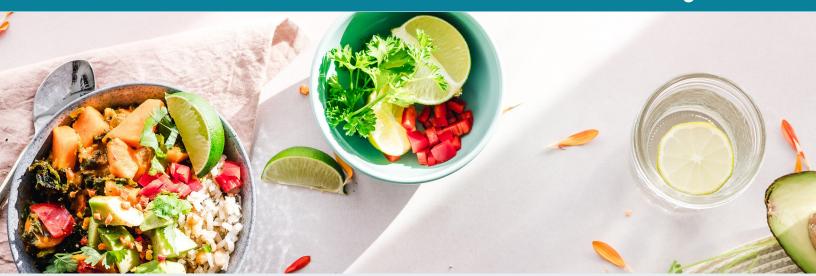
# **Sharp Rees-Stealy Medical Centers**

# Resources for Your Wellness Journey



# Follow for tips and recipes on Facebook and Instagram:

Angie R. Neison, MD CCMS | @Flavors4WellnessMD | DrAngieNeison.com

# Top 10 tips from Dr. Neison

- 1. Eat more plants!
- 2. Keep carb to fiber ratio <10:1 or best if <5:1
- 3. Choose more whole grains over processed grains
- 4. Your food choices are tied to the planet's health
- 5. Get to know more plant-based proteins (beans, lentils, nuts/seeds, tofu, tempeh)
- 6. Cooking helps you control salt, sugar and fat
- 7. Choose more Omega-3 rich foods (fatty fish, walnuts, chia and flaxseeds)
- 8. Be mindful with eating, movement, stress management and sleep
- 9. Set boundaries for optimal work-life balance try meditation!
- 10. Living healthy and well to a 100 years old is possible!

## Children's resources

- Healthychildren.org
- Chochopmag.org
- Produceforkids.com
- KidsEatInColor.com
- WellnessPediatrician.com
- · Sharp Rees-Stealy pediatrician Dr. Cherie Chu

# **Meditation apps**

- Calm (free 30 days at calm.com/calmhealthtrial)
- Headspace (free)

#### Exercise

- Apps: 7 Min Workout
- All trails (free walking/biking/hiking app)
- · Peloton: all exercise and meditation (free for 90 days for new accounts)
- · Youtube: free Yoga with Adrienne

#### Mental health

- Book: "What happened to you? Conversations on Trauma, Resilience and Healing" by Bruce Perry & Oprah Winfrey
- · Therapists: talkspace.com, betterhelp.com
- Call or text Mental Health hotline at 988
- 988lifeline.org for chatbox

### **Nutrition**

(Call 211 for food assistance)

#### Plant-Forward

- · Documentaries: "Fed Up", "Cooked", "Fat, Acid, Salt, Heat"
- · Podcasts: The Doctor's Kitchen, Wellness: Fact vs Fiction, The Food Medic
- Books: "In Defense of Food", "The Omnivore's Dilemma", "The Good Gut", "The Blue Zones", "I'm so Offing Tired", "Fertility Foods Cookbook"
- Websites: EatRight.org, OldwaysPt.org, Wholegrainscouncil.org, SoulFoodSalon.com, BrainHealthKitchen.com
- Apps: Supercook, Specialty Produce

## Whole Food Plant-Based

- Documentaries: "Forks Over Knives", "What The Health", "The Game Changers"
- Podcasts: The Brain Health Revolution Podcast, Nutrition Facts, Veggie Radio, Plant Proof
- Books: "Fiber Fueled", "How Not to Die, How Not to Diet"
- · Website: minimalistbaker.com
- Apps: Daily Dozen, 21 Day Vegan kickstart

