

# 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](https://www.healthychildren.org)
- [Chochopmag.org](https://www.chochopmag.org)
- [Produceforkids.com](https://www.produceforkids.com)
- [KidsEatInColor.com](https://www.kidseatincolor.com)
- [WellnessPediatrician.com](https://www.wellnesspediatrician.com)
- Sharp Rees-Stealy pediatrician Dr. Cherie Chu

## Meditation apps

- Calm (free 30 days at [calm.com/calmhealthtrial](https://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](https://talkspace.com), [betterhelp.com](https://betterhelp.com)
- Call or text Mental Health hotline at **988**
- [988lifeline.org](https://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](https://EatRight.org), [OldwaysPt.org](https://OldwaysPt.org), [Wholegrainscouncil.org](https://Wholegrainscouncil.org), [SoulFoodSalon.com](https://SoulFoodSalon.com), [BrainHealthKitchen.com](https://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](https://minimalistbaker.com)
- Apps: Daily Dozen, 21 Day Vegan kickstart