

CENTER'S APPROACH TO HOLIDAY WELLNESS

Dr. Molly Brown offers healthy living practices for the holiday season

By Dr. Molly Brown, PhD, D.N.M.

The joy in radiant health keeps us positive, high-energy, and efficient in our lives. Our health is a state of well-being that includes physical, emotional, and spiritual elements, which are intimately intertwined. Feeling our best allows us to achieve our goals, live in a state of creativity and inspiration, and enjoy our best lives. Obviously, in current times and with the state of our world and community, it is more important than ever to take charge of feeling your best, eating your best, being your best, and going into the holiday season and 2022 with focus and intention. Below are our suggestions of healthy habits, practices, and prevention for the new year.

What We Eat

There is no substitute for healthy eating. However, organic food should be a bare minimum. Seek restaurants that prepare foods made with organic ingredients. The food is more nutritious and tastes better, and consuming organic foods heals both your body and the earth through organic farming practices.

Toxins that accumulate in our systems from GMO and food exposed to pesticides, including non-organic alcohol, meats, and processed foods, jam up our detox organs and lead to a sluggish metabolism, inflammation, and brain fog. The liver is our primary detox organ and controls over 500 daily functions in our body, including inflammatory processes, hormone balance, daily detoxification, skin health, fat metabolism, and more. Therefore, it is essential to eat clean food that is organically grown and nourish your organs properly.

Supplement your daily intake with superfoods such as maca, coconut products, hemp seeds, and other nutritious foods that pack in high amounts of nutrition with each nutrient-dense bite. You will eat less, feel more satisfied, reach optimal weight and energy, and feel fabulous from the food you eat, rather than sick, bloated, and lethargic. Of course, there is no substitute for a healthy, high-energy, highly mineralized, hydrating intake of foods and drinks.

Cleanse Seasonally

Seasonal cleanses are a part of GLOW from the beginning. It is so important to cleanse twice a year to keep your system fluid, clean, clear, and allow your body to breathe even at a cellular and glandular level. Cleansing in a five-to seven-day cycle gives the gift of high energy for months to follow. It restores the natural order and intelligence of the body, which begins to function optimally, clearing inflammation daily, leading to increased mental clarity, inspiration, and awareness. We offer plant-based, organic cleanses several times per year. Our most consistent feedback is higher energy, deeper sleep, brighter skin, and mental clarity. At the end of our cleanses, people want to experience this state of well-being all the time.

Supplements

Many supplements are unnecessary and may not be bioavailable to the body. But high-quality supplements, with the foundation of healthful eating, can facilitate positive health. We love the PH Balancer. We love adaptogens and adaptogenic herbs such as Tao in a Bottle, or Premier Research Labs, Adaptogen for adrenal support. For bone and joint health, we love PH Balancer, D3-K2, and Osteoven. For muscular recovery and athletic performance, our top pick is Perfect Amino, taken specifically around workouts. And, of course, for all inflammatory processes, we use systemic and digestive enzymes.



Pursoma raw hand-harvested French mineral salts blended with seaweed and botanicals.

Routines

Morning and evening routines are the key to structuring the day for success. Some of my favorite ways to start the day are the following:

Warm Water. Wake up and drink 16 ounces of warm water on an empty stomach (facilitates digestion, radiant skin, and hydration).

Morning Meditation. For anyone who thinks they don't have time to meditate, it's actually the opposite. It structures and orders the start of your day and GIVES you more time in your day. I don't go a day without it.

Yoga. Yoga links the body with the breath and activates the chakras and meridian systems, moves the lymph, and energizes the organs and glands.

Bath Soaks. I love the PURSOMA line of bath soaks. The base of these soaks is a French grey sea salt from Bretagne, harvested in small private batches and soaked in pure essential oils and herbs. They are like swimming in the ocean, and I make a ritual of them several times per week. My favorites are "Moonlit" with pink lotus petal and jasmine and "Unplug" with lemon balm.

Our bodies are designed to feel amazing. When we care enough to love ourselves, we seek health for ourselves and, more importantly, our children, and we look to reclaim our health and health freedom.

The healing of selves and our environment is essential. If there was ever a time to focus on health, it's now. Our bodies naturally fight off viruses with an optimally functioning immune system and are designed to do so with natural immunity. The gift to live freely, with clear, clean minds and healthy, vibrant bodies and to live with health and happiness is limitless.

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Dr. Molly Brown, PhD, D.N.M. owns CENTER health & performance and GLOW, her plant-based organic café, in Ketchum, Idaho. Specializing in sleep, endocrine issues, autoimmune, anxiety, depression, detoxification, and pain and sports injury through many different modalities including: QNRT, PEMF, AMIT method, neurotherapy, and REAMS metabolic testing, Molly passionately holds space for limitless healing.