

FUELING WELLNESS

Empowering You to Just Eat Well, Just
Feel Well, and Just Live Well!



Your free path to understanding nutrition
through JustBE Foundation



Welcome

Although any health related diagnoses can be devastating, we believe this free download will help you down a path that will lead to overcoming it and thriving. This guide contains valuable information about the foods to consume and avoid, supplements to help you along the way, and the right mindset to create a healing vibration in your body. This is just the beginning of your journey towards a healthier disease-free lifestyle.

Without proper diet, lifestyle, habits, and supplementation, the battle against disease can be overwhelming. That's why I developed this guide to educate you on understanding nutrition. While the free Fueling Wellness E-book provides you with a list of the best and worst foods to eat. Our affordable consultations and lab testing will help ensure a well balanced plan just for you specifically based on your blood type and nutritional deficiencies!

-Dr. Jenny Marchuk



Hi! I am Dr. Marchuk and I want to share the heart behind the JustBE Foundation.

JustBE was born from a simple but powerful belief: wellness should be accessible to everyone. Over the years, through my own journey with health, healing, self-discovery I saw how deeply nutrition and daily habits shape not just our bodies, but our over all confidence, our energy, and the way you show up for yourself so you can show up for the world around you.

I also saw something else - so many people want to feel better, but they don't know how, or they lack the education, tools, and resources to educate themselves. Nutrition can feel overwhelming, wellness can sound and feel expensive, while most people don't have someone to break it down with care, love, attentiveness, clarity, and zero judgement,

Nutrition is not just dietary "you are what you eat". Nutrition is a lifestyle, a way in which you show up for yourself, check in with yourself, spiritually, financially, physically, emotionally which all fall into the spectrum of nutrition.

That is why I conceived, impregnated and birthed, JustBE Foundation. To make you aware without judgement. To lead, guide and educate you for longevity, and health success.

I wanted to build a space where anyone - n o matter their background, income, or level of knowledge - can access reliable education on nutrition, health and wellness. A space rooted in compassion, empowerment, and community support. A space that says, "You deserve to understand your body. You deserve guidance that honors your whole self - physical, emotional, and spiritual.

Introduction

Why I Care

Our mission is simple: *To provide free, trustworthy wellness education that helps people fuel their bodies, balance their lives, and step into their healthiest, most aligned selves.*

I prefer to help people improve their lives before health risk is even an issue. However, when symptoms, diseases and cancer arise I am here to help.

As a Doctor in Naturopathic Medicine, an Author, as well as holding a diverse background in Nutrition Science, I lead and serve while educating people as much as I can. I take a look at the overall big picture, not just the word's, "Health" and Nutrition" I do this because I have watched people decline in their wellness journeys and ignore the symptoms that the medications alone are giving them and factor in that emotional pain is present as well. I love to educate people and see them get well spiritually, physically, emotionally, physiologically, while reducing symptoms and reducing pain.

We dive into DNA on a cellular level and on a microbiome level which are the foundations to overall optimal health. This is the most scientific way to approach disease, cancers, symptoms, and overall conditions. You can also find my book at: <https://a.co/d/5mcwBkf>





Get direct help now: Individualized Support

**FOR MORE INDIVIDUALIZED SUPPORT SCHEDULE A
\$49 ONE-ON-ONE TELEMEDICINE CONSULTATION.**

**Cellular nutrition based on blood type, weight loss injections,
peptide therapy, nutrition counseling, testing for blood type,
nutritional deficiencies, allergies, parasites, & chemical sensitivities.**

JustBE Foundation

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Cancer thrives in acidic environments. To position your body to fight cancer, we must raise your alkalinity. An alkaline body strengthen your immune system.

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Here you'll find more nutrition facts to assist with creating a highly alkaline body.

— ENVIRONMENTAL STRESSORS (P.29-34)

Stress, especially when chronic, can influence the development, progression, and overall impact of cancer. While stress itself is not typically considered a direct cause of cancer, it can contribute to an environment that may facilitate cancer growth and worsen outcomes.

SUPPLEMENTATION

Peptides... What are peptides?

Peptides are smaller versions of proteins. They may provide pro-aging support, anti-inflammatory, or muscle-building properties.

Why weight loss injections?

To manage significant weight loss, especially if lifestyle changes alone have not been effective.

Backed by Science:

1. short chains of amino acids, the building blocks of proteins, that act as signaling molecules in the body to regulate a wide range of functions like hormone production, metabolism, and tissue repair. They are crucial for many natural processes, and synthetic peptides are used in medicine for purposes like treating diabetes and aiding in injury recovery. Because of their small size, peptides can be easily absorbed and bind to specific cell receptors to trigger a biological response.

Both tirzepatide and semaglutide injections have been shown to reduce weight in patients with overweight or obesity in randomized controlled trials. The STEP-1 trial tested the effect of high-dose semaglutide to produce weight loss in people with obesity who do not have diabetes.

SUPPLEMENTATION

Supplements

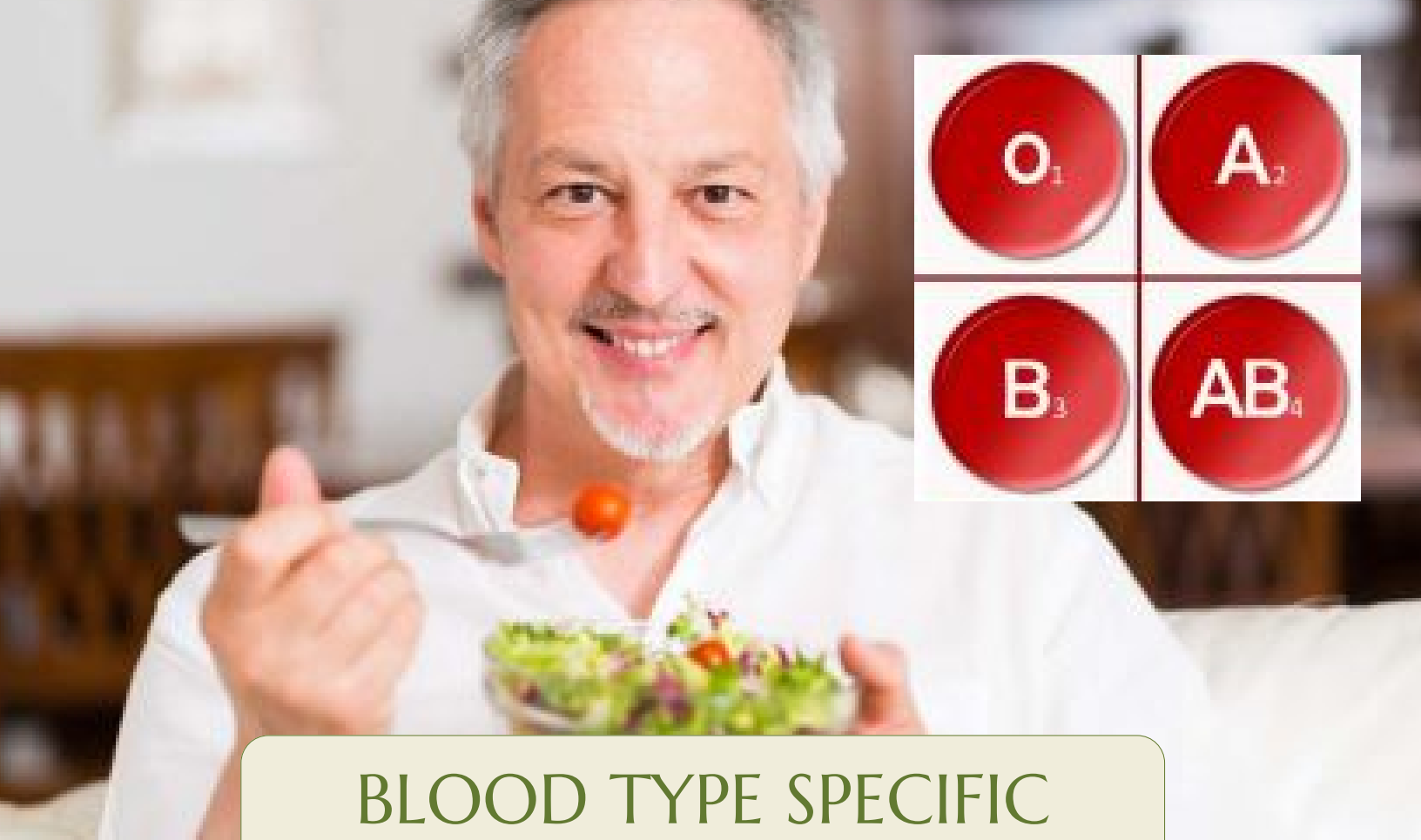
Everyone should be on a multivitamin, B12 and B complex along with a pro and prebiotic (however microbiome differs from each person we send cellular pro and prebiotics per blood type) but the multivitamin, and b vitamins are foundation to health in supplementation.

Patients with higher risk health conditions and diagnoses require additional supplements to address specific nutrient deficiencies and blood type needs. However, it's crucial to consult with healthcare professionals before taking any supplements. It's essential to note that the nutritional needs of individuals with cancer can vary, and what works for one person may not be suitable for another. Any dietary changes should be made under the guidance of healthcare professionals who are familiar with the individual's medical history and treatment plan.

This is why we order comprehensive blood type and nutritional testing to determine the correct supplemental needs. Each blood type will need a different supplemental regimen.

PH Balancing to increase ph balance by alkalizing with alkalizing green superfoods prescribed by your healthcare provider.





BLOOD TYPE SPECIFIC CELLULAR NUTRITION

Cellular turnover is 90-120 days. Everything that you eat and drink will live in the cells for this time period. Elimination of the foods one should not eat or drink will show a positive effect after the cellular turnover is rejuvenated with the foods that nourish the cells in the cells intended to do.

When a person eats or drinks foods for years and years and years without eliminating the poisons, this can reduce the immunity in which the cells are supposed to live in and in return the immune system is suppressed and starts to fight itself causing autoimmune disease, a weakened immune system and in some cases the immune system becomes unrecognizable to itself. Starting this process can be harmful if not done with consistency due to a weakened immune system from sugars, foods, environment, medications, radiology are just a few that are not supposed to enter the body per your blood cells.

Your cells keep you alive working 24/7. The cells even feed your heart and stomach – brain axis and I am here to coach, guide, educate, and help you through this one bite at a time as you sip on health to become a healthier you.

NUTRITION PROFILE OF THE BLOOD TYPES

A+-

Vegetarian Cells (Mediterranean and Pescatarian in moderation). This blood type is nourished by plant proteins, whereas animal proteins will create a very bad acidity environment and can cause a multitude of symptoms, diseases and even cancer. Animal protein is a staple to Inflammation when it comes to A + - Rh Factors. Protein such as chicken, eggs, egg yolk, turkey are the only two animal proteins a human should digest and even those four types of proteins should be eaten no more than 3-4 times a month all together.

B+-

Chicken is an absolute poison when it comes down to animal proteins. This also includes the egg and egg yolk. B + - Rh Factor is similar to A + - Rh Factor besides the chicken is highly poison to the B blood type cells

This is an A and a B + - intertwined. Vegetarian and no Chicken whatsoever.

O+-

Caveman Cells Cellular rejuvenation and health is driven by animal proteins and low acidity with an increase of alkaline. Animal protein is a staple for great health and overcoming weight conditions, heart conditions and defending your body from symptoms, diseases, and even cancer.

AB+-



ACIDIC VS ALKALINE

Background, a pH of 7.0 is neutral, below 7.0 is acidic and above 7.0 is alkaline. The word pH stands for “the Potential of Hydrogen”. The more hydrogen ions in a liquid such as human blood, the more acidic it is – and vice versa.

Your body works to maintain the pH of the blood in a slightly alkaline range (7.3 – 7.4). If it moved below or above this range, you wouldn't be alive. In order to keep your blood alkaline, your body has a very efficient system of buffering or neutralizing acids that build up in the fluids of your body (in and around your cells) so that they can enter your bloodstream without harming you. This buffering process involves combining the alkaline minerals that are present in the watery fluids of your body (intracellular fluid, extracellular fluid, lymph fluid) with the acids in order to make a neutral "salt". For example: when phosphoric acid is buffered with the alkaline mineral calcium, a pH neutral salt called calcium phosphate is created. This element can safely enter the bloodstream without altering the pH of your blood. When your body's buffering system isn't working properly, it will attempt to keep excess acids away from your blood by reverting to less optimal tactics. The first tactic is to steal alkaline minerals out of your bones or muscles (calcium, magnesium) to buffer or neutralize these acids.

The second tactic is to simply store them deep into your tissues. If you've ever wondered how somebody could get gout (uric acid) in their toe... this is how. This is the process of how your body becomes too acidic – by virtue of acids building up in the tissues and fluids of your body. Keep in mind that these excess acids damage all of the cells that they come in contact with. While these secondary tactics serve to keep your body functioning in the short term by protecting your blood pH, they are by no means optimal in the long term. To put this into something that we all can relate to, solving the pH balancing puzzle is really no different than balancing a banking account

Simply put, you must keep your alkaline deposits ahead of your acid withdrawals. When you don't, your body goes into debt by stealing minerals, storing acids into fatty tissues, slowing metabolism down, etc. This in turn creates deficits which result in poor energy, fatigue, incomplete digestion, weight gain, arthritis, osteoporosis, and a whole lot more including feeding cancer.

The good news though, is that the opposite effect is also true. When you keep the acids under control and the alkaline deposits up, your body will prosper... and you'll SEE and FEEL it!

Alkalizing (Foods listed with an asterisk * are high alkalizing though all listed are alkalizing, these specific foods, a person should reach for if wanting a fast alkalizing enriched diet / food idea (s)



Foods to **AVOID**

Foods to avoid is a long laundry list when it comes to cancer. Let's start with elimination which is the beginning of starving your cancer. Science has proven that sugar activates cancer cells along with a return of cancer after remission has been established. Sugar (all forms including sugar-alcohol), fruit (blood type), sugar in juice and even hidden in carbohydrates. High acidity in foods such as tomatoes, eggplant, white potatoes, "nightshades", bread white and wheat, rice, condiments, fruits, and eliminating as much as possible will start the process.

FOODS YOU SHOULD AVOID

Night Shades (which I will list), Sugar is white as well. Even brown sugar was white before turned brown just like wheat bread was white before brownish "healthy looking" White foods feed cancer (red, white, russet are all considered white potatoes, eggplant is white though these are night shades they are white as well. This is a double health risk whammy for the activation of cellular growth and feeding cancer.

FOODS NOT TO CONSUME

Sugar, Night-Shades, Low Acidic (acidity depends on blood type. A + - is a low acid carrier

FOODS TO CONSUME

Greens high in Vitamin K



ALKALIZING VEGETABLES

Asparagus* Barley Grass, Bamboo Shoot*, Beets*, Broccoli*, Brussels Sprouts*, Cabbage, Carrot*, Cauliflower*, Celery, Collard Greens, Cucumber* Dulce, Eggplant (if inflammation is a condition or chronic within the body reduce eggplant as it is a nightshade) Garlic*, Green Beans, Green Olives, Green Peas, Kale*, Kelp*, Lettuce, Mushrooms, Mustard Greens, Onions, Parsley*, Parsnips, Peas, Peppers*, Potato (nightshade if russant, golden, red "white in the middle, reduce if inflammation is chronic or present) Pumpkin, Radishes, Rutabaga, Sea Veggies, Spinach* Spirulina* Sprouts, Sweet Potatoes (cook by boiling or sautee) Tomatoes* (nightshade reduce if inflammation is chronic within the body), Watercress*, Wild Greens.



ACIDIFYING VEGETABLE

Artichoke, Black Olives, Corn, Mushrooms, Pickles, Sauerkraut, Squash



Vegetables are much less alkalizing when cooked, processed or canned as they lose vital minerals and enzymes. Steaming your veggies is a better idea than boiling them (sweet potato is an exception to boiling). Also, the greener they are, the more alkalizing they are. Boiling should be a soup of some kind due to the water becoming a mineral source for cancer fighting and cellular rejuvenation. You're better off drinking the water that is strained after the boiling than the vegetables alone *if boiling)

ALKALIZING GRASSES (GREAT FOR JUICING AND DETOXING)

Alfalfa*, Barley Grass*, Dog Grass, Kamut Grass*,
Lemon Grass, Oat Grass*, Shave Grass, Wheat Grass*



ACIDIFYING GRASSES

None



Grasses are some of the most alkalizing foods on earth. Unfortunately the human body cannot digest the tough cellulose fibers in grasses like say a cow can - so we recommend to simply juice them.



ALKALIZING SPROUTS

Alfalfa Sprouts, millet sprouts*, amaranth sprouts*,
mung bean sprouts, quinoa sprouts*, spelt sprouts*,
kamut sprouts*, fenugreek sprouts*, broccoli
sprouts*



ACIDIFYING SPROUTS

None

ALKALIZING FRUITS

Apple, Apricot, Avocado, Banana - Unripe, Coconut, Currants, Dates, Figs, Grapes, Mango, Peach, Pear, Prunes, Raisins, Raspberries, Rhubarb, Strawberries, Tangerine, Tropical Fruits, Watermelon.



ACID, BUT ALKALINE FORMING

Berries, Cantaloupe, Cherries sour, Cranberries, Currants, Grapefruit, Honeydew Melon, Lemon, Lime, Muskmelons, Nectarine, Orange, Pineapple, Plum, Tangerine



While fruits are slightly alkalizing to a person who is already in a balanced state, we suggest refraining from them all together if you are in an acidic state because of their high sugar content. Once you get your pH back up to the desired level, enjoy them in moderation. Also, fruits can contain organic, weak acids that are easy to buler when you are in a balanced state. They are alkaline forming because of the other elements in them. If your pH is low, refrain from them if the weak acids bother you. Once you get your pH back up to the optimal zone, enjoy them. We've labeled the column on the right "Acid, But Alkaline Forming" and have included these fruits.

SUPPLEMENT : Antioxidant

Elimination from fruits if chronic inflammation is present and or blood sugar elevated 2 week - 90 days with testing or "symptom checker"

Keep in Mind that the labs will show inflammation markers if already in a disease state. I like to go by a person's symptoms.



ALKALIZING GRAINS, CEREAL GRAINS

Amaranth, Buckwheat, Brown Rice, Kamut,
Millet, Quinoa, Spelt



ACIDIFYING GRAINS, CEREAL GRAINS

Barley Bran, oat Bran, wheat Bread, Corn,
Corn Chips, Cornstarch, Crackers, Flour,
Granola, Macaroni, Noodles, Oatmeal, Oats
(rolled), Processed Grains, Rice Cakes, Rye,
Spaghetti, Wheat Germ, White Rice, Wheat



Whole Grains are either slightly alkalizing or slightly acidifying. If they are processed however, then they are considered acidifying.



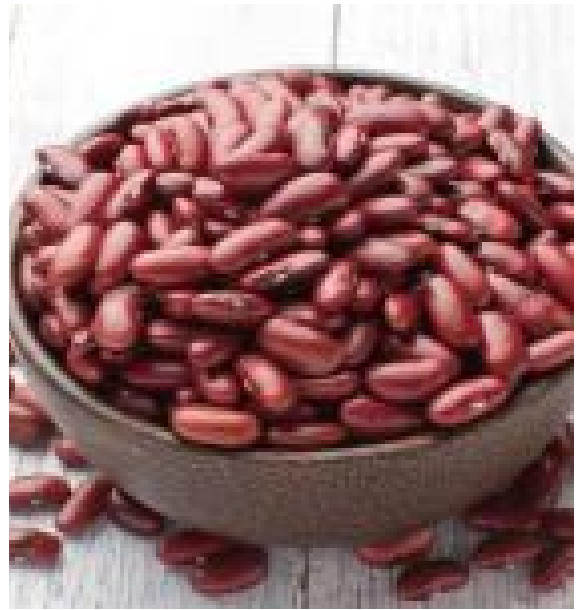
BEANS & LEGUMES ALKALIZING AND ACIDIFYING :

NEUTRAL

Black Beans, Garbanzo Beans (ChickPeas), Green Beans, Green Peas, Kidney Beans, Lentils, Lima Beans, Mung Beans, Navy Beans, Pinto Beans, Red Beans, Soy Beans (blood type A critical), White Beans.

ACIDIC

Packaged or processed beans, pinto beans, red beans



Processed or canned beans and legumes are acidifying. In general, beans and legumes are slightly alkalizing or slightly acidifying

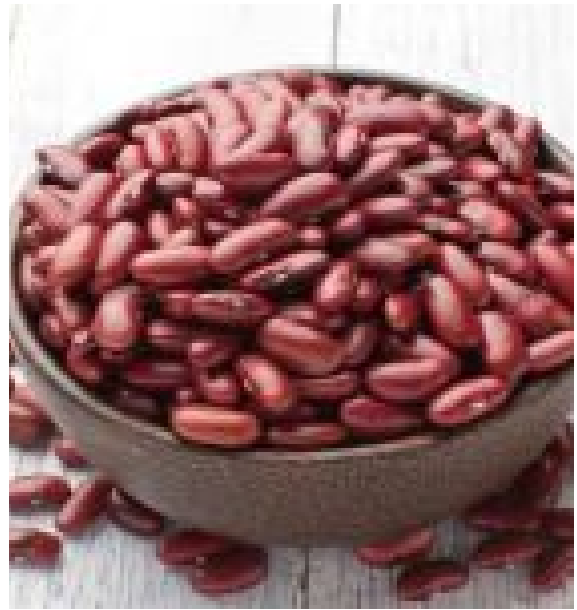
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ALKALIZING NUTS & SEEDS

Almonds, Brazil Nuts, Chestnuts, Coconut, Flax Seeds, Hazelnuts, Macadamia Nuts, Pumpkin Seeds, Sesame Seeds, Sunflower Seeds



ACIDIFYING NUTS & SEEDS

Cashews, Peanuts, Pecans, Pistachios, Walnuts



Nuts & seeds are relatively neutral foods... either slightly alkalizing or slightly acidifying. They are mineral rich, but they also contain proteins which are acidifying when metabolized. Also, raw nuts are much more alkalizing than cooked nuts are. When cooked, the fats in nuts and seeds are damaged.

FATS & OILS ALKALIZING

Avocado Oil, Canola Oil, Coconut Oil, Corn Oil, Flax Oil, Hemp Seed Oil, Olive Oil, Sesame Oil, Sunflower Oil.



ACIDITY FATS & OILS:

Cooked oils , saturated animal fats “bacon fat”



Fats are relatively alkalizing foods – when they’re from vegetable sources and are raw or cold pressed. When Fats are cooked, they become acidifying to your body, as do animal saturated fats.

Did you know that every cell in your body has a fatty layer or membrane that surrounds and protects it? These fats help to keep your cells properly charged on the outside. If your diet is deficient in healthy polyunsaturated fats, your cell membranes become weaker as a result. This leads to cell damage, and the buildup of acid waste.



ALKALIZING MEAT & EGGS

NONE



ACIDIFYING MEAT & EGGS

Bacon, Beef, Clams, Corned Beef, Eggs, Lamb, Lobster, Mussels, Organ Meats, Oyster, Pork, Rabbit, Sausage, Scallops, Shellfish, Shrimp, Tuna, Turkey, Veal, Venison, Fish.



Meats and eggs are acid forming, with some being more so than others. For this reason, I recommend refraining from meats if you are recovering from a severely acidic condition, diseases and cancers. Even when you're in a pH balanced state, eat only one or two servings per day and it will be easier to stay in balance. If you just can't help yourself and you eat a lot of meat, make sure to balance every serving with 3 – 4 servings of alkalizing veggies or alkalizing supplements.

SLIGHTLY ALKALIZING DAIRY PRODUCTS RAW

Butter, Raw Buttermilk, Raw Cheese, Raw Milk, Raw Whey, Raw Yogurt “Fresh”



ACIDIFYING DAIRY PRODUCTS

Butter, Cheese, Aged Cheese, Pasteurized Cheese, Processed Cottage Cheese, Ice Cream, Milk, Pasteurized Yogurt



Dairy products that are packaged & pasteurized (which most are) are acidifying because the enzymes required for digestion have been destroyed. Raw dairy products are slightly alkalizing.



ALKALIZING BREADS, MUFFINS, BAKED FOODS

Yeast - free breads, sprouted breads, sprouted tortillas



ACIDIFYING BREADS, MUFFINS, BAKED FOODS

Brownies, Cakes, Muffins, Pies, Cookies



ALKALIZING SWEETENERS (IF YOU HAVE TO)

Agave Honey, Raw Lo Han Guo (Monk Fruit), Maple Syrup,
Raw Molasses, Sugarcane Raw, Stevia

ACIDIFYING SWEETENERS

Artificial Sweeteners, Corn Syrup, Fructose, Processed
Sugar, Sucrose, Sucralose



BEVERAGES ALKALIZING

Alkaline Water* Fresh Juices pressed/slow juiced, Green
Drinks, Green Tea, Herbal Tea, Milk Raw

ACIDIFYING BEVERAGES

Alcohol, Beer, Black Tea, Cocoa, Coffee, Energy Drinks
(Red Bull, etc), Pasteurized Milk, Pasteurized Juice,
Soda/Pop, Tap Water, Wine



NUTRITION BASICS



Here are some general dietary considerations for someone fighting cancer:

Balanced Nutrition

Aim for a well-balanced diet that includes a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats. Choose a rainbow of fruits and vegetables to ensure a diverse range of vitamins and minerals.

Protein

Include protein-rich foods such as lean meats, poultry, fish, eggs, dairy, legumes, nuts, and seeds to support healing and maintain muscle mass.

Hydration

Stay well-hydrated. Adequate fluid intake is essential, especially if experiencing side effects such as nausea, vomiting, or diarrhea.

Caloric Intake

Depending on the situation, individuals may need to adjust their calorie intake. Some cancer treatments can lead to weight loss, while others may cause weight gain. Maintaining a healthy weight is important.

Whole Foods

Choose whole, minimally processed foods to maximize nutrient intake and support overall health.

Omega-3 Fatty Acids

Include sources of omega-3 fatty acids, such as fatty fish (salmon, mackerel), flaxseeds, chia seeds, and walnuts, which may have anti-inflammatory effects.

NUTRITION BASICS

Fiber

Incorporate high-fiber foods like whole grains, fruits, vegetables, and legumes to support digestive health.

Limit Processed Foods

Minimize the intake of processed and sugary foods, as they may contribute to inflammation and provide little nutritional value.

Small, Frequent Meals

Eating smaller, more frequent meals may be helpful if appetite is a concern or if nausea is experienced.

Supplements

Some cancer patients may require supplements to address specific nutrient deficiencies. However, it's crucial to consult with healthcare professionals before taking any supplements. It's essential to note that the nutritional needs of individuals with cancer can vary, and what works for one person may not be suitable for another. Any dietary changes should be made under the guidance of healthcare professionals who are familiar with the individual's medical history and treatment plan.

PH Balancing to increase ph balance by alkalizing with alkalizing green superfoods prescribed by Health and Wellness of Texas.



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NUTRITION BASICS



PH Balancing Supplements

Alkalizing Green SuperFood

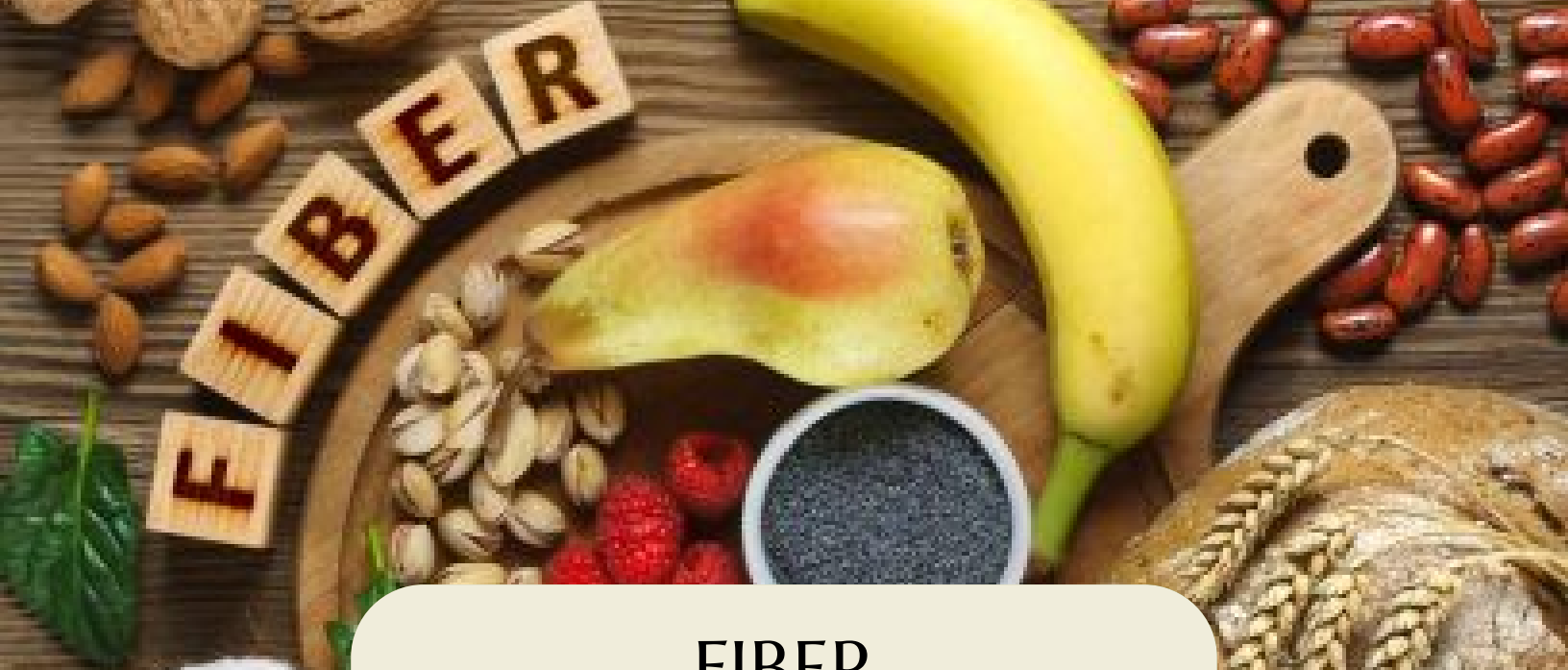
Advantages

Super alkalizing. Green Superfood contains the most complete blend of 40 different alkaline forming foods – including Alkalizing Grasses, Veggies and Sprouts – to neutralize the damaging acids in your system.

PH Balance Superfruit, Raw. A low heat process ensures that all of the nutrients alkalizing green superfood stay intact!

Ph Booster (alkaline Water Supplement) Super concentrated. Alkalizing Green SuperFood provides the nutrient equivalent of more than one pound of vegetables!

Also, Chlorophyll rich. Chlorophyll – which is great for building your blood
Ph Alkaline Mineral, Ph test Strips



FIBER

The Role of Our Gastrointestinal Tract in Starving Cancer Cells

Did you know that cancer cells can be "starved" from the inside out? As we know, a poor diet increases our risk of cancer. However, research shows that there is a magical component within our bodies that works to starve cancer cells. Helper T Cells, the most critical cancer-fighting immune cells in the human body, reside alongside the lining of our gastrointestinal tract. An optimal gut microbiome is essential to keep them healthy, as it affects their response to cancer treatment.

The research suggests that a high-fiber diet significantly increases the likelihood of successful immunotherapy treatment by fivefold. This is because the good bacteria in the gastrointestinal tract feed off of fiber. Therefore, it is important to be feeding our bodies with the right nutrients. Unfortunately, the data is still limited on the best nutrients for optimal gut microbiome for cancer patients.

To ensure a healthy gut microbiome, reduce toxic trigger foods in your diet, such as gluten, dairy, sugar, GMO corn & soy, hydrogenated fats, high-fructose corn syrup, artificial sweeteners, processed foods, and anything you might be allergic or have a sensitivity to. Consider taking a daily probiotic, adding fermented foods into your diet, supplementing daily with L-glutamine, drinking gut-healing bone broth, and adding collagen powder to your nutrient routine. Digestive enzymes can also help to breakdown food better and extract more nutrients. Finally, and most important, add fiber to your diet. A minimum of 25 - 35 grams of fiber per day is required, and some of the best sources are chia seeds, berries, avocados, various legumes, and flax seeds.



ENVIRONMENTAL STRESSORS & HYGIENE

Environmental Stressors

Stress refers to pressure or tension applied to an object. For humans, stress refers to internal mental or emotional strain. Stress can often cause a person to become angry, anxious, or nervous. For example, a student during final exam week who is also working full-time may be very stressed; and this stress can make them feel very anxious and nervous.

Short durations of stress can be beneficial, but large amounts of long-lasting stress can harm a person's health. For example, stress that a student feels about an upcoming test will be short-lasting; and this stress will likely cause that student to study for the test. This is a positive reaction to short-lasting stress. However, stress that a soldier feels after coming home from war, such as post-traumatic stress disorder (PTSD), can lead to serious mental and/or health problems such as anxiety, headaches, problems sleeping, and depression.

The environmental stress definition calls attention to factors within a natural environment that negatively affect its productivity, reproduction, and development. The definition of a stressor is something that causes stress or tension. Environmental stressors are the stress that nature experiences, such as urbanization, pollution, or forest fires. However, this article will focus on environmental stress factors experienced by humans that can cause emotional or mental stress.

Hygiene

Proper hygiene is critical when it comes to the environment and your health. Providing your body with the proper tools (called “love”) will change your mindset.

SENSORY ENVIRONMENTAL STRESSORS

Sensory environmental stressors are environmental factors that impact the five senses: sight, taste, smell, hearing, and touch. These types of stressors include loud noise, extreme temperatures, and pollution. The following list provides examples of how these sensory environmental stressors can impact a person's life.

Loud noises

A person who is trying to study for an exam or a person who is trying to sleep can be stressed by loud noises. These loud noises can prevent a person from being able to concentrate on their study materials or prevent a person from falling asleep or staying asleep. Not being able to study properly can lead to poor grades, which can further increase stress in a person's life. A lack of sleep can increase irritability and negatively impact job or school performance.

Extreme temperatures

A workplace that is too cold or too hot can lead to stress. For example, a person who is constantly sweating while at work will likely find it difficult to concentrate or complete their responsibilities. Being physically comfortable is very important for reducing or managing stress.

Pollution

Various forms of pollution can impair or affect the five senses. For example, smog can impact a person's ability to see, which can make a person nervous or stressed while driving. Pollution can also produce putrid smells that can make a person uncomfortable in their environment.



CONCEPTUAL ENVIRONMENTAL STRESSORS

Conceptual environmental stressors are concepts or ideas that make someone stressed. These types of stressors include war, crime, or responsibilities in life. The following list provides examples of how these conceptual environmental stressors can impact a person's life.

War

A person who is living in a war zone will likely live in a constant state of fear and stress. This person will likely be fearful and stressed about the possibility that they or their family will be harmed by the war. Additionally, a person living in a war-free zone may also feel stressed about the idea that war may occur in the future.

Crime

A person living in an area with high crime rates is likely to live in a constant state of fear and stress. Stress due to the fear of being robbed may cause a person who lives in an area with high rates of burglary to have trouble sleeping at night.

Responsibilities in Life

Responsibilities in life can put a lot of stress on a person. For example, parenthood comes with a lot of responsibilities. A person who has children may worry about the health and prosperity of their children.



COPING WITH ENVIRONMENTAL STRESS

The good news is that just because something is a stressor now does not mean it will be a stressor forever. There are various methods for coping with environmental stressors, which include:

Perform relaxation techniques

Relaxation techniques include meditation, deep breathing, and stretching. These techniques can help a person calm down and reduce stress.



Surround oneself with friends, family, or a support group

It is important to share information about stressors with other people. Friends, family, and support groups can help a person cope and deal with their stressors.



Modify the environment

A person can change or modify their environment to reduce certain stressors. For example, if a person is affected by the cold temperatures in a room, they may be able to change the thermostat or they could put on a warm jacket.

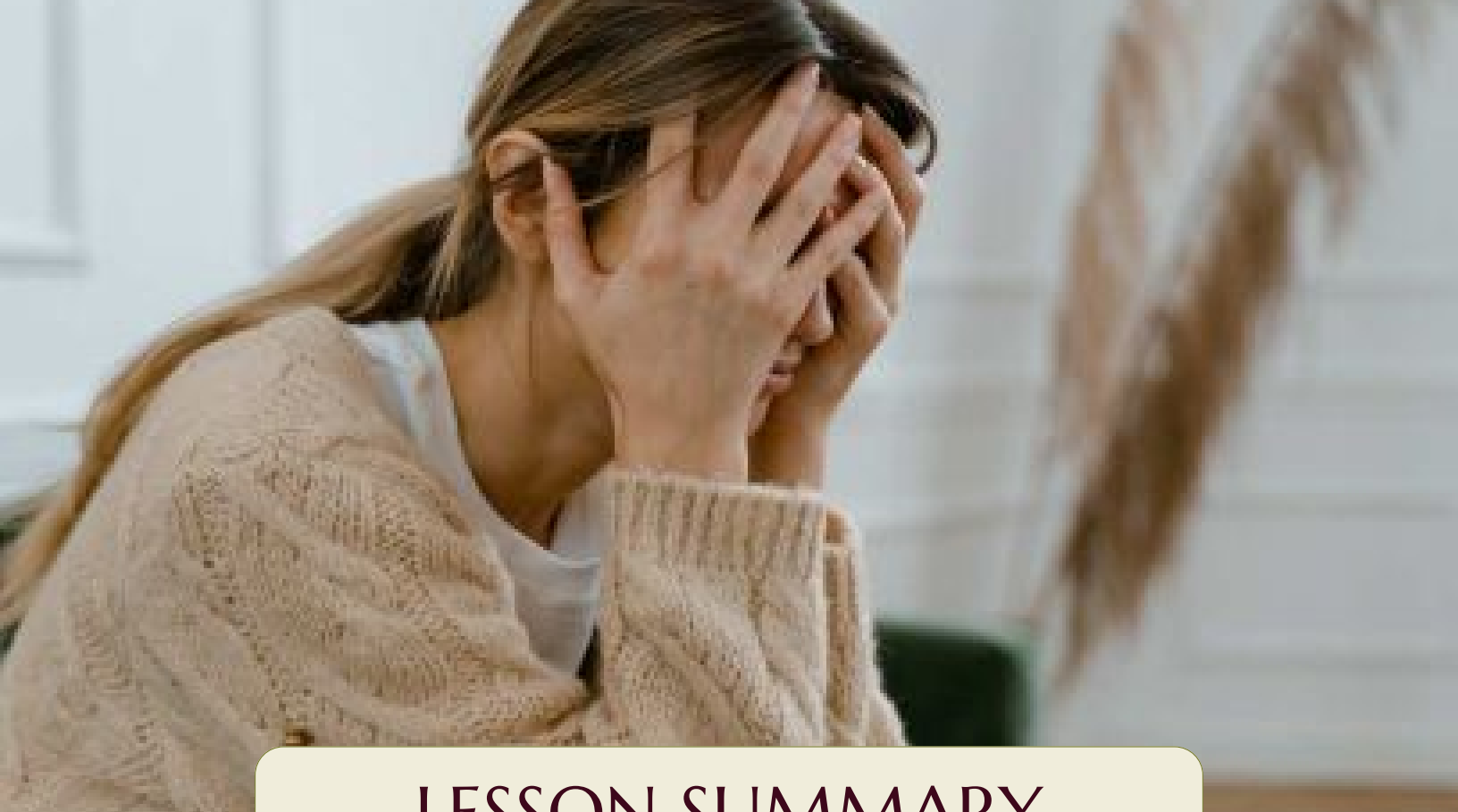


Live a healthy lifestyle

Living a healthy lifestyle can help a person cope with stressors. Eating right, exercising, and getting plenty of sleep are important components of a healthy lifestyle. It is also important to avoid alcohol and drugs.



It is important to understand that physical, mental, emotional, financial, and other types of problems are likely to occur for a person who is unable to properly cope with environmental stress. Therefore, people need to learn methods for coping with environmental stress that impacts their lives.



LESSON SUMMARY

Stress is emotional or mental tension felt by a person; it often occurs when a person is required to change. Short periods of stress can be beneficial, but long periods of stress can be harmful to one's health. **Environmental stress** includes factors in a person's surroundings or environment that cause emotional or mental strain in their lives. Environmental **stressors** are external, rather than internal, and they can lead to increased levels of discomfort, anxiety, and aggression. Environmental **life stressors** include loud noises, weather, crowds, temperature, pollution, crime, and war.

Sensory environmental stressors are environmental factors that impact the five senses, such as loud noises, extreme temperatures, and pollution. **Conceptual environmental stressors** are concepts or ideas that make someone stressed. These types of stressors include war, crime, and certain responsibilities, such as the responsibilities of parenthood. Once something becomes a stressor, it does not always have to be a stressor. Ways to help cope with environmental stressors include relaxation techniques, surrounding oneself with family and friends, modifying the environment, and living a healthy lifestyle.



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