

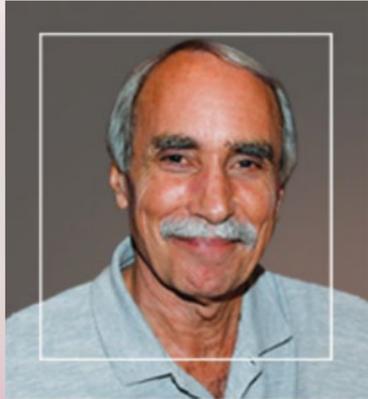


Your Wellbeing

Healthy mind, healthy you



Making your **mind matter** from today...



When you are present in your life today, be sure to also be mindful of how you are choosing to focus on the events. By aligning your thoughts with the positive aspects of life, no matter how small they may seem, you will attract even more positive feelings, actions and experiences into your life. The power of mental focus is so strong.

Dr. Dwight McKee,
Scientific Director, Lifeplus

How you think and feel inside is an essential part of your wellbeing and can have a big impact on your everyday life. Having an optimistic attitude can help you focus your energy on those things you aspire to achieve.

A positive outlook allows us all to deal more easily with the unfamiliar or challenging circumstances. It's also a great way of boosting confidence so you feel ready to recognise and respond to all of life's opportunities.

Why do we believe in 'me-time'?

We passionately believe that nurturing your state of mind and emotional health are key to achieving holistic wellbeing. Moments focused on calm, inward reflection are always time well spent.

Caring for our state of mind is vitally important to help balance our lives.

The good news is that there are so many ways to achieve a happier and more positive you – full of confidence, enthusiasm and zest!

Read on to discover the importance of maintaining a healthy mind.

Contents

Wellbeing - the key to happiness	4
Food for thought	6
Sparking your natural energy	7
Sleep - creating balance in your life	8
Staying sharp	10
Successfully managing your hormones	11
Working in harmony	12

Mental wellbeing – the key to happiness

Our mental wellbeing is strongly linked to happiness and life satisfaction. Cultivating happiness is one element of mental wellbeing. However it's also about being confident, connecting with people, virtual or otherwise, living and working productively, coping with stress and being able to manage change.

The truth is that anyone can experience emotional health problems - and over a lifetime most of us will. Despite how common they are, many of us have our efforts focused elsewhere. We often ignore the emotional messages and hope that situations will improve on their own. Just as it requires effort to build and maintain physical health, the same applies to our mental health.

Every aspect of our life influences our state of wellbeing, all interacting and overlapping with each other. With so many factors influencing our emotional wellbeing, it means we have to work harder in making 'me' a priority. Perhaps that's why optimists, some research suggests, live longer than pessimists. Another persuasive argument for seeking a positive attitude to life!

Interesting fact!

According to NHS UK, the best way to improve your self-esteem is to treat yourself as you'd treat a valued friend, in a positive but honest way.¹

¹www.nhs.uk/conditions/stress-anxiety-depression/feel-better-and-happy/



Food for thought

More and more scientific research is discovering that a nutritious diet isn't just good for the body – it's crucial for the mind too. This new knowledge is giving rise to a concept called 'nutritional psychiatry'.



What nutrition supports my mental wellbeing? ²



Carbohydrates

In moderate amounts increase serotonin: a chemical that has been shown to have a calming effect on your mood.



Protein-rich foods

Increase norepinephrine, dopamine, and tyrosine, which help keep you alert.



Vegetables and fruits

Loaded with nutrients that feed every cell of your body, including those that affect mood-regulating brain chemicals. The recommended amount is at least five-a-day.



Foods that are high in B vitamins

Can contribute to normal psychological function - these include liver, fresh orange juice, milk, cheese, poultry and red meat.



Probiotics

Studies have shown that probiotic foods such as miso, yogurt, sauerkraut, and kimchi, have been shown to help with the body's digestive tract.³ Feelings such as anger, anxiety, sadness and elation can trigger symptoms in the gut.



Raw foods

Have also been proven to be related to improved emotional health (including carrots, apples and dark leafy greens like spinach).

Which foods are best for my state of mind?

A variety of organic, nutrient-rich, unprocessed, low-sugar, and low-fat foods are reported to produce the best results for improved wellbeing.¹ Eating foods that have the nutrients (vitamins, amino acids and proteins) needed to balance a human body and mind.

How else can I improve my mental wellbeing?

A good diet means more than simply the fuel you use. For instance, our bodies and minds need energy to get through the day and this energy comes from food – so it's important to eat regular meals to ensure your body gets the energy it needs to perform. In addition, staying hydrated and managing caffeine levels are also key ways of keeping on top of things mentally.

How can supplements help?

Supporting a healthy, balanced diet, vitamins and minerals supplements contain essential nutrients, such as iron, calcium and vitamins A, C, D and E which your body and mind need in small amounts to function properly.

Interesting fact

Iron deficiency is the most common nutritional problem in the world, affecting at least 2.5 billion people. The first symptoms of iron deficiency are often neurologic, as those affected will frequently complain of fatigue and brain fog.

Sparking your natural energy

As our body ages it still needs energy to function – whether it's to work, exercise or for our family and social life – virtual or otherwise. All factors which contribute to our mental wellbeing.

Physical activity is thought to cause chemical changes in the brain which can help to positively change our mood. It also enhances a sense of greater self-esteem, self-control, and the ability to rise to a challenge.

What kind of exercise could you do?

Two forms of exercise¹ that are most important to focus on include aerobic exercise or cardio and strength training – key to getting your heart and muscles pumping. There are many alternatives to visiting a gym. For example, try exercising outside if you can. Perhaps you could do this virtually with a friend? And walking, jogging and cycling are great ways to keep your fitness levels up, especially in good weather.

How can supplements help?

It can be harder to remain energised as we get older – not only due to busy lifestyles but also because of the reduced production of the body's natural resource to create cellular energy including Coenzyme Q10 or Co-Q-10 – the body's energy spark plug. It drives the conversion of glucose into energy, which we use to power our metabolism and other important organs such as the heart – and is now widely used as a nutritional supplement.

Interesting fact!

Recent studies at the University of British Columbia in Canada reveal that regular aerobic exercise (such as Nordic walking) appears to boost the size of the hippocampus in older women – the brain area involved in verbal memory and learning.²

How does exercise help our state of mind?

Happier moods

All adaptive physical activity can help increase levels of the "feel good" chemicals, endorphins and serotonin.

More energised

No matter what activity you choose or what intensity you exercise at, every little bit can be beneficial to give you more zest for life.

De-stressed days

Doing something physical releases cortisol, the chemical which helps us manage stress.

Improved sleep

All forms of exercise can really help improve the quality of your sleep and how long you sleep for.



¹ www.who.int/news-room/fact-sheets/detail/healthy-diet

² www.psychologytoday.com/us/blog/prime-your-gray-cells/201109/have-you-fed-your-brain-today

³ www.ncbi.nlm.nih.gov/pmc/articles/PMC6117398/

¹ www.businessinsider.com/best-exercises-slow-aging-2018-4?r=US&IR=T

² www.ncbi.nlm.nih.gov/pubmed/24711660

Sleep - creating **balance** in your life

Sleep is as important to our health as eating, drinking and breathing. It's not just 'time out' from our busy routine. Restorative sleep is vital in allowing our brains to consolidate our memories and process information.

A sleepless night can make you feel sluggish throughout the next day. According to new research ¹, this is due to your brain cells being tired, too - making you more likely to be forgetful and distracted.

What is the importance of sleep?

Lack of sleep can make us feel stressed, anxious, unfocused and tired. Many people talk about the recommended amount of hours of sleep we need per night, but the quality of sleep you get also matters. Scientists believe that poor quality sleep can contribute to heart disease and premature ageing.²

While you rest, your body goes through different stages of the sleep cycle which are divided into two categories: REM (rapid eye movement) and non-REM sleep. Your night begins with non-REM sleep followed by a short period of REM sleep. This cycle consists of five stages and continues through the night approximately every 90 minutes.

How can you improve your sleeping habits?

Focus on your lifestyle...

- ☾ Maintain a regular bedtime routine to help you wind down. Most adults need between six and nine hours of sleep every night.
- ☾ Exercise - as little as 10 minutes of aerobic exercise (such as walking or cycling) can dramatically improve the quality (and quantity) of your sleep.³
- ☾ Eat the right foods - certain foods and drinks contain compounds that help control parts of the sleep cycle such as warm milk, almonds, lettuce and cherries.⁴

...And relax

- ☾ Take a warm bath to help your body reach a temperature that's ideal for rest.
- ☾ Listen to music or read a book.
- ☾ Take part in ecotherapy - connect with nature to help improve your mood and increase your emotional resilience.⁵
- ☾ Practise sophrology breathing to help promote sleep.
- ☾ Do yoga to help relieve stress and calm and centre your nervous system.
- ☾ Meditate to achieve mindfulness before you sleep.
- ☾ Have a digital detox - limit screen time.

Interesting Fact!

Sophrology is used to mentally prepare individuals ahead of stressful activities - for example, as a birthing preparation in hospitals in Switzerland, France and Spain. In addition, the French rugby team reportedly used sophrology while training for the last World Cup.



* Deep sleep helps to boost immune function, support cardiac health, and control stress and anxiety.

¹ www.livescience.com/60875-sleep-deprivation-sluggish-brain-cells.html

² www.mentalhealth.org.uk/a-to-z/s/sleep

³ www.sleep.org/articles/exercise-affects-sleep/

⁴ www.medicalnewstoday.com/articles/324295.php

⁵ www1.lifeplus.com/wellness-centre/wpslug/exploring-ecotherapy/outputtype/article

Stay sharp

The brain is the most powerful and important organ in the human body, orchestrating and determining everything we do. So when we want to be able to focus on work and home lives and be at our sharpest for exams, interviews and other intellectually challenging events, it's important to fuel our brains too.



What else can we do for a healthy brain?

Be active. Active in regard to learning new things and challenging yourself. This might involve reading, writing and solving puzzles, or even physical exercise, attending lectures and continuing your education.

What happens when fuelling your brain?

Keeping your brain active appears to protect the connections among brain cells, and may even help you grow new cells. In addition, humans are wired to be social so an active social life is vital. The theory is that social connections help keep the connections between your brain cells (neurons) strong and, thanks to the Internet, this is possible even if you can't get out.

How can supplements help?

B vitamins include thiamin, riboflavin and pantothenic acid which play a crucial role in turning food into energy. They also help promote the development of red blood cells that carry oxygen to the brain. Meanwhile, Vitamin E has antioxidant effects and iron is needed for the brain and can contribute to the reduction of tiredness and fatigue. Herbal supplements such as ginkgo biloba, and omega-3 fatty acids may also play a key role.³

Interesting fact!

Experts estimate that our minds have between 50,000–70,000 thoughts each day.²

How does the brain work?

Your brain contains billions of nerve cells arranged in patterns that coordinate thought, emotion, behaviour, movement and sensation. While all the parts of your brain work together, each part is responsible for a specific function — controlling everything from your heart rate to your mood.

Why is diet important for the brain?

The brain is an energy-intensive organ, using around 20% of the body's calories¹, so it needs plenty of good nutrition to fuel concentration throughout the day. The foods we eat can have a big impact on the structure and health of our brains – supporting both short- and long-term brain function. In addition, the brain also requires certain nutrients to stay healthy – such as Docosahexaenoic Acid (DHA), an omega-3 fat which supports normal brain function.

¹ www.pnas.org/content/99/16/10237

² www.huffingtonpost.co.uk/shahilla-barok/did-you-know-you-have-betw_b_11819532.html

³ www.ncbi.nlm.nih.gov/pubmed/10890330

Successfully managing your hormones

Throughout life it's common for hormone imbalances to affect your mood. That's why we need to keep them in balance to prevent a knock-on effect on all areas of your health: physical, emotional and mental.

What are hormones?

Hormones are your body's chemical messengers. They travel in your bloodstream to tissues and organs to influence many different processes, including metabolism, sexual function, reproduction and mood.

What type of hormones can affect you?

Thyroid

Thyroid hormones control your metabolism and your body temperature but also play a vital part in your brain chemistry. Women in their 40s often experience a decline in their thyroid health which can lead to stress, anxiety, depression and mood swings.

Adrenal glands

Your adrenal hormones play a big part in controlling your mood and keeping the chemicals in your brain in balance. So you need to ensure they are being produced in the right quantities to reduce the risk of anxiety and depression.

Insulin levels

Blood sugar balance can make such a difference to how you feel. When you eat sugary foods and refined carbohydrates, your insulin kicks in to bring your blood sugar back down into balance. When this is a constant rollercoaster throughout the day it affects your energy levels and can make you feel grumpy.

What can we do to rebalance our hormones?

1. Eat a diet rich in real, natural whole foods. Avoid sugary, processed foods and takeaways which contain trans fats and sugar that have a negative effect on your blood sugar balance, and eat plenty of healthy fats (avocados, oily fish, nuts and seeds) to help balance your hormones.
2. Exercise is also helpful in boosting your endorphin levels and, therefore, your mood. It doesn't have to be intensive: a walk, bike ride or some gentle yoga will enable you to relax and reconnect.
3. Self care is also really important if you're feeling low and emotional. Whether it's taking a magnesium salt bath, reading a book, or reaching out to a friend, you need to do what makes you happy.
4. Consider supplementing to help you rebalance.



Interesting fact!

There is preliminary evidence that vitamin E supplementation may benefit women with PMS symptoms. In fact, a recent study found that vitamin E supplements helped ease menstrual cycle-related breast pain.¹

¹ www.everydayhealth.com/pms/supplements-that-may-ease-pms-symptoms.aspx

Working in harmony

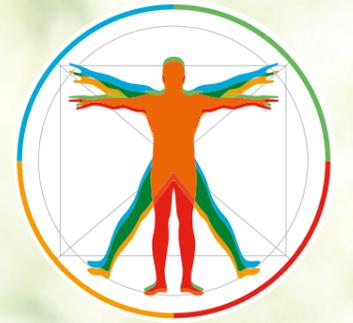
There are no limits to what you can accomplish - your wellbeing is yours to own. How you feel is an essential part of your wellbeing and can have the most impact on how you perform.

Lifeplus is a thought leader in holistic health and we want to help inspire you to make your mind matter.

Embracing an optimistic outlook, whatever the circumstances, can help you discover what works for you. Looking after your state of mind, as well as the foods you eat, the supplements you take and the types of exercise you enjoy, will help you fulfil your potential for a healthier and happier life.

Discover how small significant steps can lead to improved wellbeing and a greater quality of life at:

www1.lifeplus.com/web-page/about-lifeplus/our-lifeplus-formula



Lifeplus formula is our holistic wellbeing philosophy:

State of mind 

Regain your positive attitude to focus on being your best.

Nutritional supplementation 

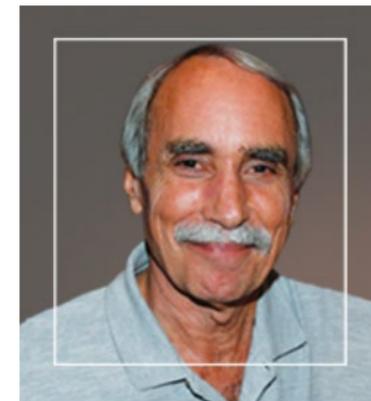
Support and enhance your balanced lifestyle.

Staying active 

Feel better on the inside and more confident on the outside.

Eating well 

Fuel your body with good nutrition and feel the benefits.



It's called holistic medicine, but it has more to do with avoiding the need for medicine. By eating well, keeping a positive state of mind and staying active people are applying our Lifeplus formula for wellbeing. And they are finding out that this comprehensive approach to life makes them happier and healthier, more optimistic, full of hope, open-minded and confident.

Dr. Dwight McKee,
Scientific Director, Lifeplus



Join our online community...

Our goals may be uniquely ours but we can all gain motivation and encouragement from others.

That's why we want you to feel part of the Lifeplus family.

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 facebook.com/lifeplus

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Follow us
 [@lifepluscorp](https://twitter.com/@lifepluscorp)

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