

WELLNESS WITH SANDY

MONTHLY NEWSLETTER

NOVEMBER 2020



LET US BE THANKFUL FOR OUR HEALTH

Hello friends!

As the winter season is nearly upon us, it's important to be mindful that the lack of sunlight and Vitamin D can take a toll on our mental and emotional health. Taking a few deep breaths can be a wonderful way of reconnecting and recharging our centers, while also consciously controlling our central nervous system.

Diaphragmatic breathing massages our vagus nerve, the 10th cranial nerve that controls things like our vocal tone (vagal tone) and heart rate variability. Instead of feeling a lack of control with our stress/anxiety, the activation of our vagus nerve up-regulates our parasympathetic outflow, thereby lowering our heart rate, blood pressure, and stagnant energy. We have the power to be the architects of our own positive psychology, and a good area to begin this journey is through prana.

Whether you are surrounded by family, friends, or even new faces this Thanksgiving, remember to take some time for yourself to check in and invite the flow of balanced breathing for when you're feeling a little anxious

Happy Thanksgiving everyone!



TIP OF THE DAY

For a balanced breakfast, try including oatmeal as a part of your daily regimen. In addition to the soluble fiber, oatmeal promotes regularity as well as a healthy mucosal lining in our digestive tract. As a prebiotic, oatmeal feeds the good bacteria in our large intestine to reduce inflammation.

BLOGS OF THE MONTH

THE GUT-BRAIN CONNECTION

<https://www.wellnesswithsandy.com/post/the-gut-brain-connection-benefits-for-your-health>

OUR PERCEPTION OF 'LOOKING FIT'

<https://www.wellnesswithsandy.com/post/our-perception-of-looking-fit>



Feel free to check out my Instagram page and my website for more information and updates!

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