



## Do You Want to Live a Better Life?

Less Stress, More Joy  
Increased Energy, Certainty & Motivation?

**The Answers Can Be Found in  
Getting R.O.O.T.E.D.**



*by Amy Szumstein, RN*

# Let's Get R.O.O.T.E.D.

## R

### RELAX

Do something good for your brain (and your body.) Take a walk, meditate, do yoga, journal, throw axes...whatever it takes. Make friends with stress, your brain is wired to find it, in order to protect us. It may not be a Saber-toothed tiger we are protecting ourselves from, but the brain doesn't differentiate.

Choose laughter more often. A study done at Harvard shows:

- 1 minute of anger decreases the immune system for 5 hours
- 1 minute of laughter strengthens the immune system for 24 hours

## O

### OPEN

Be open to new experiences, new habits, new ideas, meeting new people...basically be open to change. It is after all inevitable and really the only consistent thing. AND, if there is one thing the last year has shown us is that we aren't really in control, the laws of nature, God, the Universe, Spirit whatever your word is...that's who's in charge and our best made plans can be and were affected.

\*be like that tree that sways in the wind, not breaks because it's inflexible

## O

### OUT WITH THE OLD

Get rid of the old. Clear out any old visions of yourself that don't serve your greatness...those fat clothes, the words small-minded people used for you, any negative comments posted on social media and assumptions made by others that just are not true.

It's time to stop focusing on the past, what upset you, disappointed you or made you feel less than awesome. No need to continue to focus on that because what you focus on expands. Notice that when you drive in your car, the size of the rear-view mirror is so small in comparison to the expansive front windshield. Focus forward through that big, wide screen.

\*there may be layers to this that need to be peeled away one at a time or a few at a time if you're ready. Have grace with yourself, I find this the most rewarding yet most difficult step.

# T

## TIME

You may be wishing you had more time, but the secret to a better life isn't in having more time, but in redirecting how you're spending the time you do have. (And we do all have the same 24 hours every day.)

Time is your most valuable possession. Take some time for YOU (even if you simply begin with 5 or 10 minutes). Take a walk, read something new, learn a new skill or pick up a hobby. Maybe even take time to do nothing (what a concept!) You'll find yourself refreshed and more productive so that the time you do have seems to expand.

\*come up with techniques to see that you do have time, schedule it, block it out, make it happen whether its to be very productive or chill and do nothing, both add value at the right time.

# E

## EAT WELL

Eat well. We are supposed to get 7 to 13 servings of fruits and veggies a day. A serving is the size of your fist, so that means 49 to 91 servings a week. Are you shopping for an average of 100 servings a week, or let's just say 70 for an average of 10/day? That makes 300 servings in a month. Most people get just 3 servings a day.

Are you eating the SAD – Standard American Diet?? Which is deficient in both variety and nutrition as things are grown in depleted soil and picked before they are even ripe to be shipped to market in a truck that's been gassed to help things maintain color and firmness whether they have been organically grown or not. (I could go on a lot more here, obviously).

Let's add another E to this one and briefly discuss Elimination. Do you know you should go every day at least once and I'm talking about #2 now by the way. For those of you that are moms, did you change a poopy diaper around every meal ? That's our body's design. Yet we eat low fiber and processed food that slows things and then we stretch that area out so our sensation urge changes and when that goes on for a while, we get a conscious but more often subconscious fear of going because of pain, or length of time or a variety of other reasons. This can be alleviate by our letter D next...

# D

## DRINK WATER

D = Drink water, until your urine is clear. Water is the most important product for your body...it does so many things. Our cells are 60% water, and the brain is ~75% water, when we are dehydrated, we are tired and cranky for good reason. Often when you think you are hungry; you are typically thirsty ...

My trick ...put an 8oz glass on the ice machine dispenser or close to the fridge...BEFORE you open it to look for "something" to munch on, drink the whole 8oz or more then open the fridge, you will often find you aren't hungry or hangry anymore.

## DETOX

While we're at it let's briefly add another D here.... DETOX. I'm not just talking about your body...water will help you detox, juicing is also a great detoxifier. I'm also referring back to the O above...to get rid of the Old mindset and detox those philosophies that were probably put there by your parents or their parents or generations before them even. And in order to do that go back to R ... relax your body, retrain your brain and attract what you desire by putting good things in and GET ROOTED!!

And I can help with all these pieces.....



Amy Szumstein, RN, worked as a critical care nurse for 20 years, specializing in toxicology. She is also a black belt in Judo, having been ranked #1 in the country in the early 90's, took 3<sup>rd</sup> in the Pan AMs and competed in 2 US Olympic Festivals. This woman brings a deep commitment to everything she does!

After moving to Atlanta in 2006, Amy decided not to return to work in the hospital environment and she shares, "Honestly, I'd rather keep people out of the hospital than be a part of temporary fixes provided in the hospital."

*Her #1 goal is to see people heal holistically.*

Amy is committed to helping people who are both literally and figuratively sick and tired of being sick and tired. She assists those who are ready to make a serious shift in their health by starting with one simple change. Assessing what that one simple change is depends on the individual, and she is dedicated to making sure that she masters techniques to help bring mind, body, and soul balance to anyone facing a health challenge or hoping to just live optimally. Healing is her my blood. Literally.

### **Book a Complimentary Consult Today with Amy**

*You'll be amazed at how much better you can feel through the simple, holistic shifts and recommendations Amy provides.*

**[CLICK HERE to Book Your Complimentary Session](#)**