

NUTRITION / WELLNESS

FOOD IS FUEL FIRST

WATER

flushes cortisol

regulates mood by promoting optimal brain function

facilitates healthy digestion

plumps skin

lubricates joints

DEHYDRATION contributes to brain fog, fatigue, low energy, irritability, headaches, dizziness, muscle cramps, lethargy, confusion, constipation

Craving something sweet? You may be thirsty!

Fiber: plant fiber is key!

20-30 grams / day.

Start slow! Add ½ cup to 2 of your daily meals

- **removes excess hormones (think cortisol!)**
- **Balances blood sugar**
- **Assists with weight loss & maintenance**
- **Supports gut microbiome**
- **Eliminates toxins**
- **Keeps cholesterol in check**
- **Reduces risk of cancer, hearth disease and diabetes**

ACID / ALKALINE BALANCE

We tend toward acidity

Protein consumption, especially animal protein

Dairy

Salt

Highly processed foods

(take water from the digestion, require more energy to process)

Short / shallow breathing

(oxygen neutralizes body acidity)

**Body acidity complicates digestion, creates inflammation,
makes skin feel more dry, reduces joint ease**

ACID / ALKALINE BALANCE

BALANCE THIS BY:

Consuming acid-balancing foods:

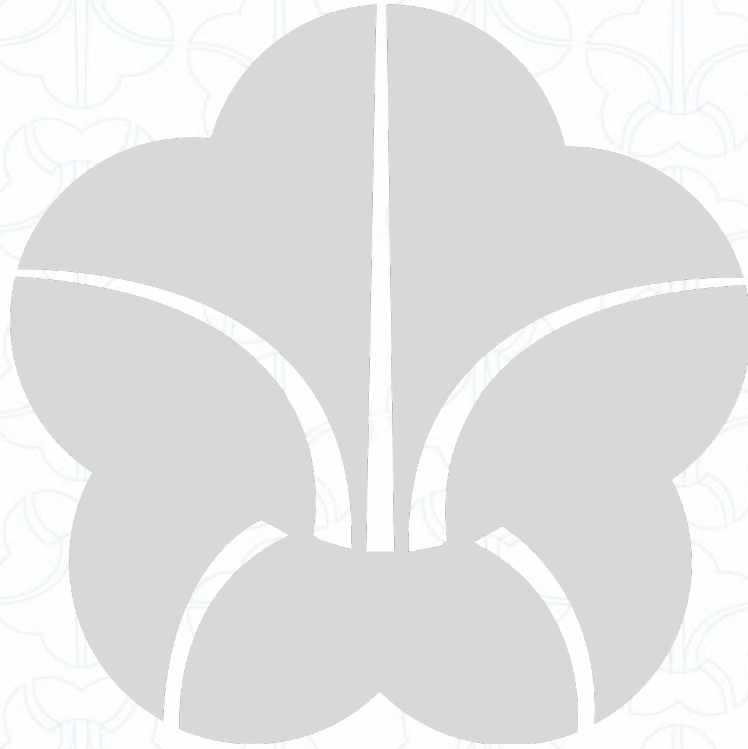
lemons & limes turn pH neutral in the body

raw, unfiltered acv turns pH neutral in the body

miso! pH negative, balances

Deep breathing

Consuming more water & plant fiber!



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