

Flour·ish

fləʀiSH/
verb

verb: **flourish**; 3rd person present: **flourishes**; past tense: **flourished**; past participle: **flourished**; gerund or present participle: **flourishing**

1.

(of a person, animal, or other living organism) grow or develop in a healthy or vigorous way, especially as the result of a particularly favorable environment.

Health and wellness can seem *overwhelming, contradictory, confusing* and *complicated*. My mission is to make it as easy and simple as possible. I want everyone to be able to be the best version of themselves, at all times, and realize how easily achievable this can be through **4 weekly goals**.

Mental

“Don’t press play on old stories”

I’m sharing this quote/idea from Elizabeth Gilbert’s incredible book, *Big Magic*. What she expresses through this message is to let the past stay in the past. What’s done is done, and what has happened has happened ... **that’s it**. Keep the past where it is an *press play on a new story today*.

Internal

ACV(1-2tbs) Lemon(1/2 squeezed) Water (12oz)

Apple Cider Vinegar(ACV) has been medically researched and proven to

1. Regulate Blood Sugar Levels
2. Enhance Weight Loss
3. Lower Cholesterol
4. Improve Skin Health
5. Reduce Blood Pressure
6. Relieves Symptoms of Acid Reflux

And many more as per the article linked below!

I personally like using this mix in the morning when I feel like I want to get things moving when they are a bit stuck, *if you get what I’m saying*, or if I had an indulging day of eating and/or drinking. I chose to dilute ACV with water and add lemon juice 1, to make it taste **slightly** more tolerable and 2, because of the extra alkalizing (regulates the bodies inner chemistry), and immune boosting benefits of lemon juice.

<https://draxe.com/apple-cider-vinegar-uses/> - with links to studies

Physical

Perform 10 chin tucks for every hour you are seated



This exercise is simple and effective for postural correction. While sitting in front of the computer, in our cars, or even at the dinner table our heads naturally begin to sink forward and down. This postural adaptation can be harmful to the structures supporting our head and neck and may lead to neck, back and shoulder pain, and even headaches. By performing 10 *gentle* chin tucks every 30 minutes to an hour, while you are seated, may help these structures realign and work appropriately to **prevent pain or discomfort** later down the road.

*Make sure you are not just bringing your chin to your chest. As shown in the picture, the forehead and chin move back over the neck together. (Make a double chin)

Social

Date night with a friend

This one is simple and fun. Plan dinner, drinks, coffee, walk etc. with a friend you've been meaning to get together with. Just send a simple text, find a time when you both are free and enjoy! There is nothing better than catching up with an old friend.

Hope you enjoyed this week's Flourish! I will be writing one of these up every Sunday evening to give simple advice to bring little doses of health and wellness into your life.

With lots of love,

Dr. Taylor Kunkle, PT, DPT