

Natural Solutions for Stress Management

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Introduction

2005 Wheaton Graduate

Certified Holistic Health Coach & Medicinal Herbalist

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Natural Solutions for Stress Management

1. Nutrition
2. Medicinal Herbs
3. Supplements
4. Lifestyle Support



Nutrition for the Nervous System

- ❑ Blood sugar balance: protein, fat, and fiber at every meal and snack
- ❑ Healthy fats: high-quality animal products, nuts/seeds, avocados, olives, coconuts etc.
- ❑ Nutrient-dense foods



Medicinal Herbs for the Nervous System

- ❑ Daytime tinctures - tulsi, ashweganda (30 drops 2x per day)
- ❑ Evening teas - lemon balm, kava, chamomile
- ❑ Sleep tinctures - lemon balm, passion flower, valerian, skullcap (between 10 - 50 drops before bed)



Supplements for the Nervous System

- ❑ Fish oil (Nordic Naturals)
- ❑ Magnesium Glycinate (Pure Encapsulations)
- ❑ B-Complex (Pure Encapsulations)



Lifestyle Support for the Nervous System

- ❑ Adequate sleep (7-9 hours)
- ❑ Daily movement
- ❑ Personalized self-care



Benefits of Ritual & Routine

- ❑ Calming for nervous system
- ❑ Removes added stress of making decisions
- ❑ Cultivates daily healthy habits



Thanks!

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