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, ashwaganda (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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