



Arche Wellness

Building the *IDEAL* you.



Wellness 101

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What is WELLNESS?

Wellness is your most ideal state of being. While most of us do not experience our "ideal" state everyday, maintaining a consistent customized wellness program can help us achieve the most ideal version of ourselves, most of the time. But maintaining wellness is not easy. It requires consistent discipline and conscientious effort. Wellness is a total approach to the self, mentally, physically, emotionally and environmentally. When we sacrifice one or more of these aspects of ourself, the whole person suffers. And we are only as strong as our weakest link.

Medications prescribed to mask health issues so the symptoms are disguised without addressing the total person, are simply ways of cheating nature. But imbalances and dysfunctions in nature will eventually overcome the masking effects of any one dimensional treatment, exposing the underlying problem again.

Cholesterol medications used without proper diet and exercise, are not as effective and fail to solve all dimensions of the underlying problem. Depressive symptoms that are medicated without addressing biochemical deficiencies and malfunctions simply suppress exposure of symptoms for a limited period of time.

Achieving Wellness

Achieving a state of wellness begins within yourself. Someone who wants her depression symptoms to end but is not willing to change her diet in order to adequately fuel her body is not striving for wellness, she is striving to feel better for now. The mind is one complex adaptive system that is composed of a number of other systems – all are interconnected and fuel each other. When one system begins to malfunction, many of the other systems will show symptoms. Therefore, accepting the idea that wellness is an holistic effort involving a healthy approach in your emotional, physical, behavioral and environmental life choices is essential to success. A wellness coach's single most important role is reminding patients that their health is a system of systems and wellness is defined by how well they all interact.



GENERAL HEALTH: Where to Begin

Essential Diet

Your diet is your body's fuel. It is the most important aspect of any health and wellness regimen. A moderately healthy diet usually yields a moderately health mind and body. A constant unhealthy diet will wreak havoc in every aspect of your existence, mentally, physically, emotionally, socially and even professionally. Your genes and diet determine the quality of your body's composition. Since you cannot change your genes, diet is the main option you can control. If you fuel your body with calorie rich, low-nutrient fats and sugars; your body will respond as undernourished and overfed. If you fuel your body with low calorie nutrient rich vegetables, fruit and lean proteins, you will be strong and well functioning. If you are not willing to maintain a moderately healthy, balanced diet, you will not optimize your wellness. **THERE IS NO SUBSTITUTE FOR A HEALTHY DIET.**

Did you know that obesity can increase your risk of depression by 55%.

Leiden University Medical Center,
March 4, 2010

Foods to Avoid:

- White flour products such as bread, pasta, baked goods
- White sugar, high fructose corn syrup, chemical sweeteners
- Processed or refined products
- Cereals with colors and/or sugar coatings
- Snack foods such as candy, chips, pastries
- Pre-packaged vegetables with sauces
- Regular diet sodas, caffeinated coffee, juice with added sugars

Better Choices:

- Whole grain breads and pastas
- Brown rice, original oatmeal
- Raw nuts, seeds, popcorn
- Whole grain cereals, eggs, yogurt, cottage cheese
- Fresh (or frozen) vegetables (the darker green the better)
- Water and herbal tea
- Honey, Stevia
- Lean meats and fish
- Fresh fruits



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GENERAL HEALTH: Where to Begin

Sample Healthy Diet

Breakfast 2 Eggs scrambled or over-medium
One piece of whole wheat, dry toast
Turkey bacon or turkey sausage
Tea sweetened with honey or Stevia

Snack 1 Vegetable, 1 protein shake, nuts, 1 hardboiled egg with glass of water or green tea with Stevia

Lunch Lean meat sandwich on 100% whole wheat bread (check ingredients for whole wheat flour, NO ENRICHED FLOUR OF ANY KIND should be included.)
Vegetables (olives, peppers, broccoli, carrots, celery, avocado, roasted peppers or raw bell peppers.)
Or
Grilled chicken salad with healthy dressing (use darker lettuce like spinach or arugula.)

Snack 1 Vegetable, 1 protein shake, nuts or 1 hardboiled egg with glass of water or green tea with Stevia

Dinner 1 Main Dish, 1 Starchy Vegetable, 1 leafy vegetable per day

SAMPLE Main Dishes

Turkey (2 times per week)

Chicken (2 times per week)

Pork Chops – no ribs or bacon (once per week)

Fish – salmon or white fish (once per week)

Whole grain/brown rice pasta (once per week) with red sauce, no white sauces

SAMPLE LEAFY VEGETABLES

Spinach, broccoli, brussel sprouts, kale, collard greens, Belgian endive, arugula, escarole

SAMPLE STARCHY VEGETABLES/WHOLE GRAIN

A starchy vegetable (beans, fresh sweet potato, corn, carrots)

NO WHITE POTATOES, WHITE RICE OR NOODLES.

Whole Brown Rice (no processed/microwavable versions)
Quinoa



GENERAL HEALTH: Where to Begin

Exercise

Exercise is essential for overall health. Not only will it help you maintain or achieve a healthy weight but it will also help in regulating sleep patterns, blood pressure and cholesterol levels. On top of that, it also promotes more energy for daily activities and improves your mood, alleviates depression and reduces stress. Even the American Psychiatric Association has changed their guidelines to now include exercise as an effective prevention and treatment for depression.

A minimum of 30 minutes of moderate to vigorous exercise 3 to 5 days per week is recommended. Getting all three types of exercise 1) Cardiovascular, 2) Strength and 3) Flexibility is ideal.

Cardiovascular exercise elevates your heart rate and is essential for healthy heart and lung function. Jogging, speed walking, aerobics, bicycling and many sports are effective types of cardiovascular training. Performing cardiovascular exercise at least 3 days per week for a minimum of 30 minutes is recommended.

Strength training improves muscle mass, increases the amount of calories you burn at rest which prevents weight gain, improves cholesterol and improves mood. Body resistance training, weight training, stair climbing, yoga and ballet barre workouts all improve strength and should be done at least 1 to 2 times per week.

Flexibility training is probably the most undervalued type of exercise, especially as you age. Flexibility helps maintain good posture, prevents back, knee and hip injuries and can relieve stress, headaches and neck pains. Flexibility exercises like stretching, yoga, ballet barre workouts or pilates should be done for at least 10 minutes each day.

If you are not getting at least 30 minutes of activity 3 to 5 days per week, you are not doing the minimum for effective wellness.



GENERAL HEALTH: Where to Begin

A Good Multivitamin

Any quality supplement regimen begins with a good multivitamin. Many people take random vitamins, minerals or herbs because it is "good for" a particular health issue or symptom. However, they often are deficient in a number of other nutrients necessary to maximize the effects of the supplement. For instance, taking vitamin C to prevent a cold is useless if you do not have adequate levels of many other nutrients such as zinc in order for the C to be effectively utilized by the body.

You should always take a GOOD multivitamin, designed to be taken 3 to 4 times per day (once per day multivitamins will be flushed from your system in about two hours so they are not as effective.) After you have maintained a consistent multivitamin schedule, then use organic acid and other nutrient testing to determine what supplements would be helpful for your specific dietary needs and current health condition.

Troubleshooting Your Health

The following points address the most fundamental mistakes most people make in their wellness regimens. By resolving these issues, you can alleviate and often prevent many nuisance health issues such as fatigue, depression, anxiety and sleep problems.

1. Are you fueling and hydrating adequately (type, amount, frequency)?

A balanced diet with adequate amounts of water, fresh vegetables, fruits and lean proteins is the foundation of any wellness plan. Eat small meals often as opposed to large meals to help keep your systems fueled and your metabolism moving. Water is essential. (Diet soda is not water, it is a toxin.)

2. Are you moving?

A sedentary body is an unwell body. Move and exercise – it's great for you, your metabolism, heart, lungs, bones, muscles, sleep and mental health.



GENERAL HEALTH: Where to Begin

Troubleshooting (cont.)

3. Do you work on your sleep?

Sleep is an ACTIVE process. When you get adequate sleep, your body repairs, creates and processes. Productive sleep works in patterns and takes effort. If you are not fueling, not moving or are toxic, the quality of your sleep will deteriorate. Quantity of sleep is not the same as quality of sleep. When you awake from productive sleep, you should feel rested and restored. Medicated sleep IS NOT SLEEP –ITS PASSING OUT. Achieving an unconscious state because you are medicated is not sleep (like using heroin to avoid your problems is not problem solving.) You are not entitled to good sleep anymore than you are entitled to the body of a supermodel – you must work on both.

4. Are you toxin overburdened?

What you eat or drink is either a nutrient or a toxin – there is no middle ground. Either it's something your body uses as a natural fuel or its not and must be processed out through the liver. Food additives, chemical sweeteners, preservatives, artificial flavors and colors, chemical, environmental toxins, pesticides, beauty products, aluminum anti-perspirants are all TOXINS. Your liver can process only so many toxins at a time. When you put too many toxins in your body, your liver and gut become overburdened and problems start to occur.

5. Is your body absorbing fuel?

A toxic body knows it is toxic and therefore stops absorbing in an effort to reduce toxic burden – this includes nutrients. If your body is not absorbing, then all the supplements, medications and concoctions in the world WILL NOT SOLVE THE HEALTH ISSUES CAUSED BY NUTRITIONAL DEFICIENCIES. You must solve the root cause of the problem and reduce the amount of toxins entering the body.

6. Are infections/malfunctions preventing nutrient absorption?

There are many signs of bacterial and fungal infections that will affect any number of the body's integrated systems. Constant



GENERAL HEALTH: Where to Begin

Troubleshooting (cont.)

carbohydrate, drug or alcohol cravings, mood swings, depression and anxiety, fatigue, sleep disturbances, rashes, chronic yeast infections, muscle spasm, headaches and fungus on the nails, feet and hands are all signs of systemic fungal infections. These occur in the gut when toxin levels are high and the body's natural flora begin to die. They are replaced with fungus and bacteria that can significantly impact mental and physical health. Fungal infections have affected over 95% of Arche Wellness patients and are often the underlying cause of many of their mental and physical health issues.

Depression

Depression – may be described as feeling sad, blue, unhappy, or miserable. Most of us feel this way at one time or another for short periods. However, true clinical depression is a mood disorder in which feelings of sadness, loss, anger, or frustration interfere with everyday life for a longer period of time.

Symptoms include:

- Agitation, restlessness, and irritability
 - Dramatic change in appetite, often with weight gain or loss
 - Extreme difficulty concentrating
 - Fatigue and lack of energy
 - Feelings of hopelessness, helplessness, worthlessness & guilt
 - Inactivity & withdrawal from usual activities, a loss of interest or pleasure in activities that were once enjoyed (such as sex)
 - Thoughts of death or suicide
 - Trouble sleeping or excessive sleeping
- *Often anxiety accompanies depression. Use of alcohol or any type of drugs can worsen depression.

Possible Biochemical Causes of Depression

It's likely that with most instances of clinical depression, neurotransmitter function is disrupted. Neurotransmitters are chemicals that carry signals from one part of the brain to the next. There are many neurotransmitters, serving different purposes; however two important ones that affect a person's mood are



MENTAL HEALTH & SUBSTANCE ABUSE

Depression (cont.)

serotonin and dopamine. More specifically, depression can be worsened by deficiencies in vitamins, amino acids L-Tyrosine and L-Tryptophan, and minerals such as Magnesium, Selenium, and Iron.

Foods high in vitamins (especially B6), L-Tyrosine, and L-Tryptophan include meats (tuna, chicken, turkey, salmon, cod), vegetables (peppers, spinach, watercress, turnip greens, okra) fruits (banana, casaba melons), beans, legumes, and nuts (chickpeas, peanuts, pumpkin seeds, kidney and pinto beans), and whole grains (wheat germ, oats). Milling (processing) grains or freezing/canning foods will result in a loss of nutrients.

Supplements: Ultra Preventive X, Pyridoxal-5-Phosphate, L-Tyrosine, L-Tryptophan, Magnesium

*Laboratory tests can help determine the supplements most likely to improve your unique biochemistry.

Depression & Anxiety

Many people with anxiety disorders also suffer from depression at some point. Anxiety and depression are believed to stem from the same biological vulnerability, which may explain why they so often go hand in hand. Since depression makes anxiety worse (and vice versa), it's important to seek treatment for both conditions. Furthermore, it is important to look for underlying causes or contributing factors that may be affecting the anxiety and depression as well as the balanced production of neurotransmitters. There are many physical problems that should be diagnosed and treated so that dangerous drugs can be avoided

Anxiety

Anxiety – a normal reaction to stress but when it becomes an abnormal sense of fear and nervousness or an excessive, irrational dread of everyday situations, it has become a clinical problem.

Symptoms include:

- Feelings of apprehension or restlessness
- Sweating, pounding heart or shortness of breath
- Upset stomach, frequent urination, diarrhea



MENTAL HEALTH & SUBSTANCE ABUSE

Anxiety (cont.)

- Muscle tension, fatigue or insomnia
- Panic attacks (which can include one or more of the symptoms listed above)
- Anticipating the worst
- Trouble concentrating
- Irritability

Possible Biochemical Causes of Anxiety

It's likely that with most instances of clinical anxiety neurotransmitter function is disrupted. Neurotransmitters that help our bodies deal with depression include Gamma-Aminobutyric acid (GABA) as well as those previously mentioned for depression because of the strong link between anxiety and depression.

Anxiety can be worsened by deficiencies in alpha-Ketoglutarate and amino acids L-Theanine and L-Glutamine. Inositol can also have calming affects on the body.

Foods high in Glutamic Acid or Glutamate include whole grains (oats, whole wheat, brown rice), dark green vegetables (broccoli, spinach), almonds, tree nuts, bananas, halibut, lentils, walnuts, and oranges and other citrus fruits. L-Theanine can be found in green tea, but only in small amounts, so the best way to ensure you have enough is to take a supplement.

Supplements: Ultra Preventive X, Alpha-Ketoglutarate, L-Glutamine, Inositol, GABA, L-Theanine

*Laboratory tests can help determine the supplements most likely to improve your unique biochemistry.

Overmedication

Overmedication is when a patient takes unnecessary or excessive medications. Often, overmedication occurs when physicians persistently add new medications to ineffective drug regimens (many times due to undiagnosed medical conditions), when a patient becomes over-reactive to a drug regimen due to excess toxicity or when drug-seeking patients take more medication than is prescribed or as labeled on over-the-counter products. Consumers also, either intentionally or unintentionally, take both prescription and nonprescription drug products containing the same active ingredients. For example, overmedication can occur



MENTAL HEALTH & SUBSTANCE ABUSE

Overmedication (cont.)

when a prescription drug like Vicodin, containing both hydrocodone and acetaminophen, is taken along with the non-prescription product Tylenol, which contains acetaminophen as the active ingredient.

Side effects of overmedication, substance abuse and even addiction depend on the medication, the dosage, pharmacological interactions

- Slowed reaction time
- Increased confusion
- Constipation
- Blurry vision
- Increased agitation
- Uncontrollable repetitive movement of the tongue, feet, hands and trunk
- Sleeplessness
- Unsteady gait
- Dry mouth
- Increased agitation
- Hallucinations

Fungal infections

Yeast and fungus are normal agents in our bodies. They live in balance with bacteria – some of which are helpful and healthy, and some of which are detrimental and unhealthy. The problems begin when this balance shifts and the yeast begins to overgrow. Fungal overgrowth may suppress the body's immune system and it is suspected that this occurs in part because the yeast infections cause what is called "leaky gut syndrome". This means that food proteins get absorbed into the blood system before they are fully digested. Because of this, your immune system has to complete the digestion process, which often overtaxes it. In other words, once the yeast gets the upper hand, it sets up a cycle that further suppresses the body's defenses.

Symptoms may include:

- Abdominal gas & bloating
- Headaches or migraines
- Excessive fatigue
- Cravings for alcohol and/or sweets
- Anxiety or depression
- Vaginitis
- Inability to think clearly or concentrate
- Poor memory
- Mood swings
- Diarrhea or constipation
- Itching or eczema
- Acne
- Sinus inflammation
- Low sex drive
- Irritability
- Sensitivity to fragrances
- Acid reflux or indigestion



What is The Arche Wellness Center?

Today the world is very different from the time when our parents and grandparents were growing up. Our food, water and air are more toxic and less nourishing. Our lifestyles and health regimens are more complicated and highly medicated. As time goes on, our bodies are growing more and more toxic, stressed and imbalanced.

At The Arche Wellness Center, our mission is to solve the root cause of symptoms by restoring biochemical balance, decreasing toxicity and dysfunctional behaviors, improving diet and exercise patterns and encouraging healthy activities and choices. Our treatment programs are customized for each individual and provide the baseline for ideal health and wellness for years to come.



OUR PHILOSOPHY

Current Condition Analysis

How many times have you seen a health professional who did not adequately look into your current condition to better understand your health issues? At Arche Wellness, we thoroughly look at the whole person before diagnosing and treating. This ensures an effective, efficient process.

Problem Solving

We solve problems at their root cause, instead of masking them with medications or supplements. We repair and fuel the body, bringing it toward an ideal state.

Problem Prevention

Learning the cause of any mental or physical health condition is the first step to preventing future occurrences and creating the foundation for a more effective health regimen.

Comprehensive Medical Wellness • All Natural Mental Health Treatment • Expert Substance Abuse Recovery



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