

# women's health

**As women, we are often balancing what seems to be an endless to-do list and our health gets pushed to the bottom.** We have all heard that we need to get more sleep, hit the gym, pack the kids' school stuff before bed, "make time" for yourself. But at the end of the day, we are still exhausted and frustrated that our to-do list is still a mile long. October is Breast Cancer Awareness month and we'd like you to join us in exploring women's health and how we can start taking control of our own health and making it a priority.

**Eat Healthy on the Go:** Nutrition is an enormous part of our health but with busy lives, it can be hard to maintain. Back 2 Normal offers a variety of wellness classes on healthy eating and cooking to help make it more practical. Here are some quick tips:

- » **Blended breakfast.** In a hurry? Try a delicious green smoothie with Vega All-in-One Nutrition supplement for a wholesome, gluten-free, high protein and low sugar breakfast option that will keep you going until lunch. Really!
- » **Pack your snacks.** Don't get caught without quick, healthy snacks. Crunchy vegetables, Vega Savi Seeds and hummus are great options. Try preparing a week's worth of snacks each weekend and packing them in your bag, car and office.
- » **Hydrate on the go.** Check out the new Back 2 Normal Infuser Water Bottle that allows you to diffuse delicious fruits, herbs, veggies to not only stay hydrated, but also packs your water with vitamins and minerals.
- » **Use Pilates to get connected.** Pilates is not only an exercise practice, but it helps us create a true connection between the mind and body through simple, small movements. Pilates enthusiasts see significant changes not only to their body externally, but internally and mentally. What will Pilates teach you?

**Proper breathing technique.** Breathing is key in Pilates to help clear your mind, allowing you to focus your thoughts solely on the task at hand. These techniques transfer well to the stresses and chaos of daily life. Deep breathing also burns extra calories!

**Pelvic floor strengthening.** Many Pilates movements engage and strengthen the pelvic floor. This can help incontinence and other post-child birth issues. A stronger pelvic floor also helps with spinal alignment, which can reduce back and neck pain and create a longer, taller silhouette.

**Pregnancy Pilates.** Practicing Pilates throughout your pregnancy allows the muscles of the abs, glutes and back to strengthen to hold the body in a more upright position, adjusting for the extra weight. The movements are easily modified and safe for women of any age and fitness level.

**Back 2 Normal offers Pilates classes, duos or one on ones to meet every woman's schedule and needs.**



**Go Shopping for Support.** Wearing well-fitting, supportive clothing, especially your bra is essential for reducing aches and pains, tissue damage and injuries from exercise. Breasts are held up by ligaments, which attach them to muscles and need to be well supported. Experts estimate that more than 85 percent of women are wearing the wrong size bra! The average woman changes bra sizes six times in her life due to changes such as hormones, weight loss or gain, pregnancy, exercise, etc. A poorly fitting bra can cause upper back and neck pain and result in sagging and stress to your breasts. Check out these tips from the Bra Doctor, Susan Nethero to get the right fit:

- A bra should lie firmly against the rib cage
- 90 percent of a bra's support comes from a firm band
- A 10 percent loss or gain in weight usually equals a change in one cup size
- A bra should be level front to back across the bodice
- Avoid underwires when nursing
- Breast augmentations require the same support as natural breasts
- Get fitted by a bra-fitting specialist! If you haven't been fitted, you'll be amazed at the difference it can make. The same goes for sports bras, check out Fit2Run in St. Petersburg to learn from their team's expertise. If you can't get to an expert fitter in your local department store, try websites like [championusa.com](http://championusa.com) (click on Bra Finder) and [movingcomfort.com](http://movingcomfort.com) (click on Find Your Best Fitting Sports Bra) for sizing how-to's.

**Oil Up.** Essential oils have been used for centuries and have amazing healing properties. For women on the go, don't leave home without these amazing dōTERRA essential oils:

- **Clary Calm** – Use to balance hormones and manage symptoms of PMS and the traditional phases of menopause. Also helps with menstrual cramps, nausea, hot flashes and emotional swings.
- **Peppermint** – Great for headaches, hot flashes, menstrual problems, digestion, mental acuity and more.
- **Slim and Sassy** – Supports a healthy metabolism and helps curb appetite and sugar cravings and assists with weight management.
- **Balance** – This grounding blend helps to calm the nervous system, giving you a more relaxed sense of balance and well-being. Also great for anxiety and attention deficit.
- **Whisper** – Every woman likes to feel pretty and sexy, not to mention smell good. This can be used as a natural compelling women's fragrance or perfume which is calming and sensual.
- **Deep Blue** – Great for areas of inflammation, sprain, bruising, sore muscles, joints, arthritis, or pain.

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*Special thanks to Charlene Greene, Pilates Instructor of Back 2 Normal and Jocelyn Wallace, Physical Therapy Student for providing content for this month's wellness topic.*

