



W E L L F I T N E S

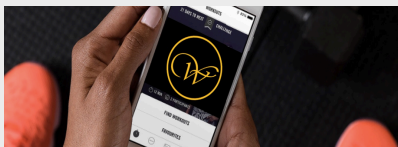
Gut Health | Register | Apple Watch | Under-Eye Circles

Register for the App

All On-Call Health, Wellness and Beauty services can be booked through our proprietary mobile app available in the Apple iTunes or Google Play stores, or on the web browser platform. The App is kept private for residents-only, to maintain exclusivity in services rendered.

The App can be used to:

- View available services
- Purchase packages
- View therapist schedules
- Book services
- Sign up for classes
- Track progress
- Online training and nutrition coaching
- Access our wellness education and newsletter
- and more



TO REGISTER - Scan the code or [CLICK HERE](#)



Gut Health

Mounting evidence is showing a definite link between gut health and the brain. The gut is always adapting and will recover if given the right tools (fasting, food choice, enzymes) if it is sick.

'The impact of the human gut microbiome on emotional health is a newly emerging field, says Dr. Ghannoum. While more research needs to be conducted, the current evidence is extremely promising and suggests at least part of the answer to understanding depression in more depth may lie within the microbiome. The human microbiome is composed of various microbes including fungi, bacteria, and viruses that live primarily in the human gut. New evidence indicates the microbiome can have a direct impact on our brain and emotions. The human brain and gut microbiome communicate with each other using neural and hormonal pathways. This is why a holistic approach to depression that includes the health of the human gut microbiome could be effective, say scientists.'

Amanda Christmas - Frontiers in Nutrition



Complimentary Wellness Evaluation

Complimentary Wellness Evaluations are available to every Wellfitness member.



Wellness Evaluations are a great way to monitor and assess your ability as it relates to aerobic fitness, strength, flexibility and more. It can also help you understand how healthy you are and learn to set goals to improve your health-related fitness.

During our one hour together we will focus on these 10 points:

- Calculate Fitness Zone
- Strength Assessment
- Nutrition Evaluation
- Height and Weight
- Blood Pressure
- VO2 Max Assessment
- Body Measurements
- Body Composition
- Program Design
- Flexibility Test

[CLICK HERE](#) to order, then schedule yours today!

Contact us at
(866) 942-5553
info@wellfitnessinc.com

Fitness Tracker - Apple watch

There are many health benefits to these watches. Regularly wearing a fitness tracker means you're more likely to:

- Reach daily movement goals
- Achieve larger fitness goals (like losing weight or running a marathon),
- Stand up more throughout the day
- Improve your VO2, the maximum amount of oxygen your body can utilize during exercise

Some of the Apple Watch features are:

- built-in GPS (+ cellular upgrade option)
- fitness detection, fitness goals, fitness challenges
- health metrics: heart rate, blood oxygen saturation, ECG, high, low and irregular heart rate notifications, VO2
- additional health monitoring: sleep trends + bedtime routine, movement, stand time and mindfulness notifications
- full integration with Apple Health app for further health tracking and management (weight, menstrual health, etc.)
- listen to music, podcasts, audiobooks
- receive text messages + phone calls (you don't need to carry your phone)
- water-resistant to 50 meters

Did you know that you can pair your smart watch with the Wellfitness app? Open up your Wellfitness app, select 'account', then select 'devices'.



Use your smart Watch during 'Before the Sunrise'

The 'Before the Sunrise' class is every single weekday 6-6:30am! Use your watch to compete with others during the 30 minutes and to track your improvements. Only \$24 for the entire month.



The Best Natural Remedies for Dark Under-eye Circles

Contrary to popular belief, dark circles are not *just* the result of being tired. The thin skin below our eyes happens to show blood vessels more easily than the thicker skin on the rest of our body. Some people are also genetically predisposed to particularly thin skin below the eyes. And, dark circles tend to worsen as we age and our skin loses elasticity. Dark circles and under-eye puffiness can be caused or exacerbated by allergies, sinus problems or smoking, all of which affect circulation. (And, because most conventional personal care products contain known allergens, sensitivity to skincare or make-up products may actually contribute to under-eye darkness as well.) Fortunately, there are a few simple, natural remedies that can help reduce the underlying causes and appearance of dark circles:

proper nutrition + hydration - Vitamin and mineral deficiencies (particularly iron and vitamins K and B12) can worsen under-eye dark circles by reducing the supply of oxygen to our body tissue and making bluish veins more pronounced. Gluten and sugar also contribute to the problem, as they're both inflammatory and inflamed blood vessels are generally more visible. Dehydration can also make blood vessels more visible through the thin skin below our eyes. So, another simple way to combat dark circles is to stay well hydrated (a general rule of thumb is to drink at least 2/3 of your body weight in ounces of water per day). It can be especially helpful to stay hydrated with healthy infused water, which also has anti-inflammatory and detoxifying herbs to boot.

sleep well - As we know, lack of sleep can increase the appearance of dark circles—but that can mean either not enough sleep or not the right *kind* of sleep. For many health reasons (not just reducing the appearance of dark under-eye circles!), it's important to establish healthy sleep patterns that get us both the quantity and quality of sleep we need for optimum functioning. Here are nine natural ways to get better sleep if you think you might need them! Also, it's thought that if you sleep on your back (rather than on your stomach or side), your head will be slightly elevated and less fluid will pool in your face, decreasing the appearance of dark circles.

relax - Stress hormones, which can be caused by lifestyle factors (stressful jobs, hectic schedules) or overconsumption of caffeine/sugar/alcohol, increase swelling in the body, including under the eyes. As unrelated as it may seem, this means that the appearance of dark under-eye circles can be reduced, in part, by learning to manage stress and keep our body in a relaxed, healthy state.

almond oil - Sweet almond oil contains vitamin A, an antioxidant effective in treating dark under-eye circles. Vitamin A is also anti-inflammatory and helps to moisturize and soften the delicate under-eye skin. (And, it can be used as a natural eye make-up remover too!) Before bed each night, gently massage a few drops of almond oil into the skin beneath your eyes. Avoid almond oil if you're pregnant (pregnant women should avoid topical vitamin A in general) or allergic to nuts (it's made from almonds!).

cold compress - A cold compress can help to reduce under-eye puffiness and dark circles by shrinking the dilated blood vessels causing them. You can use a cool, damp washcloth, a chilled spoon (put it in the fridge or freezer for a few minutes before using), or a chilled jade facial roller.

gua sha - *Gua sha* is an ancient Chinese facial therapy that reduces puffiness, aids detoxification, and may reduce the appearance of dark under-eye circles and fine lines. Use a carved jade or rose quartz gua sha facial tool to gently massage the skin around your eyes.

