

# Wholistic Living

By: Mallory Rupp

# Wholistic Health

- Values the “whole person” as a:
- PHYSICAL
- MENTAL
- EMOTIONAL
- SPIRITUAL
- being

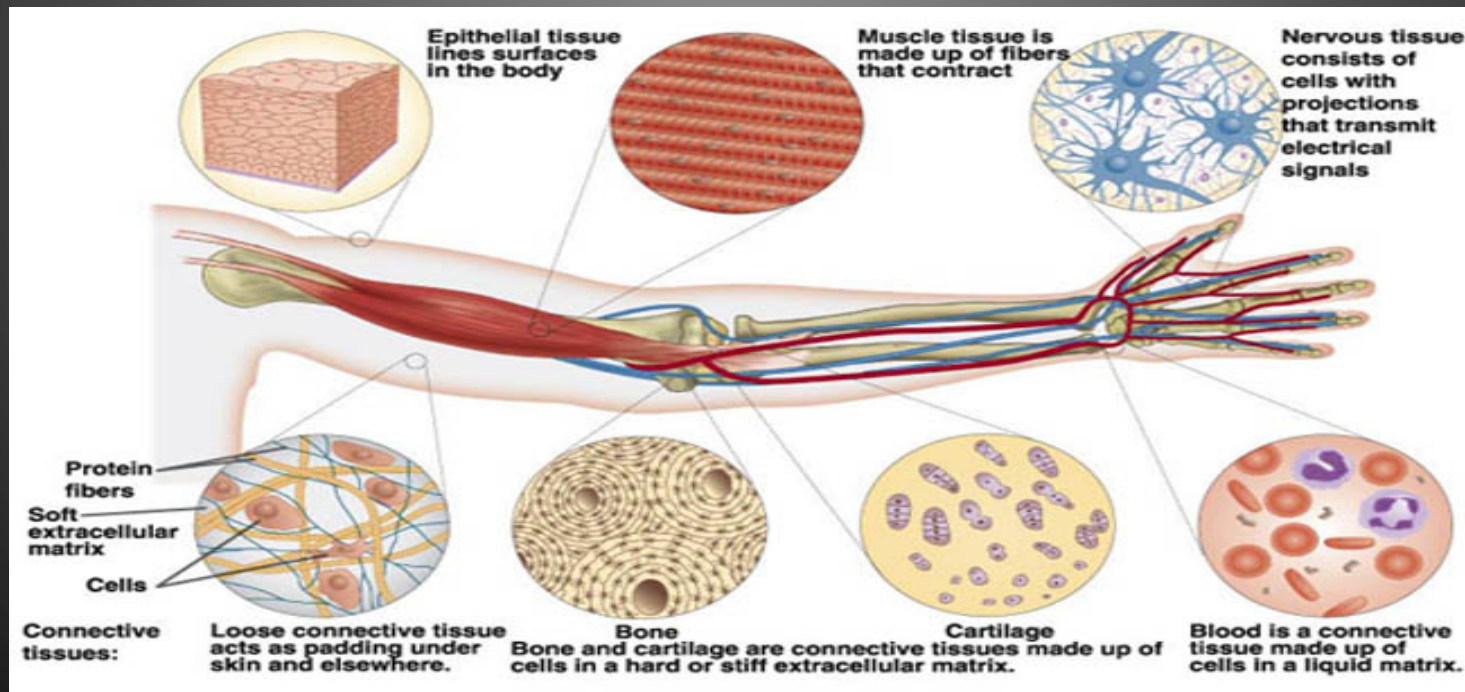


50 trillion cells

Cells make up everything we are & will be in the future

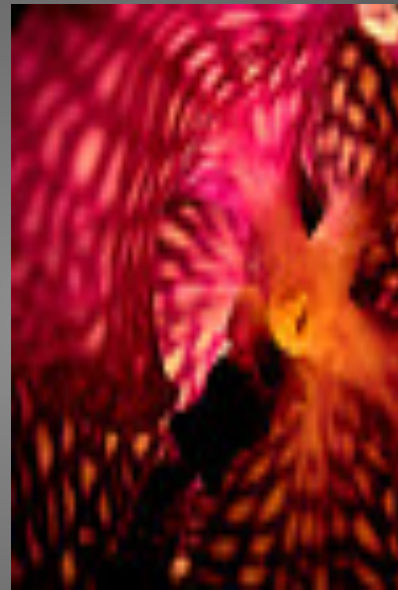
Constant regeneration

Health of our cells today determines our quality of life tomorrow



# 4 elements control the health of our cells

- PHYSICAL
  - Diet and Exercise
- MENTAL/EMOTIONAL
  - State of Mind: view of life
- ENVIRONMENTAL
  - Everything around You
- SPIRITUAL
  - A Greater Power





- These 4 elements must be in balance to maintain **HOMEOSTASIS** which is a natural state of health
- Disalignment allows **DISEASE** to settle in and grow inside the body

# The World We Create Makes Us Who We Are



Every person  
is a unique  
individual  
No two  
people are  
the same



Identical twins have the same  
genotype & phenotype, yet  
live in a different state of  
health

Other aspects of life, beyond  
the tangible things must be  
considered

# ENERGY THAT KEEP YOU ALIVE

## SECONDARY FOODS



## PRIMARY FOODS

- Relationships
  - Career
  - Spirituality
- Exercise Routine
- Sleep Pattern
- Achievements
  - Goals
- Expectations
  - Selfworth
  - Attitude
  - Ideas
- Creativity

INTERNAL

EXTERNAL

[mind:emotions:spirit]-->**BODY**<--[food]

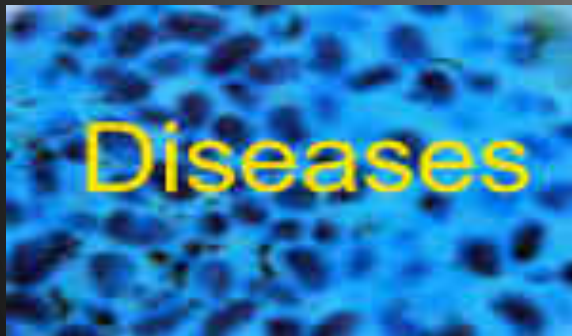
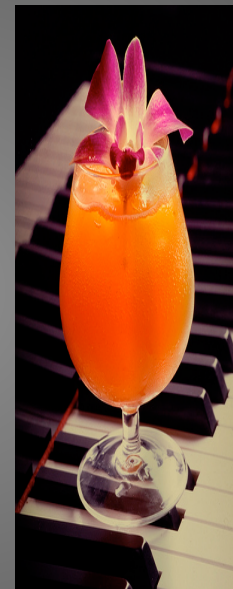
All of this is internally stored in our physical body, which is the link to the external world, and is effected by the environment we make & the foods we eat



# STANDARD AMERICAN DIET (S.A.D.)

Most Americans have little to no knowledge of 1° vs 2° nutrition

Food has become an **OBSESSION**, leading to an **OBESE** country



Food related health problems are at an all time high

# YOU ARE WHAT YOU EAT



Secondary Nutrition is the food we choose to eat, the fuel for our bodies

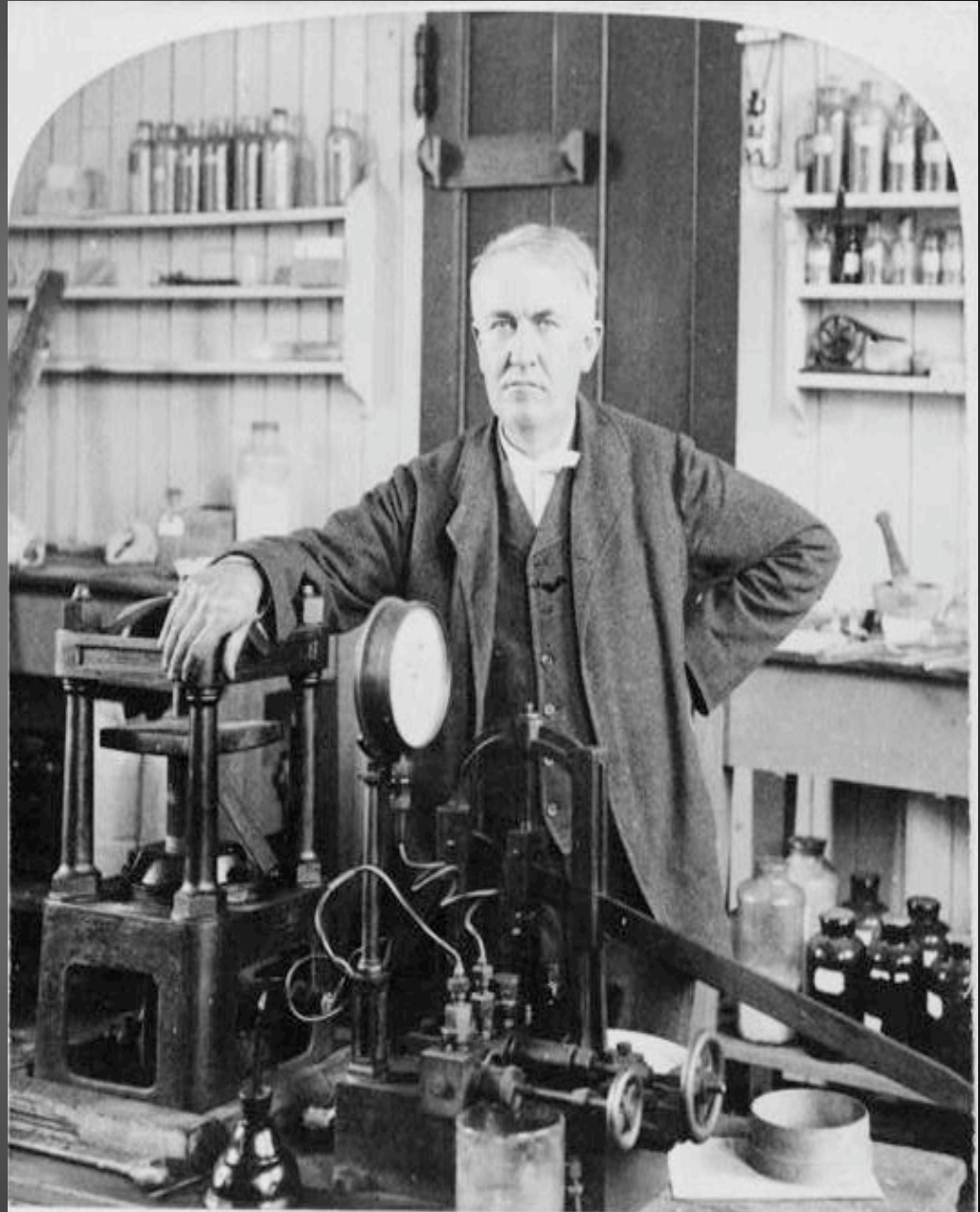
In an age where labeling is required and so much information is available on nutrition, this country is at its most unhealthiest

Fast food restaurants and processed pre packaged foods are literally killing us

# HISTORY

Inventor Thomas Edison is quoted as saying,

“The doctor of the future will give no medicine, but will instruct his patient in the care of the human frame, in diet and in the cause and prevention of disease” in 1903



# KNOWLEDGE

Primary nutrition goes way beyond what we eat. One of the inspirational sayings I want to have in my office comes from

**HOSEA 4:6**,  
which states "my people will perish for lack of knowledge."



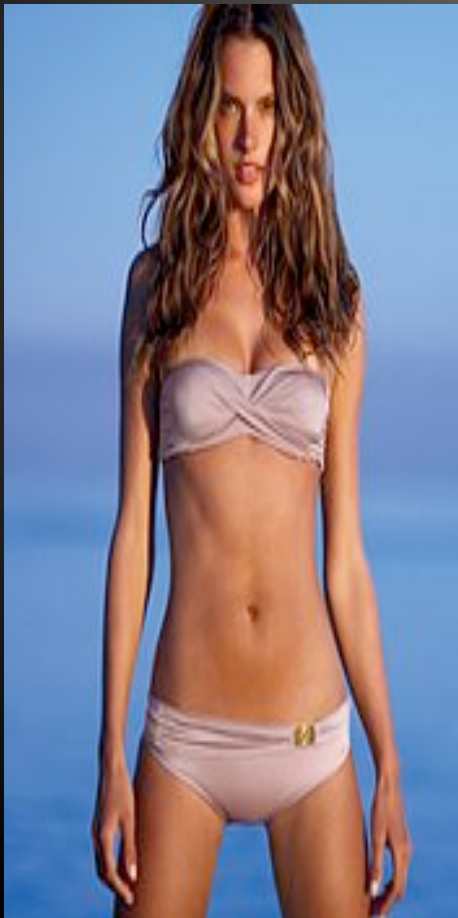
This is the key to why so many people are a mess Physically, Mentally, Emotionally and Spiritually.....

They simply do not know any better!

# Educating my patients and the public is my main career goal



- Biased Media
- Airbrushed Magazines
- Fad Diets
- Paid Celebrities



- These corrupt the general population into losing the true meaning of health
- It's not just about the external, looking great is a natural by-product of feeling great
- Creating the lifestyle you want starts on the inside and works its way out



# A Little About Me

I attended the University of West Florida in Pensacola, where I started seeing a chiropractor who introduced me to a whole new meaning of health. My natural body type, high physical activity, and personal eating habits were putting me at risk for anorexia and osteoporosis and the cause of some serious food intolerances. He not only physically manipulated me but also counseled me in nutrition and natural healing. I learned how to listen to my body and eat the foods that I could benefit from the most.

I changed my focus from calories and cheap, easy, quick meals and really started analyzing everything I was putting in my mouth. I began buying fresh, locally grown produce and quickly noticed how much better I felt. This new lifestyle got me interested in doing research and I soon realized that I had only scratched the surface of living a holistic life.



# ALTERNATIVE HEALTHCARE



- After graduating from UWF, I moved to KC where I was accepted to Cleveland Chiropractic College
- Chiropractic care is considered alternative medicine following the belief that the body is able to heal itself
- It utilizes natural remedies to restore the body's proper function and recognizes nutrition as being a key factor to homeostasis.

- I have LEARNED so many things I want to SHARE with EVERYONE I know
- I am very SPIRITUALLY minded and have a PASSION for sharing the TRUTH
- My PHILOSOPHY is simple, a person's HEALTH and OUTLOOK is directly related to their physical, mental, emotional, and spiritual CONDITION
- I realize EVERYONE is DIFFERENT and my initial advise is to listen to your body and find out what works for YOU....you must modify the truth to fit your NEEDS and your PERSONALITY
- BLOOD TYPE
- HERITAGE
- METABOLIC TYPE
- All play important roles in WHO WE ARE & how we RELATE TO THE WORLD



# “We LIVE in the HOUSE we Build”

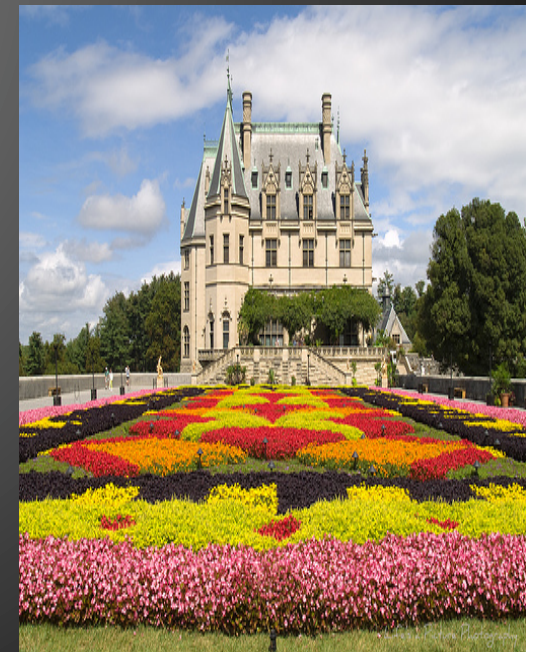


- Nutrition is more than just the food one eats
- Both 1° and 2° nutrition are crucial to being whole



- They affect all aspects of life, beginning in a mother's womb and including every situation we face

- To truly experience the best body state [homeostasis], all 4 parts body, mind, emotions, and soul must be in tune and in their natural state



I feel it is my privilege and duty to educate people to take action on their health, to pay it forward so that the world will be a better place



I know that I will be making a difference, one life at a time!

# QUESTIONS : COMMENTS

