

The Well-Balanced Life

Optimizing Daily Health with our 6 Basic Tips



by DR. ANGELA SCOPEL, D.C & DIANA MURRAY, FDN-P

MEET DIANA & ANGELA

A bit about Diana's journey

After the birth of her second daughter in 2012, Diana began experiencing an exhausting list of unexplained symptoms. By 2017, she often found her symptoms debilitating, keeping her from enjoying time with her family and friends. She was in a dark place. She may have appeared healthy on the outside, but her body was screaming within. **Her joints were achy to the point that she often was unable to get out of bed. She suffered from frequent headaches and her hair was falling out. And when she'd eat, her face frequently broke out in an awful rash.**

A doctor told her to take Ibuprofen every day and that she would need an antibiotic to rid the parasite that was wreaking havoc on her gut. But why would she take these things knowing they would likely cause additional stress on her already depleted body? While she's not against pharmaceutical drugs, she feels certain they would not have healed her in the long term, which is what she wanted.

Instead, a friend recommended she contact Angela (nearly 12 hours away!) because she would take a deeper dive and work to naturally get her body back into shape – from the inside-out. Angela prescribed a laundry list of things to do including; a strict elimination diet, proper supplements to support her gut and boost her immune system, daily bone broth, a specific exercise regimen, and lots of rest.

This support program worked because Diana was ready to go all in and left all excuses behind her. We know not everyone is ready for this type of commitment, which is why we developed our roadmap on page 10 of this guide.



Angela desired more for her patients

As a chiropractor since 2015, Angela has seen firsthand the importance of addressing inflammation in the body. Soon after starting her clinical practice, she expanded her services by offering a deeper dive into the root cause of her patient's chronic inflammation and reoccurring symptoms. She wouldn't settle for offering just pain management type of care and wanted to offer a lifestyle of pain-free living. She began educating her patients and offering diagnostic testing that revealed their poor gut health as the foundation for disease. In an effort to help her patients improve their overall well-being, Angela would ask her patients to go all-in, just as Diana did to make lasting lifestyle changes.

Diana & Angela want to help others live a well-balanced life

After working together to nurse Diana back to health, we have teamed up to help others take a deeper dive into understanding and improving their health. Together we have worked with hundreds of clients to improve poor gut function and reclaim their lives! We have developed an individualized system that teaches the foundation, educates on the latest nutritional concepts, and provides balance in all aspects of health in order to sustain progress. This is where *The Well-Balanced Life* began! We have developed a niche approach to health that takes both a deep dive look at the gut while bringing balance to sustained well-being. We are honored to share our passion and walk beside our community toward a well-balanced life.





Why Choose The Well-Balanced Life

The Well-Balanced Life is your roadmap to back to health and designed around building lifetime results. These types of results start with the fundamentals, which are listed on the following page as our 6 basic tips. These basic tips will then help propel you into individualized nutrition rather than fad dieting or elimination diets. As much as these old approaches can give you short-term success, we help you get to know your body's needs through various seasons of life so that you can make long-term gains in health and well-being. Our approach will give you the **momentum, clarity** and **accountability** that you need before taking a deep-dive approach into your gut health, where we help you finalize any lingering health concerns.



Accountability



Results



Lifelong Tools

6 Basic Tips for a Well-Balanced Life

We have all said at one point, "there are not enough hours in the day." We challenge this perspective of wanting to achieve it all in a day's time and encourage you to find freedom in the six basic principles that we outlined for you in this handout. Start with the areas in your life that you feel are the most time-consuming or that you struggle with the most and work to apply these principles until they become part of your daily routine.

1

Balanced Eating:

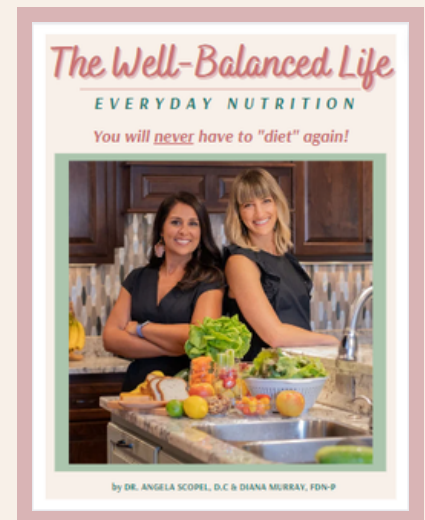
The key to finding balance in nutrition is to start the day with adequate protein. **This will optimize energy, focus, sleep and even boost weight loss.** By making this a priority in your day you can see how it optimizes many other aspects of your life. You can change the trajectory of your entire day by adding a palm-sized (roughly 4 ounces) of protein to your breakfast. **Consider choosing one of the following sources: 2-3 eggs, turkey sausage, left-over protein from the night before, ground beef hash, a protein shake, smoked salmon, etc. For the busy mom, try adding a scoop of your favorite protein powder to your morning oats.**

2

Balanced Digestion for Regularity:

Most people struggle with irregular bowel movements. There are so many reasons for this but we find the common theme is that most people don't eat enough variety of fiber in their diet. It is necessary to include enough fiber in every meal and a diversity of fiber, which you can achieve by **eating the colors of the rainbow**. We also recommend chewing your food properly to aid in proper digestion as well as **scheduling out time to eat during the day so you're not "eating on the go"**. This can prevent proper digestion from happening even if you're consuming a healthy diet. **We recommend the following:**

- Include more fiber diversity in your diet by cycling through the following foods: **Flax seeds, oats, nuts, berries, stewed apples with the skin on, cooked and cooled sweet potatoes, black beans, green bananas, and even green plantains.**
- For littles, supplement with flax seed oil. (ask your pediatrician for the correct dosage if unsure)
- For adults, supplement with a good quality fiber powder: **PaleoFiber®**

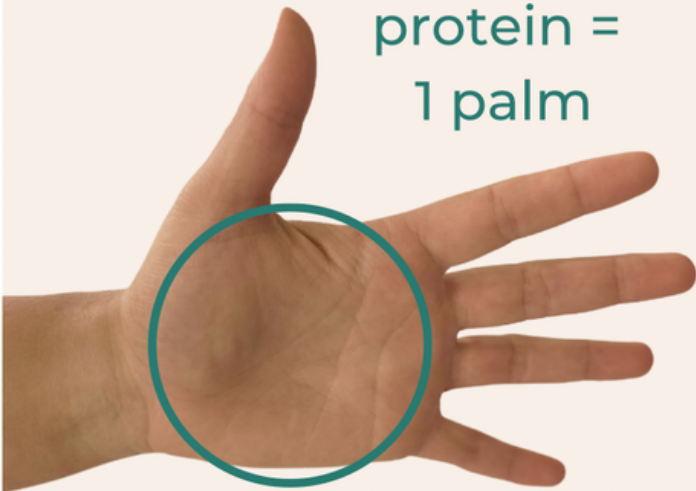


We've included a tutorial straight from our Well-Balanced Everyday Nutrition Guide on the next page showing you how to structure every meal so that you can stay consistent with your protein and fiber intake.

SUGGESTIVE MACRONUTRIENT PORTIONS PER MEAL BASED ON BODY SIZE

Your portions should first be based on body size.
The guide below breaks down how you can utilize your hand to measure
each macronutrient per meal.

A portion of
protein =
1 palm



(approx. 3-4 oz)

A portion of carbs
= 1 cupped hand



(approx. 1/4 cup)

A portion of fats =
1 thumb



(approx. 1 tbsp.)

A portion of
vegetables =
1 fist



(approx. 1 cup)

3

Balanced Hydration:

Many people say they consume a lot of water throughout the day, but our question to you is, **how well are you absorbing it?** You need proper minerals (sodium, potassium, and magnesium) to help you absorb water into your cells. Hydrating appropriately can also help you avoid excess caffeine consumption since water is a natural way to energize your body. We suggest adding electrolytes to your water for this reason however, not every brand of electrolytes is created equal and not everyone needs to supplement with electrolytes as some can be obtained through food:

- Add lemon juice to your water as it is high in calcium, potassium, magnesium and has small traces of sodium.
- Add a squeeze of grapefruit juice to your water as it is high in calcium.
- Add a pinch of salt to your water.
- Add a trusted electrolyte powder that is caffeine-free & sugar-free: **KTO®-ElectroPure™**.

4

Balanced Detoxing:

Most people avoid detoxing because of the rigorous side effects that can come with it. The reason for this is most people don't support their natural detox pathways enough and in fact, they do the opposite of slowing down these pathways with inflammatory foods, alcohol, and medications. We encourage daily detoxing support with quarterly detox pushes for the most optimal results.

- Start with supporting detoxing through **daily** consumption of the following foods: parsley, cilantro, garlic, ginger, lemon, grapefruit, fiber (mentioned above), artichoke, beets, and cruciferous vegetables (Broccoli, cabbage).
- Add a daily detoxing tea like dandelion root or organic decaf green tea.
- Remove or reduce processed foods like gluten, dairy and sugar.
- Finally, consider a quarterly 2 week detox: **PaleoCleanse Plus™ Detox Program**

We offer the **PaleoCleanse Plus** detox as a part of our **Balanced Eating for Weight loss Program** here:

<https://www.natureseliteten.com/balanced-eating-for-weight-loss>



Time in the sauna can be great for detoxing.

5

Balanced Sleep:

Sufficient rest will help reduce stress and inflammation so your body can function at its best. Moreover, proper sleep can help reduce blood sugar dysregulation which highly affects the body's ability to maintain a healthy weight. We suggest the following:

- Wake up and go to sleep at the same time every day to create a proper circadian rhythm. Also, try following the sun and the moon's natural rhythm of wake and rest.
- Avoid eating 2 hours prior to your bedtime to avoid digestive stress that can prevent you from getting into a deep sleep.
- Avoid blue light from your cell phone, computer or any electronics 2 hours before bed. Try reading a book instead.

6

Balanced Physical Activity:

Sweating helps boost circulation throughout the body, getting fresh blood flow to the brain and joints. This can help with mental clarity and pain reduction. Therefore, you'll want to make some time to get active on a routine basis for optimal benefits. Remember that you're not shooting for perfection here, but rather consistency. We suggest:

- Getting movement early in the morning to kickstart your lymphatic flow and flush the toxins out that your body worked hard to bind to over night. This will also help you keep your bowel movements regular.
- Think about achieving multiple "movement snacks" (15-20 minutes) throughout the day rather than just dedicating 1-2 hours at the gym. This will keep fluid pumping all day long and will break up the sedentary lifestyle.
- Try timing your movement shortly after your meals to help regulate digestion and avoid bloating.
- Try pairing your movement routines with other healthy habits above to keep yourself consistent. For instance, be sure to pair your movement with proper hydration, protein intake and sleep for optimal well-being.



We've included another tutorial straight from our [Well-Balanced Everyday Nutrition Guide](#) on the next page showing you what snacks to incorporate in your diet according to your activity level. This will help your fuel and recover properly from movement.

Recommended snack options

ACCORDING TO VARYING LIFESTYLES:

Sedentary

Vegetables & hummus

- celery
- cucumber
- carrots
- snap peas
- bell pepper

Homemade turkey meatballs

Beef jerky or turkey bacon

Raw nuts with a protein shake

- macadamia
- brazil
- pecan
- walnuts

Homemade tuna salad w/ plantain chips or tuna salad in lettuce wrap

Applegate turkey sausage

Hard-boiled egg(s)

Low sodium turkey deli w/ avocado slices (turkey roll-ups)

Greek or coconut based yogurt w/ fruit, nuts, and seeds

Bone broth or protein shake with flax, chia, or pumpkin seeds

Low sodium deli meat w/ olives and raw nuts

Smoked salmon with cream cheese and a gluten-free cracker

Moderately Active

All the snacks under Sedentary, plus:

Fruit

Roasted chickpeas

Protein bar

Apple and deli meat

Siete chips and guacamole

Flavored collagen protein drink

Active

All the snacks under Sedentary & Moderately Active, plus:

Organic rice cakes

RX bar

Homemade trail mix w/ dried fruit

Purely Elizabeth granola

Sandwich

Protein pancakes

GF Pretzels w/ protein shake



The Well-Balanced Life Road Map

Recipes
Supplements
Fitness advice
Feeding littles
Natural remedies
Family snack ideas
Work-life balance
Motivation
Accountability



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The Well-Balanced Life

Optimizing Daily Health with our
6 Basic Tips



by DR. ANGELA SCOPEL, D.C. & DIANA MURRAY, FDN-P

Get started with a
copy of our
**6 Basic Tips for a
Well-Balanced Life**

The Well-Balanced Life

Everyday Nutrition

You will *never* have to "diet" again!



by DR. ANGELA SCOPEL, D.C. & DIANA MURRAY, FDN-P

Master successful eating
habits with our
**Everyday Nutrition for a
Well-Balanced Life Guide**

**Reveal hidden health
challenges with our
Optimize Your Gut for a
Well-Balanced Life Program**

The Well-Balanced Life

Optimize Your Gut &
Reclaim Your Life



by DR. ANGELA SCOPEL, D.C. & DIANA MURRAY, FDN-P

**Sustain Your
Well-Balanced Life
with our Yearly Membership
Program...COMING SOON!**

Testimonials

When I first spoke with Diana at Nature's Elite, I was at the end of my rope. My body had been through a lot within a year, childbirth, two surgeries, and sickness. I had begun having a very long list of neurological symptoms including muscle pain and twitches, tender points on my skin, tingling and burning in my feet, and feeling off-balance to name a few. After several appointments, bloodwork, an MRI of my brain and spine, and a neurological evaluation, I appeared to be very healthy. My symptoms could not be explained. I spoke with Diana in tears, worried that my symptoms would be life long, or possibly progressive. I had a little baby to take care of, and I was in so much pain, I could barely work or take care of my kids. Diana told me that she felt very hopeful I could regain my health. She connected me with Dr. Scopel, and with their help, I did regain my health. Diana and Dr. Scopel remained in touch with me throughout the course of several weeks, helping me use nutrition and supplements to support my body as it healed from all of the physical stress it had been through. Even now that I am almost completely symptom free, they have told me to stay in touch with any questions I may have in the future. Diana and Dr. Scopel are wonderful, and I encourage anyone who is in a similar situation to reach out to them. - Ashley S.

My 6 year old daughter was having stomach problems. We had been to the Dr. several times and was referred to a specialist. I decided to give Nature's Elite a try while waiting on our specialist appt. Turns out we didn't need that specialist appt. Diana and Dr. Scopel were AMAZING about everything. Any and all of my questions and concerns were answered in a timely manner. All of the women at Nature's Elite go above and beyond to help. I am so thankful to all of them!!! -

Alisha H.

Well I'm now "one of those". Not complaining, the food at home is great but if you see me at your restaurant I will be asking for gluten free, paleo, FodMap options, so go ahead and get those menus updated. Very glad I went to Diana Murray at Nature's Elite to learn and understand the importance of a healthy gut and my wife making me go with her. Packing meals to go everywhere gets a little laborious but well worth it. My preconceived notions were entirely wrong. I've eaten more white rice and white potatoes and thought those were no good for you carbs. I've gone from 245 to 205 and haven't lifted a weight or jogged a mile or done one sit up. (That's coming next). But nothing wrong with butter, ghee, olive oil. It's eye opening. I strongly recommend calling Diana Murray at Nature's Elite today.

Your GI Map will take about two weeks to come back while you do your 14 day paleo cleanse. Well worth it.

-Jeff B.

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Dr. Angela Scopel-Levick, Diana Murray or Nature's Elite, LLC DO NOT guarantee any specific result or reversal of any disease states and should not be held liable for the information interpretation or the use of the information provided.

Dr. Angela Scopel-Levick is a licensed Chiropractor (D.C.) in the states of Tennessee, Texas, and Virginia. Diana Murray is the owner of Nature's Elite, LLC, and is a certified Functional Diagnostic Nutrition Practitioner (FDN-P). Diana Murray is also affiliated with Nature's Elite, LLC.

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This guide includes information about the Designs for Health PaleoCleanse Plus Detox Program and other supplement recommendations. **As always, we recommend you talk to your doctor before beginning any new supplement program.**

*None of the statements or supplements suggested in this guide have been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.

The Well-Balanced Life

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MAKE SURE TO FOLLOW US ON INSTAGRAM TO STAY UP TO DATE ON RECIPES, HEALTHY SWAPS, MEAL PREPPING IDEAS AND MUCH MORE!

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