

MIND, BODY, SPIRIT



WELCOME TO A BRIEF GENESIS IN YOUR INTEGRATIVE HOLISTIC WELLNESS JOURNEY.

Give yourself a quiet space, a mindful moment out of your day, and ask, right here, right now, what can you do at this time to absorb the content in front of you. To just be here... Take this next Breath with full awareness...

The purpose of this informative document:

- This is **NOT** a guide to tell you how to live your life, or what to do.
- This **IS** a brief guide to provide you informative content, personal experience, and educational information as to how you can enhance your wellbeing and optimize your overall health, wellness, and vitality.
- Much of the information here is what I have been personally living in my own life. I practice what I preach. There is no ONE best way to an end goal, no best fab diet, no best book ever, you get the point. But there are ways that YOU can optimize your wellbeing.



• WHAT IS HOLISTIC MEDICINE?

What do you think of when you hear holistic?? Is it just a fun buzz word?

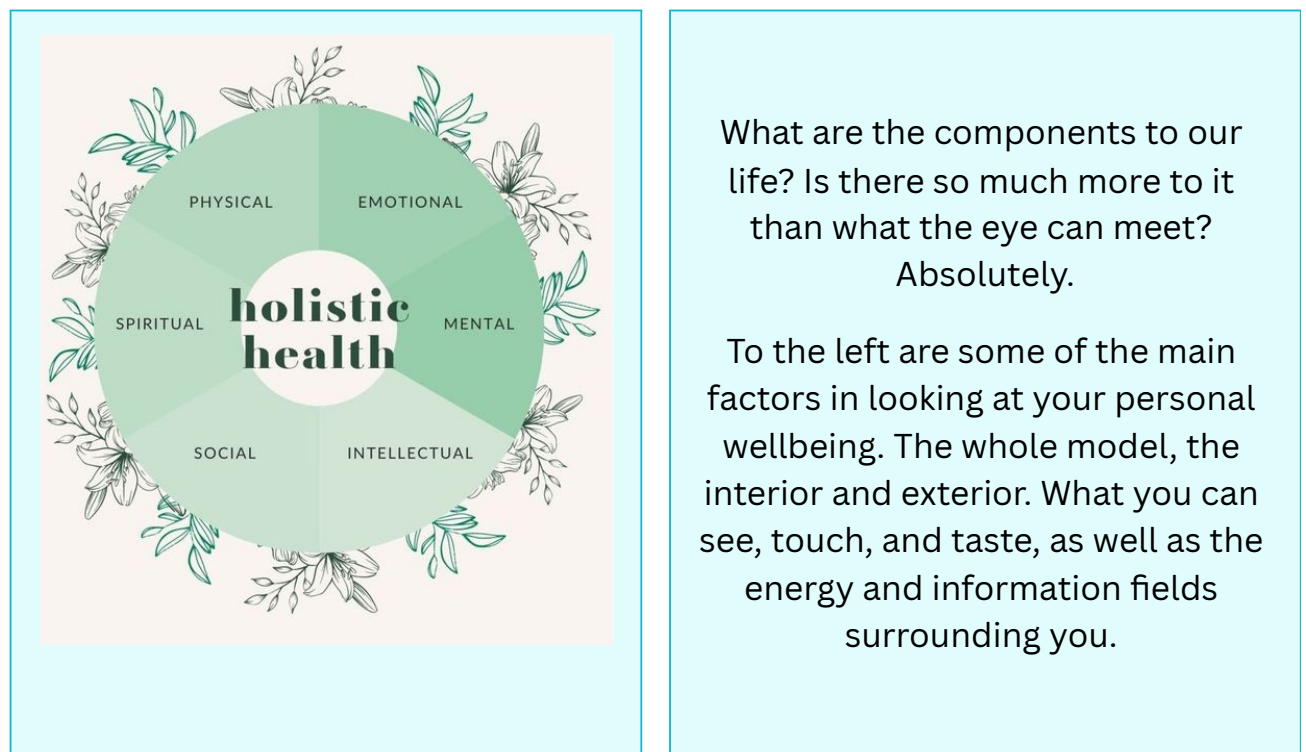
My goal as a professional wellness clinician is to begin to allow you to question your own health, wellness, and vitality. Not as a comparison of what is the best,

which path is better, but rather to allow you to figure out for yourself if there are ways in which you can enhance your life and optimize wellbeing.

My personal definition is to interconnect all components in life and become aware of the essence of what makes us human. Who we are, the various areas in life that express our existence within the world, and understanding/connecting the parts of us that allow us to interact along this plane. This modality considers the whole person, hence the title.

The parts that create the WHOLE objective and subjective experience we are having, contributing to our engagement in the world.

How are we integrating our individual life into the one around us, or better yet, the one inside of us?



Physical- This vessel, this body, the anatomy and physiology that makes up your 5 sensual being. What the common person only thinks of for “health” and wellness, through exercise, movement, activity, etc. The essence of matter.

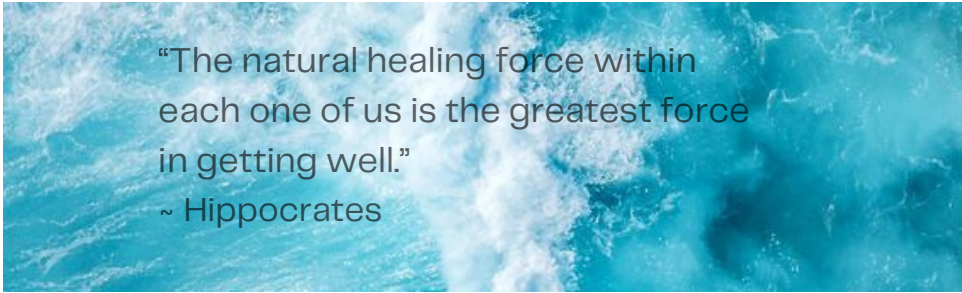
Emotional- Feelings and emotions, which are energy in motion. Identify, assess, and effectively express what you are feeling- some say emotional intelligence for the self and others to identify awareness under this component.

Mental- Psychological state of mind. Thoughts, focus, observation, concentration, attention, etc.

Intellectual- Learning, growing, analyzing, assessing and reflecting to establish an understanding. Using the mind as a tool to establish a knowing and comprehension based on your perspective.

Social- Relationship to self and others. Engaging with society, interacting with community, and relating to the internal and external world.

Spiritual- Maybe purpose, direction, or meaning in life. Belief or faith. Connection to yourself and others in the essence of a higher divinity at play.



WHERE WE WILL START

Six key features to your health in establishing a sense of wellness:

- 1. Nutrition
- 2. Hydration
- 3. Sleep
- 4. Breathing
- 5. Thinking
- 6. Movement

First, become aware of these key components to then integrate how you may be able to improve in your habits.



- **WHY IS THIS IMPORTANT?**

To help support you in restoring order, harmony, and authentic power to your life.

- Understand that you have the innate power and ability to choose your lifestyle with thoughts, as thoughts create action, action creates habits, and habits change our life. Energy flows where your attention goes.

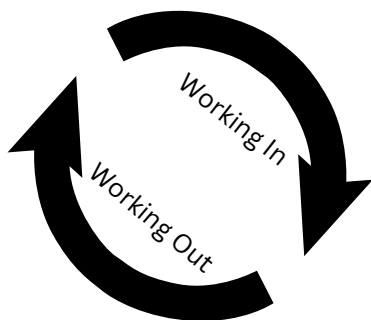
- To enhance your authentic power in creating your health, wellness, and longevity

Finding Harmony:

It is important to remember to find a balance in your life. We as humans have an unending process of the ebb and flow, coming and going, good and bad, highs and lows, rising and falling, etc. Finding balance in all areas of life, working in and working out, can allow you to find a state of equilibrium and maybe peace of mind within your world. What areas from above could use some support and love in your life to balance out the others? Are you eating well but just can't find the time for exercise? Are you working out every day, but end up finding yourself having sleep difficulties? Maybe your sleep is amazing, but you wake up with these nagging thoughts that influence the rest of your day? Find your Balance..



Imbalance example: Constantly stimulating the brain and body can lead to excessive cortisol, increased sympathetic arousal sub optimally, and lead to burnout (which is a major leading factor in almost all pathologies and diseases).



Education and Tips: (No specific order of importance)

Breathing

What we cannot go without more than any other factor.... Is it the most important? I might argue so... Beyond the fact, our breath is what is always with us, consciously or unconsciously. It is just one of the components that either we can have control of, or it will continue without our conscious awareness. Now this tells you something about the breath, similar to the heart- it's kind of important huh? Breath is life force, it is energy, it is the beginning act at birth and the final act going out. In between these 2 epochs, the question is, do we forget how significant it is, the breath. The breath. where is it - OH it's right here, it's always here, at the center, whether you are here or not (mentally), it is with you.

The breath controls everything. Your state of ventilation will determine your nervous system and hormonal state, and beyond the physical physiological effects, will play a part in your energetic subtle body. How vital is air? As it flows into each and every cell and molecule in the body, and fills the space between matter, this ingredient is the primary connecting factor of our internal environment to the external world. Breathing can affect the pH of our body creating alkaline or acidic body states, affecting hormones, biochemical reactions, and homeostasis within systems. pH stands for "potential hydrogen" and measures the activity levels of a substance's hydrogen ions. With a brief change in your pH via respiratory rate, depth, or mechanics, you can almost instantaneously affect all the systems within the body.

There is no right way to breath. But there are optimal and suboptimal ways of breathing, depending on your goal and what it is you are trying to get out of it. How are you breathing? Breathing mechanics, the way you breathe, greatly influences the effectiveness of gaseous and oxygen uptake/distribution throughout the body. Most of us use a small percentage of our upper lung lobes on a daily basis breathing into our chest, more sympathetic dominant. The

diaphragm is a muscle utilized for proper breathing mechanics, innervated by the phrenic nerve, used in a 360-degree manner to enhance space for air to flow into the lungs and increase oxygen uptake and alveoli usage. This simple change can downregulate the nervous system and benefit all bodily systems.

Recommended Tips: Depending on your goals, you can do various breathing techniques to enhance or reduce nervous system activation. Slow deep nasal breathing or diaphragmatic breathing can always be a great way to regulate your mind, vagus nerve, and parasympathetic state to reduce stress, increase presence, and optimize health. I will share detailed future information/videos on breathing techniques, benefits, etc. Longer exhalations compared to inhalations can be a good way to lower your heart rate and blood pressure within seconds to minutes. Throughout your day, become aware of your breath with slow nose breathing, even for just 10 breaths or 10 minutes, and notice if you feel any changes in your mind, body, and presence in the now.

Nutrition

I believe this alone could be labeled as the best preventative medicine we have access to as humans. What we eat is who we become. The nutrients we input greatly affects each and every system within our body, including the mind and spirit. Food is energy, and we know energy is not lost, but transformed. Within our gut microbiome, is where ~90% of serotonin is produced. Serotonin is a neurotransmitter that greatly affects how we feel and our mood, which influences our behaviors. The quality of our food will tremendously affect how our body is able to break down nutrients, absorb context, and remove waste from our system. There is no best diet, all of our bodies are different and will respond in various ways when trying new styles of food. **READ YOUR LABELS.** Know what you are putting in your body. If you do not know it, look it up. A great way to do this is to download the app 'YUKA' and scan barcodes of foods and drinks before ingesting. It might give you another perspective.

Recommended Tips: I do not recommend one specific diet better than all else. It is highly recommended to shift towards organic, whole foods as best you can. It is well worth the cost, and they have a lower risk to be exposed to toxins from the soil and pesticides, herbicides, fungicides, chemicals, etc. Grocery stores are basically pharmaceutical stores if you think about it... I personally suggest staying away from any "fast food", processed foods, sugar infested contents, and seed oils. Raw produce is great to get access to vital enzymes and fibers,

beneficial to gut health and packed with vitamins/minerals. (I would recommend washing all produce in some form of a nontoxic soap (preferably with vinegar and water). If you do eat meat, organic grass-fed meats are a health-conscious choice.

Thinking

We know now that thoughts are forms of energy. Maybe new for you to think about or hard to comprehend, but we understand that energy flows where our attention goes. What you focus on in your life, where you place your awareness and concentration, is what is likely to come into existence. Where are you putting your energy, your thoughts? What are you feeding your mind? Is it short term dopamine hits with social media, pleasures, desires, etc, to get a brief rush of serotonin and feel-good hormones? The mystic gurus say, “as we believe the world to be, so it is.” Dr. Joe Dispenza and Dr. Zach Bush are two phenomenal resources who discuss the power of the mind and the ability that we have to not only heal ourselves, but to be a co-creator of our reality. Enhancing your emotional intelligence and ways of thinking on a daily basis will allow you to build awareness of your thought processes and integrate an anabolic way of thinking. *Positive* thoughts influence how we perceive reality, just as *negative* thoughts do. Two ends of the spectrum, two very different outcomes, same power of the mind.

Our internal world creates the projection of what we perceive in the external reality. In other words, what's going on in here (the head) creates how we experience the world out there..

How are you perceiving life? How do you look at the world. Is it happening to you, or for you? Two perspectives, two different energy outputs to the external world.

Recommended Tips: creative thinking, positivity. Witness your thoughts, without judging or criticizing. Begin a meditation practice of some form. Practice daily habits of gratitude journaling, goal setting, and self-reflection.

Sleep

Imperative as a restoring function to optimize recovery and maintenance of the mind, body, and energetic being. We know how important sleep is for regeneration, as it gives the body and mind the opportunity to reorganize neural and muscular repair, clean cellular waste, and rid the body of byproduct toxins from the previous wakefulness state. For sleep regulation, one of the most important factors is circadian rhythm. I will have a document in the future with information on this, but research for yourself. It is basically the internal ~24-hour sleep and wake cycle regulated by light causing hormonal changes (cortisol and melatonin) to influence all other physiological systems.

We know that poor sleep or interrupted sleep quality can tremendously negatively affect our behaviors, thoughts, and actions in life. Poor sleep can cause increased cortisol to consistently rise throughout the body, reduce immune system function, lead to hormonal imbalances, impair cognition/memory, and reduce reaction/thought processing time. It can create a consistent fight or flight response in the nervous system keeping you on high alert till you finally crash, not ideal. Poor sleep can also lead to a numerous number of pathologies, health conditions, and diseases/injuries. Which makes sense right? These are just a FEW outcomes from poor sleep, too many to discuss here. Safe to say, if your sleep quality is optimal, you will heal faster and have improved overall health and wellness.

Recommended Tips: Being consistent with your sleep wake times is essential to have a healthy circadian rhythm. Stay away from bright fluorescent lights at night, have calming low dim lights or candles to improve melatonin production endogenously. Minimize stimulation from electronics, TV, exercise, caffeine, eating late, sugar intake, etc. Relax at night, reflect from the day, journal, read, meditate, slow down the nervous system to prepare your mind and nervous system for the restorative state ahead. Get sunlight *in the morning* to reduce melatonin production and set circadian rhythm to prepare for the day. Sleep in a dark cool room for ~7-8 hours per night. More tips to come in the future.

Hydration

Water. We all know the importance, right? With our bodies being 60-70% water, the question is not only how much are you drinking, but is it clean? Adequate water intake is vital for all body functions including: nervous system activation, detoxification of the urinary system, body temperature regulation, aide's nutrient and oxygen absorption, integumentary system fuel, to name just a few. Inadequate water intake can lead to global physiological changes such as impaired cognition, reduced muscular skeletal activity, increased fatigue, headaches, altered integumentary system, amongst many more. **Quality** of water is just as important if not more than the quantity of intake, in my opinion. Most tap water from a faucet might include toxins such as chlorine, fluoride, mercury, metals, arsenic, pesticides, herbicides, and more.

Recommended Tips: Drink at least ~half your body weight in ounces of water per day from filtered clean purified water, not tap. Try to get clean water from a water store or reverse osmosis/alkalotic water if possible. Filters can be a good investment depending on the filter type, but many are still not clearing your water of toxins. Do your research. Keep in mind, amount is variable based on individuals' size and activity levels. You can invest in a water cleaner for your shower to remove chemicals and toxins. Be cautious of excessive sugary drinks and artificial sweeteners. I stay away from bottles due to plastic build up and prefer to buy by the gallons at a pure local water store.

Side hydration tip: Stay away from alcohol as best you can. If needed, moderation is better, but that is a relative term for everyone. I personally see no benefit in any dosage. It is a displacing agent and can prohibit the absorption of vitamins and minerals. It can cause damage to the stomach lining and increase cortisol/inflammation systemically throughout the body and negatively impact the nervous system/cognitive functioning long term. It is a choice...

Movement

The law of vibration. Nothing is at rest. Life is movement. All matter and energy manifest vibrations, from the microscopic level to the macroscopic scale, everything in the universe is in a constant state of flux, dynamically moving and shifting. Molecules, composed of atoms, made of ions, are in a constant state of movement, vibrating, just as the planetary system around the sun (varying degrees of course).

Our bodies are a Universe created to move. As this movement effects all systems in the body, it can play a significant role in cleaning out and metabolite toxins. Movement benefits are countless, from improved cardiovascular health, enhanced musculoskeletal performance, to refined cognitive processing and mental health, advanced immune system function, and hormonal rebalance, the list goes on and on.

Recommended Tips: You can modify the duration, intensity, types, and forms of activity, movement and exercise in so many ways that working out and working in should be an explorative process for you throughout life. Find your passions, what you enjoy. You like to lift weights, do that, but don't forget about slow and off days, how is your mobility? You run, is it optimal to really run millions of miles daily and forget to do some strength training for overall musculoskeletal wellness? Ask yourself what your goals are, what you love to do, and find modalities to contribute to that. Switch it up. Walking is a beautiful form of movement and meditation. 20 air squats every hour is a great form of blood flow when sitting for 8 hours of your workday. A flight of stairs 2-3 times a day instead of an elevator. Parking in the back of a parking lot to go get groceries. There are so many options throughout your day. There is no One size fits all best form of exercise or movement. Sorry to say it. It doesn't need to be the gym 2 hours a day for 7 days a week or yoga 3x a day for 365...But maybe you could make that work? I don't know,

OK. SO, HERE IS THE THING. MAYBE THAT WAS A LOT FOR YOU AND YOU ARE SITTING THERE LIKE WHERE DO I START. MAYBE THAT WAS NOTHING NEW FOR YOU, OR MAYBE YOU ARE SITTING SOMEWHERE IN BETWEEN.

WE ARE ALL GOING AT OUR OWN PACE, ON THIS JOURNEY. YOU KNOW LESS THAN THIS INFORMATION ABOVE, GREAT YOU CAN LEARN, YOU KNOW MORE THAN THIS ABOVE, AWESOME, TEACH ME.... RIGHT? NO JUDGING—JUST EVOLVING.



• WHAT TO DO NOW? 💡

Take some time to integrate this information into your life as there will be more information to come..... Reflect on these areas in your personal daily routines to see what you could change. What do you eat on a regular basis,

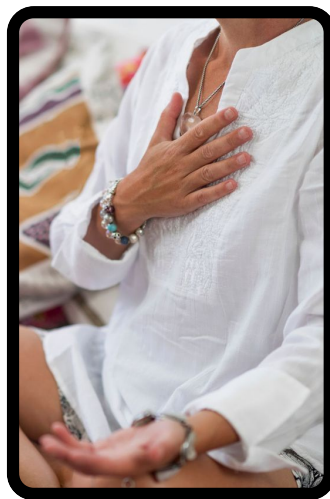
how much water are you drinking and is it clean, what thoughts are feeding your mind daily, are you doing some form of daily movement or activity, etc, etc, etc.

Maybe there is one place to start, maybe you pick just one thing per day, and see where it takes you. What area of change will help you become the person you want to be, living the life you want to live?

This is my goal, to be a **catalyst** in helping you become the best version of yourself. **YOU** have the power to create your reality.



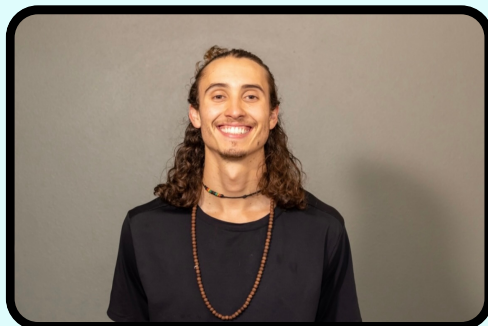
1. **Reflect. Marinate in the information.**
2. **Choose. Decide which areas you would like to focus on or change.**
3. **Integrate. Begin self-study and diving into topics that further interest you.**
4. **Create. Establish a plan for growth**
5. **Contact me with any questions or to schedule an appointment. I am here for you**



• ENJOY THE RIDE

This is your life, to have this breath, to have this body, to have this heart, and just remember, we are all here floating on a massive rock hurling through space at an unfathomable speed, held into orbit by a giant ball of fire.

• ONE ON ONE SESSIONS 🙏



Understand that I am not here to sell myself to you, or to just make a quick buck. This is my passion, a love. I have found this to be just one of the paths for me to be in service. I desire to provide what I have to the world without attaching to the fruits of actions.

A 1:1 session with me could offer you the time and space to be where you want to be, to learn about yourself, and maybe tap into areas of potential you didn't know existed.

IF YOU FEEL CALLED, go ahead and schedule your first **FREE** consult with me today on my website or social media, and we can move forward if it aligns 😊

JUST KEEP IN MIND, THIS IS NOT AN END ALL-BE ALL DOCUMENT, IT IS NOT PERFECT, AS I AM ALSO FAR FROM PERFECTION. BUT I WOULD LIKE TO CALL IT A GENESIS: A BEGINNING TO YOUR JOURNEY, OUR JOURNEY TOGETHER. ❤️

With Infinite Bliss

Thank you for taking the conscious time to dedicate this growth to yourself. I am here with you and for you. With extreme thanks and



gratitude, from me to you.
Please contact me with any
feedback or questions.

-Love and Chi
Austin Shutler PT, DPT
Physical Therapist
Yoga Instructor



I, Austin Shutler, am not a licensed holistic medicine practitioner (yet) or a naturopathic medicine doctor. I am a licensed Doctor of Physical Therapy and Yoga instructor who has an enormous passion in holistic health to be in service to the world by unifying the mind, body, and spirit. (This is not medical advice and is recommended to consult your physician before making any lifestyle or health changes). This platform is utilized to provide educational content, personal experience, and information to the general public.