

The best things in life are FREE.

The Spring 2017

Local Scoop

Best-Kept Secrets of Greater Williamsburg



HAPPY PLACES

Commercial Design for Local Businesses

Will Run for Beer

DoG Street Pub Running Club

An American Dream

with El Salvadorian Flavor

CURIOUS NORGE

A Journey Through a Forgotten Town

New! INSTA TRENDS,
MARKETPLACE and more

well ♥ Laugh Often ♥ Love Much

EAT. DRINK. THINK. DO.

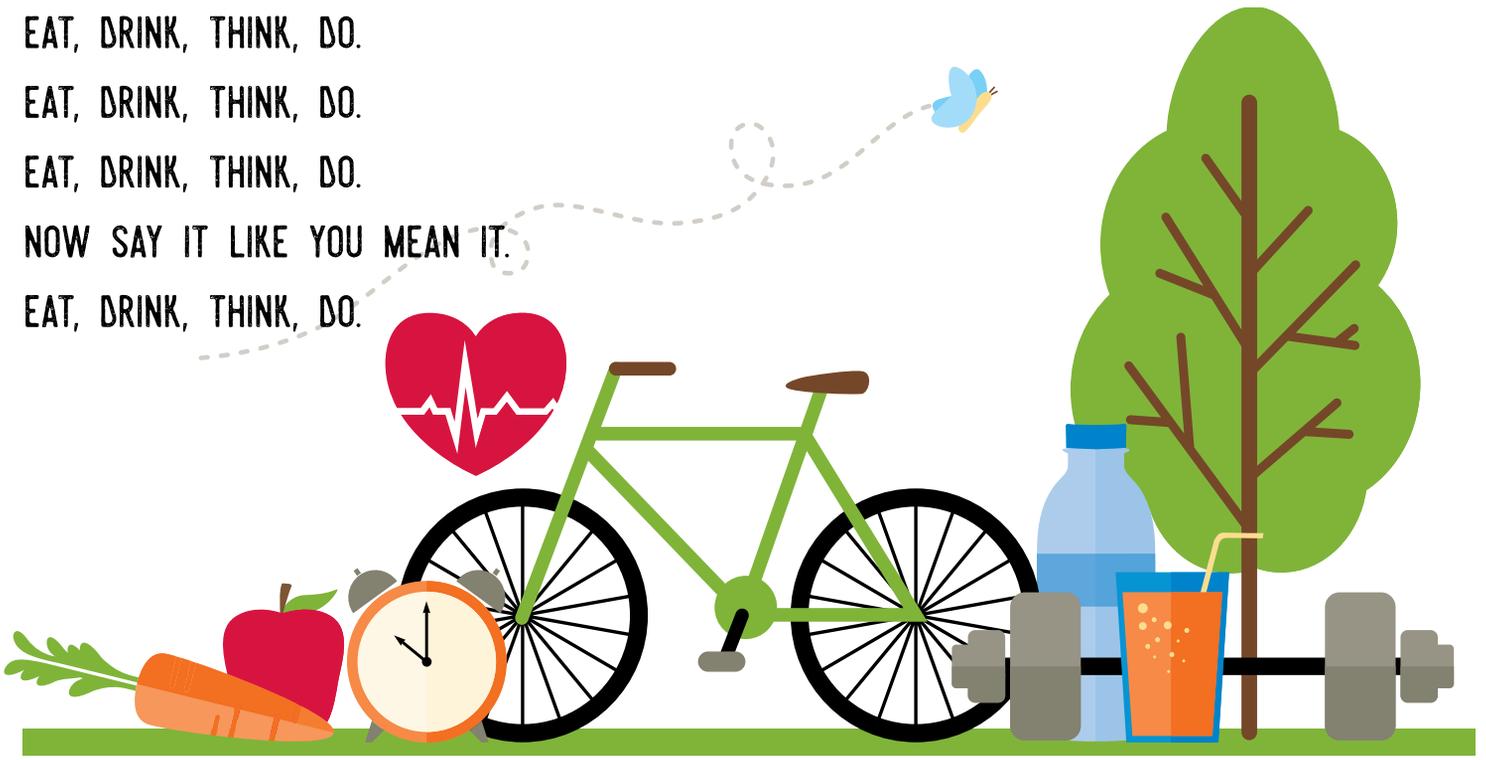
*Getting stronger in body, mind
and spirit this spring starts here.*

by Stephanie Heinatz



Photo used courtesy Sara Harris Photography.

EAT, DRINK, THINK, DO.
EAT, DRINK, THINK, DO.
EAT, DRINK, THINK, DO.
NOW SAY IT LIKE YOU MEAN IT.
EAT, DRINK, THINK, DO.



Whether you're trying to lose weight this spring in anticipation of beach weather, grow stronger for a road race or give your body the fuel it needs to naturally heal from disease, "the foundation of everyone's health and healing is grounded in what we eat, drink, think and do," said Julie Mitchell, founder of the Nutrition and Wellness Center of Williamsburg, a board certified naturopathic doctor.

And it can start here and now.

Since 2006, Mitchell has worked with clients with a wide range of health goals: men suffering from heart disease, women with anxiety and depression, people with sleep disorders and digestion problems and those looking to lose weight and keep it off.

Mitchell, in her role as a naturopathic doctor and nutritionist, uses a lot of herbs, vitamins, minerals and essential oils. But no matter people's goals, she "helps people become an active participant in their health and healing."

There are limits to what conventional health care can do. But Mitchell says you can "always rely on the foundation of what you eat, drink, think and do."

Start with DOING and just BREATHE.

While the mantra for strong, healthy living starts with "eat," Mitchell advises to start first with "do."

"Breathing is one of the most important things that we do," Mitchell says. "First think about breathing, how you breathe, the act of bringing in the element of oxygen."

Are you breathing fast or taking in deep breaths all the way down to your belly?

Mitchell teaches to inhale slowly, counting to six or eight, and allowing the belly to rise, then exhaling slowly.

"We need to be aware of how we are breathing to help us during stressful states," Mitchell says.

Belly breathing can effectively combat stress, help activate the body's natural relaxation response and increase the supply of oxygen to the brain. When you start here, with how you breathe, you put your body and mind in a state prepared to make other positive decisions about what you think, eat and drink.



There are many options for yoga and meditation in Williamsburg, to help you set aside time to breathe. Try Metta Yoga and Meditation in McLaws Circle, Studio South on Lightfoot Road, Prakteice on Prince George Street or Iron-Bound Gym in New Town.

**DRINK. Then DRINK
some more.**

Ever tried to wash a window with soda? Probably not, because you know it will leave dirty streaks.

The same is true for the inside of your body, Mitchell says. “Drink water because our bodies can’t live without water,” Mitchell says.

Is it hard sometimes to get in enough water throughout the day? Absolutely. Mitchell’s trick is to “camel up.”

“If you have trouble drinking enough water during the day, start in the morning and drink as much as you can to start the day off well,” she said.



*Water is available
nearly everywhere.*

*Find what will encourage
you to drink more – a new
Tervis tumbler? An office
water cooler? A beautiful
glass water bottle?
Do your best to make water
your first choice.*

WHERE DO I START?

“Pick one thing. It can’t be something super complex or you will be overwhelmed.”

–Julie Mitchell, Certified Naturopathic Doctor and Nutritionist
from the Nutrition and Wellness Center of Williamsburg.

Fuel your body with good FOOD.

“Notice I don’t start with food,” Mitchell points out, “because we could go days and days without food. But everything we eat does become part of ourselves.”

Food can either help you – lose weight, fight symptoms of disease and more – or hurt you – forcing people to express “monster expressions” because of an overload of toxins in the body. Expressions could come in the form of digestive issues, fatigue, joint pain and other symptoms.

A couple years ago, Jackie Quinn developed leaky gut syndrome – damage to her gut lining.

As a registered nurse, Quinn knew she needed to find a way

to address the damage and symptoms, which included becoming allergic to foods she ordinarily could eat.

Quinn was working on trying to address the problems for years, she said, before seeing Mitchell, who guided Quinn on a three month program that included a food cleanse, homeopathic remedies and essential oils.

“She very much taught me about the power of what we eat, drink, think and do,” Quinn said. “If you do what she says, she’ll get you there, where you want to be.”

“Approach food as a resource to build up the body,” Mitchell says, advising people to eat good, clean, organic, non-GMO food.



*The Williamsburg Farmers Market, farm stands
and the organic produce sections of local grocery stores
are good places to start. Door to Door Organics and
the Dayspring Farm or KelRae Farm CSAs are also good
ways to commit to eating local vegetables.*

THINK.

Become aware of your thoughts, she advises. Not just for your brain, but for your body.

Think about it. If you’re trying to lose weight, and you are following a strict diet, and then you have a cheat day and enjoy a cupcake, many people tend to think negative thoughts about themselves. It causes stress and anxiety, which can lead to poor decisions.

Mitchell suggests an alternative.

“Give yourself grace,” she says. “It’s not until we get to a place of forgiving ourselves that we can walk in a place of power,” Mitchell says.



*You will find many
holistic practitioners in
Williamsburg, many
of whom have overlapping
specialties. If you already
see a chiropractor, massage
therapist or nutritionist,
ask them for some referrals.
The best place to start is
where you are. The best
time to start is now!*