

MINDSET

Grow the garden of our mind, fertilizing the positive thoughts and weeding the negative. They have the power to heal or cause dis-ease.

FOOD AS MEDICINE

We can change our biology with every bite. Food is many things. Food is medicine. Food is information. Food is connection. Food is energy.

THE "GOOD" STRESS

Challenges to our physical, mental, metabolic, and emotional health to build strength and resilience. What doesn't kill you makes you stronger.

"GOOD STRESS"

HABITS

The HABIT Hub

www.amybehimercoaching.com

Lifestyle Medicine To Fuel Health With
Autoimmune Disease

The invisible architecture of our lives.



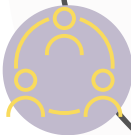
MOVEMENT AS MEDICINE

All around movement, including macro and micro, uniquely balanced in type and amount improves our mind, body, and mood.



REST AND RELAXATION

Inadequate sleep and restoration impairs our ability to maintain and repair every single system in our mind and body.



CONNECTION

Humans are wired for connection. Positive emotions experienced when we share our lives with others are nature's way of telling us we are succeeding.