



THE SHINE LAB

CREATING YOUR SHINING BEST LIFE

10 KEYS
TO A

*Dynamic
Life!*

BEFORE WE BEGIN, LET'S MEET.

**I'm Jenniferlyn; functional
nutritionist, health coach,
lighter of paths.**

Have we met before? Well, today is a good time for me to present myself.

I believe that bio-individuality is the key in finding what works for you, the individual. Together, we work to get to the root of your health and wellness issues and then work our way back up!

Working with me, my clients uncover their individual path to a healthy life full of energy. With me by your side you will learn that there is a big difference between surviving and truly thriving!

In the following pages you will find 10 ways to live your most dynamic life! Read on and enjoy!

DRINK THE MOST NOURISHING CHOICES OF LIQUIDS.

When it comes to nourishing our bodies with the proper hydration, it is vital to choose liquids that serve our body well. I regularly make sure that I drink at least 8-8oz glasses of water (good old h₂O) daily.

In addition to drinking my water first, I then add organic smoothies and raw juices to my daily routine. I typically juice more veggies than fruit – juicing is an excellent way to sneak those hard to taste vegetables in your diet. A typical smoothie for me consists of ½ banana, 1 handful of rich greens like baby spinach or kale, 1 tsp Chia seeds, ½ cup berries, and 1 cup of pure water or other liquid like almond or coconut milk (nondairy milk).

I also love – love – love drinking infused water as well. When drinking infused water, you simply add fruit to pure water and have it ferment in the fridge for a couple hours until the nutrients penetrate the liquid and are ready for use.

NOURISH YOUR BODY WITH NUTRIENTS.

It's time we ask ourselves every time we eat if what we are about to consume will nourish our body or not. To choose foods that nourish our body and are designed to support it, we simply need to choose foods in their most natural form. I choose foods that are mostly raw, not packaged, not fried, not “fast” served, and foods that if labeled – are completely and totally understandable when it comes to the ingredients.

I choose to stay on the outer aisles when I shop for groceries because most of the products down the aisles contain harsh preservatives. I prefer mostly organic foods for both my veggies, fruits, and my meat. I prefer food items that are free from pesticides, herbicides, hormones, and antibiotics. I prefer meat that is free-range from farms where the animals were cared for and loved. As the old saying goes “Eat your fruits and veggies”. It truly cannot be simpler than that. If you don't like to eat vegetables, try juicing them.

A nourished body creates a nourished balanced mood.

RELAX & DREAM.

Relaxing and allowing the body to sleep and refuel is so important. Imagine driving your vehicle around non-stop for a week – at some point, the engine will let you know it has had enough. The same goes for our bodies, they are our vehicles. Our bodies need sleep of at least 8+hrs, and our body needs time to relax and just let go of all that is confining our mind.

I say “relax and dream” because even if we are getting the right amount of nighttime shut-eye – we also need to take the time to truly let the energies within our body calm and find center throughout the day as well.

Think about what relaxes your body and how you can include those relaxation techniques in your daily routine?

DANCE LIKE NOBODY’S WATCHING.

This step sounds pretty simple, doesn't it? But, when was the last time you let your body freely flow in the form of thoughtless movement and pure joy? Too often, we create a workout routine which involves timed movement and scheduled routines. Having a workout routine is absolutely excellent for your health and for your mood because you are moving those needed endorphins to boost your mood.

But- I really want you to freely move, freely dance, as if nobody else is around. Not only will you be releasing tension, but you will be having a good time! I love to dance around when I'm by myself because it releases tension, it isn't timed, and I get to jam out to awesome music that by the end of my jam out session leaves me feeling fabulous and stress-free.

INDULGE IN KEY FOUNDATIONAL SUPPLEMENTS.

Our body runs on required vitamins and nutrients. Our digestive system runs on required “good bacteria” to function properly. I always take a good multivitamin, 1000mg of Vitamin D especially during the months when the sun is barely showing face, omega 3's, and, of course, a multi-strand 5 billion CFU probiotic.

You want quality over quantity with everything in life, including supplements.

FEARLESSLY DREAM.

Now, we get to the “good stuff”. These steps fuel our mood by nourishing our soul as we take a holistic approach to our life and happiness.

Fearlessly dream. This step is vital for mood boosting. Too often, we stop dreaming especially when we become an adult and our responsibilities get in the way of our child-like free thinking mind.

I want you to write down your top 3 dreams – without fear, and without any thoughts of objects or circumstances that you think may get in the way.

PLAN YOUR DREAMS WITH EASY TO TAKE STEPS.

So, now that you've fearlessly written down your top three dreams without worry or care. You are actually going to implement them. That's right – forget the routines, the schedules, the responsibilities, and PLAN to make your dreams come true. You can plan for 1 year, 2 years, 3 years or more – but whatever you do...

DO NOT GIVE UP.

IT IS NEVER TOO LATE.

DREAMS DO COME TRUE.

This is your chance in life to live fearlessly and dream. This is your time to stop putting your dreams that fuel your soul on the back burner – and start fighting for the life you want.

FIND TIME TO EXPLORE AND PLAY.

When was the last time you played? If you tell me it was when you were 10 years old - we need to make a change. Playing doesn't end as we get older. We just need to create a balance between work and play.

Find time to explore life and play with it.

HERE ARE 4 TIPS THAT YOU CAN TAKE TO PLAY A LITTLE BIT MORE:

1. Make dinner reservations at the new local restaurant.
2. Make plans to enjoy the hit movie that just hit theaters.
3. Take a walk through a nature park and observe the beauty.
4. Be crazy adventurous and just get in the car and GO somewhere, anywhere the wheels take you.

Life is too short to stop playing, too vast to stop exploring, and too beautiful to let it pass us by.

CREATE TIME FOR YOU AND FOR SELF-CARE.

Self-care!!!!!! I can't even begin to tell you about how this could seriously be the most important step we take to enhancing our mood to a more desirable state.

Enjoy some self-care with a new pedicure, a shopping spree, an hour alone to sit in quiet and read, time to enjoy a cozy bubble bath, time to meditate, and time to just be you and care for YOU.

LAUGH – IT’S THE BEST MEDICINE.

Sometimes we can't take life too seriously. We just need to laugh whether it's for fun or through tears. We need to surround ourselves with people who lift our spirits and help us enjoy life. Sometimes you just need to laugh and live.

Laughter is a known healer as it produces “happy” chemicals in our body. It's been known to be the best medicine.

Live. Love. Laugh.



Jenniferlyn Kryvicky, MS, CFSP, CHC is a functional nutritionist and certified health coach determined to light the path for those on the journey to optimal health.

My mission is simple. I am here to help you switch from surviving to truly shining!

DISCLAIMER:

The information provided in this eBook is for educational purposes only and has not been evaluated by any government agency. Always consult a physician when changing your diet and lifestyle.