

# Your Natural Healing Checklist

*Make sure to scroll to the end of this guide for a printable, step-by-step checklist you can save, screenshot, or stick on your fridge.*

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## If You've Been Googling, Guessing, or Feeling Stuck — This Is for You

I wrote this for you if any of the following feel familiar:

1. You wake up stiff or sore and need time to “warm up”
2. Your pain feels worse in the morning, at night, or on days you didn’t even do much
3. You’ve been told everything looks “normal,” but your body *doesn’t feel normal*
4. You’ve tried stretches, medications, supplements, rest, or physical therapy—and **still** feel stuck
5. You’re overwhelmed by conflicting advice and don’t know what actually matters anymore
6. You want to support healing naturally, but without extreme rules or unrealistic expectations
7. You just want your body to feel more comfortable, reliable, and predictable again

If you nodded at even one of those, this guide was written for you.

I created it for the patients who sit across from me and say things like:

“I don’t know what else to try.”  
“It feels like my body is working against me.”  
“I just want to feel like myself again.”

You don’t need to be an expert.  
You don’t need to do everything perfectly.  
You just need a **reasonable plan**.

That’s what this guide is meant to give you.

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## Before We Start (A Quick, Honest Note)

I want to be upfront with you.

Some of this may sound familiar.  
You’ve probably heard things like “eat better,” “sleep more,” “move your body.”

I promise this isn't another generic wellness lecture.

What most people *don't* get told is:

- **why** these things matter
- **how** they actually affect pain and inflammation
- and **what's worth focusing on** when you're already tired, hurting, or overwhelmed

Think of this as the behind-the-scenes explanation nurses see every day—paired with realistic actions you can actually apply.

Not a list of things you're supposed to feel guilty about.

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## Start Here: Healing Is About Signals, Not Willpower

This is something I say to patients all the time:

Your body isn't a broken machine.  
It's more like a phone stuck in low-power mode.

It still works—it's just conserving energy.

Pain, inflammation, fatigue, slow recovery.  
Those are signs your body is prioritizing **survival over repair**.

This checklist isn't about *forcing* your body to heal.  
It's about sending **better signals**, *consistently*, so healing can move back to the top of the priority list.

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## 1. Inflammation Isn't the Enemy — Stuck Inflammation Is

Here's a nurse-level truth most people never hear:

Inflammation isn't bad.  
It's how your body heals.

The problem is when inflammation **never turns off**.

That usually happens because of **oxidative stress**—basically cellular “wear and tear” building up faster than your body can repair it.

I see this pattern constantly in people dealing with:

- Chronic pain
- Joint stiffness

- Nerve irritation
- Fatigue
- Slower healing
- Faster aging

**What you can do today:**

- Choose more whole foods, fewer packaged foods
- Drink water like it actually matters (because it does)
- Avoid long stretches without eating—this stresses the nervous system
- Support your body's internal repair systems instead of chasing quick fixes

**Analogy:**

Dumping antioxidants into the body without activating repair is like pouring oil on a squeaky hinge without fixing the hinge itself.

I walk through the one research-backed tool I recommend to nearly every patient — the only product shown in clinical studies to lower oxidative stress by 40% in just 30 days.

👉 [You can learn more about that over here.](#)

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## 2. The Pain–Stress–Sleep Loop

(Why Pain Is Often Worst in the Morning)\*\*

Many patients tell me the same thing:

"It's the worst when I wake up."

That's not random.

Here's a cycle nurses see constantly:

**Pain → Stress → Poor Sleep → More Inflammation → More Pain**

When pain lingers:

- Stress hormones stay elevated
- Sleep becomes lighter and more fragmented
- Overnight tissue repair slows
- Pain sensitivity increases

By morning, the nervous system is already irritated—before you even move.

**What you can do today:**

- Go to bed and wake up at roughly the same time each day
- Reduce screen time before bed (your nervous system notices)

- Build a calming wind-down routine—boring is good here
- Focus on better sleep, not perfect sleep

**Nurse insight:**

Even small improvements in sleep quality can noticeably reduce pain sensitivity.

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### 3. Sugar, Carbs, and Pain

(The Connection Nobody Explains)\*\*

Here's an "oh wow" moment for a lot of people:

High sugar and refined carbs don't just affect weight or energy.  
They directly increase **inflammation and nerve sensitivity**.

Blood sugar spikes can:

- Amplify pain signals
- Increase joint swelling
- Disrupt sleep
- Worsen fatigue

**What you can do today:**

- Reduce sugary drinks (including juices)
- Build meals around protein first
- Pair carbs with protein or fat
- Aim for lower sugar and refined carbs—not perfection

**Analogy:**

Sugar is like throwing gasoline on a campfire you're trying to put out.

If you want realistic, non-miserable ways to eat lower carb — without tracking everything or cutting out foods you love...  
 [I've shared my personal, nurse-approved tips here.](#)

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### 4. Healing Happens at the Cellular Level

(And It Takes Time)\*\*

This is something I wish more people were told early on:

Your body doesn't heal on a daily timeline.  
It heals on a **cellular timeline**.

What research shows:

- Antioxidant production declines with age
- Cellular repair takes **60–90 days**, not days
- Consistency matters far more than intensity

**What you can do today:**

- Commit to consistency over speed
- Give your body a real window to respond
- Support repair pathways—not just symptom relief

**Analogy:**

You can't renovate a house overnight... especially if the power keeps cutting out.

**If you want the behind-the-scenes explanation:**

I break down the specific ingredients (some you may already have in your kitchen) that help activate your body's own repair systems — and why taking them individually isn't the same.

👉 [You can grab that free guide here.](#)

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## 5. Movement Is Medicine

(Even When It's Boring)\*\*

You do *not* need to live at the gym.

Walking alone has been shown to:

- Improve circulation
- Reduce inflammation
- Calm pain signaling
- Improve sleep

**What you can do today:**

- Walk more often, even in short chunks
- Choose movement that feels safe and doable
- Use structure if it helps—classes, schedules, guidance

**Real talk:**

Healing movement is about consistency, not suffering.

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## 6. Pain Has a Memory

(And That's Not Your Fault)\*\*

This is one of the most important things I teach patients—and almost no one is told it early enough.

Pain isn't just about tissue damage.  
It's also about **learned nerve signals**.

When pain sticks around long enough:

- The nervous system gets very good at sending that signal
- Nerves fire faster and louder
- Pain shows up more easily and lasts longer

This is called **pain memory**.

It explains why pain can:

- Flare without a clear trigger
- Feel worse than imaging suggests
- Persist even when tissues have healed

This does *not* mean pain is "in your head."  
It means the nervous system hasn't been retrained yet.

Clinically, pain signals can be influenced using:

- Gentle electrical stimulation
- Touch and pressure
- Movement and circulation
- Temperature

**Most people don't realize pain signals can actually be retrained.**

I use a drug-free, non-invasive form of treatment (something most have never heard about) to help clients retrain pain signaling at the nervous system level.

👉 [You can learn how that works here.](#)

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## 7. Why “Trying Everything” Usually Fails

Most people don't fail at healing.  
They quit because they expect results too fast.

A more realistic picture:

- Nervous system care works over weeks
- Cellular repair works over months
- Inflammation needs consistency to calm

**What helps most:**

- Track progress weekly, not daily
- Look for trends, not instant changes
- Stay curious instead of frustrated

Healing isn't slow.  
It's thorough.

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## Thoughts From Me

You don't need to do everything.  
You just need to do **enough of the right things**, consistently.  
Your body is capable of more healing than you've been led to believe.

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**Genis Matel, RN**

Founder, Relief Point Therapy.

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*(Keep scrolling for the complete printable checklist [...] )*

# ◆ YOUR NATURAL HEALING CHECKLIST ◆

*A nurse-created guide to supporting your body's healing — starting today*

## How to use this:

You do **not** need to do everything perfectly.  
Aim for **70–80% consistency**. That's where real healing happens.

Print this. Circle what you're already doing. Pick **1–2 areas** to focus on first.

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## 1. Hydration (Circulation & Pain Support)

**Goal:** Improve circulation and tissue hydration

- Drink **½ your body weight (lbs) in ounces of water daily**  
Example: 160 lb → ~80 oz/day
- Add electrolytes **1x daily** if you sweat, walk frequently, or feel lightheaded
- Limit dehydrating drinks (alcohol, excess caffeine)

### Why this matters:

Dehydrated tissue = stiffer joints, louder pain signals, slower healing.  
Many pain flares improve **just from better hydration**.

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## 2. Blood Sugar & Inflammation Control (Low Carb / Low Sugar)

**Goal:** Reduce inflammatory spikes that worsen pain and fatigue

- Keep **added sugar under 25 g/day** (lower if possible)
- Avoid sugary drinks (soda, sweet tea, juice)
- Build meals around **protein first**

### Simple plate guide:

- Protein: palm-sized portion
- Veggies: **½ the plate**
- Carbs: smaller portion, always paired with protein or fat

### Why this matters:

Blood sugar swings amplify inflammation and nerve sensitivity — especially in chronic pain.

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## 3. Protein Intake (Healing & Muscle Support)

**Goal:** Support tissue repair and stability

- Aim for **0.6–0.8 g protein per pound of goal body weight**
- Spread protein across meals (not all at once)
- Include protein within **1–2 hours of movement**

### Why this matters:

Without enough protein, your body **cannot rebuild tissue** — no matter what therapies you use.

## 4. Sleep (Pain Sensitivity Reset)

**Goal:** Calm the nervous system and support overnight repair

- Target **7–9 hours/night**
- Keep bedtime and wake time within **1 hour daily**
- Create a **30–60 minute wind-down routine**

**Helpful habits:**

- Dim lights in the evening
- Limit screens right before bed (when possible)
- Keep the same routine on weekends

**Why this matters:**

Sleep deprivation increases pain sensitivity and inflammation — often **more than the injury itself**.

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## 5. Movement (Circulation & Nervous System Health)

**Goal:** Improve mobility without flaring pain

- Walk **20–30 minutes most days** (can be broken into short walks)
- Choose low-impact movement you enjoy
- Use structure if helpful (classes, scheduled workouts, guided sessions)

**Why this matters:**

Movement improves blood flow, reduces stiffness, and helps **turn down pain signals**.

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## 6. Cellular Support & Recovery (Consistency > Speed)

**Goal:** Give your cells the conditions they need to repair and protect themselves

**What this actually means:**

Your cells repair damage, calm inflammation, and make energy **every day** — but only when damage doesn't outpace repair.

**What to do:**

- Reduce oxidative stress inputs**
  - Limit smoking, excess alcohol, ultra-processed foods
  - Avoid repeated all-nighters or extreme dieting
- Support natural antioxidant production**
  - Eat colorful plants daily (greens, berries, herbs, spices)
  - Prioritize nutrients involved in cellular defense (from food or guided support)
- Protect mitochondrial energy production**
  - Eat regularly if already inflamed or fatigued
  - Include protein with meals
  - Move daily to improve oxygen delivery
- Commit to a realistic timeline**
  - Give your body **90 days**
  - Track changes **weekly**, not daily
  - Expect gradual improvements, not overnight shifts

**Why this matters:**

Cell turnover and mitochondrial repair follow a **60–90 day cycle**.

Most people quit too early — not because nothing worked, but because repair needs time.

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## 7. Stress Load (The Silent Inflammation Driver)

**Goal:** Reduce background stress signals

- Identify 1 daily stress-reducing habit
- Limit constant news or social media scrolling
- Practice slow breathing or quiet time daily

**Why this matters:**

Stress hormones directly increase inflammation and pain sensitivity — even without injury.

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## 8. Pain Awareness (Not Everything Needs “Fixing”)

**Goal:** Reduce fear-based pain amplification

- Notice patterns instead of panicking
- Ask: “*Is this new — or familiar?*”
- Focus on **trends**, not bad days

**Why this matters:**

Fear and vigilance can make pain louder — even when tissues are healing.

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## 9. Education & Next Steps (When You’re Ready)

- Learn how the body activates its own healing pathways
- Explore natural ways to calm inflammation
- Understand how pain signals can be **turned down**, not just tolerated

Curiosity is often the **first step toward healing**.

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## 10. Weekly Check-In (Highly Recommended)

Once per week, ask:

- What improved this week?
- What flared — and why?
- What one habit made the biggest difference?

Healing happens in **patterns**, not moments.