

Healing From the Inside Out: Your Mind, Heart, and Spirit

What is the "MES" Core?

The "MES" core stands for your **Mental, Emotional, and Spiritual** health. In functional medicine, we believe your thoughts, feelings, and sense of purpose are the "heart" of your health. They act like the weather in your body—if the weather is constantly stormy (due to stress or sadness), it's hard for your physical "garden" to grow and heal.

Why This Matters For You

You can eat the perfect diet and take all the right supplements, but if your mind and spirit are

under constant stress, your body stays in a state of "high alert." * **The Mind-Body**

Connection: Your brain sends signals to your immune system and your gut. When you feel

safe and happy, your body can focus on healing. * **Your History Matters:** Stressful events

from our past (even childhood) can leave a "blueprint" on our bodies, making us more

sensitive to stress as adults. * **The Power of Purpose:** Having a reason to get out of bed in

the morning actually lowers inflammation in your body and helps you live longer.

What You Can Do Today

1. **Check for the "Superwoman" Habit:** Many of us feel our value only comes from how much we do for others. Today, give yourself permission to rest. Remember: You cannot pour from an empty cup.
2. **Try "Box Breathing":** When you feel stressed, breathe in for 4 seconds, hold for 4, breathe out for 4, and hold for 4. This tells your nervous system it is safe to relax.
3. **Find One "Small Joy":** Connect with something larger than yourself. This could be a 5-minute walk in nature, calling a friend, or writing down one thing that gives your life meaning.

Questions to Discuss with Your Coach

- How is my current stress level affecting my physical symptoms (like my energy or digestion)?
- Are there old habits or beliefs I'm carrying that make it hard for me to prioritize my own health?
- What are some tools we can use to help me feel more "connected" and purposeful?

- Would I benefit from adding a specialist (like a therapist) to my care team to help me process past stress?
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