



YOUR WELLNESS

matters



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POPTOTALWELLNESS.COM

YOUR HEALTH MATTERS!



If you have been feeling stressed and overwhelmed in your business, then it's time to take control of your health. In the midst of the pandemic, attempting to build, navigate, and maintain a business has been challenging for many entrepreneurs emotionally, mentally, and physically. We must all be mindful of our body temples, as we know that success doesn't just stem from the mind but also the soul and body!

Health is the only TRUE wealth!

No true purpose lies in spreading yourself thin chasing money in business while your health suffers. Believe it or not, a lack of self-care is a form of self-sabotage! Even as it pertains to entrepreneurship, what affects you internally can potentially affect your bottom line. Be sure to take care of your temple - it is a mandate! If you apply the following wisdom in your life, today and beyond, it will revolutionize your business and your personal life!

Dis-ease: A lack of ease; a disharmony or misalignment in the body.

What is going on with YOUR body?



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"Foundations of Wellness"

Wellness is an ACTIVE process of becoming aware and making choices toward a healthy and fulfilling life. Wellness is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity. Depending on the individual woman, one or more of the following areas may be imbalanced. Protect your health by implementing these 11 steps in your life!

1. Spirituality (Agree with God)

- The benefits of prayer and spiritual balance are important.
- Better immunity, improved blood pressure, lower stroke risk, faster healing, and lower rates of depression.
- Cooperate with God, agree with what the Word says, and live His word out.
- When you change the way you think, everything else will line up.

Scriptures:

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." - 3 John 2

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. 2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will." - Romans 12:1-2

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Inner Circle Tip

Personalize these scriptures
(along with others you may prefer)
for prayers and biblical meditations

2. Air

- Fresh, clean air is essential to life.
- Avoid chemical fragrances on yourself and in your home.
- Naturally freshen your air, remove allergens and odors, and purify the air.
- You must release carbon dioxide from your body; practice wearing masks for COVID prevention but remove the mask when necessary.
- Properly breathing has many physical and emotional benefits.
- Different types of breathing:
 - Diaphragmatic Breathing (Increases oxygenation)
 - Stimulating Breath (Raises energy and alertness)
 - Relaxing Breath (Calms the body)
 - Zen Breathing (Focuses attention on breath)
 - Anchoring Breathing (Clears negativity and grounds you)

Inner Circle Tip

Download the app "Think Dirty" Which allows you to scan items to receive a rating of any harsh chemical on a 0-10 scale.

3. Water (Hydration)

- Generally recommended to drink 50% of your body weight in fluid ounces.
- Be sure to drink pure H₂O.
- Proper hydration is the first rule for skin care and esthetics.
- Hydration prevents urinary tract infections.

4. Food

- "Just Eat Real Food" (J.E.R.F)
- Select foods that feed your cells.
- Herbs and whole food nutritional supplements are not designed as a stand alone diet.

- Your diet should consist of:
 - Whole, fresh, raw fruits and vegetables
 - Clean proteins
 - Complex carbohydrates
 - Healthy fats

5. Sunlight

- Improve your vitamin D production with 5-10 minutes of sunlight exposure on bare skin at least 2-3 times per week.
- Avoid exposure and harsh chemicals
- Vitamin D deficiency increases the risk for many chronic diseases (ie. some cancers, autoimmune diseases, cardiovascular disease, infectious disease, schizophrenia, and type 2 diabetes)

6. Exercise

- Exercise should be fun and not something to dread.
- Benefits of exercise:
 - Maintains healthy bones, muscles, and joints
 - Controls weight, builds muscle, and reduces body fat
 - Reduces anxiety and depression symptoms
 - Prevents menopause related bone loss
 - Reduces risk of coronary heart disease, colon cancer, diabetes, and hypertension

7. Reset

- Strive to get at least 7-9 hours of sleep.
- The busier life gets, the less a person sleeps.
- Sleep deprivation alters your mood and thinking.
- Sleep deprivation also alters the endocrine function (the center of your metabolism).
- Women need more sleep than men!
- You need time to recover from the day of multitasking, especially as an entrepreneur.

Inner Circle Tip

Get your daily vitamin "N" get you some power naps everyday!

8. Emotions

- Depression is the leading cause of disability for women
- 5 factors to prevent depression after significant events:
 - Be able to control your responses
 - Having assets and systems in place increases your options when dealing with life events
 - Psychological support from family, friends, or health providers
 - Prayer
 - Biblical meditations/Affirmations

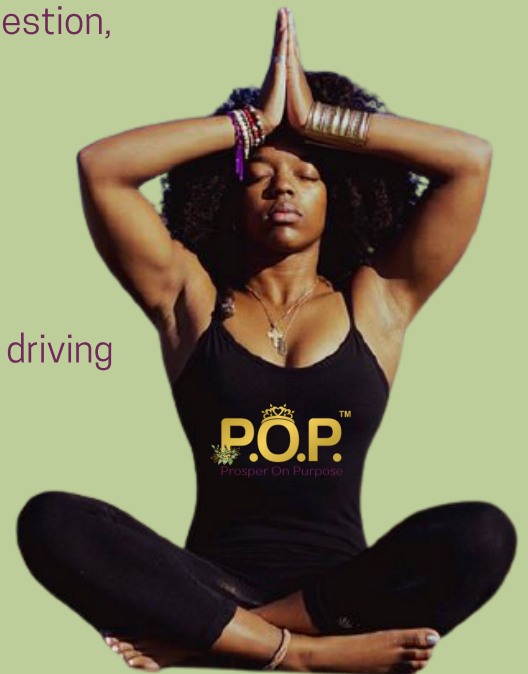
Inner Circle Tip: Incorporate these into your daily life to help maintain an emotional balance.

9. Body & Energy Work

- Forms of body and energy work such as chiropractic massages are not just a luxury, but should be a norm.
- Nerves are in constant communication with your body; if they are out of alignment, they will misfire.

10. Environmental

- Detox - Abstaining from harmful substances for a period of time.
- 4 ways toxins enter the body: inhalation, absorption, ingestion, and injection
- Once you are aware of the ways that toxins enter your body, you are able to set up gates of protection.
- Ways to improve environmental wellness:
 - Ride your bike or take public transportation instead of driving
 - Recycle and compost
 - Plant and tend a garden
 - Use natural cleaning products
 - Remove clutter from your home/office
 - Wear your mask



11. Hygiene

- This includes handwashing, wiping, and sanitizing with plant based sanitizers.
- Avoid over-sanitizing!
- Over sanitizing your skin strips your body's basic function and ability to get rid of disease processes.
- Multiple showers a day are fine!

KEY NOTES

" Do better intentionally and on purpose! "

Janetta Walton Olaseni

- There is NO supplement that replaces the need to follow these 11 foundations of wellness!
- Most conditions are preventable and brought on by poor lifestyle.
- Your scars are a living epistle or witness that whatever tried to kill you did not win!
- We must stop hiding our scars, especially as women of God.
- Remember that money is a tool.
- Once you learn how to respect money and put it where it's supposed to be, money will always come to you!
- Money is the least form of prosperity; healing is a higher form of prosperity than money.
- You can either pay for your wellness now, or pay for your illness later!
- Invest in yourself so that prevention can always be the cure.
- You have the power to turn back your biological clock.
- God wants us to be able to fill our own cups so that we may give out of our overflow.
- If you are in harmony with yourself, then you are able to show up authentically.
- We must advance God's kingdom. We can't do so when we are sick or broke.
- You have to be in alignment with your assignment!
- Spiritual and financial wellness means that nothing is missing or broken (spirit, mind, body, relationships, or even financially)
- You cannot solve an external problem without facing the internal conditions of what's going on.
- If your internal environment/microbiome is properly managed, then everything external must (and will) align.