

# STELLAR *Life*

Hosted by *Orion*

## Holistic and Emotion Health

### 10 Point Checklist

## Dr. Brooke Stuart

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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# 10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.  
Here are 10 steps that can move you closer to your goals – today.**

- Create lifestyle changes to transform your body into holistic health. Focus on mindset, diet, fitness, supplements, therapeutic devices, and daily choices.
- Trust your intuition and don't succumb to external pressure. A holistic approach requires patience as you seek healthy solutions.
- Explore resonant health technologies for your physical and mental well-being. Apply love-based solutions to keep you motivated.
- Distinguish between physiological and emotional remedies. Flower essences work on your emotions and contribute to mental resilience.
- Focus on whole, unprocessed foods and consider gluten and dairy elimination. Explore plant-based or high-protein diets based on your preference.
- Introduce digestive enzymes to improve your nutrient absorption. Implement stress management tactics, like L-theanine, to support your overall gut health.
- Address your trauma associated with food. Incorporate strategies to create a harmonious experience with food, such as using collagen powder and probiotics.
- Embrace the freedom that comes from self-awareness. Make informed choices about dietary restrictions, and find joy in your food experiences.
- Encourage intuitive eating and allow your body to navigate dietary choices based on its unique responses. Remain aware of your body's signals.
- To explore more about holistic health and emotional well-being, visit Dr. Brooke Stuart's [website](#). Stay updated and engaged by following her on [Instagram](#).