



CHAPTER FOUR

# Enhance

**N**ow, we get to chat about all the extra fun stuff: enhancements to your wellness journey. You may have noticed that I have yet to discuss any kind of supplements, and there's a good reason for that. If you aren't laying the groundwork by nourishing yourself well, moving your body, and dealing with nagging issues by exploring what's going on under the hood, there is no pill or potion in this world that will help you. You can't just pop supplements and sprinkle superfood powders on everything. Only after you have dialed in all the other things we've discussed so far should the extra enhancements come into play.

Just like every other section of this book, when it comes to enhancing your wellness journey, we need to do so keeping in mind your goals and your "why." I can't tell you how many clients have told me they honestly don't know why they are taking a pill. Maybe they had it recommended years ago by a doctor or a friend and they just kept taking it. There was one lady I went to visit at home years ago. We ended up doing a supplement audit of her fridge and cupboard. She was a very accomplished professional, now retired, and striving for optimal health her whole life. I have *never* seen a collection of pills and tinctures like that in my entire life. Between things that were expired, redundant, and some that were just downright unhelpful or borderline bad for her, we must have chucked at least \$500 worth of wannabe health supplements. I was appalled and actually kind of sad for her. It's easy to buy into the hype. It's tempting to try a supplement that worked

## OWN YOUR WELLNESS

magically for your best friend. You can walk into any supplement aisle at Whole Foods and easily walk out with hundreds of dollars of promises and hopes.

When you figure out what little extras you can put in to really maximize your health, supplements and other enhancements can really take your wellness to the next level.

Obviously vitamins, minerals, and all the other gobbledygook have some place in your health regimen. Once you feel like you are consistently eating according to your needs, moving well and often, and have figured out the root cause of some of your bigger health conundrums, it might be time to ask, What could I do to fill in some gaps? What is missing from my diet? What specific health needs do I have that cannot be managed solely with diet and exercise? *When you figure out what little extras you can put in to really maximize your health, supplements and other enhancements can really take your wellness to the next level.*

### *Know Why You Are Taking It*

Why, why, why?! I know you are probably sick of my constant use of