The 7 Pillars of Health

“Renewing Your Health”

Dr. Conan Shaw BS, DC, CCN
When the foundations of health are strong, the body has an amazing ability to heal. As a clinician, with over 15 years of experience, I have identified the following seven principles, or pillars, of health that I use as a basis to promote health and healing.

### 7 Pillars of Health

#### #1 BIOCHEMISTRY

What does your unique, biochemical fingerprint look like? What I consider to be a primary pillar of health is individualized, optimized biochemistry. As a clinical nutritionist, I evaluate a patient's unique needs for the clinical support from vitamin therapies that are required to maintain or achieve health. Before I evaluate a patient for clinical imbalances, I will start by asking a number of questions about the more fundamental pillars of health listed below.

#### #2 HYDRATION

Are you properly hydrated? How much do you weigh and how many ounces of water do you drink per day? Do you consume caffeinated products or alcohol that will interfere with proper cellular hydration? Start by trying to drink 40% of your body weight in ounces of water a day and work your way up to a goal of 50% of your body weight in ounces.

#### #3 EXERCISE

Do you exercise? How often and with what intensity and duration do you exercise? If you don't exercise, start with something simple like 20 minutes, three times a week and slowly build yourself up. Exercise, in today's reality, can be found in hundreds of forms most of which have redeeming health benefits.

#### #4 SLEEP

How many hours of restful sleep do you get every night? Is it easy to fall sleep? Is it easy to stay asleep? Do you have dreams? When you wake in the morning are you tired or rested? Everyone's sleep requirements are different, but the minimum I would consider for any individual would be seven restful hours of un-interrupted sleep.
#5 MOOD - How is your mood? A positive mental attitude is an important pillar in overall health. Are you optimistic? Does stress seem to distract you from finding balance on a regular basis? Do you have hobbies or activities that bring you pleasure and joy at least on a weekly basis? Where do you fall on the "I love myself "scale?

#6 PAIN - Are you experiencing pain? Pain changes the biochemistry of the human body to a compromised and imbalanced system. Identify where your pain comes from and address the root of that concern to allow the body a chance for healing.

#7 DIET - How clean is your diet? Is your diet filled with processed, refined foods similar to the Standard American Diet (SAD)? Or, are you eating whole foods often enough to promote healing in your body. Have you identified any foods that may be good for health in general but do not agree with your system. Food sensitivity elimination is considered to be very important to allow the body to heal.

Often, small adjustments to each of these pillars of health can allow the body to be in the position to start healing on its own. Combined with an individualized clinical nutrition regimen the potential to achieve health is exponential.

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Who is Clinical Nutritionist Dr. Conan Shaw?

Dr. Conan Shaw is a certified clinical nutritionist with 16 years of experience. Dr. Shaw works with individuals to help them achieve their health goals, often when their health goals seem out of reach. With the use of an integrated medical approach, he specializes in treating the "why" behind health issues ranging from immune deficiencies, to slow metabolism, from cancer to fatigue. He is also the clinical nutritionist for the Pittsburgh Penguins and has worked with a number of professional athletes over the years to improve their performance, energy, and level of health.

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