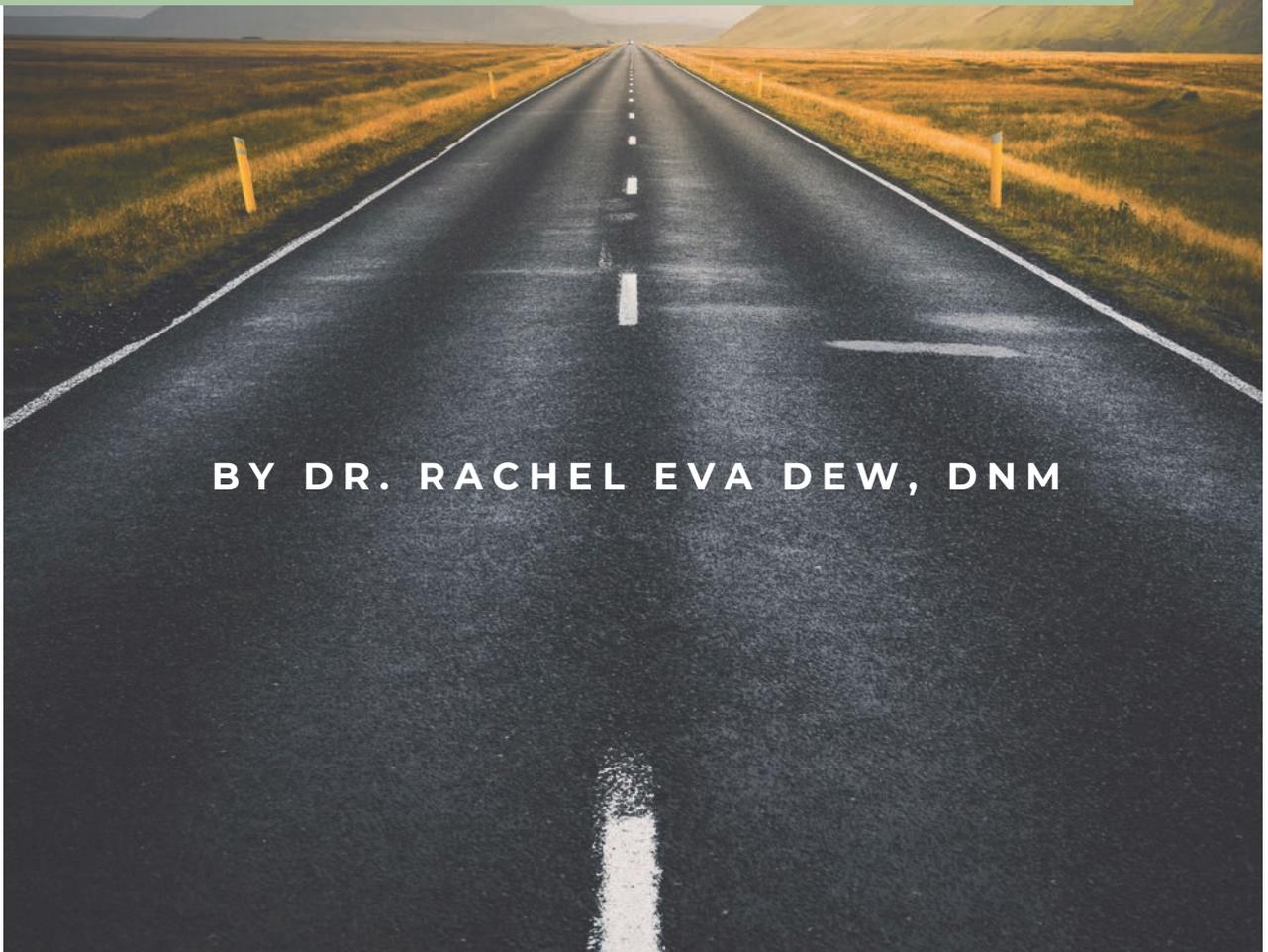


**THE NEW SCIENCE BASED HOLISTIC APPROACH**

# **RE- EDUCATION**

**BY DR. RACHEL EVA DEW, DNM**



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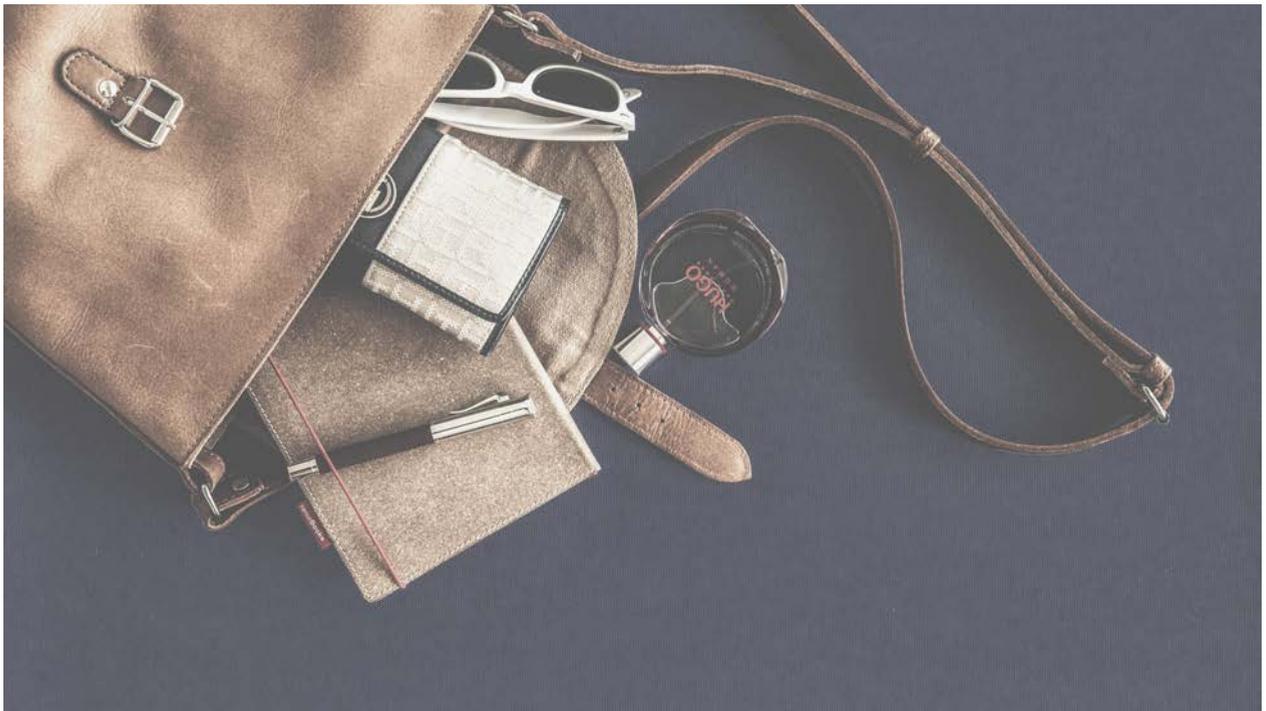
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# HELLO...

## I'M DR. RACHEL

**My name is Dr. Rachel Eva Dew, DNM, but please call me Dr. Rachel. I am a Doctor of Natural Medicine, PhD in Integrative Medicine, Integrative Life Transformation Coach, International Teacher and Speaker as well as a 5x Author.**



**I am board certified Doctor of Natural Medicine and an Integrative Life Transformation Coach who is additionally certified in over 20 healing modalities that support my integrative approach to whole person integrative wellness and optimal wellbeing. I believe in being trained in as many tools as possible to support the patients I work with and the community that I teach within. This is why amongst my additional training I have focused on modalities of the mind, body and emotions. I specialize in treating the whole person; mind, body, heart & spirit in order to help people achieve optimal health and wellbeing.**

**In clinical practice for over 20 years I have treated all types of conditions and illnesses as well as a strong focus on preventative care. No matter where you are in your journey, I can help!**

**I hope to help you gain the tools, support and solutions you need to achieve optimal wellness in your total self; mind, body, heart & spirit.**

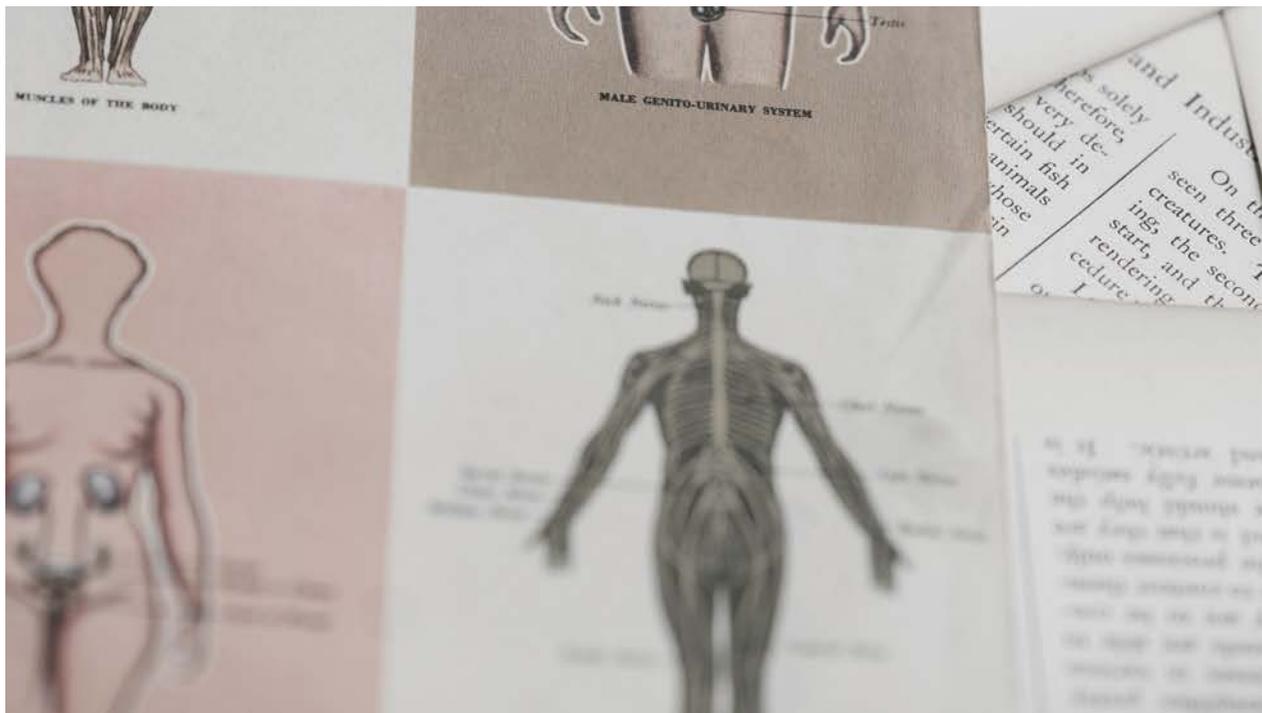
**You can connect with me in the following ways...**

**[www.rachelevaonline.com](http://www.rachelevaonline.com)**

**Instagram: [@rachelevaonline](https://www.instagram.com/rachelevaonline)**

**Facebook: [www.facebook.com/authorracheleva](https://www.facebook.com/authorracheleva)**

# OPTIMAL HEALTH & WELLBEING



My belief is that there is no one path for all. I believe each person finds their own personal path—the one that resonates well with them. Here in this short book are simple self-development tools you can tangibly experience in your own life. These tools, when applied help you to experience freedom, purpose in both work and play, and enjoy the love you bring to yourself and others. My deepest desire is that this Ebook will assist you on your journey of uncovering and letting go of what no longer serves you, to step into your greatness and experience the life you have always desired.

”

**HEALTH IS A STATE  
OF COMPLETE  
MENTAL, SOCIAL  
AND  
PHYSICAL WELL-  
BEING, NOT  
MERELY THE  
ABSENCE OF  
DISEASE  
OR INFIRMITY. —  
WORLD HEALTH  
ORGANIZATION**

“



# WHAT IS TRUE WELLNESS?

## FOUNDATIONS THAT WILL FREE YOU

Merriam-Webster defines wellness as:

1. The quality or state of being healthy in body and mind, especially as the result of deliberate effort. (I add the mind and body model to this and also include emotional and spiritual.)
1. An approach to healthcare that emphasizes preventing illness and prolonging life, as opposed to emphasizing treating diseases.

Wellness and balance go hand in hand. You cannot have one without the other. Find balance (or harmony and wholeness) and you will find wellness and vice versa. All things in balance!

But what is wellness exactly?

Wellness is not a catch-all. Different people have different needs and therefore we encourage, support and move towards holistic wellness. Wellness is an ever-moving target and moving toward it is both an art and a science. I describe wellness as intentionality and actions that lead to wholeness (health) in the mental, emotional, physical and spiritual systems within a person. Wellness takes intentionality: (daily) time, energy, thoughts, actions, habits, and choices!



# BALANCE & WELLNESS

## A FRESH PERSPECTIVE

For every person, every lifestyle and every new twist and turn of life, “balance” will look very different. The specific season of a person’s life will call for different steps to achieving balance.

Finding balance and harmony is a journey of self-discovery and an artful practice of self-love, nurturing and care. No one can tell someone else what balance is for them during any given stage of life. The journey towards true health and optimal wellbeing is YOUR unique personal journey.

Just like the physical act of balancing something requires moment to moment adjustments, so does achieving holistic wellness, wholeness, and balance within a person, their body/systems (mind, body, heart & spirit) or in an area of their life. On this journey you will need to both practice and become masters of the art of balance.

Again, wellness doesn’t happen by accident. Wellness takes an investment of (daily) time, energy and intentionality!

There is no ‘one way’ to creating wellness & wellbeing in your life, but there is a model and tool kit of powerful tools and techniques. That model is The Holistic Life Model.

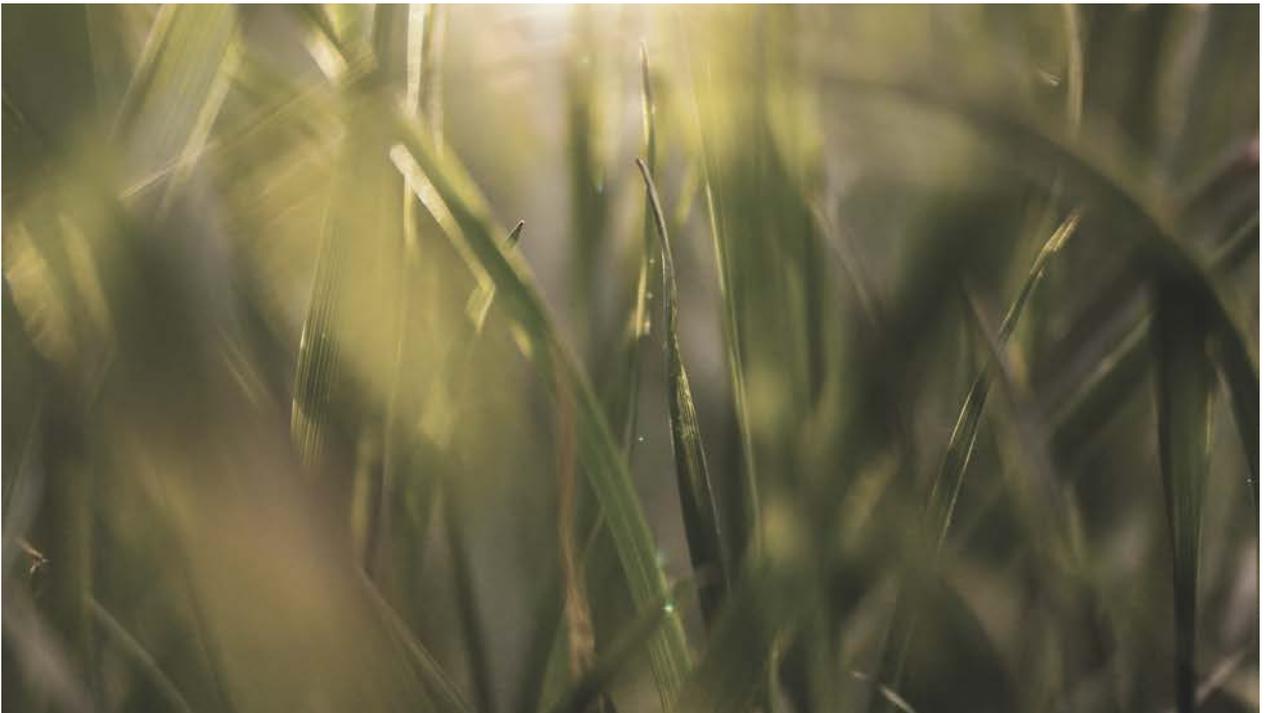
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**TRUE  
WELLNESS &  
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OF TIME,  
ATTENTION,  
ENERGY &  
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“

# HOLISTIC APPROACH

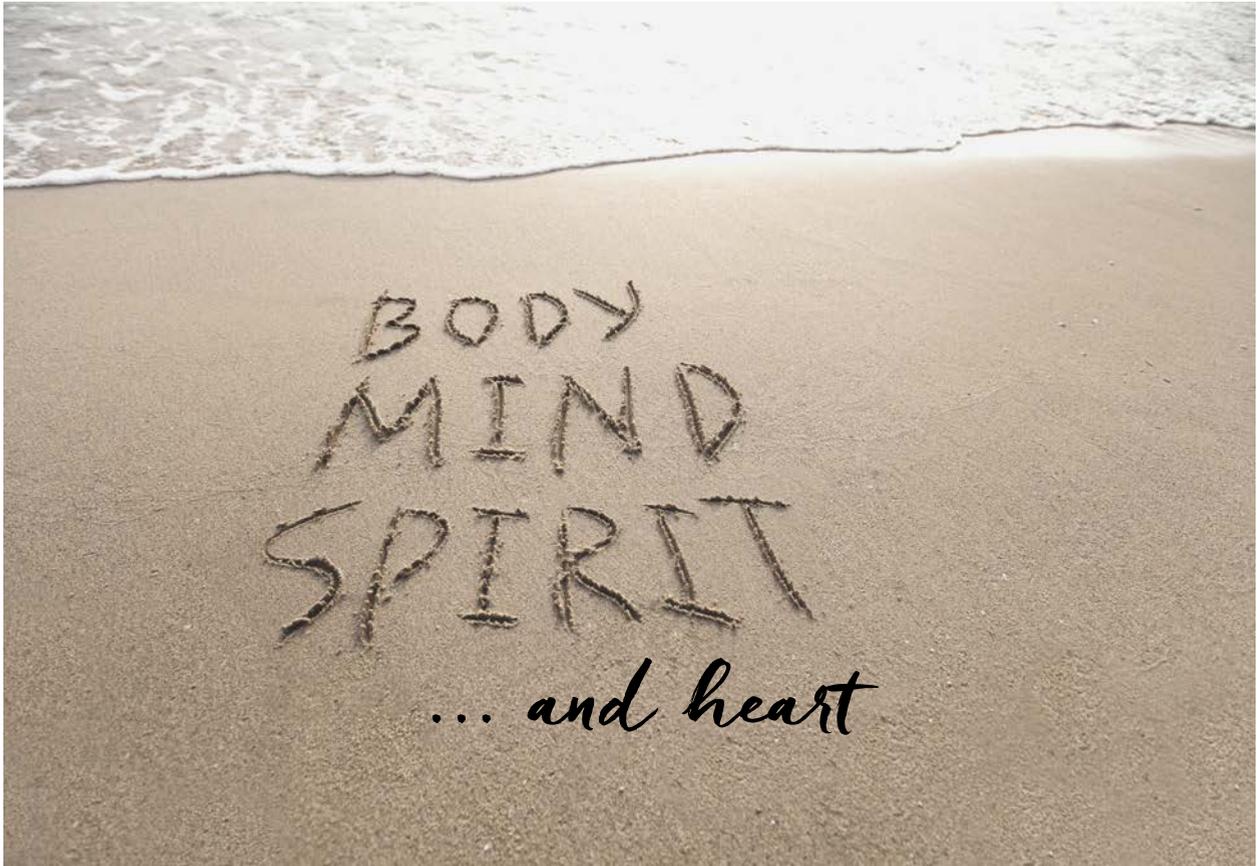
## 02 CARING FOR THE WHOLE PERSON



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***THE WHOLE  
PERSON  
INCLUDES  
THE MIND,  
BODY,  
HEART &  
SPIRIT***

“



# THE 4 SYSTEMS

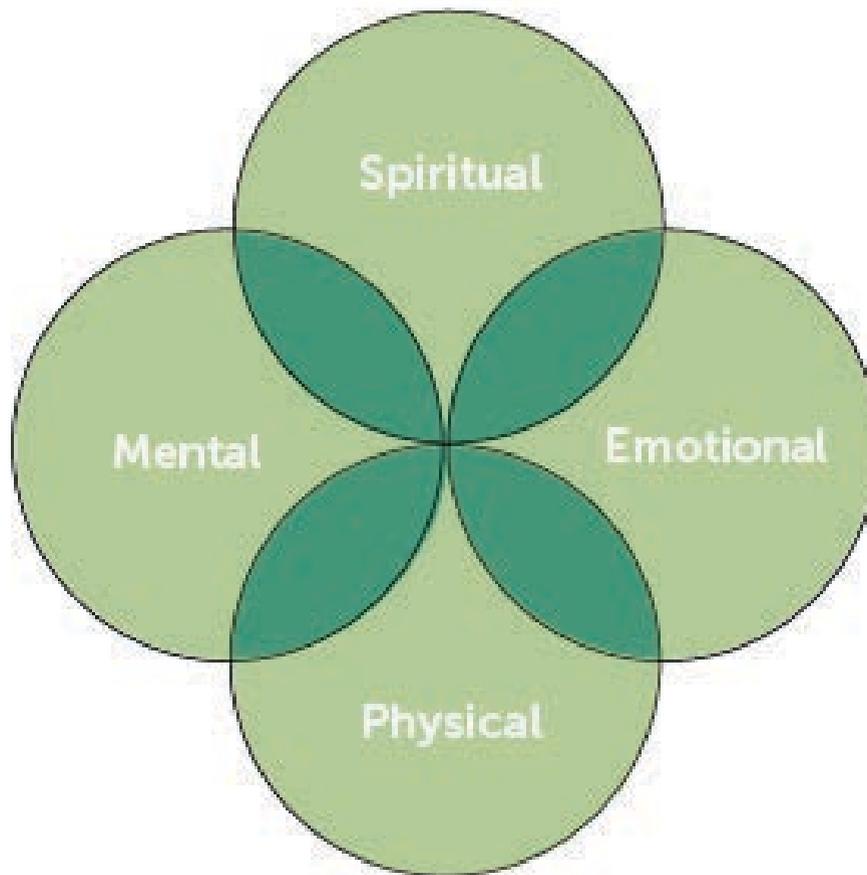
Whole person wellness and wellbeing calls for investing attention, time & energy into each of the 4 areas.

## THE WHOLE PERSON

Let us quickly take a look at the whole picture... whole person health & well-being.

### The 4 Systems of Self -

- Mind - our thought life, self-perceptions and thought patterns
- 
- Heart - our feelings, emotions, and relationships with self and others, our unconscious mind
- 
- Body - our physical health and physical things we have or do not have in our lives; also the things we create tangibly in our lives
- 
- Spirit - our true self, our personal development, and connection to energy/God/higher self/Higher power/Collective unconscious and spiritual life.



## **INTERCONNECTION**

### **ALL THINGS WORK TOGETHER**

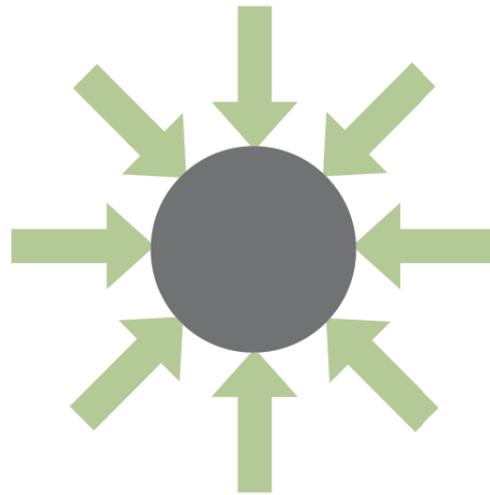
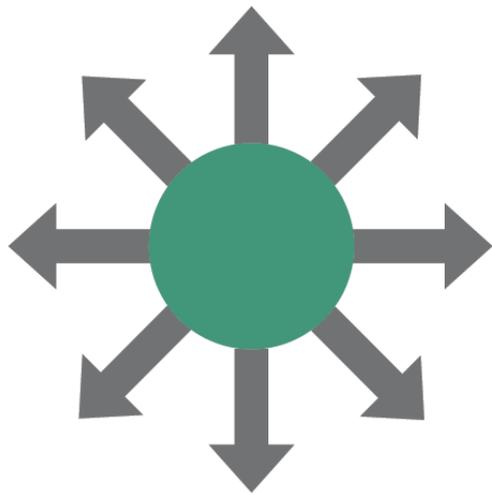
All 4 areas are deeply interconnected and effect each other. In addition, we also have major areas of our life that are also interconnected with each other and with our 4 systems and effect each other too. The Holistic Life Model is focusing on bringing balance, harmony and wellbeing to all areas of self and all major areas of life.

The major areas of life are; health & wellness, self-development & spirituality, career & finances, and family & relationships.

## ***MOVE TOWARDS BALANCE***

No matter where you are currently, the goal is to continually focus on moving towards even more balance & wellbeing within the 4 systems and the major areas of life. This is a process, not an event.

# INSIDE-OUT VS. OUTSIDE-IN



## INSIDE OUT & OUTSIDE IN

### THE PATH TO TRUE GROWTH & HEALING

Have you ever known someone who dieted to lose weight by following an exact plan, lost the weight, then lost the plan due to stress so that their wrong diet patterns came back—along with the weight? That is a perfect example of “outside in” or behavior modification as a means to resolve an issue. It is my firm belief (as well as my personal and professional experience) you need to change your outside behavior as well as resolve the core issues or reasons the negative or unwanted behavior developed in the first place. You need an “inside out and outside in” approach.

With the example above, an “inside out” approach is to discover why the negative triggers are there, why you respond by overeating, to let go of limiting beliefs, process and release any negative emotions, then come up with a better strategy for coping with the stress.

# INSIDE OUT & OUTSIDE IN CONT.

Here is a real story from my wellness coaching experience on this issue, this was years before I became a Doctor of Natural Medicine. Years ago, when I had only been coaching for about a year and was still using the “outside in” model (behavior modification), I had a client who wanted to loose over 50 pounds. I put nutrition and fitness plans in place and gave her coaching for motivation and to hold her accountable in reaching her goals.

After working together for nine months, she lost over 80 pounds and looked and felt fantastic for about a month. What happened next was a shock: she looked sickly, became weaker, emotionally unstable, insecure, and dropped even more weight. When I asked her what she was doing and if she was following the plan exactly she admitted to having adjusted it by decreasing her food intake and increasing her exercise even more. This set off a number of warning bells.

I worked to “convince” her that changing the plan wasn’t healthy. The “outside in” coaching method fueled an invisible, underlying fire in her! She’d shifted her binge eating and self-image issues to the other direction, which was equally unhealthy. Her core issues were not resolved, so outer manifestations continued—they just looked different. I chose to refer her to a professional who specialized in eating disorders. After that experience, I went back to school, continued training and got more certifications in the mental, emotional, and spiritual systems and from that work, I developed the “inside out and outside in” model. I use and teach from this model now.

How Do I Do Both Simultaneously?

Simple. You do both at the same time. Period. Take steps to resolve your outside issues at the same time as taking steps to resolve the core, or inner root cause, of your outer manifestations.

# IDENTIFYING IMBALANCES

## 03 FEEDBACK FROM YOUR MIND, BODY, HEART & SPIRIT



”

***WHEN WE  
CONNECT TO  
OURSELVES IN  
STILLNESS WE  
CAN LISTEN TO  
OUR INTERNAL  
FEEDBACK. IT  
WILL GUIDE US***

“



# SELF- DISCOVERY

## THE DEEP DIVE INTO YOU

To grow into full maturity and wellness in your life, you must first identify your patterns and roadblocks that separate you from being and acting aligned with your true self.

One of the most powerful way to uncover your personal blocks, beliefs that limit you, mindsets that block you and the things that are simply negative habits that hold you back is to practice self-discovery through journaling, contemplation and asking yourself powerful questions.

Journaling (and then reviewing older entries) helps you to begin to identify your habits and patterns. You can then begin to ask yourself powerful questions.

## MY FAVORITE QUESTIONS

Here are a few to contemplate:

- Why? Why do I do this, think this, choose this or feel this?
- For what purpose? What motivates me to do this?
- Is it really true?
- Does this really serve me or is there another thing that may serve me better?
- What would growth look like in this area?
- What do I most need right now?

Here is a little exercise for you to get an idea where you are investing your time, energy & resources in order to determine if you need to make changes in order to experience more balance in the major areas of your life

# Time, Energy & Resources

TASK CATEGORY	TIME HRS PER WEEK	ENERGY WHAT %	RESOURCES \$\$\$
nutrition - shopping & cooking 	<input type="text"/>	<input type="text"/>	<input type="text"/>
exercise & health 	<input type="text"/>	<input type="text"/>	<input type="text"/>
self-care & spirituality 	<input type="text"/>	<input type="text"/>	<input type="text"/>
growth & expansion 	<input type="text"/>	<input type="text"/>	<input type="text"/>
family & relationships 	<input type="text"/>	<input type="text"/>	<input type="text"/>
career & finances 	<input type="text"/>	<input type="text"/>	<input type="text"/>
fun! 	<input type="text"/>	<input type="text"/>	<input type="text"/>

”

**WELLNESS &  
WELLBEING  
IS A  
JOURNEY.  
ENJOY THE  
JOURNEY**

“