



ELEVATE + CO.
wellness
PODCAST

Wellness Made Simple

SEASON II

WITH ELEVATE

One Simple Step to Elevate Your Wellness Journey
Wellness Wisdom from Local Grand Strand Experts



UNITY HEALTH
MEDSPA & WELLNESS

“We all make mistakes,’ but when you keep replaying them ‘like a broken record,’ those negative thoughts and patterns stack up—and because that kind of mental looping can affect your long-term health, ‘above everything else, **loving yourself is truly the most important thing.**”

Dr Almog Gal , Unity Health



“Hydrate those cells—your brain hates dehydration, your energy depends on it, and **swapping just one daily drink for water** can make a big difference.”

Laurie Sampollo, Brain Performance Training

Living My Best Life
Coaching

“Sleep is a really big part of health and people are not doing it, so start with baby steps: put your phone down an hour before bed, avoid blue light and TV, take a walk after dinner, and eat dinner at least three hours before bed—**small habits done consistently, help you sleep better.**”

Allison Pavone, Living My Best Life

HOLISTIC || HIGHWAY

“**eat seasonally**—‘a lot of healing happens right there,’ and it’s ‘the simplest, most powerful place to start.’

Kerry Harling, Holistic Highway

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“Talk to God. You don’t need a plan or a script. Just start by saying, ‘God, I need help.’ Begin there. It’s the best place to start.”

Pastor Terry Scalzitti, Ocean View Baptist



“Choose foods with short ingredient lists – and make sure you can pronounce every ingredient. If you do that, you’re already in much better shape than if you don’t.”

Pete Cousins, LASER LAB



“We’re so stressed and overwhelmed, and we forget how powerful our breath is. **Taking a deep, 360-degree breath** – inhaling so your belly, sides, and back expand, and exhaling so everything gently melts inward – can make a huge difference.”

Dr. Sara Selander Balanced Physical Therapy



“Take one step at a time. Know tomorrow's a new day.... it's never too late to make any changes, whether it is walking, eating healthy.... **be positive and grateful.**”

Roxanne Altman, Pure Wellness by Medicos

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