



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



“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*



“**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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