



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



“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