

# NEWSLTR

The Workplace Wellness Conference and Exhibition

Spirit

Body

Mind

## In this issue

Mind, body & spirit

Speaker highlight

Dr. Gilles LaMarche

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GILLES LAMARCHE, DC

Gilles LaMarche is a chiropractor, educator, passionate healer, accomplished author, professional speaker, and inspiring certified personal development / executive coach. Dr. LaMarche found his calling as a healer when at the age of twelve he was taken to a chiropractor after years spent as an “unwell” child.

## Mind Body and Spirit

You have heard people talk about the connection between the mind, body, and spirit. Many people have a hazy interpretation of what it means, but it simply pertains to an individual's mental, physical, and emotional/spiritual health.

You have likely noticed that you begin to manifest symptoms physically when something is troubling you mentally or emotionally. Your heart starts racing, you may sweat more than usual, you have a hard time sleeping because you keep thinking about the problem – and you begin to feel sluggish and sleepy. These symptoms suggest the [mind-body-spirit](#) is out of balance.

However, when your mind is at peace, you are more likely to be happier, kinder, and more grateful. Physically, you are relaxed and ready to take on whatever life throws your way.

### **The Connection Between Mind, Body, and Spirit.**

Struggles are a part of life. Strengthening the connection between the mind, [body](#), and spirit takes effort, so here is how these three factors work together to benefit your overall health:

### **A Healthy Mind**

Just like the brain requires sleep every night, the brain also requires things to think about and ponder. Positive thoughts, gratitude, and a feeling of joy are present, and there is a thirst for knowledge and learning. Someone with a healthy mind keeps the brain exercised regularly, and stress and worry are kept at bay by choice.

### **A Healthy Body**

A healthy body is free of disease and illness and not riddled with pain. Bodily [health](#) is also made possible by a nutritious diet, good nutrition, and regular exercise.

A healthy body naturally wants to move and seeks activity. Maintaining physical health also includes regular checkups with your primary care doctor to

prevent illness or to detect and treat it immediately if a disease exists.

### **A Healthy Spirit**

Being spiritual is being centered and understanding that you are part of something much bigger than yourself. Facilitating a healthy spirit includes being part of a community to share yourself with others and give without expecting anything tangible. A healthy nature requires love.



## The 2023 Wellness Conference

**March 31 - April 2, 2022**

The Luxury Hotel and Resort at Avalon