



## Summer healing starts within

Summer is often seen as a time for external transformation, a chance to shed layers, both physical and metaphorical. We chase the perfect tan, the ideal vacation, the flawless summer body. But true, lasting transformation begins within. It's about nurturing our internal landscape, creating a foundation of well-being that allows us to truly thrive, no matter the season.

Summer, with its abundance and vibrancy, can be both a blessing and a challenge. The long days and warm weather invite us to be active and social, but they can also lead to overwhelm and depletion. To truly embrace the season, we need to cultivate a deeper connection to ourselves. This begins with three essential pillars: healing, hydration, and harmony.



### MEET THE AUTHOR

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With over a decade of experience, Sarah Tee has dedicated her career to empowering individuals through personalized, integrative nutrition therapy. Since founding Inspire Nutrition in 2016, Sarah has become a trusted expert in gut health, food sensitivities, nutrition therapy, and Medical Nutrition Therapy (MNT), blending evidence-based research with a compassionate, whole-person approach. A recognized leader in the field, Sarah's work has earned her features in Women's Health Magazine and appearances on North Dakota Today. As the 2020 Recognized Young Dietitian of the Year for North Dakota, she is also the current President of the North Dakota Academy of Nutrition and Dietetics. Sarah is Owner of Inspire Nutrition, a private practice in Fargo, North Dakota, and Dietitian for the The Village Family Service Center.

*Sarah's mission is simple: to partner with clients, guide them toward long-term, sustainable health, and help them find joy and balance on their unique journeys.*



## THE PILLARS OF SUMMER WELLNESS

**Healing:** Summer offers an opportunity to heal from the stresses of the year. It's a time for rest, reflection, and gentle self-care. It's a time to reconnect with nature and nourish our bodies with fresh, seasonal foods.

**Hydration:** More than just drinking water, true hydration is about nourishing our cells and replenishing essential electrolytes. It's about listening to our body's cues and providing it with what it truly needs to thrive. It's about treating our water intake as a ritual.

**Harmony:** The most crucial pillar. Harmony is about finding balance amidst the summer's abundance. It's about aligning our actions with our values, cultivating inner peace, and listening deeply to our intuition. It is the synthesis of healing and hydration; and should be central to the others.

## RETHINKING HYDRATION: QUALITY OVER QUANTITY

We've all heard the advice: *drink eight glasses of water a day*. But is that truly the best approach? What if our bodies are telling us something different? Instead of blindly following a generic recommendation, let's tune into our inner wisdom and ask: *What does my body need right now?*

Consider the quality and source of your water. Are you drinking tap water laden with chemicals, or filtered water rich in essential minerals? Our bodies crave minerals to function optimally, and these are often stripped away during water purification processes. Consider adding a pinch of sea salt or mineral drops to your water to enhance its hydrating properties.

Treat hydration as a ritual. Instead of gulping down water mindlessly, take a moment to appreciate its life-giving properties. Notice the temperature, the taste, the way it feels as it nourishes your body. This simple act of mindfulness can transform hydration from a chore into a sacred practice.

## AN INVITATION TO AWARENESS

This summer, I invite you to approach your well-being with intention and awareness. Be attuned to the signals your body is sending you. Let healing begin with hydration. It's not just about drinking water, it's about listening to your body, nourishing your soul, and creating a summer of true, lasting transformation from the inside out. By focusing on these key areas, summer can be more than a season, but the catalyst for profound personal growth.

