

# THE ROOTS OF WELLNESS



**An introspective look at reigniting our own passions to push our students further**

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**IF MONEY  
WERE NO  
ISSUE...**



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What would be your car?  
(model, edition, packages, after market)  
What is the total cost?

# HOW MUCH ARE YOU WORTH?

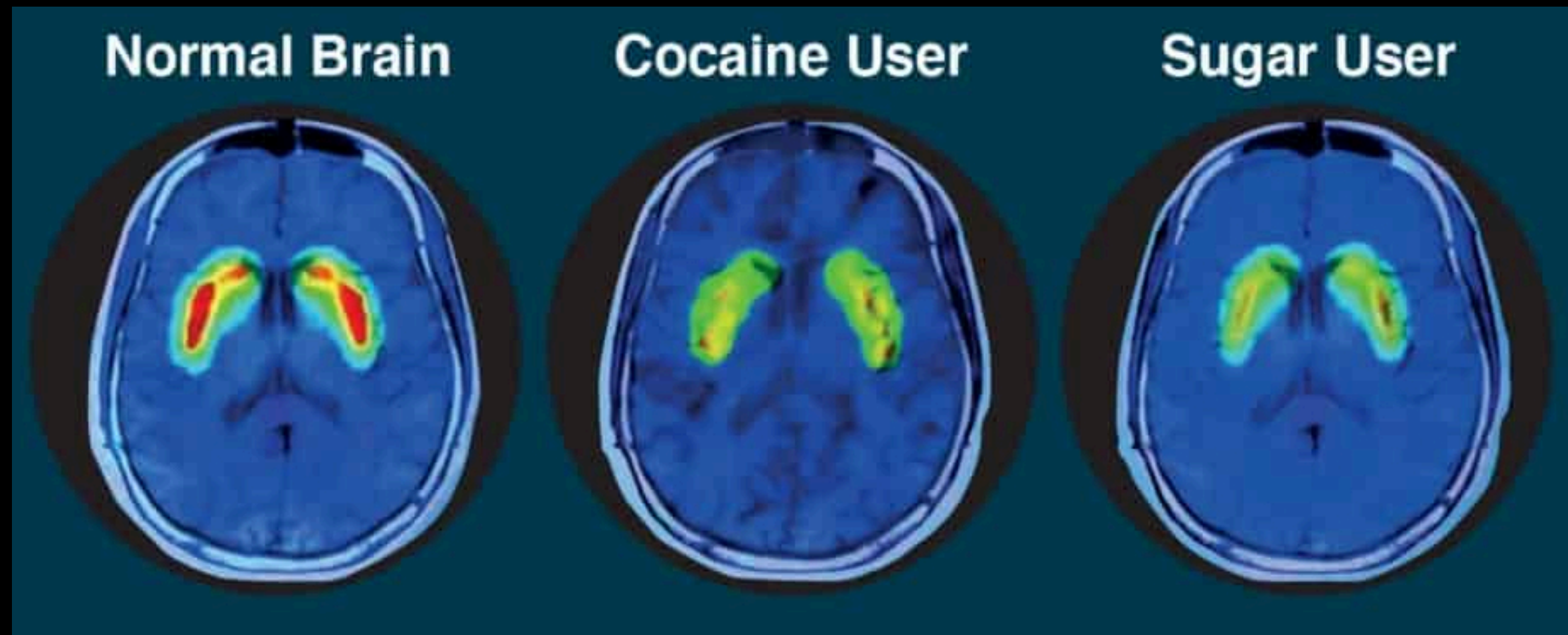
How much are  
your kids worth?

Market value?

Street value?



# HOW WE FUEL OUR ENGINE



- Highly processed sugar spikes dopamine.
- Rapid crash follows.
- That affects:
- Attention
- Mood regulation
- Impulse control
- Energy stability
- Repeated cycles reinforce craving behaviors.

**Sugar activates the same reward pathways in the brain as addictive drugs — and overstimulation can change behavior patterns.**

**The Brain Doesn't Distinguish Source —It Responds to Dopamine**

# THE MYTHS WE BELIEVE IN



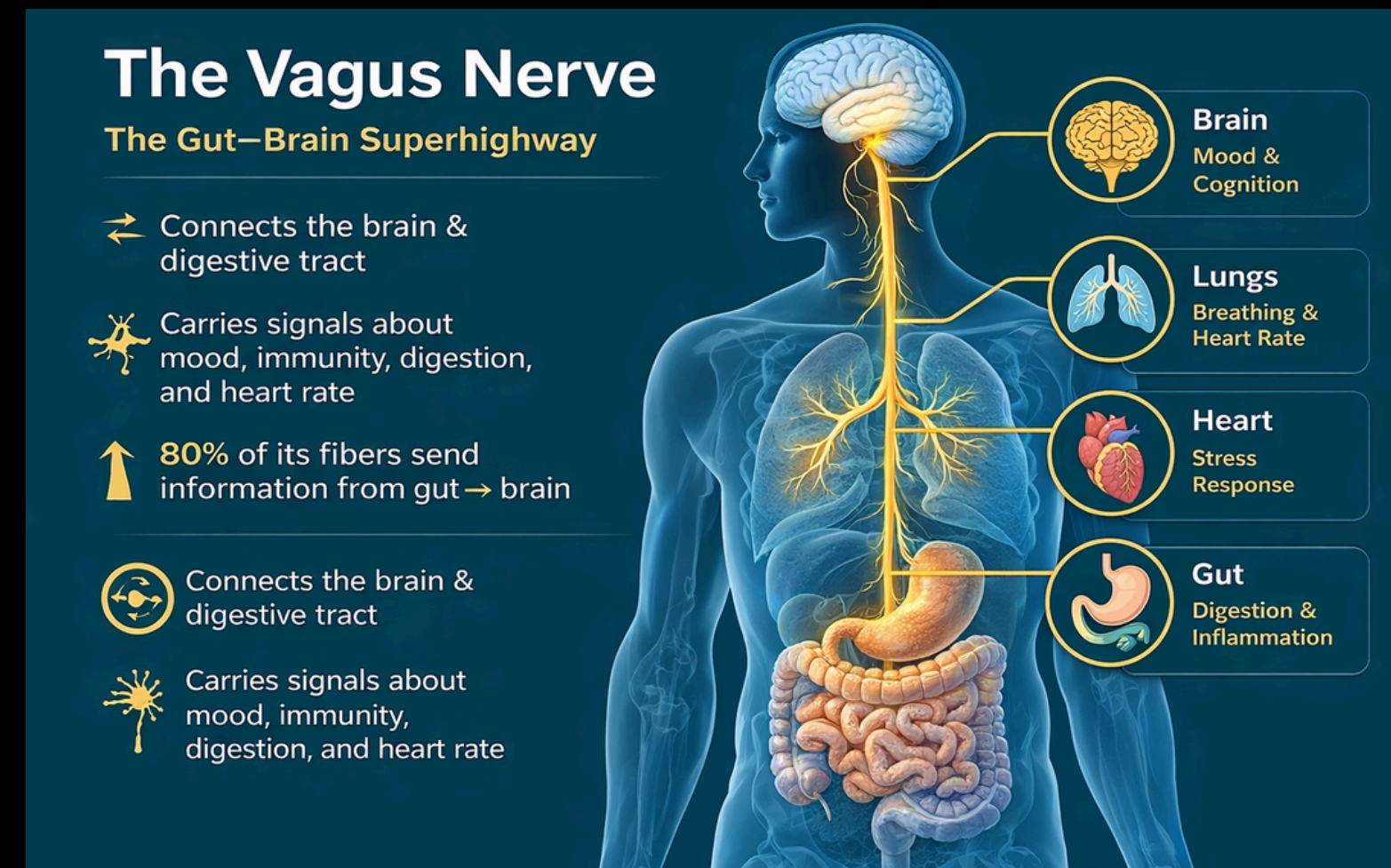
## The Vegan Hype

- The truth behind fad diet
- What was originally corn fed
- Where inflammation starts

Could it be that the gut is smarter than the brain?

## The Gut–Brain Superhighway

The vagus nerve- 80% of its fibers send signals FROM the gut TO the brain



Transmits information about inflammation

Responds to gut microbiome signals

Influences mood regulation

Impacts stress response

Affects digestion and motility

Modulates immune activity

When gut health is poor (inflammation, dysbiosis, chronic stress), vagal tone can decrease — which affects:

- Anxiety levels
- Mood stability
- Focus
- Sleep
- Emotional regulation

# HOW DO WE MINIMIZE INFLAMMATION?

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## Assessment:

1. Blood Type
2. Ancestry

## Goal Setting:

- Breakfast
- 8-10 ounces room temp water with lemon  
Cocoa Powder  
Beef Protein Isolate  
Blueberries  
Grass Fed Free Range Eggs  
Avacado  
Organic Sourdough

## Program Design:

- Gain range of motion
- Do something fun that has an intensity like when you were a kid running around at recess

## Implementation:

- My brain game-demonstrate
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# THE BACKGROUND CHECK OF HABITS

## Understanding the childhood of our parents

What were their goals & ambitions?  
Students homework assignment

## Incentives:

Have a discussion about what kids experienced and learned from communicating with their parents

## Engagement:

Now you have the buy in at the root



# MEASURING SUCCESS

## The Process

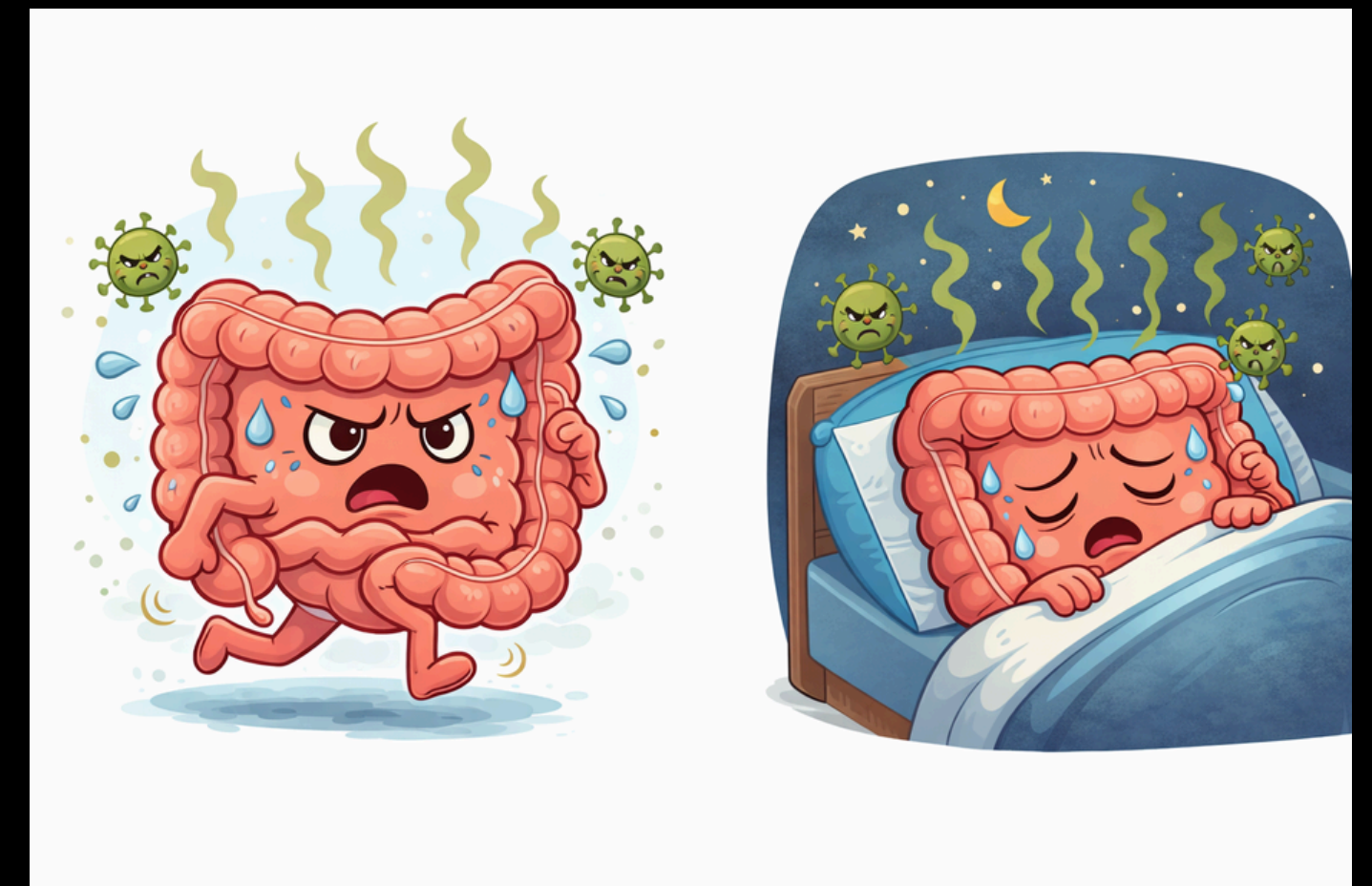
What are we as teachers, administrators, and educators doing to make changes to help set our students up for success?

## In School Changes

- School lunches/ snacks/ food accessibility
- Potentiation of teaching
- Setting up stress/ rest ratios during class

## Outside the Classroom Hobbies

- Afterschool activities
- Scavenger hunts with purpose
- Social Media/ Screen Time





# SUMMARY

How do you want to be remembered?

Where change starts & how it influences our students

Control the controllables with small changes

"From the dust of the earth we were formed... and to the dust of the earth we will return.. may the aroma of my soul live forever..." JO

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# Q & A



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