



7-DAY SENSORY HEALTH ACTIVATION

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Rule 1: Micronutrient Defense (Daily)

- ☐ Eat 5 different colors of whole foods daily
(leafy greens, reds, oranges, purples, whites)

Color diversity = broader vitamin, mineral, and antioxidant coverage that supports nerve and vascular health.

Rule 2: Hydration for Circulation

- ☐ Drink water consistently throughout the day.
Start your morning with one full glass.

Hydration supports blood flow to the eyes, ears, and brain.

Rule 3: Blood Pressure Awareness

- ☐ Check your blood pressure 2× this week.
Log the numbers if possible.

Healthy circulation supports sensory nerve health and balance.

Rule 4: Promote Sensory Circulation (Daily)

- ☐ Complete 30 minutes of movement
(walking, strength training, or mobility work).

Movement improves blood flow and supports balance systems.

Rule 5: Inflammation Reduction

- ☐ Eliminate one source of refined sugar per day (soda, candy, processed snacks).

Lower inflammation supports clearer signaling in sensory systems.

Rule 6: Protein for Nerve & Tissue Support

- ☐ Prioritize protein at 2 meals per day.

Protein supports nerve integrity, muscle strength, and balance confidence.

Rule 7: Sensory Awareness Check

- ☐ Pay attention to changes in:
 - Vision clarity
 - Hearing effort
 - Balance or dizziness

Early awareness leads to earlier support and better outcomes.

Vision, hearing, and balance work together. Protect them early.