

Wellness Specialist Certification Manual

Optimal Life System Instructor Training



health
happiness



We want to personally thank you for having the desire to embark on a Journey of Wellness. This adventure can make a positive difference in your life and others. As a Certified Wellness Specialist, you become a wellness professional helping to spread the benefits of healthy living throughout the world.

Creating a Healthier World

Certified Wellness Specialists empower people to function and feel their best by utilizing innovative concepts to enhance brain chemistry. People with a heightened sense of well-being are generally kinder and more compassionate and better able to positively influence the lives of others. May this course enrich your life and allow you to discover your health potential. Thank you for exploring the possibilities that your wellness has to offer!

To A Beautiful World Filled With Health and Possibilities!

Your allies in wellness,

STEVE and James A. Ferrel

Steven Ferrel aka Goodness Steve

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CONTENTS

Page 4

Introduction

Page 5

Nourishment of Body Systems

Page 18

Mental Mastery

Page 33

Nutrition: The Scientific Perspective

Page 67

Fitness Education

Page 76

Sleep and Rest

Page 85

Energy Frequencies and Other Important Factors

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INTRODUCTION

This course utilizes concepts that enhance health and wellness through optimal brain chemistry.

Brain Chemistry

The mind is constantly sending messages that determine how we function and feel.

When the message that says, "I am no longer hungry" is not received the body responds with increased hunger.

When the message that says produce more happiness-elevating hormones is not delivered an

individual finds them self depressed. These are only a few of the vast amount of miscommunications that can and do play havoc on health and happiness. Excess stress, poor nutrition, toxins, lack of rest, and unhealthy lifestyle habits interfere with healthy brain chemistry and our abilities to function at peak levels.

Message delivery and reception are greatly enhanced when these concepts are implemented, increasing our abilities to access healing energies elevating overall wellness.

This course promotes the following main principles in order to create optimal brain chemistry:

Important Elements For Creating Optimal Brain Chemistry

1. Feed the mind and body all their required nutrients from food and water. Without these essential nutrients, it is challenging for the mind and body to function properly.
2. Guide thought patterns in order to limit toxic thoughts. Patterns of negative thinking can impede wellness.
3. Stimulate healthy circulation with movement from play and exercise. Circulation is crucial to allow nutrients to enter cell membranes and to eliminate waste.
4. Adequate Rest.
5. Adequate Full Spectrum Light Exposure
6. Limit toxins in the air breathed, liquids drank, food consumed, and products placed on the skin. These are all pathways for unhealthy substances to enter our body and obstruct health.



7. Nurture Healthy Relationships
8. Security – Financial and Physical safety
9. Purposeful Living
10. Balance – Providing a Harmony between Rest and Activity
11. Present Moment Mindful Living
12. Nourishing The Mind, Body, And Spirit With Positive Mental Attitude

Through a synergistic blend of empowering strategies, this course emphasizes these major factors to help create an ideal environment for optimal brain chemistry.



NOURISHMENT OF BODY SYSTEMS

It is important that all of the amazing systems of our bodies are working correctly and in concert with one another, otherwise accessing healthy frequencies will be challenging. Their role in creating a unobstructed pathway for these frequencies is crucial.

When, through trauma, poor nutrition, degeneration, poor lifestyle, or any other cause, one of more functional systems loses their ability to contribute to their share of function, the rest of the cells in the body suffer. Extreme dysfunction leads to death, whereas moderate dysfunction leads to lack of wellness, sickness, or disease.

The Cell

There are so many different types of cells, such as osteoblasts, neurons, Kupffer cells in the liver, red and white blood cells, etc. Each cell is 75 to 80 percent water, where the chemical reactions of the cell take place. Cells also contain ions such as potassium, magnesium, phosphate, sulfate, bicarbonate, sodium, chloride and calcium. Ions are necessary for the operation of some of the cellular control mechanisms, and are constantly being exchanged between the intracellular fluid and the extracellular fluid.

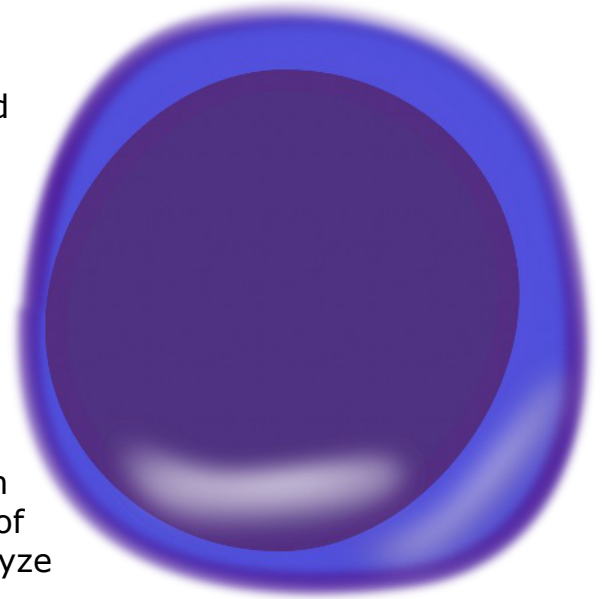
After water, protein is the most abundant substance in a cell. Some proteins serve as structural components of the cell. Other proteins serve as enzymes, which catalyze biochemical reactions.

Lipids are divided into many categories, but the most important ones to be aware of are phospholipids, cholesterol and triglycerides. Phospholipids make up the cell membranes. Cell membranes serve as a barrier to control what enters and leaves a cell, and are therefore crucial to maintaining homeostasis. Cholesterol is involved in cell structures, and also serves as the biochemical precursor to many of our hormones. Although cholesterol has gotten a bad reputation through media, it is essential to life.

One other distinction to be brought up regarding lipids is the aspect of "water soluble" versus "fat soluble." Substances that can dissolve in water, for the most part, cannot dissolve in fat, and vice versa. There are some exceptions; however, it becomes important when we talk about nutrition and environmental issues. As far as nutrition is concerned, there are certain vitamins that cannot be absorbed or stored in our body without the presence of fat, specifically vitamins A, D, E and K. Some nutritionists have swayed away from recommending "fat free" products or very low fat diets. Having too little fat in the diet has led to people becoming deficient in these vital nutrients. On the other hand, because our body stores vitamins A, D, E and K in fat, taking too much of them can cause toxicity and be harmful. Most other nutrients are strictly water soluble, and therefore can be stored in extracellular and intracellular fluids. When we take in more water-soluble vitamins than our body needs, the vitamins are processed through our kidneys and lost in our urine. There is generally no toxicity with taking too many water-soluble vitamins.

As far as environmental toxins, water soluble and fat soluble toxins are "detoxified" from the body in different ways, and it is often much harder to get the body to release those toxins stored in body fat. Getting the body to tap into stored body fat to release some of those toxins is the idea behind fasting diets.

Carbohydrates have little structural function, but contribute to a major source of our nutritional energy. Most cells do not store carbohydrate cells well, with the exception of liver cells and skeletal muscle cells. Most carbohydrate is in the form of dissolved glucose, and the storage form of carbohydrate is mostly glycogen, a polymer of glucose. When the amount of glucose dissolved in the fluids becomes low, the body can break down the glycogen into its smaller glucose molecules to be used as energy.



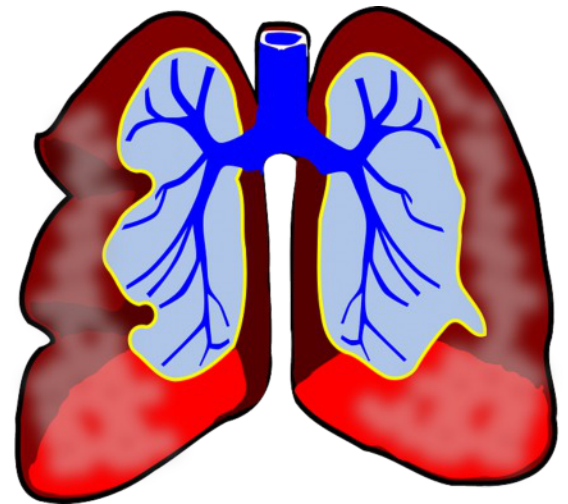
Within the cell are numerous other smaller structures which all have various roles. We will not get into those here, but if you have interest, any basic anatomy or physiology book has that information. Within each individual cell is DNA, which contains our genetic code. Each individual cell transcribes different parts of the genetic material to form substances needed for the cell to replicate itself and divide, giving "birth" to new cells. The DNA material gives both humans, as well as individual cells, their unique characteristics.

Cells are living things, and with anything living, there is eventually death. In order to maintain the health of the human body system as a whole, cells are continuously dying and being replaced by new cells formed by the replication process. It is when the DNA material is damaged, say through exposure to toxins or sun radiation, compounded by inadequate antioxidant intake to help control the damage, that cells can eventually become cancerous. We are all constantly producing cancer cells. Our body's immune systems are normally able to detect through cell-to-cell interactions these abnormal cancer cells, and destroy them immediately, before they replicate. If the body is unable to detect these abnormal cells because it is overburdened by defending itself from too many other harmful things, or lacks the rest and nutrition to function optimally, the cancer cells may continue to replicate, leading to tumors, and possible spread of cancer to other parts of the body.

Respiratory System

The respiratory system primary role is to absorb oxygen from the air and expel waste products of aerobic cellular respiration, water vapor and carbon dioxide. Breathing carries odors, which are detected by the olfactory bulbs in the nose, and transmitted via the olfactory nerve to the brain to be interpreted. The airflow of breathing, in conjunction with the larynx (voice-box) in our throats, allows us to create a vast range of sounds that allow humans to communicate with one another.

The diaphragm is a muscle which contracts to create more space and a lower pressure level within the chest and lungs. The higher air pressure in the atmosphere then rushes in to this expanded space to raise the air pressure again. Once the pressure inside the chest reaches a certain point, it triggers the diaphragm to relax, causing the chest to recoil to its original size, which puts pressure on the lungs to force the air back out into the atmosphere again.



Oxygen (and other gas) passes through the nose and/or mouth, into the trachea (windpipe), and moves down into the chest where it meets a bifurcation. At this bifurcation, the trachea splits into two main bronchi, the right bronchi and the left bronchi, which leads, respectively, to the right and left lungs. The bronchi further subdivide within the lungs into smaller wind tubing called bronchioles, which continue to branch and get smaller and smaller until they meet with tiny air sacks, called alveoli.

Blood passes through the entire body and eventually ends up back at the heart. Before the blood gets pumped back to the rest of the body, it goes through the lungs, where

the blood picks up oxygen in the alveoli. The alveoli have very thin walls so exchanges of gases and vapor occurs relatively easy here. The alveoli pick up the carbon dioxide and water vapor, and the same path the oxygen took to get the blood is traveled backwards as we exhale, and the carbon dioxide and water vapor are breathed out through the nose/mouth.

Since the walls of the tiny alveoli are so thin, our bodies secrete a substance called surfactant. Surfactant is a specialized liquid substance that decreases the amount of tension on the walls of the alveoli sacs. Without the surfactant, alveoli would explode or collapse. At about 35 weeks of pregnancy, (full term pregnancy is 40 weeks), the lungs of a fetus are "mature." This maturation refers to the ability of the fetus' lungs to secrete surfactant, so the baby can breathe on its own in the outside world, if it were born. Premature babies often have trouble breathing on their own because they do not have enough surfactant.

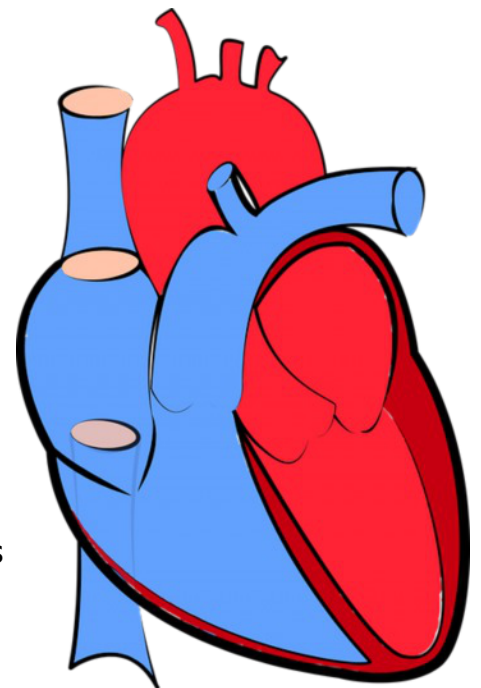
As we all know, breathing is mainly an automatic function: we don't need to think about it to be able to do it. We can voluntarily increase or decrease our rate or breathing to a certain point, but our brain can make us start breathing again (if we are holding our breath) or stop hyperventilating (if we are breathing in and out very rapidly), even if it means fainting first! The part of the brain that controls our rate of breathing is in the part of our brainstem called the medulla oblongata. The medulla oblongata is constantly sampling the carbon dioxide levels in the blood. When the carbon dioxide levels get too high, we start breathing faster. When carbon dioxide levels lower, the breathing rate slows.

Cardiovascular System

The heart and blood vessels are responsible for pumping oxygenated blood to all of

the cells in the body. The heart is a 4-chamber organ, and one can think of it as a square divided into 4 equal parts. The top two chambers are the atria, the two bottom chambers are the ventricles. The right atria receives deoxygenated blood returning to the heart from the body, and the left atria receives oxygenated blood returning to the heart from the lungs.

The heart possesses an innate electrical conduction system, which allows it be constantly beat on its own. The main control of heart rate is in the right atrium, and it is known as the Sinus Node. An electrical impulse is originated from the Sinus Node, and travels down through some conducting fibers, to another secondary electrical control area, the Atrioventricular Node. Both the atria contract together while this occurs. Then, the electrical impulse needs to go from the atria to the ventricles through the Atrioventricular Node and some other conducting fibers. When the impulse reaches the ventricles, the two ventricles contract together. The right ventricle receives deoxygenated blood from the right atria, and pumps it to the lungs to be oxygenated. The left ventricle receives oxygenated blood from the left atria, and pumps that blood out to the rest of the body. The Atria contracting create the "lub" and the ventricles



create the "dub" of the "lub-dub" sound that doctor's listen to through a stethoscope when they are listening to your heartbeat.

There are some brain/neural influences on the heart. The parasympathetic nervous system is activated when we are in a state of relaxation and slows heart rate, while the sympathetic nervous system is activated for the "fight or flight" response associated with stressful conditions, and it speeds up heart rate.

The circulatory system is made up of arteries, arterioles, capillaries, venules, and veins, and blood passes through those blood vessels in that order before returning to the heart again. The arteries, arterioles and capillaries carry oxygenated blood to each of our cells. The cells then use the oxygen to utilize carbohydrates, fats and proteins to create energy. The byproducts of this energy creation is carbon dioxide and water. The byproducts return to the now deoxygenated blood and are carried through the venules to the larger veins. All veins eventually connect back to either the Superior Vena Cava, or the Inferior Vena Cava, which are connected to and dump the deoxygenated blood back into the right atrium of the heart.

The Musculoskeletal System

Introduction to Basic Anatomy Terminology

When studying motions of limbs and actions of muscles, it is very important to understand what anatomical position means. All anatomical descriptions are expressed in relation to anatomical position to ensure that descriptions are not ambiguous. The anatomical position, regardless of the person's actual position, refers to the person as if they were standing erect with their head, eyes, and toes directed straight forward (anterior), their upper limbs by the sides with the palms facing forward, and the lower limbs together with the feet directed straight forward. Imagine a line cutting down the center of your forehead, nose, mouth, chest, etc, going all the way to the ground. This line will be referred to in these notes as the "midline."



Terms of relationship and comparison:

Anterior basically refers to the front or forward. When something is anterior to something else, it means it is closest to the front. The opposite of anterior is posterior, which refers to something that is closest to the backside of the body. Remember, all positions are talked about in terms of how they would relate if a person were standing in anatomical position. For example, the palms of the hand are anterior to the backside of the hand, and vice versa.

Medial is a term used to describe a part of the body that is closer to the midline, while lateral means further from the midline.

Superior means "above", or closer to the vertex (top) of the head. Inferior refers to a body structure that is nearer the soles of the feet.

Terms of Movement:

Flexion indicates bending or decreasing the angle between the bones or parts of the body. Dorsiflexion indicates flexion of the ankle joint, while plantar flexion refers to "pointing" the toes or foot. One easy way to differentiate dorsiflexion from plantar flexion is that "point" and "plantar" both begin with "P."

Extension indicates straightening or increasing the angle between the bones or parts of the body. Extension past what is considered the normal range of motion for a particular joint is called hyperextension, and can cause injury to the joint. "Whiplash" is an example of this movement.

Abduction refers to moving away from the midline of the body (ie, moving an arm away from the side of the body). Abduction is often confused with Adduction, which refers to movements that bring the limbs from away from the side of the body, back towards the side of the body. Movement away from the midline while keeping your limbs in line with the rest of your body is Abduction. When someone is abducted, they are taken away, just as in the motion of abduction. When they someone is brought back, they are added back to their original spot, as in adduction. These same movements can describe finger and toe movements as well. When the fingers are spread apart in a fan-like fashion, they are abducted. When the fingers are brought back together, so that the fingers are side-by-side touching, it is adduction.

Rotation refers to turning or revolving a part of the body around its longitudinal axis, as in turning ones head to the side. Medial rotation refers to moving the front-most part of the limb and turning it in to face the midline of the body (ie, moving from a position where palms face forward to palms being turned in to rest against the outside of the thighs.) Lateral rotation refers to moving the front-most part of a limb and having it face away from the midline of the body (exact opposite of medial rotation.)

Circumlocution is a circular movement which involves a combination of flexion, extension, abduction and adduction. In this motion, the distal (far end) of a limb ends up moving in a circle. This motion can be done at the shoulder and hip joints.

Elevation raises or moves a part superiorly, as in elevating the shoulders when shrugging. Depression lowers or moves a part inferiorly, as in depressing the shoulders when standing at ease. Eversion is a motion that turns the sole of the foot away from the midline (turning the sole laterally), while inversion is a motion that turns the sole of the foot toward the midline (turning the sole medially.)

The Skeletal System

The skeleton is composed of bones and cartilages. Bone is a living tissue that is constantly being built up and broken down. Bones protect important organs and structures in our body, provide support so we can live with gravity, allow for muscle attachments as the mechanical basis of movement, store salts such as Magnesium and Calcium, and bone marrow provides a continuous supply of new blood cells.

When children are bones, their bones are immature. They are made up mostly of cartilage. Over time they turn into mature bone, or ossify. Ossification is not complete until a person is 20 years old.

Cartilage is a form of connective tissue. It forms the part of the skeleton where motion occurs. It also has no blood supply, so it obtains its oxygen and nutrients by diffusion. The younger a person is the more of their skeleton that is made up of cartilage. As a person ages, the amount of cartilage lessens so that all that is left is a "growth plate" at the ends of each of the long bones in the limbs. One puberty has passed, even this portion of the bone is ossified.

There are two types of bone, depending on the relative amount of solid matter and number and size of the spaces they contain. The two types are compact (few spaces) and spongy (many spaces). All bones have a layer of compact around a central portion of spongy bone. Some adult bones replace the spongy bone with a marrow cavity. Within the bone marrow is where the new red blood cells and platelets are formed. The compact bone (also referred to as the body or shaft) is where the attachment of muscles and ligaments are.

Bones are classified according to their shape. Long bones are tubular, while short bones are cuboidal and are only found in the wrists and ankles. Flat bones usually protect other structures (ie, skull bones), and irregular bones have various shapes other than long, short, or flat. The knee cap (patella) is a special type of bone called sesamoid. Sesamoid bones develop within certain tendons. Bones have various markings and formations, but we won't get in to detail about those here. Markings appear on bones wherever tendons, ligaments and fascia attach. Other formations relate to joints and the passage of tendons.

The head, neck and trunk form the axial skeletal system, while the limbs form the appendicular skeletal system.

Arteries enter bones from the periosteum. The periosteum is the fibrous connective tissue membrane that surrounds all bones. The arteries provide nourishment of the compact bone. If the arteries are removed, the bone consequently dies. Near the center of the bone is a nutrient artery which supplies the spongy bone and the marrow. Veins accompany the arteries. Veins often leave the bones through the ends of the bones where they articulate, or form a joint with, another bone. There are nerves with accompany the blood vessels as well. These nerves serve a sensory function, as they carry a lot of pain fibers. They also assist the blood vessels in dilating and constricting to help regulate blood flow through the bone marrow.

Joints are the place of union between two or more bones or parts of bones. Some joints have no movement, while others allow only slight movement, and some are freely moveable, such as the shoulder joint.

There are three types of joints categorized by the type of material by which the uniting bones are held together. Synovial joints are united by an articular capsule (cartilage), which covers the bearing surfaces of the bones. There is a joint cavity (space) that contains synovial fluid. An example of a synovial joint is the knee. The bones are separated by the joint cavity, but are joined by an articular capsule-a fibrous capsule lined with synovial membrane. Subcategories of synovial joints are: plane joints (ie, the acromioclavicular joint), hinge joints (ie, the elbow joint), saddle joints (ie, thumb joint), condyloid joints (ie, knuckle joints), ball and socket joints (ie, hip joint), and pivot joints (ie joint between C1 and C2 vertebrae in the neck).

Fibrous joints are united by fibrous tissue. The amount of movement allowed in these joints depends on the length of the fibers joining the bones. In the skull, sutures are examples of fibrous joints.

Cartilaginous joints are joined by hyaline cartilage. These joints commonly provide strength and shock absorption and great flexibility. Examples are the vertebral column (spine).

Joints receive blood from articular arteries that arise from blood vessels found around the joint. They form a network inside the joint to ensure that blood supply continues to all the tissue in the joint regardless of what position it is in. Joints have a rich nerve supply not only to control movement, but to provide self-awareness feedback to the brain as to the position of the joint, and pain and temperature sensations as well.

Muscular System

Muscle cells, or muscle fibers, produce contractions that move body parts, even internal organs. Muscle cells are bundled together with connective tissue, capillaries and nerve fibers into larger units, called fascicles. The larger fascicle units are grouped together in to even larger units-muscle themselves. Muscles provide the body with heat energy. There are three types of muscle tissue: skeletal, cardiac and smooth. There are many microscopic and physiological differences between the types of muscle.

Skeletal muscle moves bones and other structures (ie, the eyes). Cardiac muscle forms the walls of the heart and the part of the aorta closest to the heart. Smooth muscle is found in many of our blood vessels and forms the walls of most hollow organs, and moves substances throughout the digestive system and intestines.

Skeletal Muscle

Most of skeletal muscle attaches to bones, organs or mucous membrane. The attachments can be direct, or indirect through tendons, to bones, cartilages, ligaments, or fascia, or some combination of these structures. When a muscle contracts, it shortens. One of its attachments usually remains in place (origin) while the other attachment moves (insertion). However, some muscles can act in both directions under different circumstances. Skeletal muscles always produce movements by shortening. They pull, and never push. Skeletal muscle is also referred to as Voluntary Muscle because its actions are under our conscious, voluntary control. It is striated or stripped in appearance.

The fleshy part of a skeletal muscle is the muscle belly. Some muscles are fleshy throughout and have tendons that attach to the bones. When measuring the length of a muscle, the tendons are included in the measurement. The measurement is the distance between its bony attachments.

Most muscles are named on their function or bones to which they are attached. Some muscles are named on the basis of their position (medial, lateral, anterior, posterior) or length (brevis=short, longus=long), while others are named by their shape.

The Structural Unit of a muscle is a muscle fiber. The Functional Unit of a muscle is the Motor Unit. A Motor Unit consists of a motor neuron and the muscle fibers it controls. One motor neuron can attach to one or several hundred muscle fibers. The more muscle

fibers a motor neuron attaches to, the larger the motor unit. Smaller motor units are involved in fine movements, such as in the hand for hand writing and typing, and in the eye for eye movements. Large motor units are found in the large trunk and thigh muscles.

Movement results from activation of an increasing number of motor units. Muscles are categorized by their role in any particular movement. The prime mover or agonist is the main muscle activated whose contraction causes a specific movement. An antagonist are the muscles that oppose the action of the prime movers/agonists. Their role is to relax to provide smooth movement. If they did not relax, all of our movements would be jerking and flailing! Synergists prevent movement of the intervening joint when a prime mover passes over more than one joint. They compliment the action of the prime movers. Fixators steady the parts of the limbs closet to where the limbs attach to the body so that the movement only occurs further down the limb. The same muscle can act as either a prime mover, antagonist, synergist or fixator depending on the movement.

Cardiac Muscle

Cardiac muscle forms the muscular wall of the heart, and is also found in small portions in the aorta, pulmonary vein, and superior vena cava. Cardiac muscle is not under conscious, voluntary control, and is therefore termed involuntary muscle. Cardiac muscle has the same general pattern of striation as skeletal muscles, but they have special end-to-end junctions, called intercalated discs, Intercalated discs are unique to cardiac cells.

Smooth Muscle

Smooth muscle was named such because it is lacking in striations or stripes. Smooth muscle forms the walls of most blood vessels and the muscular part of the digestive tract. Smooth muscle is also found in skin, and is responsible for giving us "goose bumps" and making our hair stand on end when we are cold. Smooth muscle also controls the thickness of our pupils in our eyes. Smooth muscle like cardiac muscle in that it is involuntary. Smooth muscle can undergo partial contractions for extended periods of time-it is very difficult to "tire out" smooth muscle.

Digestive System

The digestive system breaks down and absorbs the nutrients necessary for growth and maintenance. Digestion takes place in a series of hollow organs joined into a long and twisting tube of over 25 feet. Starting from the region of the mouth, pharynx (throat), esophagus (gullet), stomach, ileum, colon (small and large intestines), rectum, and ending with the anus. Digestion is important because it breaks food and drinks down into smaller molecules of nutrients that can be absorbed into the blood and carried to cells throughout the body.

The Major Players

We utilize proteins for construction and repair, while carbohydrates are fuel for the body's functions and fats are for both building and fueling. The body also requires vitamins that are vital for development and minerals required for most of the body's functions.

The journey of breaking foods into their component substances begins in the mouth with enzymes from saliva, and travels through the digestive tract. Proteins are broken down into amino acids, carbohydrates into glucose and fats into fatty acids. They are used for metabolic processes, building new tissue and fueling the body. The liver and tissues store the excess and waste products are excreted through the kidneys.

Swallowing is a series of reflexes and guides the food to the next stage of the digestive tract bypassing the entrance to the trachea (windpipe).

The gut from the esophagus to the rectum makes snakelike writhing motions called peristalsis that move the food through the system. Reverse peristalsis is called vomiting and this is the digestive systems way of ridding it from bad food, poisons, and excessive food.

The esophageal sphincter is an important muscle that keeps the powerful acids from the next section of the stomach from getting into other areas of the digestive system. A thick layer of mucus surrounded by a layer of cells protects the stomach from digesting itself. If there is too much acid, there can be minor damage to the walls causing ulcers.

The stomach plays an important role in digestion. It stores food and feeds the lower intestine, it mixes and pulverizes food into a slushy mass called chime, and it kills many of the germs in contaminated foods.

The small intestine has three sections, the duodenum, the jejunum, and the ileum, Most of the absorption of nutrients occurs in the small intestine. Here enzymes are very busy breaking down the slushy chime. Pancreatic enzymes trypsin and chymotrypsin tear apart proteins until they are only a few amino acids long. Amylase attacks carbohydrates turning them into sugar molecules and lipase enzymes with the help of bile transform fats into fatty acids.

Villi are like sponges that absorb nutrients from the foods and send them into the blood stream.

Mesentery holds the intestines in place, provides a blood supply, and supports a vast network of blood and lymph vessels that transport absorbed nutrients away from the intestines.

The liver is an amazing organ. It cleanses the blood, deactivates hormones and drugs and plays important roles in protein, carbohydrate and fat metabolism.

The last area of the gut is the anal canal. This region has two sphincters the internal and external. The internal sphincter is generally in a contracted position to stop leakage of fecal matter in through the anus. And the external sphincter which has a lot of voluntary nervous control allowing defecation to take place at appropriate times. Nerve impulses from the accumulation of feces create the desire to empty the bowels.

A diet should contain not only digestible foods, but also indigestible material (fiber), such as cellulose in plants to maintain a healthy digestive system.

The Endocrine System

The endocrine system is a complex system of tissues and interrelated organs that work together for normal functioning. This highly organized system regulates with

physiological processes such as development, growth, digestion, and reproduction that take place without conscious intervention.

Over thirty highly intelligent chemical messengers called hormones help to monitor and control the endocrine system. Hormones are the body's liquid communication system and travel throughout the body within the bloodstream and other tissues. "Excite" or to "Spur on" is the meaning of "Hormone" and that is what they do. They stimulate reactions within the body. When they reach their destination, they trigger the appropriate reactions. These hormones are controlled by a delicate feedback system that reduces or increases their levels to maintain a stable state.

The majority of hormones are made of proteins and manufactured in endocrine glands located in various areas throughout the body. They are classified in three different groups depending on their build. Steroids, peptides, and amines are the three classifications of hormones.

The pituitary gland is located at the base of the brain and is the master gland that controls most of the other endocrine glands. The pituitary gland works with the hypothalamus and provides a connection between the brain, nervous system and the endocrine system. The brain monitors the levels of hormones and sends out signals to the hypothalamus to modify the pituitary activity.

The thyroid that is located in the neck produces hormones that control metabolism, food breakdown, energy conversion, and the disposal of wastes in the body. The parathyroid glands are attached to the back of the thyroid and control the body's levels of calcium and phosphorus for strong bones and teeth.

At the top of the kidneys are the adrenal glands. These glands control the fight or flight response shooting out the hormone adrenaline when it perceives a dangerous situation as well managing glucose metabolism and mineral and fluid balances of the body.

The pancreas is behind the liver in the back of the abdomen. This organ creates insulin to regulate blood glucose and generates glucagon, and digestive enzymes.

The gonads are external in males (testicals) and internal in females (ovaries). Both males and females create testosterone, estrogens, androsterone, and progesterone. Testosterone and androsterone is more predominant in males whereas estrogen and progesterone are the predominant sex hormones in females.

The Nervous System

The nervous system's major job is to continually monitor and maintain a constant internal environment, as well as monitor and respond to the external environment. The nervous system works in conjunction with the endocrine system to accomplish these functions.

The nervous system receives input from internal and external environments, integrates the input, and then produces a response to those stimuli.

Sensory Input receptors sense changes in the internal and external environments. Sensory input has many forms, including taste, sounds, smell, light, vision, pressure,

sharp and dull sensations, blood pH, and hormonal changes. The receptors convert the input to a signal that is sent via nerves to the spinal cord, and possibly the brain.

As the sensory centers of the brain or spinal cord receive a barrage of sensory input, integrates it, and then produces some kind of response, or action, whether it be a movement, a change in heart rate or breathing rate, a release of hormones or neurotransmitters, etc.

The nervous system is divided into two divisions: Central and Peripheral. The Central Nervous System (CNS) consists of the Brain and the Spinal cord, while the Peripheral

Nervous System (PNS) is all the nerves (bundles of neurons) that lie outside the brain and spinal cord. The CNS and PNS are linked and function together to control the environments through a series of positive feedback and negative feedback loops to control nearly every organ in the body. The CNS is composed of the brain and the spinal cord.

The brain is surrounded by 28 skull bones and the spine is protected by numerous vertebrae. Between the spine and the bones are three layers of tissues-dura, arachnoid and pia mater. Cerebrospinal fluid infiltrates the spaces between these layers of tissue. The PNS contains only nerves and connects the brain and spinal cord to the rest of the body.



Each nerve of the PNS contains an axon and dendrites, which are surrounded by a myelin sheath. Myelin is a specialized fat and serves as a way for impulses to be conducted in a very rapid manner. Cranial nerves take impulses to and from the brain, while Spinal Nerves take impulses to and from the spinal cord, providing insulation and protection.

The brain is composed of three parts: the cerebrum, the cerebellum, and the medulla oblongata. Each area of the brain is responsible for different functions, and it is extremely complex, and will not be covered here.

The major portions of the outer part of the brain, the cerebral cortex are the frontal lobes (closest to the forehead), the temporal lobes (above the ears) , the central sulcus and the primary somatosensory cortex (both near the vertex of the head), the parietal lobes (upper back part of the brain) and the occipital lobes (back lower-most part of the head). Most people are believed to have their language and speech on the left hemisphere of their brain. Most of our vitals (breathing, blood pressure, etc) are controlled in the medulla oblongata in the brainstem, located between the spinal cord and the cerebellum.

The spinal cord links the brain to the rest of the body. It is composed mostly of cell bodies and dendrites (gray matter). The remainder of the spine is interneuronal axons/tracts (white matter.) Some tracts carry ascending messages to the brain

(afferent), while other tracts carry descending messages from the brain to the body (efferent).

There are two subdivisions of the Peripheral Nervous System: the Autonomic Nervous System (ANS), and the Somatic Nervous System (SNS). In addition to the subdivisions, there are two major components of the PNS. There is sensory (afferent) portion that provides input from the body to the CNS, and a motor (efferent) component that carries signals away from the CNS to muscles and glands (effectors.) Most of the sensory input that is carried to the CNS is subconscious: it never contributes to our conscious perception of our external environment.

The SNS includes all nerves controlling the muscular system and external sensory receptors. External sense organs include the skin. Muscle fibers and glands are effectors. SNS neurons reach their targets directly. This is different from motor neurons (those neurons that activate muscle movement), which connect to a secondary neuron to reach their target.

The reflex arc is an automatic, involuntary reaction to a stimulus, such as when the doctor taps your knee with a rubber hammer, they are testing your knee-jerk reflex arc. Other examples of reflexes are eye blinking, withdrawing a hand from a hot iron, and the mechanism by which we maintain balance.

The ANS is the part of the PNS that contains neurons and controls internal organs. It, too, has two subdivisions: the sympathetic nervous system, and the parasympathetic nervous system. The ANS controls the heart, the smooth muscle in our internal organs such as our digestive system, the bladder, and the uterus. The sympathetic nervous system is responsible for the "fight or flight" response, speeding up heart rate, and moving blood to muscles. The parasympathetic nervous system acts in opposition (has the opposite effect) to the sympathetic nervous system. The parasympathetic nervous system slows heart rate, moves blood from muscles and moves it back to the organs and the digestive system.

Neurotransmitters are the chemical means by which one neuron "talks" or sends its signal or message to another. Some neurotransmitters are related to sensations of pleasure, such as dopamine. Endorphins are natural opiates which produce elation and reduction of pain (exogenous would be morphine from poppy seed.) Drugs that are used to treat such conditions as anxiety, depression, seizures, bipolar disorder, etc are designed to either suppress or enhance neurotransmitters. On the other hand there are neurological diseases associated with neurotransmitter imbalance. Such diseases are Parkinson's disease (dopamine deficiency) and Huntington's disease (malfunctioning of "inhibitory" neurotransmitters).

Examples of drugs that affect neurotransmitters are cocaine, which interferes with dopamine, keeping it available at the receptors so they are always sensing pleasure. Alcohol causes a euphoric "high" followed by a depression. Heroin is a derivative of morphine, which in turn is a derivative of milky secretions obtained from the opium poppy. It is physically addictive and use can inhibit endogenous endorphin production, Withdrawal from heroin can be deadly, if an addict decides to quit because pleasure is no longer obtainable (which is inevitable with habitual use.) Withdrawal or deciding not to continue taking any type of drug which affects the nervous system should always be under the supervision of a physician.



MENTAL MASTERY

Thoughts are energy frequencies that shape our world. Mental mastery cultivates the ability to guide thought patterns in healthy directions. The more a person consciously participates in the creation of their thoughts the greater control they have over their reality.

Science has clearly shown that high levels of mental stress hinder brain chemistry and immune function causing a wide variety of ailments. Mental mastery can dramatically reduce stress levels and invigorate mental capacities.

The healthiest nutrients available in Mental Mastery are those created through empowering thoughts. These vibrant pulses of positivity produce healthy chemicals such as endorphins that dance throughout the body increasing the strength of the immune system and feelings of well-being.

When people interpret thoughts in a negative manner, they generate unhealthy chemicals that act as venom within the body. Many times these thought processes become habitual mental patterns that create a cascade of toxins that repeatedly infiltrate the cells of the body and block the doorways of wellness.

When a person effectively assimilates healthy mental nutrients and limits their emotional toxic processes, they facilitate effective brain chemistry, empowering their immune

system, and increase levels of well-being. Another wonderful benefit of mental mastery is the ability to respond to situations in a more empowering manner.

The Power of the Mind and Its Connection to the Body

There is a direct connection between the mind and body. Throughout the body there are nerves and wherever these nerves are there is potential for mind interaction. Just by imagining the act of biting into a lemon, people can initiate a physiological and emotional response, an increase in saliva and a bitter imagined taste. They experience these reactions without tasting the fruit.

In research for new drugs, researchers utilize a stimulus called a placebo. Many times the test subjects ailment vanishes because of a belief that the placebo is really medicine when in actuality it is an inert substance such as sugar. This "placebo effect" is factored into drug research because the mind plays such an important role in determining the rate at which an individual will heal and the outcome of an illness.

Some interesting studies reveal fascinating mental powers. One of these studies included Japanese students who were highly allergic to poison ivy. They took a harmless leaf and rubbed it on one of the arms telling the students that it was poison ivy and 100% of the students broke out in a rash, and then they took real poison ivy and said that it was a harmless leaf and only 15% students developed a rash at the site. There are literally thousands of studies demonstrating the power of the mind. The key is harnessing this power and utilizing it for effective living and happiness.

People are just as happy as they make up their minds to be.

Abraham Lincoln

The Happiness Set Point

The experience of happiness generally varies from day to day. However, it usually gravitates between a certain level of joy and unhappiness. If a person wins the lottery a few years afterward, they will most likely be experiencing roughly the same highs and lows. People who are generally happy and optimistic gravitate toward left frontal cortex activity in the brain. Research shows that certain mental exercises enable individuals to enhance activity in the left frontal cortex thereby increasing the happiness set point. Those who implement the techniques provided in this course on a regular basis should experience an increase in their well being set point.

Happiness is an inside job.

William A. Ward

Genetics

Genetics play a role in determining a happiness set point. However, where a person decides to reside in that range is up to them. If a person inherits a house from their parents, they can either live in the dark and gloomy basement...



or move up to the second story with fresher air, brighter light, and a glorious scenic view.

A Key to a Happier Life is Building and Strengthening Mental Pathways with Repetition of Empowering Thought Patterns.

The last few years have greatly transformed the way scientists see the mind. Now they can examine the brain at 1/1000th the slice of human hair and observe the action on millions of pathways. The more scientists learn about the mind the more they realize that learned habitual mental patterns are more important than genetics in determining happiness.

They observe neurons that are constantly constructing new mental patterns through their activity. They have found the more frequently neurons travel down a certain route the easier and more efficient it is for those neurons to travel that route again. It is as if the route becomes stronger and more desirable with each use. Brain plasticity is the term used for the growth of neural pathways. Regardless of the age of a brain it has the ability to grow neural networks when activated.

If a person actively trains their mind to respond a certain way to a particular situation it may be challenging for them at first to respond with that preferred behavior. However, the more frequently that particular pathway is implemented, the easier it will be for mental messages to travel that route. With repeated use desired behaviors can eventually become effortless. This is why it takes extra effort to break a habit pattern.

A habit pattern is essentially a more efficient mental route that has grown that way from repeated utilization and an association to some form of pleasure. It is easier to go to a place that you have been before than somewhere that you have never been to. With the effective implementation of certain mental exercises, we can essentially re-wire the brain creating new empowering mental patterns.

We can consciously pave better mental pathways that create well-being responses by repeatedly utilizing empowering thought patterns. Dynamic routes that neurons can easily access replacing the old habitual ones that created suffering and discontent. The new autonomic mental habitual patterns activate nourishing chemicals in the brain that will enhance life.

Building A Better Brain

The more a brain is worked the stronger and more efficient those intellectual muscles become. Whenever an area of the brain is engaged that region immediately starts developing new neural networks. It is as if the muscles in that area are getting larger with each workout session. With conditioning, they become stronger and better able to handle tasks assigned to their area. People who are gifted in certain talents are shown to have denser areas of the brain in the regions that are most needed for the particular talent. The more a particular activity is done the thicker and brighter that area of the brain becomes. A brain essentially builds muscle in the areas that it is guided to focus.

Question: How does a person develop a certain area of the brain?

Answer: With guided focus and regular mental practice.

If a person wishes to build the neural pathways in the area of the brain that enhance their ability to hit a baseball they can accomplish this by simply engaging in daily batting practice sessions.

Those who would like to become more relaxed and peaceful in life can do so with the implementation of activities that work the muscles of the brain that calm the body. For example, if a person is experiencing anxiety they would most likely wish to develop the areas of the brain for relaxation. Regular meditative activities are extremely beneficial in this situation. With daily practice, they would soon find their anxiety lessened and their ability to achieve a relaxed state enhanced. This simple approach works wonders for any ability we would like to enhance. With guided focus and regular mental practice, a person can transform their brain and create new possibilities.

Where Many People Experience Challenges

The Fight or Flight Response and Pain and Pleasure Associations

A major factor that hinders the ability to create healthy neural networks and to manufacture nurturing mental chemicals is a reaction to fear called the fight or flight response. The Fight or Flight response is a genetic response designed to keep life from harm. It creates a chemical reaction within the body that produces an ideal physiological environment for escaping danger or fighting at a heightened intensity to best ensure survival. Most have heard stories of people doing heroic deeds such as lifting a car to save a trapped family member. This is the Fight or flight response utilized in an

empowered manner. During a fire, for example, a fight or flight response shuts off non-essential functions such as fighting off an infection and redirects those resources toward survival. After the response, the individual feels exhausted because of the enormous energy expended through the intense reaction. This chemistry is helpful when your life is at risk, however, when it is not a safety situation it can cause adverse effects to our mental and physical health with repeated activation.

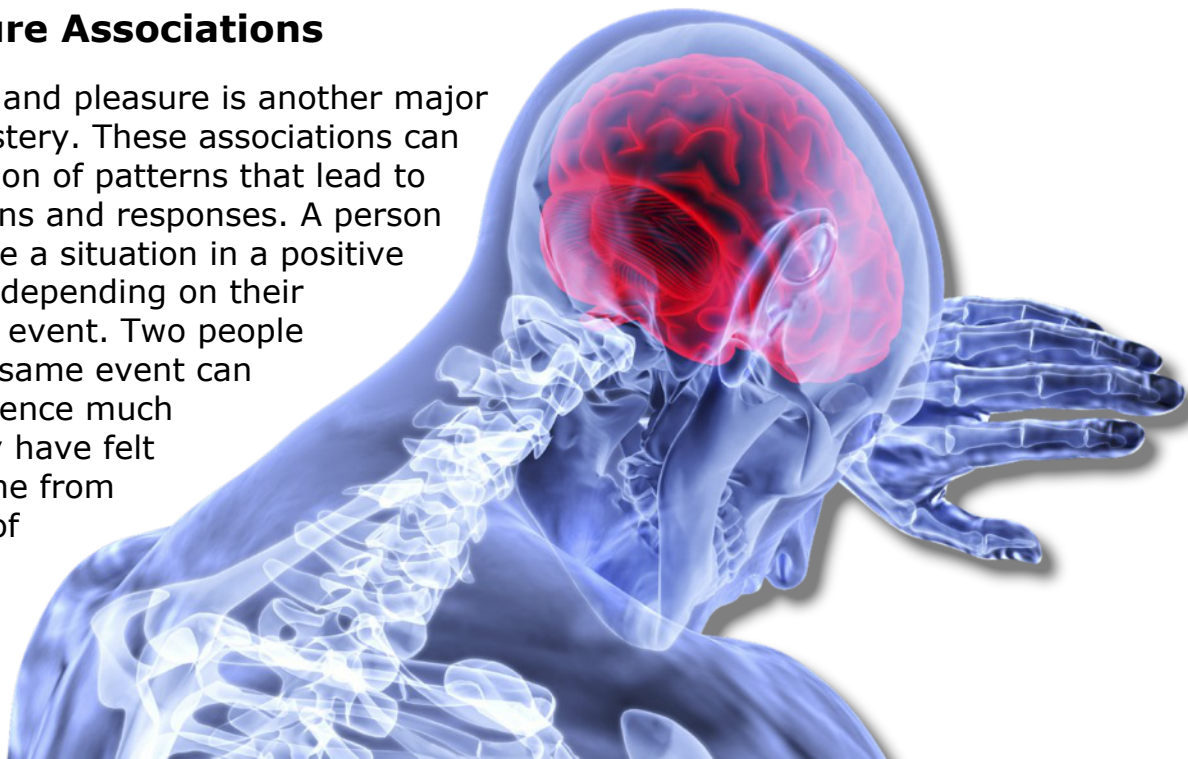
One may review a challenging situation and wonder how they could have reacted in such an inappropriate manner. Reflecting on the mechanics of the mental process, we begin to understand the debilitating response. It was initiated by interpreting the situation as dangerous, which immediately catapulted the mind into a state with a compromised capacity for social reasoning. Instead of oxygen, blood, and chemicals going toward thinking rationally, these resources were utilized to encourage the nervous system to fight or flee. It was a combination of negative chemicals released and potential power diverted to functions of survival rather than calm mental reasoning. A person misinterprets something that another said as dangerous and almost immediately the person experiences a racing heart, and a flood of volatile emotions. This state they experience can quickly create a negative response such as attacking someone verbally or physically.

A very important element in this program is to eliminate fear were it is limiting. The ability to respond in social situations where there is no physical danger can be referred to as impulse control. An individual who lacks strong impulse control will most likely find themselves in many challenging circumstances because they will respond to many interactions with a fight or flight response mind-set. It is advantageous for the fight or flight response to remain dormant unless it is a safety issue. The ability to recognize situations for what they are and responding to them appropriately are cultivated with mental mastery.

The fight or flight response is activated by a trigger, a stimulus that people associate with pain.

Pain and Pleasure Associations

Associations to pain and pleasure is another major factor in mental mastery. These associations can set off a chain reaction of patterns that lead to inferior interpretations and responses. A person can either experience a situation in a positive or negative manner depending on their interpretation of the event. Two people who experience the same event can interpret that occurrence much differently. One may have felt joy another heartache from their interpretation of the event and what they associate to pain and pleasure.



The nervous system and habitual mental patterns become conditioned by what a person would like to avoid because it gives them some form of pain and what they would like to experience because it gives them some form of pleasure. Over time, these conditionings influence interpretations of situations and develop reactive patterns with corresponding emotions. Some may even experience conflicting associations that cause challenges. A person could hope to be in a serious loving relationship, but at the same moment fear the connection because of the possibility of experiencing hurt. This scenario can make a serious relationship a challenge to nourish.

It is also important to be aware of the triggers that activate responses. People attach triggers to what they associate to a painful or pleasurable experience. Even a mannerism such as an eyebrow raise could trigger unease from a painful past experience. For example, if a person we felt was the source of intense pain from a hurtful event raised an eyebrow in a certain way during the event, we may associate the eyebrow raise to pain. If a future mate frequently did a similar facial expression, it may cause unease because of the negative association with the eyebrow raise. The eyebrow raise became a trigger that subconsciously activates a negative response. Frequently people associate pain to things that they necessarily should not which could sabotage happiness. Awareness of triggers diffuses their power. It helps to identify triggers for negative associations and to effectively utilize strategies for when they occur. When people create conditioned mental habitual patterns dependent on negative associations, control diminishes and they will find them self reacting rather than directing their lives.

Directing As Opposed To Reacting To Life

"Peanut butter and jelly again..."

Peanut butter and jelly again..."

Peanut butter and jelly again!"

This is a story about choices, during lunch breaks at work Tom would open up his lunch bag and repeatedly yell out, "Peanut butter and jelly again!" Finally, after a few weeks of this behavior, a co-worker came up to Tom and asked why he didn't have his wife make him something else for lunch. Tom answered back to her question,

"I make my own lunch!"

Shocked by this statement the co worker asked Tom if there was anything else at home that he could use to make a different, more appealing lunch for him and he said, "sure, but I don't know how to make anything else."

No matter how silly this seems. Many experience a similar pattern with their lives. They entertain a similar process with their thought patterns. They implement the same mental patterns and somehow expect a totally different creation.

They wonder why they keep getting the same old UN flavorful days when they do nothing to change the direction of those days. And then they say to themselves, "Not the same old terrible day again!"



Life is 10% of what happens to us, and 90% how we respond to it.

Unknown

Albert Einstein once stated the definition of insanity as doing the same thing repeatedly and expecting a different result. This is exactly the thinking style of Tom along with the ridiculous idea that it was someone else's fault. He felt that something or someone else was somehow responsible for creating the dull lunches that he found himself with each and every day when he was the creator of those meals.

If you came up with even more solutions for Tom, he would likely come up with more excuses, which would allow him to continue being a victim.

We are amazing creators and it all starts with our thoughts!



We are gifted our own unique tools, but it is up to us what we decide to build and how magnificent it will be. And when we join with others in Goodness, what we build will be most beautiful for when we unite we can truly make a difference!

GoodnessSteve

Tom's story introduces the ABC's of Mental Mastery.

Directing Your Thought Processes with the ABC's of Mental Mastery

A stands for Awareness and Accountability. Individuals should become proactive in guiding their thought patterns. A person becomes proactive by becoming aware of the power of their thoughts and accepting responsibility for their life. Thoughts are incredibly powerful forces. Love and fear either grow or dissipate depending on those thoughts. An adult is not responsible for the thoughts of others; however, they are responsible for their own. It is that person who creates their thoughts, it is that person who has the choice to interpret those thoughts in a healthy or unhealthy manner, and it is that person who is responsible for their actions.

Accountability is directing life, accepting responsibility for what he or she does, not making excuses and not blaming others for their mental well being. Anyone who wishes to master their life should take responsibility for their words, actions, and feelings rather than distributing them to others. Just as people do not take responsibility for the actions, words, and feelings of others.

Blaming others for unhappiness is like blaming a mirror for the way they look. Thoughts are individually created by each person and no one can make another feel emotionally sick without their permission. A person can choose to be happy or sad...the choice is only theirs to make. If a person chooses to rely on others for their happiness, they give their keys to happiness away and limit their well being.

Like Tom, he allowed himself to be the victim of the story rather than the director by making the best of what he had available. People can take charge and take control by grabbing the steering wheel of their life. Otherwise, they will find themselves at the mercy of its currents. If they allow the currents to drive them – they will surely find themselves stuck on the side of the river of life banging against the rocks, getting beaten, bruised and fatigued. If they command their vessel they can direct it towards beautiful landscapes. Mastering thoughts requires taking responsibility rather than blaming others. The sooner they realize this fact and react to this knowledge in a commanding manner the quicker they will place themselves in a directive role and on the way to a more dynamic level of living.

Research shows that people are about as happy to the degree at which they feel in control and how much beauty they see in life. People give themselves control by taking the steering wheel of life. Control of how they respond to the world. Most times, a person is unable to manipulate the circumstances; however, they can control their response to those circumstances. It is up to them to see the beauty that life has to offer. If like Tom, they do not know how to create anything else in their life, they should implement the techniques within this program and learn how. Bottom line is, in order to effectively implement mental mastery, a person has to accept accountability and take responsibility for making those empowering mental patterns happen. Each person is the designer of their life and when they become active in guiding their world they can design something most exquisite.

B in the ABC'S of Mental Mastery is for Belief in yourself.

If a person lacks confidence in their abilities, they won't be able to accomplish much let alone Mental Mastery. People act in a manner consistent with their confidence. Those with low confidence generally accomplish results in their life that reflect the same disappointment. Mental mastery filters help to program and empower self-confidence. The more an individual implements mental mastery filters the higher their self confidence will soar. A journey lights up with vitality when it take steps with confidence. Confidence propels positive energy frequencies creating an optimal environment for success and happiness.

C represents Constant application.

Without the continuous repetition of filters, a person will likely end up reverting to old habitual mental patterns and reacting rather than directing their responses. If they allow themselves to be driven by their reactions, autopilot initiates and similar scenarios and experiences emerge. Unless there is repetitive work in creating new habitual configurations– the script of the mind will continue to play out the same old storylines. Mental mastery takes consistent effort that can be enjoyable creating amazing rewards.

Paving new mental pathways through repetitious use of empowering thought patterns creates nourishing chemicals in the brain and new autonomic mental habitual patterns that enhance life. Conscious implementation of mental mastery filters regularly will replace old disempowering patterns. Positive habitual actions are the building blocks of empowered mental patterns and ultimately happiness.

The following is a simplified version of how thoughts are automatically processed. This pattern allows for minimal control of a response.

The Thought Process

Thought processes work in the following manner:

1. Stimuli

Stimuli is the activator of a thought process.

2. Interpretation

Interpretation is the perception and analysis of that stimuli.

3. Response

Response is attaching an emotion to the interpretation which creates a behavior.

History of Stimuli

Why does the rate of people diagnosed with anxiety and depression gradually rise and become an everyday occurrence for many people?

A contributing factor seems to be an overload of stimuli, potential stressors, and triggers that a person could interpret negatively. Lifestyles of the past were simpler with much fewer stimuli. The main concern for our species was survival. Nowadays, people are bombarded with stimuli from advances in technology and a lifestyle pace increase. A person has an average of 12,000 thoughts per day, half of those thoughts being of a negative nature. This increasing amount of stimuli increases the chance for interpreting something in a way that will activate the fight or flight system or plant seeds that can develop into weeds if not properly cultivated. With stimuli increasing, unless a person decides to live a simpler life such as a Quakers lifestyle, potential stressors will probably increase along with negative thoughts, and an added stress to the immune system.

Unless a person utilizes an effective filtering system, it will make it difficult for them to practice Mental Mastery. If they properly interpret stimuli and process their thoughts, it will simplify their lives and allow for much less stress. The following strategies will help accomplish this and allow for healthier thought patterns that enhance stress management. With enhanced control, a person can guide their life with healthier responses rather than only experiencing reactions to life circumstances.

The Thought Process with the Addition of a Filter

Since people will most likely be exposed to an increasing amount of stimuli, it is in their best interest to implement an additional step into the thought process equation. By adding this important step to this process, filtering thoughts, people can redirect their thinking patterns and achieve a more desired response. A better state of thought management with a sense of control as opposed to REACTION without control is achieved. A person will more effectively manage their thinking process, implement empowering mental patterns, and deactivate the fight or flight response. With the addition of filters, the new equation looks like this:

1. Stimuli

2. Filters

3. Healthier Interpretation

4. Better Response

Filters can be in any order. For example, a person may implement a filter such as mediation before stimuli resulting in a better more empowered response. Filters are essentially mental practices that build a better brain more able to purify thoughts. They filter out the junk of mental processes allowing a person to think with more clarity and



enjoy more empowered decision making. The outcome is more peaceful and satisfying thought patterns.

Only the wise man, only he whose thoughts are controlled and purified makes the winds and the storms of the soul obey him.

JamesAllen

These Filters help guide and purify thoughts promoting effective brain chemistry. As healthy nutrients provide nourishment for the body...the following filters nurture the mind. These techniques have a synergistic effect helping you achieve optimal brain chemistry resulting in increased energy, and wellness.

Directing Your Life with Filters

When we effectively implement the filters of mental mastery consistently not only will our responses be more desirable, we can essentially re-wire our brain and re-direct our mental traffic to new empowering patterns that elevate our happiness set point. By implementing these filters, we allow ourselves more control of our actions, emotions, and ultimately our happiness.

1. Fun Filter

It is extremely important to nourish the mind with healthy thoughts and incorporate plenty of **PLAY** and humor into each day. Studies demonstrate how a fun and exciting environment increases neural growth and efficiency of the brain. Fun and humor increase wellness and cognitive skills. When we are in a good mood we will most likely react to situations in a more empowered and effective manner.

Fun Filter Activities

Take yourself on a daily **PLAY** date. Give yourself the gift of fun, adventurous activities. Bike ride, read a book, watch a movie, swim, hike, visit the park...stargaze. Immerse yourself in the magic of nature. Some of the most enjoyable activities in life are free. Let that inner child out to play. And if you have a child ...engage with them in play for a gift for both of you.



Embrace that Inner Child!

Beautify your World by adding Color And Vibrancy to your Reality. Every person creates a unique reality. We all can paint the canvas of our life with bright vivid colors. Why not do just that?

2. Focus Filter

Focus on empowerment.

Thoughts are energy frequencies that attract that which is thought about. Healthy patterns of thinking help guide thoughts to what is wanted in life, rather than what is not wanted, what someone has rather than what they don't have, solutions rather than problems, beauty, and light rather than darkness and despair.

Healthy Focus Formula

Focus on what we want rather than what we don't want...

What we can do rather than what we can't do...

What we do have rather than what we don't have.

3. Active Appreciation Filter

Practice daily appreciation.

I cried because I had no shoes until I saw a man with no feet.

Anonymous

This filter encourages us to regularly look for what is that we appreciate and to marinate the mind in these thoughts for a moment. We optimize brain chemistry when we cultivate the habit of seeing the beauty in life and giving thanks for these gifts. Noticing the marvels of the world will transport the mind to a brighter world of appreciation. The world becomes more colorful, vibrant, aromas are more delightful, tastes become sweeter, sounds more elegant and sights more amazing when we acknowledge our blessings.

If an individual finds it hard to recognize their blessings they do not have to look far. If they can see, feel, taste, walk, run or breathe without feeling pain these are all blessings that aren't for many others.

Before I was paralyzed, there were 10,000 things that I could do. Now there are 9,000. I can either dwell on the 1,000 I lost, or focus on the 9,000 I have left.

W Mitchell

This mental exercise helps a person to notice more of what they appreciate. Since they see more things that they appreciate their world becomes brighter and attracts more magic. And the more beauty they see the happier they become.

These filters guide your thoughts toward mastery by focusing on the miraculous wonders of life while simultaneously building the areas of the brain that see and experience that magic. Become enchanted with every moment of your life.

4. Solution Finding Filter

When Adversity Appears, Seek The Solution

The mind loves to search for things. It looks for whatever you guide it to search for. Ask yourself, "Why I am such a loser?" Your mind will immediately search and find many reasons why you are a loser. When we are overly stressed our brain chemistry suffers. We can make the stress from a challenging situation either stronger or weaker depending on what we choose to focus on. When we look for things that correspond with healthy thoughts we create healthy emotions and positive energy frequencies that help us perform and feel our best.

When an obstacle appears, train the mind to immediately search for a solution. If we choose to focus on a problem in a situation we make it even bigger than it initially was

and perpetuate negative energy frequencies. If we choose to immediately focus on the solution the negative power of the challenge fades and the end result will be less stress and a more effective outcome. With each solution found, we gain more problem-solving confidence and solution-oriented thinking will be reinforced.

The solution finding filter helps condition the mind to look for the good in difficult situations. This mental filter will make it easier to find exciting possibilities, love, and beauty when they seem distant.

How To Implement This Filter

When adversity appears, recognize it as a potential trigger and immediately seek a solution. When challenges strike, most condition themselves to respond by rapidly focusing on the problem. They end up with a mind trained to focus on the detriments of problems rather than solutions. Debilitating chemicals created from negative patterns hinder happiness and effectiveness. Negative patterns produce feelings of anxiousness and depression. However, when we respond by immediately seeking a solution we can redirect our thinking patterns. We overwrite our programming and replace it with positivity. If we marinate on the situation for any length of time without looking for a solution the brains' default pattern will most likely take over directing thoughts toward problematic outcomes. Look for solutions quickly after a problem arises to adequately link up the new pattern for the best result.

The Solution Finding Filter Does Not Ignore Challenges Rather It Helps You Find Helpful Answers More Efficiently.

In the case of a serious challenge such as a house fire the Solution Filter does not encourage a person to ignore the fire, it promotes that a person immediately looks for solutions to resolve the situation with the least amount of damage. The Solution Finding Filter implemented regularly strengthens productive abilities with less heartache and more positivity filling a life. An individual notices that challenges are not as potent and may even find a sense of adventure looking for solutions.

5. Meditation Filter

Without proper guidance, the mind can easily get out of hand neurotically creating more and more conflicting thoughts. Adverse thoughts clutter the mind. It can be difficult to manage an overabundance of thoughts. Meditation calms the mind, allowing better management of thoughts.

The goal of meditation is to calm the mind with guided focus. Even a few minutes a day of meditation can be beneficial. Meditation could be a mini-mental vacation such as visualizing a beach with waves slowly coming in and slowly going out with each deep breath. Incorporating deep breathing has meditative qualities while it stimulates the immune system enhancing health. Focusing on each deep breath is also another form of meditation.

Research has shown that training the mind with meditation builds the neural pathways of the brain enabling it to become more able to activate its blissful regions. With daily meditation, people experience a greater sense of well being, are more relaxed, and better able to respond effectively in stressful situations.

6. Mindfulness Filter

Become enchanted with life's moments!

When you dance, your purpose is not to get to a certain place on the floor. It's to enjoy each step along the way.

Wayne Dyer

A majority of the population spends much of their lives dwelling on future worries or past frustrations. They neglect the act of truly living because they are not experiencing their present moments. Mental patterns become healthier when a person spends a good amount of their daily activities aware of their present moments.

Engage the senses. Notice sensations in the fingers when touching objects, see the magic that envelopes the world, hear the vibrations of the universe, taste the delicacies of life. Be mindful of all the tiny wonders in life for the more we look for them the more of them we find. This practice brings more beauty into life because it wires the mind to see more of it.



When life is lived aware of the gift of each precious moment it is lived beautifully.

How Do People Know If They Are On The Path Toward Mental Mastery?

We have a remarkable body that is beneficial for us to listen to, nourish, and allow to prosper. One of the wonderful feedback systems in this body is our internal guidance system. If frustrated, chances are we need to change what we are focused on. If we are feeling loved based emotions such as happiness, praise, bravery, we are on the right track. Our internal guidance system communicates with feelings. It's most important to recognize these feelings as important signs to guide us along life's best pathway. Recognizing the basis for many fear-based emotions allows for them to be processed in a healthier more efficient manner.

It's fine to occasionally feel sad or down as long as the root of the emotion doesn't come from a fear-based emotion. The healthy mind utilizes a sense of balance. Occasional feelings of sadness can help the mind appreciate joy to a greater degree. If we never felt pain, how would we truly be able to experience the state of Bliss?

Ask is this thought or action conducive for my wellness? If it is not, choose another thought or action that will bring about a healthier outcome.

With daily practice of mental filters we become mental masters and when we open the proverbial lunch bag of life what we discover are the sweetest delicacies of life.



NUTRITION: A SCIENTIFIC PERSPECTIVE

Since the birth of the pharmaceutical industry in the 1920's, the medical view of health and disease has become increasingly divorced from respect for the body's self-regulating and self-regenerative capacities. The mechanistic paradigm of Western medicine drew the emphasis of treatment away from root cause to address symptoms, mechanisms, and the final pathological states themselves. The traditional emphasis on self-care and preventative medicine faded into obscurity. This opened the doors for the elusive microbial disease that have infiltrated our society today: herpes, candidiasis, salmonella, and AIDS, to name a few. Some have lost sight of the fact that when our immune

systems are weak or somehow compromised, these conditions will wreak havoc on our population.

One of the most important things we are dealing with in HIV-infected individuals is disease resistance, which refers to the individual's biological strategies of protection against potential disease-causing entities. With AIDS, medical science has established several causes of lowered resistance or depressed immunity. These include anticancer treatment (radiation and chemotherapy), routine use of immunosuppressive drugs in transplant patients, excessive use of illicit drugs, and recurrent or persistent viral or parasitic infections. Malnutrition, too, has recently been recognized as an immunodepressive factor.

Raw materials constituting the human body consist of proteins, carbohydrates, fats, vitamins, minerals, and water. While the body can synthesize some constituents, all are ultimately obtained from our daily diet. The ongoing regeneration of our trillions of cells, and more importantly, the functioning of those cells, is largely dependent upon proper nutritional balance. Even subtle changes in nutritional status could alter cellular functioning in important ways. These changes may either manifest directly as disease or may predispose the body to physiological and psychological stresses, eventually resulting in disease.

Nutritional status influences host immunological function and the response to a pathogenic challenge. Conversely, infectious disease, whether acute or chronic, has a detrimental influence on the nutritional state. The relationship between nutrition and immunity entails a dual source of environmental stress: an ecological milieu characterized by frequent contact with a wealth of foreign substances (antigens) and microbes, and inappropriate dietary and life-style exceptions. Lifestyle and diet are largely more controllable than contact with foreign substances.

Proper nutrition and other lifestyle habits, such as exercise, are practical ways of maintaining proper immunity.

The National Cancer Institute has a list of food/food additives that are antagonistic to proper immune function and health: foods that are heavily processed, high in cholesterol, fat, protein, simple sugars and chemical additives. Simply avoiding these foods is a powerful way to head towards strong disease resistance. Other dietary factors-complex carbohydrates, fiber, vitamin C and B-complex, potassium, magnesium and other minerals-can enhance immune responsiveness by eliminating toxins and regenerating the lymphoid and lymphatic tissues, cells, and other components. This, of course, provides an added edge of protection and enhances the possibility of recuperation from disease.

Focus On Particular Elements of the Detrimental Standard American Diet

Four basic effects of excessive dietary fats may be cited

1) Altered lymphocyte binding: The receptors located in the cell membranes of lymphocytes (T-cells and B-cells) plays an essential role in the recognition of foreign and potentially disease-causing entities. The receptors themselves are glycoproteins (glucose and protein) and are constantly influenced by the membranes in which they are embedded. High levels of saturated fats in the membranes cause reduced fluidity in the

membrane, while unsaturated fats increase the fluidity. A less saturated cell membrane allows the receptors to flow in and out of the membrane more smoothly to be regenerated. A saturated fatty membrane may also adversely alter the electrical affinity of the receptors, resulting in abnormal recognition of viruses, bacteria, or other antigens.

2) Oxygen Deprivation: Following ingestion of milk, butter, cheese, cream, and other fatty foods, red blood cells tend to cluster/clump inside of the blood vessels. Since red blood cells carry oxygen and this clumping may reduce the amount of oxygen delivered to tissues. A lack of oxygen may jeopardize normal metabolism in the cells, as well as lead to a more favorable environment for the proliferation of bacteria and virus and malignant cancerous cells.

3) Poor blood circulation: The blood not only carries oxygen but an array of nutrients along with immune cells and various components of the immune system. The slowing of circulation may occur with the build-up of fatty cholesterol in the blood vessels. Poor circulation is further encouraged by a lack of physical activity. A sludge of fat droplets may form in large lymph channels in the chest and abdomen and float to blood vessels where they can cause some level of interference with blood circulation.

4) Free radicals/oxidized fats: Free radicals are natural molecules formed in the body by metabolism of fats, radiation (i.e sun exposure), and even physical and emotional stress. A free radical possesses an unpaired electron in its outer orbit which renders it highly reactive and unstable. Paired electrons usually spin around molecules, giving them electrical balance and stability. If they lose one of these electrons, they become highly reactive and are capable of oxidizing (plucking electrons from other molecules). This damages cells and tissues throughout the body. If there is excess free-radical production, more cells are destroyed than can be replaced resulting in degeneration.

White blood cells are highly vulnerable to free-radical damage, so anything that promotes free radical production can be detrimental to the immune system. One of the main culprits to free radical production is consumption of oily, highly-refined fatty foods, particularly those that have been deep-fried at high temperatures. And while the immune system is damaged by free radicals, it also naturally produces them. Any time there is inflammation or stress present, the body must up-regulate its metabolism, thereby producing more free radicals. Under normal conditions, these free radicals are removed by the enzyme superoxide dismutase (SOD), as well as by a system of other enzymes and nutrients.

Animal fat is particularly detrimental to health. Often these fats are hydrolyzed into irritating fatty acids that may adversely affect health. Several forms of oxidized cholesterols that occur with age or overcooking of food can cause rapid damage to artery walls. While we often think of saturated fat as the criminal, any excess fat can have undesirable health effects. Overcooking food creates free radicals and promotes degenerative disorders. This includes malfunction of antibodies, lymphocytes, and macrophages of the immune system.

Excess sugar and elevated blood sugars can lead to a greater susceptibility of infection, as evidenced by the elevated rates of serious infections in diabetic patients. Gangrene is five times more likely to occur in a diabetic. Other infections such as skin abscesses, meningitis, and ear infections, yeast problems are also more common. Other immune-



related disorders, such as Rheumatoid Arthritis are often accompanied by high blood sugar and high blood insulin.

Sugar inhibits immune function. Eating 100 gram of simple carbohydrate (white sugar) can decrease neutrophil's phagocytic activity and also decrease lymphocyte activity. The average American consumes 100 pounds of simple sugars a year, from such sources as juices, ice cream, pastries, flour products, and other sources.

There is no substitute for a whole-grain diet, which is the best way to obtain nutrients and fiber. Fiber increases the elimination of toxins, including carcinogens, helps maintain the health of the intestinal tract, where 80% of our immune system tissue can be found. Poor intestinal health can lead to a potentially lethal combination of intestinal flora (bacteria, etc) and toxins from both food, drink, the environment, as well as endogenously-produced toxins. These toxins can enter the intestinal lymphatics from blood circulation or by absorption from the peritoneal cavity and lead to antigen overload and various immune-related problems.

Colon cancer is the second-leading killing cancer of Americans who do not smoke. It is thought that one of the factors leading to this cancer is an accumulation of bile acids in the colon, which appears to result from high-fat/low fiber diets. Americans have higher levels of bile in their stool than the Japanese and other cultures that consume lower levels of fat and higher levels of fiber. Fiber also helps displace nutrients from food, is associated with better weight control. High fiber intake lowers the risk of a long list of disorders.

Excessive animal proteins are broken down in the liver and excreted through the kidneys as urea, or blood urea nitrogen. Protein is a diuretic and places stress on the kidneys to excrete more water and valuable minerals such as calcium, potassium, and magnesium. The loss of calcium in very high-protein diets is profound. Eskimo's have the highest amount of protein in their diets of any society, and also the highest amount of calcium intake. Yet, Eskimo's also have the highest incidence of osteoporosis. Many African people have the lowest intake of calcium and protein, yet osteoporosis is virtually unheard of in their cultures. Although dairy products have often been notorious for their high calcium content, they are also high in protein (not to mention they are very high in antigens, which will be discussed later). The healthiest sources of calcium are dark leafy greens, sea vegetables, whole grains, beans, seeds, and nuts. Vitamin D, which can be obtained from direct sunlight, minerals and exercise are also important for maintaining proper calcium levels.

The body requires a certain amount of carbohydrates, fat, and protein for optimal functioning. However, the amount of protein we should get is nowhere near the amount that the average American eats. The beef and dairy industries perpetuated the protein myth. Unless starvation is involved, the healthiest and longest-living people eat the least amount of protein. In the United States, we consume the highest amounts of protein and also carry the highest rates of obesity and chronic illness.

It has long been known that reducing the amount of protein in the diet will significantly enhance the immune system of the body.

Julian Whitaker M.D.

Another Protein myth is that you need animal products to get all your essential amino acids. People receive all the amino acids they need for optimal health when they eat a variety of fruits, vegetables, nuts, seeds, legumes, sprouts or grains regularly.

Calcium is not just a bone-building nutrient. It is crucial for neuromuscular excitability, cellular adhesiveness, the transmission of nerve impulses, normal myocardial function, and activation of enzymes and hormones. It mediates immune functions via the nervous and circulatory systems, and though several key enzymes for which it acts as a cofactor. Therefore, when calcium levels are low due to dietary inadequacies, lack of sun and exercise, several detrimental immune complaints may manifest such as osteoporosis, chronic fatigue, hypertension, cancer, and various endocrine disorders.

The liver is responsible for taking in all unassimilated nutrients and toxins and either converting them to a storage form, or a form to be excreted. Blood flows from the intestines to the liver through the portal vein. All absorbed food and beverage, therefore, pass from the intestines in the blood through to the liver. The liver filters out most carbohydrates, proteins, and fats that have been absorbed and enables their proper use or storage. Any excesses can overload the liver's nutrient-processing capacity, perhaps causing a tendency toward abnormal blood sugars and impaired immunity.

The liver is also responsible for cleansing the blood of contaminants that might damage the cells and interfere with healthy functioning. These hazardous substances are pesticides, herbicides, preservatives, artificial flavorings and other additives that might

be absorbed with food, as well as many metabolites that were created within the body itself. Proper mineral, vitamin, and other nutritive substances are required for the liver to do its work. Overburdened liver cells may eventually begin to break down. The undetoxified chemicals, as well as unprocessed sugars and amino acids from food, may enter the general circulation, posing heavy stress on the immune system as a whole.

Heavy metals, such as aluminum, arsenic, cadmium, mercury, and lead, suppress all aspects of the immune system functioning, decreasing phagocytic activity, cell-mediated and humoral immunity. This increases susceptibility to infection and can severely damage the nervous system as well, particularly in growing children. In the presence of some heavy metals, harmful hydroxyl and lipid peroxide free radicals are formed.

Cadmium is found in fertilizers, so it passes easily from the soil into the food chain into animals. It is also high in cigarette smoke, electroplating techniques, and batteries. It might even be found in some of your household items. Cadmium has been shown to decrease the ability to deal with stress, impairs host resistance, B- and T-cell response, antibody response, and phagocyte response. Cadmium also lowers a mineral that is vital to proper immune functioning, zinc. Low levels of zinc may be a sign of cadmium toxicity.

Increasing amounts of mercury are being found in freshwater fish. Tuna fish and dental amalgams are also a very large source in our culture. Mercury causes immune suppression and other toxic effects. It has been shown that T-cells levels were raised when dental amalgams were removed from a group of patients and that the T-cell levels again dropped when the mercury amalgams were re-placed in the patient's mouths.

Aluminum has been linked with neurological disorders and leads to decreased absorption of the minerals selenium and phosphorous.

Lead is also a culprit in decreasing our immune function. Lead toxicity has been associated with brain damage, neuritis, and kidney cancer, and is found in five hundred times the concentrations in our bodies today versus our ancestors. Air pollution, lead-containing paints and the presence of lead in our drinking waters are sources of lead.

So, just from eating, breathing, drinking or living on planet Earth, you are exposed to several foreign substances that are very harmful to our bodies. Since the liver is an extension of the immune system, it may become weakened by our daily exposure to food additives, agricultural chemicals, toxic by-products of high-protein diets, high-fat diet and a lack of important nutrients such as trace minerals, vitamins, and complex carbohydrates.

Under healthy circumstances, the body can neutralize any substance that the immune system recognizes as foreign through antibody activity and other various immune functions. However, foods, such as cow's milk, high in antigen content, and improper food combinations such as cereals, milk, cheeseburgers, and French fries, and soda pop can zap the immune system of all its reserves. This antigen overload also decreases the body's ability to fight off antigens from foreign proteins, bacteria, virus', and artificial chemicals.

Food allergies are very common, and some of the most common food allergens are eggs, dairy, citrus fruits, tomatoes, wheat, and the numerous artificial chemicals that

are found in our foods. Many of the reactions arising from food and chemical hypersensitivity further stress immunity and contributes to antigen overload. Many of the reactions to food are extremely variable and may be delayed, variable and seemingly unrelated. It is important to be aware of these potential problems and investigate, preferably doing a food allergy test through your physician.

Yet another reason to eat organic animal products is exposure to antibiotics. Modern society's exposure to antibiotics has reached dangerous levels, creating both resistant microorganisms and detrimental effects on our immune systems. These antibiotics promote the proliferation of harmful bacteria in our guts, which can depress immunity. One common problem with depressed immune systems and improper gut flora is yeast infections, otherwise known as candidiasis.

Candida albicans is normally present in our guts but is kept in check with proper, healthy intestinal microflora. Killing off the healthy microflora with antibiotics allows the candida to grow unopposed. Yeasts release harmful toxins which can be harmful throughout the body. Yeast infections can lead to deficiencies in essential fatty acids, magnesium, and zinc, all needed for healthy immune function. The combination of the toxins and the nutritional imbalances could lead to substantial immunosuppression.

Candida albicans thrives on simple carbohydrates. Avoiding refined carbohydrate, potatoes, fruits and fruit juices, vegetables high in sugars, yeasted or fermented foods, chemical additives and trace amounts of antibiotics can help prevent candidiasis from developing.

Emotional stress can influence the immunity, since the nervous and immune systems are inextricably intertwined, both anatomically and chemically. Nerve endings are often found in areas where high concentrations of T-cells are developing, and not in those where B-cells are developing. Extensive research exists on psychological factors or stress on the development of the infectious disease. Nutritional status, genetics, and stress-coping abilities are other important factors in this.

Essential Macronutrients

The diet most appropriate for healthy immune function fulfills the following criteria: 1. High in complex carbohydrates and fiber 2. Low or moderate in protein (~.8 g protein/kg body weight/day) 3. Low in fat, with the "right" fats consumed 4. Low in additives and synthetic chemicals 5. Enzyme Rich 6. Slightly Alkaline

This translate into a diet of whole grains, beans, and bean products, land and sea vegetables, and supplemental portions of seeds, nuts, fish, and fruits. It is **STRONGLY** advised to buy organically grown foods. Foods labeled "health foods" or "natural" are not always organic foods, and often should be avoided.

1. Complex Carbohydrates: Carbohydrates is the simplest fuel for the brain and nervous system to utilize, and provides energy for the immune system to function to higher demands. When ample complex carbohydrates are available, protein is spared and used for things such as enzyme and antibody production, as well as tissue and organ maintenance. Carbohydrates combine with other nutrients to form glycosaminoglycans, which detoxify harmful substances that are either manufactured by or taken into our bodies. Vegetables and fruits are fantastic sources of carbohydrates

and many whole grains except for wheat gluten for those with gluten sensitivity are great sources of complex carbohydrates.

2. Moderate Protein: Proteins promote growth and physical statures, make enzymes, hormones, sperm, antibodies, plasma proteins, etc. Plasma proteins help regulate fluid balance both inside and outside the cells and also help maintain the balance between acidity and alkalinity (pH.) Lymphoid tissues rely on a constant supply of protein to regenerate phagocytes, lymphocytes, and antibodies. There are many sources of healthful protein. Animal proteins, particularly red meats, are as high as 50% saturated fat with high amounts of cholesterol and sodium as well. Dairy products over-stimulate the immune system because of their high antigenicity and depress the immune system with their antibiotic and synthetic hormone content (in non-organic eggs.) Some of the lowest antigenic foods are rice, millet, and rye.) The high levels of purines found in animal, the building blocks of DNA and RNA, can be broken down to uric acid, which can accumulate in joints and cause gout attacks and a long list of other problems in susceptible individuals. High protein intake can also disrupt calcium balance, as discussed before. Vegetable sources may be a more appropriate source of protein and other nutrients while avoiding or minimizing the toxic effects of animal proteins and dairy. All vegetables tend to be lower in protein except legumes such as soybeans, chick-peas, and lentils. Even when legumes are consumed in excess, they too can contribute to protein overload and immunologic deterioration. Beans, seeds, and nuts should be used intermittently, with grains and vegetables predominating the diet.

3. A Diet Low In Unhealthy Fats: Everyone needs a certain amount of body fat (women need 13-15% of total body weight, men 3-5%) to make hormones, maintain body temperature, cushion internal organs, store fat-soluble vitamins (A,D, E and K), and compose the lipid bilayer which makes up nearly every cell's membranes and the fatty myelin sheath of neurons. Saturated fats have been implicated as a risk factor for many diseases. Unsaturated fats are found in grains, vegetables, nuts, and fruits. Except for palm and coconut oil, these fats are easiest to emulsify and assimilate Polyunsaturated (PUFAs) fats are the least-dense form and have a cholesterol-lowering effect. PUFA's have important functions in overall health, including aiding in the production of antibodies, preventing deterioration of kidney disease. Essential fatty acids promote T-cell activity and the production of prostaglandins to help boost antimicrobial activity in the body. Nuts and fats from vegetables are healthy fats.

4. Eat Mostly Alkaline Foods And Reduce Acid-Producing Foods: The body functions best in a slightly alkaline environment - An Acid diet such as Atkins leach minerals out of the body, create sick cells and create an environment were sickness and cancer thrive. Meats create an acid ash within the body. Acidic environments for prolonged periods eventually encourage fat to develop because fat helps protect against an acidic system. Also, acidic environments leach healthy minerals out of the bones because our bodies system tries to buffer the acidity with these minerals.

5. Limit Inflammatory Foods: Inflammatory foods are mucus causing foods: Your system, joints, and brain chemistry hope for non-inflammatory healthy foods. Cows milk is inflammatory, because of the type of protein the milk. Goats milk products such as cheese, yogurt, and milk are much less inflammatory and recommended a couple of times a week. Wheat contains gluten which stimulates an immune and inflammatory response with many individuals. For these individuals recommend gluten-free grains

such as oat, rice, quinoa, millet, and rye. People should avoid any food that they are allergic to regardless of how healthy it may seem because it will cause an inflammatory response within the body.

6. Provide Plenty Of Enzymes: Enzymes are essential for all your bodies functions. Raw fruits and vegetables have an abundance of enzymes. Processed foods are devoid of enzymes. The more enzyme deficient foods that we consume the more of our precious enzymes are robbed from the body. Digestion requires additional energy when enzymes are deficient in foods. So potential energy that could go to your daily vitality is spent on digesting these enzyme deficient foods.

7. A Diet Low In Additives: Be aware of both pre-packaged and non-organic foods which can be full of preservatives and chemicals that enable long-distance shipping, longer shelf life, flavor-enhancement/texture enhancement of foods, fertilizers, pesticides, herbicides. Others include: a. Sulfating agents (sulfur dioxide, sodium metabisulfite, and potassium metabisulfite)-often used in restaurant salads, dips, wines, shrimp. Severe reactions can occur with exposed such as severe asthma, shock, and coma. b. Monosodium Glutamate (MSG)-flavor enhancer often used in restaurants. A shortlist of reactions MSG include psychiatric problems, headache, nausea, and burning sensations. c. Nitrites and Nitrates-preservatives often used in packaged meats. These substances are converted in the body to nitrosamines, which are strongly correlated with stomach and gastrointestinal cancers. d. Tartrazine or FDC Yellow No. 5-added to color foods and drinks (yellow and orange), imitation butter products, ice creams and puddings, frozen dinners, imitation fruit extracts, etc. Reactions include hives, itching, runny nose, asthma, shortness of breath, tachycardia, and more. e. Azo dyes, benzoate's, annatto, BHT, BHA, and various meta bisulfate have been associated with body-wide allergic reaction symptoms. f. Aspartame & Neotame – Chemical sweeteners with many adverse effects.

Nutrients Why We Need Them

We need certain nutrients for our body and mind to function properly. It is difficult to access healthy frequencies when the mind and body are not getting adequate nutrition.

Vitamins

Vitamin A/beta-carotene: boosts immunity, maintains healthy tissue, aids in bone and tooth formation, protects vision. Food Sources: egg yolk, fortified kinds of milk, **Beta-carotene:** green leafy vegetables, dark orange produce (carrots, etc). What it looks like on Supplement Bottles: retinyl palmitate or retinyl acetate and beta-carotene. Minimal Amount Needed Per Day: Use a mixture of vitamin A and Beta-carotene (20% total vitamin A as beta-carotene). Up to 5000 IU**Doses of Vitamin A, 10,000 IU and greater have been linked to birth defects. It is not recommended that women of childbearing age take high doses of vitamin A. Beta-carotene is non-toxic.

Vitamin B6: Involved in the production of hormones and brain chemicals. Strengthens immunity. May lower risk of memory loss, heart disease, depression, and morning sickness during pregnancy. Food Sources: Avocados, potatoes, bananas, whole grains,

cooked dried beans, nuts, seeds. What it looks like on Supplement Bottles: Vitamin B6, Pyridoxine hydrochloride. Minimal Amount Needed Per Day: 2 mg

Vitamin B12: Maintains nerve and brain function. Helps prevent heart disease, memory loss, anemia, and depression. Food Sources: Eggs, milk, fortified soy milk, nutritional yeast. What it looks like on Supplement Bottles: Vitamin B12, cyanocobalamin, methylcobalamin, cobalamin. Minimal Amount Needed Per Day: 2.4 mcg (micrograms), more for pregnant and breastfeeding women.

Folic Acid: supports normal cell growth, and prevents anemia and birth defects. May reduce the risk of heart disease, high blood pressure, preterm delivery, memory loss, Alzheimer's disease, depression, and cancer. Food Sources: leafy green vegetables, oranges and orange juice, wheat germ, cooked dried beans, fortified grains. What it looks like on Supplement Bottles: folic acid. Minimal Amount Needed Per Day: 400 mcg, up to 1000 mcg.

Vitamin C: an antioxidant. Maintains tissue, promotes healing, boost immunity. Can reduce the risk of cancer, sun damage, heart disease, cataracts, and smoke/second-hand smoke. Food Sources: peppers, citrus fruit, Brussel sprouts, leafy green vegetables. What it looks like on Supplement Bottles: Vitamin C, Ascorbic acid, ascorbyl palmitate, calcium ascorbate. Minimal Amount Needed Per Day: 75 mg. More for smokers, pregnant, and breastfeeding women.

Vitamin D: strengthens bone, prevents osteoporosis. May lower the risk of colon cancer, rheumatoid arthritis, and multiple sclerosis. May protect vision and minimize PMS symptoms. Food Sources: Milk, juice, soy milk, fortified cereals, egg yolks. What it looks like on Supplement Bottles: Minimal Amount Needed Per Day: Vitamin D or cholecalciferol. Minimal Amount Needed Per Day: Ages 19-50, 200 IU, Ages 51-70, 400 IU, > 70 600 IU.

Vitamin E: antioxidant. Reverses DNA damage to cells. Skin health. May help prevent heart disease, cancer, memory loss, and cataracts. Boosts immunity. Food Sources: Most nuts, wheat germ, safflower oil. What it looks like on Supplement Bottles: D-alpha tocopherol ("natural" vitamin E), which is better for the body than the synthetic version dl-tocopherol. Minimal Amount Needed Per Day: 30 IU, higher doses generally safe and useful.

Vitamin K: essential for proper blood clotting, bone health. May help prevent heart disease and osteoporosis. Food Sources: leafy green vegetables, seaweed, goose eggs. What it looks like on Supplement Bottles: Vitamin K, Vitamin K1, or phyloquinone. Minimal Amount Needed Per Day: 90mcg

Minerals

Calcium: A common nutrient deficiency. bone health, blood pH balance, blood clotting, muscle contraction, heart contraction, nerve transmission. Reduces the risk of osteoporosis, high blood pressure. Might reduce the risk of colon cancer, PMS symptoms and help with weight loss. Food Sources: tofu, fortified juice, and soy milk, sardines, leafy green vegetables, low-fat milk products. What it looks like on Supplement Bottles: calcium citrate, calcium carbonate. Avoid "natural" calcium from oyster shell, bone meal, or dolomite, which may contain lead. Note on calcium supplements: best taken in a 1:1

ratio with magnesium. Also, you'll need to take this as a separate supplement other than a multi-vitamin. Because of the amount of capsule space that is needed to accomplish taking in 1000 mg, it often takes several separate capsules to get this amount in. Also, most diets are low in calcium, so supplementation is often a good idea. Minimal Amount Needed Per Day: Ages 19-50 need 1000 mg, over age 50 1,200 mg.

Chromium: regulates blood sugar and may help lower blood sugar levels in those that are insulin resistant. Food Sources: Whole grains, wheat germ, orange juice, and nutritional yeast. What it looks like on Supplement Bottles: chromium nicotinate, chromium-rich yeast, chromium picolinate, chromium chloride (not as readily absorbed as other forms). Minimal Amount Needed Per Day: 25 mcg, more if breastfeeding or pregnant.

Copper: nerve transmission, red blood cell formation, strong bones, brain, heart, and immune function. Food Sources: Grains, nuts, seeds, soybeans, leafy green vegetables. What it looks like on Supplement Bottles: copper gluconate or copper sulfate. Minimal Amount Needed Per Day: 2mg

Iron: prevents anemia, fatigue, improves exercise performance, strengthens immunity, maintains alertness and memory. Food Sources: cooked dried beans and peas, apricots, leafy green vegetables, raisins, whole grains, fortified cereals, blackstrap molasses. What it looks like on Supplement Bottles: ferrous fumarate or ferrous sulfate are the best-absorbed forms. Minimal Amount Needed Per Day: 18 mg a day, 10 mg more a day if pregnant, no more than 8 mg a day if menopausal.

Magnesium: The most common mineral nutrient deficiency. Aids in muscle contraction, nerve transmission, blood pressure regulation, immune function, bone formation. May lower the risk of heart disease and diabetes. Helps lower blood pressure, reduce the severity of headaches (not migraines), and control preeclampsia in pregnancy. Food Sources: peanuts, avocados, bananas, wheat germ, whole grains, cooked dried beans and peas, leafy green vegetables. What it looks like on Supplement Bottles: Note on calcium supplements: best taken in a 1:1 ratio with magnesium. Also good to take Magnesium if supplementing Vitamin B6. Minimal Amount Needed Per Day: 400 mg-1000mg

Selenium: Antioxidant. May lower risk of heart disease, rheumatoid arthritis, certain forms of cancer. Food Sources: Whole grains, nuts. What it looks like on Supplement Bottles: selenomethionine, selenium-rich yeast. Minimal Amount Needed Per Day: 70mcg, >400 mcg can be toxic.

Zinc: healing of injuries/damage to the body, boost immunity, prevents pregnancy complications, strong bones, normal senses (taste and smell). Food Sources: nuts, cooked dried beans, and peas, wheat germ, whole grains. What it looks like on Supplement Bottles: zinc gluconate, zinc picolinate, zinc oxide, zinc sulfate. Minimal Amount Needed Per Day: 8 mg, more if pregnant or breastfeeding. Doses > 40 mg can be harmful.

Omega-3 fats: lowers risk of heart disease, memory loss, bone loss, and osteoporosis. Reduces symptoms of rheumatoid arthritis. May boost mood/aid in depression and bipolar disorders. Food Sources; fish, flaxseed, avocado, walnuts. What it looks like on

the Supplement Bottles: omega-3's as a mixture of EPA and DHA. Minimal Amount Needed Per Day: 650 mg EPA and DHA

Diet - Healthy Oils

Fats are a valuable part of nutrition, but proper knowledge of them and implementation of this knowledge is key for optimal health. Fats are part of the membranes of every cell in our body, protect our organs from trauma, help make our hormones, keep us warm, provide us with energy when food is not available, and make up a large portion of our nervous system. They also help us get other essential nutrients into our diets, such as vitamins A, D, E and K.

Nutritional experts recommend The best oils to use in the diet (in general-see about cooking below) are flaxseed, canola, olive, soybean, and pumpkin seed. This is because most of these contain good ratios of Omega 3's to Omega 6's, are heart-healthy, and olive oil is slow to spoil and has been shown to lower LDL ("bad") cholesterol if used as a substitute for saturated fats in the diet.

Some oils are best to cook with, while others are the best cold for use in foods such as hummus, dips and salad dressings. Cooking oils at high temperatures can damage them and changes them into harmful substances. So when cooking with oils, it is important to keep the following tips in mind:

1. The oils that are higher in saturated fats or monounsaturated fatty are the most stable when heated. Best cooking oils and fats are: Organic butter, extra virgin olive oil, high oleic sunflower oil, high oleic safflower oil, sesame oil, and peanut oil.
2. The more omega 3 fatty acids in the oil, the less suitable for cooking.
3. When stir-frying, adding some water to the vegetables and cooking to just below boiling point, then adding the oil limits the time the oil has contact with the hot pan and therefore it's damage.
4. Never heat oils to the point where smoke appears. This damages the fatty acid content and taste.

Saturated fats are highly unlikely to change to a trans-fat because of their chemical stability. The jury is still not clear if they may contribute to heart disease. It appears that saturated fats in moderation can be part of a healthy diet.

Saturated

Coconut oil, Meat Palm oil, Kernel oil

Monounsaturated

Olive oil Canola oil Avocado Peanut oil

Polyunsaturated

Safflower oil Sunflower oil Almond oil Corn oil

Unsaturated

Most vegetable oils

A Higher Level Of Fat Consciousness: Reading Labels Basics

Look on labels for words like “hydrogenated” or “partially hydrogenated. These foods should be avoided as they contain high levels of saturated fat and trans-fat. Try to find oils that are “mechanically extracted” instead of “chemically extracted.” Avoid oils that are labeled as “vegetable oil.” This is a sneaky way for manufacturers to sneak in any kinds of processed or refined oil they please.

Harmful Fats

Hydrogenated Oils, & Partially Hydrogenated Oils

Contain high levels of trans fatty acids, which are linked to heart disease and other health problems.

Hydrogenated oils refer to oils that have been hardened (such as margarine). Partially hydrogenated refers to oils that have been partially hardened.

These harmful fats are found in vegetable shortenings fried foods, processed foods, commercial baked goods (donuts, cookies, crackers), and margarine.

Contain high levels of trans fatty acids, which are linked to heart disease and other health problems.

Foods highest in this harmful trans-fat are French fries, margarine, donuts, cream-filled cookies, candy bars, pound cake.

Margarine Vs Butter

Margarine is partially hydrogenated oil, a form of unhealthy trans-fat. Cell membranes composed of trans-fat are more “rigid” than those made from healthy sources of fat such as some fish oils, olive oils, coconut oils, safflower oils. “Fluid” cell membranes are essential for optimal cell-to-cell communication, which reduces the risk of many prevalent and dangerous diseases, including cancers, and other pro-inflammatory conditions. Try to use real butter, preferably organic butter, or a vegan alternative to limit exposure to unhealthy cell membrane-damaging fats and exposure to hormone-disrupting and neuron-damaging fat-soluble environmental toxins.

Essential Fatty Acid Intake Omega-3's and Omega-6

Essentially fatty acids are not manufactured in the body, they must be taken in through diet.

Important Fatty Acids in human nutrition are:

Alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA), and linoleic acid.

The brain, neurons and other cell membranes incorporate essential fatty acids into their structure and are essential for their health. The ratio of omega-6 to omega-3 fatty acids in our diets should be to 1:1. Modern society consumes more like a 20:1 to 50:1 ratio, leading to epidemics of diseases linked to inadequate omega-3 intakes, such as cardiovascular disease, Attention Deficit Disorder, depression, and Bipolar Disorder to name a few. deficiency

The National Institutes of Health recently published recommended daily intakes of fatty acids, specific recommendations include 650 mg of EPA and DHA, 2.22 grams per day of alpha-linolenic acid (ALA) and 4.44 grams per day of linoleic acid.

Since Omega-6 essential fatty acids are generally not the issue, focus on consuming foods high in Omega-3's, such as fresh wild-caught salmon, some fish oils, flaxseed or flax oil, hemp or hemp oil, avocados, and walnuts, daily.

Fish oil is high in omega-3 fatty acids, and also has two forms that the brain requires: DHA and EPA. Algae may be a healthier option because of the possible mercury toxicity with fish and contain both DHA and EPA. The National Institutes of Health recently published recommended daily intakes of fatty acids, specific recommendations include 650 mg of EPA and DHA, 2.22 g/day of alpha-linolenic acid and 4.44 g/day of linoleic acid.) Other healthy sources of Omega 3 fatty acids are Spirulina, flaxseed, and walnuts.

Sugar and Sugar Alternatives

We recommend using alternatives to powdered white sugar. Fructose, sucanat, stevia, and raw organic honey can all be purchased at your local health food store. Lo Han fruit also known as Monk Fruit is 200 times as sweet as sugar and is becoming increasingly popular worldwide.

Caffeine

Caffeine intake recommendations for this course are less than 300mg daily. Abuse of caffeine burns out the adrenal glands causing energy depletion and lethargy in the long run. Caffeine also encourages calcium depletion, as well as increased excretion of water and other essential nutrients. The increased loss of calcium is linked to things such as osteopenia, osteoporosis, cardiac function problems, and possibly increased the incidence of colon cancer.

Alcohol

Alcohol intake should be under 4 oz of wine, 12 oz of beer, 1.5 ounces 80 proof or 1 ounce of 100 proof hard alcohol a day. If you know someone having problems with your alcohol intake because of anxiety, depression, or other issues seek the care of a qualified physician. Meditation, adequate sleep, regular exercise, and nervine herbs and nutrients can be helpful. There is a long list of health problems linked to alcohol, which far outweigh any health benefits.

It has been said that polyphenols found in red wine only may benefit certain forms of cardiovascular disease, but these same beneficial substances are also found in healthy grapes. Choose organic grapes or juices made grapes grown in the United States. Those grown in other countries are often found to have much higher levels of pesticides.

Awareness of Bread, Pasta, Cereal Ingredients

Look for whole wheat flour or some other whole grain as the first or second ingredient listed. Wheat flour, unbleached wheat flour, or unbleached enriched wheat flour are NOT the same thing. These are sneaky ways of saying unrefined white flour. White flours are often tainted with harmful chemicals: softeners, agers, preservers, and mold and fungus growth presenters. Always remember there are 70,000 chemicals used on the market today, and only 10% of them have been researched as far as to their effects on the human body. Avoidance is key! Pasta made with spinach or brown rice are great alternatives.

Artificial Sweeteners To Avoid

Aspartame has been proven to have significant adverse effects on the body. About 10% of aspartame is absorbed as the wood alcohol methanol. According to the EPA consuming more than 7.8 mg of methanol is detrimental to our health, and a 1 L bottle of diet soda contains around 56 mg of methanol! Some animal studies suggest aspartame has a cancer-promoting effect. Acesulfame K is associated with cancer, aggravating hypoglycemic states (low blood sugar), and elevated cholesterol levels.

Avoid foods containing artificial colors, flavoring, MSG or other preservatives such as BHT, sulfides or nitrates.

Adverse health reactions to MSG, aspartame, BHT and other additives are quite common and include hyperactivity in children, allergies, asthma, skin reactions, brain fog, lethargy, diarrhea and migraine headaches. Be aware that many foods contain pesticide residues, as well as a chemical soup of up to twenty or thirty preservatives, artificial flavors, colors, and other additives.

Variety In The Diet

Include a wide variety of organic fruits, vegetables whole grains, seeds, sprouts, proteins sources (raw nuts, legumes, beans, free-range eggs), and at least 2 servings of calcium-containing foods such as calcium-fortified soy milk in your daily diet. The combination of these foods has a net alkaline effect which is positive for good cellular health. A great way to incorporate variety is to pick vegetables and fruits of different colors each day-green, red, orange, etc.

For those who consume eggs and dairy ...choose organic free-range eggs, and organic dairy products to limit harmful chemical exposure.

Raw Foods

This course recommends an abundance of raw foods. All foods cooked over 112 degrees lose their enzymes and other vital nutrients. Raw foods are "live foods." These are fruits, vegetables, and sprouts that haven't been cooked, and therefore contain healthy enzymes.

Foods To Limit

Processed flours, sugars, high fructose corn syrup, chicken, fish, canned foods, and salt.

Dairy products are inflammatory and artery scarring. A good alternative is milk and cheeses from a goat. Goat milk is generally better tolerated, less inflammatory and unlike cow's milk leaves alkaline ash as opposed to acidic ash. An interesting fact is that a newborn calf is not able to survive on the homogenized and pasteurized cow's milk available in stores.

Try to limit intake of meats, and predispose your body to a more acidic state, making it more prone to disease. Meats are often loaded with hormones and other dangerous chemicals. The beef and dairy industry has misled Americans for a long time. The dairy industry designed the original food pyramid, not nutritionists or health-minded doctors. High intake of fried and broiled food, such as meats, can increase the risk of breast, distal colon, prostate and pancreas cancers. Several studies showed that populations that eat fried or broiled meats have a relative risk greater than 2 (deviation from the median) for colon and breast cancer. If you choose to eat meats, consider organic varieties.

We recommend limiting fish even though it has healthy Omega 3 fatty acids because many varieties of fish contain mercury and other toxic chemicals. It is best to implement flax seed oil, and algae's to get the benefits of the Omega 3 fatty acids.

Foods To Avoid

1. Fried and barbecued foods or foods cooked at high temperatures.

High heat processes produce chemicals out of the food that are known carcinogens that tax or trigger the immune system to inappropriately release endogenous chemicals that damage our tissue.

2. Allergy and intolerant foods Often it is helpful to keep a food diary to recognize the relationship of foods to symptoms you may have.

3. Genetically altered foods

4. Irradiated foods

It may be hard for some to limit and cut out certain foods because we become addicted to them. Start by first limiting them and replacing them with other whole food options. It is a step in a healthier direction by limiting them. Eventually, a person may be ready and willing to stop the "Limit: and "avoid list foods" for optimal health benefits.

Gastrointestinal Symptoms with Eating

Health begins with proper nutrition and good digestion. What we consume greatly affects how we feel. Experiencing nausea, vomiting, bloating, belching, diarrhea, loose stool, flatulence during or after eating certain foods, or any combination of these symptoms can mean several things:

1. Consuming foods to which we are allergic. The six most common food allergies are milk/dairy, eggs, soy, peanuts, fish/shellfish, and wheat. Food allergy testing can be done through an integrated health doctor to help you determine which foods are causing inflammation in your body and try to avoid.

2. You may be lacking adequate levels of digestive enzymes. Normal aging, genetic, dietary, stress, and environmental/chemical exposure factors can diminish our body's natural ability to digest foods optimally.

3. Dysbiosis (lack of healthy bacteria) and Candida (yeast) overgrowth can also irritate the digestive system leading to improper nutritional and health states. Taking antibiotics is largely known to kill off the "good" bacteria that protect us, allowing for overgrowth of "bad" bacteria and yeast. If treatment of an infection with antibiotics is necessary, taking a good probiotic while taking the antibiotic can help promote and maintain a healthier internal environment for the "good" bacteria to flourish.

If you or someone you know has experienced unexplained weight loss, vomiting of bile or blood, changes in appetite levels, blood, mucus or undigested materials in your stool, or unable to eat a full meal (4-8 oz of protein, 1-2 cups vegetables/starch), seek the care of a physician.

Poor Stamina or Extreme Lethargy

There are many causes of poor stamina, which can include:

1. Cardiovascular/hematopoietic diseases (poor blood flow, anemia)
2. Poor energy production, possibly due to lack of nutrients involved as cofactors and constituents of the biochemical reactions of energy production (especially B vitamins).
3. Not meeting your body's energy and nutrient needs can slow metabolic/biochemical pathways down. If your caloric intake is far below your body's caloric needs, the body will naturally slow its energy production down to conserve energy stores. This is an innate way of the body to protect itself from possible starvation.
4. Endocrine disorders: diabetes mellitus (type I-when there is lack of insulin which brings glucose into the cells for energy production, or type II-inability of the cells to uptake glucose even in the presence of insulin), hypothyroid states/disease, adrenal fatigue or dysfunction (deficiency of catecholamines) or those hormones that facilitate proper sleep/wake cycles (serotonin, melatonin, cortisol).
5. Lack of sleep and/or rest.
6. The toxic burden in the body and/or poor liver and detoxification pathways.
7. Chronic Fatigue Syndrome- must be diagnosed by a physician, but this term is given to the condition when all other possible causes have already been ruled out.

Muscle Cramping and Leg cramps

Muscle cramping can be caused by many things. It can be due to too much exercise/overuse of particular muscles, dehydration, imbalanced hormones or electrolytes, sitting in an awkward position for an extended period, poor blood supply, nerve abnormalities, medications (especially diuretics), and diseases that affect muscles and nerves. It is important to diagnose and address the underlying issues.

Taking adequate minerals such as magnesium, calcium, potassium, drinking enough fluids, getting regular exercise in proper amounts can help control or eliminate leg

cramp frequency and severity. Quinine, a substance extracted from the bark of the South American cinchona tree, has been used historically to help treat certain cases of leg cramping, but there is a long list of possible side effects with taking it. Persistent and frequent cramping requires the attention of a physician, where s/he may take a health history, do a complete physical evaluation and conduct the proper lab testing to address the underlying causes of the leg cramping.

The amount of calcium, phosphorus, and vitamin D in the diet affects bone formation. Additionally, regular exercise, which increases bone mass, helps determine whether a person obtains optimal bone mass.

How does your diet and lifestyle decisions affect your bone health? Well, estrogen is an important hormone for bone health, and cigarette smoking decreases estrogen production. Drinking alcohol not only increases the risk of falling, but also inhibits the activity of bone-building cells called osteoblasts. Also, calcium levels in the blood are so tightly regulated that when they drop, calcium MUST be robbed from our bones to replace the lost amount. Caffeine intake causes more calcium to be taken from the blood as it passes through the kidneys, and lost in our urine, inevitably increasing what is taken out of our bones.

Physical activity, particularly weight-bearing activity that stresses the bones and stimulates bone remodeling, helps maintain bone strength and prevent bone loss.

Vitamin D is needed to absorb calcium and phosphorus in the digestive tract for use in the body. Calcium and phosphorus deficiencies decrease the formation of hydroxyapatite, the major mineral in bone.

A diet too high in protein creates an acidic environment in the body. The pH level of our blood must be between 7.35 and 7.45 to survive. When levels drop close to or below 7.35 (acidic state), the body neutralizes the acidity with buffering ions such as calcium, robbing the bones as the source.

Diabetes can be a dangerous disease if not addressed. It can lead to blindness, severe organ damage, high rates of infection, and even a need for amputation. Lifestyle modification, through exercise and diet, should always be a part of preventing and treating these diseases.

Emphasizing smaller meals, plenty of fiber, good oils, and healthy proteins will help maintain healthy blood sugar levels. Always avoid simple sugars and refined foods, as they can drastically alter blood sugar levels. An example of this type of diet is the "Mediterranean Diet," which has been shown to change overall health markers in a positive direction: lowering body weight, triglyceride and cholesterol levels, blood pressure, and providing better insulin responses.

Providing there is no medical contraindication, a sustainable exercise program, 30 minutes 5 days a week is reasonable to start. Exercise can help control blood pressure, increase beneficial HDL cholesterol and lower harmful LDL cholesterol, enhance the body's insulin response, and help stabilize and maintain blood glucose levels. Thus, an exercise in itself is a helpful tool in treating metabolic syndrome. Fluid Intake

Drink at least 8 - 8-ounce glasses of filtered water a day preferably from glass containers. Plastics can leach toxins into the water you drink. Phthalates and Bisphenol A are hormone-disrupting chemicals found in plastics used for bottled water.

Get a good water purification system or buy still mineral water in glass bottles. Carbonated beverages can leach valuable minerals from our bodies. Lightly effervescent mineral water is a better alternative, but try to limit your intake of carbonated beverages as much as possible. The mineral levels in our foods today is much lower than the mineral levels in the foods our ancestors consumed. The soil in which we grow our vegetables and fruits and that feeds livestock has been depleted of minerals over time, lowering the levels in our food. Minerals are used in the body in a multitude of vital biochemical reactions, in energy production, and bone health and healthy brain chemistry.

Juicing fresh fruits and vegetables with a juicer is a great way to get an abundance of nutrients and live enzymes into your system. However, fruit juices are also very high in sugar. They should be limited in the diet along with other high-sugar foods. Eat whole fruits to get all the health benefits fruit has to offer. It is healthiest to juice your fruits with a juicer because the pasteurized juices in stores are devoid of many of the fruit's and vegetable's natural nutrients, and enzymes.

Liquids To Limit

Alcohol - For every alcoholic or caffeinated beverage you drink add equal amounts of water to the minimum 64-ounce water requirement.

Soda Pop - They are loaded with sugar as well as carbolic and phosphoric acids. Inorganic acids leach minerals from the body.

Liquids To Avoid

Diet Sodas - They contain toxic aspartame (NutraSweet) and Sucralose as well as carbolic and phosphoric acids.

Weight Gain And Its Relation To Toxins, Acidity, and Blood Sugar, and Frequency

Weight loss can be challenging when an individual is eating excess calories of unhealthy foods, not getting enough exercise, as well as the following factors:

The weight gain related to toxins is a combination of two factors:

1. Chemicals damage the body's natural weight control (energy storage) mechanisms.
2. Fat absorbs many toxins in our environment contained in food, pesticides, personal care, household items, etc. To remove the toxins from the blood stream and protect the body

from cellular damage, the body's intelligence system calls for the manufacture of more fat. Toxins "jailed in fat" cannot do their potential damage.

When a diet is overly acidic the body may manufacture excess fat to buffer the acidity. This is to keep the overly acidic levels from harming the body.

The extremely intelligent body main function is survival. It will change many rates of activity depending on circumstances. If an individual misses meals regularly, the body will adapt by sending a message to the brain to slow down its metabolism. Fewer calories are burned because of this message. Eat smaller meals more frequently to help keep metabolism and blood sugar levels in a healthy range. For most meals, include a raw fruit or a vegetable because of its high enzyme content. We recommend 3-4 small meals a day with 3 healthy snacks in between. Foods such as a fruit, a salad, and nuts are healthy snacks.

Blood sugar levels are extremely important in functioning well. The better we balance these levels the better we function and the less damage to vital organs. We can balance these levels by the following:

1. Eating smaller more manageable meals,
2. Including fiber rich whole foods with meals
3. Limiting foods with added sugar and high fructose corn syrups

When weight management is a priority, remember that avoiding toxins, limiting acidic forming foods, small frequent meals, and balancing blood sugar levels are important factors.

Food Storage Tip

Use glass containers instead of plastic for storage of foods, juices and water. Plastics can leach a variety of unhealthy chemicals into your food and water that are best to avoid.

Cooking Tips

Do not eat the charred parts of foods as it is cancer causing.

Steaming and boiling foods with water is a healthy method of cooking as it limits Advanced Glycation End Products which are cancer causing agents created in many other food cooking methods such as frying, baking, broiling, and grilling.

Do not use Teflon. Choose stainless steel or ceramic.

Limit microwave cooking choosing slower cooking methods for the the possibility of denaturing food.

Foods have a tremendous impact on our wellness. When we choose a healthy diet rich in a wide variety of vegetables, fruits, grains, legumes, and nuts, we provide the proper nutrients to fuel our brain chemistry and both our health, and the environment benefit.

This course recommends a plant based diet for optimal health, animal welfare and environmental concerns. Regardless if a person chooses a Vegetarian diet or not they can experience health benefits by limiting meats and including the nutritional wisdom within the How To Be A Healthy Vegetarian section.

If any of your clients are Vegetarian or decide to implement a meatless diet you may wish to copy and hand out the following section. The advice within this section should be implemented for any person incorporating a meatless diet.



HOW TO BE HEALTHY ON A PLANT BASED DIET

Is A Plant Based Diet Healthy?

The Vegan and Vegetarian diet when implemented with nutritional wisdom is not only a compassionate choice for the goodness of our beautiful planet, but can be extremely healthy. Health experts across the world are quickly learning that a healthy Vegetarian lifestyle is good for the whole family. This information is beneficial for those interested in becoming Vegan or Vegetarian and those who already are.

Meats are often loaded with hormones, antibiotics, and dangerous chemicals. Meats can also contain germs, bacteria, tiny parasites and even viruses such as mad cow's disease. All meat is difficult to digest and robs the body of vital energy during its digestion. Since meat is hard to break down undigested portions can end up rotting in the colon creating toxic chemicals within the body. Vegetarian diets do not include meat, which can be healthier and more compassionate to animals and the planet as well.

A Vegetarian diet will provide a human being with all the essential nutrients required on a daily basis while avoiding the cholesterol, saturated animal fat, and contaminants that are found in meat. The Vegetarian diet when implemented as follows will include plenty of protein, fiber, carbohydrates, omega-3 fatty acids, minerals, and vitamins. Besides providing these essential nutrients, Vegetarian diets also provide long-term benefits to those who choose this lifestyle. A study of native Africans and dwellers of the Middle East shows that these people have strong bones and teeth despite having a mostly Vegan diet. Their food choices do not cause calcium deficiency in them that would lead to a weakness in the bones and teeth. The vegetables they consume contain enough calcium for them to have strong body parts. This is just one example of how you do not need meat to get all essential nutrients. People who follow a veggie diet are known to lead longer and healthier life than meat eaters.

Research

Medical research demonstrates that a Vegetarian diet provides protection against several diseases and the top three fatal problems in the United States; heart disease, strokes, and cancer. Those who follow a Vegetarian diet have fewer instances of death from heart disease. According to the latest medical research, Vegetarians run a risk that is 50% lower than that of meat eaters of developing heart disease. Generally Vegetarians have healthy cholesterol levels, blood pressure, and are less at risk for developing hypertension, diabetes (type 2), and colon and prostate cancer. Similarly, Vegetarians are at a 40% lower risk of developing cancer. Meat eaters are also 9 times more likely to have weight or obesity problems as compared to Vegetarians.

“Recent scientific advances seem to have resulted in a paradigm shift: diets largely based on plant foods, such as well-balanced Vegetarian diets, are viewed more as improving health than in causing disease, in contrast with meat-based diets.”

Professor Joan Sabate, Chairman of the Loma Linda University Department of Nutrition, School of Public Health

There have been several medical studies that have established a firm link between meat and dairy foods and an increase in medical conditions such as Alzheimer's, arthritis, asthma, diabetes, heart disease, impotence, obesity, and osteoporosis. Other physical advantages enjoyed by Vegetarians include a stronger immune system. This automatically provides them a greater protection against common cold, flu, and such everyday problems by warding off infection at an early stage. Many of the longest living people are Vegetarian or eat a predominantly Vegetarian diet such as Vegetarian Marie-Louise Meilleur, who was named as the world's oldest person at 122. According to an extensive Loma Linda University study the average life span of Vegetarians tends to be around 5-7 years longer than that of meat eaters.

Is This Diet Healthy For Children?

A Vegetarian diet is also good for the kids. Studies show that children who brought up on a Vegetarian lifestyle will be taller and have a higher IQ compared to other children. Their lifestyle will also mean that in later years they will be at much lower risk from heart disease, diabetes, obesity, and other common problems among meat eaters.

Studies also prove that older individuals who have been meat eaters can also benefit through preventing and sometimes reversal of several problems associated with old age by shifting to a Vegetarian lifestyle.

The human body is very responsive to changes in diet and you can take charge of this any day you wish.

A healthy Vegan or Vegetarian diet will easily supply the body with all its various nutritional requirements. A healthy Vegetarian does not just avoid meat...they implement strategies to empower their diet. There are Vegetarians that avoid meat, however, make many unhealthy diet choices. The healthy Vegetarian diet goes beyond avoiding meat and embraces the healthy nutrients available. There are nutritional choices you should consider to fully experience the advantages of the Veggie lifestyle.

Are You Considering The Vegetarian Diet?

There are many long-term advantages in terms of health if you decide to switch to a Vegetarian lifestyle. A Vegetarian diet is a lot healthier than a diet that includes meat and meat based products. There are many advantages in making this switch, but you should be aware of what you are eating, how this will affect your daily nutrition, what you must include and what you must avoid.

Some tend to switch to a Vegetarian diet just because they see so many celebrities endorsing its virtues. Just cutting out meat and including vegetables is not a recommended way to switch to Vegetarianism. While it is true that a Vegetarian diet is healthier, it requires that an individual acquire a small amount of important nutritional knowledge. This nutritional wisdom implemented on a regular basis will allow a person to thrive on this diet.

There are several reasons why people decide to switch to a Vegetarian lifestyle. The most practical reason can be the health benefits but some people even choose a plant based diet because of religious reasons. Another group of people feel strongly about the ethical rights of animals and hence switch to being a Vegan. Some Vegetarians are entirely committed to their viewpoint and they will only eat in Vegetarian restaurants when outside.

Regardless of the reason, there are numerous advantages of switching to a Vegetarian diet. The Vegetarian diet can be implemented with success in spite of age or lifestyle. You can adopt a Veggie way anytime you wish.

It is true that an improperly planned meat based or Vegetarian diet will lead to deficiencies, but it is equally true that a well planned Vegan or Vegetarian diet such as the one described here is wholly nourishing.

Given below are some of the reasons why people switch over to a Vegetarian diet. It is quite likely that you already have at least one, if not more, reason in mind when you contemplate going down Vegetarian lane.

General Health

The healthy Vegetarian diet has numerous health benefits from a longer life expectancy with less health complications to increased energy.

Weight Loss

A Vegetarian diet can be a delicious even when it is helping you cut calories. However, note that if you do not improve your eating habits, even a Vegetarian diet will not help you lose weight. If you leave out the meat and replace it with highly processed foods any body weight issues will continue. A Vegetarian or Vegan diet will not help weight issues if the majority of your calories come from highly processed, fried, and other unhealthy foods...so do not assume that just because you are not eating meat that you can indulge yourself in any way you please. If you adhere to the recommendations of this diet and get the majority of your calories from whole fiber rich foods a healthier bodyweight will be much easier to manage.

If you choose the Lacto Ovo diet, which is the easiest vegetarian style to maintain, remember that eggs, butter, cream, whole milk products all have high quantity of fat and extra calories. Nuts and seeds that are rich in protein also have plenty of extra calories from fat in them. Fats from nuts and seeds are healthy and recommended, however if you have weight issues you may want to manage those portions.

Religion And Spirituality

Some people think that it is wrong to kill animals for the benefit of human beings. This does not involve merely killing to eat but also killing or using for other purposes. The pure Vegan will not use items made from leather and they will not use silk fabrics as silkworms that are also living creatures make them. Cultures like and similar to Buddhism that believe in Karma are also against killing of animals for any reason because all life is sacred.

Environment

Some people are also concerned about the environment so they turn into Vegetarians. This is because keeping cattle causes plenty of deforestation and other environmental issues.

Compassion

Many people choose the veggie lifestyle because they do not wish to slaughter an animal for their enjoyment. Animals like us feel pain and wish to stay alive.

You will have your own reasons that may fall into many different categories.

Keep in mind that you may not feel spectacular immediately after switching to a Vegetarian diet. The benefits of Vegetarianism are more long term than short term...from longer healthier lives to a more compassionate lifestyle.

There are many advantages in making this switch, but you should be aware of what you are eating, how this will affect your daily nutrition, what you must include and what you must avoid.

What Can A Vegan And Vegetarian Eat?

Healthy Vegans and Vegetarians emphasize variety in their diets by including ALL of the following foods: vegetables, fruits, whole grains, raw nuts, legumes, beans, fermented foods, and sprouts. Since a focus of this lifestyle is on a nonmeat diet, you are automatically consuming a lower quantity of cholesterol and saturated fat. Fresh fruits and vegetables also mean a higher quantity of natural fiber in your diet.

Vegetarians are divided into many groups depending on the type of Vegetarian diet they follow. The pure Vegan will only eat plants (vegetables and fruits), legumes, grains, nuts, and seeds. A Lacto-Vegetarian will include milk and dairy products besides the classic Vegan diet. A Lacto-Ovo Vegetarian diet includes eggs, milk, and dairy products. Pesco-Vegetarians consume fish while Semi-Vegetarians are another form of Vegetarians and they consume poultry and fish but no other meat.

Depending on their diet, there are five broad groups of Vegetarians. There are further variations as well but these are the most common.

Vegan (pronounced Veegan)

This group excludes not just animal food but also other animal products. A Vegan will not eat any meat, fish, poultry, eggs, milk, cheese, dairy products or any by products of these. They eat only plant-based food. This compassionate group also makes lifestyle choices that supports the welfare of animals.

Lacto Vegetarian

In addition to the pure plant diet of Vegan, the lacto-Vegetarians also consume milk and dairy products. They will not consume meat, fish, poultry, and eggs.

Lacto-Ovo Vegetarian

This group of Vegetarians will not eat meat products, however, they will incorporate eggs and dairy into their diet.

Pesco Vegetarian

This group of Vegetarians will eat fish and no other meat products. Many Vegans started with one of the other variations before making The transition to a complete Vegan. Many find it is easiest to start with a more flexible group and evolve into a Vegan over time. For optimal wellness, the Vegan group needs to possess the most nutritional knowledge.

Bivalve Vegetarian

This is one the fastest growing vegetarian diets because it is one of the easiest to ensure that nutritional needs are met. It follows the guidelines of the Vegan diet, however, incorporates bivalves such as mussels, clams, and oysters into the weekly diet. Bivalve mollusks do not have a brain, rather two masses of nerves throughout their body. Since bivalve mollusks do not have a brain they likely do not have an awareness like other

animals. Harvesting bivalves filter and clean the water and do not cause the environmental destruction and killing of other species such as fishing. Main concerns such as deficiencies in b-12, and heme iron (a highly absorbing iron) are avoided with this diet. Bivalves have the most impressive nutritional profile of all shellfish with an abundance EPA and DHA omega 3 fatty acids and other vital nutrients such as zinc, and folic acid.

Natural Meatless Products

Meat has little flavor so texture and sauces are very important to all people. There are many meatless products available in most markets that can add a lot of variation to the Vegetarian diet. Many of these meat alternatives have the texture of meats and most are more flavorful. From Vegan ground beef to Vegan chicken, it is not hard to find something comparable to real meat texture and taste. These include tofu hot dogs, nut loaves, soy burgers, etc. These meatless products taste great, without any of the unhealthy substances found in real meat. With the advances in Vegetarian foods, the flavor of these foods will continually improve while real meat will remain the same. Most meatless products are made from soybeans, a rich source of protein.

There is a wide assortment of sauces encouraging a variety of delicious experiences. Look for sauces with whole food ingredients that you can pronounce. Popular brands usually contain more chemicals. Look for natural varieties avoiding monosodium glutamate and other chemicals posted at the following link:

blissplanet.com/how-to-read-nutrition-labels

Meat Replacements Without Similar Taste And Texture

Many recipes can also utilize other Vegetarian products such as the Following: Beans – There are a wide variety to use in many recipes Polenta – This corn based product can replace meat in many dishes. Be sure to cook it separate to keep it from falling apart. Avocado – A healthy and tasty alternative to meat in cold sandwiches. Eggs and dairy products contain certain essential nutrients that can be replaced with vegetarian options. For those who do not eat eggs or dairy we recommend that you include a B-12 supplement and drink a daily glass of fortified rice, oat, date, almond or soy milk. The following are some tips you can use when planning your Vegetarian meal without eggs or dairy.

- Drink rice milk, almond milk, or fortified soy milk instead of cow milk.
- Use olive oil, wine, nonfat cooking spray, vegetable broth, or water instead of butter when sautéing unless you are Lacto-ovo Vegetarian and consume dairy products. If you are baking then use canola oil.
- Switch to nutritional yeast flakes or soy cheese instead of dairy cheese.
- Egg replacements are good for baking purposes.

Plant Based Foods And Nutrients

The Vegetarian diet requires the knowledge of this section to avoid any nutritional deficiency. A Vegetarian diet limits foods that provide the body with vitamin B-12, Also the minerals zinc and iron that are freely available in meat diets are not available in all

plant foods. These deficiencies are corrected by implementing foods or supplements that incorporate these nutrients.

The list below shows the common nutrients that Vegetarians are at a risk of running low on and their alternatives.

- Vitamin B-12 in the body encourages and helps with the growth of red blood cells. This is important in preventing anemia. Vitamin B-12 is in foods such as milk, cheese, and eggs. Vegetarians will need to use enriched cereals, fortified soy products, over ripe fruits, or simply B12 supplements preferably a methylcobalamin version of B-12 to get this vital nutrient.
- Iron is another important role player in the development of red blood cells. Plant foods rich in iron include beans, peas, lentils, and leafy and dark colored vegetables. Other sources include enriched cereals, whole grain, and dried fruit. Spirulina and other green algae's are abundant in iron. The human body does not easily absorb non-animal based iron. Vitamin C aids in the absorption of iron and that is why it is a good idea for Vegans to incorporate vitamin C foods along with their iron foods to help absorption. High doses of Vitamin C are in citrus fruits, strawberries, cabbage, broccoli, and tomatoes.
- The mineral zinc plays an important part of several enzymes that assist with cell division and production of proteins in the body. Soy products, whole grains, wheat germ, and nuts are all good sources of zinc.
- Calcium helps the body to grow and strengthen the teeth and bones. Dark colored vegetables like turnip, spinach, collard greens, broccoli, and kale are rich in calcium. Fortified soy milk, calcium-enriched, and fortified soy milk are other good sources. Recent studies on milk and its impact on the body demonstrates that it does not add extra calcium to the body.

One food by itself cannot supply all the nutrients needed for optimal functioning. The important thing is to completely explore the plant-food kingdom and discover which food does what and provides what nutrients. This is important because many people quit on a Vegetarian diet due to sheer boredom. It is difficult to enjoy any diet, even a meat inclusive one unless there is variety in the food you eat.

What About Protein?

The majority of protein deficiency cases are in relation to starvation. Proteins are the key to maintaining healthy bones, muscles, skins, and internal organs. You will be happy to discover that if you incorporate a variety of fruits, vegetables, nuts, and beans into your diet you will not have to worry about a protein deficiency. People deprived of food are the only ones who have issues with protein deficiency. In fact, unless a person is starving, most Americans suffer health consequences because of too much protein.

Diets with the highest amounts of protein are generally the worst for your health because excess protein adds a burden to the kidneys and creates an acidic environment within the body. This acidic environment leaches minerals from the bones to buffer the acidity. Researchers, who once thought that milk provided healthy calcium for the body, now know that milk does not contribute calcium. The calcium in milk buffers the acidity

due to its high protein content. Vegetarians are one of the least prone to osteoporosis because of this fact.

The World Health Organization recommends that individuals get approximately 10% of calories from protein whereas the unhealthy Standard American Diet averages over 40% protein. Many fruits and vegetables contain approximately 10% protein. The United States consumes on average the highest amounts of protein and carry with this the highest rates of obesity and chronic illness.

Another Protein myth is that you need animal products to get all your essential amino acids. You will easily receive all the amino acids you need for optimal health if you eat a variety any fruits, vegetables, nuts, seeds, legumes, sprouts or grains regularly. Furthermore, soy and spirulina are complete proteins.

“If you step back and look at the optimum amount of red meat you should eat should be zero.”

Dr. Walter Willet

What If I Want To Build Muscle?

If you would like to build muscle there are many forms of vegetable protein you can add to your diet. For classic Vegans, the alternative is to include soy products, legumes, nuts, lentils, seeds, whole grains, and meat substitutes. Rice, hemp, and soy are some protein powders on the market. Males may wish to limit their intake of soy because of soy's estrogen stimulating affects. Lacto Ovo Vegetarians have eggs and milk in addition to the Vegans choices. If you choose to add extra protein to your diet, you may wish to implement a multi mineral supplement to buffer the acidity caused by excess protein.

Healthiest Foods For A Plant Based Diet

All organic fruits, vegetables, nuts, sprouts, seeds, beans, and legumes are extremely healthy as long as you are not allergic to any of them.

Raw Foods

There are numerous benefits to incorporating raw foods in your diet such as fruits, nuts seeds, and sprouts. While cooking foods is an old tradition, the fact is that the human body prefers food in the raw state. That is why the vegetables and fruits consumed without cooking or processing are the most beneficial to your body. When food is raw, the nutrients, vitamins, and minerals in that fruit or vegetable are untouched. Many enzymes and nutrients are destroyed when foods are cooked over 118 degrees. Cooking or processing anything damages and reduces the amount of nutrients that food contains. We recommend that a person eat at least 40% of their food intake from a combination of raw fruits, vegetables, nuts, seeds, and sprouts.

Plant Based Super Foods

Try to incorporate as many of these into your daily diet.

Spirulina

A wonder food. Spirulina is a blue green algae filled with very assimilative complete protein. DNA, chlorophyll, and B vitamins. It also contains healthy omega 3 fatty acids and iron.

1 teaspoons or more a day (6 capsules or more).

Nutritional Yeast

Rich in protein, B vitamins, selenium, chromium. 1 tablespoon or more a day. Black Strap Molasses It is the mineral-rich 'left over' of the sugar milling process. It is a good source of iron, calcium, potassium and magnesium. This super food is not only healthy, but it tastes great. Add black strap molasses to baked beans for a robust flavor. Choose un-sulphured varieties for a healthier and tastier choice.

2 teaspoons or more – 2 times a day.

Flaxseed

Contain healthy fiber and Omega 3 fatty acids. Walnuts Contain healthy Omega 3 fatty acids.

Hemp Seed

Contain healthy fiber and Omega 3 fatty acids.

Organic Oatmeal

Contains healthy fiber and cholesterol lowering nutrients.

Organic Berries

Rich in healthy antioxidants.

Rice Bran

Contains healthy fiber and power packed with over 70 antioxidants.

Kelp

Kelp is an inexpensive seaweed rich in minerals and contains substances called alginates that assist detoxification.

Cinnamon

Supports healthy blood sugar levels.

Turmeric

Anti cancer and anti inflammatory properties. Brussel Sprouts Anti Cancer properties.

Sauerkraut

Healthy bacteria and anti cancer agents are found in this fermented vegetable.

Kimchi

These fermented vegetables have an abundance of healthy bacteria for intestinal health.

What Supplements Should Vegan and Vegetarians Take?

Adding certain foods and supplements to the Vegetarian diet will help ensure that you are on the path to optimal health and longevity. A healthy vegetarian diet generally provides plenty of nutrients from a variety of fruits and vegetables with the exception of b-12 and iron, however it is recommended to include the following for health assurance.

1. B-12

Bliss Planet recommends that all Vegetarians especially Vegans take a B12 supplement. The Methylcobalamin version of B 12 is a much better choice than the more common synthetic Cyanocobalamin. Methylcobalamin is better assimilated and while breaking down Cyanocobalamin a mildly toxic cyanide residue may occur.

2. Iron

We also recommend taking an iron supplement. Heme iron is the most absorbable form of iron, but it is only found in animal sources. Non-heme iron is available in many plant foods, but is not as easily assimilated so more non-heme iron should be consumed to receive the same benefit.

Consider daily supplementation of Spirulina, Nutritional Yeast, and Blackstrap Molasses that provides vital nutrients such as iron sometime lacking in Vegetarian diets.

Supplements For Pregnancy

If you are pregnant or nursing Vegan it is extremely important to take a B-12 supplement to ensure healthy development of your baby. Another recommendation for pregnant females is to supplement with healthy Omega 3 fatty acids derived from flax or algae.

What Should I Avoid?

Healthy Vegetarians emphasize variety of healthy foods in their diets, however, they also limit highly processed foods and avoid others entirely.

Avoid any food that stimulates an allergic response because it will cause an inflammatory response within the body.

Food avoidance depends on the category you choose. Vegans are generally more aware of products for there are many products that most would not think contain animal products. For example... if you are Vegan you may need to be aware of hidden animal

products such as Gelatin. Most supplements that do not use veggie capsules use gelatin derived capsules.

Regardless of the type of Vegetarian diet chosen the following are things that you should consider limiting and avoiding for optimal health:

Limit:

Highly Processed Foods Sugary Foods (sugars, high fructose corn syrup, sucrose, glucose etc.)

This course recommends using alternatives to powdered white sugar. Raw organic honey, fruit powders, Sucanat, Stevia and alcohol sugars such as Xylitol are healthier choices. Lo Han fruit is 200 times as sweet as sugar and is becoming increasingly popular worldwide.

Avoid:

Hydrogenated or Partially Hydrogenated Oils

Hydrogenated and partially hydrogenated oils are trans fatty acids that should be avoided.

Trans fatty acids also increase LDL cholesterol (the "Bad Cholesterol") and lower HDL cholesterol (the "Good Cholesterol") increasing the risk of heart disease like saturated fats. However, they are much worse because trans fats are broken down and assimilated into the body and become part of cell membranes. Cell membranes composed of trans fat are more "rigid" than healthy sources of fat such as olive oil, coconut oil, or safflower oil. Fluid cell membranes are essential for optimal cell-to-cell communication, which reduces the risk of many diseases, including cancers and other pro-inflammatory conditions.

Fried Foods

All fried foods are unhealthy and should be avoided for optimal health.

Fried foods contain acrylamides which are cancer causing substances created with high heat temperatures. French fries and fried potato chips are some of the worst offenders. Also avoid toasting your breads which increase the presence of these toxic substances.

Another toxic substance found in fried food is advanced glycation end products that damage tissue especially if you are diabetic.

Also avoid the following chemicals:

Aspartame, Monosodium Glutamate, Neotame, and other chemicals listed at: How To Read Nutrition Labels.

Making The Transition

If you wish to become a Vegan, you may want to start at one of the less strict Vegetarian groups before making the transition. This one-step at a time approach has proven successful for many Vegans.

It does not matter how long you have been eating meat and meat products or what age you are. You can switch to a Vegetarian diet anytime you want and still meet all your nutritional requirements. Elder people and pregnant women can also benefit from this switch to a healthier lifestyle. Those with serious health conditions may wish to slowly transition into a Vegetarian diet making sure they adhere to the recommended advice.

Here is an easy way of switching to a Vegetarian diet. First, make a list of all foods that you currently enjoy and cook regularly. Next, analyze which of these foods are already within the healthy Vegetarian guidelines and highlight them with a green highlighter, or write them on a separate sheet. Of the remaining items on your current list, find the foods that are easily converted to Vegetarian rules. Many dishes are delicious by replacing meat with meat substitutes, vegetables, or beans. This process of elimination will make you realize that there are no great sacrifices involved in shifting to a Vegetarian mode of life.

Now it is time to enter the wonderful world of Vegetarian recipes that can fill the gap left by the removal of meat from your menu. The Internet is a good place to look for recipes because you can search for what you exactly need and you may even find some video tutorials at no charge. Check your neighborhood for restaurants that serve Vegetarian food and see if you can get some ideas from the chef.

Consuming Less Meat Can Also Make A Difference

Many vegetarians have family members that are not Vegetarian. Many of these Non-Vegetarians may end up eating less meat because of your choices. Non-Vegetarians can also experience health benefits by limiting meats and highly processed foods while incorporating more vegetables and fruits into their diet.

Plant Based Cooking

Some people tend to think that a veggie recipe means a few carrots and some nuts. Vegetarian recipes can be quite delicious. There are several cultures across the world that are completely Vegan yet they use common vegetables and grains to make hundreds of Vegan recipes that anyone can enjoy. Curry, burgers, soup, casserole, pastas, hotdogs, steak, and desserts are just some of things you can make by following a Vegan recipe.

A Vegetarian recipe uses common ingredients like vegetables, fruits, grains, and nuts. There are several types of veggie recipes depending on the type of Vegetarian. This means that you may be able to include fish, eggs and dairy products. A Vegetarian recipe combining this and legumes, potatoes, and rice can be really good for taste as well as providing the right nutrition.

Most of the items included in a Vegetarian recipe will already be present in your kitchen and even if they are not, they are easily found in any food store or grocery. Veggie recipes are in books, newsletters, and magazines. A great resource to discover Vegetarian recipes is the Internet. You can conduct a search and visit hundreds of websites where you can find thousands of free Vegetarian and Vegan recipes from all over the world.

Put very simply, a veggie recipe will be just like cooking a regular meal but leaving out the meat. This raises concerns in some people who are worried that this removal will lead to a meal deficient in certain essentials. However, it just needs a little foresight and planning to make sure that a Vegan recipe contains all the important nutrients that are required by the body on a daily basis.

The following are some examples of healthy meals. You are encouraged to eat of variety of foods for optimal nutrition so mix it up and enjoy a wide variety of delicious whole food combinations. Please note if you are a Vegan replace cheeses and eggs with Vegan replacements.

Breakfast Examples

1. Oatmeal with blackstrap molasses, coconut oil and fortified rice milk with your choice of diced fruit.
2. Peanut butter and 100% fruit organic preserves on whole grain bread.

Lunches Examples

1. Salad Varieties There are a myriad of wonderful leaves and sauces to keep your palette delighted.

Healthy possibilities to add to your salad: Chopped nuts, tomatoes, sun dried tomato, bruschetta, goat cheese, avocado.

2. Avocado Sandwich with whole grain bread, sliced avocado, cheese (Vegans can use soy cheese instead), spinach leaves, diced tomatoes, olive oil, vinegar, vegan mayo.

Dinner Examples

1. Salsa Fiesta Beans Corn Vegan Butter Cheese Salsa Stir fry these items together in a skillet.

2. Bean and Cheese Enchilada Special

16 whole wheat or corn tortillas

3 cans of drained pinto or black beans

1 can of organic corn.

2 cups of graded cheese or vegan equivalent

½ cup of whole wheat or gluten free flour

½ cup of nutritional yeast

2 cups of water

5 tablespoon of non hydrogenated vegan butter

3 small cans enchilada sauce

2 medium onions chopped

- 1 can olives chopped
- 1/4 cup chopped cilantro
- 1/2 cup salsa
- 1 teaspoon of salt
- 1 teaspoon garlic powder
- 1 teaspoon mustard

Combine flour, nutritional yeast, water, garlic powder and salt in a saucepan. Mix it up on medium heat until its thick and bubbling. Remove from heat and mix all the above except 1 cup of cheese (or vegan equivalent) and tortillas.

Lay 8 tortillas down slightly overlapping each other on a large pan. Scoop the saucepan ingredients on top of the tortillas. Then cover the ingredients with 8 more slightly overlapping tortillas. Place the other cup of shredded cheese (or vegan equivalent) on the very top. Bake at 350 degrees until brown for approximately 35 – 45 minutes.

Simple Steps On Becoming A Healthy Vegetarian

Step 1. Replace meats with beans, nuts, and meat substitutes.

Step 2. Eat a wide variety of fruits and vegetables. Thoroughly wash to limit any harmful residues.

Step 3. Replace highly processed breads, rice and pastas with whole grain versions such as whole grain bread, brown rice and spinach or brown rice pasta.

Step 4. Limit highly processed Foods and additives.

Step 5. Get 5 minutes of sunshine a day (important for Vitamin D).

Additional Recommendations

Take a B-12 supplement (methyl versions such as methylcobalamin are best assimilated).

Take an Iron supplement

Implement 1 – 2 tablespoons of Nutritional Yeast

1 teaspoon or 6 capsules daily of Spirulina

1 teaspoon of Black Strap Molasses

Our Food can have a tremendous impact on our health and the well-being of others. When we choose healthy vegetarian foods, our health, animals well-being and the environment all benefit.



FITNESS

Good health depends a lot on the lifestyle choices we make on a daily basis, including what we eat, whether or not to be physically and mentally active, whether we smoke, drink alcohol, and how we manage our life stressors. Many people associate good health/wellness with fitness, nutrition, and stress reduction. However, there is much more to wellness. Remember, wellness and fitness are a process, a way of life, not a state that can be achieved without regular participation. There are many components to promoting wellness such as remaining active, eating a proper diet, toxic free living, practicing mental mastery, and self-care.

This section of the Wellness Course covers the important role of physical fitness in minimizing illness and as a tool to guide others towards a state of health and wellness. Fitness is one of the very important components of health and wellness that help control the risk for several very serious, and prevalent, diseases and conditions. Some examples of lifestyle modifiable diseases are:

Heart/Cardiovascular Disease and Stroke Cancer Diabetes Emphysema Cirrhosis of the Liver Osteoporosis Back Pain Accidents and Injuries

According to a 1996 report from the Surgeon General, physical activity prevents disease and promotes health and wellness in the following mechanisms:

1. Promotes psychological well-being: reduces depression and anxiety
2. Reduces the risk of dying from heart disease
3. Reduces risk of developing high blood pressure and reduces the high blood pressure in those who already have it.
4. Reduces the risk of diabetes, as well as helps manage the consequences of uncontrolled diabetes
5. Maintains health bone, joint and muscle
6. Controls weight, prevents obesity, or reduces weight in those already obese
7. Reduces the risk of certain cancers, especially colon cancer
8. Helps older individuals maintain their core strength and balance and prevent falls and resultant injuries
9. Overall, reduces the risk of premature death

This is a small glimpse at over 50 well-documented benefits of physical fitness.

Fitness creates many benefits largely because of the following:

- A. It promotes healthy circulation: bringing nutrients into the cells and taking toxins outside of the cells.
- B. Strengthening of muscles, bones, and other structural elements.
- C. Stimulation of healthy brain chemicals.

On the note of self-care, one should consult a licensed physician as to the proper ages and frequency of certain screening tests and physical exams that will help preclude serious disease. These guidelines can change at any time as we learn more about certain disease processes.

Before undertaking any fitness programs, a physician's clearance, in writing, is strongly recommended, especially if any of the following are present:

1. There are two or more risk factors for Coronary Heart Disease
2. There are symptoms of cardiovascular, pulmonary, or metabolic disease
3. There is known cardiac, pulmonary or metabolic (including diabetes) disease
4. The person is a male over age 45 years
5. The person is a female over age 55
6. The person is or may be pregnant
7. The person was recently hospitalized or had surgery for any reason

8. The person has a chronic or acute muscle or joint injury

9. The person is on prescription medication for any reason

Also, prior to recommending or partaking in any fitness program, a thorough assessment of the person's current exercise or activity level, nutrition, and weight status should be assessed. Some Tools and Guidelines for Fitness Assessment

There are many benefits to the assessment of a person's level of fitness. An assessment helps to establish one's current health status and provide baseline information that can guide formulation of exercise programming. The information obtained with an assessment can also be used to compare to later assessments to track exercise program progress and level of improvement. Assessment tools provide a powerful motivational and educational tool, leading to a more likely adherence to an exercise program. In the setting of fitness training, it helps to demonstrate knowledge and professionalism, and can be important if legal issues arise. The limitations of fitness assessment are that they are only an estimation, or guideline of the person's true or actual level of fitness. Resting heart rate

This should always be obtained first thing in the morning before getting out of bed and resuming activities of daily living. Many factors can interfere with resting heart rate variability including the time of day, stress, illness, hydration status, caffeine, drugs or medications, temperature, and eating and drinking. Resting heart rate should be taken at the radial pulse,

which is located on the palmar side of the wrist on thumb side, proximal (closer to the trunk/body) to the wrist crease. You should use your index and middle fingers to find the pulse. The thumb has its own pulse, so using it to obtain the radial pulse can interfere with getting an accurate count of the pulsations. Counting the pulse for 30 or 60 seconds is more accurate than counting for shorter periods, such as 6, 10, or 15 seconds. Another option to the radial pulse is to use the carotid pulse, located on the side of the larynx on the neck. Use caution not to apply too much pressure, as there is a special receptor located in that area, known as a baroreceptor, which provides feedback to the heart to slow down if it senses too much pressure.

Cardiac Output is the amount of blood pumped out of the heart (stroke volume) multiplied by heart rate. With an increase in fitness, the heart becomes a stronger muscle and is able to pump out more blood per beat. Maintaining cardiac output levels, the heart is then able to beat less frequently to pump out the same amount of blood. Thus, resting heart rate will drop with increased cardiovascular fitness. Normal heart rate ranges between 60-100 beats per minute. Highly trained athletes, such as triathlon and marathon participants, may have resting heart rates below this range. However, for the average person, if the resting heart rate falls out of this normal range, a physician should investigate the cause of the elevated heart rate. Resting blood pressure

Resting blood pressure can be affected by the same factors that affect resting heart rate. On average, for a normal, healthy individual, blood pressure is about 120/80 mmHg. Anything over 140/90 mmHg is considered hypertension. It is important that only a licensed health care provider attempt to diagnose and treat hypertension. Since hypertension is one of the major risk factors for heart disease, blood pressure evaluation is essential. Assessing Cardiorespiratory Fitness

Aerobic capacity is one of the most important components of fitness. Low aerobic capacities are associated with an increased risk of morbidity, mostly from cardiovascular disease complications. Aerobic capacity is the body's ability to perform repetitive, moderate to high intensity large muscle group movement for prolonged periods of time. The more aerobically fit a person is, the greater his/her ability to consume and process oxygen to generate energy for movement, or the higher the VO₂ max. VO₂ max, or the maximum volume of oxygen, is measured in milliliters of O₂ consumed per kilogram of body weight per minute. With a rise in VO₂ max, anaerobic threshold, or the level of activity at which lactic acid begins to accumulate, also increases. This translates to a person being able to work out at higher intensities without building up lactic acid, a byproduct of anaerobic metabolism, in the body.

In order to see reductions in health risk factors, individuals, according to the published guidelines from the American College of Sports Medicine, only need to exercise at 40-50% of their VO₂ Max. This is especially true for people who are de conditioned, meaning they have not exercised in a long time or never have. For de conditioned people, the minimum recommended amount of exercise is to burn at least 300 calories per exercise session at least three times per week. The optimal, or most desirable level of physical activity is to burn at least 2000 calories per week, but this needs to be worked up to gradually as health and fitness progress.

The heart and lungs (the cardio respiratory system) cannot become stronger unless some stress is applied to them. The frequency, intensity, duration and mode (type of exercise) are all factors that can be played with find ways to cause this needed stress.

All exercises need to be preceded by a warm up of 8-12 minutes using a combination of large, full body movements that increase body temperature and increase blood flow to the heart and muscles, with static stretching (stretches are held, without "bouncing" for 8-10 seconds) for major

muscle groups. Exercises should be followed by a cool-down phase of 3-5 minutes of gradually decreasing the intensity. A cool down prevents the pooling of blood in the limbs, which reduces the return of blood back to the heart and can result in dizziness or syncope. Stretching can also be incorporated into the cool down.

Aerobic exercises should take place three to five days per week, but if weight loss is desired, aerobic exercise needs to take place four to five or more days per week. However, research has shown that exercising more than five days a week can contribute to burn out and injury. Extremely de conditioned people can benefit from several short daily exercise sessions and gradually increase the length of their workouts.

The intensity of a workout is the most complex variable of training. The simple way to determine how intense an aerobic workout should be is to learn to measure heart rate and keep heart rate between 50 and 85% of max heart rate (max HR) or heart rate reserve (HRR) max. For de conditioned individuals, 40 to 50% of max HR or HRR max is a good starting point, gradually working up to 50 to 85% of HRR.

Max HR: A simple formula to calculate max HR is 220- age. This formula is only a guideline as it is only accurate for 75% of the general population.



So in order to calculate, say 55% of max HR and the age of the subject is 33 years old, the math would be done as follows:

$$220 - \text{age (33)} = 187 \times 55\% (.55) = 102.85, \text{ so round to } 103$$

This number yields a more conservative number than the following method of determining target heart rate:

HRR max takes into account resting heart rate. It is calculated as the max HR minus the resting heart rate (remember, this is best to take in the morning prior to getting out of bed or assuming any activity). Using the same scenario above we will calculate the target heart rate based on the subject having a resting heart rate of 72.

$$220 - 33 = 187 - 72 \text{ (resting heart rate)} = 115 = \text{HRR}$$

$$\text{HRR} \times \text{percentage (55\% max)} = \text{percent of HRR}$$

$$115 \times .55 = 63.25 \text{ (round to } 63) = \text{percent of HRR}$$

$$\text{Percent of HRR} + \text{resting heart rate} = \text{target HR}$$

$$63 + 72 = \text{target heart rate} = 135$$

With training adaptations and fitness level improvement, any given workload begins to feel easier, so a subject will have to work harder to stay in their target heart rate range. Workloads will need to be increased as aerobic endurance progresses. How long should you exercise?

Total length of an aerobic workout can be twenty to sixty minutes of aerobic activity, not including warm-up and cool-down. For people who are very de conditioned, several low intensity, short duration (less than 10 minutes) sessions can be implemented. The duration of aerobic activity can be gradually increased as the aerobic capacity improves as they adapt to their training.

What type of exercise should you do?

Any type of exercise that involves repetitive, rhythmical use of large muscle groups for prolonged periods of time leads to the greatest improvement in cardio respiratory fitness. Examples of activities that accomplish this walking, running, cycling, swimming, stepping, aerobic dance, rowing and cross-country skiing, skating, jumping rope, tennis, racquetball, basketball and jumping on a trampoline.

Low impact activities are recommended for beginners and those vulnerable to injuries. Varying the type of activity you participate in, or combining several different activities reduces the risk of boredom, an important aspect of creating a more favorable chance for long-term adherence and behavior change. How to progress with your workouts to meet fitness goals

There are three recognized stages of aerobic conditioning: initial, improvement and maintenance stages. The initial conditioning stage is very important for a de-conditioned/unfit person. The main purpose of this stage is to establish exercise as a personal habit. Do not get too aggressive in this stage, try to find fun and enjoyable activities, and activities. Perform light muscular endurance exercises and low-level aerobic (40-60% of HRR). In unfit individuals, a good start is 12-15 minutes, or less. Three non-consecutive days per week are a desirable start to a fitness program. This stage typically lasts four to six weeks for the less fit.

In the improvement stage gradual overload the cardio respiratory system through increasing frequency, intensity or duration. One or more of these factors every two to three weeks depending on the client's ability to adapt. There are several options for aerobic fitness training. Continuous training, also known as long, slow, distance training, is exercising at the same workload for a prolonged period of 20-60 minutes. Using the Borg Scale, a goal of a workload to produce and RPE of 12 is recommended. Interval training involves changing certain variables during a workout. For example, a person running on the treadmill runs at 8 miles per hour for one minute, then slows down to 6 miles per hour for 3, and continues this pattern. Interval training can also involve just changing the perceived intensity of exertion with time. Fartlek training is less structured, but similar to interval training. It is also known as speed-play, and is not appropriate more appropriate for fit, low-risk, motivated subjects. It involves free form alteration of several variables of exercise intensity, such as high speed, high intensity, anaerobic work, and low intensity, relief periods. Cross training can mean several different things. Some people do cross training using a variety of equipment, such as 10 minutes on a treadmill, 10 minutes on a recumbent bike, and 10 minutes on a stair climber. Another variation is to use a variety of different equipment throughout the week. Yet a third variation of cross training is to use the seasons to determine the type of exercise you will participate in. An example plan would be to downhill or cross-country ski in the winter months, swim or water ski in the summer, canoe in the spring, and hike in the fall. The advantage of cross training is that it decreases the risk of injury from repetitive

motions and reduces risk of burn-out due to boredom. Muscular Strength, Endurance and Flexibility

Along with cardio respiratory and aerobic training, muscular strength and endurance are components of fitness that are important for overall health and well-being. Muscular strength and endurance increases functional ability, bone mass, motor performance, strength of connective

tissue (muscles, tendons, ligaments), lean body mass and metabolism. It also decreases the risk of injury. Circuit weight training can also lead to a small increase in cardio respiratory fitness, improved glucose tolerance, slightly reduced blood pressure, and an improved blood lipid profile. Resistance Training and Strength Gains

Early gains in strength seem to be more due to neurological adaptation, but later and long term gains in muscle strength are due to increasing in the size of muscle fibers (hypertrophy).

In the early stages of resistance training the strength gains are usually more dramatic because of the large genetic potential to be realized. After this, improvement continues, but at a slower rate as the individual moves closer to realizing their genetic potential.

Muscle Soreness

Muscle soreness that occurs during and immediately after exercise is due to the accumulation of lactic acid, lower oxygen availability to the muscle fibers, and tissue swelling within the muscle fibers themselves. Delayed-onset muscle soreness occurs 1 to 2 days after exercise. To date, the exact mechanism or cause of delay-onset muscle soreness has not been discovered, but several theories exist that help to explain its cause, including structure changes to the muscle fibers themselves, inflammation with an influx of white blood cells to the muscles, and stimulation of nerve endings as a result of tissue repair activity. Eccentric (negative/lengthening) muscle action seems to cause more soreness than concentric (positive/muscle shortening) exercises. Strength Training Guidelines

The definition of muscular strength is defined as the maximum force a muscle or muscle group can generate at one time, whereas muscular endurance is the ability of a muscle or muscle group to sustain repeated muscle actions such as sit-ups, push-ups, or to sustain fixed, static muscle actions for an extended period of time.

Optimal strength gains come by using weights that promote maximal or near-maximal muscle tension (85-90% of the weight that can maximally be lifted only one time) with few repetitions (2-6). Optimal endurance gains develop using lighter weights (40-60% % of the weight that can maximally be lifted only one time) with few repetitions with a large number of repetitions. Perform a minimum of one set of any resistance training exercises. Most people should complete 8 to 12 repetitions for each exercise to the point of near fatigue, while 10-15 repetitions is recommended for seniors and frail individuals. In any given workout session, 8 to 10 different exercises that target the major muscle groups should be done. Listed here in opposing pairs, the major muscle groups include:

1. Pectoralis major and Posterior deltoid, Mid-Trapezius and Rhomboids
2. Quadriceps and Hamstrings

3. Deltoids and Latissimus Dorsi

4. Biceps and Triceps

5. Abdominals and Erector Spinae

Resistance training sessions should be done a minimum of 2 to 3 days per week. Waiting 48 hours between resistance training sessions is a general guideline, with longer recovery periods with more intense workouts. If individual preference is to perform resistance training daily, avoiding working the same muscle groups on consecutive days will help avoid injury. Specific adaptation in the metabolic and neuromuscular systems depends on the type of program or exercises that are performed, a concept known as specificity. Exercises should be performed throughout the full range of motion of the joints used for maximum benefit. Resistance training programs lasting longer than 60 minutes a day are associated with higher drop-out rates.

Other program guidelines are to try to use a “double progressive” approach. This means resistance training exercises are started with a resistance that can be performed eight times to fatigue. As the muscles adapt to the weight, you can continue to increase the number of repetitions until twelve repetitions can easily be performed, an increase in the weight (about 5%) can be added, and that will reduce the number of repetitions that can be performed back down to eight.

Muscles should be developed in such a way as to make the performance of everyday activities easier, smoother, safer and more efficient. Many fitness experts advocate moving from isolation-type exercises like knee extensions, to more functionally related exercises like squats as fitness, coordination, and body awareness improves.

Breathing during resistance exercises is very important to avoid passing out, bursting blood vessels or other serious complications. Exhalation during exertion, or the concentric/shortening phase of resistance work, is recommended.

Key Points For Healthy Fitness

1. Pain

Use pains as a guide - If something causes pain don't do it. Your body's guidance system uses pain as a messenger that says no.

(If you take painkillers to mask the pain and continue doing things that bothered it - it will most likely cause more damage to the body).

2. Balance

It is important to balance your muscle groups. For example if a lower back is over developed and the abdominal's in an individual is under developed the muscle balance will be off and most likely cause a lower back issue.

When the opposing muscle groups are equally developed you have physical balance.

3. Functional Exercises

Functional exercises mimic active motions that people perform in daily activities and sporting events. Machines maybe helpful if an individual is injured and the machine

provides support without pain. However, more stabilizer muscles are implemented using free weights along with functional exercises and generally provide greater benefits.

4. Keeping It Fun

Many activities can provide healthy options for exercise. Incorporating fun into an exercise routine will increase the likelihood to stay committed to a workout plan and enhance enjoyment.

Fun Exercises Ideas

Basketball

Dancing

Football

Hiking

Ice Skating

Jogging

Jumping on a Trampoline

Kayaking

Racquetball

Rock Climbing

Rollerblading

Rope Climbing

Running

Swimming

Tennis

Wrestling

Add the natural element into your routine and you add an additional benefit of beauty and healthy nature vibe into the equation.

5. Frequency

An effective fitness program is implemented on a regular basis. Many start with an exercise day followed by a day of rest with up to 3 days of exercising weekly. Advanced fitness routines are generally 4 -6 days a week of exercise.

6. Don't overdo it

A healthy goal is to feel rejuvenated when you're finished with your workout rather worn out.

7. Proper Form

When it comes to the utilization of free weights form is a crucial element in developing a healthy exercise routine. For proper form and exercise routines please refer to the fitness video within this wellness course.



SLEEP & REST

Adequate recuperation is vital for access healthy thought patterns. Life Dynamix recommends an average of eight hours of healthy sleep per night. The body's natural response to a full days activity is to slow down and to gradually fall asleep. However, anxious thinking patterns can hinder sleep.

Those who experience sleep disturbances may find the next section helpful:

Natural Relief From Insomnia

Insomnia, generally called sleeplessness, is an age old problem that has long afflicted humanity and affects about 80 million Americans. Insomnia is characterized by short term sleep or wakefulness throughout the night. About half of all Americans have experienced insomnia at some time in their lives. If you are one of them, you will

understand the feeling of desperation that can overwhelm your life as you try to function with inadequate sleep.

Sleep is extremely important to our well being. During the deepest phases of sleep, human growth hormone is released. A deficiency in this hormone can accelerate the aging process. Sleep is also necessary for the strengthening of the immune system and to give us the energy to be active the next day. These are only a few benefits of sleep; there are many more. The three types of insomnia are transient insomnia, acute insomnia and chronic insomnia. Transient insomnia can last for a single night or for a few weeks, and intermittent insomnia happens on and off. Chronic insomnia will occur at least 3 nights a week over a month or more, and is classified into primary insomnia and secondary insomnia. Primary insomnia is not related to any health problem, whereas secondary insomnia is caused by stress and medical conditions like cancer, asthma, or arthritis.

There are many reasons for insomnia. Sleeplessness may be the result of physical, psychological or emotional disorders. Grief, stress, depression, anxiety, physical imbalances, age, and environmental factors can also contribute to lack of sleep, as can the use of certain medications and stimulants. Hormonal imbalances in women, jet lag, mental illness, lack of exercise, breathing problems and dehydration are additional factors that can cause insomnia. Insomnia is particularly a common problem among the elderly and the hospitalized. By definition, insomnia not only means lack of sleep, but even the perception of lack of sleep which might not be real. There are many causes for insomnia and thus many types of solutions that can be applied. While sleeping pill prescription has been the common and general method of therapy in the west, several other alternative and more holistic therapies are increasingly preferred including energy therapies, herbs, aromatherapy and massage and vitamin and mineral therapy.

Effects of Insomnia

Insomnia can occur occasionally, for brief blocks of time or for longer periods such as months or years. A lack of sleep can cause physical and mental health consequences as well as having a negative overall impact on society and the

economy. Insomnia and other sleep disorders cost the U.S. around forty five billion dollars a year in lost productivity, medical care and automobile accidents. Insomnia affects hormone levels and can accelerate aging if it continues unchecked. It has been linked to disorders such as depression, obesity, cancer and diabetes. However, by far one of the most serious and immediate effects of insomnia is the heightened incidence of accidents. In fact, an average of seventy thousand accidents annually, are caused by sleep deprived drivers.

Herbal Remedies for Insomnia

Prescriptions for insomnia such as sleeping pills and other medicines can have negative side-effects such as excessive drowsiness, dullness and tiredness. Herbs are an excellent alternative to these prescription medicines, as they are safe and without side-effects if used properly. Herbal teas, infusions and baths can relieve insomnia and even cure it. Herbal treatments are not usually prescribed by herbalists to simply treat insomnia because it can be symptomatic of other problems within the body. The aim is to correct the imbalances that cause the insomnia. For example, if the nervous system is agitated

and not functioning properly, herbs such as hops and valerian are often used to relax it and encourage natural sleep. Herbs, taken correctly, can promote sound sleep and nourish the nervous system. Along with a proper diet and a disciplined lifestyle, herbs serve as a lifetime cure for insomnia as well as other disorders. Spices, berries, barks, roots, green leaves and other parts of certain plants are used to prepare herbal medicines. Herbal medicinal plants contain a rich amount of vitamin and mineral supplements. Natural remedies prepared from these herbs can cure sleeplessness and at the same time enhance immunity, prevent diseases, cell damage, stress and related problems, and promote normal growth factors.

Chamomile, kava and passionflower are known for their remarkable ability to alleviate stress and help one to relax and enjoy good sleep. Deficiency of nutrients in the body is known to cause insomnia. If this is the case, taking herbs containing calcium, magnesium and vitamin B will aid to replenish these nutrients. A daily infusion of nettle, oatstraw and lemon balm supplies necessary minerals like calcium and magnesium and is an effective remedy for insomnia caused by lack of nutrients and hormonal imbalances. Parsley tea and chia seeds are gentle sedatives that soothe the nerves and induce sleep. Onions and garlic are also famed for their capacity to bring on sleep. Passionflower (*Passiflora incarnate*), Valerian (*Valeriana officinalis*), Jamaica dogwood (*Piscidia piscipula*), St John's wort (*Hypericum perforatum*), Wild lettuce (*Lactuca virosa*), and Skullcap (*Scutellaria lateriflora*) are other herbs noted as sleep providers. Most of these herbs also have the capacity of relieving pain, muscular spasms, anxiety, irritability and nervousness.

Herbal remedies for insomnia can be administered both internally and externally. Herbs are administered internally in the form of infusions, tinctures, and decoctions. To prepare these, the herbs are mixed in appropriate amounts with water and boiled. For instance, a tincture made of passion flower, valerian, linden and cramp bark is said to be a good remedy for insomnia that is accompanied by headaches and hypertension. External administration of herbal remedies is in the form of oils, ointments and creams. A small bunch of herbs like lavender and basil, if placed under your pillow is said to invite sleep. Herbal mixtures can be taken at bedtime, and herbal creams or ointments can be applied as a fine paste on the forehead and around the eyes before sleeping.

Some remedies are not advisable during pregnancy so it is best to obtain expert advice before opting for any herbal remedies to cure insomnia. Important Instructions: If you are suffering from insomnia, drink one or two cups of an herbal infusion or decoction about thirty to sixty minutes before you go to bed. If you wake up during the night, you can by all means drink another. If you need a remedy that does not make you drowsy during the day (to cope with the effects of insomnia), you can take it three times a day.

Children under the age of five should only take a quarter dose of herbs taken by mouth and if under twelve, a half dose. Because passionflower and valerian are commonly used for insomnia, it is helpful to have the accompanying information:

Passionflower (*Passiflora incarnate*) Passionflower is used to calm the system, induce sleep, relieve pain and reduce (or stop) muscular spasms. It is particularly useful as an aid to insomnia that is symptomatic of asthma, nerve pain, cramps and hysteria. Passionflower has a long history as a sedative and analgesic and was used regularly by the Aztecs. Passionflower contains harmine which can induce a contemplative state of

mind and mild euphoria. Harmine was also used by the Germans in World War II as a truth serum.

Dosage: Take 30 to 60 drops of passionflower tincture forty five minutes before bed.

Valerian (*Valeriana officinalis*) Valerian can calm the digestion, lower blood pressure, relieve spasms as well as induce relaxation and sleep. It is a helpful treatment for severe insomnia and when anxiety, tension, pain and cramps are present. Valerian can help you have a restful sleep without residual drowsiness or other side effects. However, there are some people who get the opposite result from valerian. Instead of having a calming effect, it excites and agitates them.

Important instructions: Take 20 drops of the tincture in water at bedtime. Monitor the results carefully as you may need a slightly higher or lower dosage. Experiment to find the best dosage for you. If you would prefer, valerian can also be taken as a tea. However as valerian is a central nervous system depressant, it should not be used every night.

Here are two excellent valerian tea recipes:

1. Make the valerian tea in the morning by adding two teaspoons of valerian root to two cups of warm water. Leave it to stand until evening then strain it and heat through. Stir in one teaspoon of honey and drink one cup after dinner and another about forty five minutes before going to bed.

2. Create a dry mixture made of two teaspoons each of valerian root, hops, lavender, chamomile and lemon balm. Stir one teaspoon of this mixture into one cup of boiling water. Drink a cup in the morning and another in the evening, forty five minutes before bed. Energy Therapies to Heal Insomnia

All the energy therapies are based on the belief that a universal life force resides in and around the body. Energy therapies to heal insomnia include acupuncture, acupressure, kinesiology, Reiki and bioelectromagnetic therapy. In energy therapies, the focus is on the energy fields or biofields that exist in and around the body. Energy therapies also use the external energy fields for healing.

Acupuncture is one of the most accepted energy therapies to heal insomnia. In acupuncture, specific points of the body are stimulated by inserting fine needles into the skin and basic tissues. Stimulating the specific body points will increase the flow of energy. By acupuncture, various chemical messengers in the brain are released, which efficiently treat insomnia and its causes.

Acupressure therapy is a variation of acupuncture. In acupressure, various energy points on the body are stimulated by proper application of finger pressure. This stimulation releases the energy blockages of the body. Acupressure therapy lowers the body heat and vital energies are maximized. Acupressure therapy offers immediate relief from stress and pain, and effectively reduces the symptoms of insomnia.

Kinesiology therapy uses manual muscle testing and evaluates normal and abnormal body function. According to this therapy, certain muscles or groups of muscles relate to specific body parts. The patient's mental and emotional health is also evaluated. Energy kinesiology therapy works on the body at a very deep level; and it detects and clears

energy blocks within the body. Depending on the type of kinesiology therapy, the therapist uses various methods including aromatherapy oils, massages, visualization and more. Kinesiology therapy is particularly useful for releasing stress, which is one of the main causes of insomnia.

Reiki is considered as an effective energy therapy to treat insomnia. It is an ancient Japanese therapy which cures both body and mind using the universal healing energy. Reiki is based on touch therapy, in which the therapist's healing energy is used to identify and cure weak energy areas of patient. The healing energy comes from the therapist and the good energy is transmitted to the patient's body. Good energy flow relieves the patient from depression and illness.

Bioelectromagnetic therapy is another energy therapy used to heal insomnia. In bioelectromagnetic therapy, an electromagnetic field is used to cure the weaker body parts. This therapy offers enhanced sleep, pain relief and stress reduction.

Energy therapies can increase the energy in your body and improve your physical health and wellness. These therapies can effectively cure the symptoms of insomnia. With no effects, energy therapies offer positive results for insomnia patients.

Massage and Aromatherapy to Overcome Insomnia

Massage and aromatherapy are two of the most natural and satisfying alternative therapies used to relieve insomnia. This is because they relieve stress which is a significant factor in both short term and chronic insomnia. Massage is a good therapy in itself and aromatherapy is also an independent solution for insomnia. However, a combination of

these therapies works best. Combined, they are known as aromatic massage therapy. Massage is given by the therapist or a masseur using oils designed to promote healing and relaxation. Massage improves the circulation of blood and helps the body to relax. It turns off the sympathetic nervous system while the parasympathetic nervous system is turned on. Thus, there is neuromuscular relaxation that dissolves pain and reduces mental tension and stress. There are many therapeutic massage techniques. While some techniques are used to relax the muscles, other styles of deep tissue massage focus on the nerves, tendons and ligaments, and diffuse stress from the trigger points to reduce pain and induce sleep.

Aromatherapy involves the use of plant based oils and other aromatic compounds extracted from plants that help improve the mood and health of the person. The science of the psychology of fragrances and their effect on the human mind is called Aromachology. Some of the commonly used Aromatherapy essential oils are lemon grass oil, almond oil, sandalwood oil, eucalyptus oil, spearmint, chamomile, lavender oil, and basil. Many essential oils not only induce sleep but are also used to reduce headaches, and migraines. Some of the scents like lemongrass and orange are very tranquil and can Actually calm us down allowing us to easily fall asleep. These aromatic natural oils do not actually interact chemically with the human senses. It is believed that the "life force" of the plant that has been condensed in the oil is used to purge negative vibration in the body to balance the body's energy and promote well being.

Aromatic oils can be applied to the skin, or a few drops can be put on the handkerchief for inhalation. The best method however is to pour a few drops of the oil in warm bath water and take a refreshing bath just before sleep time.

Chamomile tea can also be taken before sleep. The combination of a good massage along with aromatherapy is bound to put most people into a deep slumber. It is always better to keep some of these aromatic oils and salts at home and the habit of occasional massage between partners should be encouraged. So if you ever have a problem with sleeping, first try massage and aromatherapy to overcome insomnia.

Vitamin and Mineral Therapy

Numerous natural treatment methods are suggested for insomnia. Vitamin and mineral therapy is one form of relief. As everyone knows, vitamins and minerals play a vital role in regulating the nervous system of the human body. Minerals like calcium and magnesium, and Vitamin B6 are essential and deficiency in them may result in sleep disorders. Therefore it is important to replenish the body with sufficient supply of all the essential minerals and vitamins by following a proper diet and if necessary supplementing. Stress, a major cause of insomnia, can be alleviated by supplementing with Vitamin B, mostly found in yeast, milk, and eggs. Vitamin B, along with vitamin B6 eases anxiety and helps in promoting your sleep. Vitamin B is found in nuts, dairy products and vegetables high in protein. Vitamin B6, also known as pyridoxine, helps to increase red blood cell production. This vitamin is commonly found in whole grains, eggs, and fortified breads and cereals. Vitamin B6 along with the 5-HTP is also helpful in treating insomnia.

Vitamin A is considered one of the most important nutrients for the body. Lack of this vitamin can cause stress and aches which can prevent sleep. Try to include green and yellow fruits and vegetables to ensure an adequate intake of Vitamin A. Vitamin D, found in eggs and dairy products as well as fortified foods such as cereals, rice and soy milk is yet another source for relieving stress. Sunlight is necessary to synthesize Vitamin D so make sure you spend some time out of doors every day.

Several minerals also are used for treating stress and pain which can cause insomnia. When people are tense, their muscles keep them awake. Minerals like magnesium and calcium will help to relax your muscles. Taking calcium and magnesium one hour before bed can aid natural sleep. A deficiency of copper in pre-menopausal women can also affect sleep. When this occurs, taking one milligram of copper daily can make all the difference. The best way of ensuring adequate copper intake is to include it in your diet.

Seeds, nuts, mushrooms, dried beans, and some sea foods are the main sources of copper. Iron is another mineral which can influence your sleep. Insufficient consumption of iron can also be the reason for insomnia. Men and non-menstruating women should take 10 milligrams of organic iron every day, and a menstruating woman should have 15 milligrams.

Though vitamin and mineral therapy is considered to be one of the easiest and safest ways to get relief from insomnia, excessive consumption of vitamins and minerals can have a negative impact on your sleep. For the best results from vitamin and mineral therapy, it is always recommended that you get advice from a professional natural health care provider.

Bach Flower Remedies

Bach flower remedies or flower essences can be useful in treating insomnia that results from emotional, mental or spiritual strain. White chestnut is commonly used when sleeplessness is the result of worrying thoughts and argumentative thoughts.

Scleranthus is used when insomnia occurs as a result of indecision and the worry that causes. Vervain, rockwater, beech, elm, vine and impatiens are excellent for stress and strain, the inability to relax and frustration. Bach flower remedies can be taken in two ways. You can either drop four drops on your tongue at least four times a day or when you feel you need it, or put the drops in a glass still water and sip throughout the day. An experienced Bach flower therapist can make up special combinations of flower remedies that are specially for you and your individual needs. It is important not to confuse Bach flower remedies with herbs or aromatherapy oils which might have the same name.

The following are Bach flower remedies which are commonly used for various types of insomnia:

1 Aspen. When insomnia is caused by vague and irrational fears or sleep is interrupted by sleep walking, talking in one's sleep and by night sweats.

2 Banksia Robur. When insomnia occurs as a result of jet lag. It usually is given to busy individuals who have over done things and feel temporarily drained by jet lag.

3 Boronia. When people are heart sick and grieving or cannot sleep due to obsessive thoughts.

4 Chamomile. This is particularly good for people who are very sensitive to stress, hyperactive children and people who experience regular mood swings. These tendencies can lead to insomnia and where this is the case, chamomile as a flower remedy is indicated.

5 Morning Glory. This is indicated for people who have erratic sleep routines and find it difficult to wake up in the morning. It is beneficial for individuals whose sleep is affected by ingesting stimulants and an addiction to sedative drugs.

6 Rock Rose. If insomnia is the result of being woken by nightmares which are triggered by a shock or accident, this remedy is indicated.

7 Valerian. When people cannot sleep because of pain or stress, or if they are exhausted or recovering from an illness, this flower remedy is commonly used.

8 Verbena. If an individual cannot sleep because they are commonly hyperactive and tense, verbena is indicated. However, this remedy should only be used before bedtime.

9 Vervain. This is given to people who cannot sleep because they cannot calm down. They are tense and excitable people.

10 White Chestnut. This remedy treats insomnia that results from a busy mind. This remedy is excellent for people that cannot silence their mental chatter and tend to replay conversations that have already occurred.

11 Ylang Ylang. This is another Bach flower remedy which is used for stress related insomnia, particularly when induced by emotional upheaval.

Exercise

It has been proven in a recent Stanford University Medical School Study that when older and middle aged people include regular exercise in their lives, they sleep much better. It was found that after sixteen weeks of daily moderate exercise, participants fell asleep fifteen minutes earlier than before and slept an additional forty five minutes every night. To get this effect, the subjects exercised four times a week; twice in an aerobics class including thirty minutes of endurance training and twice either brisk walking for forty minutes or riding an exercise bike. All aspects of their sleeping pattern were examined including how long it took them to fall asleep, how many times they woke up and total hours slept. They also evaluated how refreshed they were upon waking up and how they were able to function during the day. Exercise is important for everyone, but where insomnia concerned it is particularly important for older people. Although the elderly represent only 20% of the U.S. population, they are prescribed almost half of all sleep medications. The side effects of these drugs can include confusion, agitation, extended drowsiness, falls, and if interacting with other medication serious consequences. These side effects can cause particular problems for seniors whose mobility and health can already be compromised by age. When older people increase their amount of exercise, they are improving their chances of sleeping well and all the health benefits that provides. Don't give up too quickly. Results did not occur in this study until four months had passed. It is recommended that you exercise five to six hours before you go to sleep. Make sure that you exercise energetically enough to sweat a little. The subsequent decrease in body temperature actually assists sleep.

Something Extra All of the natural approaches mentioned here can help you overcome insomnia. However, there are some important behavioral adjustments that you really can't avoid. There is no point taking alternative remedies and increasing your exercise if your choices are causing insomnia.

The following guidelines are important to follow in order to overcome insomnia:

1. Do not eat bed time snacks, in particular those containing grains and simple sugars. These can be rapidly converted to blood glucose which may elicit an insulin response causing your blood sugar to drop. That resultant hypoglycemia can start a roller coaster blood sugar rise and fall that interferes with sound and ordered sleep.
2. Do not watch television or play computer games before bed as they are too visually stimulating and can interfere with you falling asleep.
3. Go to bed well before eleven o'clock. The body recharges and restores the adrenal glands mainly between 11 p.m. and 1 a.m. The gall bladder also disposes of toxins during this same time period. If this work isn't done the liver can get overloaded.
4. Keep the temperature of your bedroom at or below seventy degrees Fahrenheit (if you can).
5. Limit your ingestion of drugs as many medications have side effects which include insomnia.

6. Avoid caffeine. Caffeine is found in coffee, tea, cola drinks and some diet pills. Caffeine can affect a person's ability to fall asleep long after it has been taken. So, if you suffer from insomnia, take a break from caffeine and see if it makes a difference.
7. Avoid alcohol. Although many people think that alcohol helps them to sleep, they are probably unaware that it causes them to wake up hours later and affect their ability to fall asleep again.
8. Don't drink fluids during the two hours before you go to bed. This will reduce the likelihood of having to wake up to visit the bathroom.
9. How good is your bed? It is hard to get a good night's sleep on a bad mattress. Be honest and if you need to get a new mattress, do what you can to do so.
10. What is your sleeping environment like? If your bedroom is cluttered, dusty, and uncomfortable it is not conducive to you enjoying a good night's sleep. Use cozy pillows and sheets which help to make your sleep experience most delightful. Do yourself a favor and make your room more comfortable.
11. Limit noise distractions with a fan or sound application for your phone.
12. Keep your sleep area dark. If you plan on sleeping during daylight hours you may consider utilizing comfortable eye covers to keep the light out. Light stimulates the brain to awaken so eye covers can be very helpful.
13. Many people who experience insomnia have trouble quieting the mind. Consider daily meditation which helps to calm the mind and condition thought patterns for relaxation.

As you can see, there are many causes of insomnia and many ways to relieve it naturally. Lifestyle changes may need to be made to encourage good health and good sleep and you may have to sacrifice your strong coffee at night or your favorite alcoholic beverage before bed. Yet, these are small prices to pay for a good night's sleep. Once you have made sure that you are not causing your insomnia by your daily lifestyle decisions you can evaluate which natural approach you feel is best for you. However, it is important to remember that alternative therapies are not based on the quick fix approach common to traditional medicine. Rather, they are all about restoring balance and health to your whole system – body, mind and spirit. You will therefore need to be patient and if something doesn't work immediately, persist. You can also use more than one modality at the same time. For instance, it would only make sense to use vitamin and mineral therapy to heal the body but while it is healing, herbal teas might provide immediate relief or if the insomnia has an emotional origin, you might try a bach flower remedy.

Good sleep is your goal. It is essential for your well-being and it is possible for you. Do not let sleeplessness and exhaustion distress you to the point of despair. Apply the principles here and remove the blocks to a good night's sleep.



Energy Frequencies

Waveform energies can greatly influence brain chemistry and well-being. Energy frequencies can create harmony or disharmony within the mind and body. The Wellness Specialist Certification course is designed to create harmonic rhythms for optimal wellness.

Everything in the Universe is made up of particles and waves of electromagnetic energy. These tiny vibrating particles and waves create all the physical and non-physical forms. Objects that appear to the eye as solid are in reality mostly empty space. In fact, everything we see is energy vibrations. The slower the vibrations the more apparent the object appears such as a human body, and the faster the vibrations the less apparent such as music. Many energy forms are influential to health as they move through and around the physical body. Even our thoughts are energy patterns picked up by the electrical field of the brain.

Frequency is the rate that energy vibrates. Without a change in frequency, there wouldn't be variations in colors or sounds. These variations in vibrations can influence wellness. The vibration of a song we enjoy or a person we like immediately changes our emotional and physical state.

People are affected by frequencies all the time and rarely aware of the link. The closer the proximity to a vibration the more influence it has on health. The awareness that frequencies can have a dramatic effect on life is useful for creating healthy habits that

lead to optimal wellness. This manual encourages participants to make empowered choices and create habits that enhance brain chemistry and our connection to ideal frequencies for heightened wellness. **When we optimize our wellness the frequency that we share with others is healthiest.**

Optimal brain chemistry is paramount for the reception of healthy frequencies. The strategies in this course help achieve an enhanced state of living by creating optimal brain chemistry, which allows the for better reception of healthy frequencies.

Other Important Factors For Optimal Brain Chemistry & The Reception Of Healthy Frequencies

Sunlight

Sunshine is essential to optimal health and happiness. Get approximately 5-15 minutes of sunshine a day.

Avoid Overexposure Utilize shade and clothing rather than chemical sunscreens. The body absorbs lotions that are placed on the skin. Most of the popular sunscreens contain unhealthy chemicals. It is wise to avoid these products.

Tips To Limit Toxins

Toxins interfere with brain chemistry and healthy energy reception. Many hinder health and create an environment where sickness and cancer prevail.

Beauty Products

Choose natural beauty products of the correct pH. What you put on your skin is absorbed into your blood stream. Most of the beauty products available have toxic chemicals in them or are not of ideal pH.

Shower Filter

Use a shower filter to cut down on toxic chlorine.

Toothpaste

Fluoride toothpastes are potentially harmful. Choose fluoride free natural alternatives. There is no proof that fluoride prevents cavities. However, there is proof that fluoride is toxic. Avoiding acidic foods and soda pops is a major factor in preventing cavities.

Cleaning Products

Choose natural cleaning products. The commercial brands contain many chemicals that the fumes of which are toxic.

Air Fresheners

Choose natural oils and potpourri rather than chemically filled air fresheners that pollute the air we breathe. Baking Soda is a good natural odor absorber.

Air Purifiers

Choose an air purifier that does not use ozone technology or that limits ozone emissions.

Air Conditioning Units

Regularly replace filters to limit indoor air pollution. Exchange the air within your indoor living space daily with fresh outdoor air. Indoor air pollution is usually much more toxic than outdoor air pollution.

DO NOT USE PESTICIDES

Pesticides are some of the worst substances that interfere with brain chemistry causing a wide variety of ailments. No amount of pesticide is safe so use alternative methods.

Alternative Methods of Pest Control

Keep pests out by sealing doors, windows, cracks etc. Also a clean home free of crumbs and other pest food will not give pests a reason to stay.

Outdoor Pollution

Select less polluted areas and times for exercise and vigorous activities.

Fluorescent Lighting

Use full spectrum lighting instead of fluorescent lights, which emit harmful waveform energy.

Electrical Appliances

Avoid close proximity to electrical devices. It is best to limit harmful EMF frequencies.

Cell Phones

Utilize the speaker function, or purchase a hands free plug in cable that allows a person to use the phone without having it up against the head.

Cordless Phones

Select those that have speaker functions to allow distance from the head to the phone.

Smoking

Do not smoke and limit exposure to smoke filled areas.

Relationships

Loving relationships are extremely important for reception of healthy energies especially the relationship that we have with ourselves. When people are dialed into healthy energies they emit rejuvenating frequencies. People gravitate toward those who radiate healthy energies because it affects them in a positive manner. If a person feels



comfortable in another's presence they are generally more successful in establishing a business or pleasure type of relationship with that person.

Healthy Relationship Practices

1. Look for the best in others
2. Accept responsibility for happiness Don't blame others for feelings.
3. Thinking of what can be done to better the relationship
4. Listen to the wants of others
5. Letting go of the need to be right When people choose kindness in their relationships rather than having to be right relationships blossom.
6. Communicate wants clearly Clarification aids communication
7. Direct relationship concerns toward behavior not the person

For example rather than saying "You are a bad person... jerk etc." choose a healthier way to communicate that is guided toward behavior rather than the person and clarifies the issue such as "When you behave that way I think you may not like me."

8. Nourish all relationships with love and above all Love Thyself It is challenging for a person to share love and respect with others if they do not feel that way about their self.

The more love a person entertains for them self the better equipped they are to share that magic with others.

These tips help bring out the best in others and your relationships.

Purposeful Living

We all have wonderful contributions we can make to the world and when we are doing something we feel is purposeful it makes the days even sweeter. If you feel you haven't found something that can help you feel that sense of purposeful living, ask yourself what are your deep passions. This question will many times help you choose more meaningful activities. Many people find that their purpose lies in helping others, animals, or the environment. You may find your purpose may be to smile at and compliment as many people as you can each day. The littlest things such as a smile can have a tremendous impact on others. Whatever your purpose, invest some of your time doing regular activities to bring you closer to that purpose. Nourish that universal need for purposeful living.

Focus on the process rather than the outcome.

Focus on the next step it takes to make it happen rather than all the steps combined. This will help keep you in a less stressed more productive state.

Achievement

It is hard to accomplish anything without belief in yourself. Confidence will develop the more steps you take toward your goal. Just start taking small steps in the direction of your goal and watch that self esteem blossom. It has been said that the journey of 1000 miles starts with a single step. By expanding your self - image you increase your capabilities. Remember clarity is power so make it clear what you need to do in order to achieve your goal. Without a map, you may encounter detours that you could have avoided if you had one.

Not only must you have faith in yourself and have an idea of where you want to go, but you must take action to achieve your goals.

The next and most important step is to take a step, and keep stepping until you achieve your desired result. You must be proactive to achieve your goal. That means do the things you need to do to achieve your goal. Ask yourself what actions do I need to take to make this goal a reality, and then do them. Without action, nothing is accomplished. It has been said that it is not what you can do, but what you do do that counts. You can always change your direction when your view becomes heightened, but the engine has to be moving in order to make progress.

It is your actions that determine your destiny.

LOVE & POSITIVITY

Bathing the mind and body with love and positivity is the most important thing we can do to better ourselves mentally, physically, and spiritually. Love inspired positivity is the path to spiritual fulfillment and a direct connection to health and healing. When we bathe

our minds in loving thoughts we let go of jealousy, resentment, and other baggage that weighs us down and impedes health and well-being.

Love and positivity grant access to the healthiest energies available and can immediately transform any world into a majestic landscape. All that is shared within this program is designed to allow Love and Positivity to flourish while enriching the mind body, and spirit with its healing power.

When we change the way we think toward positive loving thoughts, what we say toward loving positive words, and what we do toward positive loving actions; we enrich our life, and the lives of those around us. May your life radiate optimal wellness and amplify love, and positivity!

To Your Health and Happiness and a Beautiful World Filled With Goodness

