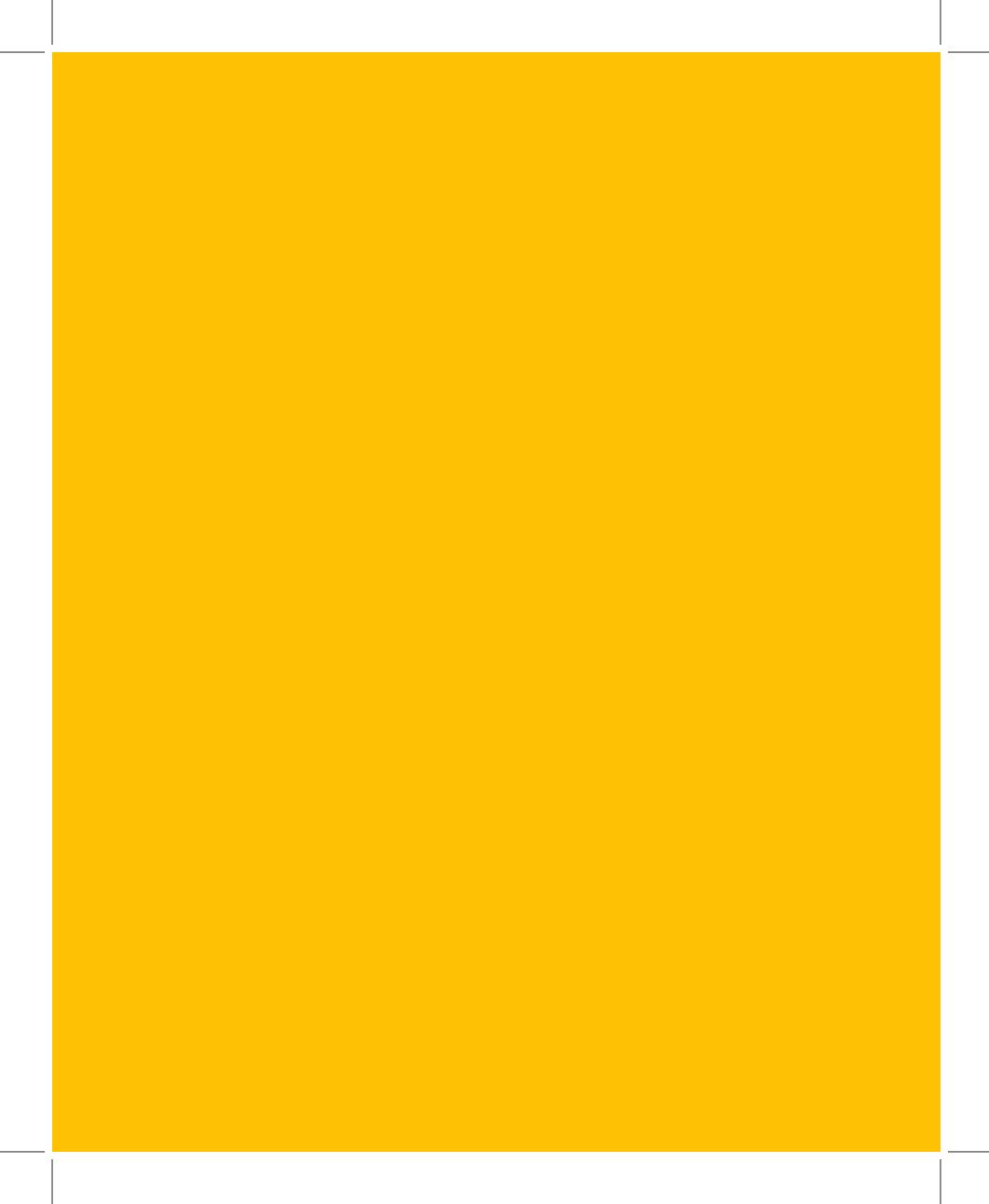


# A QUICK GUIDE FOR CHANGING YOUR LIFE

*Usefull & Quick Tips  
For A Healthy Life*



# *A Quick Guide For Changing Your Life*

*Useful & Quick Tips For A Healthy Life*



Let The Healing  
Begin!

**Dear reader,**

in today's society we are constantly being exposed to the craziness of the world we are living in – this eventually leads us to forget who we are and struggle with everything that surrounds us.

With this mini-book we aim to give you an insight into modern day living, increase your awareness, help you to improve yourself in managing your daily life in a healthier way with simple steps to follow.

In this book you will find an accumulation of information regarding different health & wellbeing approaches. The information that will be provided has been entwined together by The LifeCo and its founder Ersin Pamuksuzer through their experiences and search for holistic health and living. We hope that the book proves to be useful and informative in guiding you on a never ending journey to optimum health and wellness.

## **THE LIFECO'S FOUNDER, ERSİN PAMUKSUZER'S JOURNEY TO A BETTER LIFE**

Ersin Pamuksüzer was so impressed with the benefits of detoxing that he wanted to share it with the world. After 20 successful years in the fast-paced business world, then 46 year-old founder of The LifeCo started looking for a new way of living when he joined his first detoxification program in 2002. He was fascinated with how much better he looked and felt after the program; he experienced increased energy, loss of excess weight, clearer eyes and skin, better sleep, easier digestion, improved mood and clearer state of mind. He started to explore holistic health and wellbeing philosophies around the world, practice Vipassana meditation, visit wellness centers and study various wellness disciplines. He then incorporated what he has learned throughout his explorations into his daily life.

He wanted to find a way to incorporate his new healthier choices into his life without having to isolate himself from his family, friends and society. He realized that he could make noticeable changes in the way he felt and his level of health with minor adjustments to his eating, thinking and exercising habits, and his environment. He told his family and friends, who in return told their families and friends. By word of mouth this wellness concept gained so much popularity that he decided to form a company to share his experiences and resources with other people interested in discovering a healthier way of life.



Information in this booklet is informative in nature and should never be construed or interpreted as a substitute for medical advice. None of the information is intended to be instructional and should not be considered or used for a medical diagnosis or treatment.

If you are taking any medications, please consult your doctor, healthcare professional or nutritionist in order to avoid complications while introducing a new lifestyle including detoxing and using nutritional supplements.

Special thanks to everyone who have played a part in the betterment of my understanding of optimum health; including all the good souls throughout the history who have contributed in shedding light to the path of optimum living.

Thanks to people who have helped preparing the mini-book that you are now reading. Alphabetically; Alana Panton, Anjeza Aksu, Beril Yilmaz, Cem Gurgen, Guliz Altinbasak, Simay Yeral and all TheLifeCo family.

*Ersin Pamuksozuer*



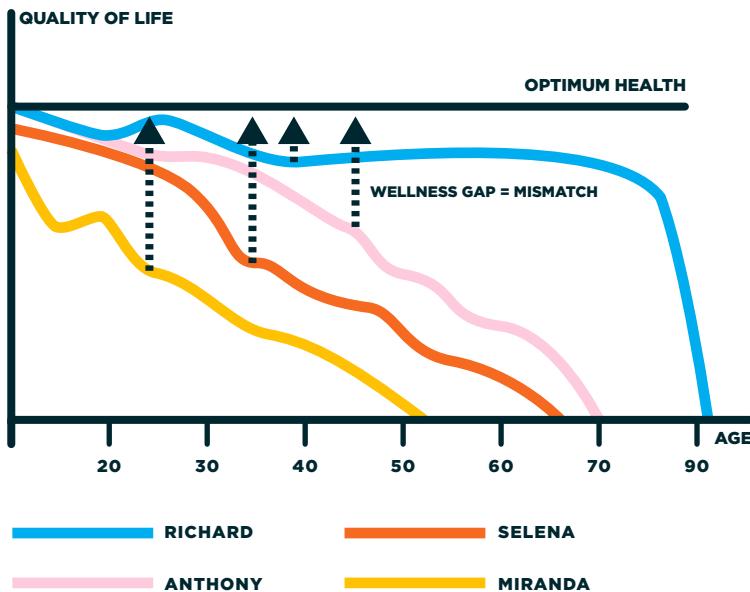
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## A Quick Guide For Changing Your Life

Quick & Useful Tips For Healthy Living



### MISMATCH AREAS CAUSING THE WELLNESS GAP

- Food
- Mind
- Movement
- Environment

# *Quality of Life & The Mismatch*

**"Well-being"** is achieving the highest level of life quality and maintaining it in order to enjoying your life with optimum vitality and functionality.

## **OPTIMUM HEALTH =THE BEST POSSIBLE LEVEL OF HEALTH A PERSON CAN ACHIEVE**

Achieving well-being can be challenging as you have to have a balance of:

- Physical wellness
- Mental wellness
- Environmental wellness

The chart indicates that people are all living far under their optimum life qualities. We call the gap between the optimum health line and actual life curve of the person in question the “wellness gap” in another words “healing potential”.

This book's aim is to provide you with tips on how to reduce this gap as much as possible. The gap exists due to the mismatch in our lives- namely in the areas of food, mind, exercise and environment, therefore we will mainly focus on these areas.

## LIVING IN THE 21st CENTURY

The world we are living in is different to the one we are actually supposed to be living in. We eat products instead of food. We live under the pressure of neverending task lists and deadlines causing neverending stress. We sit instead of moving, although it is naturally required from our bodies. Furthermore, we live in a man made world; full of poisons and chemicals are detached from nature.

## MISMATCH



AS A RESULT WE FIND OURSELVES LIVING IN A DEFECTED WORLD OCCUPIED WITH PHYSICAL, MENTAL AND ENVIRONMENTAL ISSUES. WE END UP SPENDING OUR LIVES NOT ABLE TO ACHIEVE OUR OPTIMUM LIFE QUALITY.



## MISMATCH IN THE AREAS OF FOOD, MIND, MOVEMENT, ENVIRONMENT

Food has lost its purpose and became a type of entertainment and element of toxicity. People are living on processed food instead of eating nourishing food, which acts a constant burden to our body and health.

We were supposed to be born into a life with limited number of triggers, all of which the body and mind would be able to cope with. However, in the 21st century's world there are at least 600 or more triggers per day awaiting to be faced by us. These triggers are the factors making up what we call the 'chronic stress'.

In today's world we spend most of our time being lethargic; sitting for hours, using escalators, elevators, laying on the sofa watching TV, driving everywhere and hardly ever walking or exercising. Whereas, nature requires us to move in order to survive.

We now live in a polluted and toxic nature and social environment consisting of many buildings and little green. Overwhelmed with information, news, and social media - day by day we move further away from the nature.

# The Mismatch

Mismatch causes deficiency, toxemia and chronic stress. Eventually these 3 outcomes reduce our life qualities, cause burn out syndrome and increase the possibility of occurrence of chronic diseases.

## MISMATCH

DEFICIENCY

TOXAEMIA

CHRONIC STRESS

LOW LIFE  
QUALITY

BURN OUT  
SYNDROME

CHRONIC  
STRESS

Chronic diseases are the primary cause of deaths in the world, representing %93 of all deaths. The remaining 7% of deaths are caused by natural reasons.



## DEFICIENCY

The body needs specific nutritional input in order to operate and function. However the state of deficiency occurs when nutrition needs of body are not met with. Therefore, body can't produce the energy needed and tissues can't form as they naturally would do. In the state of deficiency the body becomes weak and vulnerable to chronic diseases.

Today, in most food products nutrition we assume to be obtaining undergoes deterioration due to commercialization, lengthening shelf times, production techniques and cooking.

Despite being consumed enough; due to the changes in the foods content, we can't get most of the nutritional elements from the food we eat. This is one of the factors deceiving us; even though we eat more than enough we don't get sufficient nutrients and continue to be hungry.



## **TOXAEMIA**

Toxins, which pollute the environment and nature, are in fact one of the outcomes of people's senseless search for a modern life.

There are two main reasons that toxins gather in the body:

- **Body's exposure to unnatural environmental toxins in food, air and water.**
- **Inability to excrete as much as necessary toxins because of unhealthy personal habits, tiredness and a weakened nervous system.**

These reasons lead to Toxaemia. Illnesses occur because there is extra toxicity in the body. The extra toxicity counterworks the body's natural immune system and creates a body environment suitable for illnesses.



## CHRONIC STRESS

The autonomic nervous system is divided into two; the sympathetic and parasympathetic nervous systems.

We escape from justified dangers that we come across in nature because of the sympathetic system's stimuli; meaning it is vital for our survival. In today's world we face numerous unjustified triggers, keeping us in constantly in sympathetic mode (\*flight and fight mode), withholding rejuvenation and healing from occurring.

During flight and fight mode the body's functions are aimed simply to escape from that danger and survive.

In the parasympathetic mode, the heartbeats slow down, vessels widen and the movements of the intestines become faster. In contrary to sympathetic mode, parasympathetic mode is associated with rest, relaxation and rejuvenation. The only way the body can work at its optimum level is through resting both the body and the mind.

Modern and stressful city life causes us to live under chronic stress leading us to live our lives in a 7/24 flight & fight mode. This puts our immune system at risk, stopping rejuvenation and inviting chronic diseases into our bodies. Simply said, a chain of non justified chronic stress can bring us to the edge of acquiring chronic diseases.

\*please check page 39 for flight or fight mode



**MISMATCH:**

*Products  
vs  
Food & Nutrition*



As we discovered, there is a significant mismatch between the environment we are supposed to live in and the reality that the 21st century offers us, as well as the consequences it presents. Therefore there is a need to analytically approach to the discrepancy that is being underlined and further elaborate the areas of the mismatch.

Let's start with food, which is the main driving fuel of our lives, playing a significant role not only for our physical bodies but also for our mental wellness. Nutrition is behind all the chemical processes taking place in our bodies, including our hormonal activities that govern our well being and brain functions. It is very important to address food and nutrition properly.

We keep ourselves mainly on a raw and vegan diet. Cooked food, animal products and processed food are considered as indulgence and are not recommended to be a part of a healthy diet. Therefore we should keep indulgence at a reasonable ratio of our diet max 20-30%.

Most people are very good when it comes to indulgence, so we don't have to add anything to that. We rather focus on maintaining a healthy diet and minimizing the damage resulting from indulgence.

# Raw & Vegan Diet

## THERAPEUTIC DIETS

- Water Fasting
- Master Detox
- Green Juice Detox
- Green Salad Detox
- Anti-Aging Raw Nutrition
- Low Calorie Raw Nutrition
- Ketogenic Raw Vegan Nutrition

## MAINTENANCE

- 80% Nutrition 20% Indulgence
- Intermittent Fasting
- Once a week water/juice fasting

## INDULGENCE

- Eating solely for pleasure and joy

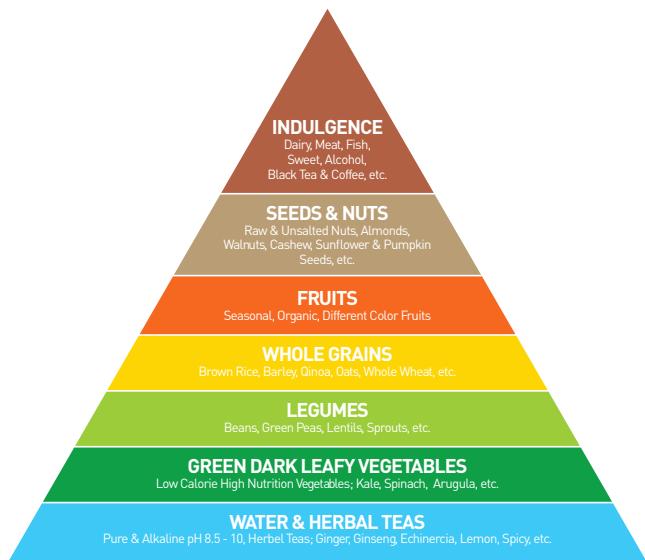


Therapeutic diets are precise formulas of special meal plans; helping detoxification, supporting the healing processes of different medical conditions. They are preferably done in a disturbed environment of daily noise of life, if there are no place for mistakes during a therapeutic diet.

Maintenance is done to avoid deterioration from one's optimum health and consists of healthy approach to nutrition. During maintenance indulgence ratio is limited to take only up to 20-30 % of the diet. The aim is to prevent diseases, to heal, rejuvenate and establish new healthy eating habits for an optimal life.

Indulgence indicates eating for reasons other than healthy living. The indulgent eaters are emotional, non-mindful eaters and go for addictive tastes rather than nutrition. Abuse of indulgence eating leads to obesity and other chronic diseases therefore indulgence should be restricted to a reasonable ratio.

# Healthy Nutrition Pyramid



Eat FOOD. Not too much. Mostly PLANTS. ~Michael Pollan

As it can be seen in the healthy nutrition pyramid, water is the best food. 90% of our body composition at birth is composed of water. To get the necessary amount we need for a healthy body we should consume water (pure and alkaline water between 8 and 10 pH levels) and herbal teas (such as ginger, ginseng, echinacea, sage, lemon, etc.) on a daily basis.

Green dark leafy vegetables should be the base of our diet. They contain high nutrition per calorie. We recommend the consumption of kale, spinach, arugula and such.

Legumes are good sources of plant based proteins and are best when sprouted to increase their nutrition level. Beans, green peas, lentils etc. are all legumes that can be sprouted.

Whole grains should be consumed in limited amounts because of their high calorie content, nevertheless they can take part in our diet. Some examples for whole grains are brown rice, barley, quinoa, oats, whole wheat, etc.

Fruits are high in antioxidants and phytonutrients, but should be consumed restrictively because of their sugar contents. Fruits should be consumed in their seasons, organic and with variety of colors.

Seeds and nuts are good and natural sources of healthy fat (omega 3-6-9). Better consumed raw and unsalted.. It is vital to acknowledge their high calorie nature and consume accordingly in limited amounts.

Indulgence is the consumption of everything else. Dairy products, meat, fish, sweets, alcohol, risotto, spaghetti, coffee, etc. must be considered to be for entertainment rather than nutrition reasons. Therefore, has to be done in moderation.

## NUTRITION PER CALORIE LIST

1000	Kale	119	Grapes	34	Salmon
1000	Collard Greens	119	Pomegranates	31	Eggs
1000	Mustard Greens	118	Cantaloupe	31	Milk, 1%
1000	Watercress	109	Onions	30	Walnuts
1000	Swiss Chard	103	Flax seeds	30	Bananas
895	Bok Choy	98	Orange	30	Whole Wheat Bread
707	Spinach	98	Edamame	28	Almonds
604	Arugula	87	Cucumber	28	Avocado
510	Romaine	82	Tofu	28	Brown Rice
490	Brussels Sprouts	74	Sesame seeds	28	White Potato
458	Carrots	72	Lentils	28	Low Fat Plain Yogurt
434	Cabbage	65	Peaches	27	Cashews
340	Broccoli	64	Sunflower seeds	24	Chicken Breast
315	Cauliflower	64	Kidney beans	21	Ground Beef, 85% Lean
265	Bell Peppers	63	Green peas	20	Feta Cheese
205	Asparagus	55	Cherries	12	French Fries
238	Mushrooms	54	Pineapple	11	White Pasta
186	Tomato	53	Apple	11	Cheddar Cheese
182	Strawberries	53	Mango	11	Apple Juice
181	Sweet Potato	51	Peanut butter	10	Olive Oil
164	Zucchini	45	Corn	9	White Bread
145	Artichoke	37	Pistachio nuts	9	Vanilla Ice Cream
132	Blueberries	36	Oatmeal	7	Corn Chips
127	Iceberg Lettuce	36	Shrimp	1	Cola



## HIGH NUTRITION PER CALORIE = HEALTHY EATING

This simple equation summarizes your health's relation to nutrient density of your diet.

Adequate consumption of micronutrients - vitamins, minerals, and many other phytochemicals - without excessive caloric intake is the key to achieving excellent health.

The ANDI (Aggregate Nutrient Density Index) ranks the nutrient value of many common food products on the basis of how many nutrients they deliver to your body for each calorie consumed.

ANDI scores are based on thirty-four important nutritional parameters. Food is ranked on a scale of 1-1000, where most nutrient-dense and cruciferous leafy green vegetables scoring 1000.

# Plant Based Ketogenic Diet

The ketogenic diet forces the body to burn fat around the clock by keeping carbohydrates (sugars) low, simultaneously making fat products the primary food. This diet focuses mainly on healthy fats. Quality proteins and carbohydrates coming from organic vegetables are complementary.

The main aim of the diet is to replace glucose and use keton instead when running the cells.

Healthy cells are easily run by ketone bodies, whereas defected cells such as cancer cells are unable to use ketone bodies. In ketogenic diet defected cells can not continue to survive. In this way weight loss, getting rid of abdominal fat and a number of diseases achieved.

## EXAMPLES TO VEGAN KETO FOOD

<b>NATURAL SWEETENERS</b>	Stevia, Monk Fruit, Non-GMO sugar alcohols
<b>FERMENTED FOODS</b>	Pickles, Kimchi, Pickled ginger, Sauerkraut, Coconut Milk Kefir
<b>FIBER</b>	Shirataki Noodles, Raw or Dry Roasted Nuts and Seeds [too much unsprouted nuts and seeds can be challenging on the digestive track]
<b>BIOAVAILABLE PROTEINS</b>	Pea Protein, Hemp Protein, Sprouted Nuts, Sprouted Seeds
<b>ANTI-OXIDANTS</b>	Non-Starchy Veggies, Herbs & Low-glycemic fruit [berries, lemons, limes]
<b>HEALTHY FATS</b>	Avocado, Olives, EV Olive Oil, Coconut Butter, Coconut Oil, Coconut Milk, Coconut Flakes, Coconut Milk Kefir, Coconut Milk Yogurt, Raw or minimally processed dark chocolate



A ketogenic diet plan requires tracking the carb amounts in the food eaten and keeping carbohydrate intake between 5-10% of your daily food intake, protein intake can go up to 15% and healthy fat takes up 75-80% of the food intake. The calorie need is mainly provided by the stored fats in the body, defect cells, and the fat intake.

The ratios as shown in the diagram ensure that person who is undertaking the ketogenic diet go into stage where the ketons produced from person's fat act as healthy sugar source for the body.

The main objective of the ketogenic diet is to maintain the achieved high keton level in order to continue to burn fats and eat up unwanted defect cells.

## MACRONUTRIENT BREAKDOWN



# pH Food Chart

The scale to measure the acidity or alkalinity of a substance is called pH (potential hydrogen). This measurement is determined by the amount of hydrogen ions. The more hydrogen ions the greater the acidity of the substance being measured, such as water.

This scale ranges from 0 to 14. Zero (0) is extremely acid while 14 is very alkaline. Seven (7) is considered neutral and is the pH of pure water.

The body constantly strives for homeostasis – the balance at which the functions of the body can operate. The optimal pH for most of our cellular fluids is slightly alkaline at 7.1 to 7.45 reflecting a healthy cellular cytoplasm. The target pH for different tissues varies slightly but to give you an idea, a slightly alkaline pH of 7.35-7.45 is considered ideal for our blood.

Our metabolic processes have evolved to function optimally within this pH range and it is one of our body's primary tasks to maintain the equilibrium.

On the other side we need to know that all metabolism creates acidic wastes and these must be countered with alkaline reserves on which to draw. This is our alkaline bank account where the body will look for alkalinity in tissues (minerals) and calcium in the bones.



If we have used up these reserves and drained the minerals we find ourselves not only with low energy but also vulnerable to various diseases.

Disease deepens in an acid state in our bodies which equates with low oxygen supply to our tissues.

**Alkaline forming foods (80%)**

- Leafy vegetables
- Vine ripened fruits
- Sprouts of small seeds and grains
- Small seeds and grains
- Fresh herbs
- Vegetables especially greens
- Freshly juiced vegetables
- Sea vegetables
- Fresh garlic and onions

**Acid forming foods (20%)**

- All meats including fish and chicken
- Dairy products like milk, cheeses, etc.
- Eggs
- All nuts except for almonds
- Wheat, rye, oats
- Refined and processed foods
- Alcohol
- Coffee
- Vinegar

**Other alkalizing activities**

- Relaxing
- Deep breathing
- Moderate exercise
- Rest/Sleep
- Adequate water intake
- Moderate sunshine
- Positive thoughts
- Laughter

**Other acid forming activities**

- Tobacco
- Stress
- Lack of sleep/rest
- Lack of oxygen
- Dehydration
- Excessive or no exercise
- Anger
- Fear



One of our roles in supporting the body is to maintain an ideal pH through dietary and lifestyle choices. A ratio of about 80% alkaline forming to 20% acid forming is ideal. Environmental pollution, including motor vehicle exhaust and other chemical exposures have acidifying effect on our body. Stress, anger, as well as the majority of “edible food-like substances” we consume today are all acid forming. To balance this we must eat a predominance of alkaline forming foods and partake in “alkalizing activities.”

## Healthy Food List

**Antioxidant Foods:** all berries, cinnamon, dark chocolate, artichoke, cilantro, clove, turmeric, ginger, thyme.

**Anti-inflammatory Foods:** acai fruit  
allium vegetables (chives, garlic, leeks, onions, scallions and shallots), beans and lentils, green foods, hot peppers, nuts and seeds, sprouts, turmeric.



## FRUIT & VEGETABLES NUTRIENTS BY COLOR

### WHITE

Immune system  
Healthy colon  
Prevents ulcers  
Lowers cholesterol  
Healthy heart

### YELLOW

Healthy heart  
Lowers cholesterol  
Healthy joints/tissues  
Supports eyesight  
Prevents Cancer

### RED

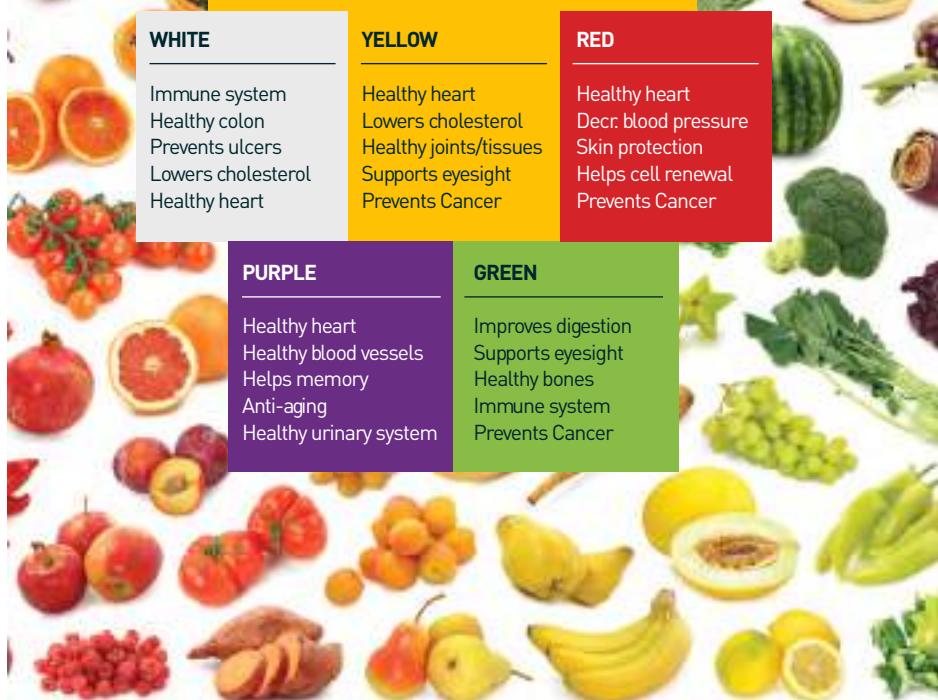
Healthy heart  
Decr. blood pressure  
Skin protection  
Helps cell renewal  
Prevents Cancer

### PURPLE

Healthy heart  
Healthy blood vessels  
Helps memory  
Anti-aging  
Healthy urinary system

### GREEN

Improves digestion  
Supports eyesight  
Healthy bones  
Immune system  
Prevents Cancer





On the journey to optimal health, food has been a cornerstone and a leading factor especially after processed food was invented in the 1950s. In the last 50 years with the encouragement of the food industry people became lazy in their diet and food decisions they make. The changes in the recent past have also had significant effects on people's minds; our minds are constantly being overloaded by various types of triggers, including emails, phones, television, news, social media and the internet. People's minds are overloaded with material that can eventually become damaging for their mental health and cause conditions such as depression and anxiety. We are now going to explore mental wellness and how we can take full control over our minds, which is often not an easy task.

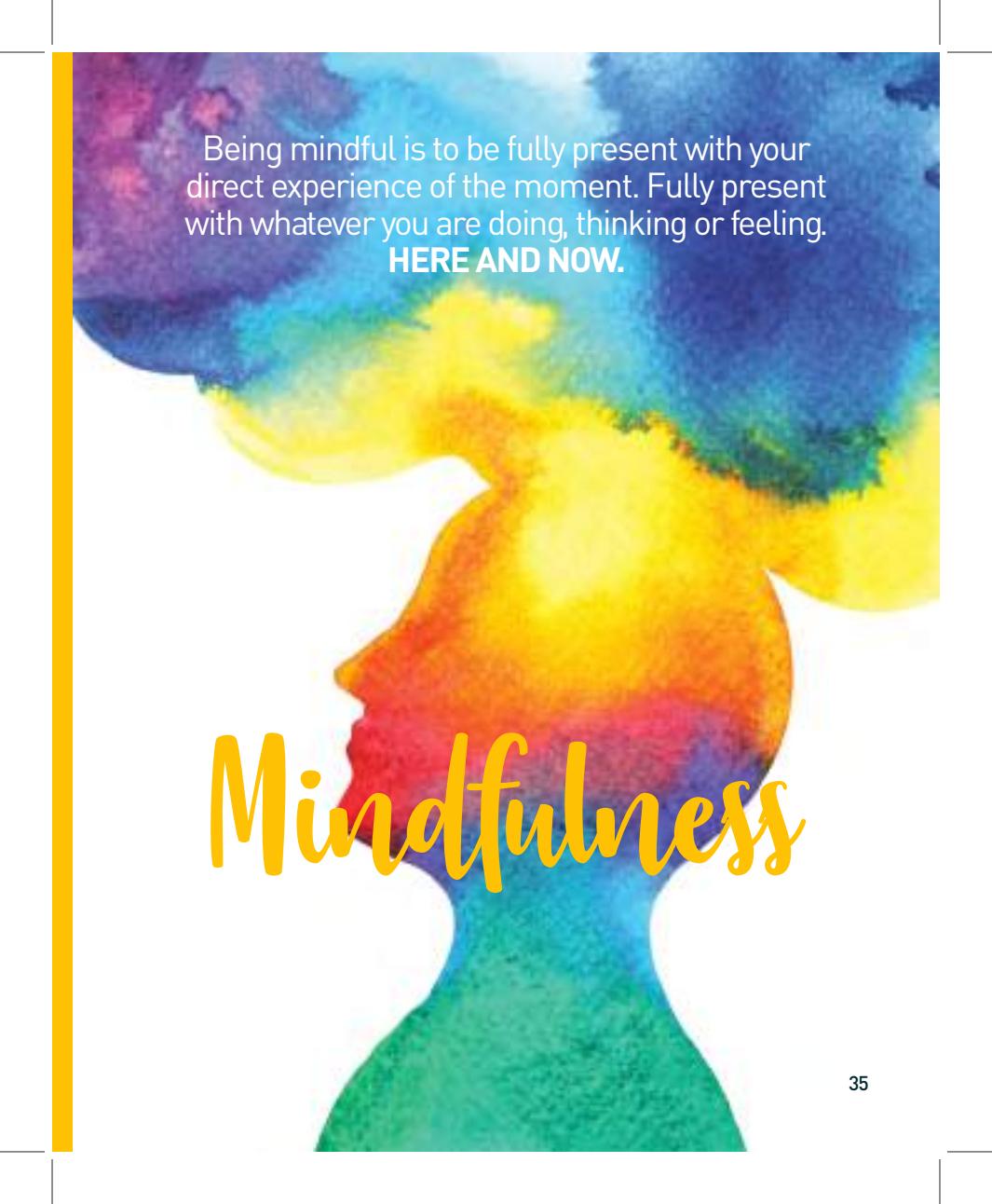




## **HAVING A PEACEFUL MIND THROUGH THE USE OF DIALECTICAL BEHAVIOUR THERAPY (DBT) SKILLS & MINDFUL ATTITUDES**

Dialectical behavior therapy teaches four critical skills that can both reduce the size of emotional waves and help you keep your balance when emotions become overwhelming.

- Mindfulness
- Emotion regulation
- Distress tolerance
- Interpersonal effectiveness



Being mindful is to be fully present with your direct experience of the moment. Fully present with whatever you are doing, thinking or feeling.

**HERE AND NOW.**

# *Mindfulness*



Mindfulness makes up the base for any successful mental health project that we lead. It requires us to be aware, attentive and be in the moment.

Meditation, a fundamental part of the mindfulness concept, is a great asset to be inserted in our lives.

The key to mindfulness is to understand and try to apply mindful attitudes to our daily lives:

**Non-Judging:** When we begin practicing paying attention to the activity in our minds, it is common to discover and be surprised by the fact that we are constantly generating judgments about our experiences. To be able to be truly mindful we need to work on our non-judging skills.

**Patience:** Patience is a form of wisdom, it demonstrates that we understand and accept the fact that sometimes things must unfold in their own time.



**Beginner's Mind:** A mind that is willing to experience everything as if it is being experienced by you for the first time.

**Trust:** Developing a basic trust in yourself and your feelings is an integral part of meditation training.

**Acceptance:** Seeing things as they actually are in the present. This skill is a must for a mindful living.

**Letting Go:** Cultivating the attitude of letting go, or non-attachment, is fundamental in the practice of mindfulness.



# Autopilot Mode

In the complicated environment we are situated in, we spend most of our time living by autopilot mode.

When we slip into autopilot mode, our attention is absorbed in our wandering minds and we are not really ‘present’ in our own lives.

Driving as an activity is a perfect example of how we enter the autopilot mode. When we are in the learning processes or new to driving we are attentive and give full focus, however as we develop our skills we tend to shift to autopilot mode and start multitasking.

Living by autopilot mode, we often fail to notice the beauty of life, fail to hear what our bodies are telling us and we all too often become stuck in mechanical conditioned ways of thinking and living that may be harmful to ourselves or others. We also become vulnerable to anxiety, stress, depression and reactivity.

Research shows that in fact, the more our minds ponder, the less happy we become.

# Flight or Fight Mode

Flight or fight responses are innately programmed to our bodies for our survival.

The body perceives any kind of trigger (varying from being chased by a lion to being late for a meeting) as a life threatening danger. When responding to a trigger that is perceived as a danger body enters a stress mode, blood fueled by cortisol and glucose is pumped to the arms and legs. Our bodies are not supposed to be in this mode continuously, there is a definite need for space in between two triggers for cooling down and rejuvenation reasons.

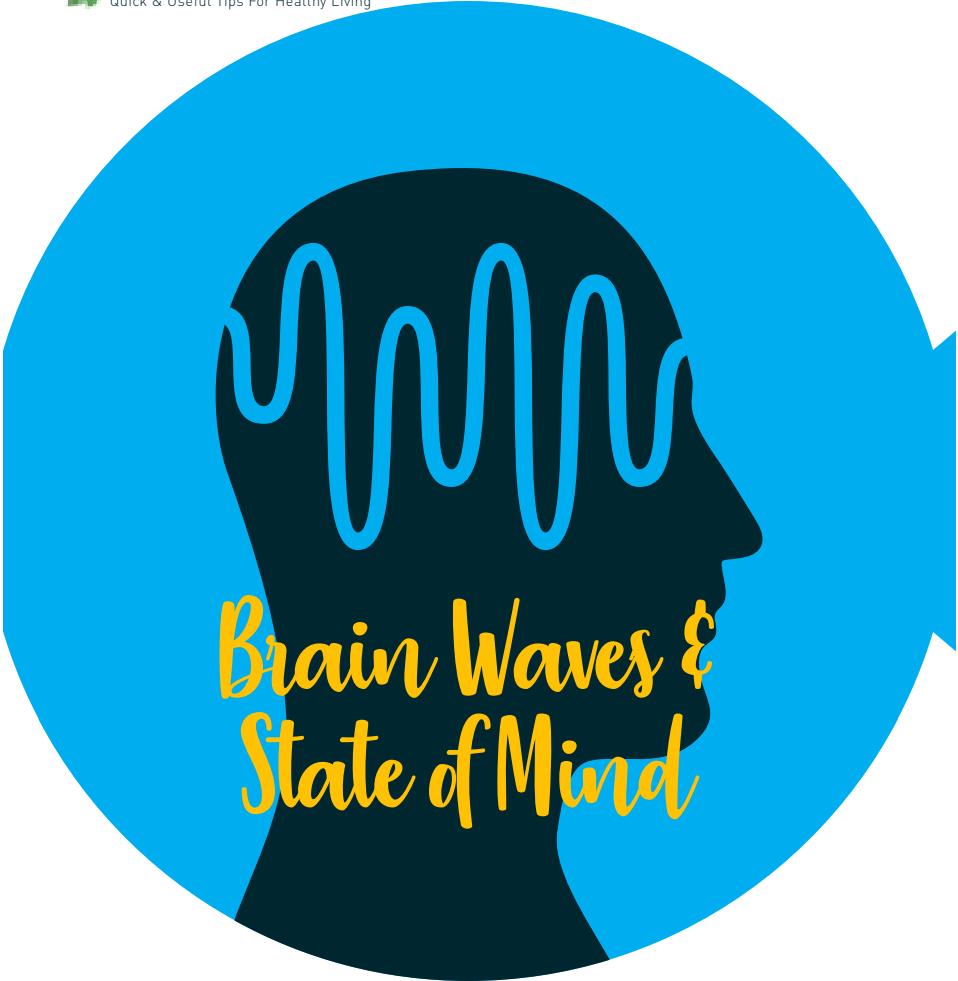
However, today the number of potential triggers and perceived dangers have increased 100 folds and the time in between triggers have reduced, making us a victim of chronic stress.

It is important to note that stress becoming chronic stress is a significant factor contributing to health problems.

## REJUVENATING MODE

Rejuvenating mode is the mode in which body is totally relaxed and focused on repairing and recreating itself.

Humans are supposed to have only few moments of stress during a regular day and rejuvenate in between. However in today's world we are faced with many unjustified triggers, interrupting rejuvenation, leading us to a state of chronic stress and diseases.



# Brain Waves & State of Mind

Every part of our body vibrates to its own rhythm, brain has a unique set of brain waves. There are five distinct brain wave frequencies, namely Beta, Alpha, Theta, Delta and the lesser known Gamma.

Being mindful and in a healthier state of mind requires to be mostly in the low frequency waves such as Alpha and Theta.



40 - 200 Hz



13 - 40 Hz



7 - 13 Hz



4 - 7 Hz



0 - 4 Hz

## GAMMA

Gamma brain waves are the fastest brainwave frequency with the smallest amplitude. Although it is disputed among the scientists, the gamma waves are thought to be connected to higher consciousness.

## BETA

Beta waves are present when we are alerted, attentive, focused on a mental activity, and engaged in problem solving, judgment, decision making. Being in this wave frequency is only desirable in response to justified reasons. To be in this wave frequency in unjustified contexts keeps us in a state of chronic stress.

## ALPHA

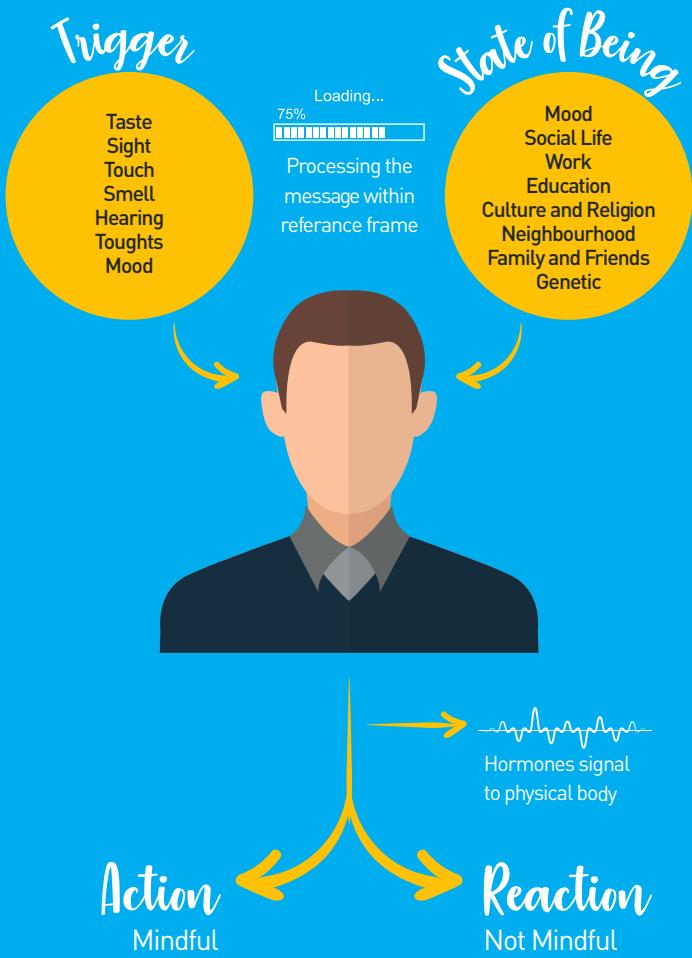
Alpha represents 'the power of now', being here, in the present. It is the resting state for the brain. Alpha waves aid overall mental coordination, calmness, alertness, mind/body integration and learning.

## THETA

Theta occurs most often in sleep but is also dominant in deep meditation. It is our gateway to learning, memory, and intuition.

## DELTA

Delta is generated in deepest meditation and dreamless sleep. Delta waves suspend external awareness and are the source of empathy. Healing and regeneration are stimulated in this state, and that is why deep restorative sleep is so essential to the healing process.



# Reference Frame

We were born inheriting our parents' genetic structure.

The family we born into, the people and environment we are immediately exposed to builds up our initial foundation reference.

The existing dominant culture and religion we born into has effects on who we become. Schooling and education plants the next layer for our growing reference frame.

Furthermore our working environment, social life and experiences formulate an extra layer developing the frame and our individual conceptual environments. The reference frame and our environment determine how we read the world.

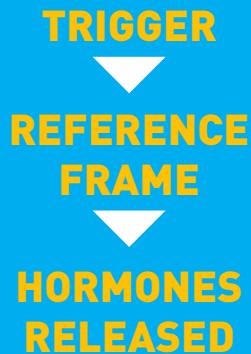
The conceptual environment and reference frame are essential in how we perceive the world and what is happening around us.

All our behaviors, character and identity are formed as result of these combinations.

The "I", programmed from the beginning, forms the base of our journey.

Whenever we develop the wrong formation, it is not at all easy to reform behaviors and habits - changing formations like habits can take years.

Reference frame can be seen as a hard wired code, determining actions and reactions chosen and given in response to the triggers that are faced in the moment.



body is informed about our positioning (first here we are in a position of interfering in case we are mindful)

## **ACTION / REACTION**

(mindful responding after a conscious decision) or Reaction based on autopilot behavior due to lack of not feeling the moment ahead.

# Act & React

Mindfulness is being aware of ourselves, others, our choices and actions. Therefore it is critical to embrace this practice to be able to focus on mindful acting and prevent reacting without mindful thinking. The difference between action and reaction is that reacting is sporadic and emotional, whereas acting is more balanced with rational thinking and can be qualified as conscious decision making.

In order to consciously respond to triggers to the moments, we have to analyze them and take time to absorb them with the sense that directs our awareness. There is a space between the trigger and response , in that space lies our power to choose our response... Because, innately, we are capable of responding in a unique way. So, when we activate our conscious awareness, we take ourselves off autopilot mode and position ourselves with proximity to being more mindful living. Acting in Autopilot mode puts us into reactive presence to our realities, keeps us away from mindful acting.



Mindset is composed of Mind, Body & Spirit and these three form the basis of everything.

**We need the right mindset to convert our lives into a life worth living.**

**Changing your life means changing your mindset.**

To have high energy, good health, a beautiful life and the ability to enjoy every moment we need to change our mindsets (move away from our existing habits and move towards optimal habits).



# Developing A Growth Mindset

When developing our mindsets we should work on forming positive affirmations and sentences. An example could be to use “I’ll try a different strategy” instead of “I give-up”.

## INSTEAD OF...

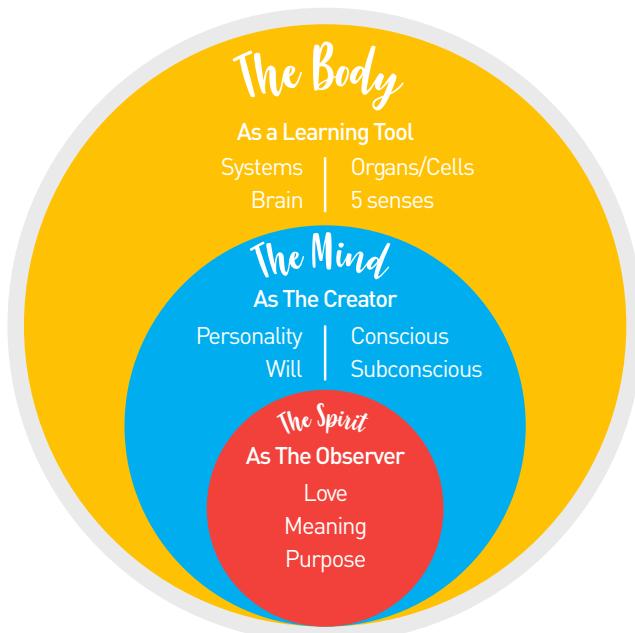
I'm not good at this  
I give up  
It's good enough  
I can't make this any better  
This is too hard  
I made a mistake  
I just can't do this  
I'll never be that smart  
Plan A didn't work  
My friends can do it

## TRY THINKING...

What am i missing?  
I'll use a different strategy  
Is this really my best work?  
I can always improve  
This may take some time  
Mistakes help me to learn  
I am going to train my brain  
I will learn how to do this  
There's always Plan B  
I will learn from them



# Mind-Body-Spirit Connection



Body-Mind-Spirit connection refers to our overall state of “being” and explains how balanced we feel on all levels: physical, emotional, mental and spiritual.

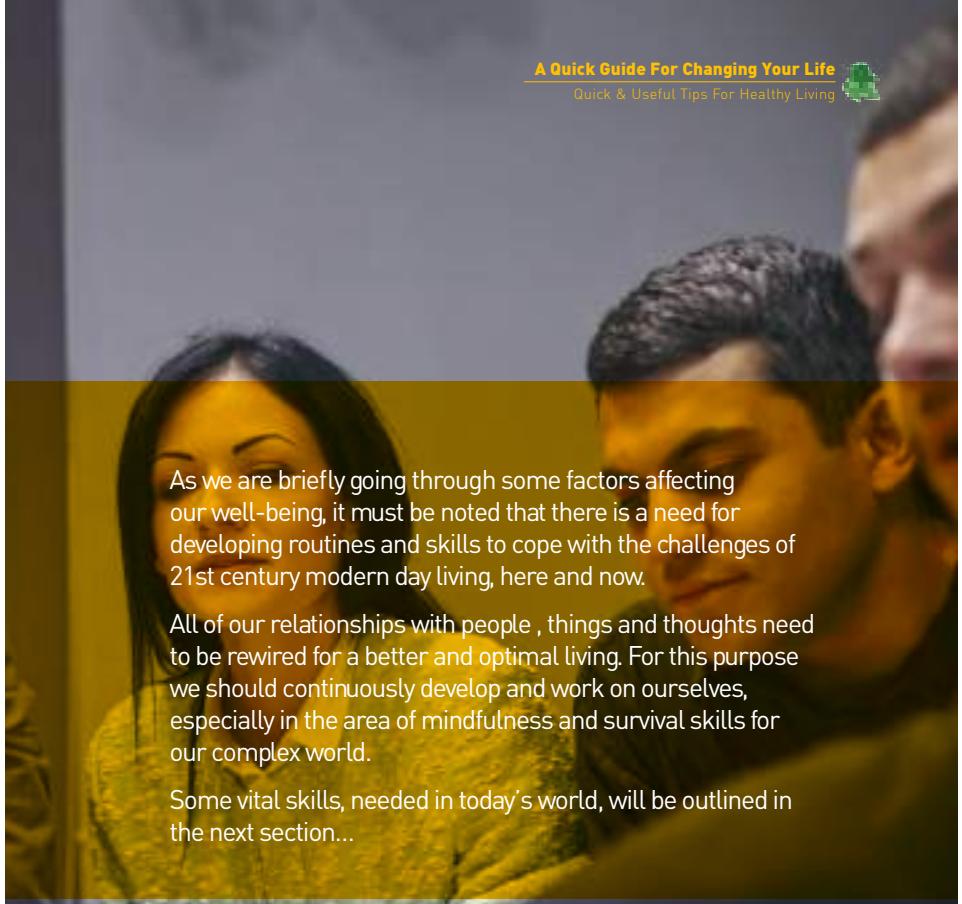
When we are in balance or in alignment we are able to experience joy from everything we do. Achieving the balance also allows us to treat others, ourselves and our bodies with love and respect and have a sense of purpose.

We can think of the body as a learning tool for the mind and spirit. What we create in the mind and the Spirit is experienced by our bodies. Therefore; we, as observers, watch and learn what happens around us through our bodies. When we understand that we are the observers, we can gain control over the mind and direct it with love, which allows us to connect and relate with others in a more meaningful and purposeful way.

The emotions signal that there is something going on in our ‘Body-Mind-Spirit’. When we apply mindful attention to our emotions, ask what the meanings of them are, check in with our environment for factors that we may not be aware of. Our emotions can be thought of as messages that can help guide us to a more desirable state or version of ourselves. Justified emotions are the ones which play significant roles in our life; unjustified ones are the ones that are invented by us and put us in suffering , worrying other depleting emotional states.

With mindful awareness we can support and awaken our observer side and place ourselves back at the drivers seat of our life.





As we are briefly going through some factors affecting our well-being, it must be noted that there is a need for developing routines and skills to cope with the challenges of 21st century modern day living, here and now.

All of our relationships with people , things and thoughts need to be rewired for a better and optimal living. For this purpose we should continuously develop and work on ourselves, especially in the area of mindfulness and survival skills for our complex world.

Some vital skills, needed in today's world, will be outlined in the next section...



# Essential Skills For Better Living

**Radical acceptance:** accepting the world as it is, not swimming against current

**Non - judgemental:** you may have judgements, it is very natural, however be aware about them and try to experience the moment with beginner's mind.

**Assumption:** don't assume, try to observe your reality as it comes. Assumptions are keeping you away from realities by building up expectations that may not belong to the moment.



**Validation:** this skill involves respecting others' thoughts and behaviors, thus letting others feel validated. You can validate a person but still have different opinions or ideas- You should be able to communicate them without being uncomfortable.

**Using wise mind:** wise mind is the intersection of your emotional mind and rational mind. Being in wise mind territory while living the moment is the best way of approaching life.

**Being grateful:** life is there to be experienced with all variaties, we should not assume that we will be stuck with a version of reality, be ready for different colours, versions. Being grateful to simple things. Such as you could wake up this morning also and you have running water.

# Steps Of Changeing A Habit

To have a different life, we need to create a new chain of habits.

There are 3 steps of change:

## BEING INSIGHTFUL

- Be aware of the problem
- Put it under spotlight

## SURRENDER

- Accept it as it is - No negotiation

## EXECUTION

- Try new picked routines- Create new habits

Changing your habits is not instantaneous and it is not always an easy process but with time and effort our minds can be transformed and almost any habit can be reshaped.

Habits are autopilot set of acts wired as a part of our reference frame. They take time to develop and it takes some time to eradicate and replace them with healthy ones.





# Life Is A Chain Of Habits

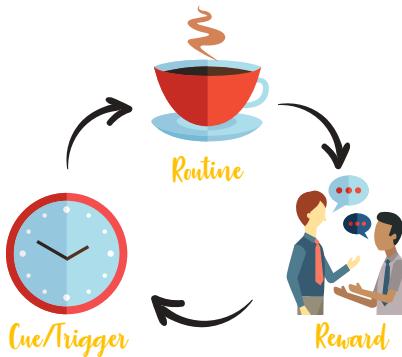
A habit is like a formula that our brain automatically follows:

When I am exposed to a CUE, I will follow a ROUTINE in order to get a REWARD. In the beginning the reward is in the picture, however later on, we start to execute the routine in autopilot mode and reward disappears from the habit circle.

**Cue:** The reminder or trigger that stimulates the habitual act.

The reason why it is hard to identify the cues is because there is too much information around us and we are bombarded by them. Only when we exercise mindfulness we may be recognize the cues.

To identify a cue we need to scrutinize our behaviors and behavioral patterns. If we are trying to map out the cue for 'going to the cafeteria and buying a chocolate chip cookie' habit, you can write down the things that are present in the moment when the urge hits you.



### **Routine: The action you take, the Habit itself.**

To understand your own habits, you need to identify the components of your loops. Once you have diagnosed the loop of a particular behavior you can look for ways to rewire the old bad habits with new healthy ones.

If a habit has to be changed, routines could be swapped with healthier new routines.

### **Reward: The benefit you get from doing the habit.**

Although we are often not conscious of it, cravings may drive our behaviors and decisions. Rewards are powerful because they satisfy cravings . To figure out which cravings are driving particular habits, it's useful to experiment with different rewards. This might take a few days, weeks or longer.

Rewards are there in the beginning in the different formats , later on they may lose their effect on us, even then the habit lasts. The habit becomes an autopilot act without the promise/experience of reward.



# Habit Mapping

Once you detect your habits, you can use this habit map that will help you to understand the triggers for that habit.

- What emotional state pushes you towards this certain behaviour or what kind of emotional state you are in while exercising this habit?
- What time of the day are you repeating this habit?
- Where is this habit taking place – location?
- Who triggers the habit? Who is with you when this habit takes place?
- What could be your strategy for changing it and put “KISS”(Keep, Improve, Start, Stop) in action?

# Habit Change Exercise

## (K.I.S.S.)

KISS is a method that helps you to categorize and prioritize your habits. You decide whether you Keep, Improve, Start or Stop a specific habit.

HABIT EXAMPLES	KEEP	IMPROVE	START	STOP
1. Diabetic person consuming sugar	→			✗
2. Smoking 5 cigarettes per day	→			✗
3. Procrastination habit	→	✗		
4. Checking the time many times when you are on your way to an appointment	→	✗		

URGENCY			
IMPORTANCE		HIGH	LOW
HIGH	<b>EX-1</b> Strategy: Stop consuming sugar asap	<b>EX-2</b> Strategy: Cigarettes are bad for you in the long run	
LOW	<b>EX-3</b> Strategy: Setting goals	<b>EX-4</b> Strategy: It's not going to change your arrival time	

# Have Your Own K.I.S.S.

	HABITS	KEEP	IMPROVE	START	STOP
EX.	Smoking a package of cigarettes daily				✗
EX.	Walking 10 min. daily		✗		
EX.	Starting the days with a glass of alkaline water with lemon	✗			
EX.	Not practicing yoga			✗	
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					



**A Quick Guide For Changing Your Life**

Quick & Useful Tips For Healthy Living





# Movement

Our body is designed for living a physical and active life.

However, these days people often sit down at desks for hours only using their fingers to type while working or using their eyes to watch TV or play computer games – actions that require bare minimum movement. This has resulted in limited genuine activity and a culture of gym goers has emerged, where the only proper exercise some people get is through an hour a couple of times a week spent at the gym. Some people don't even get that as they don't exercise at all.



Movement, exercise or sport, whatever you like to call it... being active is a must for optimum health. Moving is as beneficial as best medicines. Immobility does not provide what mobility offers; when an active body calms; it can rest, heal and renew itself. Whereas immobility tires a person out it cannot be rested and tiredness causes unhappiness. Activity leads circulation of lymphatic system to detox or rejuvenate the body while immobility indicates lack of lymphatic system circulation results in the accumulation of toxins and paves the way to chronic diseases.

There are among many different ways of approaching your mobility, two effective ways in which you can go on about increasing your mobility, starting from today.

- First, find a yoga or pilates class that you enjoy and commit to doing it once a week. An hour per week of yoga, pilates or yin yoga can make a big difference.
- Secondly, try exercises in intervals. 30 seconds an intensive pace, 90 seconds in slow pace (recovery time, in between intensive workout sets to get your breath back). Totaling up to 2 minutes repeated 8 times gives you a perfect training of 16 minutes daily followed with some stretching.



**Interval training, training and exercises done with your own body weight can help you build both strength and endurance in shorter time.**

**A 20 to 30-minute routine composed of mix of interval exercises and body weight exercise options can be a quick and effective workout solution to be done anywhere; at home, work, outdoor areas etc.**



## Salute to the Sun

Surya Namaskar is a set of 12 asanas done one after another as one stance. It provides perfect flexibility to our body. Sunrise and sunset are considered to be the best time to be practicing this set of moves.

- 1 Pranamasana**  
Helps to relax and to calm body and mind
- 2 Hastauttanasana**  
Stretches the chest and abdomen, lifts energy up through the body
- 3 Padahastasana**  
Massages abdominal organs, increases the power of digestion and blood flow to the brain, relieves female disorders, stretches spine
- 4 Ashwa Sanchalanasana**  
Stretches the quadriceps, iliopsoas muscles and spine, stimulates abdominal organs, increases mental power
- 5 Parvatasana**  
Strengthens legs and arms, stretches calf and spine muscles, relieves varicose veins
- 6 Dandasana**  
Improves posture, strengthens back muscles and spine, stretches shoulders and chest
- 7 Ashtanga Namaskara**  
Develops the chest and strengthens arms and legs
- 8 Bhujangasana**  
Relieves tension in back and spine, stimulates and expands chest and abdominal organs
- 9 Parvatasana**  
Strengthens legs and arms, stretches calf and spine muscles, relieves varicose veins
- 10 Ashwa Sanchalanasana**  
Stretches the quadriceps, iliopsoas muscles and spine, stimulates abdominal organs, increases mental power
- 11 Padahastasana**  
Massages abdominal organs, increases the power of digestion and blood flow to the brain, relieves female disorders, stretches spine
- 12 Hastauttanasana**  
Stretches the chest and abdomen, lifts energy up through the body

# Environment





The environment we should be living in is nature, however when we look at modern day society and its conditions there is almost no sign of natural living and instead we are surrounded by streets, buildings, cars, chemically painted walls, furniture made of synthetic material and clothing made from chemical content etc.

Basically, those who live in big cities spend a major part of their lives in man-made environments far away from the nature. We cannot defy reality, however we need to be aware of our conditions, take certain measures to improve them and strive for optimal health.

Let's see how we can improve our living environment...

# Environmental Factors



Out of more than 80,000 chemicals currently used, most haven't been adequately tested for their long term effects on human health.

These chemicals lurk in everyday items: furnitures, cosmetics, household cleaning products, toys, and even food.



## WHAT CAN YOU DO TO REDUCE THE EXPOSURE?

- Avoid products with PFCs.
- Watch out for ready - made boxed foods
- Avoid stain - resistant products
- Avoid teflon,
- Avoid "fluoro" or "perfluoro." in personal care products
- Avoid vinyl windows and doors.
- Avoid PVC packaging and toys.
- Avoid vinyl shower curtains.
- Avoid vinyl food storage.
- Use wooden windows and doors
- Use glass containers
- Use phthalate-free cosmetics.
- Buy PBDE-free furniture and electronics
- Avoid farmed fish opt for wild salmon.
- Reduce animal fats.
- Watch for lead in paint & dishware.
- Remove treated wood & PVC.
- Protect drinking water.
- Be cautious with thermometers that have mercury.



# Ionised Air

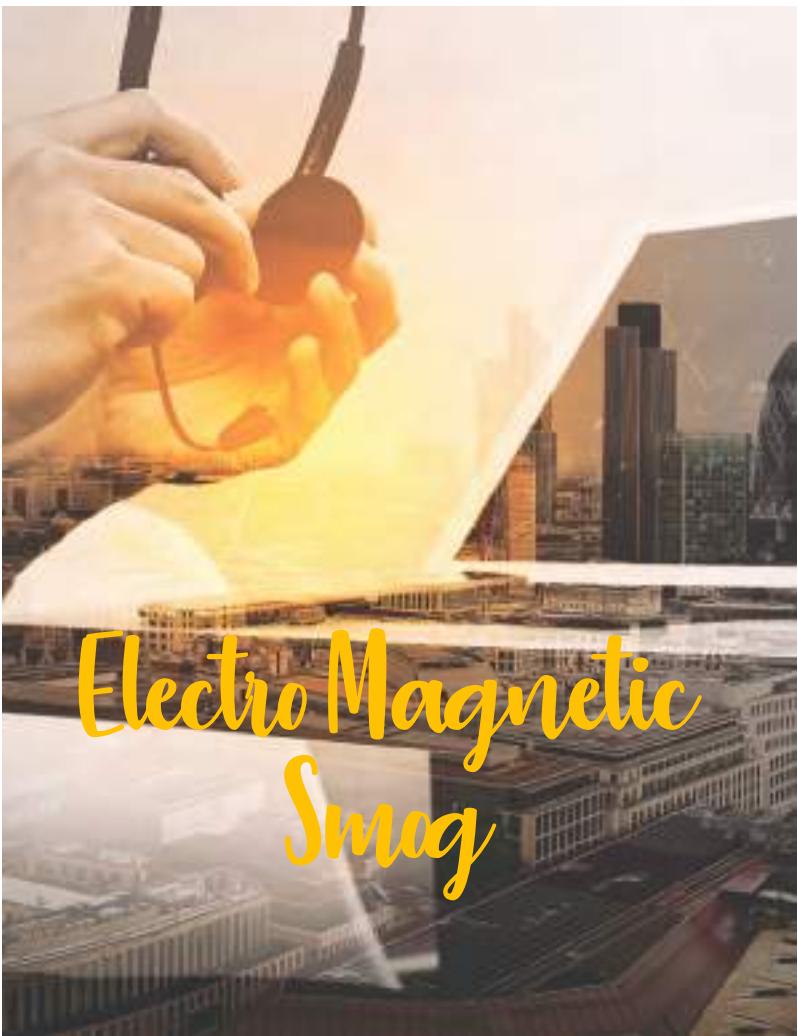
Environmental pollution has hit a peak and taken over our air as well as our water.

There are benefits of buying an air ionizer as you will be guaranteed with appropriate breathing air for at least 8 hours while sleeping. This simple investment could give us the similar benefits of sleeping in a forest or beside a waterfall.



## Ionised Water

The best way to guarantee that your drinking water is pure would be to install a water purification and ionizing system. This has proven to be a cost-effective and an easy way of providing the best drinking water possible for yourself and your family. All you have to do is to simply install your system and you will transform your chemical filled tap water into a toxic-free source. Using a good filtration system with ionizing and alkalinizing ability is the best way to remove chemicals from your drinking water and purify it. This will remove almost 100% of toxins and leave you with ionized and alkaline water that has healthy minerals.



Electro Magnetic  
Smog



Just over 100 years ago, human-beings did not experience the same level of electromagnetic fields we experience today. Electromagnetic field exposure is only increasing as we buy new cell phones, additional home appliances, and other electronic devices that creates it.

EMFs occur anywhere with electric power. Common sources of electric and magnetic fields in the home appliances, televisions, computers, and standard electrical wiring. Refrigerators give off one of the highest EMFs among all appliances.

The biological effects of EMFs are staggering. EMFs along with the typical unhealthy factors lead to extreme damage to our bodies and minds...

Some common techniques to reduce the side effects of EMFs are grounding and using EMF shields (filters).

Electricity and other toxins create free radicals. Through grounding, these free radicals are neutralised by the use of earth's free electrons and stop inflammation in the body.

Commonly used shields are QBCs (quantum balancing crystals) and personal devices such as Q-Link.

# Introduction To Healing





Chronic diseases are not binary phenomenon, they are gradually evolving processes. We can talk about being 55 % healthy on a scale of 100 % health etc. but when we cross the symptom line we medically become sick.

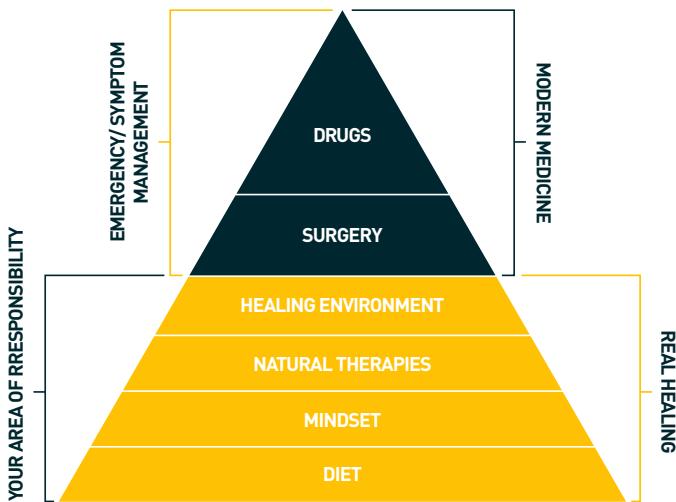
Modern medicine deals with symptoms, bringing us only under the symptom line. We are medicated to deal with the symptoms, then we create a number of new symptoms caused by medication entering a vicious cycle of medications.

We should be aware that real healing and maintenance of long term optimum health is our job and not the responsibility of medical industry.

Medical industry's sole responsibility is to bring us under the symptom line, in other words managing only the symptom through pharmaceutical drugs.

For a full healing we need to have a clean diet, a peaceful mind and a healing environment. Depending on disease's severity, healing process may last from few months to a year.

# Healing Pyramid



No HEALING will be long-term if these three factors do not come together healthily:

**Physical Wellness + Emotional Wellness + Mental Wellness**

## **MANAGING YOUR HEALTH**

### **A JOURNEY FROM ILLNESS TO HEALTH**

#### **EMERGENCY MANAGEMENT**

is modern medicine's attempt to get rid of the symptoms by using medications, surgery and similar systems.

During every healing, after the emergency management, we should not forget the need of starting A HEALING PROCESS, for which the individual himself is responsible for and this may take more than months.

#### **FULL HEALING**

After the emergency management/intervention, real healing journey starts.

Since one of the main reasons for illnesses' occurrence is the toxic pollution, cleansing/detox is an important step for healing process.

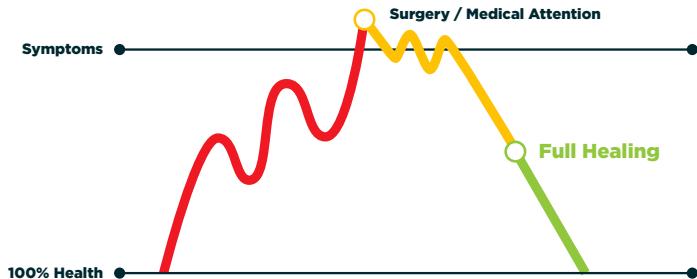
Correct nutrition and purification are the most important elements of wilful healing. Removing toxic load and replenishing the system with beneficial nutrients without putting any unnecessary stress on the body is the first step in the process.

It is not possible to heal under stress. Every healing process should be augmented with a serenity process. Being in rejuvenation mode rather than fight and flight mode is essential.

Different natural therapies such as; high dosage of Vitamin C, Omega-3 supplements etc. combined with proper nutrition and purification will accelerate any healing process.

A healing environment is as important as everything else, surrounded with the right people and physical environment supports any healing process.

# Symptoms & Healing



\* Medicine world is more focused on palliation rather than completely curing.



**Symptoms are not the reasons why we are sick, therefore when we treat the symptoms we don't actually heal ourselves but we just avoid the symptoms.**

**A real healing can not be delegated to modern medicine, whose main responsibility is to manage the symptoms or the emergency around our diseases.**

**We need to take full responsibility for journey to optimum health, as it is presented in the graph.**



## **BECOME A NUTRITARIAN TO PAVE THE ROAD TO OPTIMUM HEALTH**

If we decide to attain our full life quality, we need to base our diet on nutrition rather than taste (more correctly addicted tastes). A good nutrition based diet can also let us experience good taste too. Nutrition is vital in making and maintaining of a well functioning body. Free yourself from unhealthy menus and processed food – replace these with living wholefoods that actually feed your body. Keep your indulgence under the ratio of 20-30 percent of the food you take in.

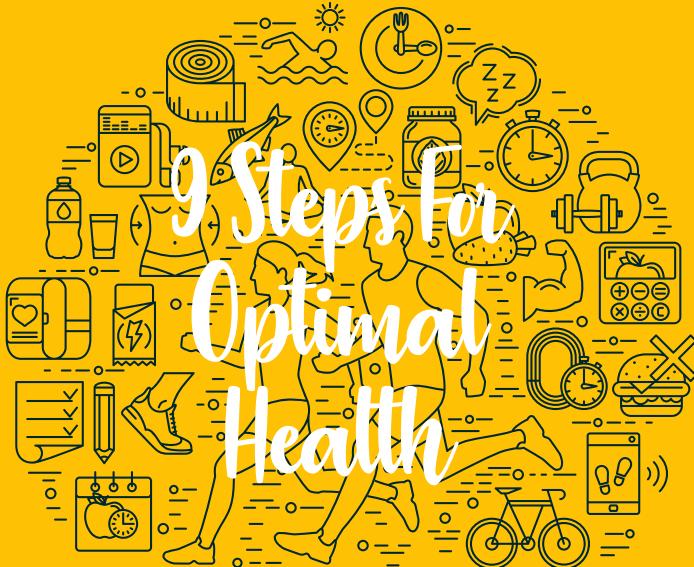
When you indulge excessively, compensate it by doing some fasting for a few days or a week – in the forms of juice or even water fasting.



## FOR OPTIMAL LIVING DEVELOP PEACE WITHIN YOURSELF & WITH YOUR ENVIRONMENT

We need to free ourselves from judgments about ourselves and others; we need to be free from emotional baggage that has affected us from the past. By leaving emotional trauma behind, we can start a new life with right mindset and right approach to things happening around us. We need to have a purpose based on that we should form a new life that fulfills us.

Fulfillment is the base for long lasting happiness, in order to reach this point there should be meaning or several meanings that act as the driving forces of our lives.



# GOOD QUALITY SLEEP

# FOLLOWING A PLANT BASED DIET

## LESS MEAT & DAIRY CONSUMPTION

## LESS FISH CONSUMPTION

## DRINKING WATER

## FASTING

## EXERCISE

MINDFULNESS

SOCIALISING



1. Sleep early and wake up early at least 7-9 hours per night (not less, not more).
2. Follow a PLANT-BASED diet. Eat plenty of fruits, vegetables, nuts and seeds.
3. Reduce your meat consumption to small portions 1-2 days per week and of course, exclude processed meat from your diet completely.
4. Drink sufficient water, at least 40ml per kg, and support it with different herbal teas, juices, soups and smoothies.
5. Consume healthy fats: you can acquire healthy fats from raw nuts and seeds, avocado etc. Omega 3 fatty-acids DHA and EPA are key for our health.
6. FAST. You don't have to fast every day. 2 days per week skip breakfast and eat from 12- 8 pm. Do 1 or 2 annual long fasting programs lasting at least 7 days, by joining a detox center.
7. Exercise daily, try to get a mix of aerobic and anaerobic exercises. Aerobic and anaerobic exercises have their pros and cons and one shouldn't be prioritised over the other if general health is the goal in mind.
8. Practice some form of mindfulness. Whether this is through meditation, other spiritual practices like yoga. Find a way to be mindful for at least 20 minutes per day.
9. Spend time with friends and family. Socializing is an important part of our overall state of wellbeing.



- Observe the food on your plate
- Use something to remind you to eat more mindfully, like a special fork etc.
- Smell, taste and bite slowly
- Put your knife and fork down after each bite.
- Chew well and enjoy the taste and flavours of your food
- Be silent while chewing
- Swallow your food and feel it move downwards
- Repeat the same routine for each meal



# Mindful Shopping

- Set your budget
- Make a list of items you REALLY need
- Set a certain criteria for your shopping products: Are they better for your health? Better for the planet and society?
- Be present while shopping. Bring yourself back to the place you are and don't get carried away with your thoughts.
- Read labels on every product you are interested in buying.
- Remember that at any moment, you can breathe slowly and slow the pace of your thoughts and movements. Don't rush take your time.
- Once you are about to make a purchase, make sure you are comfortable with how you feel from the inside out, does it feel right?



A photograph of a person with long hair sitting in a meditative lotus pose on a grassy mountain ridge. The sun is setting behind them, casting a warm glow over the scene. In the top left corner, several green palm fronds are visible against the sky. The word "Meditation" is overlaid in large, yellow, cursive letters across the center of the image.

# Meditation



- Create time and space: choose a regular time each day.
- Set a time: start with 5 minutes and increase this up to 15-40 minutes.
- Find a comfortable sitting position: you can sit cross-legged on the floor, on the grass, on the chair.
- Check your posture: sit up straight, hands in a comfortable position.
- Take deep breaths: Deep breathing helps settle the body and establish your presence in the space.
- Direct your attention to your breathing.
- Keep your attention on your breathing.
- Repeat these 2 steps during your meditation
- Be kind to yourself: don't feel upset if focus occasionally drifts or you fall asleep.
- Prepare for a soft landing: When the timer goes off, keep your eyes closed until you are ready to open them again.

# Mindful Walking

- **Preparing:** Before you begin to walk, prepare for the experience by focusing on your breathing. Focus on the rhythmic coming and going of the breath.
- **Walking:** Focus on your steps. Go back to the most primitive steps and move forward at a slow, even and relaxed pace. Begin with the right foot and take one step forward: “Lift leg, place foot, set foot solidly, deliberately straighten the knee (especially if climbing) and follow through.
- **Noticing:** As you stand, become aware of your feet being in contact with your shoes and the ground. Feel the weight of your body down through your torso, legs, heels and toes. Gently move your neck, arms and shoulders. Bend your knees slightly.
- **Seeing:** On your mindful walk, focus closely on what you see around you — the people, the surroundings, the buildings. Look up. Notice the colors, the light and the shadows.
- **Hearing:** Before and during the walk, make it your intention to focus on hearing, and to do it without judging.



- **Smelling:** This is about bringing your awareness to a specific sense which is central to our rich experiencing of the world. You may slow down to savor the scent and pause to find and appreciate a flower around you.
- **Touching:** Touching is about developing a greater awareness of the world around us. Touch a petal or leaf, and feel the texture in the tips of your finger.
- **Feeling:** In life, we continually experience positive, negative and neutral thoughts and emotions. Notice your mood now, positive or negative, observe it and let it pass — try observing your moods and emotions in a non-judgmental way on the basis of the idea 'they will inevitably pass'.
- **Finishing:** When you have completed your walk, and before returning to whatever you must attend to for the rest of the day, focus your attention to the present moment.

# Mindfull Living Icons



LISTEN  
TO OTHERS



HELPING HANDS



CARE ABOUT  
OTHERS



GROUP  
OF FRIENDS



BEST FRIENDS  
HIGH FIVE



BETTER  
COMMUNICATION



SELF ESTEEM  
AFFIRMATIONS



POWER OF  
FORGIVENESS



COMPASSION  
FEELINGS



GROWS OF  
GRATITUDE



STRESS RELIEF



RELEASE NEGATIVE  
THOUGHTS



COPE WITH SADNESS  
AND SORROW



MINDFULNESS  
PRACTICE



MANAGING STRESS  
AND LIFE PROBLEMS



MEDITATION  
TRAINING



USER FRIENDLY  
CULTURE



DREAM BIG  
ACT SMALL



CHARITY  
AND DONATION



OPTIMISM AND  
HAPPINESS



# Life List

## MORNING ROUTINES

- Upon waking up, roll from side to side in your bed with your knees held back towards your stomach - 10 times back and forth & 10 times to the sides
- Refrain from checking your phone, emails or switching on the tv for the first 30 mins of waking up try to use this time to meditate or read some positive affirmations
- Develop a mindfulness practice – something as small as being mindful when brushing your teeth in the morning
- Look out of the window and be grateful that you are fortunate enough to see another day
- Drink 2 glasses of water - plain or with lemon juice or apple cider vinegar
- Do some form of home exercise depending on how you feel, such as – stretching.
- Cardio in the form of either interval training (30 seconds fast/90 seconds slow - running 8 times making a total of 16 mins) or 20 minutes on a trampoline with or without dumbbells. You can also give inversion table a try.



- Take a daily nutrition shot - some kind of green herbal mix (green chain, vitaminal green etc) mixed into your favourite juice (recommended cucumber, lemon juice, ginger or pomegranate, grape fruit, ginger)
- Drink an apple/ginger juice or any other nutritious natural juices
- Take daily supplements or add some of them to your juice- such as curcumin, omega 3, etc
- Make a plan for your day but be prepared agendas may change so you may need to be flexible
- Show love to everyone around you before you leave home in the morning



## ON THE WAY TO WORK/ACTIVITY

- Drive mindfully – take your focus away from your thoughts and observe your driving environment.
- Listen to some relaxing music or any other kind of music that makes you feel good
- Be ready to greet everyone positively that you come into contact with during your journey
- Try getting off public transport and walking to the last stop or mile
- Arrive at work or your specific destination with positive energy



## AT WORK

- Make yourself comfortable and coordinate with your colleagues
- Check your agenda and clear your mailbox
- Organise your agenda by prioritising tasks; by putting them in order of relevance
- Execute your agenda or to-do list for the day
- Make sure your meeting stays within the scope of the subject matter and try not to diversify
- Make sure you wrap up your meetings properly with a specific outcome and to do list to follow
- Make sure you stay hydrated
- Limit your tea & coffee intake (also add some kind of butter/oil to your coffee to avoid the caffeine peaks)
- Choose herbal teas & oolong tea instead of black tea or coffee
- Snack on superfoods or healthy snacks (nuts/crackers/ fruits) instead of lunch if possible
- If you are out for lunch try not to eat too much and always choose healthy options
- Get out of your office for breaks and take in some fresh air when possible and have walking meetings
- Evaluate your day, clear your mailbox as much as possible and plan your agenda for the next day

## **RETURNING FROM WORK**

- Drive mindfully, disconnect from your work life and activities
- Prepare your mind for your next environment whether that's family, friends, gym, walk, nature etc

## **AT HOME**

- Show your loved ones some love and affection by giving them a hug, show them you appreciate them
- Start to wind down and settle for the evening
- Have a new stimulating activity once or twice a week to break your routine
- Enjoy a vegan meal. Eat raw as much as possible
- Balance your solo activities with group activities
- Socialize but make sure to spare time for yourself and have some alone time at certain moments
- Reduce news intake, increase reading, learning and discovering meaningful things
- Start a gratitude journal by writing down 2-5 things you are grateful for each night
- Prepare yourself for sleeping - stop using your phone, computer or any other activities where virtual light and brain activity is present; focus on meditation listening to music and doing some relaxing activities at least one hour before
- Take melatonin (5- 20 mg) and probiotics before you go to sleep
- Listen to "brainwave 35 binaural" app program deep sleep for around 20 minutes



## IN GENERAL

- Take enzymes with all of your meals
- Drink at least 2-3 litres of water per day
- Try to extend fasting hours
- Try to reduce the number of meals you eat throughout the day
- Try to eat highly nutritious food rather than be so concerned with taste
- Never forget to maintain a good ratio between indulgence and feeding yourself as a source of fuel 70/30 or 80/20
- Consider snacking as another meal
- Validate other people when you get the chance
- Practice gratitude and appreciation for your life
- Accept others and the world as it is
- If you drink alcohol drink responsibly no more than a glass, 4 cc per hour and for each glass make sure you drink a glass of water
- Share your food if you eat out
- Think positive
- Try to commit yourself to an act of kindness everyday no matter how big or small

- Train your mind to see the good in every situation
- Accept the things you cannot change
- Don't forget that everything comes and goes
- Try to focus on opportunities rather than threats
- Try to find solutions rather than focus on problems
- Listen to other people and make sure they understand that you are listening to them
- Show respect to everybody even if they have the total opposite views or stand points to you
- Be happy and confident with yourself – practice self-love
- Have compassion for yourself and others
- Move yourself as much as possible
- Have air ionizer in your bedroom while you sleep to improve the air quality
- Invest in a water ionizer at home, you get a good quality of water most of the time
- Try to protect yourself from electromagnetic smog, keep your mobile or other electronic gadgets out of your bedroom
- Put your mobile on flight mode or switch off when you sleep
- Add your favorite practices to this list and let us know



- Take aways for a better life
- Accept yourself as it is, accept others as they are
- Don't get torn in to pieces between what you want and what others want you to do
- Don't become a dead fish and swim along with the stream
- Enjoy your own will within the limits of the moment, don't fight the moment
- It is ok to fail, it is ok to give up, it is ok to push the limits but be mindful about constraints and boundaries
- Don't insist to convince others if they are not ready for your thoughts, don't forget you cannot pour water to a full glass
- Wisdom is about how to handle mistakes or difficult moments in a proper way



# Supplements & Herbs

Since most of the food we consume is depleted in nutrients, food supplements have become a necessity for leading a healthy life in today's world. They are excellent sources of supplementary nutrition.

- To reduce the inflammation in your body and enhance healing you can use anti-inflammatory supplements such as; Bosmeric -RS, Cayenne pepper, Curcumin, Ginger, Omega 3-6-9
- With aging we lose our ability of digesting food properly and mostly we do the wrong combination of food. For a good digestion you can use Digestive Enzymes, Betaine -HCL



- Sleep deprivation is a common issue. The less we sleep the more stressed and tired we get. To reduce sleeping problems you can use Melatonin, Tryptophan, 5 -HT
- Apart from animal based protein sources, it is always good to go for plant based sources, such as Liquid Aminos, Spirulina Pacifica, Chlorella and Bio-Astin
- A healthy gut flora is one of the most important components of our wellbeing. If you are experiencing constipation, indigestion, bloating, bad breath then you should look for different sources of probiotics (beneficial bacteria) such as: Probiotic capsules, Kambucha.
- Support your immune system with Vitamin C capsules, Zinc, B Complex, and other mineral/vitamin blends.
- Fiber plays an important role in our daily diet and Psyllium husk powder or capsules are one of many fiber supplements you can use.
- Make sure your supplements cold processed and food grade

# Healthy Recipes

## DEVELOPING A MORNING ROUTINE

### ACTIONS UPON RISING

- Tongue scraping & dry brushing
- 500ml of warm water with lemon or apple cider vinegar + liquid aminos
- 10 minutes of stretching & yoga
- 20 minutes of walking or exercise of your choice (minimum 3 times a week, if possible everyday)
- 5 minutes of stretching after
- Shower (to experience water's life giving...xx)



START YOUR MORNING WITH;

# Apple Cider Vinegar + Amino Acid

- 350 ml water
- 5-10 cc apple cider vinegar
- 5-10 cc Udo's liquid amino acid(optional)

\*Mix in a glass.



A REFRESHING BREAKFAST;

# Alkalize (Green juice)

- 300 gr cucumber
- 50 gr spinach
- 50 gr chard
- 50gr arugula
- 50 gr parsley
- 1 celery stalk
- 1 lemon peeled

\*Use a slow juicer if possible

NOURISHING THROUGH OUT THE DAY;

# Turmeric Latte

- 350ml almond milk
- 1 table spoon turmeric powder
- 1 teaspoon cinnamon powder
- 1 teaspoon cardamom powder
- 1 teaspoon ginger powder
- 1/4 teaspoon chilli powder
- 2 drops vanilla extract

\*Mix all ingredients with a shaker



A MUST!

# Almond Milk

- 1 glass of raw almond
- 3 glasses of alkaline water

\*Almonds needs to be soaked at least 7-8 hours in water. After you have drained the almonds mix them again with water using a high speed blender. Your almond milk is actually ready but If you would like, you can filter using a piece of thin cloth. Stored in a glass container, it stays fresh for 3 days and must be kept in the fridge.



INDULGE WITH;

# Bullet Proof Coffee



- **½ a spoon of organic coffee**
- **½ a spoon of cacao butter or coconut oil**
- **½ a teaspoon of cacao powder (optional)**
- **200 ml of boiling water**

\*Mix all ingredients in a fast blender; low speed to fast speed or just stir with spoon.

HEALTHY DESSERTS;

# Chia Pudding

- 250 ml almond milk
- 60-100 gr blackberry or another kind of fruit - your choice
- 1 table spoon of agave syrup
- 3 table spoons of chia seed

\*Mix all the ingredients in a fast blender except for the chia seeds. Add the seeds later and mix it for 1 or 2 rounds. If you have the time, mixing the chia seeds with a fork is a better way. Your chia pudding will be ready.





# Avocado Banana Chocolate Pudding

- 2 avocados
- 6 dates
- 1 banana
- 3 table spoons of cocoa powder
- 2 drops of vanilla extract
- 1 cup coconut or almond milk

\*Mix all ingredients until it reaches a pudding texture in a speed blender.



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