

Life Dynamix's

WELLNESS MESSENGER

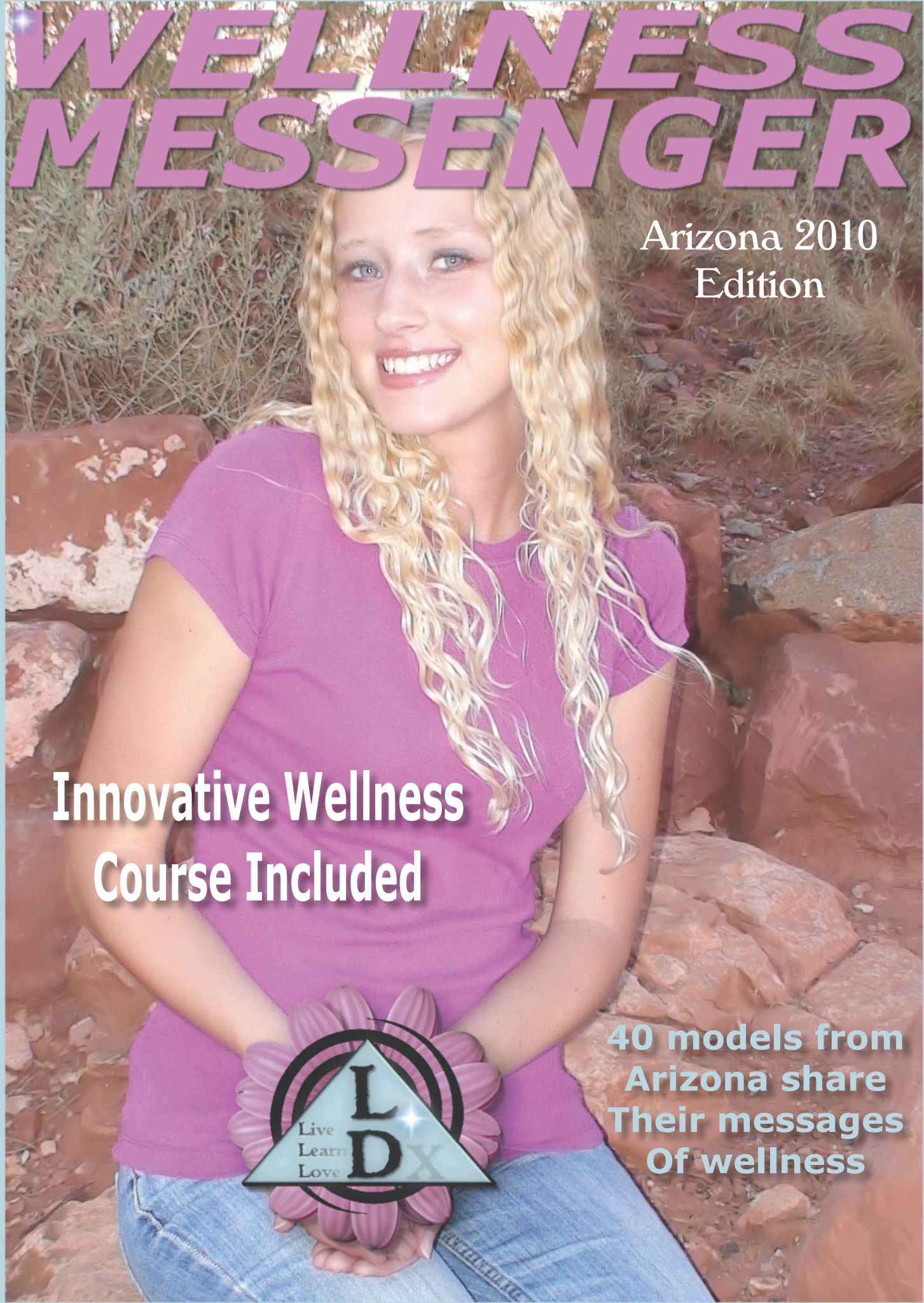
Arizona 2010
Edition

Spreading The Message Of Wellness For The Greater Good!

Innovative Wellness
Course Included



40 models from
Arizona share
Their messages
Of wellness



Welcome

The Wellness Messenger is a quarterly wellness magazine that features articles, blogs, forum posts and other messages shared by the members of the community at www.lifedynamix.com.

The Wellness Messenger is dedicated to making a difference for a better world by helping people feel better and sharing the message of wellness. The more aspects of wellness a person implements the easier it is for them to access healthy energies. When people feel better they are generally kinder and more compassionate to others and have a greater sense of oneness with all life and the planet as well. Healthy energies emitted from one individual have the potential to positively influence millions of others.

Please join us on our quest to make a difference and to spread the message of wellness for the greater good!

We are all given our own unique tools, but it is up to us what we decide to build and how magnificent it will be. When we join together with other like minded individuals with similar passions what we build will be beautiful and brilliant for when we unite we can truly make a difference!

May this message help you to unite with this healing magic and explore the possibilities that your message has to offer.

Your friend in wellness,

STEVEN FERREL



www.lifedynamix.com/community/Steven



VIDEO

This episode features wellness messages shared from over 40 Life Dynamix members who reside in Arizona.

Video is featured at:
www.lifedynamix.com/flash-spring2010



Cover Model
Alyssa Probert

Photo By
Steven Ferrel

Make-up
Erin Hughes

Special thanks
To the members
of the
community at
Lifedynamix.com
that made this
issue possible.



Life Dynamix Health and Wellness Disclaimer

This magazine is intended to help disperse wellness information in a supportive manner. It is not intended to replace the advise or counsel of your physician. If you have any serious health conditions be sure to consult with your physician before making any changes to your diet, physical activity or medications. If any information is contradictory to your doctors advice, we recommend getting a second opinion preferably from a naturopathic or integrative medicine physician.



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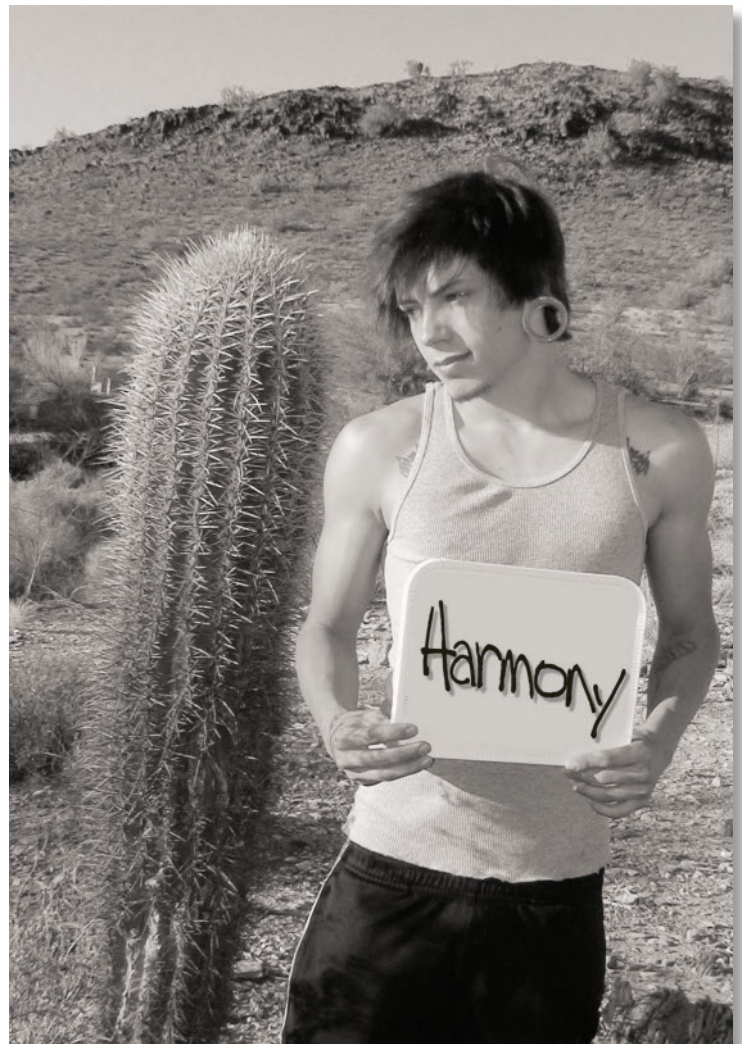
ARIZONA



Michelle and Tim enjoy a beautiful day in North Phoenix

Arizona is located in south western United States and is noted for its mild winters and warm summers. It is well known for its cactus filled desert landscape, however, it has the largest area of Ponderosa pines in the world.

The Grand Canyon, and Meteor Crater are famous tourist attractions in Arizona. Sedona is another popular area in Arizona that attracts many wellness enthusiasts because of its brilliant red rock formations and healthy energy centers called vortexes. These vortexes of subtle energy in Sedona are thought to be healing and beneficial for the body, mind and spirit.





Jason, Zhenni, and Jesus share their messages of wellness in the desert of Arizona.

Alexis

www.lifedynamix.com/community/arayson

My name is Alexis Nicole Rayson. I am nineteen years old, and currently a full time college student. At this time in my life, I am aspiring to be all that I can be; following my dreams and living each day to the fullest. I am so blessed!

Likes

Running, Dance, Motor Sports, Cooking, Photography, Writing, Drawing.

Wellness Tip That I'd Like To Share

I make sure to share a smile with a stranger everywhere I go- They are undoubtedly contagious, and you never know whose day you may be brightening with something as simple as that.



**Most of the
shadows of this
life are caused
by our standing
in our own
sunshine.**

Ralph Waldo Emerson



**Life is either a
daring adventure
or nothing.**
Helen Keller





Alyson

www.lifedynamix.com/community/alyschreider

I love life always have a smile on my face, non judgmental, loving, and funny.

Wellness Message or Tip That I'd Like To Share

Get plenty of beauty rest and consume plenty of fruits, vegetables and water.

Likes

Surfing, sky diving, yoga, sailing, surfing, caving, camping, cooking, wine, friend, family, laughter.



www.NonToxicStyle.com
Non-toxic
living
In a toxic
world
Please join us!

An illustration of laboratory glassware, including a beaker, a flask, and a test tube, with a green leaf and a bunch of purple grapes next to them.

Doest thou love life?

**Then do not
squander time,
for that is the stuff
life is made of.**

Benjamin Franklin





Alyssa

www.lifedynamix.com/community/alyssa

My name is Alyssa Probert, I am unique and fun to know. I am a psychology major and criminal justice minor at Northern Arizona University. I aspire to be a clinical forensic psychologist. My favorite color is purple. I love to eat!

What I Do To Help The World

Recycle, be resourceful with what I have, spread knowledge from personal experiences, I want to be a mentor for Big Sisters. Be honest.

Wellness Tip That I Would Like To Share

Family comes first.

Likes

Volleyball, Love, Music, Food





Amanda

www.lifedynamix.com/community/AmandaMartinez

I am an Arizona native who has a love for enjoying life. From the Bahamas to Egypt, I have traveled and learned about different cultures and their beliefs. This has been very fascinating to me and I hope to travel to many other exotic places through out my lifetime!

Wellness Tip That I'd Like To Share

It's simple, listen to your body!

Likes

I enjoy listening to music, playing Soccer and spending time with my family & close friends.



Angel

www.lifedynamix.com/community/Angelesque

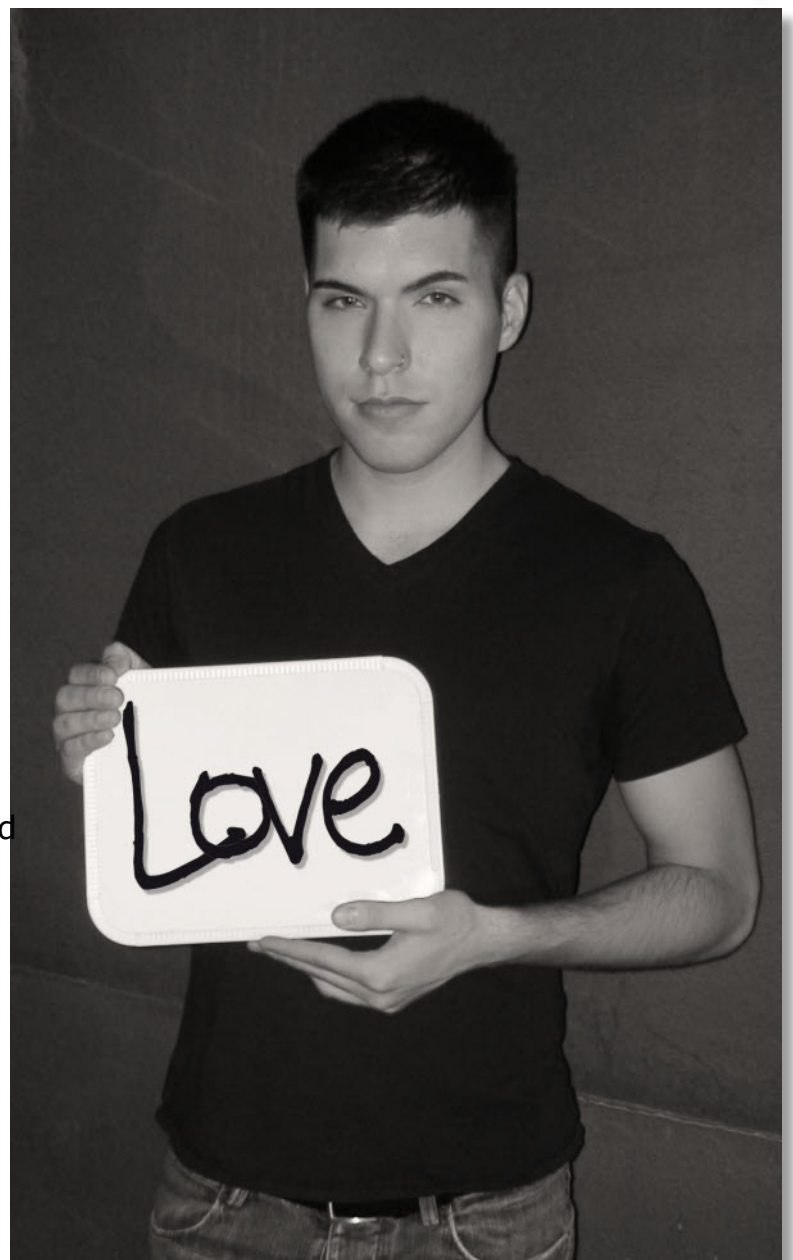
I am a 21 year old in search of enlightenment, whether it be satisfied by the people I interact with, or the life I've always wanted to live in the Spotlight.

Wellness Tip That I'd Like To Share

My salvation and dedication to the lord has found me peace, understanding, and an all around positive attitude.

Likes

Music. Photography. Art. Modeling. Essence. Peace.



**The best way
to prepare
for life is to
begin to live.**
Elbert Hubbard



Ashley

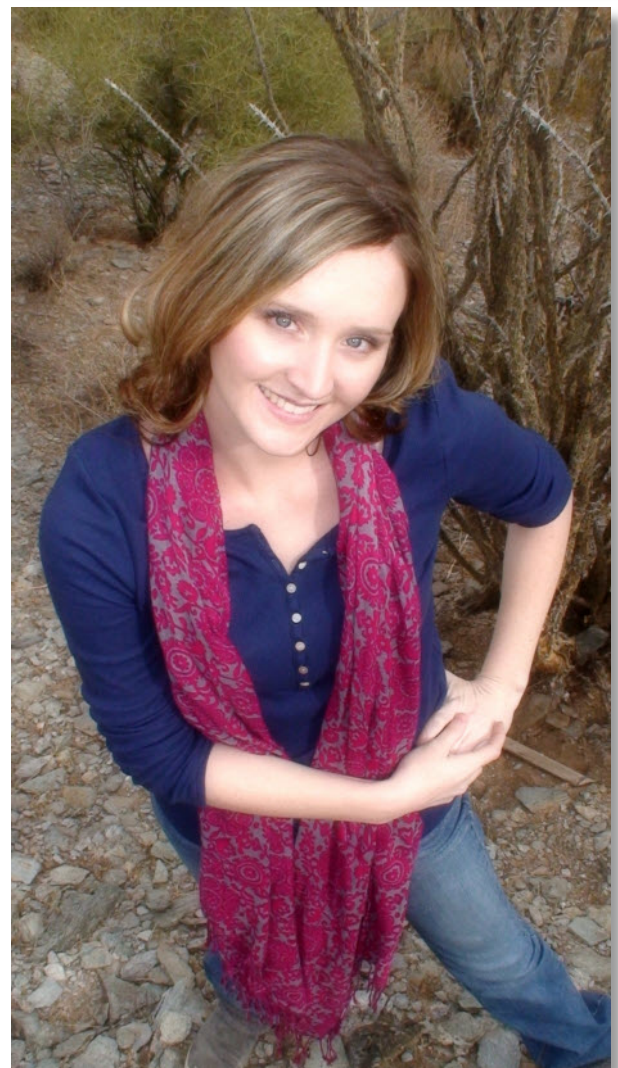
www.lifedynamix.com/community/BabyBlues1684

I am 25 years old and was born in Phoenix, Arizona. I moved to Los Angeles and worked in the film industry for a while. I recently decided to give up all that I had achieved in LA to move back to Arizona and get back in touch with me. I realized I wanted a much more simple existence than that life could offer. So I am back in school starting over. I want to open my own business selling products I make. These products will be all-natural and have a healing aspect to them. The line will include (but not be limited to) beauty products, teas, elixirs, sound therapy, color therapy, oils and jewelry. I love being back in Arizona around my family and friends and can't wait to see where life takes me.



Wellness Tip That I'd Like To Share

The most powerful things are the most basic. If you don't have the basics down then the things you add on the side won't benefit you. To me the fundamental basics are eating right, drinking lots of water, exercising your body and mind and a good sleep routine. Sleep is so important to the restoration of your body. I refuse to do anything that might interfere with my 8 hours of sleep. Eating right and drinking water helps to expel your body of the toxins that accumulate during the day. One thing that is a daily routine in my eating/drinking habits is a glass of milk a day. I ALWAYS have at least one glass of milk a day because of the nutrients and constant fuel it supplies. Exercising your body even if it's as simple as walking around your neighborhood helps you sweat out toxins and keep your body in shape. Keep your mind exercised too, it's easy to fall into a routine that your mind gets used to and ends up not having to think about as much. Doing crosswords, reading a book, playing the piano, doing a math problem, having an intelligent conversation or trying to learn something new everyday keeps your mind going. Your brain is what controls the rest of your body, if it isn't functioning at full capacity then the rest of you isn't either. Once you have these down then anything else you do on top of it will





actually be able to assist you on your path to wellness.

Likes

Making jewelry, learning new things, hanging out with my family, expressing myself and watching others express themselves through art, wind-chimes, day dreaming, animals, movies, bluebells and bringing out my inner-child.



Bobbi Jeen

www.lifedynamix.com/community/bobbijeem

Bobbi Jeen first became a Rodeo Queen in her home state in the 1990's and the experience and connections made while her reign lead to her getting "Discovered." It was then that she met her first talent agent and wound up modeling the first day on the job. She did modeling ads for nationally known Western Wear House; she's modeled lingerie, bridal wear, fitness apparel, jewelry, western accessories and was even the subject of a popular photo series done by world renown photographer Jack Acrey. Bobbi Jeen has been on a swimsuit poster, a 2008,2009 calendar, modeled Wrangler Jeans, was featured in the New Mexico Stockman Magazine-Feb 2008, the Phoenix Magazine-July 2009 issue, 2010 spokes model for Doll Face Cosmetics. Bobbi Jeen has worked on many commercials, AZ Channels 3 & 12, J.C. Penney workout segments, and a Spur

Western Wear commercial. She has appeared in a music video and CD Rom games. She has also done stunt work in Western movies, doubled for, and did horse back riding scenes for several famous actresses and worked with some of the biggest names in the stunt industry. She has appeared in such films as CBS's Stolen Women, Walker Texas Ranger, The Lazarus Man, CBS's Scattering Dad, danced with Woody Harrelson in The Hi Lo Country, Sage Women, and portrayed Etta Place in PBS's Gun Fighters of the Southwest, the pilot for The Ultimate Gun Fighter, and MANEATER. Currently she hosts a TV show called Arizona Country.

Bobbi Jeen has also trained with some of the best in commercial acting, run way modeling, public appearances, voice, film, horsemanship and stunts. Bobbi Jeen is an excellent horsewoman and is very serious and dedicated when it comes to her work.



She lives on a portion of John Wayne's old "Red River Ranch" with her husband and son, which is a great location for many of her modeling, acting and stunt jobs that she has been working on. Bringing many photographers and film crews out to her ranch for several different projects is becoming a weekly occurrence for Bobbi Jeen.

Wellness Message That I'd Like To Share

Treat people as you would like to be treated.

Likes

Her family, children, animals, anything outdoors such as sports, and horseback riding. I love Arizona, working with people and being in front of the camera.



The true meaning of life is to plant trees, under whose shade you do not expect to sit.

Nelson Henderson



Breanna

www.lifedynamix.com/community/BreezyBre

About Me

My name is Breanna, people call me Bre for short. I would have to say I am pretty outgoing and love to do just about anything. I been modeling and find it very fun. I am looking to work with professional photographers while building and expanding my current portfolio. I hope my modeling will take off and take me somewhere for a career. I do have an injured arm with lots of scaring but will not allow it to get in my way of modeling and feeling good about myself. I love going out on rhino rides into the desert with all the friends and also going out to the dunes for the weekends. My boyfriend races rhino's on short track and desert races, which I co-pilot.

I was in a horrible car accident of May 2007 that wasn't my fault. A guy on cocaine and morphine came in my lane on the I-17 freeway and hit me causing my car to flip more than 5 times threw the median where I got struck again with oncoming traffic. I suffered major lacerations to my right arm, a broken left thumb, and five fractures to my left eye socket. It was thought at the time that the doctors were not going to be able to save my arm and that they were going to have to amputate it. I have since gone through a total of 8 surgeries including two in emergency trauma to my right arm. I have been able to regain a lot of movement however I am still very restricted in some movements. I try not to let my arm get the better of me and make the best out of it, which surprisingly I am able to do almost everything without too much trouble. The fractures to my left eye looked like it was going to deform my face forever but there was no surgery to it and miraculously you cannot even tell what eye it was anymore. I am so happy that my face healed completely and does not still



have any reminders of the accident there. I still have back pain that I have learned to live with. As far as coming out of this accident with millions of dollars, this is not one of those stories, by far. I am just very thankful to be here today and also thankful that I still have my right arm that got the worst of it. I have come out of this horrific accident learning that every day we live is a privilege that should be enjoyed as much as possible. I enjoy modeling and have decided to go as far as I can with it because it is something that I like to spend my time doing and feel as though I am good at it. I enjoy experiencing new things and am open to trying whatever is thrown my way.



**The World
Is Your
Playground...
Play!**



Deena

www.lifedynamix.com/community/deenatraina

About Me

I graduated Cum Laude from Arizona State University with a BA in Communications and Sociology. I currently work as an independent contractor doing spokes modeling for various companies. I absolutely love animals and welcomed two baby bengal kittens into my home this past Christmas. What a handful they are!

Wellness Tip I'd Like To Share

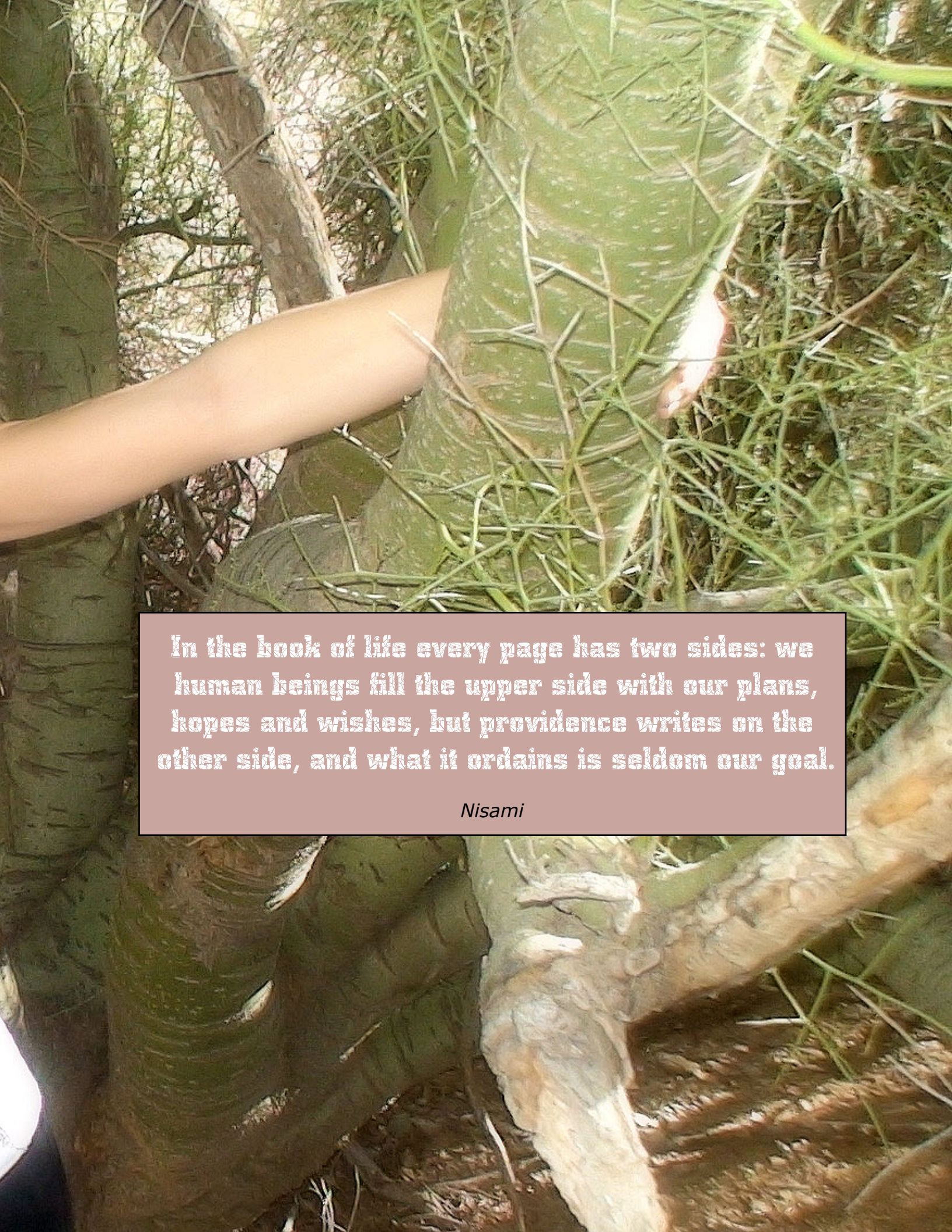
Small tweaks in your diet can make a big difference. For example, swap out whole wheat for regular pastas.

Likes

I love all water-sports, particularly wakeboarding. I grew up on a small lake so I can ski, kneeboard, wakeboard, even stand up and balance on a tube while the boats pulling it! I also enjoy eating healthy. My refrigerator is mostly full of fruits, and vegetables. I love traveling, watching documentaries and movies, finding great (non-chain) restaurants to eat at and drinking fine wine.





A close-up photograph showing a person's arm reaching into a dense thicket of green grass and branches. The arm is positioned on the left side of the frame, and the hand is partially visible, reaching towards the center. The background is filled with a complex network of thin, green stems and branches, creating a textured, almost abstract pattern. The lighting is natural, highlighting the vibrant green of the grass and the brownish tones of the wood.

In the book of life every page has two sides: we human beings fill the upper side with our plans, hopes and wishes, but providence writes on the other side, and what it ordains is seldom our goal.

Nisami



Denae

www.lifedynamix.com/community/Denae

I am a health nut, love to eat raw foods and exercise. When my body and soul feel great, I feel awesome as well. My self esteem rises when I take care of myself. I love self improvement and positive thinking.

What I Do To Help The World

Guide the people around me to be successful and encourage them to better themselves. I do this by setting a great example, mentoring, and living my words.

Wellness Tip That You Would Like To Share

Just because it says 0 grams trans fat doesn't mean trans fat isn't in the product.

Likes

In my world there isn't many things that I don't like. Some of my favorites are honest people, healthy people, reading, learning, adventure and being self employed.



**We make a
living by what
we get, we
make a life by
what we give.**

Winston Churchill





Desean

www.lifedynamix.com/community/desean88

I am a 20 year old aspiring model who has 2 beautiful children and loves to stay active.

Wellness Tip That I Would Like To Share

Stay active.

Likes

I love all sports or basically anything that will get me running around and exercising.





**Live as if
you were
to die
tomorrow.
Learn as if
you were
to live
forever.**

Gandhi



Elena

www.lifedynamix.com/community/elena11521

My life adventure began when I decided to move from Russia to U.S. 12 years ago to pursue my career. I graduated with a BS in Marketing and Finance from Arizona State University. Five years ago I decided to get into the fitness industry where my heart belongs. Since then I have been working as NASM certified personal trainer. It's my passion to be a role model to people around me by motivating and inspiring them. It's my greatest pleasure to be able to share my acquired knowledge and experience with others by helping them achieve optimum lifestyle and happiness. Moreover, I have been participating in many fitness competitions as well as doing print and runway work.

I enjoy living life to its fullest. I don't wait for the things to happen. I make them happen.

Wellness Tip That I Would Like To Share:

Never give up. Be consistent with your work outs and clean eating and you'll see great results.



Jamie Peery Warren

www.lifedynamix.com/community/Jamiebug

I am 30 yrs old. I was born with Cystic Fibrosis and was told I would not live past my youth. I beat all the odds against me for 28 years. 2 years ago I fought for my life and survived a double lung transplant. I now have my life and health back thanks to my Organ Donor. I ride horses again, perform, make people laugh and I am training for the 2010 Transplant Olympics, I plan on competing in swimming. I have a blog and you are welcome to visit it and learn more about me and my journey.

Wellness Message That I Would Like To Share

One person can make a difference!

Likes

Riding Horses, Swimming, Life, Inspiring others, acting, making people laugh, art, music, dancing, working out, setting and reaching goals.



Janel

www.lifedynamix.com/community/StayGreenAsWeClean

I am a young entrepreneur who loves modeling, saving the planet and being a mother.

What I Do To Help This Beautiful World:

Promote healthy cleaning.

Likes

Saving the planet, method products, cleaning homes with earth friendly products and promoting health and wellness to all!



Janel has her own healthy cleaning website:

www.staygreenasweclean.info



**Life is a great
big canvas, and
you should throw
all the paint on it
you can.**

Danny Kaye



Jeremy Dean

www.lifedynamix.com/community/JeremyDean

I'm a beach boy from the Washington coast. I'm active, outgoing, and always ready for new things in life. Definitely, a people person, I love to go out and meet new faces!

Wellness Message That I Would Like To Share

Just try to do something that will effect the world, a human being, and ultimately yourself each day! It can be little or it can be big!

Likes

Skimboarding, snowboarding, acoustic guitar, singing, writing music, street bikes,



Jeremy Scott

www.lifedynamix.com/community/kvfamily

Originally from MN, Jeremy grew up a life long athlete, he attended Waldorf College in Forest City, IA and played collegiate basketball. Jeremy now lives and trains in Phoenix, AZ. Promoting Fitness and Wellness along with being a fitness model.

Wellness Message That I Would Like To Share

You must push yourself pass the limits of your own mind, only then will you see the results you dream of. It's those last few reps, or those last few miles you ran that make the difference. Pushing yourself to failure is the only way to truly reach your full potential.

Likes

Weight Training, Fitness, Nutrition, MMA, Basketball, Football, Hiking, Bodybuilding.



Jessica

www.lifedynamix.com/community/jfowl32

I am aspiring model. I hope to get into runway and become a super model modeling the upcoming fashions of the world. I am working towards getting a degree in public relations. I have a year old golden retriever puppy who is my baby and I am a fun loving person.

Wellness Message That I Would Like To Share

Its attitude that matters most. You need to want to live healthy in order to be healthy!

Likes

I love hiking, mountain biking, taking my dog for walks to the park, shopping, hanging out with friends, the beach, pasta, and trying to cook new foods!



Jessica

www.lifedynamix.com/community/jesl16

I'm currently a Pet Nurse, My dream Job is to become an RN. Currently in school. I'm outgoing, friendly, social butterfly, and will try just about anything once!

Just started Kickboxing, and loving it!! My goal this year is to be able to run a marathon, lots of training for that.

What I Do To Help This Beautiful World

Save pets lives.

Wellness Message That I Would Like To Share

Staying active with friends and community will help keep you healthy.



Likes

Coaching color guard, kick boxing, jogging, camping, movies, cuddling with my dog playing card games.



And in the end,
it's not the years
in your life that
count. It's the
life in your
years

Abraham Lincoln



Jillian

www.lifedynamix.com/community/twistedconfidence

I am twenty two and have a beautiful two year old daughter. I am currently surviving the best way I know how. I have never lived a life of privilege, nor have I wanted to. I enjoy the journey and where it takes me. I have been through more than most my age and I appreciate everything that I've been through. I am happy with who I am and if it weren't for where I have been I wouldn't be where I am.

Wellness Tip That I Would Like To Share

Deep breathing will bring inner calmness.

Likes

Anything and everything to do with natural beauty such as nature, children, old architecture.



June

www.lifedynamix.com/community/june_g_87

My name is June and I currently attend Arizona State University. I am 1 year away from obtaining my B.S. in Accountancy from W.P. Carey School of Business. I also work at a gym and am in the process of obtaining my certificate as a personal trainer. On the side I compete in fitness show: my next show is on March 13, 2010. I like to compete because it creates short term goals that help me stay focused and keeps me in shape. This journey that I am on is not easy, not to mention that I am happily married to a deployed soldier. So it takes a lot more than creating short-term goals for me to stay focused. I keep God closest to my heart and commit myself to occasional devotion (I know...it's supposed to be 'daily devotion' but I would be lying to you if I said that, and I want make sure that I build honest relationships with everyone who hears about my journey to success.

What I Do To Help This Beautiful World

I help others maintain a fit life. And once I graduate from school I will be helping others take control of their finances. (its always best to be in control of you finances and not the other way around)

Wellness Message That I Would Like To Share

Don't get discouraged when you slip up (i.e. eat a cheat meal more than once per/week, skip a workout day, don't see any results, gain weight when your trying to lose it, or anything else that can get you down.) Just know that fitness is a lifestyle so it's going to take time; so have patience with yourself and put your trust in God and keep your faith! God bless you all!

Likes

I like to dance, stay in shape, help others, and compete in fitness competitions.





There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.

Albert Einstein

Kara

www.lifedynamix.com/community/karaleanne/

I am currently a student at Paradise Valley Community College. My goal is to get my Associates Degree in Science then proceed to attend Northern Arizona University for my Bachelors Degree. I am a confident, determined young woman and I eventually hope to become a veterinarian.

In my free time I enjoy hiking, pilates, and working at the PVCC Fitness Center. I love nothing more than a good workout! I also strive to eat healthy foods in my day to day life.

The 10 Rules I Live By:

1. Do to others as you would want them to do to you.
2. Be honest. Everywhere and always.
3. Give it your all.
4. When you get knocked down, get up again.
5. Admit when you're wrong.
6. Embrace change.
7. Use humor to heal the soul.
8. Learn from your mistakes. Don't let history repeat itself.
9. Respect your family. They'll be there in the end.
10. Walk a day in someone else's shoes before you judge them.



What I Do To Help This Beautiful World

Recently, my stepmother has shed light on the subject of recycling for me. I have realized that the simple task of not throwing away plastic, cardboard, and other specific items can really do wonders for our planet.


In addition, I have always had an unflinching sense of compassion for animals. I hope that one day, I can do my part to help the local creatures of Arizona by having a career as a veterinarian.

Wellness Message That I Would Like To Share

Doubting your capabilities does more damage than you may realize. Eliminate the negative, self-defeating thoughts from your head and replace them with uplifting, encouraging messages.





A woman wearing a maroon top with a decorative pattern and a necklace is standing in a rustic wooden enclosure. The background features a hillside with sparse vegetation and a clear sky. The text is overlaid on the right side of the image.

**On life's journey faith is
nourishment, virtuous
deeds are a shelter,
wisdom is the light by day
and right mindfulness is
the protection by night. If
a man lives a pure life,
nothing can destroy him.**

Buddha



Kristian

www.lifedynamix.com/community/hotsch

I swam for nearly twenty years in Germany, in the US and at ASU. I have just lost 10 pounds and feel great. I just got back to working out at least two times a week and have lost twenty-eight pounds.

Likes

Bikes, motorcycles, sailing, driving, swimming, boating.





Become A Certified Wellness Specialist!

- Would you like to become an expert in wellness?
- Would you like to empower your health choices, your friends, and clients?
- Would you like to earn a great income while helping others?

If so...
the Life Dynamix Certified Wellness program maybe perfect for you!

Special Offer - Tuition Free

Take this innovative online course for free when you join the Life Dynamix Wellness Community and generate activity points.

Visit www.health-certification.com for more information on this amazing wellness opportunity.



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Mandee

www.lifedynamix.com/community/MandeeM

I am striving to accomplish my goals one step at a time. I will be successful and will not compromise myself. I am confident enough that I will not settle for anything less than the best. My goal is to keep finding new experiences and to make the most of them.

Wellness Tip That I Would Like To Share

Meditate and make sure to take time to yourself each day to calm your mind and relax your body.

Likes

Being adventurous. I like to travel, hike, and camp any outdoor activities are enjoyable.





**In between
goals is a thing
called life, that
has to be lived
and enjoyed.**

Sid Caesar

Michelle

www.lifedynamix.com/community/nightshade

My name is Michelle and I'm a professional model currently residing in Phoenix, Arizona. I live by the Law of Attraction and always try to better myself and positively influence others.

Wellness Tip That I Would Like To Share

For optimal wellness it starts on a cellular level. It starts from within, so take care of your mind and your soul as well as your physical being.

Likes

Eating healthy, modeling, hitting the gym, my dog, my friends and family, the internet and Lady Gaga! I am actually very interested in quantum physics as well.



Michelle

www.lifedynamix.com/community/wonderwomenonly

I am a mother and nurse for the past 12 years or more that make the best of what i have only to strive for perfection to the best of my ability and knowledge. I strive to better myself inside and out.

What Do I Do To Help This World

Boy I think it is help wildlife and animals my heart is so large for that, they can't help themselves so I like to help them.

Wellness Tip That I Would Like To Share

A true fit body comes from the kitchen not the gym.

Likes

Warm rainy weekends, short weekends in the sun, weight lifting and health and fitness, exotic animals.





Nakita

www.lifedynamix.com/community/kita4u

My name is Nakita I am a full time mother/student/model. Life is great! I love to try new things because you never know what you can be missing out on. I love to eat and of course when I say eat I do mean eat right!

Wellness Tip That I Would Like To Share

I stay fit by chasing a one year old around the block! I make a point by adding that into my day LOL...I really don't have to make a point at it, my daughter is just naturally on routine!

Likes

All outdoor sports, dancing, eating and traveling.



Natalie

www.lifedynamix.com/community/natalie

I love animals and believe that we should protect them. I enjoy riding, showing horses, running, hiking, kayaking, and surfing!





Life is full of beauty. Notice it. Notice the bumble bee, the small child, and the smiling faces. Smell the rain, and feel the wind. Live your life to the fullest potential, and fight for your dreams.

Ashley Smith

Patty

www.lifedynamix.com/community/Fitchickaz

I am a certified personal trainer, group fitness instructor, figure competitor, and fitness model. A native of Arizona and currently live in the phoenix area. I truly enjoy working out and fitness related activities as I love the feeling of a strong body. Exercise gives me discipline, determination and dedication.

Wellness Tip That I Would Like To Share

Eat until you are 80% full. It takes the brain 20 minutes to register that there is no more need for food.

Likes

Working out, reading, hiking, competing, traveling, learning.



Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.

Mark Twain



Do You Suffer From Depression?

The mind requires a variety of nutrients to function properly. Without these vital nutrients it can be a challenge to feel good. Life Dynamix provides a solution with Naturally Happy. Naturally Happy is a whole food supplement system designed to help you feel your best.



LIFE DYNAMIX™
Naturally Happy

*A whole food supplement designed to enhance health and well being**

The advertisement features a central image of a smiling woman with long blonde hair, wearing a black and pink top, sitting outdoors near a waterfall. To the left of the image is the Life Dynamix logo, which includes a green leaf and a blue mountain peak. Below the logo, the text 'Naturally Happy' is written in a purple, stylized font. Underneath that, a smaller line of text reads 'A whole food supplement designed to enhance health and well being*'. The entire advertisement is enclosed in a pink and black border.

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Free Print Edition

Get a complimentary copy of the Wellness Messenger Magazine with your purchase of Naturally Happy!





I am an upcoming model in Arizona as well as an artist, writer and musician. I strive to create art, inspire and impact those around me in a positive way. I am highly influenced by my best friends and have learned immensely about myself through our journey together. I feel that staying positive and enjoying the little things in life truly make a world of difference. I seek love, knowledge, connections, laughter and bliss.

What I Do To Help This Beautiful World

Make others laugh and smile, treat people with respect, love and compassion. I am very empathetic, passionate and affectionate. I love to spoil others, give them tokens of my appreciation and keep everyone light hearted and smiling.

Wellness Message That I Would Like To Share

Eat well, live well and never stop smiling.

Likes

Modeling, Photography, Art, Music, Reading, Nature, Poetry, Dance, Expression, Tantalizing conversation, Duality in nature, Astrology, Color, Laughing, Love, Felines, Contrast lighting, Paint, Adventures, Traveling and Sharing beautiful moments with my loved ones.



This is the beginning of a new day. You have been given this day to use as you will. You can waste it or use it for good. What you do today is important because you are exchanging a day of your life for it. When tomorrow comes, this day will be gone forever; in its place is something that you have left behind...let it be something good!





Live
Learn
Love

LDx

James A. Ferrel M.D., CNC's Gift To The World!

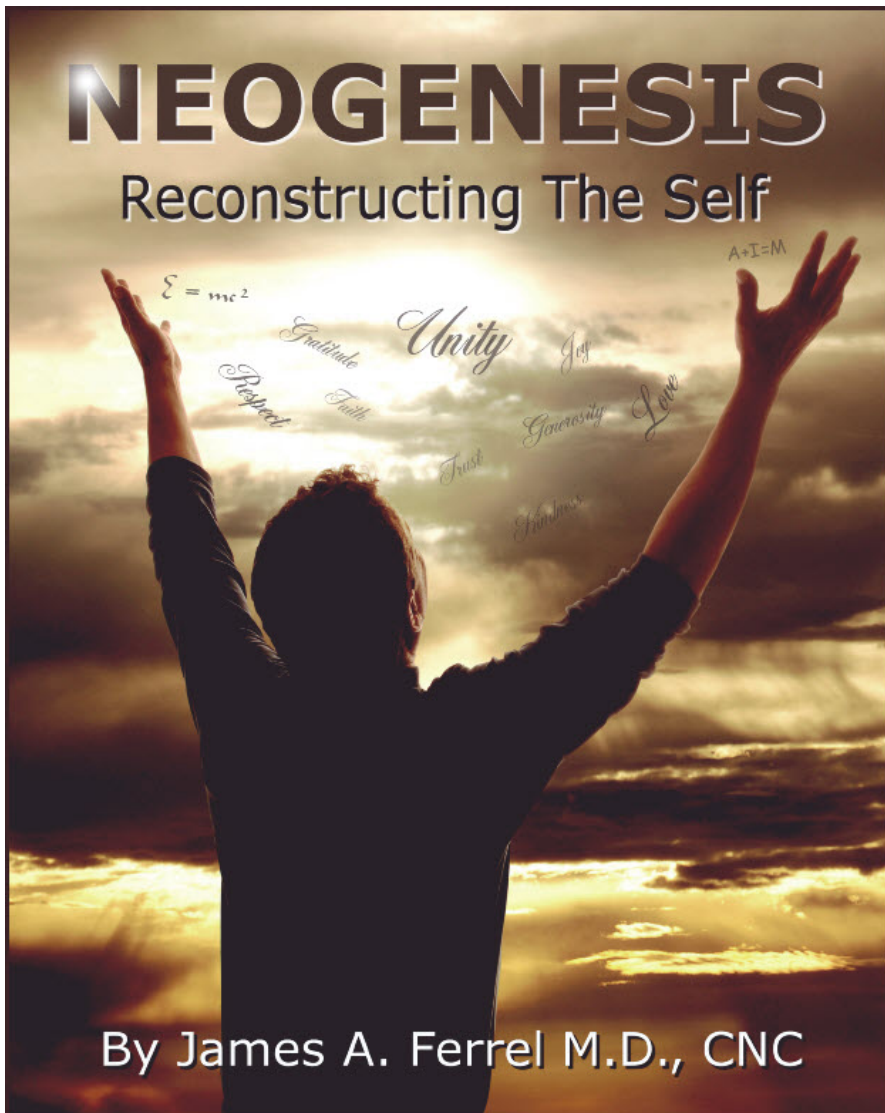
Neogenesis is a timely book with a companion DVD that helps the reader understand the factors influencing an alarming change currently evolving in the health profile of our Homo sapiens species.

The author shares his wisdom from over 35 years as a Physician in his personal quest to mitigate the modern health challenges associated with this destructive process.

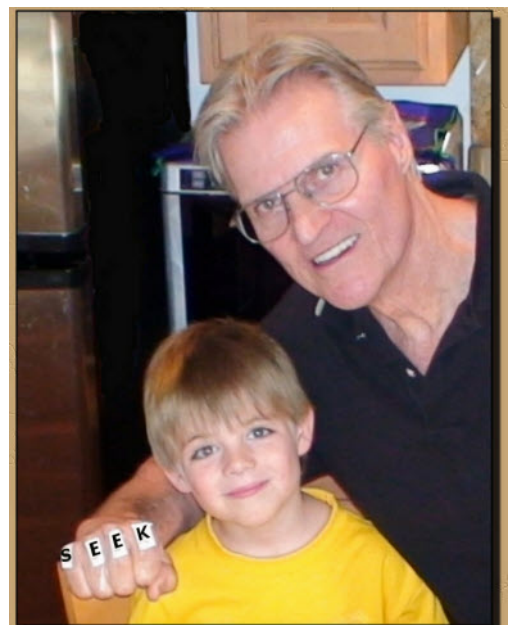
- ▶ **Would you like to empower your health choices?**
- ▶ **Would you like to become an expert in wellness?**
- ▶ **Would you like to read the most innovative health book of the decade?**

If so...**Neogenesis** is the perfect book for you!

It emphasizes the small lifestyle changes that make a big difference.



**Now Available. Download yours free
when you join the Wellness community at
www.lifedynamix.com**



Dr. Ferrel with his grandson Max



Rebecca

www.lifedynamix.com/community/RMain

I am a Fitness & Sports Model. I will be getting my degree this semester in Physical Education with a minor in Health.

Wellness Tip That I Would Like To Share

Be happy. Little by little each day, will bring you to a brand new way.

Likes

The outdoors! Nature! Laughing! Sports & Fitness!
Eating healthy! Adventure! Gardening!



Scarlett

www.lifedynamix.com/community/Miss_Scarlett_0

I was born and raised in Arizona. I am currently going to a university with a major in film. I live at home with two dogs, a cat, and three rats. I am working on building up my resume in modeling and film. My dream is to be an actress in feature films.

Wellness Message That I Would Like To Share

Laugh as much as you can. Laughing is truly the best medicine I can think of.

Likes

I am an actress by nature so I love anything that has to do with the motion pictures, theatre, or acting in general. I love modeling in front of the camera, and keeping myself in shape. I love animals of all kinds.



**Live your life in
the manner that
you would like
your kids to live
theirs.**





Stephanie

www.lifedynamix.com/community/blondee1016

I grew up on a farm. That it probably why I love animals so much. I believe that choices are 90% of your life. The other 10 % is pure circumstance. I feel that the most important thing we have is each other.

Wellness Tip That I Would Like To Share

If you work late nights and feel like eating something but nothing is open and nothing seems to be in the kitchen, do not starve your self and wait till morning. Prepare the day before yourself a health snack. Examples, sun flower seeds, tomatoes with balsamic vinny, and choice avocados.



**Those who cherish
a beautiful vision,
a lofty ideal in
their hearts, will
one day realize it.**

James Allen



Tabor

www.lifedynamix.com/community/taborlewis

I am going to school currently to study marketing. I think its very important to be able to communicate and help our fellow man. My life has turned in to a journey of self discovery, I'm learning more and more about myself everyday by meeting people who possess diversity.

Wellness Message That I Would Like To Share

Always live in the Now!

Likes

I really enjoy reading, painting, music shows, and art shows. I also like to travel and attend hair and fashion shows. Tempe has a good street system for cycling, so when the weather is nice I partake in some leisurely rides.





The most beautiful things in the world are not seen nor touched. They are felt with the heart.

Helen Keller



Tiffany

www.lifedynamix.com/community/Tiffany12

I am a 19 year old sophomore attending Arizona State University. I am studying Spanish as well as Italian and French. I plan on working for the United Nations once I receive my degree. I am very patriotic and I hope to better my Country as well as my World one day!

Likes

I enjoy foreign languages as well as history. I live my life in the moment and I take each new challenge with a great attitude.

Wellness Message That I Would Like To Share

I always say to be positive and take life on head first! Be yourself and you will reflect upon others to do the same. As long as you are at peace with yourself, it will be easier to bring peace to others.



**Don't ask what
the world needs.
Ask what makes
you come alive,
and go do it.
Because what the
world needs is
people who have
come alive.**

Howard Thurman



Victoria

www.lifedynamix.com/community/vpaege

I lead a very diverse and busy life. I act, model for various companies, take a lot of road trips and love learning new things. I'm usually ridiculously busy, which for me is good, otherwise I would go crazy. I am also known to start the most random hobbies.

What I Do To Help This Beautiful World

Walk or bike when I can to avoid unnecessary driving, and have a car that gets 36mpg. I don't litter.

Wellness Tip That I Would Like To Share

Fueling your body with food that it needs will help cut cravings for food that does nothing for you - like pizza, candy and junk foods. Also, getting some activity first thing in the morning will help keep your body going all day, and help you to sleep better at night. If we are good to our bodies, they are good to us.

Likes

Being outside, swimming, singing, yoga, acting, dancing, horror movies, reading, drawing, playing games, comedy. Singing too loud in the car, being goofy. 🍀





Nobody can go back and start a new beginning, but anyone can start today and make a new ending.

Maria Robinson

Wendi

www.lifedynamix.com/community/wmedders

I am a 32 mother of two girls. I live in Litchfield park. I currently own and run two full time businesses. One is an agency that works with children/adults with special needs throughout the community. I am also a fitness competitor who has been privileged to be able to compete at the national level. I believe the key to success is a strong work ethic and solid morals. Work hard but also play hard.

What I Do To Help This Beautiful World

I own and run a state contracted agency that hires and trains providers to provide services for children/adults with special needs.


Wellness Tip That I Would Like To Share

Healthy balance of priorities in life.

Likes

I enjoy training and pushing myself in the gym to prepare for fitness competitions. I love music and I enjoy traveling as often as possible. 🍋





**You don't get
to choose how
you're going to
die. Or when.
But you can
decide how
you're going to
live now.**

Joan Baez

The New Symbol of Wellness



Messages Within The LD Symbol

The three tips of the triangle represent 3 levels deep of 3 wellness concepts. The first level represents Living Life To The Fullest... Discovering Your Brilliance... and Uniting For The Greater Good. The second level is Compassion for People, Animals, and the Planet while the third level is Empowerment of the Mind, Body, and Spirit.

The L and D represent Life Dynamix. Life Dynamix is a wellness network that empowers people through life enhancement concepts to embrace their life's potential. Our vision at Life Dynamix is of a planet where we all prosper in one another's brilliance.

Please join our quest to make a difference by joining the community at Life Dynamix. Together we will make this beautiful world a better place!



Leaky Gut

What It is And How Does It Cause Us Harm?

By James A. Ferrel M.D., CNC

The Leaky Gut Syndrome may be a contributing cause of many "etiology unknown" illnesses. LGS may also explain many of the symptoms patients have that confound and confuse many physicians. In my opinion, many cases of what doctors call IBS or IRRATABLE BOWEL SYNDROME is really LGS. The erroneous IBS diagnosis typically occurs after the doctor does the

colonoscopy, the upper gastrointestinal study, and umpteen blood and stool tests that are all essentially normal. The doctor then comes up with this meaningless and incorrect waste basket diagnosis of IBS. The physician really doesn't know what's wrong. Instead of saying "I don't know what is causing your symptoms" they have to come up with an acceptable diagnosis code. The physician doesn't get paid unless they put down a diagnosis code! They can get paid if they use the code for IBS. The IBS could just as easily stand for "I'm Baffled Seriously". To add insult to injury, many egotistical physicians play the game I term "arrogance to cover up ignorance" and suggest to patients that since they couldn't find an explanation the problem must exist only in the patient's head.

To understand LGS we need to understand the concept of barrier function. The barrier demarcates the outside environment from the internal environment. The primary function of the barrier is to keep germs and detrimental particles from entering our internal environment. Most people would agree that the skin and what's under it is internal to us. What is external to the skin is not part of us. Violation of that skin barrier by severe burns, or by penetrating wounds, allow elements of the external environment to enter. Once passed this skin barrier those elements can wreak havoc upon us. This is what happens if we step on a nail and get an inoculated infection. If we weaken the barrier with a burn or physical wound, we create a window



of opportunity for germs or unhealthy particles to enter us. This also allows fluids, proteins, electrolytes, cells, etc. (part of us) to exit.

Brain, skin, and gut INNERVATION originate from the same embryologic tissue. Often diseases or conditions that affect one affect one or both of the other two. Food allergies can produce skin, neurological, and gut symptoms. For example, allergy to gluten manifests in inflammation of the gut termed celiac disease. CELIAC DISEASE, in my opinion, is just one (possibly the most common) presentation of LGS. Celiac disease manifestations in the skin are recognized as *dermatitis herpetiformis*, which has specific dermatologic presentations. Less than extreme gradations of this specific dietary disease are, in my opinion, extremely common and most often not correctly diagnosed. If we start looking for it we find that up to 1 in 4 people have antibodies to portions of the gluten protein conglomerate. Since grains used in the SAD (Standard American Diet) mostly contain gluten, people think it's difficult to avoid gluten. Folks, it is Easy. It SEEK's (Which is my acronym for any choice in your life. SEEK=Safe, Effective, Easy, and Kind.) Most of the world's 6 billion people don't use grains that contain gluten. They use rice or other grains as their primary staple. Unless and until they come to this country, I'd be willing to bet they have less of what we term IBS symptoms, as well as other major health problems that we now

are appreciating in the USA in epidemic proportions. Flax, soy, corn, amaranth, millet, buckwheat, and quinoa also contain no gluten, and are very nutritious.

Both skin and gut function as barriers. Envision the human body as an odd shaped doughnut. The crust of the doughnut is the barrier. The gut is simply the hole in the doughnut. The doughnut hole is not part of the doughnut; it is part of the outside environment. We are obviously not shaped like a doughnut, but like a doughnut, we have a hole. The mouth is the opening at the top, and at the bottom the opening is the anus. The gut lumen is our hole and its contents are external to us.

The two obvious anatomical distinctions between the doughnut hole and the human gut are that: 1.The human gut is irregular in shape, and 2.The crust or surface is variable in organization. These distinctions are due to the gut's other functions of digestion, absorption, and excretion.

Because the gut barrier is thin and the contents of the **gut is loaded with toxins and germs**, our smart bodies have protective immune cells, called white blood cells (WBC's) laden with killer chemicals ready to poison any potential invaders. WBC's patrol just inside our gut lining. It is suspected that sometimes these WBC's release their poisons, generically termed cytokines, inappropriately. This results in inflammation that can sever the cellular attachments of the barrier. Loss of barrier integrity in the gut creates a window of opportunity for toxicity (poisoning). This "window" allows organisms, their toxic products of metabolism, and other particles to enter our interior through the gut lining. Once inside, any foreign material meets our second line of defense, lymphocytes and macrophages. Lymphocytes address the invaders by becoming programmed to make specific antibodies against them. Lymphocytes sense recognition points on the invaders' surfaces. Once released, these antibodies are then programmed to lock onto the surfaces of the invaders and disable them. The combination of invader/antibodies attracts macrophages which engulf and destroy it. Unfortunately, those same beneficial antibodies are suspected of reacting and combining with "friendly tissue" parts of our body, when that healthy tissue is erroneously recognized as foreign. This aforementioned description of our immune system's response was designed to protect us from infectious diseases. When the immune system is immature, as in infants/young children or aged/weakened in elder people, you see this inappropriate recognition when large protein or glycoprotein molecules present themselves to the immune system. Most often in healthy children proper discrimination will occur as the immune

system "matures". They usually grow out of their allergies. When they don't, often because they continue to be challenged by both endogenous and exogenous chemicals from the ever increasingly toxic environment, their will be tissue damage. This tissue collateral damage is termed autoimmunity.

Leaky Gut (LGS) related autoimmunity is suspected in ANKYALOSING SPONDILITIS, RHEUMATOID ARTHRITIS, and many other diseases with antibodies and inflammatory cytokines that inappropriately damage joint and other tissues, in genetically, and nutritionally deficient, susceptible individuals. MULTIPLE SCLEROSIS could be related to LGS generated antibodies and cytokines attacking the protective myelin sheath of nerve cells in nutritionally deficient and genetically vulnerable individuals.

In LGS the gut has, as the name implies, a plethora of leaks. This massive leakage material induces our body's immune system to produce large quantities of killer chemicals intended to target the illegal entrants. This huge production effort weakens the immune system by tying up energy and enzymes. In this manner LGS may be a major factor in CHRONIC FATIGUE SYNDROME.

More typically, if we allow our tissue to deteriorate by LGS or by any other way with aging we will also see tissues of every kind damaged. This damage we term degenerative disease. In my opinion, it's mostly preventable diseases of neglect. The tissue I regard as most important is the brain. This tissue is most often affected by man-made chemicals that enter through our nose and lungs, but also can be damaged by these exogenous chemicals entering through the gut or trans-dermal (through the skin), irrespective of LGS.

The brain may also be affected by the combination of the massive endogenous (produced by or inside the body) toxic chemical production of LGS and the mostly man-made exogenous (produced outside the body) toxic chemicals that we take into our bodies. When the brain is thusly affected it is termed an ENCEPHALOPATHY. (I call this the NBC broadcasting station, because an encephalopathy usually manifests with any combination of Neurological, Behavioral, or Cognitive abnormalities. Most of us have been affected by transient encephalopathy (short term "brain fog", "jet lag", or "spring fever") or by common transient intoxications, most often self induced with alcohol, or other drugs.

Celiac disease should be recognized as a multiple system disease that includes the central nervous system, as well as skin and gut. Children with celiac disease may be broadcasting on NBC and it will

show in how they feel, act, look, write, and perform in school! It will not show up with any blood test and most imaging studies. It will not be improved with Concerta, Ritalin, amphetamines, etc. when it's conveniently (for psychiatrists, teachers, parents, etc.) misdiagnosed. In children whose blood-brain barrier is not yet fully developed, LGS produced **endogenous** (produced by our body) cytokines and leakage toxins can more easily affect mentation and thus behavior by direct brain cell toxicity. This mechanism is similar to the brain cell poisoning (toxicity) by **exogenous** (produced outside our

some connections, the toxic load decreases, various inappropriate drug interventions are used, etc.

WE ARE SEEING ENTIRELY TOO MANY CHILDREN WITH ENVIRONMENTALLY INDUCED ILLNESSES, INCLUDING LGS MISDIAGNOSED. I strongly believe that something is seriously being "missed," as we are seeing an inordinate number of children (and adults) being diagnosed with mental illness, most often DEPRESSION, and placed on psychoactive drugs. The occurrence statistics don't make any common sense. The drugs often do more harm than



body) chemicals like formaldehyde, methanol, or ethanol. Such chemically toxic children present with varying degrees of encephalopathy. Their behavior and writings will be affected when their brain cells are not functioning optimally. The children with dense or prolonged encephalopathy have increased rate of brain cells dying as a result of the toxicity. The death of the brain cells, along with their neural connections are diffusely distributed unlike a stroke, cerebral palsy, or brain physical trauma. The damage is more difficult to account for by conventional imaging studies and may vary greatly in presentation. These children may be misdiagnosed with AUTISM, ADHD, PSYCHOSIS, or DEPRESSION. They even may go from one wrong diagnosis to another as the brain reestablishes

good. The momentum for this movement is strong in the mainstream-medicine community. I believe it is powered by the drug companies that make the drugs involved.

The good news is that the brain damage involved is diffuse and is more likely to repair itself with time, and good NUTRITION (See my article **Nutrition - More Than Just Food** on this site), if drugs given in misdiagnosis don't exacerbate and prolong the condition, by masking the real cause of the symptoms.

Quite often an ENCEPHALOPATHY is misdiagnosed, even in adults. BIPOLAR DISORDER MISDIAGNOSIS

is often made as the behavioral changes associated with the ENCEPHALOPATHY often increase or decrease as a reflection of brain function. This often is the case in the MCS (Multiple Chemical Sensitive) patient. The MCS patient's behavior can change quite rapidly upon exposure to chemicals that elicit ACUTE

ENCEPHALOPATHIES.

With an overload of toxins the brain functions poorly. With episodes of rest, less stress, improved nutrition, exercise, improvement of circadian rhythm, etc., the brain functions improve and reflect in better NBC broadcasting. The personality, mood, and behavioral changes are the most striking manifestations of the ENCEPHALOPATHY. At close inspection, however, other neurological signs as well as other abnormal signs of other systems of the body (dermatologic, gastrointestinal, cardiovascular, etc.) may be present and found if they are looked for. The misdiagnosis is most often brought about when the

clinician making the diagnosis fails to carefully listen to the patient or caregiver for the history of chemical exposure and/or gastrointestinal symptoms, and fails to look for concomitant neurological signs of abnormalities. Most often, unfortunately, the naive clinician will focus on the psychiatric signs and discount or ignore the patient as a whole. Most often the misdiagnosis worsens the symptoms as the clinician then inappropriately and naively prescribes strong intervention drugs that further tax the detoxification system.

The learning "pearl" for such clinicians is to strongly suspect a BIPOLAR DEPRESSIVE DISORDER MISDIAGNOSIS in any child or in an adult over 50 years old. These individual's poorly developed (child), or weakened with age (50 or older), blood-brain barriers make them more vulnerable to adverse effects of both exogenous (including drugs)

and endogenous chemicals. Also in the older groups, quite often the lifelong bioaccumulation of neurotoxins and the decline in detoxification enzymes that occur with aging allow for the brain to become more easily affected. Likewise, in the middle age group always rule out illicit drug/alcohol abuse induced encephalopathy.



In all age groups, ALLERGY, whether it is food or inhalant type, will weaken the blood brain barrier, mostly around the brain's LIMBIC area. The mechanism of allergy related encephalopathy involves the release of cytokines from immune cells, such as mast cells, which are induced by the allergy process. The resultant inflammatory process causes "leaks" in the blood brain barrier, allowing chemicals to enter. Most of us are familiar with the lethargy of "spring fever" (a lay term for seasonal allergy). That lethargy/brain fog/out of sorts feeling associated with seasonal allergy is a very mild form of encephalopathy. The limbic area modulates libido and motivation. Since the process often involves the limbic brain, it's no surprise that excessive romantic thoughts and a lazy attitude are part of the clinical presentation of SEASONAL ALLERGY ENCEPHALOPATHY.

The natural process, in overview, may serve a very necessary teleological purpose in nature, i.e. - the preservation of the higher animal species. Natural occurring chemicals acting upon the brain, such as pheromones, endorphins, and oxytocin powerfully support this natural purpose.

Unfortunately, these allergy induced leaks also allow manmade ubiquitous neuro-toxic chemicals, like formaldehyde, VOH's (Volatile Organic Hydrocarbons), or pesticides to enter and poison the neurons.

In the more serious leakage cases (allergies plus chemical intoxication) it's like a one-two punch in boxing. The allergy punch lowers the brain's defense and sets up the "knockout" chemical blow. In these cases dramatic and often life-changing encephalopathy can occur. The limbic region is

involved in many other functions such as memory; MOOD; autonomic control of blood pressure, body temperature, hunger, thirst, and sleep. Allergy/chemical induced damage can present with, in ascending order of severity: moodiness, sleep disturbance, irritability, depression, and the toxicity induced mixture of complete emotional liability seen in BIPOLAR DISORDER. Such cases are, in my opinion, rarely correctly diagnosed, except by doctors trained in EM (ENVIRONMENTAL MEDICINE). EM doctors almost always incorporate allergy testing and desensitization for inhalant allergies and elimination diet schemes for food related allergies. Of course the EM doctor also works to preserve those brain cells still alive, but still at risk, by enhancement of the body's detoxification processes. Ultimately, eliminating any ongoing toxic chemical exposure is also fundamental to successful treatment.

In all such cases of suspected encephalopathy, all clinicians need to look carefully for neurologically or other signs that suggest chemical or allergy related toxicity to rule out encephalopathy!

The LGS or other chemical toxicity etiology of patients' symptoms only becomes apparent if, and when, the LGS or toxicity issue is discovered and is resolved.

In LGS the weakened gut lining, like a chronic festering skin sore, allows for the colonizing of unnatural microbes. CANDIDA is the main microbe of concern. Not only does Candida produce a plethora of toxins, Candida becomes the main adversary against the body's repair of the leaky gut.

Candida thrives in moist, warm places. I find this organism's presence or absence to be the best observable indicator of the status of our immune system. If our immune system is weak it will entrench itself in the mouth, vagina (a cul-de-sac of the "crust"), or our gut. It looks like cottage cheese. Mouth Candida (thrush) has a typical appearance. It's a mixture of Candida spores, mucus, and inflammatory exudates. If you scrape the "cottage cheese" off the tongue, the tongue will remain inappropriately white. What remains and makes the tongue whiteness appearance persist, is the rhizoid form of Candida. Rhizoids are like roots for the Candida organisms in the gut to anchor to the gut lining. Like spears, the rhizoids penetrate and make more leaks in the gut. Like tubes they pour in toxins.

This Leaky Gut/ Candida phenomenon allows more of the outside environment into our interior. Inside it combines with, invited and uninvited, pharmacologically active chemical guests to

potentiate each other in a "polypharmacy of chemical toxicity" in our *ATLAS DRUGGED*.

I recommend that anyone manifesting gastrointestinal, skin, or that is "broadcasting on NBC" first eliminate gluten containing foods. Foods that contain gluten include the following: highly processed foods, wheat, oats, barley, spelt, rye, kamut, and triticale.

The SEEK what to eat answer is first eliminate all toxic foods. This list includes: all meats except the most mildly contaminated fish (Unless you are Vegan or vegetarian, which is even easier and more complete), all cow milk and cow derived dairy products, AGE's (Advanced Glycation End products), MSG and other "flavor enhancers" or isolated amino acids, acryl amides, artificial sweeteners, preservatives, trans fats, chemically altered foods, genetically modified foods, sulfites, products from cooking or containing foods in plastics or Teflon, sulfites, etc. Secondly, eliminate all gluten containing foods, and the most common allergy causing foods. These are the "big eight", which are: cow's milk, eggs, wheat, peanuts, tree nuts, soy, shellfish, and fruits. Lastly, consider the nutrient value of all the remaining thousands of choices and select as you wish. Be sure to include lots of varieties of deeply colored vegetables, eat slowly, and enjoy your food.

Also fundamental to the specific bowel treatment, a serious attempt to reestablish the normal intestinal flora should be made. We live in a communalistic relationship with these "good guy" germs in our gut. Pro-biotic organisms, such as acidophilus, and bifida are our friends. In addition, exercise that incorporates any part or the entire reciprocating gate will help detoxify all parts of the body including the gut, skin, and, most importantly, the brain. Coffee enemas and other "cleansing" measures will be of benefit, in most cases.

Tincture of time is the only drug I feel will offer help. Most pharmaceutical drugs prevent the body from healing itself even with this magical remedy.



Dr. Ferrel is a board certified family physician and a certified nutritional consultant who specializes in preventative and environmental medicine.



Communication Blunders

Enter Kismet Connection *By Deepa Khare*

How many times has it happened that you are talking about something to somebody and they can't understand a single thing you are saying. And by the time you are done, the other person asks you a very stupid question. It makes you want to jump from a 10 storey building...but there is hope because you are not the only one who feels that way.

Most of us have experienced that. So I decided this time, I am going to go in detail as to why, I end up getting misunderstood. As I see it, there can be three scenarios... either I have major communication drawbacks or the person I am talking to has limited knowledge or we could not establish a connection. Don't worry; I'm not talking about a phone line or internet connection, God, No!! This connection is established on a one to



one basis because of something more profound that is destiny. I call it Kismet connection. Whatever the case may be, I am going to make sure I find a solution to this. And I know it will work, if you have the patience to follow them.

First approach: You don't make your point immediately. You know what I mean. Just talk about anything under the sun except the point you want to make. Go round and round the garden in circles until your listener questions you, "what are you trying to say?" See, there you go!! You have his undivided attention now.

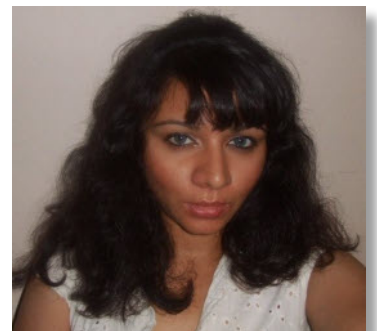
Second approach: Talk in a group. Make a point to your listener when you are around people you know. This way, you will have supporters who agree with you and the discussion will be at a more impersonal level. This protects you from direct confrontation too.

Third approach: If only, you did not have pre-conceived notions about somebody, you would be so much better off. There is nothing better than being child like...innocent and up front. There will be misunderstandings but at least your listeners will be disarmed by your approach and not be uptight.

Fourth approach: Go all out to make your listener laugh. Now that will be a quite a challenge. But humor works. You probably must be thinking, I am taking you on a long ride and these approaches are not going to take you anywhere. Believe me, I have a hard time following them too, but when I do, it sure as hell works. **Fifth approach:** Get enthusiastic. Its like wild fire and sooooo contagious, your listener will be mesmerized by your energy and like to

listen to what you have to say and may even become your followers. People like energetic people.

You may try my approaches which are simple or find new ones.



www.lifedynamix.com/community/Shiningstar

Tips For Becoming Vegetarian

Adopting a healthy vegetarian diet isn't as simple as scraping meat off your plate and eating what's left. You need to take extra steps to ensure you're meeting your daily nutritional needs.

Vegetarian diet planning

A healthy vegetarian diet consists primarily of plant-based foods, such as fruits, vegetables, whole grains, legumes, nuts and seeds. Because the emphasis is on non-meat food sources, a vegetarian diet generally contains less fat and cholesterol, and typically includes more fiber.

Vegetarians fall into groups defined by the types of animal-derived foods they eat:

- Vegans eat only plant-based foods. They don't eat foods from animals, including meat, poultry, fish, milk, eggs and cheese.
- Lacto-vegetarians consume milk and milk products along with plant-based foods. They omit eggs as well as meat, fish and poultry.
- Lacto-ovo vegetarians eat eggs, milk and milk products, such as cheese and yogurt, in addition to plant-based foods. They omit red meat, fish and poultry.
- Flexitarians (semi-vegetarians) primarily follow a plant-based diet but occasionally eat small amounts of meat, poultry or fish.

To keep your vegetarian diet on track, you may find using a vegetarian food pyramid helpful. This pyramid outlines various food groups and food choices that, if eaten in the right quantities, form the foundation of a healthy vegetarian diet.

No matter what your age or situation, a well-planned vegetarian diet can meet your nutritional needs. Even children and teenagers can do well on a plant-based diet, as can older people, and pregnant or breast-feeding women. If you're unsure whether a vegetarian diet is right for you, talk to your doctor or a registered dietitian.

Meatless products, such as tofu dogs, soy burgers, nut loaves or texturized vegetable protein, add variety to your vegetarian diet. These products, found in many grocery stores and health food markets, simulate the taste and texture of meat and usually have less fat and fewer calories. Many of the meatless products, such as tofu or tempeh, are made from soybeans.



A vegetarian diet is not only healthy for the planet, but people as well.

If you follow a vegan diet, you may need to find alternatives for eggs and dairy products.

Try these suggestions when meal planning or cooking:

- Milk. Drink fortified soy-milk, rice milk or almond milk in place of cow's milk.
- Butter. When sauteing, use olive oil, water, vegetable broth, wine or fat-free cooking spray instead of butter. In baked goods, use canola oil.
- Cheese. Use soy cheese or nutritional yeast flakes, which are available in health food stores.
- Eggs. In baked goods, try commercial egg replacers — a dry product made mostly of potato starch. Or you can use the following to replace one egg: 1/4 cup whipped tofu or 1 tablespoon milled flaxseed mixed with 3 tablespoons of water. For an egg-free omelet use tofu instead of eggs.

Ensuring adequate nutrition

The more restrictive a diet is, the more difficult it is to get all the nutrients your body needs. A vegan diet, for example, eliminates food sources of vitamin B-12, as well as milk products, which are a good source of calcium. Other nutrients, such as iron and zinc, are available in a meatless diet, but you need to make an extra effort to ensure they're in yours.

Here are nutrients that may be deficient in a vegetarian diet and how you can get these nutrients from non meat sources:

- **Protein.** Your body needs protein to maintain healthy skin, bones, muscles and organs. Vegetarians who eat eggs or dairy products have convenient sources of protein. Other sources of protein include soy products, meat substitutes, legumes, lentils, nuts, seeds and whole grains.
- **Calcium.** This mineral helps build and maintain strong teeth and bones. Low-fat dairy foods and dark green vegetables, such as spinach, turnip and collard greens, kale, and broccoli, are good sources of calcium. Tofu enriched with calcium and fortified soy milk and fruit juices are other options.
- **Vitamin B-12.** Your body needs vitamin B-12 to produce red blood cells and prevent anemia. This vitamin is found almost exclusively in animal products, including milk, eggs and cheese. Vegans can get vitamin B-12 from some enriched cereals, fortified soy products or by taking a supplement that contains this vitamin.
- **Iron.** Like vitamin B-12, iron is a crucial component of red blood cells. Dried beans and peas, lentils, enriched cereals, whole-grain products, dark leafy green vegetables, and dried fruit are good sources of iron. To help your body absorb nonanimal sources of iron, eat foods rich in vitamin C — such as strawberries, citrus fruits, tomatoes, cabbage and broccoli — at the same time you consume iron-containing foods.
- **Zinc.** This mineral is an essential component of many enzymes and plays a role in cell division and in the formation of proteins. Good sources of

zinc include whole grains, soy products, nuts and wheat germ.

The key to a healthy vegetarian diet — or any diet for that matter — is to enjoy a wide variety of foods. Since no single food provides all of the nutrients that your body needs, eating a wide variety helps ensure that you get the necessary nutrients and other substances that promote good health.

Getting started

If you're thinking of switching to a vegetarian diet but aren't sure where to begin, start with menu planning.

- Start with what you know. Make a list of meatless meals you already prepare regularly, such as spaghetti with tomato sauce or vegetable stir-fry.
- Make meatless substitutions. Select meals that could easily become meat-free with a couple of substitutions. For example, you can make vegetarian chili by leaving out the ground beef and adding an extra can of black beans or soy crumbles. Or make fajitas using extra-firm tofu rather than chicken. You may be surprised to find that some dishes require only simple substitutions.
- Experiment with new meal ideas. Buy or borrow vegetarian cookbooks. Scan the Internet for vegetarian menus or for tips about making meatless substitutions. Check out ethnic restaurants to sample new vegetarian cuisine. The more variety you bring to your vegetarian diet, the better the chance you'll meet all your nutritional needs.



True REST

A REST Pod Provides the Ultimate in Relaxation. When most people return from London, they rave about Big Ben, Harrods or the changing of the guard. When Nick Janicki returned from a trip to London, he couldn't stop talking about his experience in a flotation device.

Janicki did more than just talk about it - he decided to make it his life's work. His dream has come true, with the recent opening of Scottsdale's only Flotation REST facility - and the first in the U.S. to offer REST pod technology.

"I'm extremely excited to be sharing my dream with the people of Scottsdale," said Janicki. "It's a dream in the true sense of the word, because our customers enter a relaxed, dreamlike state when they are in one of our True REST pods."

Flotation REST (Restricted Environmental Stimulus Therapy) pods allow the individual to float effortlessly on top of a pool of saltwater - 10 inches of water and 1,200 pounds of salt - in a

specially designed tank with minimal light and sound. They have been credited with alleviating a variety of ailments, from stress and high blood pressure to lack of sleep and physical



Killian Stephens floats on a cloud of bliss in a REST pod

pain. Janicki says that just one hour spent in a True REST pod can provide the benefits of four hours of sleep. "In our sleep-deprived society," he said, "this is a real plus."

The facility has been open less than a month, and there already is a fan base. "Many people are curious about our REST pods and want to see what it's all about," said Janicki. "But our best 'marketing' comes from those who already have had a REST experience at our facility. They tell their friends and family how awesome it is. The benefits are definitely spreading by word of mouth."

Everything about the facility - and the pods - is cutting-edge high-tech, down to the filtration system. The REST pods feature a state-of-the-art purification system that automatically begins cleaning the pod after each use and can disinfect and filter out particles to 1 micron (1/100th a human hair). The 9-by-5-foot pods can



A jelly fish tank is in the oxygen bar

accommodate people of all shapes and sizes. On the True REST website - www.truerest.com - visitors can read customers' reviews and watch a Fox News report on the new facility.

A one-hour float costs \$79, but first-time clients can float for \$49. The facility is located at 15033 N Thompson Peak Parkway, Suite D101. For more information, visit www.truerest.com



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480-596-6633

Congratulations Dr. Singh!

COMMUNITY NEWS

Life Dynamix is happy to announce Dr. H. Singh as the first graduate from outside the United States to successfully pass the Wellness Specialist certification course. Dr. Singh joins first graduate Jason Cline as part of the certification staff.



Dr. Singh is Alternative Medical Practitioner, Media Consultant, Education Counselor and a Writer having sound touch of both East and West. He has written more

than 25 books for children and 25 in general for everyone. His books are to fill us with oneness and togetherness of both societies of the East and West for globalization of Comparative Go Green, Eco-friendly, Religious and Interfaith Studies and other educational, literary and literacy missions.

Wellness Message That I Would Like To Share

Hope is better when used with Positive Thinking as it is Making of Provocative!

How I Implement Wellness

Writing, Speech and Counseling

Likes

Music, yoga, meditation, writing in all genres, vegan, vegetarianism, go green, ecology, peace

Favorite Inspirational Quote

If I want to see any change anywhere, I

need to quit procrastination and be proactive to have it as change in me!



Wellness Specialist Certificate

On recommendation from the advisory board of
Life Dynamix

Dr. Hamander Singh

In recognition of fulfillment of the requirements,
is hereby granted the degree of

Life Dynamix Certified Wellness Specialist

With all the rights, privileges, and honors therein pertaining
Given this 3rd day of November, two thousand nine

This diploma is electronically filed in our graduate database at www.lifedynamix.com as evidence thereof for excellence in health and wellness expertise.

Steven Ferrel
Steven Ferrel - Director

James A. Ferrel
James A. Ferrel MD, CNC - Advisory Board Chairperson

What I Do To Help The World

Opposing the War and Violence, Hatred and Discrimination.

If We Can Think and Work Together, We Can Make A Difference!

Dr. Singh

CAUSES

Thanks to you and thousands of others who stood up for seals this year, the writing is on the wall: Canada's commercial seal hunt cannot last. Help me end this barbaric annual slaughter by keeping up the pressure on the Canadian fishermen who hunt seals in the offseason.

Tell the Ahold supermarket company to join grocers such as Trader Joe's, Whole Foods, and Harris Teeter in boycotting seafood from sealing provinces.

Ahold is based in the Netherlands but owns several major grocery chains in the United States, including Giant, Martins, Stop & Shop, and Peapod. Ahold and its subsidiaries are committed to buying more sustainably harvested seafood, but they fall short in their level of commitment to responsible marine stewardship when it comes to seals. Unlike their major competitors, Ahold has not provided assurance that they are not buying (and will not buy) seafood from the fishermen who club and shoot baby seals each spring. With your help, we're hopeful they will re-consider this oversight.

Our seafood boycott is working. Over 5,500 grocery stores and restaurants are already using their seafood purchasing to send Canada a clear message. And thanks to the seal product ban in the European Union, seal skin prices are very low. As a result, far fewer sealers participated in the hunt this year.

While the hunt was smaller than usual, the killing we witnessed was horrific. We documented many violations of the few inadequate rules to which sealers are supposed to adhere. **The evidence we gathered this year could be the final nail in the coffin for the Canadian seal hunt.**

You and thousands of other animal lovers around the globe have made this possible by donating to send us to the ice, boycotting Canadian seafood, and telling Canada you'll do whatever it takes to end the hunt. **One by one, your actions have created a sea change that's spelling the end of this annual massacre, once and for all.** Sincerely,

Rebecca Aldworth
Executive Director
Humane Society
International/Canada

Giving Youth An Experience They Won't Forget



Road bicycling is popular among adults, however, road bicycles are not mass produced for children. Airpark Bicycle founder Steve Driscoll figured out a way to give kids this fun experience for free. Steve joined forces with caring companies like Waste Management, Barrett Jackson, Village Health Clubs, Units Mobile Storage, and Green Choice Solar to provide free road cycling bicycles for children at many fun filled events throughout Arizona.

If you would like to have these bikes at your event call Airpark Bikes at 480-596-6663.



Steve Driscoll



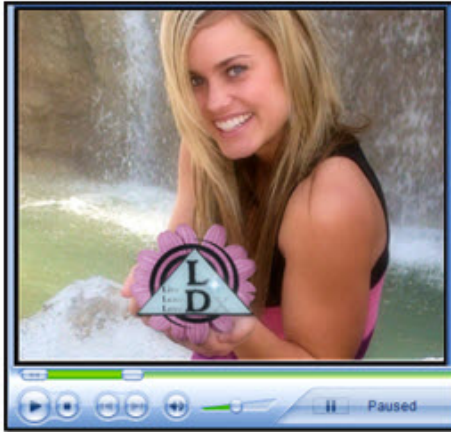


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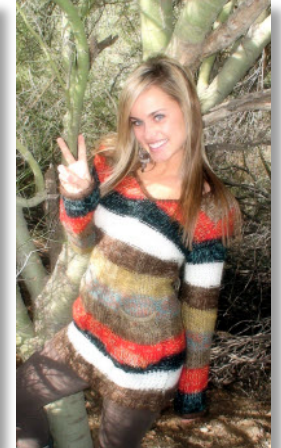
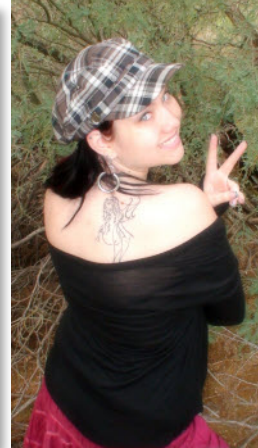
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Don't Forget To Live!



WELLNESS COURSE

*An Innovative Program For Optimal
Health And Happiness*



Empowerment

Love

Bliss

Peace

Healing

Prosperity

Hope

Introduction

This Wellness course utilizes the principles of Life Dynamix. Life Dynamix concepts enhance our ability to access the healthy energies that brought us into form. These frequencies rejuvenate the mind and body. The more we access nourishing energies the healthier we will feel, act, and respond. Ultimate frequencies provide greater health, vitality, mental and spiritual wellness. Other benefits include increased energy, fat metabolism, productivity, learning, communication skills and happiness. Pure love is a destination that our spirit seeks and this course helps people to unite with this healing magic.

It Is All About Energy Frequencies

Energy frequencies create harmony or disharmony within the mind and body. This course is designed to create harmonic vibrations for optimal wellness.

Science teaches us that everything in the universe is made of non - solid energy. Energy is a vast amount of empty space with tiny particles vibrating at specific frequencies that create different 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 our thoughts and emotions.

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 influence our 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 it. The closer the proximity to the vibration the more dramatic the affect it will have on health. Realizing that frequencies have a dramatic affect on life is useful for creating optimal wellness. With this knowledge, people can take steps to surround themselves with energy vibrations that empower them to be all that they can be and lead them to a path of infinite possibilities.

Life Dynamix helps people make empowered choices and influence actions that allow them to tap into the healthiest energies of the universe. These frequencies are available to all who seek its power.

Question 1

How do people access healthy energies?

Answer:

Through optimal brain chemistry. Optimal brain chemistry is paramount for the reception of healthy energies.

This course helps achieve an enhanced state of living by creating optimal brain chemistry, which allows people to fully access healthy frequencies.

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 miscom-

munications 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 access healthy energies.

Message delivery and reception is greatly enhanced when Life Dynamix is implemented, increasing our abilities to access healing energies which elevates overall wellness.

This course is focused on the following main principles in order to create optimal brain chemistry and healthy frequencies:

Important Elements For Creating Optimal Brain Chemistry Which Allow Access To Healthy Frequencies

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 making it difficult to access nourishing frequencies.

2. Guide thought patterns in order to limit toxic thoughts. Patterns of negative thinking impede healthy frequency access.

3. Stimulate healthy circulation with movement from play and exercise. Circulation is crucial to allow nutrients to enter our cell membranes and wastes to be excreted out of them.

4. Adequate Rest

5. Adequate Full Spectrum Light Exposure

6. Limit toxins in the air breathed, liquids drank, food eaten, and products placed on the skin. These are all pathways for unhealthy substances to enter our body and obstruct access to healthy frequencies.

7. Building Healthy Relationships

8. Security - Financial and Physical safety

9. Purposeful Living

10. Balance – Providing a balance of rest and stimulation.

11. Present Moment Mindful Living – Things to stay in this state.

12. Nourishing The Mind, Body, And Spirit With Loving Energies

Through a synergistic blend of empowering strategies this course emphasizes these major factors to help create an ideal environment for accessing healthy frequencies.

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 is able to 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 dependant 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 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. Dietary

habits 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 Completely 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 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 causes 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 in order 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 lack of physical activity. 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 dam-

aged 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 times these fats are hydrolyzed into irritating fatty acids that may adversely affect health. Several forms of oxidized cholesterol 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 promote 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 g 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 healthy 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 appear 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, 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, a number of 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 passes 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 a 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 up 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 fresh water fish. Tuna fish and dental amalgams are also 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 a number of 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 is able to 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 stresses 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 have reached dangerous levels, creating both resistant microorganisms and detrimental effects in our immune systems. These antibiotics actually 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 development of 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 weigh/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** advisable 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 are the only fuel the brain and other nervous system can use, 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 glucoseaminoglycans, which detoxify harmful substances that are either manufactured by or taken into our bodies. Vegetables and fruits are fantastic sources of carbohydrates and whole grains with the exception of wheat gluten are great sources of complex carbohydrates.

2. Moderate protein intake: 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 with the exception of 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. With the exception of 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 cut down on 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 where 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 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 own 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 free of 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 metabisulfate, and potassium metabisulfate)-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 short list 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. Tartazine, 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, benzoates, annatto, BHT, BHA, and various metabisulfates 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 extremely 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 milks, 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 child bearing 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, pre term 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 phylloquinone.

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 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 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 diet, 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 best cold for use in foods such as humus, 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 oils have been linked to heart disease, so limit intake of these oils to less than 10% of total caloric intake. One benefit of saturated fats is that they are highly unlikely to change to a trans-fat because of their chemical stability.

Saturated	Monounsaturated	Polyunsaturated	Unsaturated
Meat Palm oil Coconut oil Kernel oil	Oilive oil Canola oil Avacado Peanut oil	Safflower oil Sunflower oil Almond oil Corn oil	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 transfat. 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 and Oils

Transfat	Hydrogenated Oils	Partially Hydrogenated Oils
Formed when vegetable oil hardens. Raises LDL levels. Linked to heart disease and an array of other health problems.	Refers to oils that have been hardened (such as margarine).	Refers to oils that have been partially hardened.
Found in vegetable shortenings fried foods, processed foods, commercial baked goods (donuts, cookies, crackers), margarines.	Contain high levels of trans fatty acids, which are linked to heart disease and other health problems.	Contain high levels of trans fatty acids, which are linked to heart disease and other health problems.

Foods highest in these 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 omega-3 fatty acids in human nutrition are: α -linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA). Linoleic acid is an important omega-6. 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 intake, 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 is generally not the issue, focus on consuming foods high in Omega-3's, such as fresh wild-caught salmon, some fish oils, flax seed 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 maybe a healthier option because of the possible mercury toxicity with fish and contains 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, flax seed, 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 is 200 times as sweet as sugar and is becoming increasingly popular worldwide.

Caffeine

Caffeine intake should be less than 200mg. Intake of caffeine burns out the adrenal glands causing energy depletion and lethargy in the long run. Caffeine also causes 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 incidence of colon cancer.

Alcohol

Alcohol intake should be under 4 oz of wine, 12 oz of beer, 1.5 ounce 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! Pastas made with spinach or brown rice are great alternatives..

Artificial Sweeteners To Avoid

Aspartame has been proven to have significant adverse affects in the body. About 10% of aspartame is absorbed as the wood alcohol methanol. According to the EPA consuming more than 7.8 mg is 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 affect. 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 have 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.

Choose organic free-range eggs, and organic dairy products to limit harmful chemical exposure.

Raw Foods

We recommend that a healthy percentage of your diet come from raw foods. All foods cooked over 112 degrees lose 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 Eat in Moderation (Unless you are a vegan)

Cage Free Organic Eggs 1- 6 a week.

Goat Milk Products such as goat milk, goat cheese, goat yogurt 1-12 servings a week.

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 goat. Goat milk is better tolerated, less inflammatory and unlike cow's milk leaves an alkaline ash as opposed to an 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 have 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 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 barbequed 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, in fact, we become ad-

dicted 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 a number of 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 protects us, allowing for overgrowth of "bad" bacteria and yeast. If treatment of an infection with antibiotics is absolutely necessary, taking a good probiotic while taking the antibiotic can help promote and maintain a healthier internal environment for the "good" bacterial 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. 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 of time, 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 attention of a physician, where s/he may take 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 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 in order 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, 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 leach valuable minerals our bodies. Mineral water that is lightly effervescent 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 in 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 a fruit has to offer. It is healthiest to juice your own 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) 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. In order 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.

Cooking Tips

- ▶ Do not eat the charred parts of foods.
- ▶ Do not use Teflon - Choose stainless steel.
- ▶ Avoid microwave cooking choosing slower cooking methods.

Food have a tremendous impact on our health. When we choose healthy diet rich in vegetables, fruits, grains, legumes, and nuts, our health, and the environment all benefit.

Mental Mastery



Thoughts are energy frequencies that shape reality. Mental mastery is developing the ability to guide thought patterns toward healthy energies. The more a person consciously participates in the creation of thoughts the greater control they will 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 helps a person dramatically reduce stress levels and invigorate mental capacities.

The healthiest nutrients available in Mental Mastery are those created through empowering thoughts. These vibrant thoughts 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 healthy energies.

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 from 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

People happiness generally varies from day to day. However, they usually gravitate 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 program on a regular basis should experience an increase in well being.

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.

Our Mental Pathways – The Key is Repeatedly Building and Strengthening Them with Empowering Thought Patterns.

The last few years has greatly transformed the way scientists see the mind. Now they can examine the brain at 1/1000th the slice of a 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 growth of neural pathways. Regardless of the age of a brain it has the ability to grow these neural nets when it is activated in certain ways.

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. With the effective implementation of certain mental exercises, we can essentially re-wire the brain creating new empowering mental patterns.

When a person consciously paves new mental pathways by repeatedly utilizing empowering thought patterns, those patterns that create well being responses, they end up creating nourishing chemicals as well as new autonomic mental habitual patterns that will enhance life. Dynamic routes that neurons can easily access replacing the old habitual ones that created suffering and discontent.

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 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

The Fight or Flight Response

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 a 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 empowering manner. During a fire for example the 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 life or death situation it can cause adverse affects to our mental and physical health with repeated activation.

One may review an disempowering situation they were involved in and wonder how they could have reacted in such an inappropriate manner. When you understand the mechanics of the mental process, you begin to understand the debilitated response. It was initiated by interpreting the situation as dangerous, which immediately catapulted the mind to see danger, compromised the mental capacity for reasoning in a social manner, and instead of the 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 says something that another interprets as dangerous and almost immediately the person who interpreted the situation dangerously experiences a racing heart, and a flood of volatile emotions. This state they experience can quickly create a disempowering reaction 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 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 of great importance to not allow the fight or flight response to be activated unless it is a life threatening event. The ability to recognize situations for what they are and responding to them appropriately are developed patterns of mental mastery.

The fight or flight response is activated by a trigger, a stimuli 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 get two different interpretations of that experience. One may have felt pain another joy because of what they associate to pain and pleasure, and ultimately their interpretation of the event. 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 a persons interpretation of situations and develop patterns of how they will react and the emotions they will feel. Some people may even experience conflicting associations that cause challenges. They may wish to be in a relationship and feel love, but in the same moment fear a relationship because of the possibility of experiencing hurt. This scenario can make a serious relationship difficult to nourish.

With these conditionings come triggers that set off these responses. People attach triggers to what they associate to bringing them pain or pleasure. If a person has an experience that they interpreted in a traumatic manner and in that intense situation they person they feel was the source of that great pain raised an eyebrow in a certain way they may associate the eyebrow raise to pain. Say in the future that a mate frequently does a similar facial expression, they may find them self feeling the way they did when they experienced the traumatic event just because of a negative association with the eyebrow raise that triggers an unhealthy response. The eyebrow raise became a trigger that subconsciously activates a negative response such as the fight or flight response. It is best they recognize this challenge soon or their relationship may suffer. Frequently people associate pain to things that they necessarily should not, This can sabotage happiness. Awareness of triggers diffuses their power. It helps to Identify triggers for disempowering 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, you see at work, during lunch 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!"

We have all been given our own unique tools, but it is up to us what we decide to build and how magnificent it will be.

Steven Ferrel

Someone 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 everyday when he was in fact the creator of those meals.

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

This 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 must become proactive in order to guide 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 another adults thoughts; 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 needs to take responsibility for their actions, words, 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 that no one can another feel emotionally sick without their own permission. They 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 will have no control in their happiness and they will take a seat on the emotional roller coaster.

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. If they wish to be masters of their thoughts and they find themselves blaming others for their challenges - they should immediately stop and realize that they should be driving their life - not anyone else. 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 magical.

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 will 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 takes steps with confidence. Confidence propels positive energy frequencies creating an optimal environment for success and happiness.

C Stands for Constant application.

Without continuous application of filters a person will end up reverting back to the same old habitual mental patterns, and reacting rather than directing their responses. If they allow themselves to be driven by their reactions, auto-pilot initiates and they will be experiencing the same habitual actions that they were engaged in previously. Unless they consciously and repeatedly work at creating new habitual configurations— the script of their mind will continue to act out the same disempowering mental roles. Mental mastery takes consistent effort, but it can easily be enjoyable effort that creates amazing rewards.

When a person consciously paves new mental pathways by repeatedly utilizing empowering thought patterns they end up creating nourishing chemicals as well as new autonomic mental habitual patterns that will enhance their life. Conscious implementation of mental mastery filters on a regular basis 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 interpretation of that stimuli.

3. Response

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

History of Stimuli

Depression is much more prevalent now than in previous history. A contributing factor seems to be an abundance of stimuli, potential stressors, triggers that a person might tend to interpret in a negative fashion. In the past, lifestyles were much simpler with much less 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 that will 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 systems.

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

Unknown

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 enable control. With control a person can guide their life with healthy 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 one more step into the thought process equation.

By adding another step to this process, filtering thoughts, people can redirect their thinking patterns and achieve a more desired response. They allow themselves to be in a state of Direction with control as opposed to REACTION without control. 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 meditation prior to stimuli resulting in the same outcome of 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 make more empowered decisions. The outcome is happier more 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.

James Allen

The Life Dynamix Filters will help guide and purify thoughts promoting effective brain chemistry. Just as healthy nutrients provide nourishment for the body. The following Life Dynamix 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 on a consistent basis 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 the filters of Life Dynamix, 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 fun 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 date. Play with your child (what a gift for both of you). 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. Notice the beauty that flows from its essence. The best things in life are free.

Beautify Your World by adding Color And Vibrancy To Your Reality.

We all create our own reality...we might as well paint the canvas of our world with bright vivid colors.

2. 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.

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

Once adversity shows its face, recognize it as a potential trigger and immediately look for a solution. When adversity strikes, most people have conditioned themselves to respond immediately by focusing on the problem. They end up with a mind trained to focus on problems rather than the 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 redirect our thinking patterns. We over write our negative programming and replace it with energizing qualities. We recommend **immediately** looking for the solution to adequately link up the new pattern. If we marinate on the situation for any length of time without looking for a solution the brain default brain patterns will most likely take over directing thoughts toward problematic outcomes.

The Solution Finding Filter Does Not Ignore Challenges Rather It Helps You Find 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, however it promotes that you immediately look for solutions to resolve the situation with the least amount of damage. With repeated implementation of the Solution Finding Filter your abilities will be strengthened and you will find less destruction and more magic in your life.

An individual will notice that challenges do not seem as potent and may find a sense of adventure in looking for solutions.

3. Meditation Filter

Without proper guidance the mind can easily get out of hand neurotically creating more and more conflicting thoughts. Conflicting thoughts create clutter within the mind. It can become difficult to manage conflicting thoughts when there are so many. Meditation calms the mind, allowing you to manage your thoughts better.

The goal of meditation is to calm the mind with guided focus - not to stop the thought process. Implement a daily meditation even if it is only for a couple of minutes a day. Your meditation might be a mini mental vacation such as visualizing a beach and the waves slowly coming in and slowly going out with each deep breath. Incorporating deep breathing has meditative qualities while it stimulates the immune system. Focusing on each deep breath is a meditation in itself.

Research has proven 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 you will experience a greater sense of well being, be more relaxed, and better able to respond more effectively in stressful situations.

4. Mindfulness Filter

Become enchanted with every moment of your life!

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

Many people spend much of their lives dwelling on future worries or past frustrations. They neglect the act of truly living because they are really 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. The more we look for them the more of them we find. This alone will bring more beauty into your life because you are training your mind to see more of it.

5. Focus Filter

Focus on empowerment.

Thoughts are energy frequencies that attract that which is thought about. For healthy thought patterns guide thoughts to what is wanted in life, rather than what is not wanted, what we have rather than what we don't have, solutions rather than problems, beauty and light rather than darkness and despair.

6. Active Appreciation Filter

Practice daily appreciation.

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

Anonymous

Ask yourself periodically throughout your day what you appreciate in life and marinate your mind in that magic for a few minutes. Cultivate the habit of seeing the beauty in life and give thanks for their existence. Notice the marvels of the world. Transport the mind to the magical world of appreciation. The world becomes more colorful, vibrant, aromas are more delightful, tastes become sweeter, sounds more elegant and sights more amazing. Welcome to the world of appreciation.

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 those are blessings.

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 magic of life while simultaneously building the areas of the brain that see and experience that magic. The world will become more colorful, vibrant, aromas are more delightful, tastes become sweeter, sounds more elegant and sights more amazing. Welcome to the world of appreciation. Become enchanted with every moment of your life.

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

We were given a truly remarkable body we just need to learn how to nourish, utilize, and listen to it. One of the wonderful feedback systems in this body is our internal guidance system. If you are feeling a fear based emotion such as hatred, jealousy, anger, frustration - Chances are you need to change what you are focused on. If you are feeling loved based emotions such as happiness, praise, bravery, you are on the right track. Your internal guidance system communicates with feelings. It's most important to recognize these feelings as important signs to guide you along your life's best pathway. Recognizing the basis for many of your fear based emotions allows you to process them in a healthier and 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 you never felt pain, how would you truly be able to experience the state of Bliss?

Ask yourself is this thought or action conducive for the reception of healthy energies?

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.

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 once and for all. 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 Life Dynamix 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:

- 1 Heart/Cardiovascular Disease and Stroke
- 2 Cancer
- 3 Diabetes
- 4 Emphysema
- 5 Cirrhosis of the Liver
- 6 Osteoporosis
- 7 Back Pain
- 8 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 VO_2 max. VO_2 max, or the maximum volume of oxygen, is measured in milliliters of O_2 consumed per kilogram of body weight per minute. With a rise in VO_2 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 VO_2 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 ma-

for 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 $220 - \text{age}$. 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.

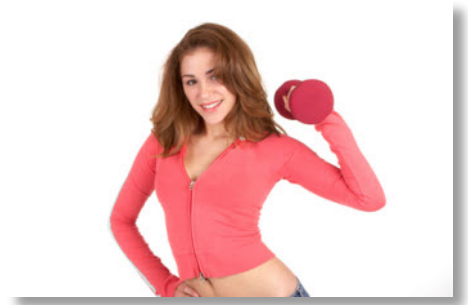
What type of exercise should you do?

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 cardiorespiratory 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 an 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 cardiorespiratory 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 cardiorespiratory 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 in-

creasing 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.



Some Key Points of Life Dynamix 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 abdominals 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

Life Dynamix promotes enjoyable lifestyles and when people incorporate fun into their exercise routine they are more likely to stay committed to their workout plan and the whole experience is more enjoyable.

Fun Exercises Ideas

Basketball

Hiking

Ice Skating

Jogging

Jumping on a Trampoline

Kayaking

Racquetball

Rock Climbing

Rollerblading

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. Advance fitness routines are generally 4 -6 day 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 complimentary fitness videos contained within your wellness course at www.lifedynamix.com.

Sleep And Rest

Adequate recuperation is vital for access healthy thought patterns. This course 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 acci-

dents. 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. 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 relieve 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.

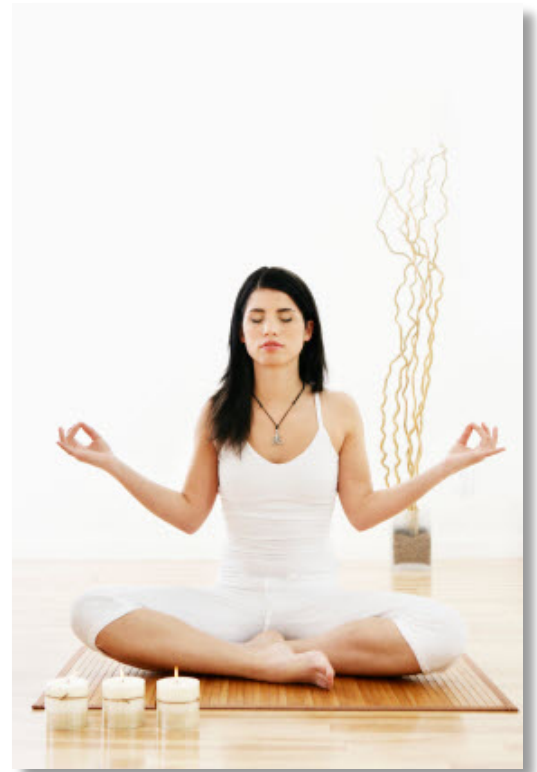
The following are bach flower remedies which are commonly used for various types of insomnia:

- 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.

er 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.



Many find daily meditation extremely helpful in relieving insomnia

Something Extra For Healthy Sleep

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 machine.
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.

Other Important Factors For The Reception Of Healthy Energies



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. Many of the popular sunscreens contain unhealthy chemicals. It is wise to avoid these products and choose natural alternatives.

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. Substances put on the skin are absorbed into the blood stream. Most of the beauty products available today 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 sodas are helpful in preventing cavities.

Cleaning Products

Choose natural cleaning products. Most 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 please choose an alternative method of pest control.

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

Choose full spectrum lighting instead of fluorescent lights, which emit un healthy wave-form energy.

Electrical Appliances

Avoid close proximity to electrical devices. *It is best to limit harmful electro magnetic frequencies.*

Cell Phones

We recommend that people utilize the speaker function, or purchase a hands free plug in cable with their cell phone. Both of these options limit the harmful radiation generated from cell phones.

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 and avoid blaming others for feelings.
3. Thinking of what can be done to better the relationship
4. Listen to the needs of others
5. Letting go of the need to be right

When people choose kindness in their relationships rather than having to be right their 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 their behavior rather than directed toward

the person and clarifies the issue such as "When you behave that way I think that 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 them self. The more self love a person entertains the better equipped they are to share that magic with others.

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.

Loving Energies

Bathing the mind and body with loving energies is the single most important thing we can do to better ourselves mentally, physically, and spiritually. Love is the path to spiritual fulfillment and a direct connection to healthy and healing energies. When we bathe our minds in loving energies we let go of jealousy, resentment, and other baggage that weighs us down.

Love will 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 to flourish while enriching the mind body, and spirit with its magic.

When we change the way we think, what we say and what we do; we enrich our life, and the lives of those around us.

To A Beautiful World Filled With Magic and Possibilities!



This course is taken from Life Dynamix's Wellness Specialist Certification Course.

Please visit www.lifedynamix.com for the complete course and to become certified as a Wellness Specialist. These services are free and designed to make a positive difference by helping people feel better.

Together we will make this beautiful world a better place!

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A collage of wellness-related images is displayed within a blue-bordered frame. The images include a butterfly, hands holding a globe with a tree growing on it, and a woman smiling next to a dog.

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