

Core Wellness Institute
Organic Posture and Functional Fitness Coaching Course
Module 8 Focus Sheet

Core Thoughts

Quantum Physics

Just the name used to scare me. QUANTUM.

I just didn't want to go there. But since going through a neuroscience seminar called "*Awakening The Creator Within – The Brain Key Connection*", I wish I had opened my mind to this amazing science a long time ago.

Basically, to make it simple, quantum physics says you can change your world by the way you *observe* it!

The key word here is *observe*.

It all started when quantum physicists found that an electron acted like a more like a "wave" of energy rather than a "solid" particle. So when they OBSERVED more closely to see how in the world this could be so, the electron "transformed" into a particle! Just the act of OBSERVING changed the electron from a wave into a particle!

So how does this apply to you and I?

Just by knowing this, we can begin to pay attention to how we *observe* things and literally change the world around us. It's the concept that, through your thoughts, you can observe from a place of peace and love *or* observe from a place of stress, worry, and distrust.

And it's your state *within* that determines how you perceive the world around you.

That's another way of explaining quantum physics, "PERCEPTION IS REALITY". What you *believe* is what you see! "BELIEVING IS SEEING."

So the goal of this program is to help you rewire some of your "core beliefs" so you can "see" the world with a different perception. That's why you have these focus sheets to repetitively remind you that you create your world. You are 100% responsible.

I encourage you to learn more about this amazing science. "What the Bleep Do We Know" is a great DVD or book that does an excellent job of helping you apply quantum principles to your daily life. It's definitely an excellent way to get a good understanding of what I'm talking about.

Core Movement

Pay your tissue debts.

If you do a repetitive motion or you're in the same posture for extended periods of time during the day, you are building up tissue debt.

Doing the same thing day in and day out without providing some movement that *opposes* it can create tension patterns of stagnation, decay, and degeneration.

So in addition to the exercises you are doing in the course, it is also a good idea to do a short series of "microbreaks" throughout your day. Attached to the focus sheet for this module is a handout with a couple of basic things you can do to prevent tension build up. They are especially good for preventing spinal degeneration "wear and tear" types of arthritic change.

A good general rule of thumb, especially when sitting for long periods, is to do a "microbreak" for 20 seconds every 15 to 20 minutes. It's also a great idea to set a reminder on your computer and to keep your microbreak sheet in view right on top of your desk!

Core Nutrition

It's absolutely vital that you consume large amounts of green and other colorful food on a daily basis but how do you get all those vegetables in during the day?

A great way to start is smoothies! Not just *fruit* smoothies but *green* smoothies! You can get up to 3 or 4 servings of veggies in one smoothie and then you'll be on your way to the optimal 9 plus servings per day.

Here's a quick recipe we use for a green smoothie. Get some organic kale or spinach (spinach makes it a little creamier), an organic green apple, an organic pineapple if you can find one, and an avocado.

Also coconut water can now be found at Kroger or you can enjoy an amazingly fresh taste by opening your own fresh young coconut (do a you tube search for how to open a young coconut).

You can find young coconuts at Whole Foods or other larger health food stores and Asian/Thai markets if you can find one. A little fresh ginger also gives it a nice taste plus ginger is a powerful anti-inflammatory root.

Just chop up a hefty amount of kale or spinach (enough to fill the blender $\frac{1}{2}$ to $\frac{3}{4}$ full). And chop up the green apple and pineapple and fresh ginger (peel it with a carrot grater first cut up a few good chunks).

We put the greens on the bottom so the blender can get some traction, add the apples, pineapple, avocado (1/2 to a whole depending on your preference of taste and texture...we use a whole one to make the smoothie more of a meal), and ginger and then pour in the coconut water or regular

filtered water so it fills up the blender to about the $\frac{3}{4}$ mark and let it fly. Top it with a few ice cubes to give it a refreshing temperature and blend it thoroughly so it comes out with a creamy rather than lumpy texture.

High powered blenders like a Vita Mix or a Blentec can be an awesome addition to your kitchen and make green smoothie process MUCH more convenient. You can also make nut milks, dressings, raw soups, and lots more.

Enjoy your nutrient dense, delicious green smoothie in a nice glass. What a powerful way to start your day or as a snack.

This is a tasty way to start *flooding your cells with powerful healing foods* and replace a bowl of cereal or another suboptimal meal or snack to decrease the amount of grain and increase the amount of green in your life!

Keep up the good work!

Dr. Hoffman