

*Core Wellness Institute*  
*Organic Posture and Functional Fitness Coaching Course*  
**Module 11 Focus Sheet**

## **Core Thoughts**

### **Do you ever feel like you're lying to yourself when you do your self-talk or affirmations?**

I have personally struggled a lot with this in the past. But it wasn't until I heard an interview with Michael Losier, author of the book "Law of Attraction" that it hit home why some affirmations just *felt* negative even though they were stated positively.

The magic word in that last paragraph is the word "felt". The *feeling* is what *creates* the actual *vibration* or "vibe" that you're putting out. And that vibration is what the universe responds to. Period.

So, for instance, when you look in the mirror and actually see an overweight person standing there while you say your affirmation like this, "I am slender and I love it!" What kind of vibration are you putting out there? Do you really *believe* it? Is it really *true*? Do you have conflicting *feelings* about what you're *saying* and what you're actually *feeling*?

The bottom line is that ALL that matters is how you *FEEL*! So if the affirmation above makes you really *feel* like you're slender and you can feel the tingle go through your body as you visualize yourself looking great in some sleek new duds then go with it!

But I would wager that something like the following may *feel* better for you, "I love how it feels knowing that my body is *in the process* of becoming a more efficient fat burning machine!"

So what was the major wording difference there? Well, to review from some earlier lessons, you'll remember that the words "in the process" can really make it *feel true* to you and **therefore you can actually believe it!!** And if you actually believe it then you can really *vibrate* it!

Now all you have to do is allow it to come and celebrate ANY successes so your brain and nervous system can build some *references* that YES, it IS the case that my body is becoming a more efficient fat burning machine, my clothes ARE fitting looser! WOO HOO!! Hear that? CELEBRATE IT!!

That last part is called the process of *allowing* and it's the 3<sup>rd</sup> step of 3 that Michael covers in his book and on his website [www.lawofattractionbook.com](http://www.lawofattractionbook.com). It is an absolutely awesome site with lots of content rich and helpful downloads of articles, interviews, and much more. Go check it out!

By the way, the **first step** he talks about is **getting a clear picture of what you want**. And the **second step** is **giving what you want energy, attention, and focus**. And **step 3**, **allow it and celebrate the proof you find!**

Yes, it's a simple concept but the law of attraction IS simple. You get whatever you FEEL. So if you're feeling bad guess what you're going to attract into your life? That's right...bad stuff. *Same* stuff, over and over. And you remember the definition of insanity, right? Doing the same thing over and over again and expecting a different result!

So review your desire statements. Are you clear about what you want? Do your statements create good feelings when you say or write them? Are you allowing yourself to discover and celebrate the proof that it's actually working or are you just writing things off as coincidence and serendipity?

This is such great and powerful stuff. Again, I really like Michael's work and encourage you to check out his site at [www.lawofattractionbook.com](http://www.lawofattractionbook.com) !

## **Core Movement**

### **The Active Care Revolution**

First let me explain the opposite, "passive care". As the term implies, something is being done to you with no participation on your part. This type of care predominates in the current "disease care" system where a pill or spinal adjustment is given with no instruction on how to keep the problem from recurring or happening in the first place!

But did I say that it's *never* necessary? NO! I love to have someone care for me every once and a while. A massage, a chiropractic adjustment, a rolfing session, energy work, they all have their place in healing.

But when you're looking for long term, permanent change, it's up to *you* to educate *yourself* and understand how you can fix yourself and build up your toolbox so you don't have to immediately go running to your health care practitioner for every hangnail or headache!

Active care emphasizes participation and education on how to prevent problems or keep them from recurring. In other words, taking an *active* role! Below is a comparison chart to further clarify the difference.

#### **Active Care**

Increases your knowledge  
Inside out healing  
Reconstruction  
Pain confrontation  
Body awareness  
No labels, focus on function, processes  
Goal setting  
Self-empowering  
Responsibility  
Takes energy  
Larger investment  
Long-term dividends  
Independent patient

#### **Passive Care**

no education  
attempts to heal from outside in  
patch jobs  
pain avoidance behavior  
no body awareness  
labeled with disease name  
live out diagnosis  
looking for a "fix"  
no responsibility  
easy way out  
minimal investment  
short-term relief  
dependent patient

And as you have undoubtedly noticed and may have unfortunately personally experienced, our current health care system is failing. The US ranks #1 in health care spending while ranking a dismal 37<sup>th</sup> in overall health care system efficacy. (World Health Organization Report, 2000).

So I want to congratulate you on your commitment to this active care program. You made the right choice to get educated so you can avoid the pitfalls of the current system.

But as you approach the 12-week mark in this course, I just want to remind that that...

## school is never out!

The learning and growing must continue. And the best way to keep learning and to really cement your new knowledge is to *teach it to others* by sharing your experience!

### **Core Nutrition**

#### **Key nutrients for offsetting the stress response**

Shifting into “stress” or “sugar burning” physiology creates a whole host of nutritional deficiencies that just don’t occur with “peace” or “fat burning” physiology. It takes lots of B vitamins to process all the sugar and carbohydrates that get thrust into your bloodstream and stress also chews up magnesium and generally causes you to lose more minerals in your urine.

Your adrenal glands, which are the production plants for the stress hormones, are “overworked and underpaid”. They also have more receptors for vitamin c than any other tissue in the body, making vitamin C *a standard* in any case of chronic stress situations.

Of course the best solution for stress is to eliminate it by living a life of forgiveness, acceptance, and giving to others from a “how can I serve” place rather than a “what’s in it for me” place.

Also, you want to be sure to eat a low sugar, low grain, nutrient dense, predominantly raw plant based organic diet while practicing daily aerobic and mind/body exercise.

But I know we all go through “trying times”.

In these times it’s easy to completely deplete our nutrient reserves and even make it hard to manufacture our “feel good” hormones!

That’s when we can use supplements to get or keep us out of trouble.

The **basics** for chronic stress support are:

- A B-vitamin complex (Glycogenics 2/day and/or Cortico B5/B6 2/day)
- Vitamin C (Ultra Potent C 1000) 2/day
- A good multivitamin (Multigenics Intensive care 4/day)
- Omega 3 fatty acids (EPA/DHA Extra Strength 4/day).
- Magnesium is also a big player here (Mag Glycinate 4/day) especially if there is concurrently a lot of caffeine or alcohol consumption.

(The nutrients recommended above are the nutrients I use with my private clients from Metagenics)

I often get complaints of having to take too many pills and I'll say this. I am very conservative compared to a lot of my peers who throw a nutrient at every symptom they are presented with. I make a very concerted effort to educate you on the best lifestyle and nutrition so you DON'T have to take so many nutrients.

Ideally I'd like everyone to just be on a good multivitamin and omega 3 fatty acids but the unfortunate fact is that everyone is toxic and we live in world full of stress.

So symptoms and other junk comes up and we are fortunate to have quality oral nutrients and herbs to help you massage your genes into a better way of expressing themselves until your lifestyle habits become, uh hum...flawless.

So keep working at good thoughts, good food, and good movement and you can start swallowing less pills!!

Have a great week! -Dr. Hoffman