

Core Wellness Institute
Therapeutic Lifestyle Change
ACTION GUIDE #2

MINDSET

The other day someone was telling me that they've been focusing on not letting their shoulders shrug when they lift their arms. And that sounds all right, huh? But let's just take a look at that language for a moment.

"I'm focusing on *not* LETTING MY SHOULDERS SHRUG."

You see...your brain doesn't give much credence to the words "don't", "not", and "no".

For example: Don't think of a pink elephant. Go ahead don't think about it! Quit thinking about that pink elephant! Whatever you do...do NOT think about that pink elephant!

So what are you thinking about *now*?

It's a subtle aspect of self-talk that has huge implications. So when you find yourself saying "don't" "not", and "no", flip it and turn it around to what you DO want to think about!

So how about *this* as an *antidote thought* to our earlier example... "*My shoulders are always relaxed because I am focused on my core*". Or "*My arms seem to float to where I want them to go when I am focused on starting all movement from my center.*"

By the way when you state an affirmation to change your thought patterns...

it's *crucial* that your *feelings* and *emotion* are also in line.

Let's take an affirmation like, "*I exercise every day and I love it!*" What if, while you're *saying* it you actually *feel* the *emotion* of *anxiety* because of a core belief that exercise brings you pain.

Maybe when you think of exercise, it brings up deeply rooted feelings from when you were made fun of in gym class for not being "athletic"!

That affirmation will have a hard time cementing itself into your belief system because you've got such *deeply cut grooves* fighting against you.

Again... let me remind you again of the simple "trick" I learned from Michael Losier to help make your new belief statement or affirmation more believable to your subconscious is to use the phrase "in the process of". For example: "*I am so grateful that I am in the process of learning to actually enjoy exercise!*" See what I mean?

So it's important to whip up *congruent feelings and emotions*. And if you can't, then you need to do some inner work to discover where your blockages lie.

Over the years of helping people "open up" tight and restricted areas, I've seen lots of people release emotions that have been "locked up" in muscle tension patterns.

Part of this, I believe, is simply because they *took some time* to "check in" with themselves without distraction.

I see now that I should have expected these reactions because I have known for a long time through my personal experience and experience with clients that emotions get tied up in muscle tension patterns.

It's been said that *the body is the battleground for the wars of the mind*.

How true. **Thoughts, feelings, and emotions are *always* manifesting themselves in tension patterns that ultimately cause stressful *breathing* and *posture* patterns that end up as headaches, neck pain, back pain, shoulder pain, carpal tunnel, hip pain, chronic fatigue, fibromyalgia, or whatever.**

Yet conventional medicine tries to treat the *symptom* or *effect* but fails to ever look at the *cause*.

So the bottom line is...you MUST become AWARE of the thoughts, feelings, and emotions you are having on a moment to moment basis! Because if you're putting out feelings of doubt, worry, fear, shame, guilt, and so on, that's exactly what you're going to get back!

It's the law of attraction! It simply matches your "vibe" or "feeling" and gives it back to you!

But what if you have stressful thought patterns or painful emotions *that you have not confronted, accepted, and released?*

If that's the case, you'll stay "stuck in a loop" and continue to have recurrence of damaging habit patterns in your life and their accompanying symptoms or problems. So it's important to bring all that junk out of the shadow and into light!

Jungian based work like "Shadow Work" is a powerful way to bring that stuff up and out so it's not always driving the bus.

My own experience of this was through "The Mankind Project" on a "New Warrior Weekend". This organization is obviously for men but they also have the "sister project" called "Woman Within". I encourage you to take a look and consider one of these powerful programs.

Reactions In Your Body To Mental Stress

Although you may have your *own specific* "emotional reaction patterns" in *your* posture and movement, everyone has the same fundamental and predicable postural response to stress.

What do you do? You know don't you? You breathe quickly and shallowly. You "close down" your body. You shrug and hold tension in your neck and shoulder muscles. Your head juts forward, your jaws clench, and your hands grip.

I designed the exercises in this course *specifically* to eliminate these damaging patterns and to allow you the opportunity to release the areas where old memories may be "tied up" with past stressful experiences.

The point is for true CORE wellness, you have to get to the CORE of problems, and a lot of times that starts with your *emotional* health and being willing to look at some of your "stuff" you may be denying or suppressing.

And I have to tell you, a lot of what I do, has to do with psychology more than anything else! I often play the role of a "sounding board" for my private clients and I encourage you to talk with someone who can hold a sacred space for you as well.

Listen...I realize it takes real guts to look at your "shadow" squarely in the eyes... that part of you that you repress or deny. But at the end of the tunnel there is a wonderful and glorious light. It's an invitation. That's all.

The WEB of Interconnectedness

When you look at the "3 Pillars" of Mindset, Movement, and Nutrition, you have to understand that when you make a change in one, it affects the others!

It's like a web of interconnectedness. Think about it, can you shake one part of a spiderweb without the WHOLE THING shaking? No way!

Everything affects everything!

So for instance, maybe you're feeling down and blue and it keeps happening over and over no matter how much exercise, self talk, or therapy you do.

Did you know that for you to make the "feel good" neuropeptides like serotonin you have to have adequate folic acid, B12 and B6? And for the message to get to your brain effectively you need adequate levels of omega 3 fats and Vit. D?

Aha...now there's the "link" between your *feelings*, *emotions* and your *nutrition*!!

And that's just one example of literally millions. When you look at these "3 Pillars", you'll be hard pressed to find any problem that doesn't have its *cause* in some *combination* of the three.

So when a symptom arises, it's a sign of imbalance that *should send you looking for its cause* rather than looking for a pill, herb, or some procedure to hide the symptom.

So assess your “3 Pillars” and work with the weak link and it will make your whole web stronger! That’s my goal with this program, to help you address all three and help you discover how you can strengthen your “weak links”.

CORE MOVEMENT

What I want let you know is that the movements and exercises you’re learning in this course are **THE BASICS**. I designed them to provide an important *counterforce* to the stress induced muscle imbalances that drag you downward and inward into unhealthy aging.

But there’s more, *so* much more. Once you master these basics, you’ll be able to get so much more enjoyment out of life because you’ll be moving in a strain free, efficient manner with an amazing sense of confidence in your core stability!

You should be able to travel, hike, wade across rivers, bike, do yoga, Pilate’s, Centering, kickboxing, tai chi, and lot’s more.

So I want you to consider this coaching course as a “springboard” to more challenging movement. Because the more good functional movement you’re getting, the more balanced and calm your nervous system becomes!

That’s right! All these activities that are improving your joint stability and muscle flexibility are also optimizing your central nervous system so you can become a much better “experiencer” of the universe!

And guess what system you developed *first* as an embryo and is the *master system* of your body that controls your circulation, respiration, elimination, digestion, and *every single process that keeps you alive?*

You got it. Its’ the nervous system!! It’s the key to *everything*.

Your brain and nervous system has literally limitless capabilities. With this work you’re giving it a chance to perform closer and closer to its optimal potential!

CORE NUTRITION

Now that you’ve started focusing on getting less grain, more omega 3’s, and colorful food into your diet, it’s time to talk about how to keep your insulin levels low.

Insulin is crucial because it “turns the key” on the cell to allow your blood sugar inside to be used for fuel. But that’s only one of its many functions.

Insulin also tells your liver to take excess blood sugar and turn it into fat!

It's also considered a *sympathetic* or "*fight or flight*" hormone that puts your body into "stress physiology". This can sabotage your immune system, cause bone loss, damage the memory center of your brain, increase cancer risk, and even destroy your sex drive!

In addition, insulin also triggers a process that turns your good cholesterol (HDL) into very bad cholesterol (VLDL) and increases your triglyceride production!

Remember, high triglycerides make your blood more like "sludge" so your heart has to pump harder to push it through your blood vessels. This causes high blood pressure, poor oxygen delivery to cells, fatigue, a fatty dysfunctional liver, and lots more!

So with these things in mind, doesn't it make sense to make sure that you're keeping your insulin levels balanced?

Here are some key strategies for you:

1. **Eliminate refined grains and sugar** – this should be old news by now but we all need a reminder, right? These foods along with high starch foods like potatoes raise your blood sugar levels which is the main trigger for insulin release. Continued sugar spikes and insulin ups and downs eventually cause your cells to *quit listening* to insulin's message.

This causes the pancreas to crank out *more* insulin so the cells eventually can't ignore the high levels of insulin any longer. When that happens, they open their doors and the sugar goes flooding into the cells causing a fast drop in blood sugar.

This is what stimulates sugar cravings, irritability, fatigue, and other signs of hypoglycemia like foggy thinking. Remember...the brain's #1 fuel is *glucose*...that's blood sugar!

These intense blood sugar swings are sure sign that you are heading toward insulin resistance and its many downstream health effects like: cardiovascular disease, diabetes, hormone imbalance, abdominal obesity, excessive estrogen production, and the related cancer risk of estrogen dominance like breast, prostate, uterine cancer.

2. **Eat small frequent meals with mix of protein, carbohydrate, and fat**– keeping a balance will reduce the glycemic load (sweetness factor) of the meal and keep insulin and blood sugar levels steady to avoid all the above problems.

FIBER is the key in these meals so your blood sugar remains steady instead of spiking and falling like a bottle rocket. So focus on a plant based diet with more veggies, fruits, and beans. They are the best sources of fiber.

I also recommend 1 to 2 tablespoons of flaxseed meal daily to boost fiber and help with the detoxification of toxic estrogen (bad for men and women). It also adds to the omega 3 pool which is another key benefit of this "superfood".

Get some organic flaxseed and grind small amounts of it at a time in a coffee grinder. After grinding, keep it in the freezer because omega 3 oils go rancid fast when they're oxidized by heat, air (oxygen), or light.

It goes great in smoothies, on top of salads, and you can even make delicious raw flax crackers in a dehydrator!

3. **Take omega 3 oils** – this should also be old news by now but again it is absolutely essential for everyone to take these oils since they are very hard to come by in our conventional western diet.

Even the salmon you buy at the store or at a restaurant is farm raised and fed grain as a main food source (among other scary stuff), and grain makes omega 6 fats, not omega 3!

It's also been proven in many studies that omega 3 oils help the cell hear insulin's message more effectively and therefore lowers insulin resistance.

It really helps ALL hormones communicate more effectively with the cells. For instance, from my clinical experience, omega 3 supplementation alone can help with menopausal and PMS symptoms just by helping cells hear the message of the sex hormones more clearly.

It's all about good cell-to-cell communication!

4. **Avoid trans fats** (hydrogenated or partially hydrogenated oils) in convenience foods – they mess with insulin's communication to the cell. Focus on whole foods and you'll never have to worry about them.
5. **Avoid stimulants** (caffeine, ephedrine, ma huang, red bull, and other hopped up energy drinks) They increase your stress hormones and make your body dump sugar into your bloodstream therefore causing a spike and then an inevitable fall of your blood sugar that leaves you craving more carbs or stimulants = addiction to counterfeit energy and a nightmare of eventual health problems
6. **Provide specific micronutrient support** (Especially for troublesome sugar problems like insulin resistance, high triglycerides, diabetes, intense sugar cravings, ovarian cysts, etc) *to enhance insulin's effectiveness* at the cell and avoid insulin resistance: magnesium, chromium, alpha lipoic acid, vanadium, biotin, and Vit. E are key nutrients.

I have used a medical food (a powdered shake) called Ultra GlycemX and its tablet partner, Meta GlycemX for over 10 years with great results. It combines all the above nutrients in the amounts that have proven effective in human clinical trials.

Conjugated Linoleic Acid (CLA) is also very beneficial for increasing insulin's effectiveness as well as a great stimulator of fat burning at the cellular level.

7. **Go RAW for 30 Days!!** Rent or buy the documentary "Simply Raw" by the same guy who brought us "Supersize Me!" It's a powerful story of the CURE for diabetes. Where 6 people

with diabetes ate nothing but raw living foods for 30 days and all of them reversed the “irreversible” diabetes! Hopefully it will get you excited about incorporating more raw living plant foods into *your* diet!

TAKE ACTION!

Mindset:

Step: *Catch yourself* when you say the words “Don’t”, “Not”, and “No”. After you catch yourself, keep asking the question... “What DO I want?”

Stride: Practice developing the feeling of gratitude. “Check In” with yourself and let your mind quiet as you focus on everything you’re grateful for in your life. If you’re having trouble just start with something simple like your heart, your arms, your legs, your breath, etc. Before you know it you’ll have a genuine feeling of gratitude. Then start dropping in your new affirmations! It’s ALL about the FEELING!

Leap: Take a “Shadow Work” seminar or look into “The Mankind Project” for men and the “Woman Within” for women to bring up and work through the things that you hide, suppress, or deny that are sapping your energy. Sometimes it’s necessary to bring things up before they can leave.

Movement:

Only One Step Here: Understand and take to heart the fact that good, functional, balanced movement like you’re learning actually allows your nervous system to experience a calm and balanced state. And every moment counts...not just when you’re exercising. LIFE is an exercise!

Nutrition:

Step: Increase your FIBER with more vegetables, fruits, and beans. Adding flaxmeal and/or chia seeds (google “chia pudding”) into your daily diet will help blunt blood sugar spikes and keep bowels moving. Eliminate all refined / white flour products and replace with whole grain. In addition to multi and fish oil

Stride: Reduce or eliminate coffee and other caffeine sources to stop flatten out the blood sugar roller coaster. Add specific micronutrient support with the products mentioned above or a similar combination. We can order them for you if you like.

Leap: Go Raw! Watch the documentary “Simply Raw” and experiment with a predominantly raw food diet. With a 100% diabetes cure rate, it’s guaranteed to keep your insulin levels under control!