

Core Wellness Institute  
Therapeutic Lifestyle Change  
ACTION GUIDE #3

**Core Thoughts**

Stand guard at the door of your mind.

As you enter into your sacred time and space to do your muscle balance and deep core stability work, it is also a time to keep your thoughts focused on growth, renewal, and transformation.

Negative thoughts of fear, doubt, scarcity, and worry may try to creep in. Just developing the awareness that it's happening is the first step. Use their presence as your opportunity to transform their energy into a positive affirmation as you "flip it".

For example: "*Jeez, I am so out of shape*" creeps in to your mind. So you give thanks for the thought *because it allows you* to "flip it" and create the antidote statement "*I am so grateful for my body's amazing ability to gain new strength, stability, and flexibility.*"

The main goal with your work is to use your conscious thoughts to create new beliefs, new breathing patterns, new posture patterns, and new eating patterns so your *subconscious mind* changes to a new autopilot course...a new equilibrium...a new *program* and a new *identity* for yourself.

That's the **ONLY** way you can make positive changes last...by rewiring your subconscious to create a new identity. Will power alone (I.e. trying *not* to overeat, drink, or whatever) can *never* work for permanent change.

WHY? Because you will *always* react from all your *previous* wiring. The grooves are cut deep in the neural circuits of your brain from the time you were in the womb until this day. Your wiring is the reason for the way you see the world.

So if your world seems even a little unfulfilling in any area, check in with how you were wired in that area! Nothing is permanent! You just have to realize what you *don't* want! Then lay down some new wiring over the beliefs that are keeping you stuck!

Example: You've come to the conclusion that you don't want to carry around your excess weight anymore. Perfect! You've moved from blissful ignorance to contemplation about change!

Now...what if you've tried to lose weight in the past and failed. Maybe you've "rubber banded" back to an even heavier weight on number of occasions.

Now your experiences have set up a belief that you probably repeat to yourself all the time without even knowing it. *“Every time I start to lose weight I can never keep it off” or “I always seem to fall off the wagon at special occasions”.*

You must get very adept at listening to your self-talk. The more you repeat limiting statements to yourself, the more your subconscious believes it! And then your subconscious will do everything it can to keep you there.

Your “will” or conscious mind can pull it back in a positive direction for a while but your subconscious will always drag it back to the “self sabotaging” autopilot.

**The Take Home Point** – You must stand guard at the door of your conscious mind. Listen to what you’re saying to yourself and what *others* are saying to you. *Especially* put the media propaganda through your filter and *think* about things before you accept them into your subconscious as truth. The ways of our world are unfortunately mostly about fear, doubt, worry, scarcity, and lack. And if you buy in you’re in trouble.

So remember the re-wiring process? Review your previous action guides for the formula. It’s mostly about **clarity of what you want** then **unbending focus and attention** on it until it manifests in your life.

Your *imagination* is most important here. *Visualizing* with *strong emotion*. *The feeling that it’s already in your life* is what really makes it happen!

One more thing I originally learned from Tony Robbins. Tony talks about building “references”.

What he means is that you can create a “reference” by actually DOING something that only the person who you want to become would do.

In reading the “What The Bleep Do We Know” book, Dr. Joe Dispenza talks about this as “blowing your own mind”. Like...going on a yoga retreat, go out dancing, test drive a new car, or go work in a soup kitchen!

What it does is give your brain a “real” reference of experience that it can draw upon so that it starts to *actually believe* that you really *are* that person who is at the perfect weight, loves to learn new ways to improve health, has massive abundance to give, and is full of amazing creative energy!

**After all...you actually DID something that person would do!** ACTION rules! Now you just have to keep doing it and your brain will change...then the reality around you will begin to change as well.

### **Core Movement**

*“If breathing is not normalized – no other movement pattern can be.”*

Karel Lewitt M.D. Prague School of Manual Medicine.

I often get asked, “How did I develop such a bad breathing pattern?” There are lots of answers to this question but the one unifying feature here is STRESS.

Stress...whether it's mental/emotional, physical, nutritional, or from chemical toxicity, all has the same effect in your bodymind.

Stress activates the “inward folding” muscle system and causes a “chest breathing pattern” or a pattern of “lifting” the chest as you inhale.

Some people tell me they feel like their “shoulders are by their ears”! Combine this with the curling forward of your shoulders and you’ve got a nasty pattern that’s going to lead to headaches, neck pain, carpal tunnel, and all kinds of issues related to poor oxygen consumption!

The thing is...this often happens *subconsciously* when you’ve been injured in car accidents, sports, falls, physical or sexual abuse, blood sugar swings, too much bad fat, and even as an attempt to maintain our blood pH (stress, high altitude, infection, kidney disease, highly acidic diet, etc).

Even chronic sitting and slumped work or school postures can create it. I also see it a lot in premature births where the lungs have not developed completely or in cases of severe allergies and asthma or other pulmonary dysfunction.

Another example is when people have been trained in “military posture” or have created a habit of “holding the stomach in” for vanity reasons.

**The problem occurs when the chest-breathing pattern is allowed to sink into your lower brain as your new “*program*”.**

And the longer it’s there, the longer it takes to “erase and replace” but it’s NEVER impossible.

What else? This poor pattern of shallow and habitual over breathing causes a slew of negative downstream effects. It can actually create a state called “respiratory alkalosis” which leaves your blood *too alkaline*. In this state your red blood cells hold on to oxygen for dear life!

The result? Your tissues don’t get their fuel!

This leads to PANIC and oxygen deprivation, which causes fatigue, cell death, and cell mutation (the reason for cancer).

If that’s not enough...it also increases muscle tension, muscular spasm, and a heightened perception of pain. Fibromyalgia and chronic fatigue patients are notorious for having these symptoms and breathing must always be addressed with these people.

So these are just some more reasons WHY you should always stay focused on your breathing. Do it during your dedicated exercise time, or course, but even *more* importantly during your activities of daily living. Especially at those times when you might tend to hold your breath like focusing on a task or maybe even addressing a golf ball.

Reminders or memory joggers to do it at least 2 to 3 times per hour is helpful at the beginning so you can train your subconscious with repetition.

Some good “pattern interrupters” are computer reminders, a string around your finger, or, if you’re driving in town, use every stop light or stop sign as a reminder. Be creative and make up some of your own!

The following poem from the Sufi poet, Rumi gives you an idea of the supreme importance of breath. All new movement and posture programs must be wired with a functional breathing pattern at their core.

To place You in my heart  
May turn You into thought.  
I will not do that!  
To hold You with my eyes  
May turn You into thorn.  
I will not do that!  
I will set You on my breath  
So You will become my life.

Rumi  
Whispers of the Beloved p. 99

## Core Nutrition...

**A word about wheat.** Wheat is the #1 allergen in the United States. The main offender is the gluten, which is the protein in the wheat.

In some people it is literally life threatening. These people are said to have celiac disease, which means that their intestines have an immediate and intense immunological response against it.

Many more of us have what could be called “sub clinical” celiac problems where gluten causes over activation of our immune system, which has the end result of inflammation.

What are inflammatory problems? *Heart disease, cancer, asthma, allergies, chronic pain, tendonitis, diverticulitis, Crohn’s disease, neurodegenerative disease such as Alzheimer’s and Parkinson’s, and other forms of dementia.*

Basically all body breakdown is a result of inflammation that goes unchecked.

Another little gem about gluten is that if the immune system has a negative response against it, it will also create *antibodies* against it. The problem is that these antibodies made from gluten exposure also have magnetism toward your thyroid gland where it can cause an autoimmune response against it!

This problem is rampant and is called autoimmune thyroiditis or Hashimoto's. It slows your metabolism and can be responsible for fatigue, pain, hormone imbalance, and virtually any symptom you could have of ill health!

So hop on the "gluten free" bus for a few weeks and see how you feel. It may lift a fog you never even knew you had!!

Check the resource center for the "Modified Elimination Diet", which takes out wheat and dairy and gives you alternatives. I've seen results nothing short of miraculous with allergies, asthma, migraines, irritable bowel, fatigue, stubborn weight gain, and just about any issue you can think of!

This diet still contains animal products but can act as a transitional step towards a plant based diet.

The food you eat is very powerful medicine if you use it wisely.

Keep up the great work.

Dr. Hoffman

## **Take Action!**

### **Mindset:**

**Step:** Become conscious of the self talk and the talk of those around you that can create a limiting belief in your mind

**Stride:** Actually write down your top 10 limiting beliefs and flip each one of them into a nurturing belief statement.

**Leap:** Every morning as soon as you rise and every evening before bed re-read these statements to yourself. Soon you will have them memorized and they will pop into your mind when you least expect it!

### **Movement:**

**Step:** Become consciously aware of your breathing pattern while you exercise and check in with it as often as possible during your day

**Stride:** Use a "pattern interrupter" like a string around your finger, a computer alert, or use stop signs and stop lights as "triggers" to remind you to check in with your breathing pattern. Remember...low and slow!

**Leap:** In addition to the above, spend a minimum of 5 minutes per day and up to 30 minutes simply focused on proper breathing. It will become a very calming and meditative experience and you'll be surprised at how your calm, low, slow, breathing pattern will remain with you throughout the day.

## Nutrition:

**Step:** start switching some of your staple grains over to a gluten free version. Breads, macaroni and cheese, pasta, brownies, are common foods where the intake can be reduced.

**Stride:** Jump on the "gluten free bus" for 30 days and see how you feel. You may be nothing short of amazed.

**Leap:** Ditch the gluten for good. There's lots of other grains that are less troublesome. And remember...as long as you're leaping...let's get rid of those grains all together!

[PDF of Gluten Containing Foods To Avoid – CLICK TO PRINT and Keep Handy](http://www.charlotte-celiac-connection.org/files/CeliacDotCom_UnSafe_Ingredients.pdf)  
[http://www.charlotte-celiac-connection.org/files/CeliacDotCom\\_UnSafe\\_Ingredients.pdf](http://www.charlotte-celiac-connection.org/files/CeliacDotCom_UnSafe_Ingredients.pdf)

## Unsafe Gluten-Free Food List (Unsafe Ingredients)

By Scott Adams      www.celiac.com

Abyssinian Hard (Wheat triticum durum)	Edible Starch
Alcohol (Spirits - Specific Types)	Einkorn (Triticum monococcum)
Amp-Isostearoyl Hydrolyzed Wheat Protein	Emmer (Triticum dicoccon)
Barley Grass (can contain seeds)	Farina
Barley Hordeum vulgare	Farina Graham
Barley Malt	Filler
Beer	Flour (normally this is wheat)
Bleached Flour	Fu (dried wheat gluten)
Blue Cheese (made with bread)	Germ
Bran	Graham Flour
Bread Flour	Granary Flour
Brewers Yeast	Groats (barley, wheat)
Brown Flour	Hard Wheat
Bulgur (Bulgar Wheat/Nuts)	Hydrolyzed Wheat Gluten
Bulgur Wheat	Hydrolyzed Wheat Protein
Cereal Binding	Hydrolyzed Wheat Protein Pg-Propyl
Chilton	Silanetriol
Club Wheat (Triticum aestivum subspecies compactum)	Hydrolyzed Wheat Starch
Common Wheat (Triticum aestivum)	Hydroxypropyltrimonium Hydrolyzed Wheat Protein
Couscous	Kamut (Pasta wheat)
Dextrimaltose	Malt
Disodium Wheatgermamido	Malt Extract
Sulfosuccinate	Malt Syrup
Durum wheat (Triticum durum)	Malt Flavoring
	Malt Vinegar

Macha Wheat (*Triticum aestivum*)  
 Matzo Semolina  
 Mir  
 Oriental Wheat (*Triticum turanicum*)  
 Pasta  
 Pearl Barley  
 Persian Wheat (*Triticum carthlicum*)  
 Poulard Wheat (*Triticum turgidum*)  
 Polish Wheat (*Triticum polonicum*)  
 Rice Malt (if barley or Koji are used)  
 Rye  
 Seitan  
 Semolina  
 Semolina Triticum  
 Shot Wheat (*Triticum aestivum*)  
 Small Spelt  
 Spirits (Specific Types)  
 Spelt (*Triticum spelta*)  
 Sprouted Wheat or Barley  
 Stearyltrimoniumhydroxypropyl  
 Hydrolyzed  
 Wheat Protein  
 Strong Flour  
 Suet in Packets  
 Tabbouleh  
 Teriyaki Sauce  
 Textured Vegetable Protein - TVP  
 Timopheevi Wheat (*Triticum timopheevii*)

Triticale X triticosecale  
 Triticum Vulgare (Wheat) Flour Lipids  
 Triticum Vulgare (Wheat) Germ Extract  
 Triticum Vulgare (Wheat) Germ Oil  
 Udon (wheat noodles)  
 Unbleached Flour  
 Vavilovi Wheat (*Triticum aestivum*)  
 Vegetable Starch  
 Wheat, Abyssinian Hard *triticum durum*  
 Wheat amino acids  
 Wheat Bran Extract  
 Wheat, Bulgur  
 Wheat Durum Triticum  
 Wheat Germ Extract  
 Wheat Germ Glycerides  
 Wheat Germ Oil  
 Wheat Germamidopropyltrimonium  
 Hydroxypropyl Hydrolyzed Wheat Protein  
 Wheat Grass (can contain seeds)  
 Wheat Nuts  
 Wheat Protein  
 Wheat *Triticum aestivum*  
 Wheat Triticum Monococcum  
 Wheat (*Triticum Vulgare*) Bran Extract  
 Whole-Meal Flour  
 Wild Einkorn (*Triticum boeotictum*)  
 Wild Emmer (*Triticum dicoccoides*)

**The following items may or may not contain gluten depending on where and how they are made, and it is sometimes necessary to check with the manufacturer to find out:**

Artificial Color<sup>4</sup>  
 Caramel Color<sup>1, 3</sup>  
 Coloring<sup>4</sup>  
 Dextrins<sup>1,7</sup>  
 Flavoring<sup>6</sup>  
 Food Starch<sup>1, 4</sup>  
 Glucose Syrup<sup>4</sup>  
 Gravy Cubes<sup>4</sup>  
 Ground Spices<sup>4</sup>  
 Maltodextrin<sup>1, 8</sup>  
 Maltose<sup>4</sup>  
 Miso<sup>4</sup>

Modified Food Starch<sup>1, 4</sup> Modified Starch<sup>1, 4</sup>  
 Monosodium Glutamate (MSG)<sup>1, 4</sup>  
 Mustard Powder <sup>4</sup>  
 Natural Flavoring<sup>6</sup>  
 Shoyu (soy sauce)<sup>4</sup>  
 Smoke Flavoring<sup>4</sup>  
 Soba Noodles<sup>4</sup>  
 Soy Sauce<sup>4</sup>  
 Starch<sup>1, 4</sup>  
 Stock Cubes<sup>4</sup>  
 Vitamins<sup>4</sup>  
 Wheat Starch<sup>5</sup>

**1)** If this ingredient is made in North America it is likely to be gluten-free.

**3)** The problem with caramel color is it may or may not contain gluten depending on how it is manufactured. In the USA caramel color must conform with the FDA standard of identity from 21CFR CH.1. This statute says: the color additive caramel is the dark-brown liquid or solid material resulting from the carefully controlled heat treatment of the following food-

grade carbohydrates: Dextrose (corn sugar), invert sugar, lactose (milk sugar), malt syrup (usually from barley malt), molasses (from cane), starch hydrolysates and fractions thereof (can include wheat), sucrose (cane or beet). Also, acids, alkalis and salts are listed as additives which maybe employed to assist the caramelization process.

4) Can utilize a gluten-containing grain or by-product in the manufacturing process, or as an ingredient.

5) Most celiac organizations in the USA and Canada do not believe that wheat starch is safe for celiacs. In Europe, however, **Codex Alimentarius Quality wheat starch** is considered acceptable in the celiac diet by most doctors and celiac organizations. This is a higher quality of wheat starch than is generally available in the USA or Canada.

6) According to 21 C.F.R. S 101,22(a)(3): [t]he terns natural flavor or natural flavoring means the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or **fermentation** products thereof. Whose significant function in food is flavoring rather than nutritional.

7) Dextrin is an incompletely hydrolyzed starch. It is prepared by dry heating corn, waxy maize, waxy milo, potato, arrowroot, WHEAT, rice, tapioca, or sago starches, or by dry heating the starches after: (1) Treatment with safe and suitable alkalis, acids, or pH control agents and (2) drying the acid or alkali treated starch. (1) Therefore, unless you know the source, you must avoid dextrin.

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(1) Federal Register (4-1-96 Edition) 21CFR Ch.1, Section 184.12277.

(2) Federal Register (4-1-96) 21 CFR. Ch.1, Section 184.1444

8) Maltodextrin is prepared as a white powder or concentrated solution by partial hydrolysis of corn starch or potato starch with safe and suitable acids and **enzymes**. (1) Maltodextrin, when listed on food sold in the USA, must be (per FDA regulation) made from corn or potato. This rule does NOT apply to vitamin or mineral supplements and medications. (2) Donald Kasarda Ph.D., a research chemist specializing on grain proteins, of the United States Department of Agriculture, found that all maltodextrins in the USA are made from corn starch, using enzymes that are NOT derived from wheat, rye, barley, or oats. On that basis he believes that celiac need not be too concerned about maltodextrins, though he cautions that there is no guarantee that a manufacturer won't change their process to use wheat starch or a gluten-based **enzyme** in the future. (3) - May 1997 Sprue-Nik News

1. Federal Register (4-1-96) 21 CFR. Ch.1, Section 184.1444

2. Additives Alert, an information sheet from the Greater Philadelphia Celiac Support Group, updated early in 1997. This specific information comes from Nancy Patin Falini, the dietitian advisor for the group and a speaker at a national celiac conferences in the past few years.

3. From the CELLIAC Listserv archives, on the Internet, Donald D. Kasarda, posted November 6, 1996.