

Core Wellness Institute  
Therapeutic Lifestyle Change  
ACTION GUIDE #6

**Core Thoughts**

**The KEY CONCEPT For Kicking Bad Habits...**

***“Nerves that fire together, wire together”***

This is a fundamental rule of neuroscience, which is the science of determining how the brain works.

Neurons in the brain are always poised and ready to learn. Each neuron has between a thousand and ten thousand synapses or places where they connect with other neurons to create a “neuronet”.

Every time you think a thought, you fire up a neuronet. Every neuronet represents a memory, a skill, or some piece of random information you got wired up with along the way.

Your neuronets started getting wired when you were first sprouted ear buds in the womb and you are constantly creating new connections with new bits of information you receive on a daily basis.

The big picture here is that every person has their own unique set of neuronets that have developed over their lifetime.

Do you know anyone who happens to “see” things differently than you? It’s because we only “see” according to how we’re wired! We also *react* differently to different situations depending on how we’re wired.

*Consistently* focused thoughts (or bombardment from news, commercials, pharmaceutical companies, etc) create a more deeply ingrained neuronet and pretty soon you’ve got yourself a “belief”.

And you process your world according to your beliefs, don’t you?

So if your brain is constantly getting messages that the cure for pain and sickness comes from drugs and surgery, pretty soon you believe it. And when your wiring gets deeply embedded that way (like nearly all western medicine “pill for ill” believers) and someone comes along with another way of approaching it you automatically feel “threatened” because your “beliefs” are threatened.

This feeling of discomfort is a natural function of the brain called cognitive dissonance. Your brain wants to do one thing. *Maintain its current reality*. It wants to stay on autopilot! It wants to keep its current wiring! When you come in trying to change things it puts up a fight!

But only for a while...

If you stay *focused* on what you want to change and keep giving the same messages to your brain. The old neuronet will fade as the neuronal connections “lose touch” and the new connections will form and soon enough you can change your fundamental beliefs about “who you are”.

You can change your identity from a procrastinator to a proactive prepared and organized person! Or change the belief that you have to have caffeine, or alcohol, or sugar, or whatever else you want to get rid of!

It's ALWAYS thoughts first. If you try to change the "effect" without changing the thought cause, you will always be frustrated and constantly relapsing into your old programming. You'll always be reacting from your *old* neuronets. So make some new ones!!

The key is AWARENESS that you're playing your old tape... then interrupting that programmed recording with your new one!

**Example:** You walk by a bunch of clutter on your dresser and think "*Jeez, I've got to get more organized!*"

What's the underlying belief and *feeling* there? It's the *feeling* that you are disorganized! When you believe and *feel* like you are disorganized your brain will make sure you always "live up" to that limitation!

So instead, STOP... and say to yourself, or *even better, out loud* and still better, WRITE IT DOWN. "*I love the freedom and peace of mind I get by being an organized person.*" Something that says you're *already* in a state of gratitude for your organizational skills! Remember, the more emotion and feeling you put into it the faster your new neuronets form!!

Get out your journal and *write out a new affirmative statement* you can use *over and over* again in the face of a damaging belief or self-talk you give yourself or others. You may want to write a few that you can use as antidotes for worry, doubt, and fear. Keep using them over and over until you wire in a new identity and new life affirming beliefs for yourself! Have fun!

## ***Core Movement***

**Mindful Functional Walking** - Walking is the perfect time to focus on everything you've learned in this course. Poor stability and lack of good postural awareness while walking can lead to detrimental "leaks" of energy from your body.

If you don't have a "push away" sense and your core breathing pattern on, you will inevitably overuse your back muscles, your hamstrings, and you could even be contributing to the stress in your neck and shoulders.

I've seen many cases in practice where the key link for getting rid of neck tension and tension headaches was to fix the mechanics of the hips and core so walking wouldn't overstress the neck.

It's amazing. No part of the body works independently of any other part! And remember that ALL movement begins with stabilization of the core. Just the *intention* of a movement should start to turn on your core stability process. That's why I often use the word "intention" while training with this type of work.

Try this next time you're walking. First walk without paying any attention to your body. As a matter of fact, go ahead and get into a stressful mode of thinking or focus on a particular pain or weakness that often bothers you.

Now notice what your gait feels like. Especially notice the position of your pelvis. Does it feel tipped forward? You can even put your thumbs on your low back muscles. Can you feel them contract as you walk, (they should be calm and soft) or are they stiff already?

Now, put good positive thoughts into your mind “I am whole, powerful, and full of energy.” And now have the INTENTION of pushing up and away from the ground with each step...not only with your pillars but also with the heel of your hand.

Even imagine that every time your elbow goes backward it is pushing off of a surface behind you. Pay attention to your breathing. It should automatically be shifting into your back or as I sometimes call it, your “bellows”.

With this more positive intention of “growth and renewal”, where is your pelvis now? More underneath you? Do you feel as if you’re being propelled and pushed from behind? You should! You have just activated the power of your anti-gravity system...your “youth” system.

Now turn the intention off then back on and you will be able to feel the contrast. Which one feels better? Which one gives you a sense of confidence and better self image? Which one makes you start thinking more positive thoughts?

You walk anyway. You might as well use it to enhance your life and switch on your POWER!!

### **Core Nutrition**

Get your folic acid!! Folic acid or folate gets a lot of attention for helping prevent birth defects if taken while pregnant. But the folic acid story goes much deeper.

The key benefit of folate is its ability to help the body do a process called “methylation”. Without going deep into the biochemical steps of the folate cycle, let me just tell you a few of the important jobs methylation has in the body.

#### **Masks, unmask, and repairs DNA**

Every cell in your body has the potential to create a whole new you. So why does a liver cell only make liver cells and not colon cells? Methylation. It’s what keeps you from growing a nose on your chin!!

It’s also what keeps you from NOT expressing a cancer gene! Without proper methylation and folic acid intake, your risk of cancer skyrockets. Especially hormone related cancers since methylation is also one of the ways your body gets rid of estrogen so it doesn’t build up to toxic levels! It also repairs DNA when it’s damaged so it’s a very good thing!

#### **Reduces Homocysteine**

This is one of the most toxic molecules in human physiology! Folate tames this “homocysteine monster” that causes massive amounts of inflammation in your arteries and brain. It has been proven to reduce heart attacks and strokes and has also been implicated in Alzheimer’s disease. You do NOT want this animal at high levels in your bloodstream and in your tissues.

I can do a test for about \$35 that measures your homocysteine and I highly recommend it especially if you have a family history of early heart attacks and strokes (30-60 years old) or cancer, or clinical depression.

#### **Needed for synthesis of the “feel good” neurotransmitter...serotonin!**

There's a huge impact of poor methylation on serotonin production. This is the feel good neurotransmitter that nearly all anti-depressant medications try to manipulate. But sometimes it is merely a nutritional deficiency!!!

There's much more to the folate story but you need to know that a full one third of the human population has a defect in the ability to methylate properly. It has to do with a specific enzyme that is crucial to one of the steps in the folate cycle.

So the fact is, some people need *more...lots more* than the recommended dietary intake (RDI).

Folate comes from the word "foliage". Yes, that means it's in *green* stuff like kale, spinach, beet greens, and chard! Other good sources are legumes like beans, lentils, soybeans, etc. (especially black eyed peas) asparagus, broccoli, cabbage, oranges, root vegetables, and whole grains.

Supplementation is *crucial* for some individuals with folate processing defects (nearly one third of the population, remember?). It is one of the things I take daily in my personal supplement program.

Stay balanced, keep moving, and KEEP METHYLATING!!

## Take Action!

### Mindset:

**Step:** You must understand and believe that perfect health and well being is always flowing and always available to you and that if you are not experiencing it, you have created blockages to it.

**Stride:** Become aware when a thought or feeling comes up that creates a blockage to the flow of peace and well being. AWARENESS...like I've said repeatedly, is the first step.

**Leap:** Create a visualization sequence that works for you where you actually "unclog" or "open up" your channel so the flow can come through you and fill you up. This is the classic "letting go" of disharmonious thoughts. Watch it float down the river, up, up and away in a balloon, or whatever works for you. Do this as a daily ritual and also use it as a "tool" when a toxic, blocking emotion surfaces.

### Movement:

**Step:** Develop the understanding that you've got basically two types of nerves in your body...Pain nerves and Mechanical nerves. Whenever mechanical nerves are stimulated with good movement...pain is blocked, muscles are relaxed, and coordination improves. That's why you must continue MOVING your WHOLE body and experience full range of motion in all your joints.

**Stride:** Dedicate yourself to a movement routine DAILY that feeds your central nervous system with good input so the rest of your body's system can work optimally. Do a rotation of the Mini-Circuits in this course or come up with your own sequence but just do *something*!

**Leap:** In addition to daily movement that nourishes and balances your nervous system. Schedule a regular check-up/check-in with your chiropractor to check for movement blockages you're not aware of (I call them

“hidden time bombs”). He or she can help you release that blockage and (hopefully) show you a way to keep the blockage from returning. This is truly “optimal wellness care”.

## **Nutrition:**

**Step:** Keep detoxification in mind when you choose your food. Start with getting some cruciferous veggies into your diet daily. Rotate between kale, collards, broccoli, brussel sprouts, cauliflower, etc.

**Stride:** Start the switchover to all natural cleaning and self care products.

**Leap:** Do a full on metabolic liver cleanse with *Ultra Clear Plus* and *AdvaClear* along with a Modified Elimination diet. I’ve been prescribing this program for over 13 years in my practice with great results for a variety of issues including weight loss, allergies, hormone balance, chronic fatigue, fibromyalgia, and more. The products will be available through the Metagenics store here on the site.

Also, if you are a CWI Student, you have access to a full 90 minute video and audio of a Weight Loss/Detox seminar. Just search for “Detox” in the search box or check the right sidebar.