

Core Wellness Institute
Therapeutic Lifestyle Change
ACTION GUIDE #1

MINDSET

Without a doubt, the most important thing you can ever work on is the way you think.

Remember that focusing on your *thoughts* can literally change the way your cells express themselves. You can think thoughts that make you “old and broken down” or thoughts that make you “young and healthy”. You have that choice every single moment of every day.

But if your self-talk or your past experiences have built up any limiting core beliefs that keep you from expanding and growing, you’ll be stuck forever. You can try to change your behavior with “will power” but you will always “rubber band” back to what you deeply *believe* about yourself.

So the only way to break free of your current health and lifestyle habits that aren’t serving you is to actually REWIRE the neural circuits in your brain to create NEW beliefs.

There are different strategies for accomplishing this but one of the most tried and true methods starts with creating a *crystal clear vision of what you want and mix it with a burning desire to have it!*

You see, NOTHING is created in this world without first being imagined in someones’ mind. Remember what Einstein said, “*Imagination is more important than knowledge.*”

The ability to create that NEW crystal clear picture of what you want is the crucial first step. Without it, you will continue creating the same things you’ve been creating and end up running around in the same loop of insanity!

So first you have to decide what you want! And sometimes it’s helpful if, at first, you go through the things you DON’T want! That list is usually a lot easier list to create!

So go for it now...write down all the things you know you DON’T want. Here are some things I hear a lot if you need some fuel to get you started:

“I don’t want to be overweight anymore!”, “I don’t want to get that hump at the base of my neck”, “I don’t want to end up like my mother” “I don’t want to end up in a nursing home unable to take care of myself” “I don’t want want...” Get the picture?

Now what DO you want? The strategy here is to get the *feeling* that whatever you desire is already accomplished. For instance...if you don’t want to be overweight anymore, the vision you want to create is one where you’re already trimmed down and feeling great and doing something you really enjoy!

Then you can “tag it” with an affirmation like “*I am so grateful for the new confidence and energy I’m feeling with my trim and fit body!*” and if, for some reason, that statement creates a negative feeling because you are calling yourself a liar inside, you can use the words “*in the process of*” to help you out.

For instance, “*I am so grateful that I’m in the process of creating a confident, healthy body that allows me to experience the joy of life*”

And listen...any new belief statements will feel a bit awkward at first because it’s a function of your brain to keep things the way they are! It wants to do things according to your PAST programming. But the great thing here is that all you have to do is “reprogram”, and your brain will *automatically* help you create anything you want!

Brain research shows that it takes from 3-7 weeks for your new programs to actually “stick” as new belief systems that are “grooved” into your neurological wiring.

One of the biggest limiting beliefs about health is the myth that we are constantly breaking down as we age. So here’s some new knowledge for your brain’s circuits to grab a hold of. And the more you own this program of renewal instead of breakdown, the more empowered you’ll be.

So here it is...Your cells are in a constant state of death and renewal so you are making new cells every second, every hour, every day, every month...well, you get the picture!

So allow me to invite you to start creating new beliefs that give your cells permission to rejuvenate and revitalize. Remember...cells are *constantly* dying and replacing themselves.

For instance...Through tagging different types of cells with radioisotopes, researchers have discovered that you have a new stomach lining every 7 days, a brand new liver every 6 weeks, every month you have replaced your entire skin with a new one, every few months you have completely replaced the atoms that make up your bones, every year over 98% of your body is a NEW body.

So you are constantly renewing.

So that’s the first major shift...changing your *perception* about what your body actually is. *You are NOT a mechanical body that is breaking down as you age. You are a bundle of energy, information, and intelligence in dynamic exchange with your environment, capable of perpetual healing, renewal, and transformation!*

The question is...are you going to keep giving your cells the same message you’ve been giving them that has resulted in your current situation or are you going to bathe your cells in happiness, peace, good whole food nutrition, and good movement?

Remember...if your cells reproduce under conditions where you have stressful molecules of emotion in charge, the message is *alarm, breakdown, decay, and degeneration*. But with good

thoughts, good food, and good exercise, you can give your cells an entirely different message. One of *healing and longevity*.

Consider this. This is a scientific fact. Every thought you think produces a biochemical called a “neuropeptide”. These are molecules of happiness and bliss like serotonin, endorphins, and dopamine OR they *could* be *molecules of anxiety* and fear like cortisol and adrenalin.

In order to heal yourself, you have to be able to consciously create your own “healing happy chemicals” that will not only affect your mind, but every physiologic action in your body!

In fact, the monocyte, an integral part of your immune system, contains receptors for every single “molecule of emotion” that your bodymind produces. And, amazingly, it even produces some of these “mind” molecules on its own!

There is lots of research that proves the importance of a calm spirit and positive attitude on the immune system. **You can literally dose your body with thousands of dollars worth of anti-inflammatory, anti-depressant, anti-cancer chemicals just by being in a place of complete peace and happiness.**

So now’s your chance to reverse your biological age by putting different thoughts (and therefore different molecules) in motion that cause your DNA to express its most vital and youthful characteristics it has available as possibilities.

The code for this expression is still in there. It just needs to be tapped into!

Remember...Every thought you think is a ripple you’re putting out into the water of your body and also out into the world around you.

Another important piece is the ability to quiet all the crazy turbulence of your ego mind.

Until recently, I never realized that this was one of the biggest challenges *I* had with my *own* personal development.

Your ego (that part of you that judges others and makes you think you are actually “separate” from them) doesn’t like for you to just *be*.

And it *especially* hates it when you’re in silence. But your tranquility and imperturbability of peace lies in the silence.

If you have resistance to silence or think or say you can’t “meditate” or “quiet your mind” then you need this type of work even more. It’s like anything else...it takes practice.

And when you catch a “glimpse” of that peaceful feeling that is the real you, then you can build upon it and continue to use it as a “reference” or “anchor” when the “noise” of life gets too loud.

It also brings up some things to consider while you're focusing on your body awareness and exercises during the course.

Stay focused on YOU. This is your time. Allow yourself this gift of personal development. If you don't have good bodymind balance, you'll have a lot less to give to those you love and to the world.

Watch Your Self-Talk. "My balance is horrible" and "My right ankle is weak", "That's my bad shoulder..." I've heard thousands of negative self-talk phrases like these over the years. All I'll say is this... **YOU MUST CATCH YOURSELF!**

You have to essentially "stalk yourself" and watch your own habits and mind chatter for a while. Just becoming AWARE of the fact you are saying these self-deprecating things will start your process of healing.

Once you hear a phrase like this, all you have to do is "**FLIP IT**" so "*My balance is horrible*" turns into "*I am so grateful that my balance is getting better every time I focus on it*" and "*My right ankle is weak*" becomes, "*My right ankle is getting stronger through this work*".

See and feel yourself already improved and doing the things you never thought would be possible before.

Get the picture? Get the *vision*!! That's the secret to how your brain actually creates change! It must be able to see and even more importantly...*feel* the end result or it will never know where it's headed!

Now Let's Move On To Core Nutrition...

The most powerful thing you can do nutritionally to reverse your biological age is to **eliminate refined enriched grains**. (white flour products like pretzels, crackers, bread, pasta, bagels, etc...) If, *at the very least* you switch over to 100% whole grain, it's a step in the right direction.

Reducing grains overall and replacing them (and their nutrients and fiber) with fresh vegetables and fruits (mostly vegetables, but easy on the potatoes!) is the best and fastest way to program your body to burn more fat and build resilient cells that express a message of youth and healthy renewal rather than age, breakdown, and decay.

Why? Because colorful veggies and fruits don't spike your blood sugar as bad as processed and refined convenience food. Plus...they are full of anti-oxidants! These are the *anti-aging* nutrients. They protect your cells from breaking down and degenerating. Oxidation is the process that makes an apple ripen but also makes it *rot*!

Now let's *talk* about anti-oxidants and what the heck they are!

First you have to understand what oxidation is. It's an amazing process that occurs when oxygen reacts with other molecules to make mini "explosions" that drive lots of body functions. So when oxygen reacts with things..."stuff" happens.

Oxidation is the process your immune system uses to kill off foreign invaders. It's what the energy factories of your cells use to make and package energy. It's what our liver and gut and many other cells use to destroy toxic substances.

But guess what? All this happens at a cost.

When our body uses oxidation for these high-energy processes, it's a pretty explosive process and there's always a lot of "collateral damage" that occurs.

So what does your body use to clean up the "damage" (also known as free radicals, for all you radical nutritional biochemistry enthusiasts)? You guessed it...

ANTI-OXIDANTS!!!

These wonderful vitamins are the "clean up and repair crew" for your body's cells.

If it weren't for anti-oxidants, we would just keep breaking down again and again without rebuilding and just wind up like a rotten apple. Withered and dying.

As a matter of fact, the free radical theory of aging, proposed by Denham Harman in 1954, is one of the most accepted reasons why your body ages.

So now you know why anti-oxidants are *truly* anti-aging nutrients. But where do you get them in the greatest supply?

FOODS WITH LOTS OF COLOR!!

These are vegetables that you'll want to **either eat preferably RAW or lightly steamed or lightly sautéed so you don't destroy their valuable nutrients!** (heat above 118 degrees destroys enzymes and electric energy which provides the "alkalizing" effect on your cells.)

So shoot for a variety of color with your snacks and meals. Always ask this question when preparing your food...

"How can I get at least 3 colors into this meal?"

There's also a big problem even if you DO get lots of color into your meal.

Commercial farming practices used to grow commercial produce has stripped the soil of its nutrients and created a stressful environment for vegetables to be grown. Therefore our food is depleted and low in anti-oxidant nutrients.

So unless you are only eating *all organic* veggies and 7-9 servings a day of them, you are deficient in anti-oxidants and need a good hi potency, highly absorbable multivitamin/mineral to cover your hide.

It's the most logical way to keep your cells from being destroyed faster than they are being repaired!

Another interesting fact is that most potent anti-oxidant and anti-cancer compounds are produced by plants as a defense mechanism when attacked by insects and fungus. Wow, was that a great plan or what?

The problem is that we spray so much insecticide that the plants don't get any stress from the bugs.

So they don't get the chance to produce these life saving molecules.

Great, right? Yet another perfectly good plan foiled by human ego mind thinking they can do it better than the perfectly balanced Universal Intelligence we call God.

So focus on COLOR this week and ask us about our recommendations for a good multivitamin/mineral.

Equally important is getting lots more omega 3 fats into your diet.

These fats (EPA/DHA) make up your cell membranes and are responsible for keeping inflammation in check. They are also needed by your cells energy producing machinery in order to burn fat for fuel.

They are found in the greatest concentration in wild fish and animal products that are raised on GRASS.

You can absolutely make it in your body by eating boatloads of "grass" yourself in the form of dark leafy greens. But it takes a LOT to get the job done.

This is another area I recommend supplementation since nearly all fish have unacceptable levels of mercury, dioxin, and other contaminants due to blatant insults to our environment, and most people just aren't getting that much green food into their diet.

I have researched many companies and cannot beat the price and quality control of Metagenics EPA/DHA extra strength. Carlson and Nordic Naturals is also an acceptable brand that you can find at most health food stores but is a little more costly.

The low end of *effective* fish oil supplementation for adults is 2 grams per day. Our family uses EPA/DHA Extra Strength Lemon Soft Gels from Metagenics which has 500mg of EPA+DHA per capsule.

2 capsules, twice a day gets your basic 2 grams in. There is also liquid that you can take off the spoon if you're not the best at capsule swallowing.

Fish oil can be used at much higher dosages for other specific conditions, but I always recommend a consult to discover how you can make the greatest health improvement.

The main caveat is that **since fish oil reduces blood clotting, combining it with blood thinners such as warfarin or coumadin are contraindicated and you should consult your prescribing physician and discuss your desire to take fish oil with his or her supervision.**

Common Dosages for Individual Issues

ATTENTION: This is for educational use only and not intended to cure or treat any specific condition. A thorough health history and evaluation is necessary for optimum dosage prescription.

Adult maintenance/cardiovascular health	1-2 grams EPA/DHA
Healthy Lipid Levels (HDL, Tri's, etc)	2-4 grams EPA/DHA
Inflammation	2-7 grams EPA/DHA
Mental Function	2-10 grams EPA/DHA
Prenatal Health	1-2 grams EPA/DHA
Kiddos	Approx 1 gram EPA-DHA

IMPORTANT NOTE!!

Total mg per capsule is calculated by adding only the EPA and DHA portions of the fish oil.

EXAMPLE: 300mg EPA + 200mg DHA= 500mg or .5 grams. A capsule may say it contains 1000mg of fish oil but will commonly only have 180mg of EPA and 120mg of DHA for a total of only 300mg!

WHAT ABOUT FLAXSEED OIL?? If you're vegetarian, you must get lots of flaxseed oil into your diet as well as focusing on green food (since that's where omega 3's come from originally). Flaxseed oil is eventually converted into EPA and DHA but not until going through multiple biochemical steps that require optimum levels of magnesium and B vitamins as well as zinc and some others.

Unfortunately, the above nutrients are commonly deficient in the standard American diet and therefore conversion of the flax into therapeutic doses of active EPA and DHA can be poor. People with diabetes also have a hard time making these conversions. You can also have genetic tendencies for poor conversion as well.

Bottom line... if you're using flax only for your omega 3 supplementation, you must optimize your diet with whole food and maximize your nutrient stores with a well absorbed and easily broken down multiple vitamin.

Until next time...keep thinking good thoughts, eating good food, and KEEP MOVING!

Dr. Hoffman

P.S. Questions??? Be sure to leave them on in the comments or in the Student Union Mastermind Forum!

TAKE ACTION!

Mindset:

Step: Be OPEN to the possibility that you are not destined for painful, unhealthy aging. Trust that your brain can change itself and it's wiring to create anything you want!

Stride: Make a list of "What you don't want" then flip them to create some powerful affirmations to use to rewire. Write them down. Read them first thing in the morning and last thing at night.

Leap: Start a meditation or "relaxation" practice where you quiet your body and quiet your mind for 10 minutes, once or better yet, twice a day. You can use the "Relaxation Response" found in the Resource Center as a jumping off point.

Nutrition:

Step: Replace any white flour products with whole grain and preferably sprouted whole grain bread like the Ezekiel line of products and eat more green leafy salads. Take a high quality multi-vitamin/mineral plus fish oil (see dosage suggestions in text)

Stride: In addition to the step...Take what you would normally have on a sandwich and have it on a bed of greens instead! Eliminate all conventional/factory farmed animal products and replace them with local, grass fed sources from local farmer's markets, etc.

Leap: Eliminate all grain and replace it with green! Focus on working toward at least half your meal being raw foods whenever you can...even if it's a month long experiment and see how you feel. Check the Resource Center for some raw food shopping lists.