



ESSENTIAL PROGRAMME GUIDEBOOK

**11 core health & wellbeing habits to nourish
your body & soul**



...powerful habits to transform your life!

Devised by
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Introduction

Thank You

David and I would sincerely like to thank you from the bottom of our hearts, for your trust in us with this purchase.

More importantly, thank you for valuing yourself enough to want to make an investment in your health and wellbeing.

This programme is the culmination of thousands of hours of research all condensed into an easy- to-use format of daily actions, which you turn into fixed habits through repetition.

You'll see from the various studies and references how several of these habits alone, have cured many debilitating ailments.

I absolutely promise you that if you implement these 11 habits (or the majority of them) you'll see a significant improvement in your physical health and general wellbeing.

And...the most important side effect of all, you'll start to feel wonderful and that's what it's all about... that's when the magic happens!

Quite a bit of it is common sense, some of it you will already know but have forgotten.

We'll give you all the supporting science, the research, the why's and obviously the how's, so you can easily apply it all.

You'll see from the accompanying videos, my speciality is in the areas related to the physical body, so I'll guide you through the essential habits 1 – 11 (for your information, David's speciality is in the areas related to the mind & soul which is covered in the advanced habits programme).

We hope you get huge value and wish you the very best of future health and happiness 😊.

Stephen & David

Health & Wellness Mentors



This is David btw 😊

Disclaimer

All the information and recommended action steps provided in this publication are with the sincerest intentions to genuinely help and inspire you to enhance your health and general wellbeing. It is the culmination of thousands of hours of research into published medical studies and health/wellness/success related publications. The authors accept no liability for the results of any actions the reader takes following the information contained within. We strongly advise you to do your own research prior to adopting any of the suggestions and consult a medical, health or competent professional if in doubt with any aspect of it.

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Understanding What You Are?

This section is crucial to help you get the most from the programme by understanding what you really are (energetically).

Spiritual beings

You may or may not know that you, me, and every other human on the planet are magnificent spiritual beings having a series of human experiences.

Why, you may ask?

In a phrase... **'soul evolution'**. You like everyone else, chose to be the person you are, along with the path you are currently on in this lifetime, as you knew it would present you with the lessons and challenges that your soul needs to allow it to evolve further.

Most people at this point usually say to me *"If I had a choice, I'm pretty sure I wouldn't have chosen this body and this life!"* 😊

I can assure you that you and everyone else, consciously chose (whilst in the spiritual realm) their current life before they were born. Now unless you are drawn towards the study of spiritual or philosophical pursuits, the chances are you could easily think life is just random and a one off.

To help you put things into perspective, here's a brilliant bit of wisdom entitled 'the rules for being human'...

1. You will receive a body.

You may like it or hate it, but it will be yours for life.

2. You will learn lessons.

Life is a constant learning experience and everyday provides opportunities to learn lessons.

3. There are no mistakes, only lessons.

Your development towards wisdom is a process of experimentation, trial, and error. Compassion is the remedy for harsh judgement of ourselves and others. Forgiveness is not only divine, it's also 'the act of erasing an emotional debt'.

4. A lesson is repeated until learned.

A lesson will be presented to you in various forms until you have learned it. What manifests as problems, challenges, irritations and frustrations are more lessons? They will repeat until you learn them, then you go on to the next lesson. To blame anyone or anything else for your misfortune is an escape and a denial; only you are responsible for you and what happens to you.

5. Learning lessons does not end.

While you are alive, there are always lessons to be learned. Surrender to the rhythm of life, don't struggle against it. Be humble enough to always acknowledge your weaknesses and be flexible enough to adapt from what you've been accustomed to.



6. “There” is no better than “here.”

When your “there” has become a “here”, you will simply obtain another “there” that will again look better than “here.”

7. Others are merely mirrors of you.

You cannot love or hate something about another person unless it reflects something you love or hate about yourself. Be tolerant; accept others as they are and strive for clarity and self-awareness. Strive to truly understand and have an objective perception of your own self, your thoughts and feelings.

8. What you make of your life is up to you.

You have all the tools and resources you need. What you do with them is up to you. Take responsibility for yourself. Learn to let go when you cannot change things. Don't get angry about things.

9. Life is exactly what you think it is.

You create a life that matches your beliefs and expectations. You get what you think about and dwell on most of the time, it is a precise universal law called the ‘Law of Attraction’.

10. Your answers lie inside you.

The answers to life's questions lie inside you. All you need to do is trust your instincts and your innermost feelings, whether you hear them as a little voice or a flash of inspiration.

11. You will likely forget all this...but you can remember it whenever you want 😊.

These universal truths apply to every single human being and are a wonderful little guidance system to keep reminding us of who we are and how it (life) works.

We have also added it to the annex at the end as a single page if you wanted to print it off and have it as a regular reminder of the rules of life!

Let's go deeper...

Everything is just energy

Here's a little bit of science which is also important to understand (to lead us into the health stuff); everything in the universe is just energy vibrating at a certain frequency and that includes us as human beings.

Although the body you are sat in, appears to be physical flesh and blood (we are actually 70% - 75% water), if you viewed it under a powerful enough microscope you would see at a certain level, you are simply trillions of atoms vibrating.

Away from the microscope, you appear to be solid. This is the same with any seemingly solid object, it too is just vibrating atoms that give the appearance of solidity to our senses.



We are all born as high vibrational beings

When we are born, we have the pureness and high vibrations of a new body and soul just beginning its journey. This is the beauty of nature and evolution at work and if you were to measure the frequency, it would be very high indeed.

This is why we are all energetically drawn to new-born babies and small children because they are in a state of high vibration. It is the same for young animals, think puppies or kittens, they're adorable.

You could say every birth is a miracle of nature as each new-born has gone through a natural gestation and incubation period before entering the world independently.

Homeostasis

This high vibrational, optimal state is known as homeostasis, it is the default healthy setting of the body. As long as we have decent habits and generally nourish the body, it should stay in the high vibrational state of homeostasis.

Unfortunately, the vibrational state starts to diminish if we're not careful 😞.

The PROBLEM....

Modern day life is slowly poisoning us (if we allow it)!

Whether we like it or not, modern life in the western world particularly, is not conducive to good health, we're negatively bombarded from many directions which starts to lower our vibration and vitality.

The list is long but here are the common ones:

- Processed food
- Food additives (MSG, High fructose corn syrup, aspartame)
- EMF radiation (Wi-Fi, smart metres, devices)
- Air pollution
- Anxiety/Stress/Fear/Negativity/Guilt/Shame
- Vaccinations
- Prescription medication

Each element above has the effect of lowering your vibration and subsequently your health and vitality.

Making a conscious effort to reduce these effects and adopt habits to raise your vibration is the key. More importantly, all the good habits we're suggesting you do, will do this for you 😊.



You could also join a tribe for this!

If we all lived in the wild like indigenous people do, we wouldn't need to give health a second thought as we'd instinctively live in harmony with our surroundings. We'd only ingest natural foods and be away from vibrational lowering foods, devices, and environments.

Tribes people just don't suffer from every day stress/fear/anxiety...hmmm!

Solution

As we're living in the modern world with many things lowering our natural vibration (which has the potential to lead to multiple potential health problems), we can mitigate this by adopting the right actions which naturally raise our vibration and health.

And we simply do this until these actions become fixed habits, then it's plain sailing 😊.

Adopting the Right Mindset

Good health is **always** your number 1 priority in life!

Here's why....

When David and I are giving health presentations, we ask the audience if they could have anything they want (and money is no object), what would they choose?

We usually get replies such as, a large mansion, a super yacht, huge log cabin in the woods, handsome rich partner etc.

We then point out that to fully enjoy any of it, the most important thing of all is to have good health. Of course, you can still have some enjoyment whilst in poor health but to fully enjoy anything in life, being in good health is essential and why it is your number 1 goal in life.

When your health is good, you feel good, your life flows much easier
and everything is more enjoyable 😊

As my spirit guide Qual says, "What does your wealth look like, without your health?" to emphasise the importance of prioritising your health.

Formula 1 racing car analogy!

I want you to start thinking of your body as though you were operating a high-performance formula 1 racing car.



- To get the best performance out of it you would only put in quality petrol, oils, and lubricants.
- You would make sure you understood how to get the best out of it and drive it accordingly.
- You would only drive it in suitable environments and take special care of it to make sure it always operates with a high performance. You would look after it!

As busy humans, we tend to put any old petrol in it (junk food), never really bother to read the manual to fully understand how it works (life is far too busy!) and we don't really pay much attention to it, until something starts to go wrong (Dr will fix it with a prescription!).

That tends to be the reality of modern life for a lot of people 😞!

Let's talk about **FEELING GOOD** 😊

We've established that good health is always your number 1 priority in life.

A natural consequence of good general health and wellbeing is **feeling good**. When you feel good, positive, and happy, your vibration rises, and life becomes much easier and that's what this whole pack is about.

Each habit will incrementally raise the vibration of your body each time you do it. You will feel good each time you do a recommended action, sometimes its subtle, sometimes it's obvious, sometimes it's exhilarating, as you'll see 😊.

There'll be a combination of physical, emotional, and psychological wellbeing benefits. The more you do them, the better it is for your general health and the better you'll feel good.

Complete Health & Wellbeing Models 1 & 2 - IMPORTANT

When it comes to health and wellbeing, most people predominantly associate it with their physical body and their mental state of mind.

Our own philosophy is that we actually have **8 specific areas of health** (YES 8!) which we all need to continually nurture for complete health and wellbeing.

We use 3 visual images (models) to help you understand how it all fits together, here are the first 2;

Model 1 ~ Your 8 Health Buckets

The image on the following page is our own model that represents the 8 areas, each area is depicted by a bucket that has a very small but continual leak at the bottom.



It's obviously metaphorical, working on the basis that each bucket holds the water that lubricates and makes each of your 8 key areas run smoothly and healthily. However, each bucket slowly leaks and will eventually drain dry if neglected.

Your job is to continually pay attention and nurture all 8 areas (i.e. keep topping up with water) using the recommended actions/habits, to maintain good health and wellbeing.

If you neglect any bucket(s), a part, or parts of you will eventually be running on empty and potentially start to create health problems/issues.

Each of the recommended habits in this programme enhances at least 1 primary bucket and also enhances multiple secondary buckets.

We'll point this out within each habit, so you fully understand the combined benefit for each action/habit that we recommend.

We'll also add the '8 Health Buckets' image below to the index at the end of this manual so you can print off as a visual reminder (highly recommended) if you wish.



Let's delve further into each bucket and zone...

The Tangible Zone (these are external to a degree, and what others can see)

1. **Physical health** ~ the most obvious one, all the essential habits (1 – 11) will help you take very good care of this.
2. **Financial health** ~ we only touch on this one directly with 1 habit (habit 22). It is obviously very important to nurture and look after your finances as we all live in world where we need money to live and thrive.
3. **Vocational health** ~ this is very important indeed, yet so often neglected. It can be your occupation and/or your passion(s) related to your highest values (habit 15 will help you establish your values). Your true vocation in life is what your soul longs to do, an inner urge and therefore it has a strong connection to your spiritual health. If you are doing what truly inspires you in accordance with your highest values, that is your main spiritual path in this lifetime.

It is important that what you do as your vocation (could be main job, secondary business, or hobby) gives you fulfilment, otherwise you can end up suppressing your life away, if you are just doing it for the money. If you are not fulfilled with your main job, you need to look at moving towards a vocation (you can start it part-time) that you would love to do, which is in accordance with your highest values.

It may take some time and planning (baby steps at first) to get there, but it will fill you with energy, enthusiasm, and joy when you align this part of you (neglecting this part is why so many people are lost and unfulfilled and dread Monday mornings!). When you're in tune with your vocational health, your emotional and mental wellbeing and fulfilment, will go through the roof 😊.

The Feel-Good Zone (The most important zone, the heart ❤️ of the operation, when you nurture and balance these 2 areas, you will **feel very good** about yourself and that is the number one aim of this whole programme).

4. **Emotional health** ~ this is how you feel at any given time and is the most important bucket of all 8. Every single one of the 22 habits will enhance your emotional health and make you feel that little bit better each time you do it. Habits 13, 14, 16, 17, 18, 19 & 20 are specifically designed to build your emotional health. With practise, they will get you feeling good all the time and that's when the magic happens 😊.
5. **Mental health** ~ this is how you internally see yourself and affects your confidence, self-esteem, and self-worth. It is the second most important bucket after emotional health and also positively links to all 22 habits. Similar to emotional health above, habits 12, 13, 14, 16, 17, 18, 19 & 20 are specifically designed to build your self-image and confidence and make you feel really good about yourself.

When your **emotional and mental health** are in great shape, everything else will fall into place much more easily.

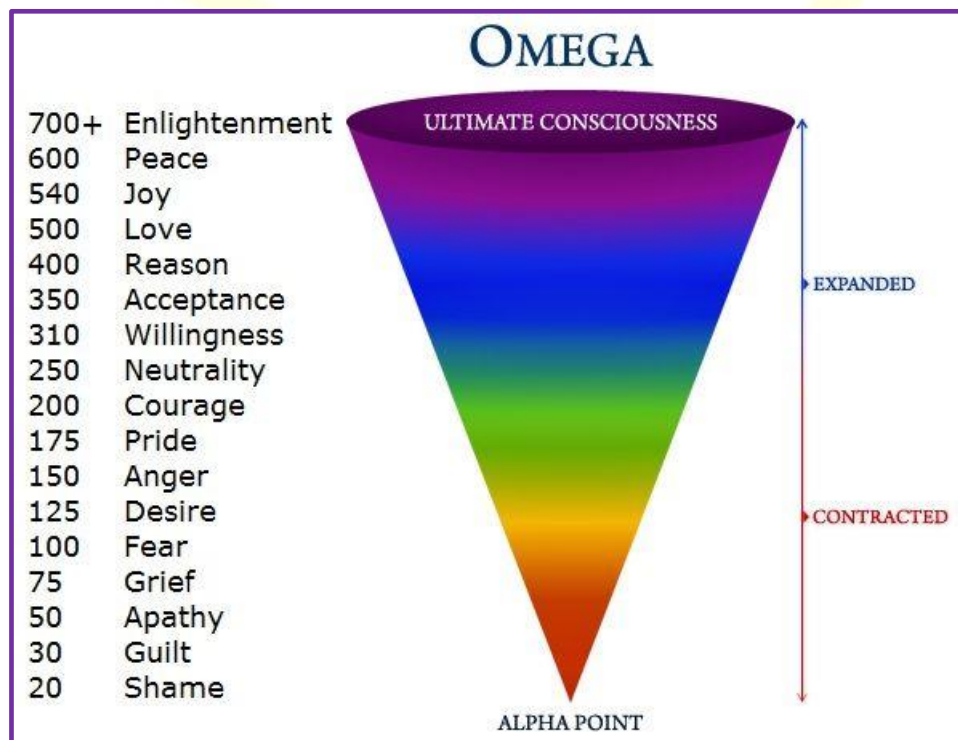


The Connecting Zone (as humans, we intuitively want and need to connect with others).

6. **Divine Sexual health** ~ this one isn't exclusively about sex with a partner, it applies to everyone and is about connecting to your divine creative power released through orgasm. It is about tapping into the glorious elixir of life and bathing in the divine life nourishing energy that creates everything in the universe. It is highly recommended to connect regularly with it (regardless of if you are in a relationship or not), habit 11 will help you fully understand and take care of this. You'll learn how it relates to the Emotional Vibration Chart (model 2) in a significant way.
7. **Social/Family health** ~ We all have a deep human need to feel wanted and accepted by other humans. Having a social circle of friends, work associates, like minded advocates and close family bonds are all important for your mental and emotional wellbeing. It is important to regularly connect and nourish these relationships to feel complete as a human being. Habit 21 will help you with this.
8. **Spiritual Health** ~ As the saying goes "for what profits a man if he gains the whole world and loses his soul?" Understanding you are a spiritual being having a human experience and acknowledging/connecting with a higher power is very important indeed for your spiritual health and your integrity as a human being.

Also...to feel genuinely fulfilled with your life, your spiritual health needs continually nurturing. Having a higher purpose/vocation (in line with your highest values) with the intention of benefitting fellow human beings and advancing humanity in some way (no matter how big or small), is nourishing for your soul and spiritual health. Taking care of your spiritual health will also help to keep you grounded and more fulfilled, habits 9, 12 – 15 and 17 - 21 will help you with this.

Model 2 ~ Emotional Vibration Chart (aka Map of Consciousness)



This chart is courtesy of the late Dr David R Hawkins MD who through extensive testing and research has mapped the range of human consciousness.

It is officially known as the 'Map of Consciousness,' however we're going to refer to it as the **Emotional Vibrational Chart** simply because that is easier to relate to in terms of health and getting you to focus on the key aspects.

It maps the 17 levels of human consciousness (each labelled as an emotion) on a scale of 1 – 1,000 which represents the levels of **energetic vibration** connected to the level of consciousness of each of the emotions.

You can see that the really good emotions of love, joy and peace are at the higher vibrational end of the scale and as we all know, feel really good. **That's where we all want to be!**

Conversely, fear, grief, and guilt etc, are at the lower end of the chart and don't feel so good to experience.

Important distinction...

We can all pretty much experience the whole range of emotions briefly from time to time. For example: we can be deliriously happy or really angry, these are fleeting short term emotional experiences.

However, underlying all of this, we each have an average vibration calibrating somewhere between 0 – 1,000. Dr Hawkins established that around 75% of the world's population is below 200 and only a small handful of people (less than 20) are above 600. Quite surprising!

There have been just a small number who have calibrated at the very top of the scale (enlightenment), here's 3 you may have heard of Jesus, Buddha, Krishna!

Instead of using the phrase average vibration, let's call it **resting vibration**.

The most important aspect of all ~ the higher your resting vibration, the better you naturally feel!

Now, it is quite obvious looking at the chart, if you have a higher resting vibration of say love (500) you are generally going to feel much better than if you had a resting vibration of anger (150).

This whole programme is devised to incrementally raise your vibration through all the actions/habits to continually move you up the scale.

Although on the surface you could be mistaken for thinking this is just a health and wellbeing programme, it's actually a feel-good programme as the repeated actions/habits are designed to push you up that chart so you vibrate higher and naturally feel better 😊.

The higher your vibration, the more conducive the energetic environment for the cells of your body.



Key note:

You cannot make big leaps in your resting vibration, for example: you cannot just go from say anger to love quickly, you can experience them as individual emotions in quick succession, but you have to go through each level in turn.

The chart is for your intellectual understanding, **your job is to simply focus on the recommended actions and mindset** with each habit as they will incrementally raise your vibration, slowly but surely.

And, more importantly, this isn't a quick fix, it's an incremental action programme for your lifetime (or until even better information is discovered and supersedes any aspect), hence why we want to help you install them as fixed habits.

Please burn this into your brain

It's your thoughts and corresponding feelings that are the driver with all of this as they **emit an energy field which affects everything around you.**

You attract whatever is vibrating on the level you're vibrating at, so **the higher up you get** on the chart (ideally love, joy and peace), **the better the circumstances and events you experience** and most importantly, **the better you feel!** 😊

How to Get the Most from this Programme

David and I created this programme as a 2-step process to learn each habit;

1. First step, **learning**: the information on each habit is to educate you on the importance to your health and **why** you should adopt the habit.
2. Second step, **doing**: you then know exactly **what** and **how** to do it, until it becomes a deeply ingrained habit.

Hopefully, you'll feel inspired to do each recommended habit until it becomes fixed and subsequently automatic for you 😊.

It just takes a bit of discipline first

The best definition of discipline I have heard is 'giving yourself a command and following it.'

The difference between discipline and habit is this;

Discipline is making decisions and taking actions using your **conscious** mind.

Habit is carrying out actions using your **subconscious** mind as you no longer have to think about it, you just do it.



So, once you have learned and understood the benefits of each individual habit, you just need a bit of discipline to carry them out daily until they become a fixed habit.

...and voila 😊!

Habits

We are all creatures of habit as this is how the unconscious mind operates when we repeat an action enough times.

Scientifically speaking, every single thought or action creates an electrical impulse across the neural pathways of your brain to create what are known as synapses. By repeating specific thoughts or actions you strengthen the neural pathways/synapses until they reach a point where conscious attention is no longer required. It then becomes stored in your subconscious mind and body, as a fixed habit.

If you repeat an action long enough the brain will naturally and unconsciously want to keep doing it and that is the plan!

Only 66 days needed!

There is a lot of talk about a habit becoming fixed after just 21 days, but recent scientific studies show it takes 66 days to fully ingrain a habit subconsciously.

David and I do 'earthing' (habit No 2) every single morning whatever the weather, we have done it for that long (several years) it would feel weird not doing it.

The first week or two is where the most discipline is required. After 66 days, you will have done it that many times, it will feel like the most natural thing in the world. It will be like getting dressed or brushing your teeth, you don't have to think about it, you just do it.

Start with the most important and build

Just so you don't feel overwhelmed by taking on lots of new actions all at once. I recommend you read the whole manual first to understand all the different habits.

Then start adopting the habits that feel the most important to you. As you'll see, some will take time, planning and experimentation to find what works best. With others, you'll be able to dive straight in.

You may have heard the word 'Kaizen' it is the fusion of the two Japanese words: "Kai" and "Zen" which mean respectively "change" and "good". We can translate this to **continuous improvement** or continuous, better, and positive changes.

Remember, these are habits you are ingraining for life to make big enhancements in your health and wellbeing, raise your energy and make you feel good.

We've put a full summary list of actions along with a tracking log for all 11 habits in the annex, for you to print off as a quick guide and tracker.



The 11 Essential Habits

I (Stephen), will now take you through the first 11 habits which are primarily related to enhancing the health of your physical body. The secondary benefits relate to multiple aspects (buckets) as you'll see 😊.



Our advice

Take your time with this information. Please don't feel you have got to get doing all the habits every day, you have this information for a lifetime.

Initially, it more important to understand what each habit is, why its highly recommended and the best way to implement it.

So just go through them at a pace that is right for you and start to implement as your circumstances permit.

Perhaps give yourself a week or two as a goal to implement all 11 into your regular routine, use a bit of trial and error where required, to figure out what works best for you.

So, are you ready to get going?

Habit No 1 ~ Optimal Hydration

*"All the habits will boost your health and vitality in a very positive way, However, **this one is the most important**, hence why its number 1."*



Optimal Hydration

Why is this an essential habit?

You are made up of 70% - 75% water and pretty much all of your bodies systems and functions, particularly the cells, rely on good hydration. This habit, done well, has alleviated and cured multiple ailments and conditions for countless people as they were simply the effect of a dehydrated body.

(n.b. I'll give you the links and references at the end of this section, so you can check them out for yourself if you want to).



Potential benefit

This habit alone has the biggest potential to change your health and wellbeing significantly, within a very short space of time. It is very often the solution to beating fatigue, raising energy levels, helping with weight loss, making your skin glow, anti-aging, healing multiple ailments, the list goes on!

So.... PLEASE PAY CLOSE ATTENTION 😊!

I often say to people “you wouldn’t wash your car with coffee!” to make them focus on the fact that their body needs adequate daily hydration. This simply means drinking plenty of water and eating foods high in water content (highly recommended, you’ll see why).

Copious amounts of coffee, tea, fruit juices, fizzy drinks and alcohol all have a dehydrating effect so **do not** count towards hydration.

Back to basics

Your body is made up of around 75% water when you’re born which reduces a little as you age, but nevertheless a large part of you is water.

Your body is designed to function in a well hydrated state to provide optimum health and vitality for you. All your body’s cells need regular hydration to operate all of your bodily systems and functions in an efficient way.

If your body is dehydrated, the systems start to struggle which manifests as a myriad of ailments and conditions as the cells cry out for water.

Quick story...

We’re all creatures of habit, I know one lady who woke every morning and drank a cup of coffee with 2 slices of toast. She then went off to work where she was greeted with another coffee, a further coffee followed within the hour, then before you know it, it was mid-morning coffee break 😊!

We all love a coffee, I certainly do, the problem was, this lady was only drinking coffee most of the day and very little water or any food high in water content.

This resulted in a few minor health problems along with fatigue and several aches and pains. The irony is, that lack of adequate hydration often invokes fatigue and lethargy resulting in people drinking more coffee to get an energy boost!

I made this same mistake

Going back to 2013 before I became educated on the benefits of good hydration, I had some bad habits around health as I didn’t know any better at the time.



I didn't drink much water back then and perhaps a little too much alcohol! Anyway, I had high blood pressure, acid reflux and gout (ouch!) and was on several medications to treat them.

After changing to better health habits and making sure I'm adequately hydrated every day, they've all magically disappeared, and I feel fantastic for it. I made several habit changes and believe that hydration played a very big role in curing my ailments.

In addition to this, I no longer have 'brain fog' which is when you feel groggy and lack focus, usually when you wake up.

About you

Do you suffer from brain fog, lethargy, headaches, muscular aches and pains, weight problems, bloating, constipation, acid reflux, poor sleep, joint problems?

If you can answer yes to any of these conditions, its highly likely you're under hydrated due to your current habits.

The problem with the medical industry is that they are trained to treat the symptom and not the cause. For example, the general advice for an acid reflux problem is to take an antacid tablet instead of looking at the cause of the problem (which is more often related to a lack of proper hydration) and treating that.

It is very easy to neglect in today's fast paced world where we seem to live in a habit loop of say...tea/coffee, carbonated soft drink, energy drink, some alcohol etc...which all contain water. As previously mentioned, they all have a dehydrating effect, so you need to counter this with good hydration.

How much water should you drink daily?

As a mid-fifties, UK based male measuring 1.83m, I drink (on its own) on a daily basis;

2.7 litres in Spring,
3.0 litres in summer,
2.7 litres in Autumn
2.2 litres in Winter.

This may seem a lot, but I find it very easy to do (habit) and it makes me feel super clean internally and super sharp mentally.

I'll give some recommended guidelines at the end of this section.

I also have a lot of food that is high in water content (includes a daily smoothie) as this is also important, so let's talk about that.

Food's high in water content (very important to know)

Recent research into hydration has discovered that plant-based water (from fruits, vegetables, roots, and seeds) is even more hydrating than water.



The reason is it's already purified, alkaline, full of nutrients/minerals and structured in a way that is easier for the cells in your body to absorb.

Adequately hydrating the cells of your body is what good hydration is ultimately about as they are the 'building blocks' that make up your body.

The water in food is known as structured water or gel water.

Food's high in gel water content:

Vegetables ~ Cucumber, Lettuce, Celery, Radishes, Tomatoes, Peppers, Spinach, Broccoli, Carrots, Brussel Sprouts, Cauliflower.

Fruits ~ Watermelon, Strawberry, Pineapple, Apple, Grapes, Blueberries, Grapefruit, Raspberry, Kiwi, Pears, Cantaloupe.

Seeds ~ Chia, sunflower, Hemp, Pumpkin, Flaxseed (although they are individually small, they hold far more gel water than you think).

Other ~ Ghee (a type of butter).

Anecdote

In Chris McDougall's best-selling book 'Born to Run' he talks about a hidden tribe in the Sierra Madres desert called the Tarahumara, whose young men run 50-mile races for fun!

They fuel themselves before the race with chia seeds and fermented corn beer and then carry a pouch of chia seeds whilst on the run. Not a drop of liquid water in sight!

Weight Problems?

If you are overweight or have weight management problems, it could be that you are mistakenly confusing thirst signals from your body with hunger signals.

Adequate hydration is a pre-requisite for weight loss and it's highly recommended you drink a glass of water or two, before each meal.

Skin

The largest organ in your body is your skin. Now I suspect you spend money on expensive skin creams to help feed and protect your skin?

To be blunt, it's pure commercialism! You can achieve amazing skin just by good hydration as **it's an inside job**.

Although that may seem controversial, just think about what happens to a plum when it is dried out...it turns into a prune!

Wrinkles have a lot to do with dehydration!



Keep well hydrated at all times to age better.

If you want to make your skin glow further (whilst saving money), I recommend trying natural coconut oil (cold pressed) which you can find in every supermarket. It is high in water content and full of nutrients, it is one of nature's little gems and it has multiple health benefits too (just google it).

Recommended Daily Habits

- ✓ **Drink: 8oz – 16oz of water (1 or 2 standard glasses) when you get up each day**, this will hydrate you after the dehydrating effects of sleep. In particular it will hydrate your brain which is very important for focus.
- ✓ **Drink: 8oz – 16oz (1 or 2 standard glasses) of water before each meal**, this will also help with weight management.
- ✓ **Drink: additional water** at any other time you feel dehydrated and need to quench your thirst.
- ✓ **Eat: some of the listed vegetables, fruits, and seeds** to top up with gel water, and/or blend some of the listed vegetables, fruits, and seeds into a nice smoothie.

Additional toilet breaks

I'm astonished at the amount of people who respond with "I'll be going to the toilet all day if I drink all that water" as though it's a bad thing. Regular visits to the bathroom every 2 – 3 hours are what our bodies are designed to do to eliminate waste and promote good health.

It's only the bad habit of inadequate hydration that reduces the need for the toilet. If you worried about having to get up in the middle of the night to use the toilet, simply front load your water (i.e. drink more of it earlier in the day) and make sure you go just before bedtime.

Take salt too

Another essential requirement for your bodies optimum health to get the minerals it needs, is regular salt intake. I recommended avoiding normal table salt and instead take either sea salt, Himalayan salt, or rock salt every day.

Take a pinch of it in a glass of water or smoothie, alternatively put a pinch directly on your tongue and wash it down with water. I put it in my daily smoothie and also take it separately with water each morning.

Useful links

Book: [Your Body's Many Cries for Water](#), Dr Fereydoon Batmanghelidj



Book: [Quench](#), Dana Cohen MD, Gina Bria
Web: www.drnanacohen.com

Web: www.hydratationfoundation.org

From the above listed links/books, you'll find multiple case studies of conditions that were cured by good hydration along with health boosting tips and suggestions.

Final word

The benefits of optimal hydration are huge, from beating fatigue, losing weight, eliminating pains, combatting premature aging, the list goes on!

Fall in love with water and foods high in water content (gel foods), **your body will love you for it** 😊.

Recommended habit action steps

- ✓ Start a daily adequate hydration routine immediately, using the recommended list on page 20 as a guideline.
- ✓ Getting into the habit of having water readily available by your side throughout the day (glass or water bottle).
- ✓ Experiment with different amounts of liquid water, different gel foods, timings etc, to figure what routine works best for you.

Habit No 2 ~ Earthing

“Tesla proved over a hundred years ago that the earth holds an unlimited supply of natural energy, here’s how to tap into it to boost your health and vitality.”



11 Essential Habits Jigsaw ~ so far...

1 - You're optimally hydrating and powering your system with the essential fluid of life.



Earthing

What is Earthing?

Glad you asked, earthing (also referred to as grounding), is where we harness the electrical power of the earth to assist us towards better health and a stronger immune system.

Did you know, planet earth is an electrical planet that has a natural frequency known as the Schumann resonance. Humans are also electrical beings and our connection to the planet (which is simply the flow of electrons into our bodies) is vital for our health and wellbeing.

The Problem!

Unfortunately, due to modern living and the advent of rubber and plastic soled shoes along with insulated housing (carpets, mattresses etc) we've become very disconnected from the Earth.

It gets worse, our environment is full electromagnetic radiation (EMF's), from devices, mobile phone masts, TV broadcasts, Wi-Fi, power lines, domestic wiring etc.

All this electromagnetic radiation induces voltages in our bodies, disrupting the internal electrical communications, which are a vital part of the function of our body's systems.

This means all the electrical items within your home may be having a negative impact on your health, which is backed up by a lot of scientific evidence.

The earthing solution

Simply by walking barefoot on the earth you become grounded and receive electrons from the earth to boost your health.

Walking on grass, soil, concrete, and the beach will earth you. Tarmac is non-conductive so doesn't work the same.

Have you ever wondered why you've felt so good after your summer holiday at the beach?

A large part of it is because you get lots of vitamin D from the sun and you spend a huge amount of time earthed (bare feet) to the planet. This combination has a very positive effect on your health and wellbeing as you're naturally energising your body.

Earthing indoors

Even if your daily life isn't conducive for earthing, let's say you live in a flat and it's difficult to get the opportunity to earth. Why not can bring the earth electrons to you!

You can purchase earthing products that will earth you in the home or workplace and even while you sleep with an earthing bedsheet.



David and I both sleep on an earthing bed sheet, so we're connected to the earth for several hours every night.

You can even get earthing sheets for your pets.

When to earth?

You can earth as much as you wish. The more time, the better, you can't overdo it.

The minimum I do daily, is a couple of 5-minute walks barefoot around my garden and all night on an earthing bedsheet. Some days, I'll spend a few hours barefoot in the garden, particularly in the summer.

Adopting the Habit

I wholeheartedly recommend you adopt the habit of walking barefoot in the garden twice a day as a minimum, perhaps early morning and in the evening.

Attention: Massage Therapists & Hands-On Healers

Grounding helped therapists who were experiencing higher stress to cope with those stressful situations by providing them with extra energy.

Grounding also helped those therapists who were experiencing higher levels of pain to become more relaxed with less anxiety, less depression and improved sleep.

These findings combined with the results of a prior study indicating improvements in inflammatory biomarkers, blood viscosity and heart rate variability (HRV) suggest that grounding is beneficial for therapists in multiple domains, improving health and quality of life.

Suggestion for therapists/healers

As a therapist/healer, you could purchase an ankle earthing strap that you plug in near to your treatment table/couch so you can wear it whilst working on the client.

Although your energy and healing power will already be enhanced through the habit of earthing, by being earthed during a treatment too, your healing can become even more powerful. Food for thought!

Useful links

Book: [Earthing, The most important health discovery ever!](#) by Clinton Ober, Stephen T Sinatra, Martin Zucker.

Movie: [The earthing movie](#)

Earthing products: www.groundology.co.uk



Earthing Research: Further clinical research

Case study: Earthing technology used in Tour De France to help the riders recover better overnight.

Therapist/healer study references;

- i) Zucker M, Goodbye pain and inflammation: Massage table grounding pad relieves therapists overuse injuries: *Dermascope* 2016; 108-109
- ii) Oshman JL, Earthing a new perspective on the cause and prevention of therapist burnout, massage, and bodywork 2016 74 – 81

Earthing study references

1. Chevalier G, Sinatra ST, Oshman JL, et al. Earthing health implications of reconnecting the human body to the earth's surface electrons. *J. Environ Public Health* 2012.2012:291541.
2. Ober C, Sinatra ST, Zucker M. Earthing: The most important health discovery ever! 2nd edition Laguna Beach, CA. Basic Health Publications. Inc 2014.
3. Oshman JL, Chevalier G, Ober C. Biophysics of earthing (grounding) the human body. In: Rosch P, ed *Bioelectromagnetic and subtle energy medicine* 2nd edition, New York CRC Press 2015: 427-448.

Final word

Once you understand the benefit of earthing, it's an absolute 'no-brainer!' It's free, very simple to do and will make you feel good 😊.

Recommended habit action steps

- ✓ Watch the earthing movie at the first opportunity (very inspiring!)
- ✓ I would recommend you do it as often as practically possible every day.
- ✓ Consider purchasing earthing products if circumstances permit.



Habit No 3 ~ Intermittent Fasting

“A little discipline with regards to your daily eating window (time between your first and last meal), will produce a fantastic set of health benefits.”



11 Essential Habits Jigsaw ~ so far...

- 1 - You're optimally hydrating and powering your system with the essential fluid of life.
- 2 - You're energising your body with the **incredible healing power of mother nature.**

Intermittent Fasting

What is Fasting?

Fasting is a voluntary abstention from eating food or drinking (except water, black tea/coffee) for a set period of time for health, weight management or spiritual reasons.

The technical term is intermittent fasting.

This is about a bit of discipline for some big rewards! If you are looking for;

- ✓ **Weight loss/weight management (without the misery of regular diets)**
- ✓ **Eat anything you want (within reason),**
- ✓ **Still have binges**

...this habit is the answer 😊!

So, what are the main benefits of fasting?

Here's what the research says about the powerful health benefits of fasting;

- ✓ **Improved body composition**
Fasting for periods of 12 hours or more has been shown to improve fat oxidation and fat-burning. Fasting has also been shown to increase the body's secretion of human growth hormone, which aids in preserving muscle and burning body fat.
- ✓ **More energy**
It's been observed that all mammals tend to be active when hungry and sedentary when fed. As counter intuitive as it might sound, energy levels tend to increase during extended fasts, due to a rise in the hormone adrenaline.



✓ **Gut health enhancement**

Fasting can protect the gut against the negative impacts of stress and can lead to increased microbial diversity and elevated rates of fermentation, making your gut and immune system stronger.

✓ **Appetite regulation**

Ghrelin, known as the “hunger hormone,” is responsible for cravings and making us snack when we really shouldn’t (we’ve all done it!). Leptin, on the other hand, is the hormone responsible for telling us that we’re satisfied. Balancing these two hormones is one of the driving factors behind appetite regulation. Fasting has been shown to regulate ghrelin, which allows leptin to normalise and appetite to balance out.

✓ **Immune system stimulation**

Mouse models have shown promising results for autoimmune conditions, specifically Multiple Sclerosis and Type 1 Diabetes. It’s hypothesized that fasting prompts the body to remove and replace damaged cells, as well as stimulate regeneration of damaged tissue.

✓ **Brain health benefits**

Periods of fasting can induce autophagy in your neurons, thus protecting nerve cells from degeneration. Fasting also increases the secretion of the brain hormone BDNF which aids the growth of new nerve cells and the formation of new neural pathways that can improve brain function as a whole, specifically memory and learning.

✓ **Heart health improvements**

Fasting has been shown to improve a number of blood lipid markers indicative of heart health including blood pressure, cholesterol, blood sugar, insulin sensitivity and triglycerides.

✓ **Longevity and disease prevention**

Autophagy is a repair process in which cells cleanse and repair themselves by removing old and damaged proteins and replacing them with new ones. This process has been associated with anti-aging, longevity, and improved metabolic health, and becomes accelerated during periods of fasting. Autophagy has major implications for longevity and anti-aging because it keeps cells young, healthy, and functioning optimally.

How to do it

For each 24-hour period, you set a period of hours where you don’t eat anything;

Example: Let’s say from 7pm in the evening until 9am the following morning (14 hours). You then consume all your meals within the next period, 9am – 7pm (10 hours).

The above example is my own normal fasting routine.

I have my first meal at 9am and last meal finished by 7pm with 1 meal in between, so I eat 3 meals a day in this 10-hour window.

If you’re a beginner, consider a 12-14 fasting daily fast with a 10-12 hour eating window.



Once you've become accomplished with daily fasting, you may want to consider a longer fast period, say 16-18 hours.

Of course, the good news is that you sleep for a large part of your fasting window, so it is easier than most people perceive, once you get into the swing of it.

The key is simply to discipline yourself to not eat after your eating period ends (avoid snacking while watching late evening tv!) until it becomes a fixed habit.

Important: If you're looking to lose weight, it's not a good combination to do fasting and reduce calorie intake as it can negatively affect your sex hormones. Just concentrate on consuming your normal intake of calories and your body will take care of the rest.

Allowable consumption: during your fasting period you can have as much water as you like along with tea and coffee (preferably without milk/cream). Herbal teas are good too.

What happens to your body?

During fasting, your body starts activating natural processes that create the benefits described on page 25 and 26.

One of those activations is called ketosis, this is a metabolic process that starts to burn stored fat when it runs out of glucose for energy.

With diet and calorie restriction, you're activating your metabolism to slow down. Now of course, calorie restriction will help you lose weight initially but unless you want to spend your whole life dieting (nobody wants that!), it's not a long-term solution.

Regular intermittent fasting on the other hand, activates multiple bodily processes that are conducive to weight loss/management and multiple health benefits.

Fancy a binge?

Fasting is very flexible; you can just choose your fasting hours to suit your objectives and lifestyle.

Let's say you've got a big social event coming and you want to have a big blow-out with everyone else there.

Just take a day off fasting and start again the following day.

If you want a regular binge, say once a week, just pick a set day and do it. So, let's say you fast with discipline 6 days a week from Sunday – Friday and then on the Saturday you can have anything you want at any time.

So, you can just 'pig-out' all day Saturday, eat anything you want, when you want 😊 as long as you are disciplined on the other 6 days.

Now you'll likely gain a few pounds by the end of that 24 hours, however by getting back to your disciplined fasting routine the next day, your body will very quickly get back to its normal composition.



Longer Fasts

Once you are comfortable with intermittent fasts, you may want to try occasional longer periods of say 24hours, 36 hours or even 3 days. But baby steps first!

I've personally been intermittently fasting since 2017 and it has helped me with my sleep and bowel movements. Yes, I feel super clean.

I've even done a 5 day fast, it took a bit of discipline as you go through certain physical and mental states along the way, but I felt great for doing it.

Further Research

I would like to mention something about an Italian doctor called Dr Valter Longo who is the author of the book called "**The Longevity Diet**".

Firstly, I will mention that I found out about Dr Longo by reading books by Dr Michael Mosley's 5:2 diet books.

By far the most powerful story I have read about fasting was in Dr Longo's book, it is a story by Jenni Russell (Times of London, 22nd April 2015).

The story is on pages 206-207 and entitled: '**Fasting Transformed Me After Medicine Failed**' very powerful!

Useful links

Book: [The Complete Guide to Fasting](#), Jason Fung MD, Jimmy Moore

Book: [Obesity Code](#), Jason Fung MD

Book: [The Longevity Diet](#), Dr Valter Longo

References (relating to benefits of fasting on pages 25-26)

All taken from the: **Fasting decoded guide**, published by [KION](#)

Final word

Once you understand the multiple health benefits of fasting, it's another 'no-brainer' especially if you're looking for weight loss/management and/or general health improvement.

Recommended habit action steps

- ✓ Start with baby steps, stay flexible and figure out what works best for you.
- ✓ Adopt a consistent **fixed eating window** as part of your daily routine.
- ✓ Try the odd longer fasting period.



Habit No 4 ~ Deep Breathing

"You can go 3 weeks without food, you can go 3 days without water but if you go 3 minutes without breathing, you're in TROUBLE!"



11 Essential Habits Jigsaw ~ so far...

- 1 - You're optimally hydrating and powering your system with the essential fluid of life.
- 2 - **You're energising your body with the incredible healing power of mother nature.**
- 3 - You're adopting a disciplined eating routine for a multitude of health benefits.

Deep Breathing

We all take breathing for granted and most of us are what I call shallow breathers. What I mean by that is we are mainly using the upper part of your lungs and not your full lung capacity like we're meant to, it's what I call sub-optimal breathing.

I believe breathing this way is akin to fast food for your lungs when you consider the benefit of optimal breathing. As we on average take around 23,040 breaths every day, this can have a big impact on your health.

I'm going to go a little technical here so that you understand what is actually happening in your body when you adopt this habit.

Heart Rate Variability (HRV)

Did you know a healthy heartbeat contains healthy irregularities?

Let us say your resting heart rate is 60 beats per minute, you could be forgiven for assuming that it beats 60 equal beats at one per second, like a clock.

However, there is a variation in the intervals between your heartbeats. The interval between your successive heartbeats can be, for example, 0.85 seconds between two succeeding beats and 1.35 seconds between another two, depending on what bodily function/system is being used at the time.

HRV is measured in milliseconds and you can feel the difference, try this;

Place a finger gently on your neck or wrist and find your pulse. You should feel that the longest intervals take place when you exhale, and the shortest intervals when you inhale.



Your HRV tends to be higher when you are fit and healthy, and your breathing has a direct link to it.

Just hold that thought for a second!

Let's now talk about your autonomic nervous system

This is a little technical but bear with me.... you have two sub-systems which operate different functions. There's the Parasympathetic Nervous System (PNS) and the Sympathetic Nervous System (SNS).

Put simply, your SNS is always looking for emergencies or what we more commonly refer to as the **'fight or flight'** response.

Now your PNS is what I would term your 'rest and restore' response system because it wants you to relax whilst it repairs and restores your bodily systems to their optimal working state.

Now in an ideal world we would be relaxed most of the time with only occasional spiking from the SNS when dealing with high stress or an emergency. Sadly, most people aren't living in an ideal world (too much negative stimulation!) and this leads to an unhealthy imbalance between the PNS and SNS.

Emotions at the lower end of the spectrum such as worry, anxiety, fear, anger, and depression are sure fire ways to unbalance the two systems and release cortisol which is the stress hormone.

Recent studies have found that when your fight or flight response (SNS) goes into overdrive and too much is produced over a prolonged period, it can cause the following health issues;

- Acid reflux
- Muscular pain
- High blood pressure
- Rapid weight gain
- Lack of sex drive
- Mood swings (which often show as depression/anxiety)
- Osteoporosis

So, **getting a good balance between your PNS and SNS is very important for both your physical and mental health.** Too much stimulation of your SNS over the long term will start to manifest as major disease/illness as the body is not designed to operate in this mode for prolonged periods.

Back to HRV and Breathing

You've heard the saying **'take a deep breath'** when confronted by a stressful situation or been told to calm your breathing?

This is very sound advice as it automatically activates your PNS which has a good effect on your HRV.



In a nutshell, by improving your breathing with slower and deeper breaths, you stimulate your PNS which improves your HRV and subsequently puts you more into rest and restore mode, which is very good indeed for your health 😊.

Relaxed breathing scientific study

The Indian journal of medical research carried out a breathing study in 2013.

Pranayama meaning breath-control is an ancient technique involving slow and rhythmic breathing.

The study found that regular practise of pranayama activates the PNS and decreases/deactivates SNS activity. It also improves cardiovascular and respiratory functions and decreases the stress and strains on the body.

Regular practise of pranayama has also shown to reduce blood pressure.

All the subjects in the study were asked to do was to take 6 nasal breaths per minute for a 20-minute period. This equates to a deep breath (inhale/exhale) every 10 seconds.

The researchers found that the subjects bio markers changed (positively) almost immediately when they started the relaxed breathing.

Nasal breathing

In the summer of 2018, I read a book called Chi Running by Danny Dreyer.

Chi running is a relaxed way of running during which you breath only through your nostrils.

My first thoughts about it were, how on earth do you do that when your body naturally wants to breathe through the mouth to take in more oxygen?

I tried it a few times but wasn't able to run far with my mouth closed. Anyway, intrigued by this, I then attended a workshop in 2019 and what I learned was incredible and led to me becoming a regular nasal breather for the amazing benefits.

In 2020, I then discovered a ground-breaking book called 'Breathe' by James Nestor. In the book I discovered many of his followers were taping up their mouths before going to sleep, so they were nasal breathing all night.

So, amazed by what they experienced I tried it myself and was very impressed...

My energy levels increased along with a heightened sex drive, my whole body seemed to operate more efficiently.

The science behind nasal beathing

These benefits can be put down to the role of **nitric oxide** as more is created in your system when you just breathe through your nose.



Nobel prize winner Dr Louis Ignarro discovered that nitric oxide functions as widespread signalling molecule throughout the body. The main benefits include;

- ✓ A lowering of blood pressure and improving blood flow to organs.
- ✓ A healthier heart and arteries.
- ✓ Good for learning, memory, and recall.
- ✓ Aids the digestion process.
- ✓ Promotes erectile function and sexual arousal.
- ✓ Protects the skin against ionising radiation from the sun.

Men suffering erectile dysfunction were found to have low levels of nitric oxide.

Bad news – high sugar and/or highly processed foods lower nitric oxide levels in the body. Also, Dr Ignarro says don't use mouthwash as it wipes out essential friendly bacteria within the mouth which affects the processing of nitric oxide.

Good news – both root and leafy vegetables raise levels of nitric oxide in the body.

So, in essence, having more energy from a better functioning system along with a better memory and sexual arousal capacity is all in your hands through nasal breathing and a decent diet!

Start right now

As you've been reading this section you've probably been paying attention to your breathing to check if you automatically breathe through your mouth. Yes?

If it's something you're not familiar with, I recommend your just start slowly for a few minutes each day and then build it up over say 3/4 weeks to 20 minutes a day.

After a few months you'll be able to sleep overnight with your mouth taped up (if you wish 😊).

Nasal breathing is also a great way to relax and lead you into a meditation (habit 9) and enter some very blissful states, we highly recommend combining the two habits daily.

You'll find that when you need to concentrate very carefully, for example: threading a needle, you instinctively start breathing through your nose as it calms your system and makes the task easier.

The increased air resistance through nasal breathing increases the vacuum in the lungs and helps us draw in 20% more oxygen giving the heart and lungs a further workout too 😊.

Recommended habit & technique

I wholeheartedly recommend you start a relaxed breathing habit every day for 20 minutes if you can or for as long as you can. If you're pushed for time, why not combine it with meditation habit (No 9).



The technique I recommend as follows;

- Sit in a comfortable position (where you won't be disturbed) and close your eyes.
- Breathe in deeply through your nose (fill your lungs) for a period of 4 seconds,
- Hold it for 2 seconds,
- Breathe out through your nose for a period of 4 seconds.

If you are uncomfortable with nasal breathing, it's fine to breathe through your mouth. This habit will help you become mindful of your breathing, something we often take for granted.

Warning, there are unavoidable side effects, you won't be able to stop yourself feeling good and very relaxed 😊!

Recommended books

[‘Chi Running’](#) ~ Danny Dreyer

[‘The Oxygen Advantage’](#) ~ Patrick McEwan

[‘Breathe’](#) ~ James Nestor

Study References

Indian Journal Medical Research 2013,
PMCID PMC 3734683
PMID 23760377

A V Turankar, A D Joshi, S Jaint, B N Vallish, S B Patel, P R Mane, S R Sinha, S A Turanka.

Article: **‘How to breathe your way to better memory and sleep’** – Caroline Williams, New Scientist 8th Jan 2020.

Final word

Conscious breathing, especially nasal breathing does wonders for both your physical health and mental wellbeing. Just like meditation, this is a beautiful way to feel better, relax and connect with who you really are.

Recommended habit action steps

- ✓ Practise the recommended technique (4 seconds in, 2 seconds hold, 4 seconds exhale), experiment and find out what works best for you.
- ✓ Get into a daily routine of conscious nasal breathing as often as you can, if even if it is just the odd deep nasal breathe, throughout the day.
- ✓ Consider combining it with meditation (habit 9).



Habit No 5 ~ Quality Sleep

“You spend around 30% of your life asleep to recharge your body and the quality of your sleep has a profound effect on how you go through life!”



11 Essential Habits Jigsaw ~ so far...

- 1 - You're optimally hydrating and powering your system with the essential fluid of life.
- 2 - **You're energising your body with the incredible healing power of mother nature.**
- 3 - You're adopting a disciplined eating routine for a multitude of health benefits.
- 4 – **You're optimally breathing to help your body & mind function more efficiently.**

Quality Sleep

This is your second most important habit after hydration (habit 1)!

Did you know that poor sleep patterns and lack of sleep are linked to weight gain!!!

Here's how....

- When you're sleep deprived, your metabolism slows down.
- The level of cortisol is then raised making you want to eat more.
- It also causes up to a 20% imbalance in Ghrelin (your hunger hormone) making you want to eat more.

It gets worse...

- If you lose 90 mins of regular sleep, it is akin to drinking alcohol before making decisions as you lose up to 30% of your brain power.
- It slows down your reaction time by 33% (think car accidents etc).
- Lack of sleep can affect you on 3 levels, physically, emotionally, and cognitively.



My wake-up call!

Firstly, I'd like to say that I sleep very well each night because I know (in terms of the environment) how to get a good night's sleep.

This wasn't always the case as I often used my phone and tablet late at night until I became aware of the dangers and then studied the subject in depth.

The blue light emitted from devices is known to affect people's ability to fall asleep by interfering with their natural body clocks.

I discovered this in 2014 and happy to say I've generally had very good sleep since then because I have a cut-off point at 9pm every night. After 9pm I don't watch any screens at all, the TV goes off and any devices are put away until the following morning.

What about you?

Important: Do you watch TV, Netflix, Amazon, YouTube etc in the bedroom on a TV set after 9pm, or with your device perched on the bedside table after 9pm?

If you answered Yes, you are setting yourself up for a poor night's sleep and the potential issues highlighted at the start of this section.

My home routine

To maximise the sleep quality for myself and everyone else in the house, here's the routine;

By 9pm latest, all devices are moved to a spot 51 feet from the bedrooms (that's the furthest distance we can get in the house).

We use old fashioned alarm clocks so there's no phone alarms allowed in the bedroom as this would enhance the Wi-Fi signal next to the bed (also disruptive to health).

I'll give you details shortly of the alarm clock I use and recommend (silent sweep).

3 activities only

To help maximise your health and wellbeing with regular good quality sleep, your bedroom should only be used for 3 things...

- ✓ Sleeping
- ✓ Sex
- ✓ Reading (paper-based media only)

It may feel like a trip back in time prior to the 90's 😊 but your health will benefit massively from it. We'll all know this deep down and besides, all the messages, news, and other rubbish we've become so embroiled in, will still be waiting for you in the morning.



Look at the additional bonuses...

- ✓ Your quality and (most likely) duration of sleep will increase.
- ✓ You're likely to read more paper books (great for your mental health)
- ✓ You're likely to talk more and connect with your partner
- ✓ And you're likely to have lots more sex (assuming your partner adopts the routine too) which has multiple health benefits (see habit 11 for more!).

Improving your sleep quality

Research shows that humans get the most beneficial sleep between **10pm – 2am**. This is the sweet spot and it's all to do with us being connected to mother nature and synchronising her natural cycles with your natural cycles (known as your circadian rhythm, more on that later).

To aid this, your bedroom ideally should be a place of darkness during these hours not lit up like a busy fairground with electronic devices.

When we lived in caves back in the day, we naturally slept in tune with mother nature by going to sleep when it was dark and getting up when the sun came up.

Although technology now allows us the option of 24-hour light/activity, we're still biologically programmed to just rest/sleep when its dark (modern life has gradually reprogrammed us away from our natural sleep cycle 😞).

So, even if you are getting lots of undisturbed sleep between 2am – 9am, you're still missing the quality sweet spot from 10pm – 2am.

Did you know that you generally sleep in 90-minute cycles, so if you can naturally wake up at the end of a 90-minute cycle, you will feel more refreshed!

To put that into perspective, 6 hours sleep = 4 cycles, 7.5 hours sleep = 5 cycles, 9 hours sleep = 6 cycles. The ideal regular sleep duration should equate to a certain number of consecutive 90-minute cycles (for example: 4, 5 or 6) depending on what duration feels best for you.

And we all know that when it comes to sleep, there's no better feeling than naturally waking up and feeling refreshed and energised ready for the day ahead 😊.

Napping tips

If you're needing a nap to re-energise;

The best time to nap is between **1pm – 3pm**.

The second-best time is **3pm – 5pm**.

If you would like a power boost (trick used by the elite);



Make a fresh black coffee, put some ice cubes in it to cool it down, drink it quickly and take a nap for 25 – 35 minutes. When you wake, you'll be supercharged for the next 4 hours!

Summary of good sleep practises/habits

- ✓ Keep your bedroom cool.
- ✓ Keep your bedroom as dark as you are comfortable with.
- ✓ Try not to exercise 3 hours before you sleep.
- ✓ Don't drink caffeine after 6pm (or very little).
- ✓ Use a battery alarm clock and not a device (we recommend; [Acctim Model 14112 silent sweep alarm clock](#)).
- ✓ Remove all electronic devices from your bedroom by 9pm.
- ✓ Permanently remove the TV from the bedroom (bad habit!).
- ✓ Get into a routine of falling asleep as near to 10pm as you can.
- ✓ Adopt a sleep duration focused on a specific number of full 90-minute sleep cycles (as opposed to a set number of hours).

Circadian Rhythm Synchronising

Let's go up a notch and talk about the importance of your circadian rhythm.

It was in 2018 when I first discovered that humans, animals, and plants all have a circadian rhythm.

What is a circadian rhythm?

Circadian rhythms (or codes) are physical, mental, and behavioural changes that follow a daily cycle. They respond primarily to light and darkness in the environment of living organisms.

In a nutshell, your body is naturally in tune with the rhythm of mother nature and all the planets and stars (hence astrology affects us all).

This is why we generally sleep at night and are awake during the day. When you synchronise your general routine with your circadian rhythm, you'll feel much more energised and productive!

Conversely, this is why regular night shift workers have a propensity for weight gain and potential health problems as they're very often out of tune with their circadian rhythm.



Body clocks

You have more than one body clock. In fact, every single cell in your body has its own body clock.

Each cell contains a biological clock and is programmed to turn on and off thousands of genes at different times of the day and night to help your body function efficiently. These genes influence every aspect of our health.

For instance, when we are healthy and in tune with our circadian rhythm, we generally have a good night's sleep and, in the morning, we wake up feeling fresh and energised.

We have a healthy appetite and a clear mind. In the afternoon we have a good amount of energy and in the evening, we are tired enough to go to sleep easily.

The science behind it

Before we get into the benefits such as weight loss, good healthy sleep, and healthy digestion, I will touch very briefly on the science aspect, if you want to research it further.

The 2017 Nobel prize recognised the important impact your circadian rhythm has on your health. More importantly, the negative impact if you're out of tune!

The Salk Institute for Biological Studies have carried out a lot of work on the effects of our circadian rhythms and associated health benefits. They have produced many medical articles, notes, and reviews that you can find online.

My routine (working in tune with my circadian rhythm)

After discovering this information, I changed my routine to have it working in my best health interests, as follows;

I don't eat any food after 7pm and don't look at any screens (phone, tablet, laptop, TV) after 9pm.

I'm tucked up in bed by 10pm and awake at 5.30am feeling fresh as a daisy.

'Modern day' bad habits and the effect on your health

It is very easy to put your circadian rhythm out of balance, as follows...

- **You are looking at screens emitting blue light (phone, tablet, laptop, TV) after 9pm and doing it in the bedroom;**

The blue light stimulates parts of your brain the same way daylight does. This gives you a cortisol spike which wakes up many of your body clocks, causing sleep problems. Cortisol spikes in-turn lead to weight gain as they stimulate hunger.



➤ **You eat after 9pm;**

You wake up thousands of cells and genes that must now go to work to help you digest the food. This will make it harder to go to sleep as parts of your body that naturally want to rest at this time of day, are now stimulated into action.

➤ **You regularly go to bed quite late;**

As previously mentioned, the sweet spot for quality sleep is between 10pm – 2am in tune with your circadian rhythm. If you are regularly missing out on a lot of this 4-hour window, you deprive your body of quality refreshing sleep which can deplete your energy levels and focus.

Weight loss

Harvard scientists and Spanish weight loss nutritionists found that individuals who spread their calories over a long period of time (meaning that they eat the same number of calories but later into the night) **did not lose much weight.**

However, people who ate bigger meals during the day and refrained from eating at night (6pm cut off) actually lost a substantial amount of weight.

This means that regardless of which kind of calorie restricting diet you follow...

WHEN YOU EAT is just as important as WHAT YOU EAT.

Have you noticed since we have all become addicted to screens, we've collectively become fatter and have worse sleep patterns from all the blue light in our bedrooms 😞.

Obesity

Disrupting your circadian rhythm is a major contributor to obesity as reduced/poor sleep confuses the brain hormone (ghrelin) that regulates hunger.

Your brain cannot predict how long you are going to stay awake and since being awake requires more energy than sleeping, it produces more of the hunger hormone.

Also, we crave energy dense foods when we are over tired and over eating, and these foods consequently increase the chances of obesity.

Sleep deprivation also makes us lethargic and less active, which also contributes to fat storage.

Good circadian practises

Think a little like a caveman (generally)...be awake and up when the sun comes up and get to bed and sleep when it gets dark.



5 key daily actions;

1. **Get up around the same time every day** ~ the earlier the better as when daylight hits your eyes in the morning, it stimulates your systems. Just get up and start your day (ever notice that you actually feel more sluggish later in the day after a long lie in at the weekend?).
2. **Have an early eating cut-off time** (say 7pm), the earlier the better.
3. **Don't engage with any blue light emitting device after a certain time** (say 9pm), again, the earlier the better.
4. **Keep all blue light emitting devices out of the bedroom** (no excuses, use an old-fashioned alarm clock).
5. **Get to bed by 10pm or as close to it as possible** (10pm – 2am is when you get the best quality sleep).

Want an occasional late-night session?

Of course, you do! Just go ahead, there'll be occasions when you're at a party or having a celebration and you don't want to be the boring one 😊. So have fun in moderation and just get back to the routine the day after.

Final word

Adopt as many of the good sleep practises/habits as you can. Your body, mind and general health will love you for it and you'll feel more energised.

Always work in sync with your circadian rhythm for multiple additional benefits and sleep well 😊.

Recommended books

['Sleep Smarter'](#), Shawn Stevenson

['The Circadian Code ~ Lose Weight, Supercharge Your Energy & Sleep Well Every Night'](#) ~ Satchin Panda

References

MacGill, Markus. "Obesity link to lack of sleep suggested by brain scans." Medical News Today, article 264539 written 7th Aug 2013.

D. F. Kripke et al "Mortality associated with sleep duration and insomnia." Archives of general psychiatry 59 No2 (2002) 131 – 36.



C. Cajochen et al, "Evening exposure to a light emitting diode (LED) backlit computer screen affects circadian physiology and cognitive performance." Journal of Applied Physiology 110 No5 (2011): 1432 – 38.

Recommended habit action steps

- ✓ Look at your current routine (around eating, sleeping, and using devices) and adjust your sleeping environment in line with the recommendations.
- ✓ Adjust your daily routine in line with the 5 recommended circadian actions to make it more conducive to quality sleep.
- ✓ Use the additional bedroom time (without electronic stimulation) to nourish your mind and body (read paper-based materials or see habit 11 for inspiration) 😊.

Habit No 6 ~ Regular Laughter

"Laughter is the best medicine! 😊"



11 Essential Habits Jigsaw ~ so far...

- 1 - You're optimally hydrating and powering your system with the essential fluid of life.
- 2 - You're energising your body with the incredible healing power of mother nature.**
- 3 - You're adopting a disciplined eating routine for a multitude of health benefits.
- 4 – You're optimally breathing to help your body & mind function more efficiently.**
- 5 - You're energising and recharging your body with a quality sleep routine.

Regular Laughter

Let's start with some research.

In 2005 a study was carried out at the University of Maryland School of Medicine. The researchers looked at the effects of laughter on the endothelium, this is the inner lining of the blood vessels.



They found that it is conceivable that laughing is important to maintaining a healthy endothelium and reduce the risk of cardiovascular disease.

Laughter can reduce the levels of stress hormones in the body such as cortisol, epinephrine, and adrenaline.

These hormones can cause multiple health issues including, weight gain, heart strain and sleep issues.

However, laughter releases endorphins which acts as an antidote to stress hormones.

In a nutshell...

'Stress is a killer; Laughter is a healer!'

The multiple confirmed health benefits of laughter...

Professor William Fry and his team at Stanford University carried out multiple studies on humour and laughter over 30 years. Here are the conclusions,

- 😊 Laughter provides enjoyable exercise both toning and relaxing muscles.
- 😊 Laughter is an internal organ massage and leaves our insides feeling invigorated and alert.
- 😊 Laughter helps us stay healthy (releases endorphins that work wonders) and even assists in managing pain or illness.
- 😊 Laughter helps to protect us from colds and viruses as it increases the levels of an antibody (Immunoglobulin A) in the nose and respiratory passages.
- 😊 Laughter increases levels of natural killer cells and antibodies to boost the immune system.
- 😊 Laughter stimulates the production of lymphocytes containing T-cells that fight cancer cells.
- 😊 Laughter engages every major system in the body.
- 😊 Laughter reduces the levels of stress hormones.
- 😊 Laughter enhances problem solving skills.
- 😊 Laughter brings us closer to other people.
- 😊 Laughter activates our tear glands to brighten our eyes.
- 😊 Laughter raises our vibration and makes us FEEL GOOD 😊!



Not only are there multiple health benefits to laughing but you get to feel good every time and its FREE 😊.

We should all be laughing more, and don't we know it!

Suggestions...let's get practical

Hopefully, you'll have a few opportunities to have a good laugh through the natural course of your day.

✓ **Aim to have at least one good belly laugh every day.**

This is a habit you can't really overdo, it's simply about creating an environment that allows you to have a good laugh(s) every day.

Spend a bit of time putting together a laughter package, perhaps find places with an endless supply of humour that makes you laugh, this could be...

- 😊 You tube videos of whatever makes you laugh.
- 😊 You tube classic comedy clips.
- 😊 Clips of favourite stand-up comedians.
- 😊 Jokes (Facebook is full of humour related groups).
- 😊 Funny Meme's (social media has an endless supply).
- 😊 Baby laughter (loads of online clips) impossible not to laugh with them.
- 😊 Contagious laughter videos online.

It's whatever works for you, just bookmark/join/save different media that you know will make you laugh and visit regularly.

Try not to laugh or smile!

Coming up is a link to the 'man laughing on a train' video that has been very popular on social media, it was done to promote a campaign called "Choose Happiness."

Concentrating on his pad with his earphones in, he starts laughing very loudly at what he's watching, this captures the attention of everyone in the carriage who instinctively all start smiling and laughing too. View [here](#).

Pattern breaker

If you're having a bad day, where you're just not feeling it and your vibration is lower than normal, you can disrupt this lower vibration with what is known as a pattern breaker.



Find something from your memory bank that had you in fits of laughter at some point in your life. Something that was so funny that even the thought of it now, makes you laugh and feel good.

Then, when you're feeling a little low, just think about that event, the associated neurons in your brain will automatically fire and recreate the feel-good emotions connected to it.

Use it as an instant way to raise your vibration any time you want to feel good 😊.

References

'University of Maryland Medical Centre (2005), University of Maryland School of Medicine shows laughter helps blood vessels function better' (7 March) study summary available [here](#)

Here's a webcast with Professor William Fry explaining '[The Science of Laughter](#)'

Final word

This habit is similar to habit 11 in that it is naturally very pleasurable, and you should want to do it, not just for the health benefits but you get to feel really good as a consequence, there's no downside 😊!

Recommended habit action steps

- ✓ Turn off the daily negative brainwashing programmes (aka 'the news' 😊).
- ✓ Using the practical suggestions to create an easily accessible file/catalogue (images, videos, books etc) of things that make you laugh and feel great 😊!
- ✓ Make time to have at least one really good belly laugh every day 😊.
- ✓ Create a powerful pattern breaker and to use when needed 😊.



Habit No 7 ~ Gut Health Regime

"All disease begins in the gut!" - Hippocrates



11 Essential Habits Jigsaw ~ so far...

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- 2 - **You're energising your body with the incredible healing power of mother nature.**
- 3 - You're adopting a disciplined eating routine for a multitude of health benefits.
- 4 - **You're optimally breathing to help your body & mind function more efficiently.**
- 5 - You're energising and recharging your body with a quality sleep routine.
- 6 - **You're feeling good as you laugh your way daily to multiple health benefits 😊.**

Gut Health Regime

Regarded as the father of modern medicine, Hippocrates suggested more than 2000 years ago that all disease begins in the gut.

Technically he was incorrect in suggesting this, however, scientific evidence shows that many chronic metabolic diseases do.

Nevertheless, what is undeniable, your gut bacteria and the integrity of your gut lining strongly affect your health.

My experience from unhealthy to healthy gut

In the past I had a few bad habits in terms of health, I regularly drank plenty of alcohol and ate a lot of what I deem as 'dead' foods such as crisps and biscuits (as opposed to live foods such as fruit and vegetables, which are living and pulsing with enzymes before purchase/consumption).

As previously mentioned, my not so healthy diet and general lifestyle around 2013 and the preceding years, was accompanied by high blood pressure, gout, and acid reflux.

These ailments brought me a lot of discomfort, so I started searching for ways to ease them. On the 29th Dec 2013 you could say I had a massive knee jerk reaction as I gave up alcohol on the spot.



My family were amazed that I gave it up between Christmas and new year when I was known for liking a drink. When I say 'knee-jerk' reaction, I poured £200 worth of booze straight down the sink, I was that focused and serious about changing my ways.

Over the following weeks I started to feel better, and my sleep improved considerably.

However, my diet was still the same and the acid reflux was a continuing problem, so I started to research about the effects of food on the body.

I was on a mission and became a bit of a GUT DETECTIVE and discovered some very good information that made a profound difference on my health 😊.

Information that is essential to good health for everybody!

Healthy Gut, Healthy You.

I discovered facts about the environment of our guts which is called the GUT MICROBIOTA, here are some facts about the body's microbiota.

The human microbiota is made up of trillions of cells, these are microorganisms including bacteria, viruses, and fungi. Much of this microbiota resides in the gut.

The number of microorganisms living inside the gastrointestinal tract equate to around 4lbs of mass. These microorganisms are very important for your immunity, general health and the effects on your brain and behaviour. Some scientists are even calling our gut 'our second brain'.

Most important of all, it's the food that passes through your gut that determines the health of your microbiota, which subsequently has a big effect on your overall health.

Boosting my microbiota

After discovering that what you eat has a profound effect on many key elements of your health and how your body functions, I started to change my diet.

It was time to cut back on what I call dead (processed) foods and increase the amount of live (grown in nature) food into my diet. And even more importantly, to eat foods that are specifically good for my gut health.

Kefir and fermented foods

It was later in 2014 when I discovered Kefir and fermented foods and in a relatively short time my medical conditions became a thing of the past. I haven't taken any medication since.

You've probably heard the phrase 'healthy bacteria' or 'healthy bugs' through marketing campaigns, usually for live yoghurts. Healthy bacteria/bugs are simply referring to bacteria that is beneficial for your gut microbiota to help it function effectively.



Here's a list of recommended foods teaming with healthy bugs to boost your microbiota;

- ✓ Kefir
- ✓ Live yoghurt
- ✓ Kimchi
- ✓ Kombucha
- ✓ Sauerkraut
- ✓ Radish
- ✓ Pickled foods (cucumber, garlic, beetroot)
- ✓ Natto Miso

I very highly recommend you get several or all of these foods into your diet.

You'll find them all on the shelves of any decent sized supermarket. The kefir and live yoghurt are generally in the milk/yoghurt aisle. Radishes in the salad aisle and the rest are generally in the pickled food aisle.

More about Kefir

I put this one at the top of the list based on the number of healthy bugs it contains which is over 50!

It is the ultimate super food in my opinion. You can buy it off the shelf in the supermarket or buy some kefir grains and make your own.

I've been making my own since 2014 and have it every day, usually in a smoothie. I give it to my dog too.

Did you know...the core of an apple is also teaming with healthy bugs. You can just eat it or blend into a smoothie.

Book Recommendation

['Healthy Gut, Healthy You'](#) Michael Ruscio

Final word

The title of the book recommendation says it all, 'Healthy Gut, Healthy You 😊!'

Recommended habit action steps

- ✓ Eat more live foods.
- ✓ Reduce the amount of processed food and alcohol.
- ✓ Incorporate gut friendly foods (from the recommended list) into your diet.



Habit No 8 ~ Regular (Basic) Exercise

“Walking is the best possible exercise. Exercise equals endorphins. Endorphins make you happy 😊”



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- 3 - You're adopting a disciplined eating routine for a multitude of health benefits.
- 4 – **You're optimally breathing to help your body & mind function more efficiently.**
- 5 - You're energising and recharging your body with a quality sleep routine.
- 6 – **You're feeling good as you laugh your way daily to multiple health benefits 😊.**
- 7 – You're supercharging your health & immune system with a focused gut health routine.

Regular (Basic) Exercise

Exercise is one of those things that some people love, some people tolerate, and some people loathe. But the most important aspect, that we all know is that exercise in some form, is very good for our health and wellbeing.

If you enjoy it and exercise regularly then that's wonderful, you'll already be receiving the health and wellbeing benefits. The more you can do, the merrier!

If you do very little or no exercise, then this habit is very important for you.

Getting outdoors

This habit is simply about getting outdoors every day and going for a walk, in nature where possible. If you live in the city, just head for the nearest park.

Research tells us that just by walking in nature you experience the following;

- ✓ A boost in energy levels
- ✓ A reduction in stress levels
- ✓ A reduction in anxiety/depression
- ✓ A feeling of calmness and positivity
- ✓ Improved cognitive functions
- ✓ Burning calories
- ✓ **A feeling of wellbeing (enhanced by vitamin D from the sun)**



It's also free 😊!

The elite families have always made it a daily habit to go for a walk on their estates. as they understand the importance from a health and wellbeing point of view.

Whether it's doing a form of exercise or just getting out for a walk, it will flood your system with endorphins and serotonin, the feel-good hormones 😊.

Bad 'modern day' habits

I'm concerned about the growing amount of people using their cars when they could have easily walked to their destination in minutes.

I regularly see this with supermarket car parks and school runs. I understand the convenience of it and sometimes it's completely practical, however there are many times when the journey could have easily been done on foot.

With school runs, there's a double bonus as both the parents and the kids can become fitter just by walking to school every day.

In my health talks, I often refer to the car as the British umbrella as huge numbers of people automatically revert to it when it's raining. My answer is buying more umbrellas and tell the kids to put their coats on.

Just 20 minutes a day

I personally walk the kids to school every week day, no matter what the weather. We notch up 7,600 steps per day just on the school run. What a positive impact on our health and wellbeing that we don't even have to think about, as it's a habit.

If you need to take your kids to school by car for practical reasons, find 20 minutes somewhere else in the day to walk (in nature if possible). This alone will improve your health markers and give you the benefits highlighted in the 'getting outdoors' paragraph.

Just 20 minutes a day will reduce the risk of type 2 diabetes, help maintain a healthy weight and lower the risk of heart disease. It's also the lowest risk of injury of all activities and aids hydration (movement helps the internal hydration process in your cells).

If you have kids, try, and take them with you as often as you can. I appreciate it's not always the easiest thing as they'll see it as boring but with child obesity on the rise it could make a significant difference to their health.

If 20 minutes is a bit of a stretch due to time or health reasons, start with 10 minutes and build from there.



Consider conscious walking

Most people are in such a rush to get where they are going, they aren't paying much attention, they're on autopilot which is walking unconsciously. This is often head down, back arched, staring at a mobile phone screen.

To walk consciously, you are switching your brain chatter off and simply becoming fully aware of and noticing your surroundings as you go.

Breathe deeply, listen to your own footsteps, and feel the wind/rain/sun on your skin. This will bring you into the moment and improve the experience 😊.

Changing your mindset around exercise

In the busy lives we all lead nowadays, we often do activities on autopilot for convenience, let me give you an example;

Notice when you're next going into a supermarket car park or a retail park how most people try and park as close as possible to where they intend to go.

Now this seems obvious, however from my experience, you can actually get there quicker if you park more centrally in the car park.

The reason is that as most people go for the closest spaces, so it often takes a little bit longer to park (as more activity in that area) whereas more central spaces tend to be easier and quicker to park.

So, you'll often find you can get into the shop quicker by parking slightly further away and walking the rest (smiling at the other people still parking up as you pass them). More importantly, you're getting more exercise into the bargain and feel better 😊.

Why not make it a habit to park further away from where you're going and walking the rest of the way? All the extra steps with habits like this add up to more calories consumed and more feel-good chemicals in your bloodstream!

Track your steps (suggestion)

There are many phone applications (apps) that will track the number of steps you take.

I personally use a tracker watch so I don't have to take my phone/gadget with me every time I do exercise.

By setting a daily target of say 8,000 steps, you then have an incentive to get out and walk to make sure you hit your target.

Its infectious, not only does it get you into the habit of doing a certain amount of daily exercise, but you also feel good when you hit your target 😊.

Its, win, win as they say!



Unconscious exercise tools

Here's a couple of little gems with some (almost) effortless benefits!

1. Exercise ball

It started with an experiment!

I did this in my own home to see what happened...

I placed a 55cm exercise ball (aka yoga or gym ball) in the middle of my living room, out of curiosity.



What happened next was totally unexpected.

Every time somebody went into the living room to watch TV or read, they automatically put their feet on the ball (whilst sat on the sofa) and started moving the ball around with their feet.

The thing is, they didn't even realise they were doing this, it was subconscious. Sometimes it lasted for an hour or two.

On another occasion, I brought it into the room when David and myself were having a meeting, as I wanted to explain my experiment to David.

Anyway, I left it in the room with David while I went to put the kettle on and when I came back into the room, he was sat on it bouncing 😊. Its infectious, you can't leave it alone when its right in front of you.

Generally, you would either lay down or sit up on your sofa or chair to watch TV. Either way, your legs are going to be fairly static.

Now if you are just resting your feet on the exercise ball, something magical starts to happen after about 30 seconds.

You automatically start to move the ball with your feet, it happens every time, its irresistible 😊!

It works best if you just leave the ball around, so it is always nearby when you sit down (unconscious temptation). However, if you like having the living room very neat, simply hide it away and get into the habit of bringing it out when you're relaxing in there.

2. Mini trampoline

Also known as a rebounder, this is an exercise tool with fantastic benefits;

- ✓ Burns calories.
- ✓ Boosts your immune system.
- ✓ Strengthens your core.
- ✓ Stimulate your lymphatic system.
- ✓ Improves your posture.



Like the exercise ball, you can leave it around and jump on for 5 minutes here and there (whilst the kettle's boiling) and have some fun.

This is brilliant for kids exercise as they can't resist regularly jumping on it, I walked in on my grandson bouncing on mine, whilst playing video games 😊.

You'll find yourself using it without even thinking about it, so will the kids!

Unconscious workout

I came to realise both tools were a simple way to get a workout and burn a few calories for very little effort!

People are just drawn to play with both without really noticing.

So, you and the kids can watch TV and get a workout without paying much attention as your sub-conscious takes care of it 😊!

Brain studies

Now let me explain, I have read many studies showing how exercise is beneficial to the human brain and this includes light exercise.

Our brains are more like Play-Doh than Porcelain. It is an adaptable organ that can be moulded by input in much the same way as a muscle can be sculpted by lifting dumbbells.

The more you use it, the stronger and more flexible it becomes.

Fidgeting study

It gets better!

In 2016 a major study was published involving 12,776 British women who were followed closely to identify one thing and one thing only.

Would fidgeting protect their longevity?

The study concluded **IT DID**. Women who sat for 7 hours a day or more were associated with a whopping 43% increase in the risk for all-cause mortality.

Compare this to women who fell into the middle or even high categories of fidgeting. They had no greater risk of dying even when they sat for 7 hours or more each day.

Remember the optimal hydration habit (habit 1), light movement or just fidgeting also helps transport the water through the fascia around your body and into your cells where it's needed.



Study reference

Hagger-Johnson, G et al “Sitting Time; Fidgeting and All-Cause Mortality in the UK Women’s Cohort Study” American Journal of Preventative Medicine 50, no 2 (2016) 154 – 160.

Book recommendation

[‘Spark, How Exercise Will Improve the Performance of Your Brain’](#) Dr John J Ratey, Eric Hagerman.

Final words

The human body thrives on movement and exercise to boost its health and wellbeing. Whether it’s just a short walk, make sure it becomes a daily habit.

To supplement this (or if your circumstances prevent regular exercise) consider purchasing an exercise ball and/or a mini trampoline.

Recommended habit action steps

- ✓ Do some simple exercise every day to suit your circumstances (walking for 20 minutes daily is ideal).
- ✓ Set a daily target and track your progress.
- ✓ Always walk where practical, instead of taking the car.



Habit No 9 ~ Meditation

“You should meditate for 20 minutes every day unless you don’t have time, in which case you should do it for an hour 😊!” - Zen master saying.



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- 4 – **You're optimally breathing to help your body & mind function more efficiently.**
- 5 - You're energising and recharging your body with a quality sleep routine.
- 6 – **You're feeling good as you laugh your way daily to multiple health benefits 😊.**
- 7 – You're supercharging your health & immune system with a focused gut health routine.
- 8 – **You're boosting your general health and wellbeing with regular exercise.**

Meditation

This one is another **game changer!**

If you only ever did 3 of the habits (we sincerely hope you do them all 😊), this is the 3rd big one, along with optimal hydration (habit 1) and quality sleep (habit 5).

Meditation is simply about quieting the mind and disconnecting from your sensory environment.

It is all about surrendering and slowing down your brain waves to reach a relaxed state that will **do wonders for your mental, emotional, spiritual, and physical health.**

Your body will also go into healing and repair mode if you can reach a deep enough relaxed state. It takes practise at first if you're not familiar with it but is very rewarding indeed.

Survival or Creation ~ states of mind

This part is quite important for you to understand to give you a reference of what you are trying to achieve with meditation.

We basically operate in 2 states of mind, **survival**, or **creation**. Your prevailing brain wave state at any given time dictates which one you are in.



Survival state is focused on just getting by and is lower vibrational, whilst creation state is embracing and engaging life, which is higher vibrational.

Most people spend a lot of their waking state in survival which is energy depleting and wearing on the body. Too much time in survival mode starts to have a detrimental effect on the health of the body over the long term.

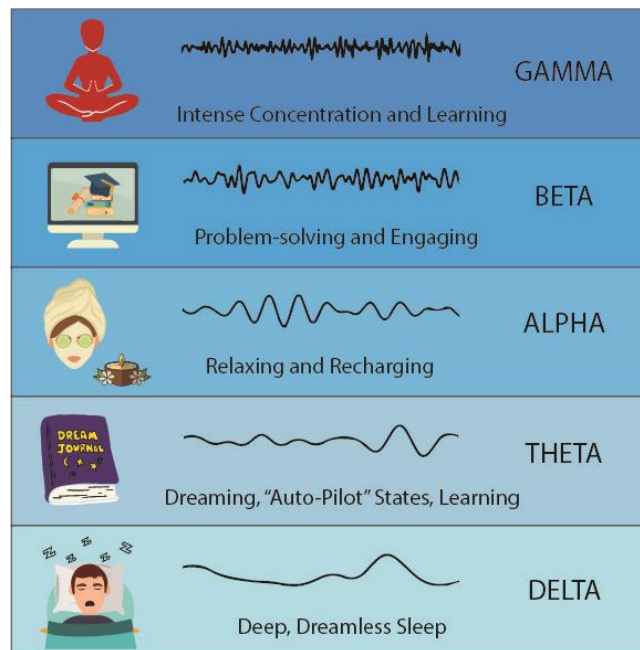
Creation state is very conducive to the body, it promotes repair, regeneration and restoration of your body and mind.











Meditation is the simple process to help you get into **creation mode**.

Brain waves

The creation state and all the health benefits that come from meditation are all to do with your brain wave state.

The following chart shows the 5 brain wave states;



		GAMMA Intense Concentration and Learning
		BETA Problem-solving and Engaging
		ALPHA Relaxing and Recharging
		THETA Dreaming, "Auto-Pilot" States, Learning
		DELTA Deep, Dreamless Sleep

The highest frequency (oscillations per seconds) of brain wave is **Gamma** which ranges from 30 – 100 hertz. This state can be described as peak performance or ‘in the zone’ and fully engaged in a task.

Our normal awake state is known as the **beta** state and has a frequency range of 13 – 30 hertz. Beta, splits into low, medium, and high bands.

The **alpha** state is what occurs at the beginning of meditation as you disconnect from your (sensory) environment and turn off your thoughts. This frequency range is 8 – 12 hertz. **Alpha** state helps to calm the nervous system, lower blood pressure and heart rate.



Below alpha state is the **theta** state, its frequency range is 4 – 7 hertz. This is the barely conscious state you go through just before dropping off to sleep and just after awakening. This is also a state of heightened suggestibility.

The lowest brain wave state is **delta**, its frequency range is 0.5 – 4 hertz. This is where very deep dreamless sleep occurs and is very good for healing.

The aim of meditation

High beta brain waves happen when you are stressed and anxious and your mind is constantly engaged in problems and how to get through each day.

High **Beta** is prime survival mode and very detrimental to health over the long term.

Between **Beta** and **Alpha** is where your analytical (thinking) mind lies. This is where you think and analyse and have thousands of thoughts every day.

All the good health related benefits of rest, regeneration and restoration happen when your brain goes from **Beta** and into **Alpha, Theta** or **Delta** as you can see from the graphic on page 55.

The **purpose of meditation is to get beyond your analytical mind**. In other words, disconnect from the sensory world of **Beta** and go within to move into **Alpha** and beyond.

Just getting into **Alpha** through meditation, will make a big difference to your general wellbeing, happiness and feeling of inner peace.

Alpha brain waves not only boost creativity, but they also act as a **natural anti-depressant** by helping the release of the feel-good neurotransmitter **serotonin**.

If you get into **Theta** and **Delta** states, the health benefits get even better 😊.

Your objective at all times is to get past the analytical mind (turn it off) and into the **Alpha** state as a minimum. With practice and perseverance, you can reach **Theta** and **Delta**.

General technique

Aim for a minimum of 20 minutes every day.

Where – just find a quiet relaxing place (indoor or outdoor) where you won't be disturbed.

Body position – whatever feels most comfortable, you can sit on the ground or on a seat, whatever feels best for you.

Eyes closed – this is important as you want to switch off your sensory environment.



Thoughts – don't pay any attention to thoughts as you begin, just observe, and let them go. As your brain waves reduce in frequency (as you move out of Beta), they'll naturally subside.

Focus – place your focus on your breathing and take long slow breaths through your nose.

Best time – you are most receptive (to reaching **Alpha**) when you wake in the morning or just before you go to bed. However, you can do it anytime that suits.

Summary – you're detaching from all sensory input, letting go of all thoughts whilst focusing on your breathing. As your brain waves reduce in the first few minutes, you'll move from **Beta** to **Alpha** and into a very relaxed state of being.

Types of meditations

Here are the main types of traditional meditation;

1. Loving/Kindness Meditation
2. Body Scan Meditation
3. Mindfulness Meditation
4. Breath Awareness Meditation
5. Kundalini Yoga Meditation
6. Zen Meditation
7. Transcendental Meditation
8. Non-Directive (Mind Wandering) Meditation
9. Guided Meditation
10. Activity Meditation

The basic difference between them all is what you focus on as you start the meditation. The aim is to **just let go** and drift into the **Alpha** state and that place of inner bliss.

It is my belief that all meditations lead to the same goal, so there's plenty to choose from. I personally prefer the mind wandering and guided meditations.

A guided meditation is listening to a voice which guides you with gentle instructions throughout the meditation. As part of this programme, you'll find a guided meditation that I've done for you to help you with this very relaxing habit 😊.

Transcendental meditation is a good way to get into the really deep states and benefits of **Theta** and **Delta**.

Activity meditation is the exception to having your eyes closed, this is an activity that fully engages you, so you effectively go into a trance. We'll discuss further on page 58.

Meditation physical effects study

The International Journal of Neuroscience published a paper on a 5-year daily meditation study carried out on 30-year-old subjects.



What they found at the end of the study was an improvement of skin elasticity, vision, memory, immune system function and auditory function in addition to the emotional/mental benefits of increased calmness, serenity, and general wellbeing.

That's the power of daily meditation!

Did you know that you've been in many meditative states and were blissfully unaware?

Here's some examples;

1. After driving, you can only remember some of the journey. Your subconscious did the driving whilst your mind drifted in and out of meditative states.
2. Whilst watching TV or a device and someone asks you a question and you don't hear it as you're fully engaged in your world. They then physically stand in front of you to get your attention and break the engagement/trance you're in, this is a meditative state.
3. Fishermen watching their float are often in a deep meditative state, oblivious to the world around them.

Activity meditations

This is simply doing an activity that completely engages your mind in a good way, so you tune out the rest of the world.

Its effectively a trance state, also referred to as 'being in the zone.'

It could be painting, writing, walking the dog, or even cutting the grass. If you can lose yourself completely in a task and feel contented/fulfilled doing it, that is a form of activity meditation and very good for your mental wellbeing.

Final words

All the Zen masters, Buddhist monks and very high vibrational people (600+ on the chart) all spend a lot of time meditating every day because the rewards are huge!

Above all, enjoy it, it should be a very pleasant experience where you can just lose yourself and drift into some very nice states that nourish your mind, body, and soul 😊.

Recommended habit action steps

- ✓ Aim to meditate for at least 20 minutes every day.
- ✓ Use nasal breathing technique (habit 4) to reach a relaxed meditative state.
- ✓ Experiment with different types and figure out what works best for you.
- ✓ Just let go 😊!



Habit No 10 ~ Quality Nutrition

“Rule of thumb ~ *If you can grow it or kill it, consider it is in tune with your body!*”



11 Essential Habits Jigsaw ~ so far...

- 1 - You're optimally hydrating and powering your system with the essential fluid of life.
- 2 - **You're energising your body with the incredible healing power of mother nature.**
- 3 - You're adopting a disciplined eating routine for a multitude of health benefits.
- 4 – **You're optimally breathing to help your body & mind function more efficiently.**
- 5 - You're energising and recharging your body with a quality sleep routine.
- 6 – **You're feeling good as you laugh your way daily to multiple health benefits 😊.**
- 7 – You're supercharging your health & immune system with a focused gut health routine.
- 8 – **You're boosting your general health and wellbeing with regular exercise.**
- 9 – You're tapping into the serenity of inner peace, blissful states, and mindfulness.

Quality Nutrition

For a balanced diet, we obviously need to eat to fuel our body. What we eat has a significant effect on our health, **“You are what you eat”** as the saying goes.

The body has **7 essential requirements** ~ nutrients, vitamins, minerals, proteins, fats, water, and carbohydrates to function efficiently.

We all know that if we consistently eat too much of the wrong stuff and not give the body what it needs, we'll likely gain weight, feel sluggish and have far less energy.

If we do it for too long, our health is likely to suffer leading to ailments and disease.

By the way, there's nothing wrong with the occasional lovely juicy pizza, a nice muffin, or some cream cakes. Moderation is the key here 😊.

Let's think in terms of fuel

Do remember the Formula 1 racing analogy I gave you back on page 8?

If you continually think of food in terms of fuelling your body with essential requirements for optimal performance, it will change how you view food.



Do you remember the paragraph about energy on page 6 (I'm testing you now 😊)?

Let's recap ~ everything in the universe is energy, it's all made of vibrating atoms, the only difference between any 2 items/objects is the combination of atoms.

And, like attracts like on a vibrational level. In other words, similar vibrating items/objects attract each other as they are in vibrational harmony.

So, if we look at the human body which is made up of living tissue and around 70% - 75% water, the best fuel (food) we could give it, is **live** foods that are high in water content.

Because...live food with high water content is **in vibrational harmony with your body!**

Live foods

In our health talks, I place food in 2 categories, living or dead.

Live food is basically something that was living before being harvested/killed, such as cauliflower, tomato, carrot, chicken etc. They are pulsing with enzymes.

Dead foods are essentially processed foods such as biscuits, cakes, potato chips.

The difference is, if you leave live food it deteriorates (starts dying) and becomes unfit for consumption within a few days. Whereas dead food (if left in a packet) will often look the same weeks later.

The ingredients in dead foods have been changed from their natural state into a processed state.

However, when you eat live foods, your body thrives as they are full of the essentials that your body needs for nourishment and healthy functioning.

Balance is the key

If you always think in terms of fuelling your body for optimal performance, you should naturally gravitate towards live foods.

If you currently eat a lot of dead foods, start making a few tweaks and gradually introduce more live foods.

Of course, remember to eat plenty of the live/fermented foods mentioned in habit 7 as they are teaming with good bacteria that your gut will love.

You don't need to go crazy and switch completely to live foods (unless you want to), the key is to make your general diet predominantly live foods and reduce the amount of processed (dead) foods.



Alkaline diet (very important)

The pH scale ranges from 1 (highly acidic) to 14 (highly alkaline), while your body's pH usually hovers between 7.35 and 7.4.

According to Nobel prize winner Dr Otto Warburg "No disease, including cancer can exist in an alkaline environment".

Unfortunately, most of the foods that people consume today are full of sugar, preservatives, and genetically modified organisms. These all contribute to acidity in the body which if left unchecked, greatly increases the potential for ill health and disease.

The most alkaline foods are vegetables, as well as some fruits, grains, nuts, and alkaline water. Helping your body neutralize some of its acidity is crucial for maintaining your overall health.

Common acidic foods

Processed foods

Refined Grains

Meats

Carbonated drinks (includes all energy drinks)

Flavoured coffee (double whammy – caffeine & refined sugar)

Artificial sweeteners

Mechanically separated meats (gizzards, bowels, guts –treated with ammonia)

High alkaline foods

Lemons

Watermelons, Mango, Papaya (rich in antioxidants)

Asparagus (rich in amino acids)

Cayenne Pepper (good for hormones)

Grape, Banana, Berries (rich in antioxidants)

Pineapple (rich in fibre, making you feel fuller)

Fruit & Veg (pretty much all are high in alkaline)

Apple Cider Vinegar (not really a food, good for adding to drinks like smoothies)

Notice a direct correlation between **live foods** and **alkaline foods!**

Now we all love the odd acidic food, I certainly do! As always, the key is about getting a good balance to make sure you are getting plenty of alkaline foods in your diet.

My personal diet is around 70% alkaline and 30% acid.

Brain foods

Here are a few foods that are proven to be good for helping your brain to function (among other things) and should be considered as part of a healthy balanced diet;

Dark chocolate ~ with at least 70% cocoa content, (so swap milk chocolate for dark). The cacao flavonoids are said to encourage neuron and blood vessel growth in parts of the brain associated with memory and learning.



Turmeric ~ this is a bit of a super-food, it helps digest fats, maintains healthy blood sugar and benefits the healthy functioning of the brain.

Curcumin ~ it has been proven to support working memory, calmness, and satisfaction in coping with mental strain.

Omega 3's ~ oily fish (mackerel, sardines, salmon) is a good source of omega 3 along with (vegetarian friendly) flax seed and chia seeds. All of these helps build membranes around each cell in the body. Studies have found that high levels of omega 3 increases blood flow to the brain.

Berries ~ (all berries including blueberries, strawberries, blackberries) like dark chocolate, many berries contain flavonoid antioxidants which help reduce inflammation and oxidative stress. Other positive effects include improved communication between brain cells, increased plasticity which helps brain cells form new connections boosting memory and learning.

Eggs ~ they are a good source of vitamin B6, vitamin B12 and folic acid. Recent research suggests these vitamins may help prevent brain shrinkage and delay cognitive decline.

Peanuts ~ they have excellent nutritional qualities. They contain plenty of unsaturated fat and protein to keep your energy levels up throughout the day. They also contain high levels of vitamin E and resveratrol. Resveratrol is an antioxidant which according to research, can help prevent cancers, inflammation and neurological diseases including Parkinson's and Alzheimer's.

Nutritional Supplements

A good balanced diet including plenty of the healthy foods discussed in habit 7 and above, should give your body the majority of what it needs to function well and keep you healthy.

To enhance this even further, here is a list of recommended natural supplements (click on each hyperlink for more info) for you to consider;

[Mineral Tissue Salts](#) ~ these support the general health and optimal function of the body by regulating muscular and cellular function, blood pressure, digestion, detoxification, nutrient absorption, and fluid balance.

[Himalayan Rock Salt](#) ~ Excellent for electrolyte balance and supports general health and functioning of the body. It is known to be the cleanest in the world – also has healthful and therapeutic properties that made it beneficial for use in bath soaks and body scrubs, to name a few applications.

[Organic Inulin](#) ~ A high fibre pre-biotic made from Jerusalem Artichoke. Great for digestive health, I personally add it to smoothies.

[Chia Seeds](#) ~ A wonderful super food, here's why; those little seeds have everything from nutrients, vitamins, minerals, protein, antioxidants to omega 3 fats, fibre, and carbohydrates. Pretty much everything you need in each seed



Ground Almonds ~ Full of nutrients, antioxidants and Vitamin E, another food with a multitude of health benefits.

Apple Cider Vinegar ~ Has a very good alkalising effect on the body and a multitude of health properties from antioxidant effects and anti-bacterial properties. May also help lower blood sugar levels and aid weight loss.

Flax Seed ~ Another super food full of nutrients, protein, fibre, and omega 3 fats with a multitude of health properties.

Coconut Oil (cold pressed) ~ A super-duper food, this one has numerous health properties and uses like protecting and moisturising your skin, a great cooking oil, toothpaste alternative, great for healing cuts.... the list just goes on, it has multiple health benefits when ingested and also multiple benefits externally. It is now common on every supermarket shelf 😊.

Vitamin C ~ If you are feeling run down or have cold or flu like symptoms, this powerful antioxidant will help boost your immune system. Multiple health benefits.

Always drink plenty of water (habit 1)

I would consider avoiding or cutting down on carbonated, sports and energy drinks as these lead to dehydration which cause your body to become acidic.

Drinking normal water and gel foods is great for your body's pH value. Becoming dehydrated can lead to constipation as water is pulled from your bowels to critical areas like your brain, this causes your bowel to dry out and constipation ensues.

Also, movement (just fidgeting) or mild exercise is good for your body as it engages your bodies systems. If you can raise a sweat you are also helping to lower the acidic level of your body, as body sweat is acidic.

Avoid or cut down as much as possible, diet carbonated drinks and artificial sweeteners. Both contain a substance called aspartame which is highly toxic.

Instead of diet drinks, drink regular water if you can, perhaps add some fruit to flavour it. For sweeteners in hot drinks, try adding organic honey or Stevia.

Book Recommendation

'Foods That Harm, Foods That Heal' Readers Digest

Final word

Think like a caveman, if you can grow it or kill it, it is in harmonious vibration with your natural state.

Nature has kindly given us a lot of very healthy and nutritious foods that are easy to obtain from supermarkets and health food shops, incorporate plenty in your diet.



Recommended habit action steps

- ✓ Do your own further research to fully understand the benefits of good nutrition and a balanced diet.
- ✓ Review your current shopping/dietary habits.
- ✓ Start to incorporate more **live foods**, **alkaline foods**, **brain foods** and **nutritional supplements** into your diet.
- ✓ Regularly check that you're paying attention to each category and cutting down on dead foods.

Habit No 11 ~ Regular Orgasms

"The orgasm is a doorway to the divine, it gives the experienter a momentary glimpse of self-realisation."



11 Essential Habits Jigsaw ~ so far...

- 1 - You're optimally hydrating and powering your system with the essential fluid of life.
- 2 - You're energising your body with the incredible healing power of mother nature.
- 3 - You're adopting a disciplined eating routine for a multitude of health benefits.
- 4 - You're optimally breathing to help your body & mind function more efficiently.
- 5 - You're energising and recharging your body with a quality sleep routine.
- 6 - You're feeling good as you laugh your way daily to multiple health benefits 😊.
- 7 - You're supercharging your health & immune system with a focused gut health routine.
- 8 - You're boosting your general health and wellbeing with regular exercise.
- 9 - You're tapping into the serenity of inner peace, blissful states and mindfulness.
- 10 - You're nourishing and energising your body with high vibrational foods.

Regular Orgasms

This one is likely to charge your perception of the 'big O' when you fully appreciate what it really is!

Some of the habits in this pack might take a bit of discipline to make them habitual, this one however, should be very easy indeed.

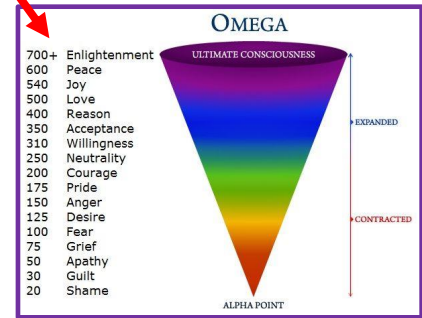


Your doorway to the divine

You are now familiar with the emotional frequency chart (right) and how everybody's resting vibration is somewhere on that chart.

...And how the majority of the population (75% - 80%) are below the 200 mark.

The orgasm gives you a momentary glimpse of what it's like at the **top of the chart!**



It's simply about connecting

It doesn't matter if you're in a relationship or 'flying solo' this one is about understanding what the orgasm really is (as explained both above and below) and regularly connecting with the beautiful divine energy of it, to experience the multiple benefits.

Not only will it give you immense natural pleasure as you know, by regularly tapping into and bathing in this energy, you'll enhance your health and wellbeing on many levels!

You might be surprised at the additional proven benefits of an orgasm!

It doesn't get better than this one 😊!!!

Let's start with the basics.

We all know that we're biologically programmed to instinctively procreate to continue the human species.

And to make sure this happens; our creator has given us a very strong impulse and desire to want to copulate with the opposite sex. This is achieved by making the whole experience very natural and pleasurable, so we generally don't need much persuasion.

And as you know, for conception to take place, the male obviously needs to ejaculate, therefore (in the vast majority of cases) you can't have conception without the male orgasm.

As every male who has had sex or who has masturbated knows, the impulse to reach orgasm is incredibly strong. This very powerful impulsive desire is what ensures the continuation of the human species.

It is actually a doorway...

The orgasm is a doorway which gives the experiencer a glimpse of self-realisation (of who you really are). At the point of orgasm, you experience a very brief window of no time and no ego, as you momentarily enter a truly blissful state (at the **top** of the chart Emotional Vibration Chart!).



For a few brief moments you engage with who you really are (a multi-dimensional, divine being) as you experience your own blissful divinity. Wisdom says the key to inner peace is completely letting go and being in the moment.

Now humans usually have a hard time doing this as our brains are so active, except during that brief window of an orgasm. At the point of orgasm, none of us have any problems with letting go and just being in that moment!

Next time you're about to climax, just observe yourself and what is happening to your attention. I guarantee you that just before and during the orgasm you won't be thinking about tomorrow's to do list or about putting the washing on 😊.

I'm certain, you'll be fully present, bathing in that blissful divine energy (and that's how it should be 😊).

It is the elixir of life!

It is the ultimate natural high we can experience as humans that, like an addiction, makes us want to experience it again and again, throughout our lifetime.

The craving of sex to experience the orgasm is not actually about the other person but about your urge to self-realise. By that I mean experience the blissful state of your own divine nature.

The tantra masters say that if you could experience the orgasm for much longer instead of just a few moments, sex would become a doorway for enlightened self-realisation, rather than just a pleasure-seeking activity.

They say if you could experience a continual orgasm for 7 minutes (imagine that 😊), you would be free from the craving of sex for months.

And if you could experience it for 3 hours continuously, you would be free of the craving of sex forever!

In a nutshell, the orgasm is a very beautiful and divine experience that allows you to momentarily experience who you truly are (a powerful divine soul, temporarily having a human experience).

It is pure divinity and tapping into this beautiful divine power has multiple benefits for your health and wellbeing as I'll shortly explain.

There's a potential problem though for females!

Often through religious teachings and strict upbringings, society has damned women for thousands of years making them feel ashamed to feel pleasure through sex and orgasm. Leaving them to believe that sex is purely for conception purposes and not for pleasure.

It has made them feel ashamed of wanting to explore their sexuality and experiment with themselves, which is a perfectly natural and instinctive act.



Thankfully in modern times, women are much more liberated and aware. However, hurtful words such as Frigid, Shy, Fat or Too Old has turned a lot of women away from sex and the pleasure of the orgasm through associated feeling of shame and embarrassment.

It's mostly in the mind for women

Female experts pretty much agree that having an orgasm is 90% in the mind for women. Letting go of all that mental chatter (use the meditation and breathing habits to aid this) is pretty important for a lot of women to be in the mood for arousal.

In effect, it's about turning your brain off (letting go of mental clutter) so you can become sexually turned on and ready (giving yourself permission) to experience pleasure.

It is your God given right and your strongest impulse to want to experience orgasms, so there should never be any shame attached to it. Shame can also lead to a condition called "Sexual Anhedonia" where a person cannot feel pleasure from an orgasm.

This is why I've dedicated quite a bit of space to explain what an orgasm really is (energetically) to help you fully understand the beauty of it and why you should regularly connect with it, regardless of (upper) age, status, or shape.

There are multiple benefits (physical, emotional, mental, and spiritual), hence you are encouraged to go there as frequently as you desire.

Age, status or shape is not a barrier

Regardless of your age, your relationship status or physical condition, I urge you to connect or reconnect with your body and its divine right to experience beautiful and blissful orgasms.

If for any reason you have any reservations due to conditioning from your upbringing or religious beliefs, I'm giving you permission right now to release those conditioning thoughts immediately and start reconnecting with your divinity.

I say there is a global epidemic of under-orgasmic women and want to widely educate and reverse this epidemic!

So, let's change the tone and talk about the benefits...

Would you like to look 7 years younger?

You'll love this (I hope)!

Based on a scientific study, Dr Oz says that 200 orgasms a year can make you appear 7 years younger!

I've been telling women for a few years now, that you can buy all the expensive face creams you want, but it's an inside job.



In other words, your outside appearance is a reflection of what's going on inside you, from the foods you eat and the general energies (via orgasm, meditation, stress etc) that you stir up.

Regular orgasms bathe you in divine energy and put a glint in your eye 😊.

Apart from the obvious feeling of exhilarating pleasure, orgasms also reduce stress, lower anxiety/depression, relieve pain and make you a nicer person. You can also utilise the divine energy to rejuvenate your health and vitality on several levels (will explain how shortly).

There isn't a downside, apart from maybe having to buy lots of batteries 😊.

Additional female advantage

Did you know the female vagina has around 8,000 nerve endings whilst the penis and scrotum have only 3,000!

So, ladies get the lion's share of nerve endings and have the capacity for more pleasure, yet 96% of men are happy with their orgasms and the majority masturbate without a care in the world.

Conversely, a fair proportion of women and not fully embracing their divine power and experiencing regular beautiful orgasms.

If you're under-orgasmic, regardless of whether you're in a relationship or not, it's down to you to start reconnecting.

5 foods for better erections

Nature can be very beneficial for stimulating erections...

1. **Garlic** ~ Allicin in garlic helps keep your blood vessels and arteries clean which helps improve blood flow to the penis.
2. **Ginseng** ~ During a double-blind placebo-controlled study, they discovered men suffering from performance issues reported bigger and stronger erections after taking ginseng.
3. **Ginkgo leaves** ~ a University of California study found that ginkgo leaves have a similar effect to garlic in improving the blood flow to the penis by expanding blood vessels.
4. **Ginger** ~ a study at Aga Khan University Medical College found that ginger has a similar effect to both garlic and ginkgo leaves in expanding blood vessels to help blood flow faster to the penis.
5. **Green Tea** ~ it contains an ingredient known as EGCG which can be particularly good for strengthening the blood vessels in the penis.



Notice how all 5 begin with a 'G'! To help remember them, perhaps think natural foods beginning with G means **G**reat big penis 😊!

Increasing the quality of your orgasm

Your breathing can make a big difference to the intensity and quality of your orgasm.

You'll notice generally that your breathing changes depending what type of activity you are doing. For example: if you're relaxed your breathing will be quite slow, if you're anxious your heart will beat faster, and you'll breathe faster.

As you become more sexually aroused and are getting close to orgasm, your breathing rate will automatically speed up.

When you're on the cusp of the big 'O', pay attention to your breathing and slow it right down by taking long slow nasal breaths. The slowness of breath will open deeper and deeper vistas of pleasure, as the orgasm washes over you.

Try the Egyptian practise of 'ankhing' to utilise your powerful divine sexual energy

The Egyptians believed that the sexual energy from an orgasm was the key to eternal life (they understood it as the divine life force) and believed that we only had a finite amount of this energy.

Whereas the majority of people just let go at the point of orgasm and never give a second thought as to where that energy goes, the Egyptians devised a technique to utilise this sexual energy.

If you pay conscious attention to what happens to your sexual energy at the point of orgasm, you'll notice it travels up your spine and dissipates out the top of your head.

The Egyptians believed that if this energy was controlled and not just left to dissipate, you can bathe your body in it and use it to rejuvenate every cell in your body.

They were looking for ways to harness this energy and ultimately achieve eternal life through this process. We'll just concentrate on using it for rejuvenating your cells for health and wellbeing purposes. Are you ready?

The 7 'ankhing' steps

Do whatever you need to bring yourself close to orgasm.

1. The moment you feel the sexual energy about to rise up your spine, take a very deep nasal breath, filling your lungs about 90% full, then hold it.
2. Allow the sexual energy of the orgasm to come up your spine. But at the moment it reaches the fifth chakra (located at the base of your throat), with



your willpower you must turn the flow of sexual energy 90 degrees out the back of the body.

It will then automatically continue inside the *ankh* tube (see symbol above). It will slowly turn until it passes exactly through the eighth chakra (located one hand-length above the head) at 90 degrees to the vertical. It will then continue to curve around until it returns to the fifth chakra, where it began, only this time in the front of the body.

Even if you don't understand what was just said, it will happen automatically if you get it started out the back of the body at the fifth chakra, and it will automatically come back around to the front of the body and reconnect at the fifth chakra. You just have to make it turn 90 degrees so that it begins.

It will often slow down as it approaches its point of origin, the fifth chakra. When it approaches the fifth chakra from the front of the body, there is sometimes a jolt as it reconnects with this chakra again. All this takes place while you are holding your first breath.

3. The instant the sexual energy reconnects with its source, the fifth chakra, take in the full breath. You had filled your lungs only 90% full, so now you fill your lungs as completely as you can.
4. Now exhale very, very slowly. The sexual energy will continue on around the *ankh* channel as long as you are exhaling. When you reach the bottom of this breath, you will continue to breathe very deeply, but a change happens here.
5. Continue to breathe deeply until you feel the relaxation begin to spread throughout your body. Then relax your breath to your normal rate. Feel every cell becoming rejuvenated by this life-force energy. Let this energy reach down into the deepest physical levels of your body structure even past the cellular level. Feel how this beautiful energy surrounds your very being and brings health to your body, mind, and heart.
6. Once the relaxation begins, slow your breath down to a normal shallow breathing.
7. If possible, allow yourself to completely relax or even sleep for a while afterward.

It might seem strange at first. You're simply using your imagination and will to direct the divine energy out of your upper back through the imaginary ankh tube.

This will take a bit of practise, but the more you do, the more divine healing energy will flow through you to rejuvenate you mentally, emotionally, and physically.

Have a go and enjoy the experience. If for any reason this practise does not feel right, stop, and return to normal.



Book recommendations & Reference

Book: '[Pussy, A Reclamation](#)' Regina Thomashaver

Book: '[Love Your Lady Landscape](#)' Lisa Lister

Ankling method (from): '**The Ancient Secret of the Flower of Life – volume two**' ~ Drunvalo Melchizedek

Final words

As you can see, having an orgasm isn't just about sex, it is tapping into the top of the emotional frequency chart and bathing in your own divine power.

David and I have a friend who has 365 orgasms a year, it's part of her daily ritual, she doesn't start the day without one.

Go and connect with that beautiful divine power inside you as often as you feel the urge, it will do wonders for your physical, mental, and emotional health 😊.

Recommended habit action steps

- ✓ Do any further research as required to fully understand the divine power of the orgasm and the multiple benefits to your health and wellbeing.
- ✓ Experiment with different techniques, to see if you can enhance your experience.
- ✓ Make time in your routine for as many as you desire 😊.

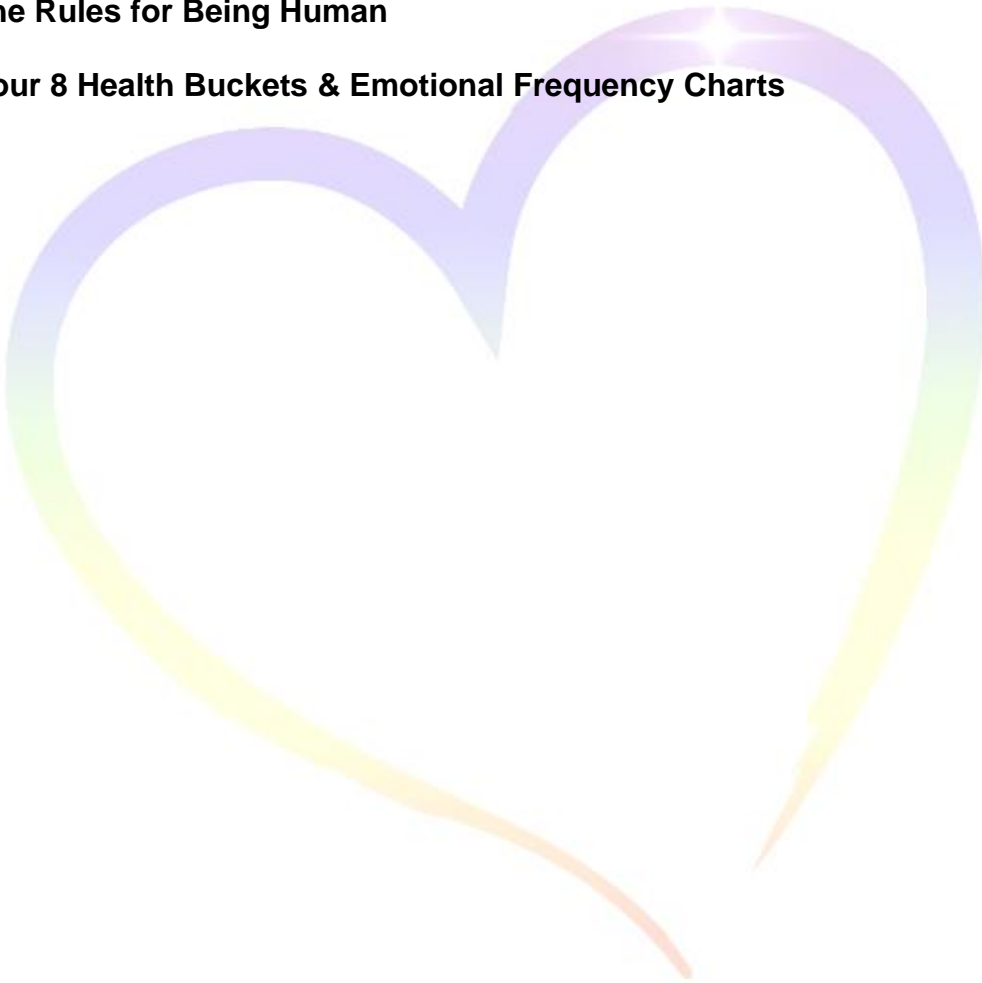


Essential Programme Annex

After 71 pages of powerful information, here's all the pertinent information to help you implement all these recommended actions steps and habits.

Here's the list;

- **Recommended Action Steps Summary (11 habits)**
- **33 Day ~ Essential Habit Progress Tracker/Checklist**
(just print off 2 pages and you have a 66-day tracker)
- **The Rules for Being Human**
- **Your 8 Health Buckets & Emotional Frequency Charts**



Recommended Action Steps ~ Summary

Habit 1 ~ Optimal Hydration

- ✓ Start a daily adequate hydration routine immediately, using the recommended list on page 20 as a guideline.
- ✓ Getting into the habit of having water readily available by your side throughout the day (glass or water bottle).
- ✓ Experiment with amounts of liquid water, different gel foods, timings etc, to figure what routine works best for you.

Habit 2 ~ Earthing

- ✓ Watch the earthing movie at the first opportunity (very inspiring!)
- ✓ I would recommend you do it as often as practically possible every day.
- ✓ Consider purchasing earthing products if circumstances permit.

Habit 3 ~ Intermittent Fasting

- ✓ Start with baby steps, stay flexible and figure out what works best for you.
- ✓ Adopt a consistent **fixed eating window** as part of your daily routine.
- ✓ Try the odd longer fasting period.

Habit 4 ~ Deep Breathing

- ✓ Practise the recommended technique (4 seconds in, 2 seconds hold, 4 seconds exhale), experiment and find out what works best for you.
- ✓ Get into a daily routine of conscious nasal breathing as often as you can, if even if it is just the odd deep nasal breathe, throughout the day.
- ✓ Consider combining it with meditation (habit 9).

Habit 5 ~ Quality Sleep

- ✓ Look at your current routine (around eating, sleeping, and using devices) and adjust your sleeping environment in line with the recommendations.
- ✓ Adjust your daily routine in line with the 5 recommended circadian actions to make it more conducive to quality sleep.
- ✓ Use the additional bedroom time (without electronic stimulation) to nourish your mind and body (read paper-based materials or see habit 11 for inspiration) 😊.

Habit 6 ~ Regular (Daily) Laughter

- ✓ Turn off any daily brainwashing programmes (aka 'the news' 😊).
- ✓ Using the practical suggestions to create an easily accessible file/catalogue (images, videos, books etc) of things that make you laugh and feel great!
- ✓ Make time to have at least one really good belly laugh every day.
- ✓ Create a powerful pattern breaker and to use when needed.



Habit 7 ~ Good Gut Health Regime

- ✓ Eat more live foods.
- ✓ Reduce the amount of processed food and alcohol.
- ✓ Incorporate gut friendly foods (from the recommended list) into your diet.

Habit 8 ~ Regular (basic) Exercise

- ✓ Do some simple exercise every day to suit your circumstances (walking for 20 minutes daily is ideal).
- ✓ Set a daily target and track your progress.
- ✓ Always walk where practical, instead of taking the car.

Habit 9 ~ Daily Meditation

- ✓ Aim to meditate for at least 20 minutes every day.
- ✓ Use nasal breathing technique (habit 4) to reach a relaxed meditative state.
- ✓ Experiment with different types and figure out what works best for you.
- ✓ Just let go 😊!

Habit 10 ~ Deep Gratitude

- ✓ Do your own further research to fully understand the benefits of good nutrition and a balanced diet.
- ✓ Review your current shopping/dietary habits.
- ✓ Start to incorporate more **live foods**, **alkaline foods**, **brain foods** and **nutritional supplements** into your diet.
- ✓ Regularly check that you're paying attention to each category and cutting down on dead foods.

Habit 11 ~ Regular Orgasm's

- ✓ Do any further research as required to fully understand the divine power of the orgasm and the multiple benefits to your health and wellbeing.
- ✓ Experiment with different techniques, to see if you can enhance your experience.
- ✓ Make time in your routine for as many as you desire 😊.



✓ 33 Day ~ Essential Habit Progress Tracker/Checklist

	Hydration	Earthing	Fasting	Breathing	Sleep	Laughter	Gut Health	Exercise	Meditation	Nutrition	Orgasm	
	1	2	3	4	5	6	7	8	9	10	11	
1												
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The Rules for Being Human

1. You will receive a body.

You may like it or hate it, but it will be yours for life.

2. You will learn lessons.

Life is a constant learning experience and everyday provides opportunities to learn lessons.

3. There are no mistakes, only lessons.

Your development towards wisdom is a process of experimentation, trial and error. Compassion is the remedy for harsh judgement of ourselves and others. Forgiveness is not only divine, it's also 'the act of erasing an emotional debt'.

4. A lesson is repeated until learned.

A lesson will be presented to you in various forms until you have learned it. What manifests as problems, challenges, irritations and frustrations are more lessons. They will repeat until you learn them, then you go on to the next lesson. To blame anyone or anything else for your misfortune is an escape and a denial; only you are responsible for you and what happens to you.

5. Learning lessons does not end.

While you are alive, there are always lessons to be learned. Surrender to the rhythm of life, don't struggle against it. Be humble enough to always acknowledge your weaknesses and be flexible enough to adapt from what you be accustomed to.

6. "There" is no better than "here."

When your "there" has become a "here", you will simply obtain another "there" that will again look better than "here."

7. Others are merely mirrors of you.

You cannot love or hate something about another person unless it reflects something you love or hate about yourself. Be tolerant; accept others as they are and strive for clarity and self-awareness. Strive to truly understand and have an objective perception of your own self, your thoughts and feelings.

8. What you make of your life is up to you.

You have all the tools and resources you need. What you do with them is up to you. Take responsibility for yourself. Learn to let go when you cannot change things. Don't get angry about things.

9. Life is exactly what you think it is.

You create a life that matches your beliefs and expectations. You get what you think about and dwell on most of the time, it is a precise universal law called the 'Law of Attraction'.

10. Your answers lie inside you.

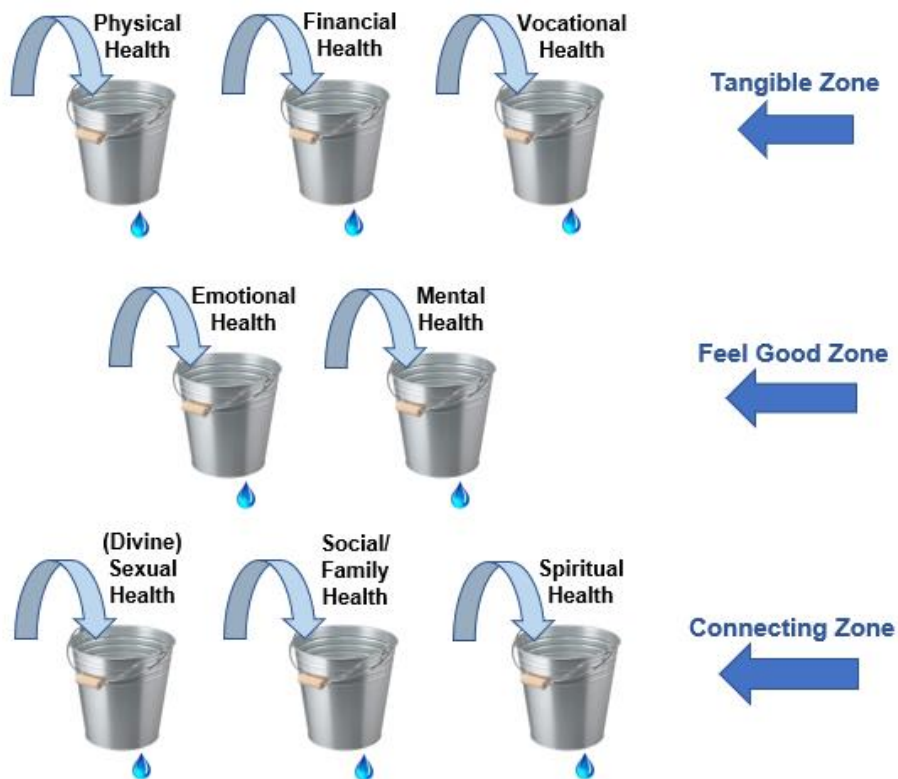
The answers to life's questions lie inside you. All you need to do is trust your instincts and your innermost feelings, whether you hear them as a little voice or a flash of inspiration.

11. You will likely forget all this...but you can remember it whenever you want 😊.



Your 8 Health Buckets

(each has a continual, very small leak)



OMEGA

- 700+ Enlightenment
- 600 Peace
- 540 Joy
- 500 Love
- 400 Reason
- 350 Acceptance
- 310 Willingness
- 250 Neutrality
- 200 Courage
- 175 Pride
- 150 Anger
- 125 Desire
- 100 Fear
- 75 Grief
- 50 Apathy
- 30 Guilt
- 20 Shame

