



ESSENTIAL PROGRAMME

HABIT 10

Quality Nutrition



...powerful habits to transform your life!

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Quick Guide

Habit **10** is entitled ~ **Quality Nutrition.**

This is simply 'high grade' fuel to nourish your body.

If your body could communicate directly with you about its vital needs to maximise your potential for vibrant health and wellbeing, this is the habit that takes care of the types of foods required, to meet those very important needs.

Nature is the key!



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.

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.



Here are the related essential programme visual aids....



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.

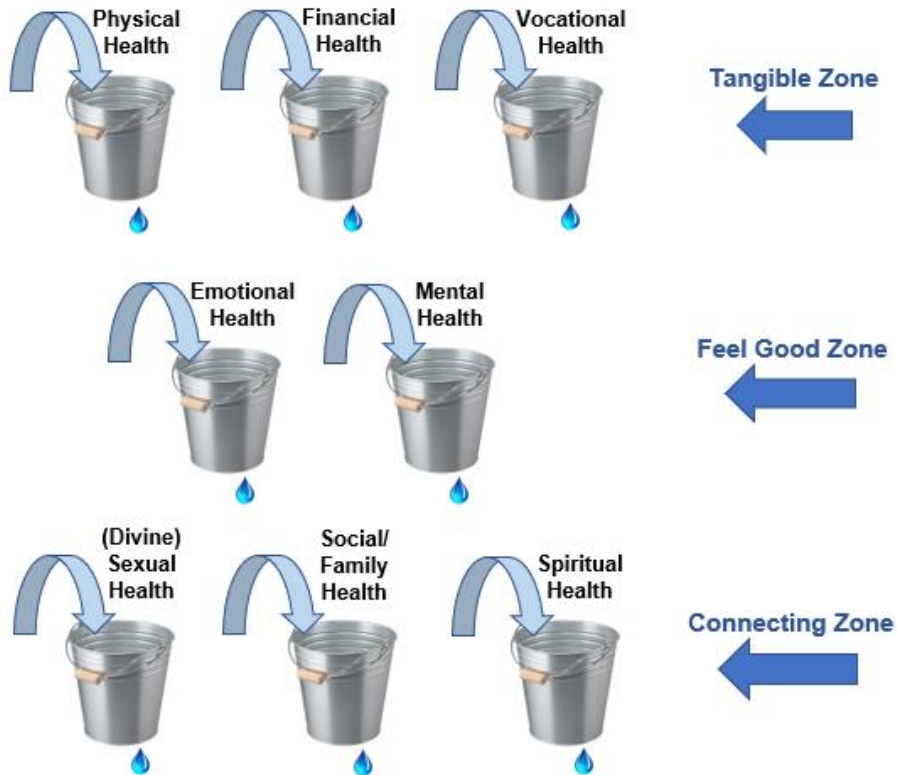
11. You will likely forget all this...but you can remember it whenever you want 😊.



Key Charts & Visual Aids

Your 8 Health Buckets

(each has a continual, very small leak)



OMEGA

