

**Vibrant Health**

*Change Your Habits, Change Your Life!*

# ESSENTIAL PLAN GUIDEBOOK



***11 Essential Habits to Significantly Boost  
Your Health & Wellbeing***

Devised by  
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& David Orrey**

[www.VibrantHealth.me.uk](http://www.VibrantHealth.me.uk)

## Introduction

### Thank You

I would sincerely like to thank you from the bottom of my heart 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 well-being.

This plan (along with the advanced plan) is the culmination of thousands of hours of research condensed into an easy-to-use format of daily habits.

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 follow the 11 habits (or at least the majority of them) you'll see a significant increase in your general health and well-being.

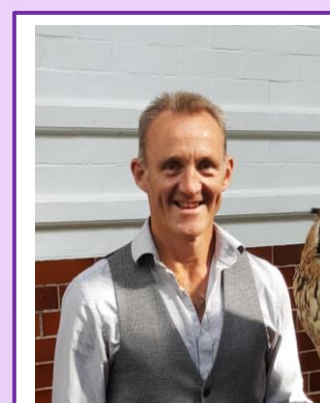
And...the most important side effect of all, you'll start to feel wonderful and that's what it's all about!

Quite a bit of it is common sense but I'm giving you all the science, the research, the why's and obviously the how's, so you can easily apply it all.

**On behalf of myself and David, we wish you the very best of future health & happiness**

*Stephen Kirkbride*

Health & Wellness Mentor, Nutritionist, Healer,  
Psychic Medium and Numerologist



This is **David** btw!

### Disclaimer

All the information and recommended action steps provided in this guide are with the sincerest intentions to genuinely help you enhance your health, well-being and make you feel good. It is the culmination of thousands of hours of research into books, published medical studies and the study of professional expertise. Vibrant Health accepts no liability for the results of any actions you take following the information contained within. We strongly advise you to do your own research prior to the taking action steps and consult a medical professional if in doubt with any aspects.



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# Understanding What You Are?

## Spiritual beings

You may or may not know that you, me and everybody else 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 did 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 a random, one-off event.

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.

I've also added it at the end of this manual as a single page if you wanted to print it off and to have it as a regular reminder of the rules!

**It's all energy**

Here's a little bit of science which is 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 we appear to be flesh and blood (we're actually 70% - 75% water), if you viewed yourself 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 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 vibration 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're all energetically drawn to new-born babies and small children because they are in a state of high vibration. It's the same for very 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.

Unfortunately, this high vibrational state starts to fade 😞.

### **Modern is slowly poisoning us, if we let it!**

Whether we like it or not, modern life in the western world 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
- 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 and what we're going to focus on.

### **You could join a tribe?**

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.

But, as we live in a modern world with many things lowering our vibration, we need to mitigate this stuff and adopt the right actions that raise our vibrations, until these actions become fixed habits.

## **Adopting the Right Mindset**

### **Health is your (& everyone else's) number 1 priority in Life**

When David and I are giving health related talks we ask the audience what their ultimate goal/possession would be, if there were absolutely no limits.

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 😊

### 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'd only put in quality petrol, oils and lubricants.
- You'd 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 very special care of it to make sure it always operates with a high performance.

As busy humans, we tend to put any old petrol in it, never bother to read the manual to fully understand how it works and don't really pay much attention to it, until something starts to go wrong!

### It's all about FEELING GOOD

We've already discussed how good health is always your number 1 priority in life.

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

Each habit will raise the vibration of your body each time you do it. You will feel good each time you do one, sometimes its subtle, sometimes it's obvious, sometimes it's exhilarating 😊.

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

## Habit & Discipline

### Using this plan is a 2-step process

David and I created this plan as 2 step process for 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 **how** to do it, until it becomes an ingrained habit.

Hopefully you'll feel inspired to do each recommended habit until it become a fixed habit 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** (i.e. you don't have to think about it, you just do it)

So, once you've 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.

### **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. By repeating specific thoughts or actions you strengthen the neural pathways until they reach a point where conscious attention is no longer required. It then becomes stored in your subconscious mind as a fixed habit.

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

### **Only 66 days**

There's 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 ground (habit No 2) every single morning whatever the weather, we've done it for that long it would feel weird not doing it.

The first week or two is where the most discipline is required. After 66 days, you've done it that many times, it will feel like the most natural thing in the world. It'll 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 one. 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, just take your time and build up at a pace that is right for you.

## Finally

We've put a summary list and a tracker at the back that you can print off to help you plan and track as required.

I hope you feel absolutely wonderful and vibrant as you start adopting these habits 😊.

Ok, let's get started with Habit No 1....



## Habit No 1 ~ Optimal Hydration

*“All 11 habits will boost your health and vitality in a very positive way, However, **this one is the most important**, hence why its number 1.”*

### Why is this an essential habit?

You are made up of 70% - 75% and pretty much all of your bodies systems and functions rely on good hydration. This habit done well has alleviated and cured multiple ailments and conditions for countless people as they were 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 good 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 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 & 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 (i.e. more often than not, the lack of proper hydration) and treating that.

It is very easy with today's fast paced lives we all seem to live to be 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.

## Foods 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 better than just drinking 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 all about as they in turn feed all the bodily systems and functions.

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

Foods 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!

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're 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](http://www.drnanacohen.com)

Web: [www.hydratationfoundation.org](http://www.hydratationfoundation.org)

## Recommended habit action steps

- i) Do your own further research as required.
- ii) Start a daily adequate hydration routine immediately, use the recommended list on page 13 as a guideline.
- iii) Experiment with 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.”*

## What is Earthing?

Glad you asked, earthing (sometimes 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 felt so good after your summer holiday on 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 you pets.

## **When to earth?**

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.

## EMF 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! 2<sup>nd</sup> 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 2<sup>nd</sup> edition, New York CRC Press 2015: 427-448.

## 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](http://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.](#)

## 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.

## References;

- i) Zucker M, Goodbye pain and inflammation: Massage table grounding pad relieves therapists overuse injuries: Dermascope 2016; 108-109  
<https://www.dermascope.com/scope-this/goodbye-pain-and-inflammation-massage-table-grounding-pad-relieves-therapist-s-overuse-injuries>





- ii) Oschman JL, Earthing a new perspective on the cause and prevention of therapist burnout, massage and bodywork 2016 74 – 81  
<https://www.abmp.com/textonlymags/article.php?article=1481>

### 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!

### Final word

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

### Recommended habit action steps

- i) Do your own further research to fully understand the phenomenal benefits.
- ii) I would recommend you do it as often as practically possible every day.
- iii) 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 & last meal), can create a fantastic set of health benefits."*

### What is Fasting?

Glad you asked 😊 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 one is about a bit of discipline for some big rewards! Talking about big rewards, if you are looking for;

- ✓ **Weight loss/weight management without having to reduce calorie intake**
- ✓ **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 [1]. Fasting has also been shown to increase the body's secretion of human growth hormone [2], 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 [1]. 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 [4], 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 [3].
- ✓ **Immune system stimulation**  
Mouse models have shown promising results for autoimmune conditions, specifically Multiple Sclerosis [5] and Type 1 Diabetes [6]. 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 [7]. 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 [8].
- ✓ **Heart health improvements**  
Fasting has been shown to improve a number of blood lipid markers indicative of heart health [9] including blood pressure, cholesterol, blood sugar, insulin sensitivity [10] 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 [1].



## 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're 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 18.

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 😊.

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.

### **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 page 18)**

All taken from: **Fasting Decoded**, KION

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## 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, 22<sup>nd</sup> April 2015).

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

## 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 or general health improvement.

## Recommended habit action steps

- i) Do your own further research to fully understand the process and benefits.
- ii) Start with baby steps, stay flexible and figure out what works best for you.
- iii) Consider getting into a regular fasting routine and perhaps try the odd longer fast.

## Habit No 4 ~ Optimal 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!”*

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's 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.

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're 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 'fight or flight' response.

Now your PNS is what I would term your 'rest and digest' response because it wants you to relax and optimise your immune system and your digestion.

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

Emotions at the lower end of the spectrum such as worry, anxiety, anger, depression, road rage 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 show as depression/anxiety)
- Osteoporosis

So, getting a good balance between your PNS and SNS is important to your health.



## 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, you stimulate your PNS which improves your HRV which is good 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 practice 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 of the study were asked to do was to take 6 nasal breaths per minute for a 20 minutes period. This equates to a deep breath (inhale & exhale) every 10 seconds.

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

## 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.
- Breath in deeply through your nose (fill your lungs) for a period of 4 seconds,
- Hold it for 2 seconds,
- Breath 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

### Study Reference

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.

### Final word

Conscious breathing does wonders for both your physical and mental well-being. Just like meditation, this is a beautiful way to relax and connect with who you really are.

### Recommended habit action steps

- i) Do any further research that you feel is appropriate.
- ii) Practise the recommended technique (4 sec in, 2 sec hold, 4 sec exhale) and experiment with it too, to find out what works best for you.
- iii) Get into a daily routine of conscious breathing (up to 20 minutes if you can), it should be a very relaxing and enjoyable experience.
- iv) 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!"*

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's 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 how (in terms of environment) 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 natural body clocks.

I discovered this in 2014 and happy to say I've had generally 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 well-being 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'll 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 her natural cycles with your natural cycles (circadian rhythm).

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 all lived in caves, 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 it's dark (modern life has reprogrammed us, but not in a good way 😞).

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 sleep in 90-minute cycles, so if you can naturally wake up at the end of a 90-minute cycle, you will feel very refreshed indeed!

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 (e.g. 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 4pm (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).

## **Recommended book**

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

## **References**

MacGill, Markus. "Obesity link to lack of sleep suggested by brain scans." Medical News Today, [www.medicalnewstoday.com/articles/264539.php](http://www.medicalnewstoday.com/articles/264539.php)



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

### Final word

Adopt as many of the good practices/habits above as you can. Your body, mind and general health will love you for it and you'll feel energised. Sleep well 😊

### Recommended habit action steps

- i) Do any further research that you feel is appropriate.
- ii) Change your sleeping environment in line with the recommendation list.
- iii) Change your bedtime routine to make it more conducive to quality sleep.
- iv) Use the additional bedroom time (without electronic stimulation) to nourish your mind and body (see habit 11 for inspiration) 😊.

## Habit No 6 ~ Regular Laughter

*“Laughter is the best medicine! 😊”*

You've heard the above saying many times and it's scientifically proven as you'll now discover.

### 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 protect 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 (cortisol, epinephrine and adrenaline).
- 😊 Laughter enhances problem solving skills.
- 😊 Laughter brings us closer to other people.
- 😊 Laughter activates our tear glands to brighten our eyes.
- 😊 And most importantly, it makes you 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) it's contagious to laugh along

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

## 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 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

- i) Turn off any daily brainwashing programmes (often called 'the news' 😊).
- ii) Using the suggestions above to create an easily accessible file/catalogue (images, videos, books etc) of things that really make you laugh and feel great!
- iii) Make time to have at least one really good laugh every day.



## Habit No 7 ~ Good Gut Health Regime

*"All disease begins in the gut!" - Hippocrates*

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 & biscuits (as opposed to live foods such as fruit & vegetables, which are living/growing before purchase/consumption).

My not so healthy diet and general lifestyle around 2013 and the preceding years, was accompanied by high blood pressure, gout and acid reflux (as mentioned in a previous section).

These ailments brought me a lot of discomfort, so I started searching for ways to ease them. On the 29 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 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 yoghurt. Healthy bacteria/bugs is 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

You'll find them all on the shelves of a 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 a 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 teeming with healthy bugs. You can just eat it or blend into a smoothie.

### Book Recommendation

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

### Final word

You now know the importance of gut health and how to improve it. You'll feel better and your gut will thank you 😊

### Recommended habit action steps

- ✓ Carry out your own further research into the benefits of a healthy gut.
- ✓ Eat more live foods.
- ✓ Reduce the amount of processed food and alcohol.
- ✓ Incorporate foods that will boost your gut health (from the recommended list) into your daily diet

## Habit No 8 ~ Regular (Basic) Exercise

*"Walking is the best possible exercise. Exercise equals endorphins. Endorphins make you happy 😊"*

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 well-being 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 very 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 & 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 & wellbeing point of view.

### **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 its completely practical but 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 school 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 aid 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. Listen to your own footsteps and feeling the wind/rain/sun on your skin.

This will bring you into the moment, improve your experience and release more endorphins adding to the quality of your walk 😊.

### **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). And of course, you're getting more exercise in 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 endorphins in your bloodstream!

### **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 well-being.



Modern life is often not conducive to this, especially if you have a job sitting down all day and then the temptation of sitting on the sofa all evening with the multitude of entertainment options (Netflix, Amazon, Sky, internet et al).

### Recommended habit action steps

- ✓ Go for a walk (in nature if possible) everyday for at least 20 minutes
- ✓ Walk instead of taking the car where practical
- ✓ Consciously park further away from your destination so you can walk further.

## Habit No 9 ~ Daily 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.*

Meditation is simply about quieting the mind as it does wonders for your mental, emotional and physical health.

I say anybody who doesn’t understand the benefit of meditation either hasn’t tried it or hasn’t turned off their mind and hit the spot just yet.

To bring more inner peace, blissful feelings, happiness and general well-being into your life (plus some physical benefits too), daily mediation is the habit to make it happen.

### Harvard study

A Harvard university study found that if you try to fix your mind on a single thing, it starts to wander after just 6 seconds.

Another study by The Norwegian University of Science & Technologies redeveloped a very old meditation technique called Non-Directive Meditation where you let your mind wander from one thought to another.

What they found is that you get a very high degree of mental and emotional processing.

It concluded that a wandering mind leads to a resting mind as you activate a rest mechanism which is as powerful as deep sleep.

### Types of meditations

Here are the main types of 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

The basic difference between them all is what you focus on during the meditation.

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 pack you'll find a guided meditation that I've done for you to help you with this very relaxing habit 😊.

### **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 well-being.

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 certain part so 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.

### **Brainwaves**

Our normal awake state is known as the **beta** state and has a frequency range (oscillations per seconds) of 13 – 30 hertz.



The **alpha** state is what occurs at the beginning of meditation as you start to go into a more relaxed state of mind. This frequency range 8 – 12 hertz. This 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. It is the border between the conscious and sub-conscious minds.

You can reach a theta state through deep meditation. It is a very beneficial state to enter as the mind is capable of deep and profound learning in this state and its very good for healing.

How do you get there? Lots of practise.

### **Recommended habit & Technique**

Make meditation a daily habit for at least 20 minutes.

**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.

**Which type** - experiment with the different types to discover one that you find works best for you.

### **Final words**

Don't worry if you have trouble turning your mind off at first, just let the thoughts pass through. It gets easier with practise.

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 body and mind 😊.

### **Recommended habit action steps**

- ✓ Meditate for 20 minutes every day.
- ✓ Use the optimal breathing technique (habit 4) to reach a relaxed meditative state.
- ✓ Just let go 😊

## **Habit No 10 ~ Deep Gratitude**

*“Deep and profound gratitude will make you feel really good and bring a constant supply of positive experiences into your life 😊!”*



Please do not underestimate the power of this habit!!

When you really get into this habit, the people around will notice a positive difference in your energy field.

### **How does it work?**

This is deep, yet profound and very important to understand if you want more good stuff (feelings, experiences, serendipities) in your life 😊 so please pay close attention....

Now it doesn't matter whether you research theology, science or spiritual teachings, you'll pretty much conclude that there is a **creative energy** that pervades all matter (within every atom) in the universe. Quantum mechanics confirms to us, it's there.

Although this energy is known by many names such as universal intelligence, source, divine intelligence, 'all that Is,' the God Force or simply God (plus many others) we'll simply refer to it as the, creative energy.

Whether you know it or not, you are continually communicating with this creative energy through the vibration you are emitting (consciously or subconsciously) via your thoughts as your brain is a vibrational transmitter and receiver.

This creative energy then gives you the circumstances to receive what you are frequently asking for vibrationally. This is a universal law known as the Law of Attraction.

### **Let me give you an example:**

If you're always moaning and saying life is unfair, nothing good ever happens to me etc. Then guess what? That is what you are vibrationally communicating with the creative energy, which then receives your vibration and gives you the corresponding circumstances so you can have more of it!

Conversely, if you are vibrating the opposite most of the time, so let's say you have a positive energy and attitude along the lines of, I'm so lucky, everything always works out for me, I just love my life etc. The creative energy will then give you events and circumstances that will bring you more of that 😊.

Everyone knows someone who just seems to have all the luck right? There's no such thing as luck, the thoughts they are vibrationally transmitting, are in tune with positive experience's, so they get plenty more of them.

The law of attraction really is that simple.

### **Drum roll...**

An attitude of deep and profound gratitude for everything good in your life is a wonderful vibrational energy to emit as you are essentially transmitting a vibration of love and



abundance. The creative energy will then bring you experiences and circumstances to experience more of it 😊.

All you do is get into the daily habit of expressing deep and profound gratitude for everything good in your life.

It gets better...once you get into the swing of it, you can then start doing it with 'negative' experiences too as you realise that they are just little gifts (sent to teach you wisdom) wrapped in the appearance of negative energy. More of that later.

### **Cultivating your attitude of gratitude**

As an absolute minimum, I highly recommend you have a gratitude session every morning when you wake and every evening before you go to sleep.

In the morning either out loud if appropriate or silently in your mind, simply give deep and profound gratitude for all the good things in your life.

Just a simple statement beginning with "I'm so grateful for..." or "Thank you for..."

Example;

*Thank you for my beautiful family  
Thank you for my wonderful partner  
Thank you for the delicious food in my fridge  
Thank you for my lovely house  
Thank you for my vibrant health  
Thank you for my gorgeous dog called Pepe  
Thank you for all the money that flows into my life  
Thank you for all my fantastic friends  
Thank you for my fulfilling occupation*

In the evening, reflect on your day and express further gratitude, for example;

*I'm so grateful for the nutritious breakfast I had  
I'm so grateful for the smooth journey to work  
I'm so grateful for the beautiful weather today  
I'm so grateful for such an inspiring day at work  
I'm so grateful for all the people that made me laugh  
I'm so grateful for the cups of coffee my colleagues made me  
I'm so grateful for all the delicious food I ate  
I'm so grateful for the wonderful service I received in the cafe today  
I'm so grateful for all the kind drivers who let me into the traffic  
I'm so grateful for the delivery guy who was so friendly and made me feel good*

You can also be grateful for things that you want but haven't manifested yet, for example;

*I'm so grateful for tomorrow and what a wonderful day it's going to be  
I'm so grateful for my weight loss and gorgeous new figure  
I'm so grateful for my new found confidence and vitality*





*You can get more detailed too;*

*I'm so grateful for my perfect partner who is going to walk into my life when the time is right and make me so happy, I'm so excited at just the thought of it!*

### **Very important to understand**

By getting into the habit of daily expressions of profound gratitude, you automatically put yourself into a very good vibration whilst focusing on positive experiences.

As you think about each individual experience, you instinctively picture it in your mind as you say it and the creative energy then sends more of those experiences (similar to the vibration you are putting out) into your life.

This is essentially using the law of attraction to focus on and get what you want. Can I suggest you re-read the above paragraph, it the building block to getting whatever you really want in life 😊!

### **My gratitude awakening**

When I was younger, I like most people, took life for granted. As long as things generally went my way, I was happy.

Now, many years later, I'm very grateful indeed for everything on my life including every breath I take.

So, what changed?

In 2003 I was involved in a car accident which shook me up quite a bit. As I was recovering from the injuries, I noticed that I started listening to what people had to say.

Before the accident you could say I loved the sound of my own voice and rarely listened to others, during conversations I was effectively just waiting for them to shut up so I could talk again.

However, following the accident I found myself listening intently to others without interrupting or talking over them. My family would say things like "bloody hell, you're quiet, aren't you?" to which I would just smile.

### **What I noticed**

When I listened intently to people, I heard the usual jealousy, greed, anger, beauty, love and something I hadn't noticed before... 'bucket full's' of gratitude. Quips like...

*"Gosh I've been lucky today"*

*"Bloody hell, you wouldn't believe it, the bus actually stopped for me when I was running for it"*

*"It's my lucky day, even the weather is behaving"*



*"It was great they kept an eye on our house when we went on holiday"*

*"Thanks for inviting me out, I've had a great night, cheers"*

*"Don't they do a great job to keep us all safe"*

*"Wow, they have sold me this great TV for £60 and its only 2 years old, I can't believe my luck"*

Now, can you see what I started observing?

Gratitude is expressed daily by most people without them realising it as It's unconscious gratitude (but still gratitude nevertheless which is good). What I'm encouraging you to do to is make conscious gratitude a fixed habit every single day.

### **Being grateful for 'negative' experiences**

It is very easy to get upset when something you perceive as negative happens.

However, if you can learn to change your perspective and actually express gratitude in these situations (because you know there's a gift in there somewhere), you will notice your life generally improves.

It's purely the law of attraction working in a positive way for you, rather than going into a lower vibration and attracting what's on that level, you are vibrating at a higher level to attract better experiences. It takes practise but your mindset is crucial.

### **My fantastic 'car breakdown' experience**

In the summer of 2018, I was driving to a video shoot to meet David when my car broke down. Fortunately, I managed to pull off to the side of the road and out of danger. I realised that I needed to call the breakdown services and cancel the video shoot, which I did.

As I'm well versed in the attitude of gratitude, I expressed my gratitude at being able to get the car into a safe place by the roadside and having a breakdown service dispatched to help me.

Next, I automatically looked at making the best of the situation. I had a book with me that I had just started so I picked it up and started reading it. I then had a wonderful 90 minutes sat in comfort reading a very engaging book on a beautiful summer's day.

Next the friendly breakdown service arrived, diagnosed the problem and took me home. I chatted with the guy for ages about what I do, and he wanted a numerology reading from me 😊.

All in all, I had a wonderful time reading a compelling book on a glorious day and picked up a bit of business in the bargain too. The car was quickly fixed by a local garage the next day. It turned into a very productive and relaxing afternoon and we did the video shoot another today instead.



## It's all in your mindset

The law of relativity states nothing is good or bad, big or small etc.... until you RELATE it to something else. In other words, it's merely your opinion.

Let me give you another example:

*David recently had 2 scheduled customers cancel appointments the day before they were due. Unbeknown to them, David was snowed under that week and was looking at ways (i.e. work longer days, work Saturday) to fit everything in. So, he was very happy and grateful that his schedule was unexpectedly eased, without having to do anything.*

He could have been negative and annoyed that the customers cancelled at short notice causing hassle and losing expected income, instead he was overjoyed and very grateful at how the universe had solved his scheduling issue for him 😊.

How you react to any situation is down to your mindset. Nothing is good or bad, it's only your thinking (opinion) that makes it so.

So, when something that is generally perceived as bad happens (let's say you lose your job), try saying/thinking like this;

*"Although I've just lost my job, I know it's for a very good reason and I just know I'll be delighted when it all plays out. I'm certain my dream job is now going to appear when its ready and I'm so grateful. I'm excited at just the thought of what the universe is going to give me instead and feel fantastic!"*

Just think about what you are broadcasting to the creative energy/universe if you express thoughts like that?

Of course, it takes practise and intellectual understanding of the process (which I'm giving you now) to do this but will make a profound difference to how you feel and what turns up in your life.

## Law of attraction gold (pay attention!)

The key is to focus on **what you want** and always (find a way to) **feel good** in any given situation, so you are vibrating good energy to the creative energy.

Practise turning everything that is perceived negative into a positive experience and watch your life enhance in beautiful ways 😊.

## The health benefits

When you feel genuinely grateful, your body relaxes, your blood pressure lowers (or stabilises if you have low blood pressure) your cortisone level reduces (that's the stress hormone) and your heart rate variability is boosted.

So, all in all, whilst gratitude is very beneficial to your emotional, mental and spiritual wellbeing it also beneficial to your physical wellbeing.



## Gratitude suggestion (every time you receive value)

Something that I've done for years now and suggest you do the same is thank the person who produced/wrote/broadcast anything of value that I've benefited or learned from.

This may be a book, a social media post or perhaps a you tube video.

If it's a book I own, I'll hand write a thank you note in the book. If it's a social media post or you tube video, I'll write a thank you note in the comments.

I recommend you getting into the habit of doing the same every time you engage with something created by someone else that you've enjoyed or benefitted in any way.

## Final words

The expression of genuine gratitude puts you in a good state of vibration with the universe and automatically puts you in a vibrational state to attract more good things into your life.

**I'm very grateful to you** for not only buying this package to improve your life, health and wellbeing but for making the effort to read this section. So, a sincere thank you to you, it's a WIN, WIN for us both 😊.

## Recommended habit action steps

- ✓ Have a gratitude session every morning when you wake and before you go to sleep, for everything about your day (it only takes a minute or two).
- ✓ Develop an attitude of gratitude for everything and say 'thank you' more.
- ✓ Write a list of the things you want in your life (you'll automatically visualise having them) and express gratitude for them every day.
- ✓ Practise turning perceived negative experiences in positive ones and expressing gratitude for the (gift) lesson.
- ✓ Always, always, always make sure you are **feeling good** when you do it.

## Habit No 11 ~ Regular Orgasm's

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

This one is likely to change 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.



## **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 (you may be surprised) 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, I want you to regularly tap into and bathe in this energy, to 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 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.

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 tomorrows 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 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 at 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.

## **Its mostly in the mind for women**

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 & breathing habits to aid this) is pretty important for a lot of women to be in the mood for arousal.

In effect, its 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 & 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 and 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 & 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 are 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.

## Discreet toys can help

My wife has a few sex toys and I often provide women with tips/advice around relationships and sexual pleasure, so I'm fairly well versed on the subject.

I also appreciate in busy households with lots of people around and thin internal walls, some women are nervous about using a sex toy.

So, here's a neat little trick...

There's a product called 'Hitachi Magic Wand' (from Ann Summers) which is a plug-in corded body massager which you can use to massage your body.

If anybody were to see it, it looks like a normal massager but doubles up as a very nice vibrator!

## 5 foods for better 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 very 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. E.g. 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 breaths. The slowness of breath will open deeper and deeper vistas of pleasure, as the orgasm washes over you.

### **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 is the divine life force) and 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 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 just a couple of finger-widths above the sternum), 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 (or thirteenth) chakra, 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 practice, 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 practice does not feel right, stop and return to normal.



## 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 and bathing in your own divine power.

Me and David have a friend who has 365 orgasms a year, it's part of her daily ritual, she doesn't start the day without one. In terms of her sexual health and well-being, she's most certainly got her 'ducks in a row!'

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 well-being.
- ✓ Experiment with different techniques, to see if you can enhance your experience.
- ✓ Make time in your routine for as many as you desire 😊.

## Bonus Habit ~ Magical Weight Management Device

*"This magical waistline regulator (£10 device) used with a bit of common-sense eating, is all you'll ever need to control your weight."*

This habit came about purely from my observations.

You may have already come across this magical device (revealed shortly) without realising it. But don't let its simplicity fool you, it works like a dream!

## First though, let's go back in time

I read a book a while ago called 'Gardening Through the Ages' which had photographs of gardeners from each decade throughout the 20<sup>th</sup> century.

What I observed was the gardeners and people in the background after 1980 looked to have a lot more body weight than all those in the pictures prior to 1980.



This got the cogs in my brain working overtime, so I started doing further research in other books with pictures spanning different decades and it became obvious that something had definitely changed from the 1980's onwards.

Of course, the rise of fast food and the vast choice of different foods available (some healthy, some not) also plays a big part in this.

### **Then...**

The penny dropped...the big contributing factor to this weight gain was staring me right in the face, in these pictures!

Elasticated waistbands became very popular around 1980!

The start of the obesity epidemic coincides with the widespread use of elastic waistbands!

The magical waistline regulator is a good old-fashioned belt!



### **Belts don't lie!**

In my view, elasticated waistbands are a major contributing factor to weight gain as you are simply unaware you are putting on weight.

I sincerely believe if we all went back to wearing normal belts, we would all be slimmer and healthier.

A belt keeps check of your waistline, you always know which hole/notch your belt is on.

If you need to move up a hole/notch as a little weight has crept on, you'll very quickly notice and adjust your eating habits accordingly. Within a few days or a week or two you would be back to the usual notch.

### **There's a psychological benefit too**

Every time you put your clothes on with a belt and you're still on the same hole/notch, you get a reminder that your waistline is still the same, which is good news 😊.

There's no nagging feeling that a few pounds have crept on, you're getting regular feedback about your waistline.

### **It's a cybernetic loop**

The process is known a 'cybernetic loop' which is basically a feedback system to help you get what you desire.

Your thermostat controlled central heating system operates on the same principle. You set the thermostat temperature as required and if the sensor detects a drop below that temperature, it fires up the heating system to raise the temperature. Once it reaches the set temperature, it turns the heating system back off.



A belt as a cybernetic loop is quite appropriate as you loop it round your body to detect any unwanted weight gain and then react accordingly with adjusted eating and perhaps a bit of exercise until you're comfortably back to the usual hole/notch.

### **No fashion excuses**

You might not be in the habit of wearing belts. Perhaps you don't wear them for fashion reasons, I highly recommend you put your health priority above any fashion priorities 😊.

There are countless options and sizes for every style, type of clothing and season (I know, I've just googled it 😊).

It must be a fixed belt (i.e. not stretchable in any way) with a buckle and series of holes/notches. You know it makes sense!

### **Final words**

Not only does a belt keep a check on your waistline, it also gives you a regular psychological boost every time you put the clothes/belt on and you're still on the same hole/notch.

Putting on a few pounds now and again is just normal life, especially after a blowout/heavy weekend/holiday. This magical waistline regulator will soon have you back on track and prevent a big slow weight gain (that nobody wants) 😊.

### **Recommended habit action steps**

- ✓ Dig out all your belts and buy any extra you may need.
- ✓ Start wearing them every day if you can.

## **Essential Plan Summary**

I hope you're not overwhelmed with all the action steps!

Its easier to adopt the habits than you think, you could start with a few and then add more until you've got them all covered.

To help you implement these habits, we've added a couple of useful tools on the following few pages;

- 1. Recommended Action Steps ~ Summary (all 12 habits)**
- 2. 33 Day ~ Habit Progress Tracker/Checklist**  
(just print off 2 pages and you have a **66-day** tracker)



## Recommended Action Steps ~ Summary

### Habit 1 ~ Optimal Hydration

- i) Do your own further research as required.
- ii) Start a daily adequate hydration routine immediately, use the recommended list on page 13 as a guideline.
- iii) Experiment with amounts of liquid water, different gel foods, timings etc, to figure what routine works best for you.

### Habit 2 ~ Earthing

- i) Do your own further research to fully understand the phenomenal benefits.
- ii) I recommend earth as often as practically can every day.
- iii) Consider purchasing earthing products if circumstances permit.

### Habit 3 ~ Intermittent Fasting

- i) Do your own further research to fully understand the process and benefits.
- ii) Start with baby steps (say a 12-hour eating window), experiment with different time windows and figure out what works best for you and stick to it.
- iii) Consider getting into a regular fasting routine and perhaps try the odd longer fast for a day or two.

### Habit 4 ~ Optimal Breathing

- i) Do any further research that you feel is appropriate.
- ii) Practise the recommended technique (4 sec in, 2 sec hold, 4 sec exhale) and experiment with it too, to find out what works best for you.
- iii) Get into a daily routine of conscious breathing (up to 20 minutes if you can), it should be a very relaxing and enjoyable experience.
- iv) Consider combining it with meditation (habit 9).

### Habit 5 ~ Quality Sleep

- i) Do any further research that you feel is appropriate.
- ii) Change your sleeping environment in line with the recommendation list.
- iii) Change your bedtime routine to make it more conducive to quality sleep.
- iv) Use the additional bedroom time (without electronic stimulation) to nourish your mind and body (see habit 11 for inspiration) 😊.

### Habit 6 ~ Regular (Daily) Laughter

- i) Turn off any daily miserable 'brainwashing' programmes (often referred to as 'the news' 😞).
- ii) Using the suggestions to create an easily accessible file/catalogue (images, videos, books etc) of things that really make you laugh.
- iii) Make time to have at least one really good laugh every day 😊.



### Habit 7 ~ Good Gut Health Regime

- ✓ Carry out your own further research into the benefits of a healthy gut.
- ✓ Eat more live foods.
- ✓ Reduce the amount of processed food and alcohol.
- ✓ Incorporate foods that will boost your gut health (from the recommended list) into your daily diet

### Habit 8 ~ Regular (basic) Exercise

- ✓ Go for a walk (in nature if possible) every day for at least 20 minutes
- ✓ Walk instead of taking the car where practical
- ✓ Consciously park further away from your destination so you can walk further.

### Habit 9 ~ Daily Meditation

- ✓ Meditate for 20 minutes every day.
- ✓ Use the optimal breathing technique (habit 4) to reach a relaxed meditative state.
- ✓ Just let go 😊

### Habit 10 ~ Deep Gratitude

- ✓ Have a gratitude session every morning when you wake and before you go to sleep, for everything about your day (it only takes a minute or two).
- ✓ Develop an attitude of gratitude for everything and say 'thank you' more.
- ✓ Write a list of the things you want in your life (you'll automatically visualise having them) and express gratitude for them every day.
- ✓ Practise turning perceived negative experiences in positive ones and expressing gratitude for the (gift) lesson.
- ✓ Always, always, always make sure you are **feeling good** when you do it.

### 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 well-being.
- ✓ Experiment with different techniques, to see if you can enhance your experience.
- ✓ Make time in your routine for as many as you desire 😊.

### Bonus Habit ~ Magical Weight Management Device

- ✓ Dig out all your belts and buy any extra you may need.
- ✓ Start wearing them every day if you can.



## ✓ 33 Day ~ Habit Progress Tracker/Checklist

	Hydration	Earthing	Fasting	Breathing	Sleep	Laughter	Gut Health	Exercise	meditation	Gratitude	Orgasm	Belt
	1	2	3	4	5	6	7	8	9	10	11	12
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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 😊.

