

Primary Objective: Support the body, mind, and spirit though the duration of this life.

Foundations to Success

Thoughts – Thoughts become things. **Focus** on your goal. **Believe** in yourself.

Breath – Deep belly breaths to control heart rate and relieve stress.

Hydration – Your body weight $\div 2 =$ Optimal H2O Intake.

Nutrition – Quality & quantity.

Sleep – More or less depending on stressors (honor circadian rhythms).

Movement – Honor your body (if you ask extra of it be sure to replenish and restore).

No Foods – SOY, CONVENTIONAL COW'S MILK DAIRY PROTEIN (ice cream and milk), **PUFA'S** (Polyunsaturated fat from vegetable oils – Omega 6), MSG or GLUTEN (only rice, **corn, buckwheat, millet, and GF oats are allowed), No diet sodas (you can use stevia sweetened carbonated beverages).

80/20 Rule – *80 percent of the time we live correctly so we can indulge 20% of time* –ask yourself “what’s my 20?” --- just because we have a 20 does NOT mean we have to use it – the degree we live correctly will directly reflect the speed at which we achieve our health goals.

LIMIT – ORGANIC COWS MILK DAIRY, PROCESSED SUGARS, and HIGH STARCH FRUITS/VEGGIES (example include legumes, potatoes, rice, corn, oats, bananas, tropical fruit, GF replacements like crackers, cookies, bread) – you can use [glycemic index](#) if you do not have a label.

Unlimited- **Unlimited non-starchy veggies- *HALF your plate should be veggies,* then fat and protein divided equally.**

ALL MEALS SHOULD CONTAIN HEALTHY FAT – This will increase satiation, balance blood sugar, eliminate cravings, stimulate body-fat loss, and optimized hormonal balance (RULE: increase healthy fats and decrease sugar/starches) –it doesn't work if you just cut down the carbs and not increase the healthy fats (butter, ghee, quality MCT oil, bulletproof executive High Octane Brain Fuel, macadamia oil, coconut oil, avocados, omega 3, fish oil, krill oil, cod liver oil, vit E, extra virgin olive oil, nuts, seeds, nut butter, salad dressing, egg yolks).

Use Sea Salt as a mineral and trace mineral replenishment food – a small pinch of Celtic or Himalayan Sea Salt to every liter of water & use extra if you plan on sweating more, add to food liberally.

40-100 net carbs (carb minus fiber) – Train the body to be a fat burner instead of a sugar burner, reliant on glucose (it is a process). The amount of starches and sugars (carbohydrates) in meals should directly reflect stress/activity level. On the days you are more active – you may be on the higher side and on sedentary days stay low. Be aware of how you feel. You may be active and maintain fat burning with higher carb limits like 100 or you may feel more energetic on 40. I alternate my levels depending on my activity or need (a hormonal cycle will fluctuate your need). You might notice a shift from summer to winter – just listen to your intuition and you will balance yourself. Intermittent ketogenesis is acceptable (on one week, off the next or some other balanced schedule) but never always keto.

SUPPLEMENTS ([access the highest quality supplements here](#))

- Digestive Enzymes (15min before protein containing meals or when you eat out).
- Omega 3 daily.
- Xymogen MinRex (more if you sweat more or start having cravings).
- Probiotic on an empty stomach first thing in the morning.
- organic coconut oil or MCT daily.
- [Adaptogens](#) (as needed) safe to take daily to protect adrenals (Dragon Herbs Brand, Xymogen or orthomolecular are good quality).
- Activated Charcoal (when you eat out directly after meal or when you drink alcohol when you are ready for buzz to go away).
- Bone broth or Great Lakes Gelatin or Bulletproof Collagen Protein (for gut healing and connective tissue repair).
- Essential oils for medicinal support, mood, or grounding.
- Optional clean amino acids for extra support when eating less meat or trying to build muscle.

Guidelines

- SUGAR & FAT: Only organic real sugar such as fruit, coconut crystals, raw organic honey, monk fruit extract, stevia or xylitol can be used sparingly.
- No sports drinks: WATER IS ALWAYS BEST (for intense activity - water + raw honey + tiny pinch of sea salt).
- Start each morning with large glass of lemon water to alkalize system.
- Try to buy **organic** as often as financially and geographically possible (*start with meat & eggs, then fruits & veggies*).
- Limit Feedlot-Raised Meat. Most all grocery meats and restaurants use these exclusively – **Grass fed Grass finished or wild game is best** (also eat the fat on these meats but not the fat on the feedlot or restaurant meats).
- Superfoods high in chlorophyll like chlorella and spirulina, ceylon cinnamon, and turmeric as much as possible.

Tips and Tricks

- Use infrared saunas as often as you can especially in winter months for cellular detox and fat loss. (to accelerate fat loss take Niasafe by Thorne followed by a cold shower) if you cannot get Niasafe then any niacin will work except for time release.
- Begin the day with a glass of water after brushing away the biofilm.
- Fat adapted cardio can help you burn fat without hitting a plateau.
- Bitter melon extract helps control blood sugar and can help with cravings after carb intake.
- Thoughts become things – so try to watch them closely. Keep negative or [lower vibration humans](#) to minimal contact.
- [Limit EMT stressors](#) on the body (consider having WiFi on timer to shut off at night, phone on airplane mode at night, and using corded headsets).
- Develop a mediation or prayer practice – sitting or walking alone can prove to be a powerful guide and internal recharge. Gratitude journals are amazing as well.
- Consider creating a vision board of pictures, quotes, places, words, anything that speaks to your heart. Include a personal statement of intention.

Environmental or household toxins

1. Limit exposure to xenoestrogens. Check body products: Avoid Parabens, Fragrances, Mineral Oil, Coal Tar, DEA, Oxybenzone, PPD, Phthalates, Sodium Lauryl Sulfate, Talc, Triclosan.
2. Eliminate plastics as much as possible - glass water bottles and home filtration systems.
3. No microwave.
4. Avoid using dryer sheets, aerosols, and use toxin free household cleaners.
5. Use Bentonite clay baths – pulls toxins inside the clay molecule. Clay easily absorbs toxins. You want to make sure to get a clean uncontaminated source. I usually put in 1-4 cups of powdered bentonite clay.

Movement

Total body functional movement – using proper form, all movement starts with breath awareness and core activation.

The best exercise in the world is the one you will do (find an activity you love and do it) To the degree you go hard (Yang) you must recover (Yin) or your movement will be unbalanced and lead to disease or weight gain.

Determine your Optimal Exercise Protocol

Step 1 – Take a Big 5 (OCEAN) [Personality Test](#)

Step 2 – Match your OCEAN Factor to the below

Openness

- Spontaneous and impulsive; high energy.
- Enjoy new experiences.
- Live for the moment; not detail-oriented.
- Dislike routine and complexity.
- Somewhat disorganized and unpredictable.
- Inconsistent in dieting, exercise, and other aspects of fitness and health.
- Unaware of how day-to-day decisions can affect health.
- Noncommittal and often tardy.

How to exercise

- [Interval training](#) will be enjoyable for you. You won't get bored and you'll see great results.

Exercises

- High action sports such as racquetball, tennis, soccer, basketball.
 - Use these for cardio. Their fun and fit in your high energy lifestyle.
- Weights that support your activities.
 - If you run, focus on exercises that improve your speed or endurance.

Conscientiousness

- Achievement-driven and Self-Disciplined.
- Methodical and decisive.
- Forward thinking.
- Crave routine, rules, and planning.
- Limited nutritional variety — content with same old, same old meals.
- Love consistency.
- Great at reading food labels, counting calories, and measuring portions.
- All in or all out when it comes to diet and exercise.
- Self-critical and extremely hard on yourself.
- Neglect to celebrate your success or progress.

How to exercise

- Steady intensity with integrated intervals.
- Morning routine before work is preferable. Will focus mind for the upcoming day.

Exercises

- Repetitive gym based
 - Treadmill
 - Stairmaster
 - Elliptical
 - Weights with pre-determined sets and reps

Extravert

- Open to new experiences and adventures; passionate about projects at first but lose interest.
- Social and extroverted; a fun friend.
- Communicate expressively.
- Require accountability.
- Swing between "treating" and "punishing" with food, depending on what is going on in your life.
- Always trying the latest diet, which can result in ups and downs in weight.
- Skip around from one workout regimen to the next, never giving the exercise/workout a full shot.
- Have a "seeing is believing" mindset.
- Very communicative with friends (via social media posts and emails) when you do well.

How to exercise

- High intensity with a social flair.
- Evenings when GX classes are most popular.

Exercises

- Group fitness classes
 - Strength
 - Martial arts
 - Dance
 - Running groups

Agreeableness

- Collaborative and adaptive.
- Friendly and relate well to others.
- Want to be respected, liked, and approved of.
- Selfless and a committed friend; overloaded at times by taking on too much.
- Motivating and supportive of others.
- Tend to put yourself lower on the priority list because you're so busy taking care of others.
- Subsist on a lot of grab-and-go foods or drive-throughs and eating on the run.
- Prefer to eat with others rather than alone.
- Inconsistent with exercise because of time-constraint-based excuses.

How to exercise

- [In office workouts](#) - Scatter various body weight and furniture weight exercises throughout your day – pushups, chair lifts, lunges, etc. Aggregately, you will experience the movement necessary to realize the results you are looking for.

When to exercise

- All the time
 - Read those emails then do as many pushups as you can do.
 - Finish that meeting then run the stairs 10 times.
 - Replace your office chair with a ball - Do sit-ups periodically.
 - Finish the call then do 3 sets of lunges, 3 sets of chair squats or jump squats.
 - Hit gym exercises during lunch that you can't get effectively at the office.

Exercises

- Anything that moves your body and is strength building. Lift a chair, do lunges, jump, run.

Natural Reactions

- Cerebral, intelligent.
- Very clear on your likes and dislikes.
- Give up easily.
- Efficient/effective when you choose to be.
- Your own worst enemy.
- Constant justification for eating bad foods.
- Fear-based failure thinking keeps you from ever starting a fitness program.
- Resistant to facing the reality of poor fitness/health issues.

How to exercise

- Start slowly with exercises you understand.
- Quick transitions between exercises to keep from getting distracted or discouraged.
- Don't look in the mirrors.
- Believe that where you are is not where you want to be and the optimal life you envision is more important than the discomfort you feel now.

Exercises

- Easy to adjust machines for resistance training.
- Get outside (Run, bike, swim). Elliptical, stationary bike, treadmill, stair climber for foul weather days.
- Find an active sport you enjoy and do that at least twice per month.

YOU ARE ENDLESS POTENTIAL - MAKE YOUR VISION A REALITY.