

Health and Wellbeing in a nut shell worksheet!

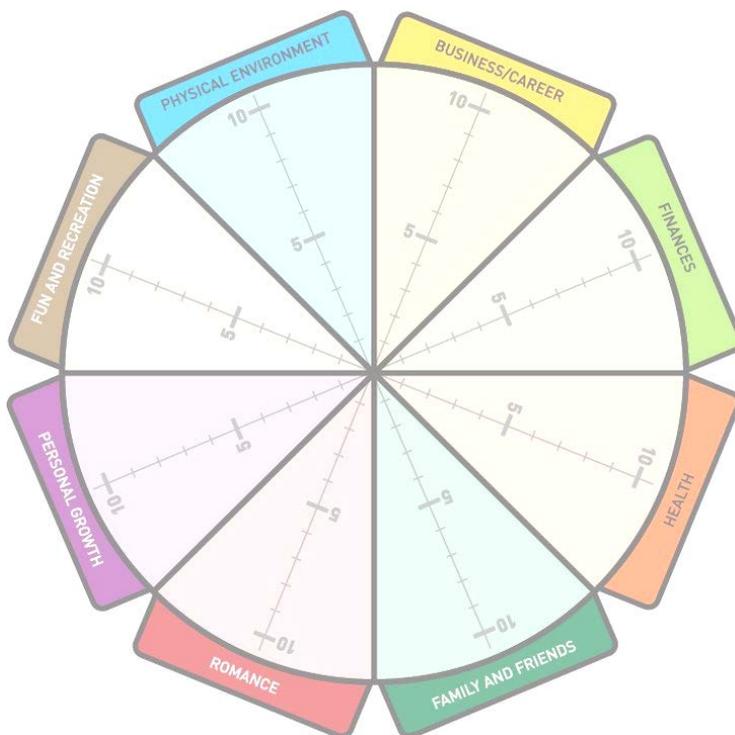
Steps towards a healthy body, mind, glowing skin and , and, and.....



The elusive ideal, it sometimes seems to think that we can have it all. I will ask you first thought, what does this mean to you? Each person has a different view or priority of life, and that is perfectly perfect. The follow are points to consider when making changes towards a different level of wellbeing.

We are not only a body! But, made are many layers. Symptoms and diseases are often the dis-ease over a situation that is in dis-chord with our highest truth or soul's purpose. Look at what is going on, really sit and contemplate and ask for clarity as to what the pain, discomfort, disorder or disease is really about. What is the lesson, the message that you need to hear to turn your life around?

Take stock of where you are and consider your priorities. Look at the wheel of life I challenge you to



consider each segment of your life. Your segments may differ and you can change them or add/take away if you wish.

The wheel of life is a powerful tool to help us take stock where we are at and to monitor progress towards our ideals. It also helps to identify the priorities of life you. There isn't a right or wrong, as it is your truth. As you move around the wheel, ask yourself the question: "What is my _____ like?"

Consider if that part of your life is fulfilling, meeting your needs and looking, feeling and being the way you would like it to be if it was 'perfect'.

Place a mark along the number line to indicate how you perceive that segment to be. Although these questions are simple to ask, they can be a challenge to answer. Let the

first response be heard and put it down. IF you don't like your priority list you have the power to change it.

Take home message:

Without clarity around where you are, and where you would like to be, it is like walking through fog, or night without lights on. You may have a vague idea of how things are and what they like but it but without clarity it is easier to get lost. Shine the light on your life, and take enlightened steps with more certainty. Want help? www.healthy eats.mobi The principles of wellbeing, and what Healthy Eats stands for is a threefold approach to change. Looking and the mind, body and beliefs a person holds about themselves and life. Beliefs and values are the real drivers of any situation as they are the filter through which we see life and all of our experiences through. They can change, but not always easily.

1. Check your digestive system:

Take home message: The digestive system is central to a healthy body. It literally talks to the rest of the body via the nerves, immune system, filters and protects the body from danger. Sludge up the gut, you are heading for a slow decline with overflow and toxic build up.

2. Move your body, and it will give you a younger glow and a clearer mind!

Take home message: Movement = a happy, cleaner body. The toxins, and negative thoughts are transformed into a clean space to heal and rejuvenate. The increased blood flow means nutrients, oxygen and communication to the cells is improved, feeding and cleaning the cells so they work better. Just as happy workers who get what they need to do the tasks at hand, and are looked after by management.

3. Eat for health, to feed the body is to feed the soul!

Secret 1 95% of the food comes from basic, nutrient dense foods that are unprocessed unless it is for their own good.

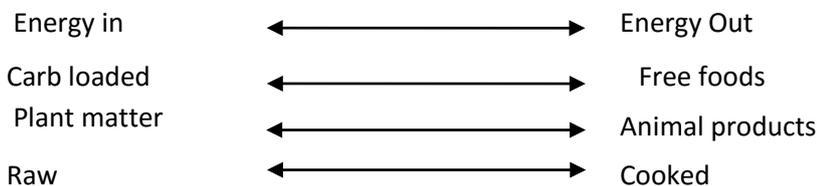
Secret 2 Basic, nutrient rich foods are fresh vegetables, fruit, lean meats, nuts, seeds, some dairy, healthy fats and fresh, filtered water, herbs, and spices.

Secret 3 Some people are sensitive to chemicals and fibres naturally found in fresh foods; This is the one time organic food is not the best choice.

Take home message: Look at what you are eating, investigate if you think you react to something, and ask for help to identify possible causes.

4. Learn the guidelines for healthy eating a. What's your balance?

Which does your eating habits look like? Mark which end of the scale your choices fit.



b. Energy in vs Energy out

- Aim for a healthy weight – for you!
- Know your Carbs, blood sugar is raised when any carb is eaten.
- Carbohydrates vs Free Food
- Excess protein (meat products) in excess, is a waste product to avoid
- Fats - Healthy vs Unhealthy
- Water and nourishing fluids are critical to thinking and a clean body, mind and spirit.
- Exercise; stress; inflammation; amount, type and location of fat distribution; some medications; the amount and type of foods; as well as genetics all affect blood glucose control.

Take home message: Look at what you eat.

- What portion of your meals are carbohydrates, compared to free foods and the exercise you do.
- Eat all things in moderation. Good oils while they contribute to total energy intake also feed the body which in turns supports the body to heal and rejuvenate.
- Keep things simple, and eat from all things unprocessed.
- Monitor and reduce your stress levels.
- Regularly review your life wheel and track your progress.
- Ask for help, mentor with people you have traits would like to develop. Read books, watch inspiring movies and be courageous to be the best person you can be at any given moment.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ Symptoms of food intolerances

Fatigue
Cravings
Dark circles under eyes
Headaches/migraines
Rashes, itching, skin problems
Frequent/excessive thrush
Fluid retention
Indigestion, bloating
Nasal congestion, drip
'Allergic' sinuses
Muscle & joint aches and pains,
Depression, anxiety
Mood swings
Many other

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