

HEALTH VIDEO

Video Review

You will learn throughout this course that PURPOSE is always the first step to ending procrastination in each life category. First and foremost, you must understand the WHY you are doing what you are doing what you do. What is health to you? Are you trying to lose weight? Are you trying to give up certain bad habits? Why? You must have clear understanding of your bad health programs and create them into a higher purpose. To start, these next step will teach you how to become your own scientist and get you out of the Red Zone and put you into the Green Zone.

Action Steps:

1. Week One: Cut all Sugar. This is numero Uno! Sugar is the kiss of death when it comes to stress management. Health. Energy. Weight Loss. Try some of the low carb diets out there or just take one week and cut all carbs except vegetables. Become your own scientific experiment. Journal specific times to become aware of how you feel. First thing in the morning, noon time, between 3-4pm and around 7pm. Finally, at bedtime. How are you feeling?
2. Week Two: After One Week No Sugar. See how you are feeling? Contact me if you want some feedback. Then add a healthy grain into breakfast. Go another week with that menu journaling the same information as in number one.

3. Week Three: After One Week with Morning Grain. Again, how are you feeling? If you are not having any of the symptoms of the unmanaged stress response, then add a healthy grain at lunch and go another week with the same process as the previous steps.

4. Week Four: Now you have YOUR Diet. Now what you will need is to turn this into a livable platform for life. Add a RE-FEED Day. This is when you follow your regular menu up to Lunch. After that you can eat whatever you please. I have been cheating for three decades and it is one of the greatest secrets for permanent weight loss. NO RULES. The next day get back on your menu.

5. Negative Feedback Loop. While developing YOUR Diet if while adding in a carb causes the negative feedback from the unmanaged stress response, simply go to the menu before the addition of the carb, this is YOUR Diet.

6. Must Do # 1. You must eat every 3 hours to manage the stress response.

7. Must Do # 2. You must eat small amounts of proteins and healthy fats in every meal. This is key for the body to manage the stress and have the ability to recuperate.

8. Must Do # 3. It is essential to manage the High Stress Point at 3-4 pm time slot. If this is done you will not crave carbs at night. If you fail...well you know. I recommend if you are not

caffeine sensitive a coffee or some caffeine here. It boosts cortisol. Also, some fat or protein. This can be nuts or cheese or combo. The BEST is to have a whey protein shake here. Must be whey if you are looking for optimal management of the stress response. Whey has a special effect on the response like no other foods.

9. Must Do # 4. Drink at least 3/4 of a gallon of water for woman and one gallon for men.

**You Can Do, anything sugar free such as jello, gum, hard candies, etc. Great snacks with no effect on the stress response.

Affirmation: **I AM STRONG, I AM ENERGETIC, I AM HEALTH**

Use your journal to keep track of your affirmations and your progress. Also, track your health progress. write down what you eat everyday and be mindful of what you are putting into your body. At the end of close the last 10 minutes of your day with your achievements and wins for the day. Make sure to use your affirmations everyday and anchor your intentions every single day.

“It is health that is real wealth and not pieces of gold and silver.”

-Mahatma Gandhi

