



FINDING MY TRUTH

**A COURSE IN
AWARENESS
AND WELLNESS**

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Welcome

I want to help you reconnect to your truth.

Who are you, beneath the names, titles, facades that you share with different people and situations? You are a beautiful, joyful being full of light and love. That is who you are. Some of us remember that, some of us don't.

We get there by being aware.



All disease starts in the gut - Hippocrates

I hope to help you be aware of what you eat and the importance of looking at every ingredient and eventually eating fresh as much is possible. I want to help you nourish and nurture your gut, essential to our mental, emotional and physical wellbeing. I want to help you support your body with good foods, herbs and still have fun! I want to help you create a lifestyle that fits with you and eating habits that work for you, celebrating bio individuality.

We start by bringing in things and this will gently crowd out the foods/drinks/habits that do not serve us anymore.

It is not about cutting out but crowding out. We are what we eat... and often we are not nourishing or looking after ourselves when we find ourselves reaching for the processed foods.... And THIS is something we need to become aware of so that we have the choice to change. Why do we not stop to care? Often we eat unconsciously so we don't have to face up to it.

Through connection and awareness of breath, movement, hearts and bodies we will create a journey of self awareness that is attainable, bringing alignment, health, joy and growth.

I hope to encourage you to create a healthy lifestyle so it becomes a way of life rather than another diet or fad. I hope to share with you ways to support and detox the body on a daily basis so that inflammation is reduced and rid of, gut health is returned to its healing, natural state and your cells are communicating vibrantly as they should! We will introduce herbs and teas that will help the bowel move at a comfortable pace, support the blood, detox the skin, support the kidneys and help you feel healthier,

Together we will find a way for you to embrace a way of living that suits 'you' and your way of living. ie... if you live in a wet, damp environment raw foods are not necessarily going to be doing you much good. Or if you live a really busy lifestyle you are going to need a wide range of foods and foods that really 'feed' you. We are all different in what we need and it is this bio individuality that we will work with.

Our needs are always changing depending on environment, weather, expectations, commitments etc... so we want to be aware of our bodies needs and what it is asking for. It is this awareness that I hope to help you rediscover or heighten. We will deepen that mind/body connection so you can really listen to what it is asking for.

My aim is to simplify not to overwhelm. The sheets you go home with are for your reference - a simple guide for you to read or not. Or you may want to build on and research further. Some sheets will resonate, others will not. Again our needs will differ.

By the end of the six weeks I hope that you will be aware of how you feel, how you respond, how you eat, what you eat, how you communicate, how you move... and I hope that you will be ready to embrace and continue a beautiful journey of deep healing and self discovery.

Ideally we want to say goodbye to all sugars, all processed foods, all white foods (apart from vegetables), artificial ingredients, bad fats and most milk products. I appreciate that this may be more challenging for some and so the idea is to bring in tools to support the crowding out.



So, let's introduce ourselves...

Remember, the aim of the course is to heighten our awareness, connect to our truth and be happier and healthier beings.

Beginning with...

A gentle moment of quiet focusing on the breath and some stillness, to bring us out of the world and into our world. 2 minutes breathing.



Questions to consider and / or answer

Here are a few questions to help you get the best out of the course...

Why am I here?

What do I want to get out of the course?

Where would I like to see changes in my day to day?

*Do I have enough support? How can I create more support?
How can I support myself further?*

Where do I feel I might face difficulties?

Where do I want to put much of my focus?

*Do I have an awareness of what I may be lacking
or focusing my energy too much on?*

Is there anywhere that you feel conflict in your life?

How does it make you feel?

Insecure?

Unappreciated?

Unaccepted?

Desire impeded?

Unsafe?

Distant from your heart?

*Do you feel stuck? Or does life feel pretty fluid?
Or are there any areas that may need a little nudge to start flowing...*

*Throughout the course be aware of what you are observing mentally,
physically and emotionally. Is there anything that you or your body is
crying out for?*

How can you serve this feeling to make it better?



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What to expect and what can I do?

You may feel a variety of emotions coming up or you may feel tired or agitated. If you do take some time out to sit and be with your feelings and just breathe. Focus on the breath fully. Inhale for 5, hold for 5, exhale for 10.



If you are craving sugar, coffee, tea, fizzy drinks, alcohol before reaching for any of these, have a large glass of still water first. If you still reach for any of the above, have another glass of water after. The more hydrated we are the lesser the cravings.

For sugar cravings, have the water and then a piece of fruit and see if that is enough before having to reach for a biscuit or slice of cake! As we make changes the body will call out for things that you are doing your best not to have. Increase the water and increase the protein. This will help.

Reduce the caffeine and increase the sleep. Make sure you are moving at least 20 minutes a day and embrace moments of stillness through meditation and some gentle yoga stretches. We will look at these.

Please share anything that comes up for you so that I can help you ease any discomforts away! xx

The wellness wheel

The wheel helps us to see where we might be lacking. It helps us to recognise where we need to heighten our awareness so that we can bring more balance into our life. Place a dot near the centre if an area is out of balance and near the edge if you feel it is pretty good. Then draw a circle, joining the dots. We keep returning to this over the course of the 6 weeks.

Please fill in the wheel below...

- Love
- Kindness
- Joy
- Home cooking
- Forgiveness
- Exercise
- Sleep
- Water intake
- Relationships
- Soul purpose
- Compassion



K I N D N E S S / C O M P A S S I O N

- Do you find yourself judging yourself or / and others?
 - Are you aware of when you might do this?
 - Does something trigger it?
- When you find yourself being judgemental or creating a conflict does it make you feel stronger? Safer? Happier? Sadder? Indifferent?
- When you are kind do you notice the feelings that you experience?

Everything has a timeline so we need to feel the 'source' of the pain in order to face it, feel it and let it go.

Discuss what came up...

L O V E

- Where in your life do you feel you might need to give or receive a bit more Love : home, career, friendships...
- How is your self love, self care routine? Are you aware of the blocks?
- Do you feel you would like to let go of these and bring in forgiveness?
- If not, why not? It is only you that the hurt eats up...? Forgiving and letting go leaves room for you to have a choice, to bring in more Love and joy.

A tool - **I forgive and let go.**

Breath of fire. (see page 5 in extra sheets)

Tapping the chest - this releases frustration and allows us to tune into our heart.

Mantra and Mudra - "I release and let go."

"I embrace loving kindness."

Saying mantras like these re wires the brain.

S O U L P U R P O S E

- What lights you up?
- What makes your heart sing?
- What is stopping you from following your heart?
- How can we bring more of that in?

RELATIONSHIPS

- Where do they feel strongest?
- Where do they feel weakest?
- Can you see where you might need to give more and where you need to receive more?
- Do you know how to ask for that?

FORGIVENESS

- Do you feel there are any areas in life where you face conflict and you may need to face it and let go of it?
 - Are you resentful at all?
- Do you feel anger towards yourself? Towards others?
 - Do you feel shame?
 - Do you feel guilt?
 - Have you asked why?
- Can you embrace forgiveness and let go?

SLEEP

- How many hours do you get a night?
 - How many before midnight?
- Do you struggle to get to sleep?
- Do you have a bed time routine?



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This is to engage with daily

I am going to embrace the following each day! :)

ON WAKING UP:

Big stretch. Get the cells moving and grooving. And BIG breath in and out.

Gratitude journal (or in the evening or any time of day you will do it!)

Lemon juice in water.

AT A TIME WHEN SUITS YOU:

2-20 minutes of Meditation
or follow your existing meditation practice.

1-3 minutes Sat Nam

1 minute breath of fire in boat or seated
(build up to 3 minutes)

3 minutes cat/cow

1.5 to 2 litres of still water with lemon or on its own.
You can add mint, lime, cucumber to add flavour.

Water on waking, water with coffee/tea, water with alcohol,
water before a meal. Water before bed.

Herbal teas - Dandelion, Nettle, Milk Thistle, Lemon Balm.... Remember Dandelion is
a diuretic so up your water intake. See tea sheet for more information.

5-25 minutes of stretching/yoga at a pace you like.
We will create your own sequence to follow.

Walk whenever and wherever you can.

Always take the stairs unless physically you cannot.

Everything here supports the whole.

AT THE END OF THE DAY:

Bed by 10pm, asleep by 10.30 / 11pm at the latest.

Do NOT panic if you are one that struggles to sleep. This is an aim, and we will get there! Please keep ALL devices downstairs. If you have a TV in your room, unplug it and start watching TV downstairs. Your bedroom is for resting and sleeping.



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Daily Supplements

– to discuss individually

Pre and pro biotic -

Nue company does a combined one

Triphala - 2 a day *

Aloe Vera 3-4 tablespoons a day *

Ashwagandha 2 a day *

1tsp **Green powder** or 2 capsules of greens *

Mushroom gold x 2 a day

Magnesium Spray 5 to 20 sprays

Epsom salt baths (1 weekly)

Start creating your wellbeing cupboard

The idea of the cupboard is that you have access to all that you need to support the body to stay well.

If you have a **heavy head from a late night** and a few too many drinks.. then water and some dandelion and milk thistle tea or tincture....? Both supportive of the liver.

If you are **feeling anxious and overloaded**, a warm, soothing lemon Balm tea.

If life is making you feel **overwhelmed and anxiety levels are up**, support the nervous system with *Ashwagandha*.

If you are **struggling with viral infections** or **fungal issues**, then support the body with cats claw or lemon balm, oregano oil.

Nature provides us with support ALL the time, we just have to learn to listen to what our bodies are asking for. Our ancestors knew what to do, it is in our DNA. We simply have to trust once again, believe, ask and listen.



Herbs

Nettle - supports the liver and cleanses the blood. Removes calcification around the joints. It mimics anti histamine so it is good for allergies. It removes excess acidity. It is a great spring tonic. It also helps balance our blood sugar.

Dandelion Root - supports the liver

Dandelion leaf - Very good for sugar levels, cholesterol, inflammation and it is a diuretic, so support with plenty of water.

Lemon Balm - tincture or tea - reduces anxiety, treats viral issues, such as herpes virus, it can help with Nausea and digestive ailments. It is calming so good to have before bedtime. It lowers blood pressure and brings an overall sense of calm

Marshmallow root - it is used for skin issues, digestive issues and can be known to give pain relief.

Turmeric - anti inflammatory - tea or powder or fresh or all!

Ginger - anti inflammatory - tea or powder or fresh or all!

L Lysine - Stops all herpetic viruses and helps lower viral load. It hinders viral cells to move and reproduce. It is a powerful weapon against cancers, liver disease, inflammation and much more.

Ester C - Very good for fungal issues. Increases white cells.

Olive Leaf - Anti oxidant, anti bacterial, anti inflammatory, and immune stimulating properties.

Wild Blueberry powder - great for all areas of health

These three help detox the system of heavy metal toxins:

- **Chlorophyll** – lots of magnesium and great for blood.
- **Barley Grass**
- **Spirulina** – supports the liver

Extras that I love

L Glutamine Powder – supports our digestive tract

***Ashwagandha** – Great for calming and supporting the nervous system. Relieves Anxiety, is anti-inflammatory, anti-stress, sleep inducing. Supports the liver. Source of Iron. Improves overall health and energy. Very good for any anxiety related disorders. Lifts depression over time.

***Holy Basil** – also known as **Tulsi** – supports our wellbeing and mental health. It is very good for adrenal issues and nervous tension. It is also an anti-inflammatory. It can be helpful to those with arthritis or fibromyalgia. According to chopra.com, Holy Basil “Promotes purity and lightness in the body, cleansing the respiratory tract of toxins, relieving digestive gas and bloating. It protects healthy cells from the toxicity of radiation and chemotherapy. It has anti-depression properties and has been known to help with kidney stones, lung disorder, respiratory disorders, fevers and colds, asthma and acne.” It is good for gut health and healing and also good for low libido

Apple Cider Vinegar – Prevents flu and stomach illness. Helps relieve gout. Lowers glucose levels in diabetes. Relieves migraines and sinus pressure and infection and arthritis Soothes bug bites and jelly fish stings and works with fungal and bacterial rashes. Gets rid of Candida. Gets rid of warts and helps reduce acne.

***Aloe Vera** – supports the intestines, cooling, anti-inflammatory
Anti bacterial, lowers blood sugar levels and may improve skin.

Arnica oil – Great for any bruising

***Magnesium spray** – key to our overall health. Plays an important part in over 300 chemical processes in the body. It helps combat Asthma and it is vital for the nervous system. Helps with PMS, Muscle spasms, headaches, irregular heartbeats, bone health and crampings. We need plenty of Calcium to absorb it.

***Zinc** – key to our overall health. Really important for growth, tissue repair, normal function of immune system. Brain function and fertility

B12 – Helps form blood cells and supports normal function of immune system. It contributes to normal energy metabolism. Needed for 10,000's daily functions and key to liver functions.

Iron – Key for normal cognitive function and reduces tiredness and fatigue and transports oxygen around the body.

Vitamin D3 – Important for moods, general health and supporting the immune system

Triphala Plus – Amla, Bibhitaki, Haritaki - 3 fruits – supporting and nourishing of the gut. Assists digestive cleansing and gently maintains regularity. It nourishes and rejuvenates the tissues and supports absorption it is a natural antioxidant. If a lot going on in the gut and need to reset

Berberine – Good for circulatory system and sugar levels. Anti-inflammatory. Supports gut bacteria. Aids the body in keeping balance of micro flora in the gastrointestinal tract. Not to be taken with medication or antibiotics. 1-2 months

Oregano – Treats almost all infections - respiratory, parasites, yeast, urinary, digestive. 6 weeks to 2 months.

Grapefruit extract

Very good for *candida*. Use as an antibiotic. Very good for fungi and parasites. Fights infection. Supports microbial balance in the body. Great if you feel sick.

Mushroom gold – This is great for allergies, auto immune issues, colds and the chlorophyll nourishes the blood cells and removes toxins on a cellular level.

Chaga – King of Mushrooms - Full of Antioxidants. Fights cancers. You can get coffee like powder mushrooms.

Reishi – Queen of Mushrooms - Longevity and mental clarity.

Lions Mane – Anti Inflammatory. Immune boosting.

Androphogis - Fights parasites, protects the cells of the liver. It increases the flow of bile and it boosts a weakened immune system. Take with care with Auto immune issues. Only to take for 7 days.

Foods to add to your cupboard

Sunflower seeds – High in Antioxidants and Selenium which supports the thyroid gland. Improve skin health. Vitamin E, Copper, B1, B6 magnesium, Phosphorus

Pumpkin Seeds – Full of iron, omega 3 and 6 and fibre. Benefit both heart and fibre Lower cholesterol in blood. Magnesium, Zinc – good for immune function and protein synthesis and cell division.

Chia Seeds - lots of Omega 3's and calcium etc..

For any iron absorption problems - increase **lemons, raspberries, kiwi, cranberries,**

Pineapple Strawberries Tomatoes, bell peppers... lots of vitamin C!

Be aware of Fortified Iron. It is NOT iron. It is synthetic.

Apples and pears - skins help us remove toxins from the body, especially heavy metal toxins.

Greens - Daily - three times a day

Kale (full of iron, vitamin C and Sulphur - sulphur is good for collagen synthesis),

Spinach, Green Beans, Avocado,

Chard,

Herbal teas!

Nuts –

Brazil nuts are rich in Selenium which protects the skin from cell damage

Cashews, Hazlenuts, Walnuts - are very good for brain health.

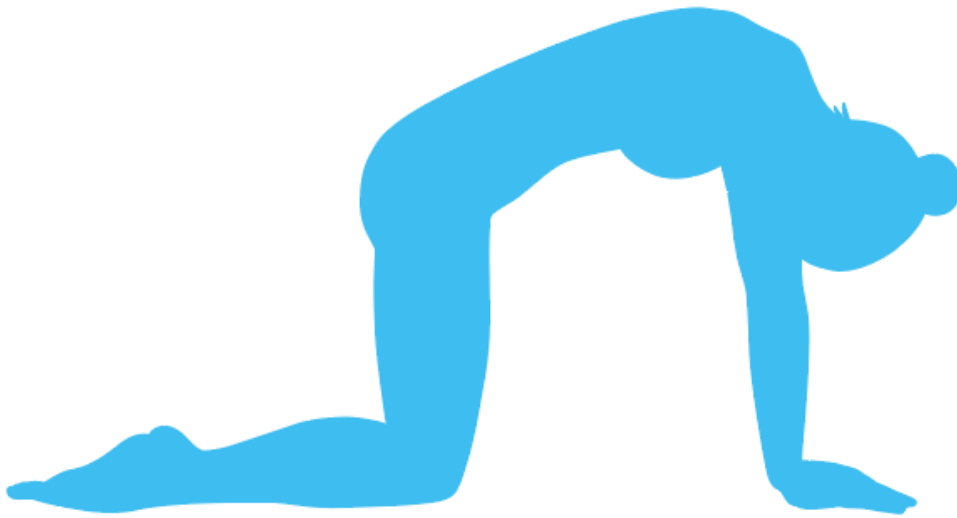
Ever thought a walnut looks like a brain?!



Yoga Movement - Cat/Cow pose

Whether you want to follow yoga or not... it has some wonderful moves that I hope you will continue with to keep your spine supple and your mind, body and soul in balance. I hope we can create a sequence that you can do daily and feel confident to practice.

Today we will practice cat/cow as this will be one of your daily moves. :) 3 minutes



Next, *Sat Nam Kriya*...

We will now have a go at SAT NAM KRIYA

Please let go of all inhibitions and have a go! It is a very powerful practice that has huge health benefits. You will not know if your body likes it or not until you have a go! If it doesn't then high chance you would benefit from it. 40 days you will see a difference!

Relax into the body.

It has been referred to as the entire yoga class in one posture. Just to give you an idea of how powerful this practice is, you can practice daily for 1 to 3 minutes and phenomenal changes will occur. Yogis can be known to build it up to 11 to 31 minutes! Use the kneeling posture (or seated, if this is too uncomfortable) arms up and hands interlaced with index fingers pointing up.

As you say Sat — sounds like *sutt* — you feel the navel point drawing in sharply, nam it releases. Eyes are closed but rolling up to the brow putting pressure on the frontal lobe at the pituitary gland and doing good things for your brain.

Long relaxation afterwards is as important as the practice.

The ***Sat Nam Kriya*** has many attributes:

- Strengthens the entire sexual system
- Stimulates the natural flow of energy
- Allows you to control sexual impulse
 - Helps with mental instability
 - Physical health is improved
 - Expands awareness
- Works on directly stimulating and channelizing kundalini energy.

For detailed information see the information sheet.

What to crowd out and what to bring in?

Please refer to this during the week

Bring in **lots of water**, **lots of greens** and **lots of rest** and **self care**

Start creating a 'self care' routine and add Epsom salt baths to this routine.

By the end of the six weeks I would like you to have this as part of your day.

We want to recognise every ingredient we consume as FOOD. Not a chemical/additive/sugar...

We want to crowd out sugars, gluten, dairy and processed foods. I am not saying no to bread and dairy and other wheat products but just while you allow yourself to create a 'healthy' mind, body and spirit, we need to just peel back a bit before we add in again. With dairy please eat as much organic as you can. Too many antibiotics and chemicals in non organic.

From here there is a lot of information on the **power of greens** and the problem with **gluten** and other information I hope you will find useful.

The idea is to dip in and out and work with what resonates with you. This will change as your journey goes on.

Please engage with the shopping list and the Physical health questions at the end.

We will have a cup of tea while you go through all of this and any questions please ask. Please use your notebook to note in daily all that you are grateful for and perhaps create some affirmations to put around the house any time you feel yourself feeling negative emotions taking over. We CAN rewire the brain and we can create the life we long for but it takes repetitive action and commitment. I hope I can help you get a firm foundation going that you can continue to build on.



Benefits of Greens

Essential to our health. They strengthen our immune system and our respiratory system. They alkalise the body helping remove Inflammation.

In Chinese medicine they relate to the liver which is emotional stability and creativity. They are full of Magnesium, Phosphorus, Zinc, Folic Acid and Iron.

Benefits of dark leafy greens

Blood purification
Cancer prevention
Improve circulation
Improve gall bladder
Clear congestion
Healthy Intestinal flora
Rich in Calcium

Steaming helps us feel fuller so try and do a steam if you can.

Shopping list

Please get these before the first session

- Magnesium spray
- A5/A4 notepad to write in
- Apple cider vinegar
- Epsom salts for Bath
- Holy Basil tablets or tea
- Water bottle
- Lemons

This list is extensive and there will be many items I have forgotten to pop on so in short you are eating lots of vegetables, fruit, brown basmati rice, quinoa, amaranth (if you like) , whole grains, legumes, oils, organic meats, happy caught fish, humous, guacamole, ...

1 cup of caffeine a day if needed. This is an aim so if you have two or three... its ok! Just try before 2pm and then 12pm and then 11am...

2 litres of water a day.

Start every day with glass of warm or cold water with LEMON. Ginger too if you like.

Eat as much of the below as you would like. The idea is to gently change our way of eating. We do not want to create conflict but we do want to clear out the foods that are not nutritious or beneficial to us. But PLEASE DO NOT PUNISH YOURSELF if you slip.... Just take the next mouthful of food as a new beginning. When we slip there are often other things to look at and I hope that we will do just this! So be aware! :)

If you end up grabbing something that is not FRESH or WHOLE, PLEASE make sure you eat something that you recognise EVERY ingredient as food. By this I mean, for example, a bag of crisps - potatoes, salt, sunflower oil. NOT Dorritos where there is a list of ingredients that are NOT food.

Apply this to everything!

We are enjoying **food**, not additives and emulsifiers and chemicals. It is these little beasts that are causing **dis-ease** in the bodies of every living thing. We will support the body in its detoxing with herbs. Listed and explained on another sheet.



To start bringing into your weekly shops... some ideas to help

Bouillon

Tamari soy sauce – wheat free)

Apple cider vinegar – Braggs Organic is very good

Apple Balsamic Vinegar – Clearspring

Coconut butter

Olive oil

Ghee

Mustard

Vary these:

Kimchi

Sauerkraut

Cortido

Kaffir

Kombucha

Courgettes

Red Peppers

Peppers

Brocoli

Cauliflower

Sweet potato

Mushrooms

Spinach

Kale

Carrots

Cabbage

Cucumber

Celery

Radishes

Beetroot

Lemons – Lots of them!

Limes

Coriander

Basil

Ginger

Avocados

Fruit

Basically all vegetables and all fruits

Cumin seeds
Coriander seeds
Fennel seeds
Chilli
Curry powder
Sumac
Cayenne pepper
Cumin

Organic Apples
Organic Pears
Bananas
Dates
Organic free range chicken
Organic free range Eggs
Happy caught salmon, Mackerel, haddock, herring
Organic Greek Yoghurt
Organic Sheep and Goats cheese (less of)

Pumpkin Seeds
Cashew Nuts
Almonds
Sesame seeds
Sunflower seeds
Brazil Nuts
Walnuts
Organic popping corn

You can roast/toast all these in a bit of coconut oil. I mixed the fennel seeds, pumpkin seeds, coriander and cumin seeds together. Quite yummy.
Or with Cinnamon to make it that sweet alternative
Or perhaps even a bit of honey.

Organic coffee - FRESH and Fair-trade
Herbal teas
Liquorice and Peppermint
Cleanse
Ginger
Fennel
Detox – that kind of vibe!

Benefits of teas

With all of these teas if you feel uncomfortable or unwell drink lots of water and flush out the toxins. Lessen the dose you use and if you really do not agree with the herb, use another. This is about listening to our bodies needs and what works for one might not be suitable for another.

I have used information from healthline.com and Anthony Williams

Cleavers Tea

It is the sticky 'weed' we find in our garden and yet it is the most wonderful herb. Often suggested to take for one to two weeks at a time and then take a break. Pop 2 tsp of dried herb in to a cup of boiling water and leave for 5-10 minutes. It is great for cleansing the blood, the lymphatics. It is helpful for respiratory congestion and very good at moving along mucus and cold. It can also help with urinary infections and reduce swelling in enlarged prostates.

Adapted from Anthony William

Organic Wild Blueberry Fine powder

High in Antioxidants. Can reduce DNA damage and protect against ageing and cancers. It is an incredibly powerful, healing food.

Restore the liver. Prebiotic. "*The resurrection food*," Anthony Williams

Red Clover

Cancer prevention

Indigestion

Lowering cholesterol

Respiratory issues and illnesses

STD's

PMS, Menopause...

Dandelion Root

Aids sugar cravings and imbalances.

Reduces cholesterol

Might aid in lowering blood pressure.

Helps clear inflammation

Nutritious - magnesium, Potassium, iron, calcium, Vitamins A, C and K.

Some B vitamins and some E.

Fibrous

Help with Digestive upsets and issues.

Increase urine production so a diuretic and increases bowel movement.

Milk Thistle

Tonic for the Liver
It helps skin health
Helps with weight loss and cholesterol issues
Supports bone health
Prevents the spread of cancer

Lemon Balm 'Elixir of Life.' (Anthony Williams)

Anti bacterial, anti viral
High antioxidants
It is very good for anxiety and stress
It may boost cognitive function
It is very good for killing off viruses especially herpes virus
It helps with indigestion and can help rid of nausea
Helps with depression. Helps with high blood pressure
It helps boost the immune system and supports the endocrine system.
This supports any auto immune issues.
Very good topically too for cuts and wounds and any cold sores or shingles
It is good for sleep too as it calms the jittery nerves

Cats Claw

Fights inflammation
Helps with digestive disorders
Protects the liver by killing off viruses and pathogens that are in the liver.

Nettle

Cleanses the blood. Gets rid of excess uric acid in the joints
Acts as an anti histamine so great for hay fever
Anti inflammatory
Might be good for lowering blood sugar
Might be helpful for decreasing enlarged prostate
Very good for helping hair growth and preventing hair loss
Helps sore joints

Burdock Root

Loaded with Antioxidants.
It removes toxins from the blood
It might inhibit some types of cancer.
It can help skin issues and disease.
It purifies the body and it kills germs.
It is good for increasing the urine flow and clearing the system of toxins this way
Supports and cleanses the liver

Lemongrass

Full of antioxidants
Relieves menstrual pain
Helps with cold and flu
Boosts Metabolism
Reduces anxiety
Relieves bloating

Golden Rod & Knotgrass

Is used to reduce pain. It is helpful for clearing inflammation and it is a gentle diuretic. It also helps reduce muscle spasms. It can help issues with gout, joint pain (rheumatism), arthritis, as well as eczema and other skin conditions.

Magnesium

Many of us are deficient in Magnesium and it is essential to over 300 chemical processes in the body.

Whether you supplement, use spray or enjoy regular Magnesium Baths... it is really important to make sure we are getting enough. Foods are obviously key too. Dark greens, nuts and seeds are all good Magnesium foods.

Magnesium is:

Vital for our nervous system
Very good for bone health
Good for anxiety. Good for Migraines
Anti-inflammatory
It can help lower blood pressure
It boosts exercise performance
Combats asthma
It is important for muscle function
Good for PMS

When we are deficient we get:

Muscle twitches/spasms
Fatigue and muscle weakness
Irregular heartbeat
Asthma
Osteoporosis
Mental disorders
Cramping. Headaches

My Physical health.

How do I feel?

What medication am I taking?

What supplements am I taking?

Where would I like to see a difference?

If I have a discomfort/pain how does it 'feel' out of 10.

How does it make me feel?

How do I feel emotionally?

*Do I notice my moods changing day to day or throughout the day.
Am I aware of anything that triggers me to react or feel up or down?
This might be verbal, actions or foods/drinks... lack of sleep,
lack of hydration, etc.*

DO I express my emotions?

DO I feel my emotions? Or do I shut them down?

Am I READY to feel them?

How do I feel mentally?

Do I feel balanced?

Do I notice myself going up? Going down?

*Do I notice my moods changing if I have not done any exercise?
If I have eaten sugar or dense processed foods?*

If I have slept badly?

If I have gone to bed late?

*If I have not had a bowel movement?
Yes our bowel movement and health is KEY
to our mental and physical health.*



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Becoming aware:

How much water do I drink?

How much caffeine do I drink?

How many times a day do I have a bowel moment?

How many hours sleep do I get a night?

How often do I exercise properly, not just walking day to day?

Would it be worth me getting a fit bit to build up to 10,000 steps a day?

How deeply do I breathe?

Do I react? Or do I sit and listen and respond?

Do I do things I feel I should? Or do I do things I want to do...?

Do I feel drained after certain experiences?

Do I feel elated after certain experiences?

*Do I say No? Or do I feel I have to say yes to everything
and then regret/resent/ or struggle with it?*

Do I Listen? Do I live in the present?

Am I fully aware in each moment?

*“If you are depressed you live in the past,
if you are anxious you are living in the future,
if you are at peace you are living in the moment.”*

Lao Tzu

“Go toos” to support...

GUT HEALTH

Water
Herbal teas
Triphala
Aloe Vera
Apple cider vinegar – use in salads, etc.
Kimchi
Kaffir
Olives
Onions
Garlic
Keffir – coconut or dairy but organic!
Saurkraut
Pre-biotics too!
Kombucha

BRAIN FUNCTION

Water
Walnuts - they look like a brain. Nature is SO clever in telling us that!
Nuts and seeds
Oily fish
Coconut oil
Olive oil
Avocados

All the above contain GOOD FATS, basically.

HAPPY HORMONES

Have an awareness of *Happy Hormones* –
and how to increase them!

SERATONIN

It is found and produced in the gastrointestinal tract, well 80 percent of it is. Important chemical and neurotransmitter in human body. It is happiness. It regulates mood, social behaviour, appetite and digestion, sleep, memory and sexual desire and function. It has a role in bone health too.

DOPAMINE

Another happy hormone and neurotransmitter. It is the pathway to pleasure and reward to the brain. Good for memory and motor control. It drops with drug use, poor nutrition, stress, lack of sleep and too many antidepressants. Food cravings, mood swings and poor attention occur with lack of dopamine.

HOW TO INCREASE BOTH

Regular physical activity for at least 30 minutes

Exposure to bright light

Engage in activities that make you happy

Foods – almonds, pumpkin seeds, dairy,
amino acids, zinc, iron, magnesium.



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How to get rid of stress – and some powerful techniques

When we are faced with a real threat our reptilian brain, which controls the autonomic functions regulates our blood pressure and heart rate, are sent up and our pupils dilate... everything is protecting us.

However with daily stress facing us we feel threatened all the time and our cortisol goes up which then suppresses our immune system and inflammatory responses start occurring. This then causes the body to struggle – signs of which are fatigue, agitation, anxiety and irritation, cold sores, mouth ulcers etc .

When all this happens we crave sugars, or substances to try and get a fix or we start facing illness on many levels.

Simply for your information -
as we will refer to these throughout the course.

KRIYA

It is a repetitive action carried out for a few minutes. Either breath, movement, mantra ... or combined. Shifting stagnant energy and encouraging us to attune to our highest self. From *Kundalini Yoga*.

AYURVEDA

The Ayurvedic system is the oldest of the 'whole' body healing systems. It looks at all of us, mind, body and spirit. It is the 'science of life'.

There are **Doshas**, **Vata**, **Pitta** and **Kapha**. We all have each of them in us but usually one is more dominant. I love the Ayurvedic system in that it looks at the whole of a person. It looks for the cause not the symptoms of a 'dis- ease' in the body.

MANTRA

A Mantra is an aid to concentration. **Man= mind / Tra= transport or vehicle** — an instrument of the mind. They help to bring us into a present state of awareness and out of the hustle and bustle of life.

Mantras can be seen as **postures of the mind** rather than of the body like the Asanas. “So Hum” = “I am that.”

They help us alter our subconscious impulses, habits and afflictions They redirect **Prana** and need to be done consistently to create a difference in mind, body and soul. Bring us back to a life of simplicity. Letting us let go of the details that make life too complicated. So that we focus on what makes us happy.

MUDRA

Mudras are hand positions which have specific properties – a dancing of the hands



How can we help ourselves?

Please refer to this page during the week

Rid of toxins!
Sleep
Laugh
Love
Exercise
Massage
Yoga and breathing
Meditation
Music
Dance
Movement

So now you have had a chance to skim through the above - how do you feel?

Overwhelmed? Excited? No different?

Everything here is a tool for you to dip in and out of and things will resonate with you at different times. The key thing is that we get you on that journey, making healthy living accessible and attainable.

Do you have any questions?

It may be that you want to explore different methods and that is great... we just need to commit so by asking questions, increasing our awareness, and conversation... we can make a routine that melts into your day without you even noticing! Well almost. :)

Let us now finish with present-moment awareness.

Present-moment awareness

The more present we are, the less chance Stress has of survival!

The present moment is the greatest gift of life. In 'this' moment we have choice. We are truly existing. We are not lost in 'noise' or 'chatter,' we are here, right now. Everything that is, is. We fail to get lost in the what 'ifs' which create drama and confusion. We start to lose fear and the need to control and start to embrace freedom and love. We start to recognise that past is past, we cannot change it. Future is unknown and the present is what we have, it is what is. It is a place of non thinking. A still place where there is no judgement, no conflict, only peace. Even in challenging times, when we are present we are able to look at what is going on from a non reactive place, enabling us to respond from a different space than we would if we are lost in our heads and the what 'ifs'. We see, feel and understand differently.

So how do we get present?

Well it can be pretty hard for us when we start to re engage with what is very natural to our being. We are so conditioned to 'do', that 'being' seems quite tricky! But we are human beings not doings after all!

I would like to share a little practice with you and we will go from there. Over the coming weeks I would like you to practice being present in all you do. If you are driving . Be aware if you drift off into thought and bring your conscious state onto the wheel, the peddle, the road... BE in the drivers seat. If you are brushing your teeth, be aware of the taste, the movement on the gums and teeth, the hand holding the toothbrush etc etc... If you are making a cup of tea/coffee, be aware of each movement to make it. You get the idea.

Meditation helps us to be more present but again it takes time. We have to rewire the brain and re focus the body to recognise the beauty and recharge of stillness.

Practicing present moment awareness, helps us with our meditation practice as well as we are living with a heightened awareness. We become conscious of things we miss on a daily basis. Such as the colour of the trees, or the songs of the birds, or conversations between friends...

A sitting exercise

Ok, sitting comfortably. Focus on the breath. In and out... feel the movement of the belly. Feel the cool air entering the nostrils and the warm air leaving the nostrils.



Feel the stillness of the body. Focus on keeping the body still. And Just continue to follow the breath. The mind is now busy with two very important jobs and there will be little room for anything else. Thoughts come in, no problem. Let them float on by. Breathe through any frustration. Remember we need to help the body remember how to be still. Let the shoulders drop and the jaw relax. 2-5 minutes.

How did it go?

This exercise is also great for shifting baggage without having to dig it all up. So take a moment to bring in something that might be bothering you or perhaps you need some clarity on something really exciting....

Bring this into your mind and feel it in the body. Mark that feeling out of 10 and be aware of where in the body you can feel it.

Ok. Now, focus on the body being still and the movement of the breath. Be present. Fully present. (1 minute)

Now bring that 'story' into your mind again and notice how it feels in the body and mark out of 10. Has it remained the same, gone down or up? Get present again.

Do not give up! Do your best. :)

Continue until 2/10. It may take a few goes.

There is an understanding that many of our behaviours have a subconscious timeline. So, for example, if we answer the phone aggressively to a salesman...we can ask why?

But very often we won't know the answer so by practicing the exercise above we will find ourselves clearing the root of the reason, clearing a whole line of 'baggage' that the body has held onto. Next time a salesman calls up. You will answer and respond with kindness.

Kindness is a win win to both giver and receiver, so lets embrace the tools that get us there!



Closing meditation

2 minutes

So Hum



Any questions?

Please get in touch any time.

For this week... Embrace present moment awareness in all that you do... being aware of when you are present is amazing, it is the beginning. It is when we start to realise that we can be in charge of our thoughts and actions. We are Aware of ourselves. And in time we remember that we ARE that Awareness!

Embrace the shopping list and the supplements and the gratitude journal and do what calls out to you with the above information. Keep a note of anything that comes up for you. The highs, the lows, the middle ground.

Thank you

