



# LIFESTYLE

PACK

3 PHASES TO LOOK AND FEEL BETTER FAST!

# 1

## TRY VAGUS NERVE STIMULATION DAILY TO HELP YOU FEEL BETTER AND REDUCE YOUR CHRONIC PAIN.

The vagus nerve is the longest of the 12 cranial nerves in the body. Because of how much it effects our health and well being, it could be considered one of the most important nerves we have. Stimulating the vagus nerve helps to suppress inflammation in the body, increase essential stomach acid, and improve memory and brain function. It also helps to relax the body reduce anxiety.

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### EASY WAYS TO STIMULATE YOUR VAGUS NERVE DAILY:

- **Deep breathing:** Breath in for 4 counts, hold your breath for 4 counts, exhale for 8 counts, and repeat. Try to do this for 4-5 times in a row.
- **Gargling:** Take a small glass of water and gargle it in the back of your throat for a few seconds, 3-4 times in a row.
- **Singing:** Have you ever wondered why you feel so happy after singing? When you sing, even if it's only for a short time, you stimulate the vagus nerve in the back of your throat, just like when you gargle.
- **Cold ice pack on your neck:** I simply keep an eye gel mask in the freezer, and then take it out and wrap it around the back of my neck for several minutes. It can be shocking at first but you'll get used to it.
- **Massages:** This one is my favorite, but unfortunately, pricey, so if you cannot arrange one, just massage the back of your neck yourself for a few minutes a day instead. It's definitely not the same, but it will help.
- **Laughing:** Have you ever noticed how calm you feel after a good, hearty laugh fest? Well, there is a reason for that... Studies show it's extremely effective in stimulating your vagus nerve and for creating that wonderful calm feeling, so make it your goal today to try to find something that makes you laugh out loud, and don't be shy about it!

- **Exercising the right way:** Moderate, fun exercise that isn't too taxing is essential for stimulating the vagus nerve. That is why we feel amazing after we move! So go do today's workout and get ready to feel fantastic!
- **Pressure point nerve stimulation:** If you aren't sure about how to do this or haven't heard much about this practice before, I suggest you go to Youtube and type in "vagus nerve stimulation." You will find all kinds of how-to videos to help you get started. Keep in mind that this is the most powerful method suggested here for stimulating the nerve, so you might feel a little dizzy and light-headed the first few times you try it.
- **Taking a high quality probiotic:** This good gut bacteria helps the gut to function better and improves the effectiveness of how the vagus nerve stimulates the gut.

# 2

## IDENTIFY AND TRY TO REDUCE ANY UNNECESSARY PHYSICAL STRESSORS IN YOUR DAILY LIFE THAT CAUSE YOUR BODY TO BE OVERLY WORN OUT OR STRAINED

The more we are exposed to these types of stressors, the higher our chances are of experiencing long-term health problems. Some of these health issues include high blood pressure, heart disease, cancer, fibromyalgia, chronic fatigue, strokes, obesity, insomnia and much more! Almost all of these conditions have proven to be triggered by high levels of chronic stress. Often these stressors may not even appear to us as a problem, so they can be difficult to identify.

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### A LIST OF STRESSORS YOU CAN TRY TO MINIMIZE OR IMPROVE FOR BETTER HEALTH:

- Too much social media
- Too much screen time
- Poor alignment of your neck or spine
- Bad posture
- Wearing shoes with poor support
- Wearing high heel shoes too much
- Listening to a lot of loud noises or music
- Absorbing too many toxins you put on your skin, such as hairspray or nail polish remover
- Exposing yourself to an excess of toxic household cleaners
- Ingesting foods you are allergic or intolerant to regularly
- Parasites
- Candida
- Adrenal fatigue & or other organ fatigue

- Ingesting toxins from smoking, drugs (recreational and prescription) or drinking too much alcohol
- Over exercising
- Not exercising enough
- Poor, unhealthy diet
- Malnutrition
- Malabsorption from a leaky gut
- Extreme dieting
- Missing too many meals or fasting for too long on a continued basis
- Stressful or overly demanding work
- Poor quality sleep or insomnia
- Being overweight



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# 1

## TRY REGULARLY EXPRESSING GRATITUDE FOR THE LITTLE THINGS IN YOUR LIFE THAT ARE GOOD.

Expressing more appreciation for the little things in your life is essential to helping you feel better. This small daily practice is often overlooked because we live such busy lives and can forget to notice the little things, or we believe that doing so won't make much of a difference. Studies are now showing, however, this one simple step can greatly reduce aches and pains in the body, decrease levels of depression and anxiety, increase deep sleep, improve relationships, and overall make you a much more happier person than you would be if you didn't do this. Try daily journaling to get started on this practice.



# 2

## PRACTICE SPEAKING POSITIVE THINGS ABOUT YOURSELF & YOUR CONDITION THAT ARE ACTUALLY TRUE OR THAT YOU WANT TO BE TRUE.

Self-affirmations are statements that we tell ourselves in order to initiate positive change in our lives. When we are dealing with health problems the tendency is to feel down about who we have become, comparing ourselves to who we used to be, or who others still get to be, and we can easily become depressed and anxious, causing our health problems to worsen. On the other hand, when we regularly engage in positive self-affirmations we can lessen depression and actually help improve our immune system over time.

I know what you might be thinking, "I hate when people tell me to just be positive, because I've tried that but it just doesn't work! After all, this sickness is not in my head, it is real pain and real fatigue. Thoughts cannot change that fact."

I get it, that is exactly how I felt about this too, because it is true, positive thoughts alone cannot cure you. However, when I learned what self-affirmations really were and observed how they affected my symptoms it changed my opinion completely! You see, these are not just positive statements we say to ourselves to feel better, rather they are statements we make to ourselves about things we want to have happen in our lives or health, as if they have already happened. They are not contingent on what-ifs or circumstances, and they are statements that are immediately gratifying.



## DAILY SELF-AFFIRMATIONS HAVE BEEN PROVEN TO:

- Calm the nervous system
- Lower stress
- Lower cortisol
- Decrease inflammation
- Decrease autoimmune diseases

## HERE ARE A FEW EXAMPLES OF THE DIFFERENCES BETWEEN A POSITIVE STATEMENT AND A SELF-AFFIRMATION:

- Positive statement: “ I really want to feel better” (based on what-ifs)
- Positive statement: “I know I will feel better after I finish this treatment” (based on circumstances)

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- Self-affirmation: “I feel so much better” (even if you don’t)
  - Self-affirmation: “I know I will feel better” (even if you are not sure you will)

So you can see there's a clear difference. The reason this works better than just making positive statements is because it helps to rewire our brains to eliminate negative thinking. Just like any other muscle in our body our brains are malleable and can be rewired by our thoughts. Doing this will not only help our health to improve, but it will help us endure difficulties in our lives more easily. A few ways to do start doing this are to repeatedly speak your positive daily self-affirmations to yourself out loud or to write out your affirmations in a journal and read them daily to yourself.

# 3

MAKE YOUR "HAPPY LIST" AND TRY TO DO AT LEAST ONE THING FROM IT EVERY SINGLE DAY. MAKE IT A PRIORITY.

It is absolutely essential that we find more things in our daily lives that make us feel happy in order to improve our health! If you're like me, in the beginning of my healing journey I often felt guilty about applying this practice in my life. But I soon came to realize that this was not talking about doing big, grandiose, fun activities everyday, but rather it was about finding the little things that we personally enjoy doing and trying to do some of them each day. Not only will this simple practice make you happier but it will also help you to feel better as well. You will start to look forward to each day more, despite knowing full well that you will still be dealing with some pain and fatigue. At first you might think there's no time to have fun, but remember adding some back into your daily life is like medicine and should not be neglected.



## A FEW REASONS WHY YOU NEED TO PRIORITIZE HAVING MORE FUN IN YOUR DAY:

- Fun reduces stress: Engaging in enjoyable activities & laughter has a stress-buffering effect. According to one study, individuals who laughed less had more negative emotions.
- Your health will improve: Your immune system becomes compromised when you are unhappy.
- Fun makes us smarter: One way to improve our memory and concentration is to have more fun. It is well established that high stress levels negatively influence our hormones and neurotransmitters (especially cortisol and noradrenalin.) When these are not balanced brain fog & memory become worse.
- Fun can make you more energetic and youthful: Stress is draining - it can suck the life out of us, making us tired and cranky. When we effectively reduce our stress levels by having fun, this can provide us with a new boost of vitality.





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# 1

## TRY SPENDING A FEW MINTUES EACH DAY HAVING SOME SKIN TO SKIN CONTACT WITH THE EARTH, OR PRACTICE GROUNDING WITH A CONDUCTOR

Earthing, also known as grounding, refers to the practice of connecting your body to the natural electrical charge of the earth. Earthing is as simple as regularly walking barefoot outdoors, lying on the beach or sticking your hands in the dirt.

Earthing and grounding can also be practiced indoors with the use of inexpensive grounding systems including pads and patches that connect to the grounding socket of your household electrical circuit.

At first, this may sound a little weird. But the science behind earthing and grounding is really interesting: The earth is abundant in negatively charged, free electrons. When the earth is connected to the body it can help neutralize free radicals, providing antioxidant and immune boosting properties.

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### HOW TO DO IT?:

The best way to ground yourself is to go outside and stand barefoot in the dirt or sand for a few minutes during each day. But the weather outside doesn't allow you to do this, you can walk barefoot on a concrete floor in your house. Make sure the floor is not insulated from the ground. If you are looking for a way to reap even more benefits look into a ground sleep therapy mat or another form of conductor.

## HERE SOME AMAZING BENEFITS OF EARTHING:

- Reduces inflammation
- Improves sleep quality
- Reduces pain & stiffness
- Improves circulation
- Balances blood pressure
- Balances cortisol
- Reduces stress
- Reduces depression
- Reduces anxiety
- Reduces tiredness & fatigue
- Improves energy
- Improves mood
- Balances blood glucose
- Improves blood viscosity
- Improves immunity
- Improves thyroid function
- Increases metabolism
- Increases wound healing
- Improves vagal tone
- Balances serum electrolytes
- Improves athletic performance, recovery and more.
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# 2

## TO HELP YOU ON YOUR JOURNEY TO FIND OUT THE SOURCE OF YOUR PAIN OR FATIGUE TRY SOME ALTERNATIVE DOCTORS AND BLOOD TESTS

If your dealing with a chronic health issue it's important to find out the source of your illness, if possible, in order to treat your condition in the most effective way. It may be difficult, and honestly quite frustrating to find the source of your health issues using traditional medical practices so why not give some alternative blood testing and holistic medical practices a try? This may help you find some hidden, underlying reasons for your illness.

I have included a list of some of the most helpful alternative blood tests and holistic medical practices I have tried that I think may help you. This is not an exhaustive list so if you have already explored all of these options don't lose heart, there are many more options you can find with some extra research.



## A LIST OF HOLISTIC DOCTORS AND BLOOD TESTS THAT MAY HELP YOU FIND THE SOURCE OF YOUR ILLNESS:

- Iridology specialist
- Integrative physician
- Electro-Magnetic specialist
- Integrative endocrinologist
- Hair Mineral Analysis tests
- Heavy metals blood test
- Hormone panel blood tests
- Candida tests
- Parasite tests
- Food intolerance blood tests (Like ALCAT)
- Saliva Cortisol Test
- Insulin tolerance blood test (ITT)
- Serology blood testing (For the presence of virus-elicited antibodies in blood)
- ANA blood test (To help diagnose autoimmune disorders)
- Vitamin blood test panel
- Micronutrient blood test





# 3

## TO HELP YOU DEAL WITH YOUR PAIN AND FATIGUE SYMPTOMS BETTER, TRY USING SOME ALTERNATIVE TREATMENTS

To better deal with chronic pain and or fatigue, use natural treatments that have been proven to lessen symptoms when used consistently over time. Below are a few treatments I have personally tried that have given me good results.

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- High dose vitamin C injections (to lessen inflammation and recover from hidden infections)
  - Bentonite clay supplements (to pull out toxins)
  - Epsom salt baths (to pull out toxins, reduce pain and relax the body)
  - Acupressure mats (to reduce light pain)
  - Parasite cleanses
  - Infrared light therapy (to heal the body)
  - Magnet therapy (this works similar to "Grounding" in the body)
  - Castor oil packs (to help liver detoxification)