



# *Itality*

The Ultimate Guide to  
Living Healthier  
and Longer



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This eBook is not intended as a substitute for the medical advice  
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any symptoms that may require diagnosis or medical attention.



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# Introduction

**T**hank you for downloading this eBook! You've just made the first step towards the new you, full of health and vitality. I'm writing from my own personal experiences and from my passion to help you and other people!

My name is Patrizio Racco and I decided to put together this ebook to stimulate you to think about the importance of your health. I am not a doctor but I have researched Nutrition and have been dieting ever since.

After losing almost 25kg I decided to gain as much knowledge as I could about food and nutrition. This decision led me to where I am today, to the company I founded and to the network of professionals that my wife Sara and I collaborate with today. You may find out more on [itality.com.au](http://itality.com.au)

I tried many, many methods on myself but I never believed on extreme workouts or too rigorous diets. However I firmly believe in treating my body the way it deserves and I am glad that my wife agrees the importance of this point.

You, my friend, by taking the time to read this manual, have now stepped onto the road that leads to a healthy body. Take a moment to reflect on the famous quote "*Success is a*

*journey, not a destination*". We can substitute the word 'success' with the words 'healthy body' or whatever you prefer.

Learning to make the right choices with your diet and workouts will become a lifestyle that continues. The day you step off of this road could be the day your weight increases and your health declines.

I applaud you as you take the first step in the journey of health that will change your body and life forever. This choice will pay off every day for the rest of your life.

As you enjoy your overall health, high energy levels and ideal body weight you will feel your confidence and wellness greatly increase. Start building habits that will improve your enjoyment and quality of life today!



Best of Health,  
Patrizio Racco  
Founder Itality

If you have any questions, please don't hesitate to contact me: [patrizio@itality.com.au](mailto:patrizio@itality.com.au)



# Introduction

“ My name is Sara and I decided to collaborate to the creation of this ebook to help people to change direction to a healthier lifestyle.

Many of the life-saving foods that are featured in this book are common everyday foods that you may have eaten all of your life but whose contribution to your health you have taken for granted.

Your introduction to them may have started when your mother encouraged you to eat all of your vegetables because they would help you to grow up to be healthy and strong.

Through this ebook we want to give you the knowledge to make little changes to better your everyday life without sacrificing the pleasures of the body and the palate. You will learn how to introduce good habits and reduce or eliminate the bad ones.

A Healthy Lifestyle doesn't have an expiration date. Starting this journey is the decision that you must take. ”



Live healthy, live longer.  
Sara Munulli  
Founder Itality

“ As a Nutritional Medicine Practitioner my job is to help prevent disease and educate people on ways to lead a healthy, balanced lifestyle. When disease does prevail it is my job to educate, guide and advise changes for clients to implement to manage and potentially remove disease.

There is a term called 'Preventative Medicine,' this is a term that I am strongly passionate about, and all advice I give to clients is based around this belief. Ultimately it involves looking after yourself physically and mentally to prevent disease by eating the right foods and not being a couch potato.

Through this guide I am keen to help you achieve your health goals and support you every step of the way! This is an easy to follow guide for optimal health, the principles it contains have been developed to be readily applied to your life right now.

I look forward to helping you on your journey to finding a healthier and happier You! ”



Prevention is the key!  
Shantel Mcmillan  
Nutritionist



## Overview

*M*y dad always says “Once you are out of bed you are good, a bit of health is all you need!” Indeed! But certainly the definition of “life” encompasses more than waking up and just existing, right? Isn’t it also about enjoying life as pain-free and disease-free as possible? That is a truly desirable manner of living.

There was a time in this world when the necessity to reduce weight was entirely unusual. **People ate properly, yet they worked hard too.** They woke up early in the morning and then engaged in an entire day of work. Individuals worked on fields digging, sowing, and harvesting. They tilled the soil, rode horses, managed farms and cattle ranches. As a result they could consume almost anything in whatever amounts they desired with no visible risk.

The world has actually altered so much since then. Lifestyles have changed a lot and our comforts have increased. The majority of us have inactive jobs that require little or no physical activity. To put it frankly, things have actually ended up being so damn simple. It is no surprise that weight gain has become a significant issue for many populations. Throughout the duration of our carefree youth weight issues aren’t as significant. Children often consume junk food, but as they are commonly more active the effect is less noticeable on

the outside. Unfortunately when we introduce technology into the picture, weight issues in children are just as prominent.

Most children that have led a lifestyle consuming unhealthy processed food tend to enter their twenties and the signs of weight gain finally catch up and can be seen externally. It is often in the most undesirable places too! Being healthy is more about remaining fit and sticking to an unprocessed and natural diet to assure a long and illness free life. All over the world individuals are changing to a much healthier lifestyle and weight loss is often the desired goal.

It’s not about the hour glass figure or the perfectly sculpted and toned body. It is more about staying fit and remaining healthy to ensure a long, disease free life. Every body knows that extra weight spells illness. This doesn’t mean to say if you are overweight there is no light at the end of the tunnel. What this does mean is that by leading a healthy and active lifestyle you can lose weight, improve your mood and reduce the risk of disease hugely.

Persistent health problem has actually ended up being so typical it’s virtually impossible to imagine life without it. There’s a big distinction between what’s common and what’s normal. Let me say that once more: **There’s a big distinction between what’s common and what’s normal.**



Chronic illness is common, however it's definitely not normal. How can we explain this?... Our ancestors were free of the modern illnesses that today kill millions of people every year. No obesity. No diabetes. No heart disease. No allergies, asthma, or autoimmune conditions. They dealt with high rates of violence as a result of tribal warfare, lived outdoors, and had no modern-day healthcare whatsoever. The hunter-gatherers endured these difficulties from youth into adulthood. Surprisingly they had life-spans approximately equal to our own, typically living well into their 70s.

The difference between modern society and our ancestors is that they reached these ages without getting any one of the chronic, inflammatory conditions that are ruining our quality of life today. It's been a long time since we lived as hunter gatherers. At the turn of the 20th century, heart disease was still relatively unknown, including the industrialised world.

## So what exactly happened?

### IN ONE WORD, IMBALANCE.

All organisms evolve to survive and thrive in their specific ecosystem. However when the environment changes more rapidly the organism can't adapt and imbalance takes place. This is a fundamental concept of transformation in biology, this includes all creatures great and small including the human race.

In several respects, contemporary people have actually come to be the equivalent of wild animals living in captivity. You may point out that we're living in a human zoo – since our life is unrecognizably diverse from the lives of our

ancestors. For 66 thousand generations – about 2 million years – human beings consumed mostly meat, fish, fruits, vegetables, nuts, seeds, and also some starchy tubers. We were physically active throughout the day, we didn't sit for long period of times and we were in sync with the natural rhythms of light and dark. We lived in **direct contact with nature**, in tight-knit tribal communities.

It would appear the quickest method to restore our natural wellness and vitality is to return to a way of eating and living that closely matches our ancestors. Our genetic makeup and biology has been developed based on this lifestyle, and we haven't evolved much considering as can be seen with a constant rise in metabolic disease and illness.

That's specifically what I'm going to explain you in this eBook:

### 10 SIMPLE YET EFFECTIVE TIPS

1. Eat Authentic Food
2. Nurture your Body
3. Quality over Quantity
4. Fill your Diet with Micros
5. How much should you Drink?
6. Support your Digestive Health
7. Be active like your Ancestors
8. Sleep more Deeply
9. Learn to Manage Stress
10. Enjoy Pleasure

We'll deal with these in a lot more detail very soon. Before we do that, allow me to answer a simple question.

## Why are they so crucial?

Among the most obvious mistakes conventional medicine makes is to assume that modern conditions – diabetes, heart disease, depression, chronic stress, autoimmune disorders etc. – are unconnected conditions that don't share a common root cause. This is an advantageous fiction pushed by the pharmaceutical industry (including other medical organisations) to continue offering medications whilst making a large profit.

The fact is that while these problems do have unique features, they all share a common beginning: [the modern-day way of living](#).

*Poor eating habits, nutrient deficiencies, anxiety, insomnia, sedentary lifestyles, lack of exercise, and ecological contaminants all contribute directly to the illnesses that are affecting our health and wellness.*

The ordinary procedure is to handle each of these different problems with many different drugs, and disregard the basic factors that go to the source of each one of them. That has actually been a stupendously not successful strategy. It's time to replace it with a more holistic view of health and wellness, and to encourage ourselves to avoid and cure disease without any needless medicines or surgical treatment.

The ultimate goal for this ebook is to help you [take control of your own wellness](#); to help

liberate you to avoid the seemingly endless patterns of prescribed medications, surgical treatment, referrals to specialists and hospitals; and to find an all-natural vitality and happiness that you could have never imagined was lying within you.





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STEP 1.

Eat Authentic  
Food



## Eat Authentic Food

Let's say that you just bought a beautiful new vehicle. It looks fabulous and you are so proud to be the owner. What would happen if you used poor-quality gasoline as fuel? It contains residue and useless by-products of the drilling and refining processes. Over time, that gorgeous new vehicle would deteriorate, the gas mileage would decrease, the engine will begin to show signs of wear and tear much earlier than expected and eventually the engine will malfunction and no longer work.

Your body is similar to a vehicle in that it requires high-quality fuel to function properly. *By high quality, I am referring to food that nature provides.* Food that is loaded with vitamins, minerals, fibre, enzymes, and many other building blocks to build optimal health. These are the things holistic health practitioners are talking about when they refer to "nutrition."

The introduction of factory-made refined food has undeniably had a damaging effect on our health. It is possibly the most damaging element in the history of humanity as can be seen with the rise of chronic metabolic disease. Without these introduced foods conditions such as Type 2 diabetes, obesity, and Cardiovascular Disease could be avoided.

Food manufacturing has given us all *three of*

*the hazardous foods* that are ruining our health: sugar, flour and industrial seed oils.

In addition manufacturing has brought into play a large list of synthetic ingredients. In the food industry these are known as food additives. These additives include anti-caking agents, flavour enhancers, preservatives, raising agents, gelling and glazing agents and the list goes on and on. They all have a common purpose which is to preserve food and make it appear more desirable by changing the taste and texture.

Unfortunately our bodies pay the price as most of these additives have unfavorable impacts on our health, in particular when consumed together. Some ill effects caused by additives include hyperactivity in children, headaches, nausea, and the potential to trigger asthmatic attacks in people more sensitive.

To stay clear of the damage caused by processed and refined foods, an excellent rule to follow is:

*"If it's packaged in a bag or box, do not eat it."*

Or, rephrased:

*"Eat food that is close to nature. Produced by the earth and sun".*

Needless to say, not all food that is found in bags and boxes is harmful. It is therefore important to understand the importance of Nutrition when purchasing food. Packages and boxes often contain vital nutritional information. When you look at the nutrition panel on the back of products a handy tip to remember is the least ingredients often indicates the product is minimally processed. Also the ingredients are listed in order of quantity. If sugar is mentioned as one of the first 3 ingredients, it will be found in high quantities. Products like this should be avoided.

If you follow this guideline, you will learn about the foods to avoid that are triggering an avalanche of health complications and destroying our health. Once you understand nutrition and how to make the right food choices, you are well on your way to mastering the art of healthy living.



## The 3 knights of the armageddon

Sugar

Flour

Industrial seed oils

(Canola, Corn, Cottonseed, Peanut, Grapeseed, Safflower, Soybean, Sunflower, and Vegetable oil)

A large majority of adults are consuming excess calories from highly processed foods packed with sugar, bleached flour and industrial seed oils. These food choices offer a surplus of energy and little else. Unless you are highly active, the energy contained in these food items is often not used by the body and as a result it is stored as fat. As a result in the industrialized countries roughly 60% (almost 2 in 3) adults are classed as overweight or obese. In children a similar pattern follows with 25% (1 in 4) children classed as overweight or obese.

This brings us to the question, what is actually wrong with these ingredients? If they are having a negative impact on our health why are they found in a majority of our food?

### 1. These meals favor unnecessary eating

Foods packed full of sugar, processed flour and industrial oils are all high in calories. They contain little nutritional value, are stripped of fiber, and lack water. Nutrients, fiber and water are vital and without these in the diet the body is left unsatisfied. Nutrients nourish the bodies cells, fibre helps to keep us full and assists with digestive health and water comprises up to 80% of our entire body weight so without



adequate hydration our body quickly enters a state of imbalance. If we continue to eat food that is processed and void of nutrients we are left feeling hungry, unsatisfied and we don't recognise the signal to stop eating so we continue to eat more and more. This is what happens with a bag of potato chips or a container of gelato.

When is the last time this took place with a dish of broccoli or a lean juicy steak? Most people do not have the tendency to over consume genuine meals like they do with processed foods. Actual meals can make us feel full and satisfied in a way that refined foods cannot.

## 2. These type of foods favor inflammation

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Inflammation is the origin of all modern-day diseases, from cardiovascular to autoimmune conditions, to allergies to obesity. Bleached flour and seed oils are hazardous for our health. Refined sugar consumed in large quantities is potentially **one of the worst poisons that we are putting into our bodies on a daily basis, sometimes without even knowing.**

It has been suggested that sugar blocks your body's immune response for between four to six hours. This means your body is more susceptible to falling prey to the thousands of viruses, bacteria, and other infectious diseases present in our environment and in our bodies during that time. Even if you rarely consume desserts, you may be surprised to learn that sugar can easily sneak into your diet.

Nancy Appleton, author of the best-selling book **Lick the Sugar Habit**, identified some of the following lesser-known sources of sugar. What about that hamburger you ate last

weekend? Shockingly, the meat was most likely injected with a sugar solution to prevent it from shrinking. This "improves" the flavour and colour of cured meat, at least according to the food industry. The average bottle or package of "juice" may not even contain a single drop from its natural source of fruit. More likely, it is loaded with sugar, artificial colours and flavours that give it a "natural" fruit juice flavour. The breaded coating on most prepared foods contain sugar. Tinned salmon is usually glazed with a sugar solution before being canned. Sugar is used in the process of making luncheon meats, bacon, and canned meats. It is also found in unlikely items such as stock cubes and dry-roasted nuts. Peanut butter and many dry cereals (even many of your so-called healthy favourites) contain sugar.

This one may shock you: **some salt contains sugar!** Almost half the calories found in most condiments such as ketchup comes from sugar.


### TAKE ACTION NOW!

- Choose unpackaged foods
- Reduce sugar and sweet consumption
- Consume less bleached and processed flour
- Avoid industrial seed oils
- Reduce intake of processed foods
- Base your diet on real foods
- Consume more lean meats and fish, more vegetables and whole fruits, more unsalted nuts and seeds
- Select foods that Nature provides
- Find time to prepare your food
- Enjoy eating

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## STEP 2.

Nurture your Body



# Nurture your Body

Human beings need 3 things to survive: oxygen, water, and food.

We can survive for a couple of minutes without oxygen, and just a couple of days without water. We can live a lot longer without food (sometimes up to 3 weeks), however the quality of food we consume plays an important role. Particularly the nutrients! It is the nutrition we receive from our food that often determines whether we survive in the long term or not.

There are 2 main categories in food:

1. **MACRONUTRIENTS** which include protein, carbohydrates and fats. Macronutrients are needed in large amounts.
2. **MICROELEMENTS** include water and fat soluble vitamins and minerals.

The more nutrient dense a food item is the healthier it is for you. Food with high nutrient density are packed full of vitamins, minerals, complex carbohydrates, lean protein and healthy fats. **Carbohydrates** play the main role in supplying energy to body cells, therefore they are vital for physical and mental wellbeing. We utilise carbohydrates as our first source of energy, and when the body stores are depleted we turn to protein and lastly fat. **Protein** is known as the building blocks of body tissues. Protein is made up of amino acids, some essential which are required through our diet

and some non-essential which the body can synthesize on its own. **Fat** is a vital part of the diet, and is responsible for building cell membranes, insulating the body and offering cushioning for vital organs. Fat contains more energy than any other nutrient (9 calories per gram compared to the 4 calories per gram offered by carbohydrates and protein).

**Human beings need various micronutrients** (i.e. vitamins, minerals, organic compounds and phytonutrients) to work effectively. Every single bodily process such as blinking your eye, the beating of your heart to basic message signaling from the brain depends on small quantities of these micronutrients. When the body is deficient, it will not work optimally and the body becomes more susceptibility to disease.

Since nutrients sustain all procedures in the body, **when deficiency occurs it influences every cell, tissue and organ in the body.** Nutrient shortage is connected to a long list of issues, including:

- Reduced immune function.
- Premature aging.
- Cellular damage and Cancer growth.
- Heart disease and Hypertension.
- High or low Cholesterol.
- Stress and anxiety.
- Infertility.



In fact, it's nearly impossible to discover a health condition that is not connected to nutrient deficiency.

**“Nutrient-rich foods are almost always low-calorie foods”.**

“Use a simple formula to express your eating style:

$$H = N/C$$

**Health = Nutrients/Calories**

Your health is predicted by your nutrient intake divided by your intake of calories.”

*Excerpt From: Dr. Joel Fuhrman - Eat to Live Cookbook.*

## The significance of Bioavailability

It is not simply the quantity of nutrients that a food provides that is essential, it's how bioavailable those nutrients are. **Bioavailability describes the amount of nutrients that the body can absorb.** The quantity of nutrients we can absorb from our food is inevitably much lower

than the quantity of nutrients the food originally consists of. The nutrients in some foods are more bioavailable than others. For example the turf in your front yard is packed with vitamins and minerals, however the nutrients are hard to absorb as the human body doesn't produce the enzymes required to break it down. Turf consists of huge quantities of plant fiber called cellulose (also known as dietary fibre). Humans need dietary fibre for digestive health, but as we can't utilise dietary fibre the main components of turf would be excreted and not absorbed.

On the other hand, nutrients found in animal foods like fish, meat, poultry, dairy products, and eggs are highly bioavailable. This suggests we can absorb them quickly. The secret to nourishing your body is to optimise your consumption of bioavailable nutrients. This will ensure the body has everything it needs to work efficiently.

See [the nutrient density and bioavailability of typical foods](#) in the table below:

HIGH	MEDIUM	LOW
Organ Meat	Whole Grains*	Refined grains (bread, pasta, crackers, etc..)
Meat, Wild Game and Poultry	Legumes*	Sugar
Fish and Shelfish	Plant Fats and Oils**	Industrial Seed Oils
Eggs	Animal Fats and Oils**	Processed Food and Snacks
Fruits	Dairy Products	Sugar-Sweetened Beverages
Vegetables		Artificial Ingredients
Nuts and Seeds*		Alcohol
Herbs and Spices		Natural Sweeteners

\* Whole grains, vegetables, nuts and seeds consist of compounds called “nutrient inhibitors” that can inhibit the absorption of other nutrients.

\*\* Plant and animal fats are reasonably lower in nutrients, however they play other important functions, including increasing the absorption of other fat soluble vitamins. .

If you analyse the table above for just a minute, you may observe some important factors. All of the nutrient-dense foods are **wholesome foods**, and all of the least nutrient-dense foods are highly **processed foods**. Secondly you may be amazed to find organ meats, meat, fish and shellfish in the highest group for nutrient density. When we think about the specific nutrients needed for human functioning and our body composition it makes sense that these foods items have a higher nutrient density.



One serving of meat generally includes more B12, niacin (B3), vitamin D, retinol (vitamin A), zinc, iron, potassium, phosphorus, and EPA and DHA than the exact quantity of 2 commonly known nutrient dense plant foods blueberries and kale. In addition, the nutrients in meat are extremely bioavailable when compared to foods like cereal grains, nuts and seeds, and legumes. The bioavailability of zinc for instance is 4 times greater in beef than in cereals.

Wait a second... you may be thinking “But shouldn’t we stay away from red meat?” or “Doesn’t saturated fat clog up our arteries and meat consumption contributes to cancer formation?”

Although early investigations suggest a link between red meat consumption and the increased risk of disease particularly colon cancer, more recent research suggests there may not be a direct relationship between the two at all.

Lastly, even though animal and plant fats are not necessarily nutrient dense, they do play a vital role in the diet. Most notably, they **assist the body to absorb nutrients that exist in other foods**. Look at where whole grains and legumes are located on the table. They are not the dietary ‘ninjas’ you might have been led to believe. Although they have nutritional value such as fibre, protein and others vitamins and minerals they also contain phytates (also known as nutrient inhibitors) which make it harder for people to assimilate the nutrients.

## TAKE ACTION NOW!

- Firstly choose nutrient-dense wholefoods such as organ meat, meat, fish, fruits and vegetables
- Soak nuts, seeds and legumes prior to cooking to maximize nutrient bioavailability
- Do not be scared to use “good fats”: they help us to absorb nutrients from other foods
- Use herbs and spices
- Minimize your intake of processed foods and snacks
- Avoid artificial ingredients
- Reduce sweetened beverages and alcoholic drinks consumption

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STEP 3.

Quality over  
Quantity





## Quality over Quantity

Throughout the last 50 years, quantity has actually been a much greater topic than quality when it comes dieting. We have actually been told that if we wish to slim down, we have to consume less calories and work out more. We have also been told that we have to eat less “fat” by a lot of health organisations.

Just recently, some investigators and health professionals have actually recommended that **it's not fat that is bad that is bad but but carbohydrates (primarily sugar)**. It has been recommended that following a low-carb diet plan is the best option to achieve weight loss. These suggestions are based on the idea that our health is defined by the general amount of food we consume, or the amount of macronutrients like fat and carbohydrates the food includes. Trends sway people in either direction, for instance the low-fat enthusiasts will certainly inform you that consuming excessive fat (particularly saturated and trans fats) will make you overweight and lead to Cardiovascular Disease.

However **there are numerous examples of societies with high fat consumption**, and yet there is a low occurrence of weight problems and chronic inflammatory conditions. Think about the Masai indigenous group in Africa, who get about 60-70 percent of their calories coming

from fat (almost entirely from meat and milk) yet they are lean, in shape and in good health. What about the modern-day French, who have the lowest percentage of heart disease than other developed nation worldwide, regardless of a high consumption of fat in their diet.

The low-carb crowd is quite knowledgeable about these statistics, which are commonly used in defence of low-carb diet plans. Explain that to the Kitavans in Melanesia, who get approximately 70 percent of calories from carbohydrates and, like the Masai, have almost no weight problems, Cardiovascular Disease and other Chronic, Degenerative conditions that are so typical in Industrialised cultures. We have actually observed a comparable absence of modern-day illness in the Kuna Indians in Panama and the time-honoured Okinawans of Japan, two other healthy native populations that have roughly 65 percent of calories from carbohydrates.

### Why is quality more crucial than quantity?

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We have known for a long time that “counting calories” and deliberately eating less is not an efficient weight-loss method, particularly for the long term. More than 85 percent of men and women who count calories at some point often

gain back the body weight they lost, in some case even more. This results in a vicious circle of yo-yo dieting, I am certain many of you are more familiar with this than you would like to be.

The good examples mentioned above tell us that when it involves food, **quality is more important than quantity**. People can thrive on a variety of macronutrient ratios, varying from low to high fat – as long as they are consuming actual food. And when you're consuming top quality, nutrient-dense food, you are much more likely to consume the best amount of food to keep your weight at a healthy level.

In this context, we might state that there are “excellent carbohydrates” and “bad carbohydrates”, “excellent fats” and “bad fats”.

**Excellent carbohydrates** are those that are both unrefined and nutrient-dense, such as fruits, veggies and starchy plants like potatoes, sweet potatoes, plantains, taro, and so on. **Bad carbohydrates** are highly processed and refined, and nutrient-poor, like many things made with flour and sugar.

**Great fats** are unrefined such as natural fats including olive oil, coconut, avocado, butter, as well as lard and duck fat when it originates from pasture-raised animals. **Poor fats** are extremely processed and refined commercial seed oils and trans fats.

## Pasture-raised animal goods and wild-caught fish: as nature meant

A number of researches have actually been done examining the nutrient content of pasture-raised (PR) and grain-fed (confinement animal feeding operations, or CAFO) animal foods. PR animal products are better compared to CAFO in two main aspects: they have a much better fatty acid profile and greater quantities of vitamins and other micronutrients.

Grain-fed animals have much lower quantities of anti-inflammatory omega-3 fats. The more cereals in an animal's diet regimen, the lower the omega-3 amounts in their meat. For instance, grass-fed beef usually has 3 times more omega-3 compared to grain-fed beef. In addition, **pasture-raised animal foods likewise have much greater levels of minerals and vitamins**, including:

- 288% more vitamin E
- 54% more beta-carotene
- Twice as much riboflavin (B2)
- 3 times as much thiamin (B1)
- 4 times as much selenium
- 30% more calcium
- 5% more magnesium

We observe a notable distinction when comparing eggs from hens raised on pasture and those raised in cages. Eggs coming from pasture-raised hens offer as much as 10 times more omega-3 than eggs from caged hens, and they are considerably greater in B12 and folate. They likewise have greater levels of fat-soluble vitamins like vitamin E and a denser concentration of vitamin A.



When it come to fish, farmed fish often include reduced omega-3 levels relative to linoleic acid (omega-6). For instance, wild salmon has 10 times more omega-3 than omega-6, while farmed salmon has less than 4 times the quantity of omega-3 than omega-6.

An additional research discovered that eating common farmed salmon increases blood levels of specific inflammatory chemicals connected to augmented threat of heart disease, diabetes, Alzheimer's and cancer. Wild salmon however has 4 times as much vitamin D as farmed salmon, which is particularly essential because 1 every 3 people, on average, lack this crucial vitamin.

Look after your food and  
your food will look after you!

## TAKE ACTION NOW!

- Do not count calories
- Focus on the quality of foods
- Learn how to reconize good and bad carbs and fats
- Visit a farm with your children. It could be a great experience for all family
- Choose meats from pasture-raised animals when it is possible
- Pay attention to the label: free range eggs are much better!

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STEP 4.

Fill your Diet  
with Micros





## Fill your Diet with Micros

When you purchase a new food in the grocery shop and look at a nutrition label, where do your eyes first look?

We typically pick foods based entirely on their macronutrients (carbohydrates, proteins and fats) without taking into account the trace elements (minerals and vitamins) they offer.

Vegetables, especially green leafy ones, win the nutrient density prize. The concentration of vitamins, minerals, phytochemicals, and antioxidants per calorie in vegetables is the highest, by far, of any food.

Research shows that vegetable consumption is the most important factor in preventing chronic disease and premature death.

Since they make up a much smaller portion of our diet plan than the macronutrients, trace elements are commonly missed. Micronutrients are given less thought, too, since they do not influence our weight the manner the macros do.

They might appear less considerable, minerals

and vitamins are in fact simply as crucial as the calories we consume.

- Calcium mineralises our bones,.
- Vitamin C makes our collagen strong.
- Potassium, salt and calcium collaborate to moderate hydration and contraction.
- If we get a cut, vitamin K permits blood to thicken.
- Vitamin E, an antioxidant, safeguards healthy cells from being harmed.

The list continues. The point to takeaway is: despite the fact that we require less of them in our diet plan than macronutrients, [vitamins and minerals](#) are just as important to our health.

### The best ways to Optimise those Micros

- Consume food items from a variety of food group. No single food, or food group, is a source of everything. At mealtime, try to [fill your plate with 3-4 food groups](#) and aim to include the ones you missed out on in your snacks throughout the day.

- Micros give color to foods. These colors are frequently associated with specific vitamins and minerals. [Read our article “Eat a Rainbow Every Day, You’ll Kick Yourself for Ignoring” to learn more.](#)
- When you can, [consume fresh or frozen food.](#) Food processing, along with direct exposure to light and air, can deteriorate essential minerals and vitamins.
- Stock up on frozen fruit and vegetables. [Frozen vegetables and fruits are typically selected at peak freshness](#) and rapidly processed, which protects their nutritional value.
- Know a couple of household kitchen essentials. Specific minerals and vitamins can be lost in cooking, while others can be much better absorbed and soaked up when coupled with specific foods.

## Here are a couple of guidelines

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- Consume some produce raw or prevent overcooking. [Read our article “Raw Food vs Cooked Food” to learn more.](#)
- When cooking: steaming, sautéing or roasting will usually retain more minerals and vitamins than compared with boiling.
- Consume iron-rich plant foods like lentils, spinach, tofu and beans with a squeeze of lemon juice or citrus dressing. The Vitamin C enhances iron absorption.
- For absorption of the fat soluble vitamins A, E, D and K it is best they are coupled with a healthy fat, like oil & vinegar dressing. It is also rather important to select low-fat milk rather than fat-free. [Read our article “Low-Fat Food Doesn’t Mean Low Fat Body” to learn more.](#)





- Select foods over supplements. Minerals and vitamin supplements can be advantageous when dealing with nutritional shortages or specific medical conditions, however for the majority of us, they're not essential.

It is possible through a healthy well balanced diet plan to obtain a wide array of trace elements.

As you make choices about exactly what foods to consume, keep in mind it's not all about calories, carbohydrates, protein and fat.

The finest method to get enough of these is by consuming a healthy range of colourful foods from a variety of food groups.

## TAKE ACTION NOW!

- Fill your plate with 3-4 food groups
- Micros give color so choose colourful foods!
- Consume fresh or frozen fruits and vegetables
- Learn when eat raw food and when to cook it
- Avoid taking supplements if they are not necessary
- Use oil and vinegar dressing in your salads



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## STEP 5.

How much should  
you Drink?





## How much should you Drink?

**W**ater: How much should you drink every day? It's a basic concern without any simple answers. Drinking water is necessary to health, yet each person has different requirements. Researchers have presented a variety of suggestions for many years. In fact, your water needs depend on numerous aspects, including your condition, how active you are and where you live.

No single formula fits everybody. However understanding more about your body's requirement for fluids will certainly assist you approximating how much water to consume each day.

### Health advantages of water

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Water comprises somewhere in the region of 65% of your body weight. Every system in your body depends upon water. Water flushes contaminants out of crucial organs, brings nutrients to your cells, and offers a wet environment for ear, nose and throat tissues. **A deficiency of water can cause dehydration**, a situation that takes place when you do not have sufficient water in your body to perform typical functions. Even minor dehydration can have serious ramifications for your health.

Every day you lose water as a consequence of your breath, sweating, urine and bowel

activities. For your body to operate correctly, **you should renew its water system by regularly consuming drinks and foods containing water.** How much fluid does the average, healthy adult living in a temperate environment require?

An approximate consumption for men is about 13 cups (3 liters) of water a day while it is recommended for a woman to have 9 cups (2.2 liters).

### Variables that affect water requirements

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You might have to change your overall fluid consumption depending on how active you are, the environment you reside in, your health condition, and if you're pregnant or breast-feeding.

An additional 400ml to 600ml of water may be needed after brief workouts, however an intense workout lasting more than an hour (for example, running a marathon) needs more fluid consumption. How much extra fluid you require depends on how much you sweat throughout the workout.

During long sessions of intense workouts, it's best to consume fluids that contain electrolytes such as coconut water. The electrolytes most importantly sodium will help to replenish lost quantities via sweat and minimise the opportunity of developing hyponatremia (low sodium in the blood). Although rare, it can be fatal. It is important to continue replacing fluids even after you've completed your workouts.

Hot or damp weather conditions can make you sweat and need additional fluids. Altitudes higher than 8,200 feet (2,500 meters) might increase urination and accelerate breathing, which requires an increased use of your fluid reserves.

When you have a fever, vomiting diarrhea or dysentery your body loses extra fluid. You will as a result need to replenish them. The same can be said about conditions such as bladder infections or kidney stones. On the other hand, some conditions such as Heart Failure or Kidney Disease require you to restrict your fluid consumption.

Women who are carrying a child or breast-feeding require extra fluids to remain hydrated. The suggested quantity that pregnant women should consume is about 10 cups (2.3 liters) of fluids daily and about 13 cups (3.1 liters) of fluids a day for women who breast-feed.

## Cold or Warm?

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The majority of us begin the day with a fresh, hot cup of coffee or tea to help us wake up and warm up especially in winter. When we consume water, we have the tendency to choose it cold, however according to Ayurvedic medicine, that's

all wrong. Frequently **consuming hot water**, specifically early in the morning, **can help our bodies to recover, supplying digestive power and decrease metabolic waste** that may have developed in our immune system.

Physicians suggest consuming warm water early in the morning, normally with a polyphenol rich lemon immersion, or with a herbal tea. Consuming warm lemon water aids digestion and green tea can lower free radical damage in the body. For cold water enthusiasts, it is suggested to avoid water consumption before eating, even if the source is natural spring water. This is due to the pH level of water and stomach acid. We need to stomach to be at an optimum pH (1.5-3.5) when digesting food.

Here are 6 reasons why warm water is great:

- **Cleanses digestive tract**

Warm water helps to cleanse the digestive tract and flush out toxins. It also helps to break down food more efficiently for absorption. Consuming cold water throughout the eating process or just after a meal can in fact solidify the fats in foods and for that reason produce a fat deposit in the intestinal tract.

- **Reduces Irregularity**

Consuming hot water in the early morning on an empty stomach can enhance bowel activities and benefit constipation. It helps by breaking down foods as they travel through the intestinal tracts.

- **Eases Pain**

Warm water, considered to be nature's most effective home solution, can ease discomfort from menstruation to headaches.

- **Sheds Unwanted Weight**

If you're on a diet regimen, possibilities are you have heard consuming a glass of warm water first thing in the early morning to aid with weight-loss. Warm water enhances body temperature level, which increases the metabolic rate.

- **Enhances Blood Flow**

The fat deposits in the body are removed together with accumulating deposits in the nervous system when you consume a glass of warm water.

- **Stops Premature Aging**

Early aging is a women's worst nightmare, fortunately, this can be avoided. The presence of contaminants in the body can cause premature

aging, however warm water can assist clearing the body of those contaminants. It also gives hydration to skin cells enhancing flexibility.

## TAKE ACTION NOW!

- Men: 3 liters/day
- Women: 2.2 liters/day
- Intense workout needs more fluid consumption
- Consume warm water in the early morning (better with lemon)
- Do not drink cold water while and just after eating
- Drink more teas and herbal infusions



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## STEP 6.

Support your  
Digestive Health





# Support your Digestive Health

All conditions start in the Digestive Tract. Hippocrates stated this more than 2,000 years back, however we're just now beginning to comprehend just how right he was. Research conducted over the last twenty years has actually found that **Digestive Tract health is vital to overall wellness** and an unhealthy Digestive Tract can lead to illness including Diabetes, weight problems, Rheumatoid Arthritis, Autism, Anxiety and Chronic Fatigue Syndrome. **Numerous scientists think that supporting Digestive Health and bringing back the stability of the gut barrier will certainly be one of the most crucial aspects of medicine in the last century.**

Ancient Egyptians also understood the importance of the gut on overall health. They had seven levels of doctors. The highest level was the doctor who was reserved for royalty in Egypt. Only a physician who specialised in intestinal health could hold the position of top doctor. The title for the prestigious position translates as "The Guardian of the Royal Ass."

## Everything starts from chewing and drinking

Failure to chew food properly is a major contributor to poor digestion and digestive discomfort. This is usually the result of eating

too quickly or on the run. The Digestive system depends on food being chewed properly, when you don't chewing your food for long enough it can result in indigestion or other uncomfortable symptoms. **The first step to a healthier Intestinal Tract is to chew your food well.**

Drinking large amounts of fluids with meals dilutes the digestive secretions and enzymes, thereby reducing their efficiency. In addition, a mechanism in the stomach tells it when to move food onward in the Digestive Tract. When food has been adequately broken down by stomach acid, the stomach becomes slightly less acidic. This is a signal the body uses to inform the stomach that its job is done.

**Drinking with meals can trick the stomach into thinking it has finished digestion because the fluids change the pH of the stomach acid.**

This makes the stomach dump the food prematurely into the small intestines. The small intestines cannot perform the work of the stomach. Only the stomach can do the stomach's work, once more, avoid drinking at mealtimes.

## The gut flora: healthy soil = healthy garden

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Our digestive tract is the home of roughly 100,000,000,000,000 (100 trillion) bacteria. That's such a huge number, our human brains cannot truly understand it. One trillion dollars worth of bills laid end-to-end would stretch from the earth to the sun and back, with a great deal of kms to spare. Do that 100 times and you begin to get at least an unclear idea of just how much 100 trillion is.

## The gut wall: the gatekeeper that chooses what enters and what does not

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The Digestive Tract is a hollow tube that passes from the mouth to the rectum. Anything that enters the mouth and isn't absorbed will certainly pass out the other end. This is, in reality, amongst the most vital functions of the Digestive Tract: to absorb what is good and excrete toxic substances so they do not enter the body. When the Digestive Tract barrier becomes permeable (i.e. Leaky Gut Syndrome), large molecules enter the blood stream. These proteins do not belong outside of the Digestive Tract, so the body reacts with an immune response and treats them as a foreign invader.

This is a critical point to comprehend: **you do not need to have Digestive symptoms to have a Leaking Gut.** Leaky Gut can appear in conjunction with other conditions including skin issues like Dermatitis or Psoriasis, Heart Disease, Autoimmune conditions affecting the thyroid (Hashimoto's) or Rheumatoid Arthritis, Mental Disorders, Autism, Anxiety, and more.

## Leaky gut = tiredness, swelling and anxiety

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Here is what to take away from all of this. Having a leaking Digestive Tract and bad digestive flora are common due to the current modern-day way of life. If you have this condition, you most likely have bad flora and vice versa. When your Digestive Tracts flora and the intestinal barrier are impaired, you will retain water, be more prone to infection and experience unwanted digestive symptoms such as bloating, wind and cramping.

The same causes that destroy the gut flora can cause Leaky Gut: poor diet, medications (antibiotics, NSAIDs, steroids, antacids, etc.), infections, stress, hormone imbalances, and Neurological conditions (Brain Trauma, Stroke and Neurodegeneration).



While Leaking Gut and bad intestinal flora might result in digestive disturbances, in many people the symptoms go unrecognised. Instead it appears with other issues as mentioned above. This is why it is important to understand the body and recognise unwanted signs and symptoms.

To sufficiently deal with these conditions, you should restore your healthy gut bacteria and improve the integrity of your intestinal barrier. The first step is to remove the bad foods and toxins from your diet that could be acting as stressors and increasing inflammation like alcohol, processed foods and trans fats. All of these irritate the gut and create an inflammatory response. The next step is repair the gut by consuming foods rich in healthy Omega-3 fatty acids, Zinc, fat soluble vitamins (A, D, E and K), Glutamine and Aloe Vera. In general a healthy lower intestinal tract should contain around 85% good bacteria. Unfortunately in most people these percentages are skewed and for this reason we are recommended to take probiotics. A probiotic is a supplement that contains an abundance of good bacteria to help restore Gastrointestinal homeostasis.

## TAKE ACTION NOW!

- Chew your food well
- Avoid drinking at mealtimes
- Remove alcohol
- Consume unprocessed foods
- Eat plenty of fermentable fibers
- Eat fermented foods like yogurt
- Consider taking a probiotic supplement



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# STEP 7.

Be active like  
your Ancestors





## Be active like your Ancestors

**O**ur ancient ancestors evolved with an instinct compelling them to “Move when you have to, and rest when you can.” Many of their waking hours were consumed with the physical activities that were required every day. Except for the very young or the very old, everyone did a wide range of manual labours. Their activities of daily life were the “exercise” that Stone Age people needed to maintain fitness and health.

Although hunter-gatherer women rarely participated in large-game animal hunting, they too were very physically fit as a result of the demands of their daily physical routines. Ethnographic accounts of hunter-gatherers indicate that women typically went out foraging to collect food every other or every third day. Women, usually in groups, spent hours walking to and from sources of food, water, and wood. Additionally, these forager women were often carrying their children for extended distances as well. Anthropologists have estimated that the typical hunter-gatherer mother carried her child until about age 4, covering upwards of 4,800km with the child in her arms over this period of time!

Yet today, [we've become a nation of sitters](#). Fewer than 2 percent of jobs require manual labor. We spend endless hours working at

computers, watching TV, playing video games, or travelling to work. The typical adult is now sedentary for 60 percent of his or her waking hours and sits for an average of six hours.

### [Sitting is the new smoking](#)

We weren't born to sit all the time. We're genetically created to be physically active. The remarkable increase in sitting has actually had an extensive, unfavorable result on every element of human health including the Respiratory, Cardiovascular and Immune System. Right here are some of the ways that sitting effects us:

- it effects our metabolic function;
- it lowers the activity of enzymes that assist us to burn fat, and protect us from Heart Disease;
- it lowers the action of insulin;
- it deteriorates the bones.

Sitting too much disturbingly reduces our life expectancies. Australian research that followed individuals over six-and-a-half years found that [high rate of TV exposure were substantially related to higher chances of death from Cardiovascular Disease](#) in addition to all other causes.

Each hour of TV was connected with an 11

percent increase in death from all causes. In contrast, those who watched less than 2 hours of TV a day had a 46 percent lower risk of death from all causes when compared with those who did more than 4 hours. These associations were independent of workout and conventional danger elements such as cigarette smoking, Blood Pressure, Cholesterol levels, waist circumference, and diet plan.

Sitting a lot reduces our life-spans to a degree that resembles cigarette smoking.

It's a significant public health issue that, up until just yesterday, not many were aware of.

Workout isn't really the answer: This could be called the "active lazy person" issue. You may believe something along the lines of: Okay, I sit a lot – however I exercise a lot, so I'm ok.

This may shock you: [too much sitting and inactive time is unsafe even if you are doing an adequate workout.](#)

This doesn't mean working out isn't valuable, or needed. It definitely is. It simply implies that working out its own isn't really adequate to balance out the hazardous impacts of too much sitting.

## Exactly what options do we have?

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It can be broken down into 3 parts:

### 1. Less sitting

Take standing breaks. Stand for at least two minutes every forty to fifty minutes. Take a brief walk or do some light stretching. Even short breaks like this make a big difference.

## 2. More strolling and “non-exercise activity”

Walk or ride to work. If you live too far away to walk or ride exclusively, consider driving or taking public transport part of the way, and walking or cycling for the remainder.

## 3. More active exercise: “workout”

In addition to standing more and doing more non-exercise physical activity, you should also incorporate regular periods of more vigorous activity. Your goal should be:

- 150 minutes of moderate-intensity activity per week (like jogging, yoga, or dancing); or,
- 75 minutes of vigorous-intensity activity per week (like running, Zumba, or playing sports); or,
- 30 sets of highest-intensity activity per week (like sprinting, jumping rope, or resistance training); or,
- 7 Minutes Hight Intensity Home Fitness per day ([see the program here](#)); or,
- some combination of the above.

## TAKE ACTION NOW!

- Watch less than 2 hours of TV/day
- Take standing breaks
- Walk more or ride to work
- Choose a workout program
- Moderate: jogging, yoga, dancing
- Vigorous: running, Zumba, sports
- High Intensity: spinting, jumping rope, resistance training
- Try the 7 Minutes Hight Intensity Home Fitness Program: it's easy!



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STEP 8.

Sleep more  
Deeply





# Sleep more Deeply

Unfortunately for us, the body hasn't forgotten the significance of sleep. This is why you're most likely to get a cold or flu after not sleeping well for a couple of nights.

To name a few benefits, a complete night's sleep:

- enhances memory and psychological quality
- improves athletic efficiency
- boosts state of mind and total energy
- improves immune function
- increases tension tolerance

## When things break down: how sleep deprivation ruins your health

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A big body of proof recommends that the majority of people require **7 to 8 hours of sleep** to work correctly. Getting less than 6 hours of sleep daily is connected with low-grade chronic swelling and increasing the risk of Insulin Resistance, along with enhanced side effects for weight problems, type 2 Diabetes and Heart Disease (CVD).

Insufficient rest hinders our capability to think, deal with stress, keep a healthy body and Immune System as well as keeping us in a healthy state of mind. It's connected with Cardiovascular Disease, high Blood Pressure, weight gain, Diabetes, and a variety of Psychiatric

conditions like Anxiety and Depression.

The following is a shortened list of a few of the more **destructive impacts of sleep deprivation**:

- **Obesity and weight problems**

Recent research has revealed that even one night of bad sleep can lead to remarkable modifications in hunger and food consumption. Others have actually revealed that limiting sleep to 5 hours a night for simply one week can effect carbohydrate tolerance and increase insulin sensitivity. Scientists now think that sleep deprivation is the best predictor of obesity in children which is a worrying issue.

- **Cognitive decrease**

Sleep deprivation adversely influences short and long-term memory, and the afferent neurones, all of which impact our capability to reason lucidly and work well.

- **Impaired body immune system**

A research study from the University of California found that even moderate sleep loss deteriorates the bodies immune response to condition and injury.

- **Mood and psychological health**

Anyone who has had a couple of nights of bad sleep can inform you that sleeping disorders

are connected with Anxiety and or Depression. Inadequate sleep slows down the pre-frontal cortex and can worsen or trigger mental conditions, varying from stress and Anxiety to Post Traumatic Stress Disorder (PTSD) to Depression.

- **Increased risk of death**

Lastly, insufficient sleep reduces your life expectancy. The absence of sleep and presence of tension are two of the greatest health difficulties we deal with today. There's no doubt that a clean diet plan is the foundation of health, however it's much simpler for the majority of individuals to make modifications in their diet plan than it is for them to enhance their sleep and handle their anxiety. Here's the thing, you can consume the best food and take the best quality supplements, however if you're not sleeping well and handling your tension, all bets are off.

## **Do not be too full or starving**

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Some individuals sleep much better after consuming a light supper. Specially for those with digestion problems could be a good light meal before bed a yoghurt or something which contains tryptophan which is the precursor of melatonin for people that can't sleep or food with a Low GI like mashed sweet potato, steamed vegetables, dark berries etc. Others like those with a tendency towards hypoglycaemia do much better with a snack prior to bed (and potentially even throughout the night).

## **Don't stay awake until late**

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When you fall asleep, you go through a 90-minute cycle of non-REM sleep followed by

REM sleep. In the early part of the night (11pm - 3am), the bulk of those cycles are made up of deep non-REM sleep (phases 3 and 4) and really little REM sleep. In the 2nd half of the night (i.e. 3am - 7am) this balance changes, such that the 90-minute cycles are made up of more REM sleep (the phase associated with dreaming) as well as a lighter type of non-REM sleep (phase 2).

Exactly what's vital about this is that deep phase 3 and 4 sleep is where our body restores and heals and takes part in other corrective procedures. We cannot recover and revitalise if we do not get enough deep sleep.

## **Keep a regular sleep schedule**

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Getting in sync with your body's natural sleep-wake cycle - your circadian rhythm - is one of the most important strategies for achieving good sleep. If you keep a regular sleep schedule, going to bed and getting up at the same time each day, you will feel much more refreshed and energized than if you sleep the same number of hours at different times. This holds true even if you alter your sleep schedule by only an hour or two. Consistency is vitally important.

## **Naturally regulate your sleep-wake cycle**

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Melatonin is a naturally occurring hormone controlled by light exposure that helps regulate your sleep-wake cycle. Melatonin production is controlled by light exposure. Spending long days in an office away from natural light, for example, can impact your daytime wakefulness and make your brain sleepy. Then bright lights at night - especially from hours spent in front

of the TV or computer screen - can suppress your body's production of melatonin and make it harder to sleep.

## Get anxiety and stress in check

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If you can't stop yourself from worrying, especially about things outside your control, you need to learn how to manage your thoughts. For example, you can learn to evaluate your worries to see if they're truly realistic and replace irrational fears with more productive thoughts. Even counting sheep is more productive than worrying at bedtime.

If the stress of managing work, family, or school is keeping you awake, you may need help

with stress management. By learning how to manage your time effectively, handle stress in a productive way, and maintain a calm, positive outlook, you'll be able to sleep better at night.

### TAKE ACTION NOW!

- Sleep is a priority
- You need 7/8 hours of sleep
- Do not stay awake till late
- Reduce your exposure to artificial lights
- Manage the stress during the day
- Practice thought management



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## STEP 9.

Learn to Manage  
Stress





# Learn to Manage Stress

**Y**ou may have already tried lots of different ways to connect to your core and find energy, aliveness, and peace of mind. You may have done the gym thing, the diet thing, and the shopping thing. You've probably read a lot of books and talked to a lot of people. You may have attended a whole bunch of seminars, and even consulted the stars for guidance.

Although deep down, every single one of us wants to feel renewed and whole, more often than not wellness and well-being elude us. Right now you can't change your past, no matter how much you regret some of the things you may have done to your body, your psyche, and your spirit, but **you CAN change your present**. You can do something right now that will make a major difference in your life.

Of all the 10 steps, stress/tension management is maybe the most crucial. Why you may ask? It is due to the fact that no matter what diet plan you follow, just how much you work out and what supplements you take, if **you're not handling your tension you will certainly still be at risk** mental and physical disease progression.

Tension management is definitely important to maintain ideal health and an optimal life expectancy. If the majority of health mindful

individuals invested even half the quantity of time they put into concentrating on nutrition and workout plans into handling their tension, they'd be much better off.

## How does stress damage the body?

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It would take books to describe the complete impacts of stress.

The hypothalamus is triggered and the adrenal glands are signalled to release a hormone called cortisol. **Cortisol is typically released in a certain rhythm across the day**. It should be high in the early mornings when you get up (this is exactly what assists you to rise and begin your day), and progressively lessen throughout the day (so you feel exhausted at bedtime).

Current research studies reveal that chronic anxiety can not just increase cortisol levels, but more notably it interrupts the natural cortisol regularity. It's the irregularity of cortisol rhythm that effects your body.

To name a few impacts, it:

- effects your bodies immune response;
- causes blood sugar imbalances resulting in cravings for more food;

- lowers your capability to burn fat;
- raises your blood glucose;
- triggers hormonal imbalances;
- increases abdominal fat;
- triggers stress and anxiety;
- contributes to heart diseases.

These are all well-documented in the clinical literature, and the list of illness due to stress goes on and on. It's not a stretch to say that Anxiety contributes to all modern-day chronic conditions.

You may have experienced the unfavourable impacts of Anxiety firsthand, in a loved one or a friend.

## The concern is, exactly what do you do about it?

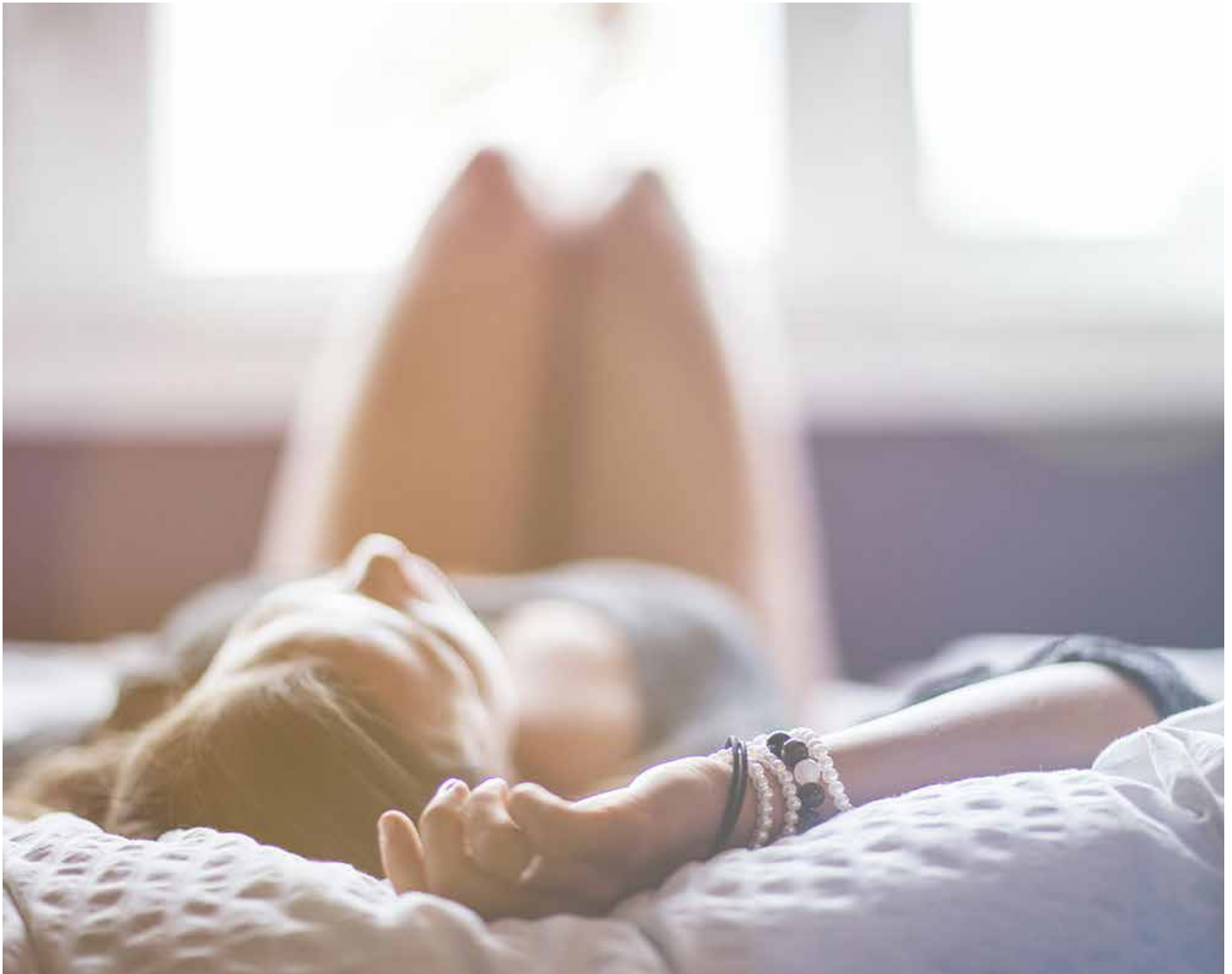
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There are 2 strategies to minimising the effect of anxiety, and both are necessary:

### 1. Lower the quantity of anxiety you experience

The very first step is to avoid unneeded tension. It's simple to neglect regular patterns of ideas and habits that trigger unneeded anxiety above and beyond the anxiety we cannot prevent.

- Learn to say “no”. Be aware of your limits, and do not face tasks you cannot deal with.



- Stay away from people that stress you out. Limit your time with these individuals or prevent them completely.
- Turn off the news (or at least restrict your direct exposure to it). If watching the world go up in flames stresses you out, restrict your direct exposure to the news. You'll have more time for yourself.
- Quit meaningless arguments. Do not squander valuable energy and time attempting to transform fundamentalists to your faith.
- Get away from the dictatorship of your to-do list. Each day invest some time in the early morning considering exactly what is required of you in that day.
- Learn to accept. Find out how to accept the things you cannot alter.
- Mitigate your requirements. Let good be enough.
- Be grateful. Just moving your focus from what is not good to something that you're grateful for or pleased with can entirely alter your viewpoint.
- Cultivate compassion. Make an effort to link with his/her requirements and sensations when you're in a dispute with another individual. You'll be less likely to respond and take it personally if you comprehend where they're coming from.
- Take control of time. Poor time management is a significant cause of anxiety.

## 2. Reduce the damaging impacts of tension you cannot prevent

There are clearly times when we simply cannot prevent stress. Perhaps we have a high-stress task, or we're taking care of an ailing father and mother, or we're having trouble with our partner. In these scenarios it's not about decreasing tension itself, however about decreasing its dangerous results.

### How do you do that?

There are a number of various methods:

- We experience tension because of the definition we designate to particular occasions or circumstances. Often altering our viewpoint is enough to alleviate the tension.

## TAKE ACTION NOW!

- Forget the past and change your present. Starting from now
- Invest your time in tension management
- Read the stress effects again
- Avoid unneeded anxiety
- Learn to say "no"
- Stay away from people that stress you out
- Get away from the to-do list
- Turn off the news
- Take control of time
- Smile :)

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STEP 10.

Enjoy Pleasure





# Enjoy Pleasure

The finest method to battle stress is with pleasure. It may appear weird that I am suggesting you look for more enjoyment in life. Likely you're thinking "Our whole culture is slavishly dedicated to pleasure-seeking!" [Our culture is dedicated to finding diversions and distractions, not pleasures.](#)

When we experience gratification we are totally present to life, more grounded in our bodies, more conscious and alive.

Watching TV and spending hours on the internet are commonly diversions that divert our interest from our own experience. Getting a massage, enjoying our favorite music or strolling shoeless on the oceanfront are pleasing activities that connect us deeper with ourselves and the environment around us.

## 7 scientifically proven methods to cultivate more enjoyment in your life

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### 1. Listen to (or play) some music

Almost everyone likes some type of music, and listening to music is one of the easiest ways to bring more pleasure into your life. Research indicates that [music can reduce pain and anxiety, reduce cortisol, and increase levels of oxytocin.](#)

This week, make a point of listening to music that makes you happy, whether that's playing your favorite song on your way to work, stopping to listen to street performers, or going to a concert. Even better, play an instrument yourself, or get some friends together and have a jam session.

### 2. Take a hike

Walking is great no matter where you do it, but we can probably all agree that walking in a natural setting is much more enjoyable than walking on paved roads or inside on a treadmill. [Spending time in nature has been shown to decrease stress and improve a variety of health conditions](#), from Depression and Anxiety to Heart Disease.

### 3. Get some sun

While you're outside, make sure to get some sun – and not just because it makes you feel good. Regular sun exposure is actually good for your health, and may help modulate the Immune System, decrease Blood Pressure, and improve Cardiovascular health. Not to forget sunlight also prompts vitamin D production in the body as seen earlier in this book.

### 4. Watch a funny movie

The old adage "laughter is the best medicine" has stuck around for a reason, [laughter is](#)

**actually good for your health.** Laughter has also been shown to improve Immune function and stress response in cancer patients. If movies aren't your thing, try looking up some videos of stand-up comedy performances. Or, better yet, treat yourself to a live comedy show. If all else fails, just hang out with your friends or children or pets for a few hours; one of them is bound to do something funny.

### 5. Get a massage

Another great way to get more pleasure in your life is through **human touch**. You could always just go hug your partner or a friend, but why not kick it up a notch and get a massage this week? Massage is associated with an increase in oxytocin and a decrease in hormones associated with stress.

### 6. Schedule a date night

It's well-known that married people tend to have increased life expectancies, while people who are lonely tend to have higher levels of Heart Disease, Insomnia, Inflammation, Cancer, and Depression. You probably don't need anyone to tell you that **social connection is a vital part of health and happiness**. Humans naturally crave connection with others, whether through family, friendships, or romantic relationships.

### 7. Play a game

Playing games and sports can help both children and adults feel less stressed, and can even improve social intelligence, memory, and problem solving skills. **Having a regular family game night is a great way for you to destress, strengthen your relationships, teach your children to socialise appropriately, and have fun all at the same time.**

The concept that tension triggers illnesses and satisfaction can avoid them has truth. How many of us in fact associate the same importance to listening to music as we do to with taking a tablet for an illness?

The proof is crystal clear now that our ideas, beliefs, feelings and habits are all capable of causing the exact same physiological modifications in our bodies as foods, supplements, tablets and even surgical treatment are.

Think about the placebo result if you question that this is real. It has actually been shown over and over again that pharmacologically inert compounds like sugar tablets can have similar and even higher restorative impacts than drugs in specific cases. Much more outstanding are the trials that have actually revealed that sham surgical treatment (when little lacerations are made to persuade the client they have had the operation, however no surgical treatment is carried out) is at times as efficient as the real surgical treatment.

## TAKE ACTION NOW!

- Listen to music, play or sing
- Take a walk in the nature
- Get some sun
- Enjoy watching a funny movie
- Get a massage
- Improve your social life
- Play a game or sport
- Feel free



# Conclusions.

Remember, when it comes to health, you are as good as what you are putting into your body, whether it is processed food, organic or natural foods. The computer term GIGO - garbage in, garbage out - really does apply to your health as well. Forget the search for the miracle pill. Take control of your life by eating well, drinking more, exercising, taking time out to rest, improving your energy and limiting your future exposure to toxins. Stop envying people who seem to have it all: great health, great looks and joie de vivre.

## Life is for living fully.

There is only one person who can create the best life imaginable for you: YOU. You have many great tools for creating the life you want. Go confidently in the direction of your dreams. We wish you health and happiness.

Itality Team

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## REFERENCES

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- *Batmanghelidj F. - Your Bodys Many Cries for Water*
- *T. Colin Campbell - The China Study*
- *Brian Seaward - Managing Stress: Principles and Strategies for Health and Well-Being*
- *Monica Joyce - Too Busy to Diet*
- *Carmen Reeves - Healthy Gut Solution: Healing Herbs & Clean Eating Guide for Optimal Digestive Health*
- *Tom Rath - Eat Move Sleep: How Small Choices Lead to Big Changes*
- *Nancy Appleton - Lick the Sugar Habit*
- *Joel Fuhrman - Eat to Live Cookbook*