



ONE WHOLE HEALTH

Holistic Health Coaching

Feeling Good On Purpose!
A Simple Guide to Balancing Your Energy,
Weight, Mood & Life
(Without Quitting Your Day Job)





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Feeling Good On Purpose!

A Simple Guide to Balancing Your Energy, Weight, Mood & Life (Without Quitting Your Day Job)

Feeling good is a choice that takes practice. This “how to” guide teaches you holistic health practices that can easily be integrated into the busiest of schedules. The result is increased energy, stamina, and emotional resilience. Don’t wait for vacation or retirement to feel rested and take better care of yourself. You can begin **managing your energy instead of your time** and as a result experience your greatest personal and professional success. (Not to mention find greater peace and happiness *while* keeping your eyelids open at your child’s Friday night dance recital). This personal training guide shares simple actions to find time for your health each and every day. Why? So you can feel good on purpose.

Perhaps your mind is saying “I can’t be this selfish and take time for myself right now. My _____ (fill in the blank: *business, job, family, spouse*) is the priority.” As you put these steps into practice, you will see that investing in yourself DOES NOT take away from your business, family or other responsibilities. Your new found habits for boosting energy, feeling good and being happy will impact every member of your team, family, and organization and drive better communication, relationships, contentment and a healthy bottom line.

You don’t have to choose between your work and your health. You can boost your energy, mood and health *while* achieving greater professional results. You can create better balance *and* get more done at the same time. You can create the life of your dreams by engaging your most powerful strategic advantage-**YOUR OWN ENERGY!**

I won’t tell you to:

Go on a raw foods diet
Ferment your own food or
Stop eating in restaurants

I know you hope to have more time for things like that *later*.

I won’t suggest that you:

Quit your job and go on sabbatical in an ashram for the next 40 days. **If you could do that, you would have already.** I’ll give you practical steps to take, one by one, to change your habits and feel good while balancing all the hats you wear.



I know that:

This is not about time management. You have that down. As Gina, VP for a large North American retailer and fan of One Whole Health put it “I can’t sleep any faster.”

My Intention:

The purpose of this guide is to raise your expectation for feeling good and meet that expectation! My intention is for you to experience what true energy is and realize that **feeling good** is a choice, a daily investment in yourself that influences your life, your family, your work and our world. By feeling good, you will be able to attract personal and professional success- *on your terms*.

In order to truly be inspired to feel good, take a moment to imagine what your life can be like.

If you had all the energy in the world, what would you do?

What will be the consequence to living and feeling the way that you do? What’s the worst thing that could happen?



Chapter 1-How Good Do You Feel?

When I first began working with executives on managing their energy, something very surprising happened. I was working with a small group in a course called Managing Your Energy Not Your Time (on the heels of the Harvard Research) and almost immediately, one person spoke up and said “I don’t think I want more energy.” Now this was shocking to me because I thought everybody wanted more energy. I came to realize that many people are afraid to have more energy because they don’t understand what true energy feels like. In their minds, more energy=more work!!

Over time, I saw many people falling into one of two **False Energy** categories:

1. People who don’t want more energy because they don’t have control over when, where and how they spend it. More energy put their life further out of balance.
2. People who feel their current energy level is as good as it gets. These people don’t understand that running on sporadic, nervous, often stimulant-induced energy is unhealthy, unsustainable and limits their potential. **IF** you are one of these “*I work best under pressure*” people, **PLEASE** see **Chapter 3-Moods**. You are most likely deficient in neurotransmitter function and headed for adrenal fatigue or worse. Neurotransmitter deficiency is fairly simple to correct and you’ll no longer rely on crisis or procrastination to get you going.

It’s become clear to me that many people don’t understand what true energy is or how to use it to fulfill their professional and personal dreams. *They don’t understand that true energy drives success at all levels.* If you have true energy, you have some energy left over for your family and yourself and in effect, have greater balance.

Let me be very specific about what true energy is. It’s our natural design. As a human being, you are designed to:

Wake up easily in the morning feeling rested

Go to the bathroom probably within the first hour without any kind of stimulant or laxative

Eat three meals a day and not feel hungry or have cravings in between

Feel **enthusiastic and content** about your day

Have great **memory and stamina**

Go to **sleep** easily and sleep the whole night through

Attract and create the life you desire.



Scientists and biochemists tell us that we're designed to live about 120 years and not contract things like cancer. Our very nature is to rebound quickly from disappointments and trauma. The human body, this amazing bio-computer, can heal itself by itself if given the opportunity. **We are designed to feel good.**

If you aren't feeling this way, you are not operating from true energy, and you likely try to compensate for your low or mediocre energy by managing your time. Yet the time goes to work and professional obligations and there's little left over for you-your hobbies, interests, friends or family. This drains your energy even further. Your energy barometer reads "LOW" and life feels out of balance.

If you ignore this or get by with thoughts of "I'm OK" or "I can deal," your low energy will become a bigger and bigger problem. It could be a weight problem, a premature aging problem, a health problem, a disease problem...**certainly it will negatively affect your business performance.** In the short term, you are interfering with your success and in the long term, it can lead to disease and premature death.

Managing your true energy is not self centered, it is your strategic advantage. Never before has life moved so fast. In today's world of immediate connectivity (Internet, Social Media), any business has a greatly expanded market potential, but also a greater base of competition. A highly successful person (business owner, coach, parent, community leader, etc.) must keep up by making their energy (AKA their health) a top priority through conscious choice.

One Whole Health Success Story

"I was feeling tired - tired of being unmotivated, afraid, and heavy. I was tired of taking time to meet the needs of everyone but myself. I was at a place in my life where I was successful in my work, but knew I needed help to find balance and not feel so drained. I either needed to change or just give up. I wasn't making any changes on my own. I took a leap of faith and decided to make the time and financial commitment to take care of me. Leah provided me with gentle and wise support to make changes in my nutrition, lifestyle and the way I think. She designed a nutritional repair plan that brought me energy, focus and balance (and I lost weight!). She listens, guides, inspires and encourages. Leah asks questions in a way that led me to look inside and face things. She helped me to be honest with myself in ways I had never been before. I know that I wouldn't be as healthy, happy, strong and secure right now if it wasn't for her coaching."

~ Troy, NV-School Teacher & Mom of teenagers

Where Does Your Energy Rate?



Energy level is a gauge for feeling good and being healthy. Before you can begin boosting your energy, you must understand where your energy ranks today.

Just as your health is holistic- many parts complete the whole-your energy is holistic. True energy is a balance of physical, mental, emotion and spiritual energy.

Use the **Energy Gauge** on the next page to rate how you are feeling *right now*.



One Whole Health **Energy Gauge**

- ☐ 10
- ☐ 9
- ☐ 8
- ☐ 7
- ☐ 6
- ☐ 5
- ☐ 4
- ☐ 3
- ☐ 2
- ☐ 1

Average Your Physical, Mental, Emotional & Spiritual Level To Determine Your Rating.

10= Fast Pace & Engaged

Physical-Boundless energy all day, no cravings, no highs and lows, rested, stamina, hydrated, regular

Mental-Good cognitive function, good memory, free thoughts

Emotional-Balanced, calm, optimistic, positive thoughts, happy, centered

Spiritual-Complete fulfillment, total consciousness, living as part of the whole

1= Slow to Move & Detached

Physical-Energy highs and lows, run out of steam, cravings in afternoon, crash in evening, constipated, lethargic, hard to get out of bed, dehydrated, nervous energy

Mental-Forgetful, brain fog, resistant thoughts

Emotional-No motivation, depressed, overwhelmed, irritable, impatient, anxious, sad, bored, **nervous energy**

Spiritual-Not aligned with life's purpose, unconscious, absorbed with self



This might have been an eye-opener. Now gauge your energy for one week to see where your energy level is and where you would like it to be.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

After the week, write your conclusions about your energy level.

My energy level is...

My intention for my energy level is...

The area of my energy that requires my greatest awareness is...

“Bad habits are like chains that are too light to feel until they are too heavy to carry.”

~Warren Buffet

Now you are ready to practice making choices that make you feel good. The remainder of this guide is divided into four areas of action for boosting energy:

Thoughts
Moods
Foods
Lifestyle



Implement one action area per week, or take the tip of your choice each day, but go one tip at a time and allow yourself the freedom to adjust. You might think I would begin with foods. It's true; food is the fastest way to change energy quickly. However, there is a high probability that you have tried to change your eating habits in the past and failed to maintain these habits. It is also likely that you will resist my suggestions thinking "I know that already." In order to first liberate yourself from limiting beliefs and mental self sabotage, we'll begin with **Thoughts**.

Chapter 2-Thoughts

Your thoughts create your life (if you don't believe me, check out some Quantum Physics). When you change your thoughts you will uncover a hidden energy supply. Life is not as serious as our mind makes it out to be and you are not required to believe everything you think. Begin to notice what you are thinking and when you are thinking it. Is it a thought that serves you?

One of the best ways to do this is by **journaling**. You may think you don't have time to journal, but I say you don't have time not to journal. Journaling is a mini-meditation or retreat in which you can clearly:

- Explore your dreams
- Account for your daily thoughts and activities
- Make decisions and solve problems
- Release excess and negative energy
- Maintain the focus to achieve any goal
- Improve your enthusiasm and energy level
- View your situation objectively

Even 5 minutes a day can change your energy and your performance. A peaceful mind generates power and positive energy. By journaling, you will quiet your mind and strengthen your leadership thereby clearing a path for your family, friends, employees, colleagues and clients to follow. Journaling develops emotional resilience, the ability to quickly deliver results and the agility to navigate life's changes.

"A great leader is an agent of change who has clarity of vision and knows how to make that vision a reality. Such a person comes from a level of core consciousness, which is what we call the soul. Great leaders take time every day to reflect. They ask themselves meaningful questions. They are conscious of what they are observing. They're feeling what is needed and know how to fulfill those needs."

~Deepak Chopra



OWH Exercise: Join the One Whole Health On Line Community at journal.onewholehealth.com Journal for 5 minutes every day for one week and see for yourself how good it feels.

Journaling allows you to make your technology work for you instead of against you. When you journal in our on line community, you slow down and pay attention to **one thing**...your thoughts. You will step away from email, pop ups, Facebook, the news crawl, the stock market app, the telephone...*and give yourself some time.*

One Whole Health Success Story

"I am also grateful for my journaling, Leah! I really have enjoyed the deep thinking that I do...and didn't realize I was thinking so much on just the surface before! Before this, I was going through the motions of getting up, working, eating, exercising, cleaning, you know...routine stuff. Now, I am getting up with more purpose behind what I do...even the routine things, so that I can accomplish more (and I am!). Love it!!!"

~Nona K, NC-District Sales Manager, Wife & Mom

As you become more aware of your thoughts, you will find beliefs and thought habits that do not serve you or make you feel good. Try these **OWH Tips** for harnessing your thought energy:

1. **Can Do.** Change your language, thoughts, focus and mind set to what you **CAN do**. Chances are you spend all too much time talking and thinking about what you didn't get done, what went wrong, what you don't have or what you'll never accomplish. You wouldn't talk this way to your friend, child or employee so why do that to yourself? End your day celebrating what went right.
2. **Rebound.** This tip applies to all areas for action especially creating a new thought. Focus on rebound not perfection. Apply repetition and give yourself time to adjust. As a yoga guru puts it, "If you fall out, you are human. If you get back in, you are a yogi."
3. **90 Second Rule.** When you find yourself thinking about anything that brings you down and drains your energy, give it only 90 seconds. This includes worrying about the future or outcome and analyzing what you could have done in the past. Overwhelm, disappointment, frustration, anger, guilt and regret expire after 90 seconds.
4. **Resistance.** Resistant thoughts of any kind do nothing but make you feel tired, stressed and hopeless. Resistance often masquerades as "control." When you struggle to fit your life into perfect little boxes and not have anything unexpected happen, you are operating from resistance. **OWH Exercise:** When you realize you are spending time wishing something was not the way it is, this is resistance. Notice the "physical clue" that tells you resistance has made its way into your mind. It might be a sensation in your gut, tight shoulders or tapping toes or fingers. Over time as you recognize physical clue, you'll be ready to change your thought even before you fully recognize the thought itself.



5. **Self Sabotage.** Your mind will play tricks on you. Here are a few common strategies of the sub-conscious mind. **“All or Nothing”** If it can’t be perfect, I’m not going to do it at all. I used to fall into this one big time with my running. My goal was to run 5 days a week. If I hadn’t run Sunday, Monday or Tuesday, I’d quit for the week because there were only 4 days left. I’d wait until the following Sunday to try again. What a great way to get out of running! Then I realized that no one said the 5 of 7 days had to start on Sunday. My body sure didn’t know the difference. Further, even running 4 days had a great benefit to my energy. I realized *something* is better than nothing at all.

Another form of self sabotage is **“Relying on Willpower”** You may have tried that for weight loss, diet changes, exercise, or even keeping your office tidy. You probably learned it is not a sustainable plan. I think of it as “wish” power because that’s basically what it is. Trade will power for an action plan. There’s more on that in **Chapter 3-Moods.**

Think of **“I’m Fine”** as warning signal. Allowing yourself to get stuck on this standard of living is a dangerous threat to your well-being.

It can take some time to retrain your thoughts, so be kind to yourself during the process. Bring the best thought possible in each moment. Most of all focus on forward movement. No dwelling on a thought you don’t want-simply choose a new thought.

“Using your logic means to live in alignment with the universal intelligence. You cannot live in alignment with that if you resist life, if you resist what is, if you complain about life or have a quarrel with the present moment.”

~Eckhart Tolle

One Whole Health Success Story

“I have become aware of what really healthy eating looks like. It is a work in progress, but I have been cooking a lot more and rarely eating out. Our coaching sessions together were out of my comfort zone, but I always took something significant away. I find myself recovering much more quickly from situations that used to overwhelm me for weeks in the past. The retreat helped me get in touch with the part of myself that was so shut down- helping me to remember joy and laughter and feeling childlike. I feel much closer to my 15 year old son. We have fun together and great conversations. I truly feel that he sees me as a big part of his support system rather than an obstacle in his life to circumvent. I see this as a big accomplishment. Something I found very helpful in our sessions was the idea of making small changes in my environment and routine that can shift the energy into a more positive direction. I have been listening to music more. I will always remember my time at the retreat and continue to count on your gentle coaching to keep my focus.”

~Marcia, IL-CPA



Out of Time?

Let's take a moment to talk specifically about thoughts about time, as the feeling of running out of time or not having enough time is incredibly draining. Whether you think you have enough time or you think you don't-*you are right*. Like attracts like. Most often, people relate this law of attraction to money or material gain, but it absolutely applies to time.

Begin by paying attention to your language when it comes to time. Do you often find yourself saying or thinking things like "I'll never get it all done." or "I'm swamped" or "This is a crazy week?" Your language, even the language you use with yourself, sets the tone for your energy level. **OWH Exercise:** Start the day with the intention of speaking about time in terms of abundance only. Maybe even try an affirmation like "I have plenty of time for everything that is a priority to me." When you observe yourself using a word of "lack" change your verbiage. "This is a full week." "I'll get everything done that is a priority." "I'm rocking and rolling." "I'm getting so much done."

Try these **OWH Tips** to stretch your time and feel great about your day-everyday.

1. **Ditch the To Do List for a To Do Menu.** Record day and time sensitive appointments **ONLY** in your calendar. Then write a "To Do Menu" of everything that is on your plate for the week. When you have unscheduled time, "order" the item you'll tackle based on the amount of time you have *and* your energy. By that I mean, *what do you feel like doing?* If you have 30 minutes and 4 possible projects that take 30 minutes-start with the one that you'll enjoy the most. When you try to squeeze 30 minute projects into 10 minute time frames, it's like trying to shove the square peg in the round hole. That is why you have to look at your time frame first. By choosing the project you'll enjoy, not only will your motivation and energy pick up, but it is also possible you'll finish the project in less time than expected freeing up some more minutes for something else.
2. **Double Time.** When considering the time it will take you to do anything, *double* the expected time. Set yourself up for success. If you are unrealistic about how long something will take, you are destined to run out of time and feel disappointment and failure on a regular basis.
3. **Make Time.** If you are trying to make time to instill a new habit, whatever it is, try timing yourself the first time you do this activity. **Ex.** You want to *find* time to lift some weights a couple days a week. The first time you do, literally time yourself. You may find it takes you 15 min. Notice how many things you do every single day, rain or shine, that take 15 min. In other words, lifting weights takes no more time, is



no harder to fit into your schedule than...washing your face and brushing your teeth, surfing the net at night or getting your mail from the mailbox. **Bonus Tip:** It is even easier to find time when you integrate activities. **Ex.** Maybe you do arm curls as you walk to the mailbox, leg lifts as you brush your teeth and squats as you surf the net. (If exercise happens to be your new feeling good intention, be sure to check out High Intensity Interval Training in **Chapter 5-Lifestyle**.)

4. **Energy Swap.** Write down all of the things you do, personally and professionally, in the course of a week. Then rate each on a scale of 1-10 where 1 is the activity completely drains your energy and 10 is this activity makes your heart sing. How are you spending your time? What can you just let go of? Are there activities that are a 10 that you can give more time to?

“Your time is limited, so don't waste it living someone else's life.”

~Steve Jobs

One Whole Health Success Story

“When I started my nutritional repair plan, I noticed a big difference right away in my thoughts and feeling what I would describe as 'lifted' out many of my negative thought patterns. Also noticed a big difference in sleep and feeling more awake and refreshed and a more positive outlook in the morning too. One of the other big things I have noticed is my sense of humor is abounding. I feel able to laugh at things more and that is one of my main joys in life so I am really pleased to feel that!”

~Karin, MN-Health Coach & Customer Service Representative

Chapter 3-Moods

Unexpressed feelings drain energy, cause weight gain and can ultimately make you sick and tired. It is important to know and understand your feelings and share your feelings appropriately with the people in your life. Journaling helps uncover those feelings. But there is one important thing you should know before you open the flood gates on your emotions. Do you know for sure that your emotions are *real*?

Feeling good, starts in your head, literally. Your brain produces four types of neurotransmitters that insure you have mood resilience, meaning the ability to experience true emotions and then bring yourself back to emotional balance. When these brain chemicals are deficient, you can experience false moods. A well fed brain does not get “stuck” in a mood or produce a mood that is not based on an actual situation or trigger. You can think of it as four “gas tanks” in your



brain. Each gas tank takes its own specific fuel and must be nourished properly to keep the tank full and your emotions in check.

A well-stocked brain will help you feel self confident, positive, flexible and alert. Sufficient neurotransmitters promote good sleep, the ability to relax, high energy, enthusiasm and the ability to tolerate stress. Even a good sense of humor is the result of balanced brain chemistry.

Neurotransmitter deficiency has risen as a result of increased stress, artificial additives in our food, low calorie dieting, lack of exercise and reliance on processed sugar and carbohydrates. Even in the case of a genetic inheritance, these brain chemical imbalances are easily correctable. You are not destined to feel this way and it is not an inherent personality disorder that you have to learn to live with. A nutritional repair plan including the foods and target nutrients (amino acids) that quickly and simply repair neurotransmitter deficiency, eliminating problems including:

Depression	Negativity	Stress
Anxiety	Irritability	Tension
Low Self Esteem	Hyper-Activity	Panic
Weight Gain	Obesity	Guilt
Unable to Relax	Panic	Phobias
Addiction	Compulsive Thoughts/Behaviors	
Cravings for Sugar, Starch & Alcohol		ADD
Winter blues, SAD	Worry	Overwhelm
GI/Stomach Issues	Sensitivity/Crying	Poor Focus, Concentration, Memory

OWH Exercise: Your mood affects every person you come into contact with including your children, spouse, employees and co-workers. Not feeling in control of your moods no doubt drains your energy and dilutes your accomplishments. If you find you are not feeling like yourself or handling stress like you used to, take this brain chemistry assessment to see if neurotransmitter deficiency is responsible for your fluctuating moods.

<http://journal.onewholehealth.com/assessment.aspx?ID=128>

“Anger is a false sense of energy and stamina.”

~Michael Douglas

Top 5 **OWH Tips** For A Healthy Brain:

1. Eat 20-30 grams of protein *per meal* each day.
2. Eat Omega 3 and *Saturated* fat every day.
3. Always eat breakfast for a solid mood foundation.
4. Enjoy 7-9 hours of uninterrupted sleep each night.
5. Drink eight or more 8 ounce glasses of water, herbal tea or vegetable juice daily.



“Brains run the world. They run the stock market and the local market. Success in all we do starts with a healthy brain.”

~Dr. Daniel Amen

Where Do Hormones Come Into Play With My Moods?

There are two thyroid hormones, 30+ adrenal hormones and three sex hormones that have a powerful effect on moods, energy level and how you feel. If you are someone who tends to work best under pressure or stress, you could be low in a group of brain chemicals called catecholamine and/or suffering from imbalance of stress hormones like adrenaline or cortisol. You should understand that if you continue to operate this way, you will eventually run out of those hormones and experience adrenal fatigue. In working with clients on a one on one basis, I help people determine if this is the case for them and correct the imbalance.

OWH Tips to support your adrenal function:

1. **Unplug.** Reduce stress by quieting your mind through mediation, breathing exercises or taking a bath.
2. Use **Celtic Sea Salt** instead of bleached, white table salt. Sea salt contains over 80 trace minerals that promote adrenal function.
3. **Eliminate Caffeine.** Caffeine raises blood sugar and the body sees this as an emergency, sounding the stress response. Adrenaline and cortisol are released which means your adrenals are working overtime.

OWH Exercise: Alternate Nostril Breathing

ANB is centuries old and reduces cortisol production and stress. Alternate Nostril Breathing literally sends a message that calms your body and mind - making you feel safe. It balances the left and right hemispheres of the brain, and flips the switch in your mind that you switched on when you started worrying about whatever you were worrying about! Give it a try! Here's how you do it:

1. Lift right hand to nose and position thumb on your right nostril and your pointer finger on your left nostril. Yes-right now you are basically plugging your nose.
2. Open the right nostril (lift off the thumb) and inhale.
3. Close the right and open the left. (Put your thumb back and lift the finger off)
4. Exhale

Repeat 10 times in that direction. Then put left hand up and repeat the process using that hand for 10 more repetitions.



One Whole Health Success Story

"Working with Leah has been like finding the missing link in my health and fitness. For years I have been searching for the "thing" to make me feel normal instead of crazy and chaotic the majority of the time. I am a fitness professional and a health coach, and going through this experience has provided me with insight into myself that I can now pass on to my clients. I am incredibly glad that I have added this to my life!! It's already impacting my business!"

~ Kristy, WA Health Coach and Fitness Professional

Chapter 4-Foods

I mentioned earlier that food is the fastest way to change your energy. Food is our primal fuel. The macro and micro nutrients in real, whole food literally create our thoughts, our physical body and our experience in this life. Food speaks to your DNA. To read more on that, see the

Time Magazine article <http://origin.library.constantcontact.com/download/get/file/1103423309458-85/TimeMag-Why+Your+DNA+Isn't+Your+Destiny.pdf>

Which foods give you energy and which drain your reserves? Find out for yourself.

OWH Exercise: Repeat the Energy Gauge Exercise from Chapter 1 for a period of at least 7 days. This time, also record what you eat each day.

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Energy Rating							
Breakfast							
Lunch							
Dinner							
Snacks/ Drinks							



Remember to use the Energy Gauge on Page 7 your whole energy.

List 5 Foods That Boost Your Energy:

List 5 Foods That Drain Your Energy:

Take 10 minutes to reflect on your list and compare it to how you eat the majority of the time.

Does how and what you eat match who you are and what you want to accomplish in the world? Why or why not? What are you willing to do to eat like who you are?

As you read over what you've written, you might begin to feel guilt or concern that you won't be able to eat how you'd like to eat. If so, isn't it time to get some support to make changes? Hiring a Health Coach would be a very worthwhile investment that would impact you personally as well as your entire family, business and community. If you have found it *impossible* to stay away from certain foods like sugar, white flour, caffeine or alcohol, see **Chapter 3-Moods**. This is not your fault. There might be a physical deficiency in your brain chemistry that has made relying on will power impossible and IS NOT a character flaw or weakness that you must continue to live with.

OWH Tips for eating the foods you know you should eat and letting go of those that don't fuel you:

1. Focus on what you **DO** eat that boosts your energy. Instead of relying on discipline to avoid the foods that drain your energy (that you might even be addicted to), begin by giving yourself the goal that regardless of what else you eat, you will eat all 5 energy boosting foods in a day.
2. **Apply** the OWH Tips to harness thought energy to harness your food energy as well. In other words, Can Do, Rebound, 90 Second Rule, Resistance and Self Sabotage.



One Whole Health Success Story

"I wanted to create more balance inside and I did. I feel less overwhelm, more clarity about my priorities and in touch with my confidence. I have been cooking meals at home and using my blender a lot now to make green smoothies. Following the nutrient regime has also regulated when I eat and that I eat often. I'm decreasing caffeine consumption, and have been able to see this craving, first-hand. I have less concern about my mood crashing. It feels more stable, and calm inside. I feel more grounded. The biggest part, this program -- it is giving me hope. It's inspiring me to create the life my heart desires, and actually believe inside that I am doing it! It is providing me access to my inner confidence. With my moods feeling more balanced, I feel more confident. I feel more capable of reaching my goals, and more inspired to shine, as my real self. I feel inspired to use these aminos with my clients. I have become clear who I serve in my target market."

~Anne, TN-Bi-lingual Health Coach & Medical Translator

"Food Changes Everything"

~Joshua Rosenthal

The Stress Factor

I would imagine you have expected to read about stress in this guide. You've probably been wondering why it hasn't come up before now. **You are correct** that stress greatly affects our energy level and makes us feel bad. *But did you know that the #1 stress you face every day is most likely the food you eat?* We hear a lot about the stress of the modern world, but do you really think living in the early 1900's was a piece of cake (pun intended)? In the last 100 years obesity, diabetes, heart disease, depression, anxiety, ADHD and addiction have all risen. **What is making us feel so bad?** Among the most influential factors are environmental changes, lifestyle changes and the quality (or lack of) food we are eating. I happen to believe food is not only the greatest of these, but the easiest one to improve.

Our brilliant mind/body unit has a highly effective emergency response-you may know it as fight or flight. When something stressful happens, our brain sends messages to many parts of our body including the message to elevate adrenalin, cortisol, endorphin, dopamine, insulin and many other chemicals and hormones. This is very effective in eliciting action such as running away when our house is on fire or getting out of the way when a car swerves into your lane on the freeway. As soon as the emergency subsides, ideally there is a reduction in the level of these chemicals. The problem is that our brain and body react to *perceived* stress and nutritional stress the exact same way. Whether you are in a car accident or you watch one on TV, the emergency response is triggered. Likewise, when you eat foods that raise blood sugar or foods that are not really foods and your body has to try to figure out what to do with the



substance, the emergency response is triggered. In the case of food, however, the emergency never seems to subside because chances are as soon as your chemical levels start to decline, you are at it again challenging your body. Eventually, several things happen:

1. Your existing energy has to go to dealing with the “crisis” and you feel tired or exhausted. Think of it as a similar experience as when you get cold while you are eating because all of your blood is being utilized in digestion.
2. In an attempt to baton down the hatches for the storm ahead, your body stores fat versus burning it for energy. Not only does your every dip, but you begin to store belly fat and gain weight.
3. Eventually, you suffer from degeneration of your cells-in particular in the hippocampus area of your brain. This effects memory and cognitive function and ultimately leads to aging, cancers, diabetes, Alzheimer’s and other chronic degenerative disease.

One of the most controllable situations that trigger the emergency response system is a rise in your blood sugar. That is why maintaining blood sugar balance is so critical. Not to mention that sugar is the #1 fuel for cancer cells.

OWH Tips for Balancing Blood Sugar:

1. EAT! Eat every 2-3 hours and never skip a meal.
2. Eat real, whole foods-things that don’t need labels.
3. Use natural sweeteners in moderation and ditch the table sugar and white flour products. (If you are unable to do that, consider joining the Sweet & Sour Cleanse Club at www.onewholehealth.com)
4. Eat lean, clean protein with every meal. Protein slows down the absorption of the blood sugar into the bloodstream. In particular, be sure you have protein with breakfast.
5. Eat 1 tablespoon of essential fatty acid with every meal. Great sources are: avocado, flax, almonds, and fish. Consider a liquid or capsule supplement if you have a hard time fitting in the foods.
6. Eat 1 gram of fiber for every 4 grams of carbohydrate. Fiber prevents insulin surges and binds with excess testosterone to remove it from the body, thereby balancing your hormones.

You’ll notice every tip talked about eating? Calorie restriction is one of the most detrimental attacks on feeling good.



I'm still craving something more....

In helping clients eat foods that support their energy and feel good, I often spent time deconstructing their cravings. I'll help you now. The first step is to understand that your cravings aren't a bad thing. Cravings are the body's language. Begin to look at your cravings as something that your body is trying to tell you. Your job is simply to figure out what the body needs. Unfortunately, sometimes you misinterpret what the body is asking for. Your body leads the way and your mind follows in creating what you want to for your life.

OWH Exercise: When you become aware of a craving, try to become the translator of your body's message. Consider these possible needs your body might have:

Oxygen

Water

Nutrient Imbalance (not enough of a necessary macro or micro nutrient)

Yin/Yang

Seasonal Fluctuations

Addiction

Food Allergy or Intolerance

Food Memory

Emotional Need

Digestive Malfunction

Hormone Imbalance

Brain Chemical Deficiency

What could your cravings be trying to tell you?

If it's not about food, what could you be hungry for in your life? (Here's a hint: love, human connection, time with friends, adventure, quiet time, slowing down, better relationships, freedom or a clearer life's purpose.)



OWH Tips for Eating to Feel Good:

1. **Poor Digestion** causes the following deficiencies in ½ of the world's population: Vit B12, Iodine and Vit D. Before you go blindly and start supplementing (I'd need another guide to address the pitfalls of supplementation), work with your health coach or other health practitioner to test your levels.
2. **Food Intolerance** can easily go undetected and be incredibly exhausting to your body. The most common intolerances are dairy, gluten, soy, nightshades (tomatoes, peppers, white potatoes, eggplant, and tobacco), eggs and whey. I don't even include sugar in this list, because sugar is damaging to all of us, some are just more intolerant than others. You can do food allergy testing, but an equally effective way to discover the effect of these foods is to do an Elimination Diet. Eliminate a particular food from your diet for 2-3 weeks. Then take a day where you have a large amount of that food for breakfast and lunch. The effects will become extremely obvious and could include: bloating, acne, anxiety, cravings, inflammatory response including allergy and asthma, depression, headaches, weight gain, binge eating, lethargy, sleepiness, itchy skin or abdominal discomfort. You may have suffered from some of these your whole life and didn't realize a simple change in diet could help you feel much better.
3. **Routine Maintenance.** One of my recommendations that clients are surprised by is that your body requires maintenance. Much like your car, the body doesn't stay in perfect working condition without occasional tune ups. Consider the following strategies a few times a year or when your body tells you it is time. **Detox**-There are cleanses and there are fasts and not every Detox is appropriate for every person. Detoxing can help your body recover from the environmental and nutritional stresses you place on it, but be sure to work with a professional in order to Detox safely. **Pro-Biotics**-even the most conscious of eaters can occasionally have an imbalance of healthy and toxic gut flora from time to time. I personally use a pro-biotic for 30 days, two or three times a year. When I do, I immediately notice my stomach feels flat and my skin improves, as well as feeling an energy lift. **Hydrochloric Acid**-every stomach needs enough HCL to seal itself off and digest food properly with optimal nutrient absorption. Anyone, especially people with blood type A can suffer from low HCL. Work with a health coach or other professional to determine if you have low HCL and supplement to improve your nutrient absorption.

"Genes do not determine disease on their own. Genes function only by being activated, or expressed, and nutrition plays a critical role in determining which genes, good or bad, are expressed."

~T. Colin Campbell PhD



I'd love to share recipes and food ideas that I use all the time, however I realize that I might put more time into food preparation than you might be willing to invest at this point.

OWH Tips: Healthy Eating in a Busy Life:

1. **Get Some Help.** You are the first to bring on extra resources when your business demands escalate. Begin to treat your personal energy investment as a business. Hire a personal chef, a food delivery company or health coach to help you make this possible.

What more important investment could you make for your life?

2. **Involve Your Family.** Who said you had to do all the cooking? As a parent, what more valuable lesson could you teach your children than to read labels, prepare fresh, whole foods, experiment with flavorful spices, herbs and condiments and listen to the messages from their body?
3. **Ask Your Employer For Help.** If you notice that there isn't any real, whole food available where you work, speak with your Human Resources department about supporting you (and everyone else) in making good choices. See if they can add coconut water to the vending machine or fresh, whole fruit to the office cafeteria. Little changes go along and tend to gain momentum. To help you make your case for corporate wellness see www.onewholehealth.com/corporate
If you are the boss-you know what to do.
4. **Lead the Way.** When you find yourself travelling for work or hosting a professional event, use this as an opportunity to bring other's on board with your goals. Hire an organic catering company for the event. Take your team to a whole foods restaurant in the area. Use the occasion to teach others how to feel good and be more productive at work. Sometimes when I visit a corporate account, I am offered a diet soda and I always seize the moment to make light of it while teaching a lesson by asking "Are you trying to kill me? Did I do something to you?"

Your mother was right. You are what you eat. I would add that you feel what you eat. A simple guideline is to eat foods that look like you want to feel. Vibrant colors, rich textures and foods that look alive will have you living a vibrant, rich successful life.

Chapter 5-Lifestyle

When I first begin working with a client, I ask them to assess their satisfaction with their life in at least 12 areas.



OWH Exercise: Your Whole Health Assessment

Rate each area of your life below on a scale of 1-10, where 10 is consistently makes me feel great, makes me happy and brings a smile to my face and a 1 is often makes me feel bad, causes me concern or worry and rarely makes me smile.

Thoughts

Moods

Physical Body

Self Care

Self Growth

Environment (physical and emotional)

Career

Connectedness

Awareness

Lifestyle

Nutrition

Set an intention for daily choices to improve the areas that rate the lowest. Take one area at a time. I've already shared action steps for most of these areas, so now I'll address Self Care, Self Growth and Lifestyle.

"Life is what happens while you are busy making other plans."

~John Lennon

OWH Tips: Lifestyle

1. The most essential nutrients of all are **oxygen and water**. Concentrate on taking deep breaths that utilize your entire lung capacity. Even as few as 4 deep breaths can activate your Vagus nerve and relax your entire body, calming the emergency response system. Drink plenty of water, but don't drink while you eat especially alcohol or really cold beverages. Doing so can deplete stomach acid and negatively affect absorption.
2. **Mini Workouts**. The #1 reason people don't exercise is that they don't feel like they have time so I suggest that you stop waiting for the hour you don't have. Fifteen minutes 3 or 4 times a week is better than an hour once a week. The best way to do



this is to utilize High Intensity Interval Training. See the exercise following the tips to get started.

3. **Good Sleep.** Yes I mentioned this before. You need eight hours of sleep on average to balance hormones and promote good brain function. If you find your thoughts are racing when it's time to go to sleep, try journaling about the situation that is keeping you up. Place the problem in your journal *as is* and pick it up again in the morning.

“Poor sleep is associated with every known disease-mental and physical.”

~Julia Ross

OWH Exercise: High Intensity Interval Training.

Try these examples:

1. Grab a chair and sit down in it. Surprised? Now, time yourself for 1 minute and stand up and sit back down as many times as you can in a minute. Rest for 1 minute. Time yourself for another minute and see if you can increase the times you stand up. Rest for another minute. Time yourself one last time and this time add in raising your arms over your head when you stand up. Count your repetitions. Rest 1 minute. You can increase your time to 2 minutes eventually while keeping your rest to a minute.
2. Imaginary jump rope. Pretend you have a jump rope and swing and start jumping! Do this for 1 minute and rest one minute. Jump again for 2 minutes and rest one minute. Jump again for 3 minutes and rest one minute. No equipment needed☺
3. Repeat the same sequence with jumping jacks.
4. Stand up. Lift your right knee to your left elbow and return to standing position. Then do your left knee to right elbow. Time yourself for one minute and repeat the sequence as many times as possible. Rest 1 minute. Go again for two minutes. Rest 1 minute. You get the picture?
5. Create Your Own HIIT Exercise. What is a favorite yoga pose, Pilates exercise or resistance training exercise you do? Set it to the HIIT pattern and see the difference in your results.

What exercise did you come up with?



OWH Tips: Self Care

Caring for yourself does include every single tip I've mentioned in this guide. Yet, the relationship you have with yourself is the ultimate self care.

1. Develop **Integrity With Yourself**. Stop telling yourself you are going to do things you end up being unsuccessful with. You've heard the definition of insanity? (To continue to do the same thing over and over again and expect different results) If a strategy or plan for self care hasn't worked so far, **DO SOMETHING DIFFERENT**. All growth occurs just outside your comfort zone.
2. **Challenge Your Beliefs**. Take something that you believe you need to do and do the exact opposite! Try something you never thought you would. Break out of your usual habits and **PLAY!** Bring curiosity not judgment to the experience.
3. **Laugh!** Did you know that laughter: Boosts immunity, lowers stress hormones, decreases pain, relaxes your muscles, prevents heart disease, adds joy and zest to life, eases anxiety and fear, relieves stress, improves mood, enhances resilience, strengthens relationships, attracts others to you, enhances teamwork, helps defuse conflict and promotes group bonding. Here's some ideas for interjecting laughter into your life:
Whistle in the elevator at the office. Tell me your coworkers don't smile!
Make a point to tell an appropriate joke at the start of the next meeting.
Try a laughter yoga class. You will feel like you've been on sabbatical.

OWH Exercise: Make Up A Song

This exercise is inspired by my grand-daughter while taking a 24 hour road trip. She was making up songs about what she saw passing by her window. The song was called "Zooming By." It went something like this, "The trees so green go zooming by, zooming by, zooming by. The clouds in the sky go zooming by, zooming by, zooming by." You get the idea. Next time you are stuck in traffic or making the all too frequent commute, give it a try. Sing out loud and make up your own song. You might feel silly at first, but isn't it about time you did? Life isn't so serious.

What's the name of your song and how does it go?



One Whole Health Success Story

"I've worked with Leah in a private coaching program, as well as The Sweet & Sour Cleanse Club and Weigh to Live! and learned so much about myself in the process. I've lost weight, have fewer cravings, have changed my eating habits (ex. chew my food and swallow before I take the next bite) and most importantly take time to consider what impact my choices will have on my health-I'm more conscious of my choices. Leah has helped me move through grief over my mother's passing and plan for my retirement-emotionally, physically and in other ways. What was especially helpful for me was to look at my actions and situations and ask myself "Love or Fear?" I realized I have been driving by fear for much of my life and am slowly changing that perspective. All the programs have taught me practical ways I can change my food, thought and behavior habits."

~Ann, TX-Attorney & Partner of Law Firm

Connectedness

Feeling connected means connected to yourself, others and a high power. Try these exercises to strength your connectivity muscle.

OWH Exercise: Human Connection

We often find ourselves feeling discontent because we suffer from **Relationship Malnutrition**. Take out a piece of paper and write down all the types of relationship nutrition that feed you. Start with things like:

Friendship

Love

Touch

Intimacy

Sexuality

Spirituality

Mentoring

Leaving a Legacy

Shared Passion/Interest

Self Nourishment

Collaborative Work

Kindred Spirit



Add to the list, but be careful not to list “roles” people play like husband/wife, boyfriend/girlfriend, parent, child, boss or coworker. You can find relationship nutrition from different people in different ways, regardless of their role.

Now list 2-3 people in your life that provide you with each relationship food. Try to put each person in only one category. How balanced is your relationship plate? If you couldn’t think of anyone for certain categories, you are malnourished. If you were tempted to write your primary partner’s name in the majority of the areas, you are malnourished. Other signs of poor relationship nutrition include blurring the lines (confusion between categories like love, intimacy and sexuality) and including “Facebook” friends (people you have surface level relationship with) to try to “stretch” your meal.

You may also want to try this exercise another way. Look at how many types of nutrition you are trying to be for your primary partner. Do they have enough variety of nutrition in their lives?

Who do you know that could potentially bring that type of nourishment to your life? (the women at the front desk of your gym? someone in your office? the mother of your child’s classmate? a long lost friend you could reconnect with?)

What nourishment can and should you provide yourself?

Write down one thing you will do this week to correct your relationship malnutrition and do it. Do the same thing next week. Keep going until you have a balanced meal. Notice how this improves your primary relationship.



OWH Exercise: Spirituality

Explore your beliefs about your existence in relationship to a higher power. Answer these questions.

The universe is here to support you. All living things love you unconditionally. You cannot fail in fulfilling your destiny. How do you feel when you read those statements? What was the first thing that came to your mind?

Are you safe in the world? Will everything be just as it was intended to be? Share your thoughts on your destiny and place in the world.

Try something you have always wanted to try that brings spirituality into your life. It could be a new church, prayer, meditation group, silent vacation or simply turning off the TV. How does it feel?

“Most people confuse the Now with what happens in the Now, but that’s not it. The now is deeper than what happens in it. It is the space in which it happens.

~Eckhart Tolle



OWH Tips: Connect With Nature

1. Work with your body's **Natural Rhythms** by taking a short break (5-10 min) every 90 minutes. To take this energy investment up a notch, take the break outdoors. The oxygen, sunshine and change in environment will do wonders to make you feel good. If you need to, set an alarm on your computer or phone to remind you. Treat it like your most important appointment all day.
2. **Exercise Outside.** Even if you are doing the high intensity, interval training, take the chair out onto the balcony or into the yard. See what intensity the natural setting contributes.
3. Notice **10 Beings** each day that are not human. Trees, butterflies, rocks, animals. Make it a challenge to bring your awareness to all the energy we share this planet with.

"Every one of us is called upon, probably many times, to start a new life."

Barbara Kingsolver

Now that you have read this training guide for feeling good, it's time to make some choices for daily energy investment. Create a **Feel Good Insurance Plan** below. Write the commitment you make to yourself in each of the action areas. You are making the commitment for today-right now. Don't worry about what you will do tomorrow. Start each day anew and decide to invest in feeling good.

Journal about how your choices affect how you feel and influence your life, your family, your work and our world. All the energy in the world is available to you through your natural design. Begin attracting the success you desire personally and professionally through your new strategic advantage.

"Be more committed to your visions than your fears."

~Jack Canfield



Today's Feel Good Insurance Plan

I know that feeling good is a choice that takes practice. In order to feel my best every day, I choose to build a foundation by implementing the following actions:

Thoughts:

Moods:

Foods:

Lifestyle:

Go forth gently and boldly and FEEL GOOD. Above all, remember to rebound.

~ Leah Lund, Executive Health Coach, Neuro Nutrient Therapist
& Founder of www.onewholehealth.com



OWH Bio: Leah Lund

Leah Lund is an Executive Health Coach with a holistic approach to energy, mood and weight. With over two decade's sales and marketing experience, Leah founded One Whole Health with the understanding that the success of a business directly correlates with the energy, focus, and balance of its leader. She teaches executives to manage their energy not time to achieve personal and professional success.

Leah uses a proven system to help clients repair chemical/hormone imbalances that unknowingly sabotage their efforts, while harnessing the power of their thoughts and beliefs through on line journaling. Corporate Wellness Solutions and Wellness Retreats are also available. Leah is certified by the American Association of Drugless Practitioners and the Neuro Nutrient Therapy Institute, serves as Ambassador and Student Mentor for the Institute for Integrative Nutrition and is a member of the International Positive Psychology Association.

Recommended Resources:

The Mood Cure-Julia Ross

Magnificent Mind at Any Age-Dr. Daniel Amen

A New Earth-Eckhart Tolle

Eat Right For Your Type-Dr. Peter D'Adamo

The Hidden Messages of Water-Masaru Emoto

What The Bleep Do We Know? -A film by Captured Light Industries

The Blood Sugar Solution-Dr. Mark Hyman

Feeling Good On Purpose Disclaimer:

The entire contents of this handout are based upon the opinions of Leah Lund, unless otherwise noted. The information is not intended to diagnose, prescribe, treat or take the place of a one-on-one relationship with a qualified health care professional, nor is it intended as medical advice. If you have a known or suspected medical condition, are taking medication of any kind, or have specific health concerns, you should consult a qualified health care provider before following any of the suggestions. As always, Leah recommends that you become your own best health advocate and make your own health care decisions based upon your research and in partnership with a qualified health care professional.