

IT'S ALL ABOUT

ENERGY



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It's All About Energy

Before you read your report to learn all that you can do to produce maximum energy, I want you to know what I tell my private clients. Creating energy is just like everything else in your life, how much you have depends on what you **think, feel and do**. In other words, everything you do affects how much energy you will have. Creating more energy is not about taking the best, so called, energy pill. In fact taking an artificial stimulant is the worst thing you can do. Most people who are chronically fatigued have low adrenal function. Over stimulation further depletes your adrenal glands and creates more fatigue. Just as a headache is not due to lack of a painkiller in your body, fatigue is not due to lack of a substance like caffeine or ephedrine. What we all need to do to create maximum lasting energy is outlined in this report. The first step is to let go of the take a pill and everything will be ok mentality. Sorry to say, but there are no magic bullets. However, adhering to the following guidelines will not only give you much more energy it will put you on track to avoid disease and live a long healthy and successful life.

The difference between a youthful person and an old person is energy.

Everything in your life is dependent upon on energy. Energy is what keeps you alive and is the source of all your mental and physical power. Having an abundance of energy is the most important component of living a productive and enjoyable life. Your creativity, enthusiasm, self expression and self esteem, all are directly related to your amount of personal energy.

The basic component of the universe is energy. All matter is made up of energy and intelligence. Everything in our lives is dependent upon energy. It is the electricity of the body/mind. When we are aligned with the energy flowing around and through us, we feel joyful and at peace.

Potential energy in nature is always available. However, in the body, it can be blocked and depleted by tension and stress resulting from past traumatic events in your life, poor mental attitude, improper structural alignment and unproductive health habits.

How to be an energy producing machine

There are several key components to producing maximum energy. In order for your body to function optimally it requires a positive mental/emotional state and the proper physical care and maintenance. There is also a spiritual component. If the recommendations in this report do not produce satisfactory results you need to seek spiritual guidance.

Your Mental/Emotional State

Your mental/emotional state has a pronounced effect on how energetic you feel. You can appear to be physically healthy, but lack the energy and enthusiasm for life. When you lack mental stimulation your body lacks vitality. When you lack emotional peace, your body can feel depleted. For optimal energy production,

mental emotional balance is essential. Your zest for life is determined by your belief system.

Your Beliefs

Your beliefs, both conscious and unconscious, determine your experiences and create your reality. The number one mistake we commonly make is we believe in limitations. This limiting belief holds us back in every area of our lives. Remember Henry's Ford's famous saying, "Whether you believe you can or can't do something, you are right." It is important to understand it is our own actions, not the actions of others, which creates our current state of energy, health, happiness and success. To better understand this, let's look at the inner process which generates our actions.

The Process

Everything we do, all the actions we take are preceded by thoughts, and our thoughts spring from our beliefs. For example, imagine you have a slice of lemon in your hand and are about to take a bite. What do you experience? Most likely your lips pucker and you begin to salivate, anticipating the sour taste. From this example, you can see that the beliefs you hold cause a physical reaction before you actually taste the lemon. Our beliefs affect our thoughts, expectations, perceptions and our emotions. We accept our beliefs as truths and often don't examine them. What if some of our beliefs are false? How does this affect our lives? Could we be limiting ourselves unnecessarily?

Your beliefs are creating your reality

This is a challenging concept for many to grasp. We are culturally steeped in the notion that external influences, over which we have no control, are shaping our lives. This orientation leads to a sense of powerlessness. Successful people share the belief that they create their own reality. This imparts a sense of personal power. This is a fundamental belief of **The Ageless Living Lifestyle**.

If you have a hard time accepting this concept, ask yourself this question? Which would you rather believe... that you are a victim of circumstance and have little control over what happens in your life... or that you can create what ever you want in your life?

The first step in allowing anything to come into your life is believing that it can happen.

Let's say you want to create an abundance of good health and vitality. You could say, "What 's the use of trying, poor health runs in my family." Or, "Growing old and losing vitality happens to everyone." Or you could say, "I know that my experiences spring from my beliefs. I expect to stay healthy and vigorous all my life. Which belief is more empowering and desirable?

So please remember, you always have choices, you can choose to believe whatever you want. The choice is clear. Life is a lot more exciting and fun when you choose to believe in your power to create the reality you desire.

Awareness

The fastest, most complete way to make changes in your life is through becoming more aware of your connection to the knowledge and energy of the universe. With this increased awareness, comes the understanding that you already have what you need to create what you desire.

How to be aware of your beliefs, both conscious and unconscious

You can become aware of your beliefs by taking a good look at your life experiences. Your experience reflects your belief. If the experience is positive, the belief behind it is beneficial. If the experience is unsatisfactory, the belief behind it is limiting.

How to change your beliefs

First begin by examining what thoughts you have that are connected to a certain unsatisfactory situation. When you honestly examine these thoughts you discover they are driven by strong ideas about the nature of reality. These ideas are the beliefs that are creating your undesirable situation. You now have the opportunity to change these non-empowering beliefs to empowering ones.

Exercise #1. Uncovering your limiting beliefs

Sit quietly, close your eyes, take some deep breaths and relax. Go within yourself and put your attention on the thoughts you have about a particular unhappy situation. What beliefs, what feelings are associated with these thoughts? Just allow them to come and go, it may take some time and more than one session. As you examine your thoughts and feelings, you will always discover the belief or beliefs that have created this situation.

Exercise #2 Discovering your new empowering beliefs.

Sit quietly, close your eyes, breathe and relax. Put your attention on how you would like any particular situation to be. Next, allow your thoughts to come and go, eventually you will know what beliefs you need to entertain, in order to create what you desire. You simply replace any negative, unhelpful belief with a new one that will make your life feel and work better.

Exercise #3 Pretend you have achieved your desired outcome.

Sit quietly, close your eyes, breathe and relax. Visualize your ideal situation. See yourself enjoying the experience. Feel what it is like to have your desire fulfilled. Repeat to yourself the new empowering beliefs that you know will create the reality that you desire.

Change your belief. At every moment you can choose what you believe.

Whenever you catch yourself thinking or saying something that doesn't serve your best interests, such as complaining or blaming others, stop! Change it around, reframe it, and see it in a new way. Replace all pessimism with optimism. At every moment you can, choose to believe everything is happening for your

good. You can always choose to take the responsibility for making your life better. Try this and you will begin to not only enjoy life more, you will see magical things happen.

An Empowering Energizing Belief

We are surrounded by an infinite intelligence that operates creatively with us. As we let go of destructive, limiting beliefs and adopt constructive ones, we cooperate with this infinite intelligence in making our lives fulfilling and successful. By quieting our minds and focusing on stillness, we can become aware of our true spiritual nature. We then can experience our connection and oneness with the universe. We then can move beyond limiting illusory beliefs and be open to the infinite energy and possibilities available to us all.

There is one belief we all can benefit from: I have no limits, anything is possible.

Life Purpose

This report is about how to live a long energetic and healthy life. The first question we should ask ourselves however is why should we want to. It takes knowledge, wisdom and a consistent effort to maintain a healthy energetic lifestyle. We need good, reasons to stay motivated. The best reason I know of is,

so that we can fulfill our life purpose. I believe we were born to discover our greatness, be of service to others and help create a healthier happier world. When you are fulfilling your life purpose you are doing that which gives you joy and satisfaction. It is using your unique talents and abilities for the benefit of others. I believe that in order for us to live a truly fulfilled and happy life, we must discover our life purpose and pursue it with passion. It is called living purposefully. It gives us a clear direction in our lives and a base or center point, from which to integrate all that we do.

A strong and healthy body/mind is needed to fulfill your life purpose. A strong desire to fulfill your life purpose will motivated you to take good care of your body and live a long and productive life. Discovering your life purpose should be a top priority.

Self Love

A major reason that prevents many people from discovering their life purpose is a lack of self-love. It is of utmost importance to realize that you are an equal partner with every other human being in this universal dance of life. None are special, all are important. We all have unique talents to offer. We all must first accept and love ourselves for the beautiful unique creature that we are. The only reason some people seem to be more fulfilled and happy is simply; they have discovered and accepted who they are and are using their abilities for the benefit and joy of others. If there is such a thing as sin it would be to not love and respect the wondrous gift we all have, our physical body/minds. When you begin to truly love and appreciate your physical body/mind and have a feeling of worthiness, magical things will occur. You will be loved and blessed in endless ways.

Self Expression

Another reason many people have trouble with living purposefully is fear of self-expression. And conversely knowing your life purpose empowers you to have the confidence and desire for complete self-expression.

Not being who you really want to be and expressing your true feelings subjects your body to subtle stresses. These feelings of discontentment and unfulfillment can continue to grow throughout life and have been linked to serious illnesses such as cancer. Being able to fully express one's self physically, mentally and emotionally is our definition of good health and living an energetic lifestyle.

Finding ones life purpose may not be an easy task. For most of us it is an on going process. As we grow into different phases of our lives, our life purpose may change or new ones can be added. A life purpose doesn't have to be a specific thing like creating music or teaching children or being a healthcare provider, it can just be being a compassionate, loving and giving person. It is best to establish a core purpose and then leave room for others to come and go as necessary.

Take time daily to contemplate what is really important to you, what gives you

NOTE: More detailed information on beliefs and life purpose can be found in our book *Ageless Living* at:

www.agelesslivinglifestyle.com

Physical Care and Maintenance

Our bodies are, in fact, energy generating plants. In order for our bodies to stay warm and in motion, they require a steady flow of raw materials, structural balance and alignment, exercise and rest.

Raw Materials

Did you ever wonder what your body uses to make new cells, tissues, glands, organs, bones, muscles and skin? They can only be made of the raw materials that you feed your body? That's right you literally are made of what you what you breathe eat and drink. Essential energy producing raw materials are oxygen, water and food. Proper digestion, absorption, nutrient balance and elimination of waste materials are vital for maximum energy production and good health.

For example, if you build a shed out of old scrap lumber, rusty nails and chicken wire you will get a shed that is not very aesthetic, sturdy, or functional and it won't last very long. On the other hand if you use the best quality materials available your shed will look good, be very functional and last a long time. It's the same with your body. It can only be as healthy, energetic and alive as the raw materials you feed it.

Because you desire to have a long healthy and energetic life, it is critically important to breathe the cleanest air possible, drink the cleanest water possible and eat food closest to its natural state as possible. Most healthcare professionals believe that poor nutrition is the main cause of poor health and a dis-eased body. That explains why good nutrition is so important .

Water

Water is the most important nutrient next to oxygen. Many health problems stem from de-hydration. I must emphasize the importance of drinking enough pure water (minimum of 8-10 glasses per day). People who live the longest drink hard mineral rich water. Distilled water which has all of the minerals removed, acts like a solvent and should only be used short term while cleansing. Your water should always be purified by filtering and reverse osmosis. Bottle water is acceptable when water purified by these methods is not available. You can investigate the quality of your bottled water and water treatment devices at:

www.consumerreports.org. or at www.nsf.org. NSF discusses water testing protocols and certifies both bottled water and filtering devices. You can search the internet for information on higher quality waters such as alkaline and energized micro water.

Proper Food

There's a very easy way to determine what is proper food; if it's grown by Mother Nature, then it's proper. That means unprocessed, raw and organic vegetables, herbs, fruits, nuts, seeds and whole grains. Animal products such as raw dairy products, eggs and poultry that are hormone and chemical free and raised naturally are best. Fish should be caught in the wild not farm raised. Any food altered or processed by man is not as nutritious as in its natural state. We strongly recommend eating at least half of your daily diet from raw unprocessed foods.

Personalized Nutritional Programs

Keep in mind everyone is unique, what is good for one person may be not be healthful for another. We are all bio-chemically unique and have different lifestyles. We all require a personalized eating and supplement program for optimal health and longevity. It is best to have a qualified healthy, healthcare practitioner to help you determine what foods may be best for you. Please see our web site or contact us for information on how to determine which foods and supplements may be best for you.

Supplementation

Our soils are depleted of most essential nutrients and toxic chemicals and artificial fertilizers are in most commercial foods. Unless you grow your own organic vegetables and fruits you need supplementation. Proper nutritional supplements can be a very important part of your optimal diet. Digestive enzymes, probiotics for colon health, essential fatty acids and green foods like chlorella are some of the most important supplements that most everyone can benefit from. For maximum absorption with no side effects, we recommend whole food supplements. It is our belief that standard high potency, nutritional supplements, derived from synthetic chemicals, are not only poorly absorbed but leave toxic residues in your body. This causes added stress on the systems of your body, which contributes to deterioration and accelerated aging. Please see our web site (ageless-living.com) or write to us for information on this most important subject.

Energy Supplements

There are some supplements that may help your body to produce more energy. However there are two important reasons why there are no recommendations in this report. First the theme of this report is to educate you about what you can do naturally and safely to produce maximum energy. There are no magic pills or supplements that can do this for you. And as previously stated, everyone is unique and requires a unique supplement program. It is best to consult with a qualified, healthy, healthcare practitioner for advice.

Recommended Reading and Resources:

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Real Food Real Fast & Ageless Living at: www.agelesslivinglifestyle.com & www.realfoodrealfast.com

Movement

Once we have our mental and nutritional states in order, our bodies can produce an abundance of energy. However, we have to use the energy that we have in order to make room for more to come in. The more we move our bodies the more energy we create. The fitter we become the more efficient we become at creating and utilizing energy. Energy is like money, you have to spend it to make it. Money is in fact just a form of energy.

Functional Fitness Training

Functional Fitness Training is a balanced program that prepares the body to meet the challenges of daily life including specific sports. The goal is to train the body to become as physically functional as possible. Functional Fitness Training

addresses the body as a whole to improve and strengthen many functions of the body. In addition to improving muscular strength and flexibility a complete program produces a more symmetrical, aesthetic looking, pain free body. It energizes and recharges the body, mind and spirit.

It begins with an evaluation to note any structural and/or muscular imbalances and weaknesses. Any such condition must be considered in the design of an effective and safe program. All training must be implemented with proper posture and alignment, utilizing full range of motion.

How to get started.

The following are the key components of getting and staying strong, flexible and fit for a lifetime. A comprehensive Functional Fitness Training Program should include:

- ❑ written measurable goals,
- ❑ posture and alignment
- ❑ proper breathing techniques,
- ❑ flexibility exercises,
- ❑ aerobic activities
- ❑ muscle strengthening

- rest and relaxation

Body Alignment and Posture

In order to produce what we call functional fitness. It is essential to exercise with proper body alignment; in fact, it is critical for producing injury free results. Our bodies are meant to move. However, if we exercise incorrectly or with bad posture, we may very well create imbalances in our body. Some muscles groups are then working harder than they should, not allowing other muscle groups to do their job. These imbalances eventually can be seen as chronic aches and injuries.

A stretching and strengthening program will help you achieve good alignment.

Remember that good posture radiates youthfulness, strength, and an enthusiastic, positive outlook on life.

Breathing.

Breathing is our most vital bodily function. Oxygen is the essential nutrient to sustain life. Breathing is the most important thing we do. A lifetime of shallow breathing leads to a lifetime of low energy and low resistance to disease. Proper breathing techniques not only energize and prepare the body for movement; they

also can reduce stress and promote relaxation. The following are a few of the physical and psychological benefits from increased oxygenation of the body.

- ❑ Decreased heart rate
- ❑ Decreased muscle tension
- ❑ Decreased fatigue
- ❑ Decreased perception of pain
- ❑ Decreased perception of stressors
- ❑ Increased alpha brain wave activation
- ❑ Increased lymphatic flow
- ❑ Increased emotional stability

Proper breathing is the first step to reduce stress and create energy. The way we breathe has a profound affect on the way we feel. Slow, even breathing is both relaxing and energizing. The following are basic breathing techniques:

Deep Abdominal Breathing-

The objective is to completely fill and clear the lungs in a slow controlled, rhythmic manner.

Execution: Stand, sit or lie in a comfortable balanced position. Begin a slow inhalation and simultaneously expand the abdomen to allow air to

enter the lower area of the lungs. Continue inhaling, expanding your chest and raising your arms overhead to facilitate the lungs filling to capacity. Hold the breath then slowly exhale, lower the arms and contract abdominal muscles to help expel all the air from the lower lungs. Inhale for 4 counts, hold for 8 counts and for 16 counts. This exercise is very calming and energizing at the same time.

Energizing and Cleansing Breath

Inhale and exhale rapidly through the nose without a pause up to 120 breaths per minute. Focus two inches below your navel or center point, pulling your abdomen in as you exhale and relaxing as you inhale. Alternate breathing for 2 minutes with 1 minute of rest. Build up to four sets.

Alternate Nostril Breathing

This is a meditation in itself, balancing the brain and clearing the sinuses. Close the right nostril with your finger or thumb and inhale through the left nostril for four counts, then close left nostril, hold for eight counts. Open right nostril and exhale for four counts. Inhale four counts in right nostril and close for eight counts, open left nostril and exhale four counts. Repeat cycle four to eight times.

Flexibility

I seem to have the hardest time getting my clients to stretch on a regular basis. In order to convince them of the importance of having good flexibility, I like to

remind them that a corpse is sometimes referred to as a “stiff “. The more rigid our spine becomes, the less life force flows through. The stiffer we become the closer we are to becoming a “stiff”. A flexible spine is essential for youthful energy and vitality. Remember our body reflects our mind; rigid thinking produces a rigid body.

Stretching is a key component of an effective fitness program. Achieving and maintaining optimal flexibility is a major factor in feeling well and for preserving an active life style. Stretching, when done correctly, is a passive, non-competitive form of exercise with the primary objective being to slowly and progressively improve the elasticity of the muscles. It is an opportunity to relax and "get in touch" with your body. It should feel good!

Bouncing or taking a stretch too far can be counter-productive; the stretch reflex will be activated causing the muscle to tighten rather than stretch.

Your goal is to remain in a relaxed state and to alter your patterns of habitual tension by eliminating improper movements and programming your mind to relax your muscles.

These movements are performed after your muscles are warm following your exercise program or at the end of the day's activities. The stretch should be eased into with slow, rhythmical breathing and taken to a point of mild tension. If tension does not diminish, ease off slightly until it does. I have found that best results are achieved by slowly moving in and out of the stretch without holding one position more than a few seconds. Then move further into the stretch, and

allow the muscles to relax. The stretch should be performed for a minimum of 60-90 seconds.

Proper, regular stretching and relaxation will allow you to enjoy movement and exercise more effectively. It will facilitate new body awareness, enabling you to further develop your personal fitness potential.

It is very beneficial to properly stretch your body as often as possible throughout your day. Not only does it feel good to be flexible, it allows you to easily move your body in whatever way is necessary. Take a stretch or yoga class, you will greatly benefit from it.

Cardio-Respiratory Conditioning

All muscles need oxygen to function. It is the duty of the heart and blood vessels to carry oxygen to the muscle cells and carry off the resultant waste products. In the muscle oxygen combines with other nutrients to produce the energy we need to perform all activity.

Aerobic exercise is an excellent exercise for the heart and the working muscles. These muscles learn to become quite efficient in extracting oxygen from the

blood. Aerobic exercise also decreases body fat, blood pressure and total cholesterol as well as physiological responses to stress.

Aerobic Training

Activities such as walking, bicycling, jogging, bouncing on a rebounder, swimming, dancing and skating can be enjoyed everyday or at least every other day. Start slowly and build up to 20-30 minutes per session. The key word here is enjoyed. Make sure you have fun doing it and you will stick with it. Enjoying your activities with a partner or a group is another good way to stay motivated.

Muscle Strengthening

Your goals for muscle strengthening may be to increase the size and strength of the muscles or to tone and define them. Whatever the case, how you exercise them will have a great effect on realizing your goals. Training for muscular strength means doing fewer repetitions with maximum resistance. Training for muscular endurance and tone means doing higher repetitions with less resistance. Basic exercise guidelines are as follows:

- ◆ **Duration**...20 to 45 minutes max.

- ◆ **Intensity**...Alternate approximately every 4-6 weeks between high intensity training and maintenance phases (advanced levels)

- ◆ **Frequency**...2-3 times/week

There are many choices in both equipment and the type of exercise to improve your strength and endurance. Your personal program depends on your individual requirements, limitations, and goals. Professional instruction should be sought to minimize injury, maximize results and assure efficient use of your time.

If you are just beginning a movement program always remember, you can't fail if you just do it. Stick with regular exercise for at least 90 days and you will see and feel the many improvements and benefits. This will keep you motivated to continue on.

NOTE: Much more detailed information on effective exercising can be found in our E-Book: **Real Fit Real Fast** at: www.agelesslivinglifestyle.com

Detoxification: Toxins in Our Environment

As a society, we face increasing amounts of challenges in our environment. We encounter substances every day from the air we breathe, the food we eat, and the water we drink, including: medications, pesticides, heavy metals, fumes, synthetic materials, cigarette smoke, caffeine, preservatives, and much more. In addition to these environmental challenges, our bodies produce waste by-products (such as ammonia, carbon dioxide, and free radicals) as a result of normal metabolism that need to be eliminated. If these toxins are not neutralized and eliminated, the result is suboptimal health and low energy.

Detoxification (also known as purification or cleansing) is the process of addressing the natural toxins in the body. The liver, digestive tract, kidneys, bladder, lymphatic system, lungs, and skin are the major systems/organs that are involved in the neutralization and elimination of toxins. If the body is always struggling to cleanse itself, it is unable to produce the maximum amount of energy.

To learn more about detoxification please go to the product section of www.agelesslivinglifestyle.com and read about our Standard Process purification program, that utilizes whole food supplements, pure food, and water to give the body the resources it needs so that it can purify and rebuild itself naturally. The Standard Process purification program will help you achieve a higher level of health and energy by cleansing the body from the inside out.

Avoid the energy robbers

- Caffeine - coffee, black tea, chocolate, colas
- Processed foods - sugar, white flour, packaged meats
- Commercial produce grown in mineral deficient soil
- Chemical additives, preservatives, artificial colors and flavors
- Fried foods
- Rancid fats
- Cigarettes, cigars
- Alcohol
- Recreational drugs
- Carbonated beverages

- Herbal pep pills - ma huang, gota kola, etc.
- All pharmaceutical drugs, prescription and over the counter
- Negative people
- Stress - perceiving any situation as stressful

Summary

1. Find your life purpose and get excited about your life.
2. Get mentally, physically and spiritually fit
3. Avoid negativity of all kinds, people, concepts, fears, drugs, over processed foods.

RESOURCES:

www.AgelessLivingLifestyle.com

www.BreakthroughWeightloss.com

www.RealFoodRealFast.com