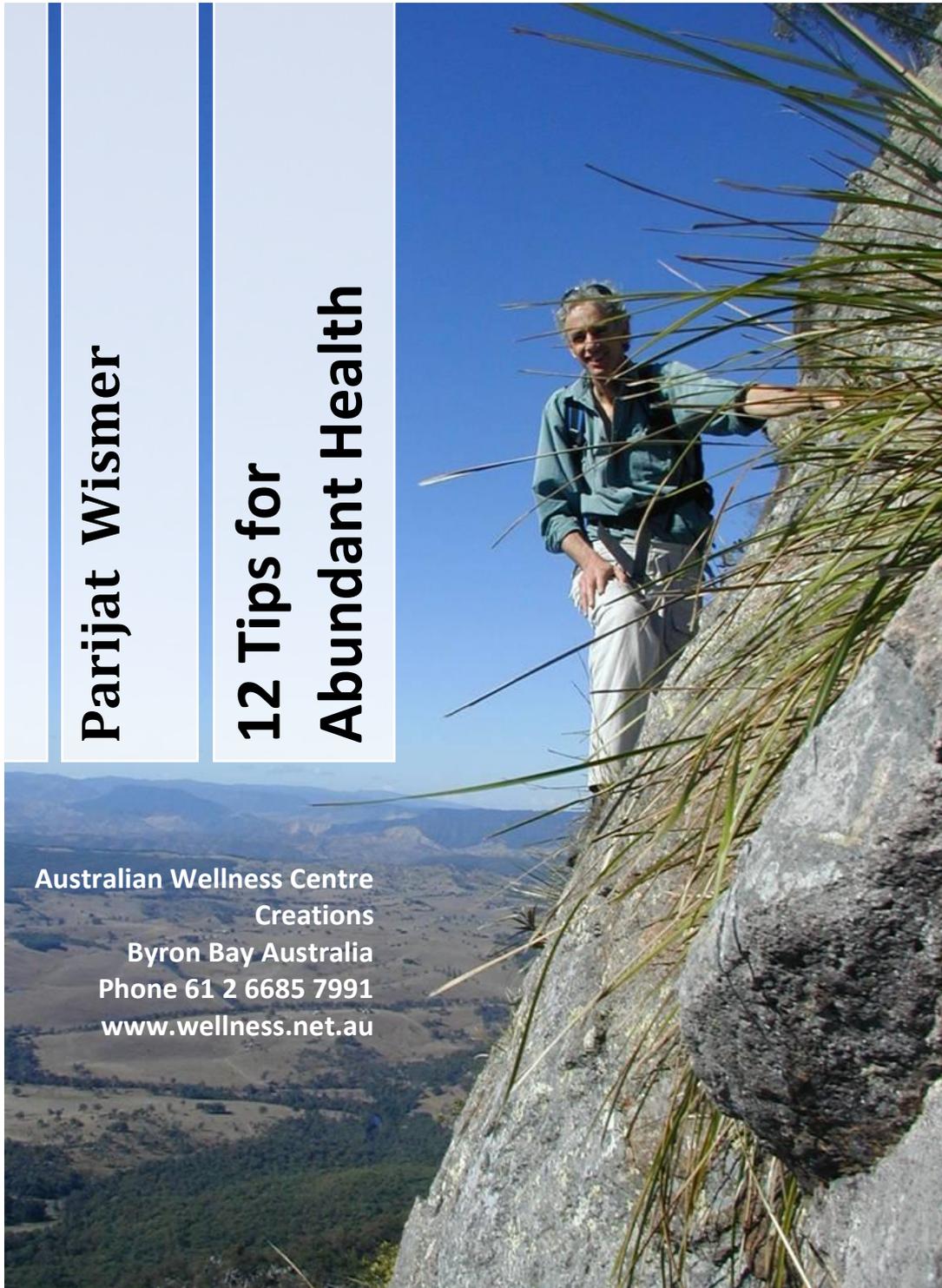


**Parijat Wismer**

**12 Tips for  
Abundant Health**

Australian Wellness Centre  
Creations  
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Take daily action for better Health and Wellbeing.  
Make a commitment to yourself to take excellent care of  
your being, physically, emotionally, mentally and spiritually



## Introduction

Our health and vitality is to a large degree something that we can control. We may be born into this world with an “inheritance” that may be less than optimal, but as we know, almost every cell in the body will be replaced over a seven year period. We can over time correct most shortfalls in our wellness. Knowing why you need to take action and what actions to take, is empowering.

Appreciate every positive step you take, focus on the gains rather than the avoidances.

## Happy journey!

This e-book is dedicated to my students and clients, who are my constant inspiration in bringing this knowledge to the people who need it.

You are able to share it by suggesting that your friends get their own copy when visiting our website [www.wellness.net.au](http://www.wellness.net.au)

This e-book is yours free simply by choosing to stay connected to us through our newsletter. Take up the invitation to receive it. We will respect your privacy and will not pass on your details to a third party.

May this information change your health, wellbeing and happiness in a positive way, give you tips and tools to live your life with abundance.

Throughout the book you will find the asterisk symbol\*. It means that you can purchase these products and services from the Australian Wellness Centre or that courses and other publications are available from us.

[www.wellness.net.au](http://www.wellness.net.au)

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## Chapter 1

### **Improve and nurture the relationship you have with yourself**

There is a friend who is always with you, wherever you go. Call it your inner wisdom, higher self, essence...the name doesn't matter. Who is this person you look at in the mirror?

The relationship you cultivate with yourself determines the levels of joy and stress you'll experience. If you treat yourself like you would a close friend, you will take better care of yourself.

Do you tune into your inner wisdom for guidance and treat yourself with love, acceptance, respect and appreciation? Are you letting your heart and your head assist you in navigating your life?

Why is it important to be friends with yourself?

If you don't believe that you are good enough, if you beat yourself up, you'll experience a constant level of discomfort inside. This may be a reaction to childhood experiences, where criticizing yourself all the time became an attempt at motivating you to do better, so people would love you.

Many people feel that there is something wrong with them and that if others would find out just how unlovable they are, they would reject them.

Maybe you have received a lot of criticism in early childhood.

People around you may not have been able to nurture you and help you build your self-esteem. This does not mean that you are not worthy of love and respect. It has never been a statement about who you are.

Remember that there is no other person on the planet exactly like you. You are wanted and welcome as a unique individual who is part of this whole colourful universe.

### **Actions**

When you get up in the morning and you look at yourself in the mirror, let go of looking for the problems with your looks. Greet the person in the mirror with love and respect. You may like to put your hands together in front of the chest in the gesture of the Indian greeting 'namaste' which can mean 'the divine in me is recognizing and greeting the divine in you'. You could give yourself a bow of respect and gratitude.

## 12 Tips for more abundant Health and Vitality

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Then say: 'hello my lovely friend, how can I be an excellent friend to you today?'

Tune in and decide to be compassionate and supportive to yourself all day. Ask yourself what that means and take action.

It may mean making yourself exercise or you feel reminded to stop beating yourself up. It may mean smiling at your reflection in the mirror and knowing that your life is a precious and an exciting adventure. Let go of comparing yourself to others and look for your strengths and positive qualities.

Notes to self:

## Chapter 2

### Hydrate your cells

If it is hot or not – remember that you need to drink water even if you are just working away at your computer. The human body consists of 60% - 75% water and most of our bio-chemical functions all rely on hydration.

Water carries nutrients to your tissue and carries away toxins and waste. Water is part of all fluids, blood, lymph, cerebro-spinal fluid, digestive juices, tears, saliva...

Not being properly hydrated makes you tired, prone to headaches and less able to focus on your projects.

We lose body water through urinating, sweating, exhaling and bowel movements. We have increased water loss when we exercise. Some people become dangerously dehydrated when they are exposed to heat, when they are ill, through vomiting and diarrhea.

We can also become dehydrated when we have normal water loss, but we don't drink to replace it. Sometimes the kidneys' filtering activities have to slow down to protect the body from rapid dehydration.

Under normal conditions, we need to drink 6-8 glasses of water per day. This does not count other drinks, like juices, alcohol, coffee and soft drinks. Alcohol and caffeinated products cause water loss.

Pay attention to your thirst. Some people have lost the ability to notice and are more likely to eat, rather than drink. You can pay attention to your urine output, it should be light coloured and you should feel the urge to urinate every couple of hours during the day.

If you have had fluid loss, you will also have lost minerals in the process and rehydration must include minerals. This means if you exercise and sweat profusely, you need to include minerals in the hydration program.

There are specific hydration formulas. Besides specific formulas to do this, an easy way to hydrate, is to make your water 'wetter', through adding some substances to the water to make the water droplets finer by reducing the surface tension of the water.

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### **Actions**

Add to a large glass of water any or combinations of the following:

- 1 tsp of lemon or apple juice
- 1 tsp liquid chlorophyll\* or organic green barley powder\*
- 1 small pinch of natural sea salt
- An electrolyte supplement \*
- Drink 6-8 glasses of water daily, more if it's very hot or you are doing a lot of exercise.
- Reduce or eliminate alcohol, coffee, tea and soft drinks
- Drink 2 hydration drinks a day
- Purify your tap water\*
- Visualize and feel the water flowing into the cells the waste flowing out.

Notes to self:

## Chapter 3

### **Improve your diet – eat for stable blood sugar**

The World Health Organization tells us that there are 3 major contributors to chronic illness.

- Unhealthy diet – fix it!
- Lack of physical exercise – exercise, do it!
- Smoking – stop it

What we eat has a lot to do with the amount of energy we experience.

Some foods will rob your vitality and weaken your life energy over time, we call them bio-cidic (life killing) foods.

Certain foods will maintain your body, give you fuel, but they don't increase or decrease your wellbeing, we call them bio-static foods.

And then there are foods that will enhance vitality and energy levels in a healthy way, we call them bio-genic (life giving) foods.

So we need to focus on eating bio-genic and bio-static foods, and eliminate or minimize bio-cidic foods.

Which foods fall into those three categories can vary between people, depending on their genetics and life experience.

In general we can say, that processed junk foods full of artificial colours, flavours and preservatives will fall into the bio-cidic category and need to be avoided.

Refined sugar and flour are not foods the human body thrives on, it's the wrong fuel for our bodies.

At any one time, an adult needs about 5g of glucose in the blood stream. This should come from wholesome foods, slowly and steadily released into the blood stream through the digestive process. A can of soft drink, an ice cream or a piece of sweet pie contain much too much sugar that is then released into the blood stream rapidly. Some people end up with 8 or more times the amount of sugar that should be there.

In a young healthy body, this will be met by an insulin release, which initiates energy producing cells to take in and process the glucose quickly, making the person hot and hyper active.

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However, after years of having to use insulin to deal with this dangerous level of sugar in the blood, the cells get tired. Their receptor sites are not as active and the insulin released in response to a rise in blood sugar, is no longer taking those levels down rapidly.

The body will release more insulin to try get this glucose away from capillaries, where it could cause damage. If the cells are still not reacting, we have a condition called 'Insulin resistance'.

Our amazing body will now turn to another option. Insulin can initiate the conversion of sugar to fat and store it in cells that are sensitive to stimulation, especially the cells around your abdomen and in your blood vessels. This is related to heart and circulatory diseases.

Your body has several fuel tanks. It uses glucose and glycogen (stored glucose), it can use fat and in extreme cases it can use protein for energy. When it runs out of glucose, it simply switches to fat burning, as that is the reserve tank.

The big secret : While you have insulin in the blood stream, you can't get your body to use fat for energy. The insulin in the blood stream signals that there should be available glucose, when in reality there isn't.

This is where you may feel tired (energy is not delivered to energy producing cells) and you put on weight (insulin will initiate fat storage and stop fat burning)

These metabolic changes are part of deteriorating health and wellbeing. They are pre-cursors for diabetes, heart disease, chronic inflammation and cancer.

It is vital that you learn to eat for balanced blood sugar, not to be on a diet you can't wait to get off, but as a way of eating that will sustain your health long term.

### **Action**

- No refined sugar or flour
- It is best not to drink alcohol. If you do, keep to rare occasions. If you are having a small glass of wine, you must eat a meal with plenty of fibre to slow down the release into the blood stream. I've been told that just 1 glass daily can put 7kg of fat on your body over only one year.
- Reduce carbohydrates to about the size and thickness of you palm per meal (includes starchy vegetable and all grains)

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- Eat about the size and thickness of your palm per meal of quality protein (eggs, fish, lean meat) You may use vegetarian options, though it's easy to fall into the fat storing insulin trap.
- Use healthy oils such as coconut, flax seed, olive oil, plus Marine lipids with all 8 varieties of Omega 3 fatty acids\* and extracts from the husk of grains \*
- Eat plenty of green vegetables and salads, organic if possible
- Nuts and seeds (almonds, sunflower seeds, flax seeds, sesame seeds)
- Lentils, chick peas and beans
- 1-2 pieces of fruit per day, maybe as a snack during morning or afternoon
- EXERCISE!!! For at least 30 minutes 3-5 times per week (more below)
- Get a fat burning program from [www.wellness.net.au](http://www.wellness.net.au)

Notes to self:

## Chapter 4

### Improve your Digestion

You can eat the very best diet, if you are not able to digest the food, your cells aren't going to get the nutrition. You keep craving and this often leads to eating the wrong kinds of foods.

Food needs to be chewed well, mixed with saliva and swallowed. From the esophagus it enters the stomach. You secrete fluids that combined produce Hydrochloric Acid and an Enzyme called Pepsin. Together these fluids and the Enzyme begin to break down the protein you ate into amino acids. Your body can only utilize protein in the form of amino acids.

The stomach also mixes the food into a liquid called chyme. Next the chyme is released into the duodenum, the first loop of the small intestine. This is where the bile produced by the liver and stored in the gallbladder is released and added to emulsify fat. The pancreas excretes alkaline fluids and enzymes for protein, fat and carbohydrate digestion. Fats have to be converted to fatty acids, protein digestion completely broken down to individual amino acids, carbohydrates broken down to sugars and fibre. All those building blocks plus vitamins, minerals and phyto-nutrients have to be released through digestion and then be absorbed through the gut wall into the blood stream.

### What interferes with digestion?

Stress is number one. Under stress the body reacts by shifting its energy to survival and away from anything that can wait. Energetically the hollow organs (yang) give some of their energy to the solid organs (yin). This means that digestion can be put on hold.

Anything that reduces the functional energy of the liver, like alcohol, toxic substances including prescription drugs, and nutritional deficiencies

Food allergies

Insufficient hydration

Parasite, fungal and bacterial imbalances

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### Actions

- Create a slowing down ritual, light a candle, bless your food, practice gratitude for the food and the effort that has gone into preparing it.
- Relax when eating and taste, chew and eat with awareness. Take self-help for stress courses\*. Check them on [www.wellness.net.au](http://www.wellness.net.au)
- Drink half to one glass of water with your meals, this actually assists digestion by making the food wetter.
- Take a digestive aid that works in the stomach containing Hydrochloric acid and Pepsin \*
- Take an Enzyme digestive aid working in the duodenum containing bile and pancreatic enzymes \* Most people need both digestive aids to re-establish proper digestion.
- Drink digestive teas for liver and gall bladder and to calm and soothe inflammation. For the Liver: St Mary's Thistle, Barberry and Fringe Tree\*  
For the Stomach: Meadow sweet, Chamomile, Aloe Vera Juice \* or a combination of Slippery Elm, Ginger, Peppermint, Gentian, Marshmallow and Dandelion\*
- Take a supplement containing beneficial intestinal bacteria \*
- Take a Fibre supplement from 12 food sources\*
- Put down your spoon or fork while you chew your food, it slows down the speed that food arrives in the stomach. It will help you know when you have eaten enough.
- Learn Chi-tonix exercises for the stomach\*

Notes to self:

## Chapter 5

### Take charge of your Thinking

Most of your reactions to the events in your life are based on the way you think about those events. Your values, habits, attitudes and expectations determine if your life is more or less stressful. Your thoughts can energize or exhaust you.

What and how you think matters greatly. Energy will flow where you pay attention.

A thought floating through the brain once, may simply pass by. But every time you think it again, you remind your brain to pay attention to it.

After a while it becomes a habit, then before you realized it, it has become part of you.

Are you thinking uplifting, positive, compassionate, creative, loving, caring and kind thoughts?

Or are you thinking negative, judgmental, fearful, worrying, nasty, unkind and unforgiving thoughts?

Your cells are constantly listening, their cell membranes are sensitive to frequencies and directly reactive to your thoughts. Can they function optimally or are they on survival alert?

It is a little scary to think that many of our habitual thoughts are not our own thoughts...they are a result of other people's thinking and programs given to us without being asked if we wanted them and without them or us realizing that our thoughts will set the scene of who we become.

Stop letting the past determine your future, decide which thoughts serve you. Thoughts are impulses of energy. You can create a vision of yourself full of vitality and then act consistently to support it.

### Actions

Create positive new thoughts, think them over and over and create a new habit for yourself.

If you don't feel right inside, if negativity is creeping in, stop and ask yourself 'what was I thinking, could I think about this differently?' Then choose a new way of thinking.

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Write down 3 thoughts you'd like to have and begin thinking them every day. I suggest thinking things like 'I enjoy exercising, I like eating healthy food, I am a high energy person'. Once these thoughts become a habit, choose another three. Pick the thoughts that trouble you and give yourself a new script.

Sabotage programs are frequently preventing people from experiencing happiness, success and love. Sometimes they are so hidden, we have no idea that each time we want to achieve something, we think we won't achieve it because we're not feeling worthy.

With Kinesiology you can help uncover those deep seated beliefs and sabotage programs and release them gently\*.

Notes to self:

## Chapter 6

### Create new positive Habits

When we feel pressured to give up a habit, such as staying up late watching TV, the inner child often rebels, even though we know it would be good for us. If we need to stop eating sugar or drinking coffee, our addiction to it will often sabotage our efforts to avoid them for any length of time.

Imagine you begin a new habit with passion and positivity, like meditating before bed or reading uplifting books. You start drinking water with a slice of lemon every 2-3 hours and you learn to eat for stable blood sugar.

It will be much easier to simply let the old habit disappear, because you like your new habit so much better.

Making even one positive change consistently helps your self-esteem and opens the way for another positive change and then one more... Imagine improving the way you look after yourself by 1-2% in a day or a week, imagine what can be accomplished in a year.

### Action

Choose new habits that lift your energy physically, mentally, emotionally and spiritually. Thank yourself for this gift you are giving yourself.

Make yourself accountable for maintaining a new positive habit for a minimum of 30 days. It takes this long for it to become automatic and easy to continue

Select some of the suggestions below or make up your own:

- Choose an exercise, like walking 3x a week, finally taking the yoga or dance classes you promised yourself or take any opportunity to ride your bike
- Choose to implement one or more suggestions from this book
- Take some quiet time in nature daily
- Read up-lifting books instead of watching the daily news
- Make time to have fun
- Plant a garden
- Learn an instrument or a new language
- Limit computer time

## Chapter 7

### Learn Chi-Tonix Exercises

Chi-tonix includes physical, emotional, mental, nutritional, energetic, environmental and spiritual support.

Chi = Life Force    Ton = toning    X= Integration

Tone your life force, integrate both sides of the brain and create dynamic harmony between the physical, emotional, mental, spiritual, bio-chemical and energetic aspects of your being

In the cave days, stress meant that we had to outrun an attacker, fight for our lives, survive famine, floods and infections. The stress affected us intensely and then life went back to normal. Our body is built to have a healthy response to stress that makes our short term survival more likely.

### We need a new way to handle stress

The new understanding in Biology shows us why there is truth in the saying that stress makes us ill.

Dr. Bruce Lipton, a cellular biologist, tells us that stress is the cause for over 95 percent of all disease related ailments. Stress is the source of disease, depression and unhappiness!

So dealing with stress creatively helps to keep you in abundant health and vitality, and prevents stress related illnesses and pre-mature ageing..

It becomes absolutely vital that we heal our responses to real and perceived stressors in our lives and learn new ways of taking care of our body, mind and soul.

The effects of stress stop your body from killing germs and viruses or from digesting food. It prevents you from strengthening your body to handle any weak genetic patterns or from healing any damage experienced to organs and tissues.

Your body doesn't detoxify while you are in the middle of a stress response. That's ok for a day or two, but not if you are pounded by relentless stress going on for weeks and months.

### Too Much to Do, Too Little Time

The most common form of stress people experience is being overwhelmed with feeling they are powerless in their circumstances or they have too little time to easily do all the tasks required.

### Action

- Set priorities and plan
- Concentrate on one thing at a time.
- Don't allow too many disruptions.
- Ask yourself what the priority is for your valuable time.
- Take a seminar and learn Chi-Tonix exercises for managing your energy or to tonify organs and body systems\*

Here are some simple Chi-tonix exercises:

### **The Meridian Slap for increased alertness and energy**

In this exercise we activate meridians or energy pathways, by stimulating them with firm tapping.

Think about switching yourself on for a goal, to calm and centre yourself, to have more energy, being able to focus clearly, being able to make a decision, feel grounded etc...

- Stretch up and arch body back, then stretch forward and touch toes several times.
- Gently and firmly slap inside of arms from shoulder to palm, aiming at the little finger
- Pat back of arms from back of hand at little finger up outside of arm to shoulder
- Rub hand up over forehead, top of head and pat down the back of the body either side of spine, back of legs and down towards little toe.
- Touch bottom inside of foot and tap up the inside of leg and up belly and chest each side of midline to collarbones.
- Pat down inside of arms, this time down the middle to middle finger.
- Up outside of arm from ring finger, over elbow to top of shoulder.
- Rub hands over the side of the temples and behind the ears, then forward to bumps on forehead, then over the side of head and begin slapping gently down the side of the body in a wavelike pattern. End at second littlest toe.

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- Back up the leg from the lateral side of big toe, inside leg, arch over hip and stop or ribcage
- Pat inside of arms from arm crease to thumb .
- Back up on outside from index finger to shoulder , neck and corner of the mouth
- Stroke the face in a circular motion from eyes to jaw and up over the face, pat body down the front over breasts, past edge of pubic bone, just outside the knee and end at little toe next to big toe.
- Pat from medial side of big toe up inside legs, past inside hip bone up toward arm crease and down side seam of ribcage.
- Do another round.

### **Change Physiology**

Breathe in deeply, bend over and touch your feet, then breathe out with a big whoooooush as you uncurl your body, throw arms up in the air and jump and shout 'woop'. Do 2-3 times.

Arms above your head, breathe in and arch your body back, and then bend forward and push the breath out with a loud haaaah.

### **Give your nervous system a boost**

Massage your spine firmly with up-wards strokes from the sacrum up as far as you can reach and then reach over your shoulder and continue pulling skin upwards over the spine all the way to below the skull.

Imagine that your are lifting the vertebrae off each other to give the nerves coming out from the spine to your body a bit more space. Do 3-5x.

You can use a rounded highlighter or wooden spoon to reach between the shoulder blades.

Notes to self:

## Chapter 8

### **Sleep enough, sleep soundly and wake up refreshed**

Some People under-sleep, some people over-sleep...and some people wish they could sleep.

Most people take sleep for granted when it comes easily and if they wake up refreshed.

What happens if this is not available? When you toss and turn and sleep eludes you? What if you need to stay awake for night shifts or have to wake up for a loved one? What if your brain does not let you rest, or pain and discomfort prevents you from falling asleep?

‘Sleep Disorders Australia’ has authored a fact sheet on insomnia, which says that most people will experience difficulty sleeping at some time. It is a common medical complaint and more than half of the elderly experience some levels of insomnia.

Insomnia means difficulty falling asleep, difficulty staying asleep and inability to go back to sleep once woken up during the night.

A healthy adult person will generally sleep between 7-9 hours. Sleeping less than 7 hours on a regular basis may lead to health problems. Some people achieve a healthy sleep with less hours, but they often meditate or take ‘power naps’ during the day.

Newborns need a lot more sleep, up to 18 hours. As the child grows, this amount of sleep needed reduces slowly. Adolescents need around 9-10 hours.

The time it takes to fall asleep varies, most people who have their environment in order (like lights out, quiet) will fall asleep within the first 30 minutes of resting their head on the pillow.

One of the most pervasive misconceptions about sleep is that sleep is just a matter of our bodies ‘switching off’ for several hours, followed by our bodies ‘switching back on’ when we wake up.

Sleep is not a passive, constant and unchanging process. Sleep is a very active state. Our bodies move frequently, as we roll about during the night, and our brain activity is more varied than it is during the normal waking state. We seem to process and integrate the events of the day, repair and regenerate during sleep.

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### What's interfering with Healthy Sleep?

- Injury, pain, uncomfortable bed, cold feet or being too hot
- Noise, snoring, sleep apnea, breathing problems
- Urinary frequency (prostate, pregnancy, bladder infections, diabetes)
- Disturbed sleep because of children, pets, restless partner
- Food allergies and blood sugar handling difficulties, digestive problems, overweight
- Hormones - adrenaline, cortisol, melatonin, thyroid hormones, female hormones
- Ingesting too many stimulants, tea, coffee and experiencing drug withdrawals
- Food – excess, deficiencies, digestion, constipation, wind, eating late at night, toxicity carbohydrate addiction
- Stress – worries, finances, medications, relationships, loneliness, unhealed life experiences, pressure, post-traumatic stress, fears, nightmares, unresolved arguments
- Habits – watching TV before bed, not exercising, staying up late, alcohol, avoiding sleep, shift work
- Electro-magnetic fields and electric blankets

### Actions

- Go for a walk 30 minutes before bed
- Exercise daily
- Learn to relax and meditate
- Turn off TV or Computer at least 30 minutes before bed.
- Listen to relaxing music or guided relaxations
- Warm bath with aroma therapy

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- Worry box to leave your worries in over night
- No large carbohydrate meals before bed
- Reduce or avoid stimulants, especially coffee, black tea and drinks containing caffeine
- Darken the room and open the windows if possible
- Follow a sleeping routine, go to bed and get up at the same time each day, follow the natural day/night rhythm.
- Massage neck , shoulders and belly with warm sesame oil
- Practice HeartMath before bed\*
- Hold forehead and bring your wisdom to understanding your day, the two points above eyes on forehead are also called Emotional stress release points. They bring energy to the area in your brain where you think clearly
- Hot water bottle
- Chi-Tonix exercises for better sleep\*
- Making yourself wake up with light of the morning and go to sleep when it is dark

### Natural Sleeping Aids

- Calcium-Magnesium\* supplement, especially taken before bed
- Vitamin B Complex\* taken at breakfast and lunch
- Tryptophan supplement or foods containing high amounts of it ( poultry, spinach, some seafood, soy, protein supplements)\*
- Herbal combination of Rhodiola, Withania and Gotu Kola\*
- Herbal Combination Hops, Valerian and Passion Flower\*
- Herbal Combination with Lemon Balm, Skullcap, Schisandra, Damiana, Passion Flower, Vervain and Chamomile\*.
- Vibrational patches\* that induce relaxation and sleep when placed on specific acupuncture points, learn how to use them from Byron Kinesiology Centre

## Chapter 9

### **Exercise, the vital ingredient in vitality**

If you pick a single factor that is most important in a successful vitality program, it would be to exercise first thing in the morning... every morning! Some mornings, you may just be able to fit in a vigorous 10 minute walk, but it's important to do something every morning.

So why mornings?...

Over 90% of people who exercise “consistently”, exercise in the morning. To maintain a successful exercise regime, you are more likely to succeed if you exercise first thing in the morning

Morning exercise "jump starts" your metabolism and keeps it elevated for hours. That means you're producing more energy all day long just because you exercised in the morning! You will feel energized for the day.

Morning exercise is likely to regulate your appetite for the day. You are probably less hungry and so you'll make better food choices. Exercise starts your day with a healthy attitude, you are more likely to treat yourself well for the rest of the day.

It becomes easier to wake up with a clear head, the body prepares for and expects the regular activity. Your metabolism and all the hormones involved in activity and exercise begin to elevate while you're sleeping. This helps you feel more alert, energized, and ready to exercise when you do wake-up. Hormones prepare your body for exercise by regulating blood pressure, heart rate, blood flow to muscles, etc. You increased mental focus can last several hours after this morning activity.

Exercise in general will also:

- Strengthen the heart and help keep blood pressure and blood fats normal, as well as decrease the chance of blood clots.
- Strengthens muscles, bones, joints and increase blood flow to skin for a healthy and vital look.
- Help you feel positive
- Increase your body's ability to detoxify and prevents you from feeling sluggish

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- Exercise can be a formal gym routine, doing weights and circuits. However, it may also be dance, swimming, playing sports, running after children and digging up the garden. Keep moving...and enjoying the added benefit of socializing.
- Help prevent chronic illness
- Help you feel more motivated to be in charge of your life
- Help you be alert and able to focus

Notes to self:

### Chapter 10

#### **Take a good supplement program, especially healthy oils\***

Supplements need to enhance a healthy diet. There are many types of supplements on the market. We suggest that you use supplements extracted and based on whole foods and food families used traditionally in the human food chain.

Chronic diseases are spreading all over the world despite all the research into medicines. Diseases are invading our cells and upsetting out bio-chemistry.

Many people eat unhealthy foods with insufficient nutrients. Some people are stressed and not getting the nutrients out of the food or they are in special need of more nutrients due to their activities or environment.

Often the food is not grown in a healthy way, picked too early, sprayed, cold stored and treated, so it still looks fresh. This means the food does not have all the nutrient in it we expect it to have.

If we decide to bridge the gap between our nutrient intake from food and our requirements for abundant health and vitality, supplements become a good and convenient option.

Wholefoods are the blueprint for the fuel we need to thrive, so the use of supplements made from wholefoods make sense, they contain the nutrients in a form the body recognizes, rather than isolated vitamins produced in the lab.

It's like putting compost in your garden or synthetic fertilizer.

A doctor once told me that there are a few places where you do not just buy cheap, parachutes, fire extinguishers and nutritional supplements. You want to know how they are made and what the raw material are.

One of the most useful products we use contains 3 healthy oils\* that are lacking in most people's diets. They are needed for abundant energy, heart health, healthy brain function and flexible joints.

#### **Action – Take:**

##### **Oil from the Husk of Grains and Seeds**

Cellular membrane function is compromised by a lack of oils called lipids, sterols and sterolins from the husks of grains and seeds. Commercially milled flour used to produce food, removes these oils in the processing. They support your cells in producing energy, taking in nutrients for healthy function and eliminating cellular

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waste. If this function is impaired, we feel tired and sluggish. When they are present in the body in abundance, they support healthy cell membrane structure, improve nutrient utilization and give us a sense of wellbeing.

### **Carotenoid Complex Oil\***

Carotenoids are powerful nutrients in fruits and vegetables that protect our bodies from environmental toxins and chronic diseases. They are fat soluble and made up of the red, orange and yellow colours. They take up residence in the cell membranes as protectors from bio-chemical events that could damage them. They also prevent premature ageing.

Carotenoids are clinically proven to protect the heart, protect cells and boost immunity. We use Carotenoid extract from food sources, carrot seed oil, paprika, tomato, spinach, apricots, peaches and strawberries

### **Omega 3 fatty acid Complex Oil – Salmon Oil Plus\***

Fatty acids are key building blocks of all tissues, hormones and neuro-transmitters of the body. A deficiency is associated with inflammation, accelerated ageing and higher risk of disease.

Omega-3 fatty acids may slow ageing of the brain. Older adults who supplement their diets with EPA and DHA have demonstrated greater cognitive function when compared to those who don't.

Adding this supplement to the diet provides building blocks and powerful anti-inflammatory action. Inflammation is associated with chronic health issues.

The product we use in clinic is unique, as it brings together not only Salmon Oil, but all 8 members of the Omega 3 fatty acid family, that together are more potent than a single fish oil. Contains oils from cold water Salmon, Tuna, Sardines and Anchovies in a concentrated form that has had all contaminants removed.

Cheap fish oil may be processed with heat and contain mercury and other contaminants.

Of course there also Vitamins A, C, E, Flavonoids, Minerals and Proteins in their Amino acid forms, fibre, beneficial bowel bacteria and herbs\*.

Order all those products in Australia directly from the Byron Kinesiology Centre 0266857991 or from [www.australianwellness.gnld.net](http://www.australianwellness.gnld.net)

Internationally [www.gnld.com](http://www.gnld.com) and please give them our distributor number 35148.

Call us to discuss how you can purchase directly from the company at distributor discounts on 61 (0)2 6685 7991. The products will be delivered straight to you.

## 12 Tips for more abundant Health and Vitality

Here is a questionnaire that can help you discover where you may benefit from adding supplements. It is not meant to replace medical care. You may have special needs. You could also work with a professional person for a personalized program.

On the chart below, place an x on any of the issues you can relate to. The more crosses you have in a column, the more likely you will benefit from the associated supplement.

<b>Lipids &amp; Sterols</b>	<b>Calcium Magnesium</b>	<b>Digestive Aids</b>
<input type="checkbox"/> Fatigue	<input type="checkbox"/> Brittle bones	<input type="checkbox"/> Indigestion
<input type="checkbox"/> Allergies	<input type="checkbox"/> Arthritic pain & swelling	<input type="checkbox"/> Heartburn
<input type="checkbox"/> Infections	<input type="checkbox"/> Joint stiffness	<input type="checkbox"/> Gastric reflux
<input type="checkbox"/> Hormone Imbalances	<input type="checkbox"/> Menstrual cramps, PMT	<input type="checkbox"/> Belching, Bad Breath
<input type="checkbox"/> Moodiness	<input type="checkbox"/> Irregular heartbeat	<input type="checkbox"/> Wind, bloating
<input type="checkbox"/> Skin conditions	<input type="checkbox"/> Sleeping problems	<input type="checkbox"/> Food Allergies
<input type="checkbox"/> Brittle nails	<input type="checkbox"/> Mouth ulcers	<input type="checkbox"/> Constipation
<input type="checkbox"/> Pregnancy	<input type="checkbox"/> Pregnancy	<input type="checkbox"/> For Weight issues
<input type="checkbox"/> Sports people	<input type="checkbox"/> for Improved Circulation	<input type="checkbox"/> Arthritis
<input type="checkbox"/> PMT	<input type="checkbox"/> Sports people	<input type="checkbox"/> Dry skin
<input type="checkbox"/> Menopause	<input type="checkbox"/> Stress	<input type="checkbox"/> Cravings
<b>Garlic &amp; Onion</b>	<b>Cleansing Herbs</b>	<b>Flavonoids</b>
<input type="checkbox"/> Irregular blood pressure	<input type="checkbox"/> Constipation	<input type="checkbox"/> Weak Immune system
<input type="checkbox"/> High Cholesterol	<input type="checkbox"/> Irregularity	<input type="checkbox"/> Fatigue
<input type="checkbox"/> Candida yeast infection	<input type="checkbox"/> Lymphatic cleanse	<input type="checkbox"/> Allergies/Sinus/Eyes
<input type="checkbox"/> Infections	<input type="checkbox"/> For Cellulite prevention	<input type="checkbox"/> Aging
<input type="checkbox"/> Colds, flu	<input type="checkbox"/> For weight management	<input type="checkbox"/> Memory
		<input type="checkbox"/> Heart Disease

## 12 Tips for more abundant Health and Vitality

<b>Protein (22 amino acids)</b>	<b>Zinc</b>	<b>Omega 3 fatty acids</b>
<input type="checkbox"/> Fatigue	<input type="checkbox"/> Body odour	<input type="checkbox"/> High cholesterol
<input type="checkbox"/> Low blood sugar/cravings	<input type="checkbox"/> Loss of appetite	<input type="checkbox"/> Joint stiffness
<input type="checkbox"/> Ageing	<input type="checkbox"/> Food doesn't taste good	<input type="checkbox"/> Arthritic pain & Swelling
<input type="checkbox"/> Over/Underweight	<input type="checkbox"/> Prostate trouble	<input type="checkbox"/> Migraine
<input type="checkbox"/> Flabbiness	<input type="checkbox"/> Infant wakefulness	<input type="checkbox"/> Prostate trouble
<input type="checkbox"/> Illness and Allergies	<input type="checkbox"/> Irregular heartbeat	<input type="checkbox"/> for Improved Memory
<input type="checkbox"/> Skin conditions	<input type="checkbox"/> Slow healing	<input type="checkbox"/> for Improved Circulation
<input type="checkbox"/> Stress	<input type="checkbox"/> Weak	<input type="checkbox"/> Respiratory problems
<input type="checkbox"/> Thinning hair	<input type="checkbox"/> Immune system	<input type="checkbox"/> Scaly, itchy skin
<input type="checkbox"/> Infections	<input type="checkbox"/> Acne	<input type="checkbox"/> for Slimming
<input type="checkbox"/> Slow healing	<input type="checkbox"/> Teenage years	<input type="checkbox"/> Brittle nails
<input type="checkbox"/> Swollen ankles/fingers	<input type="checkbox"/> Pregnancy (stretch marks)	<input type="checkbox"/> Pregnancy
<input type="checkbox"/> Arthritis and Brittle nails	<input type="checkbox"/> Recovery from injury/operations	<input type="checkbox"/> Pregnancy & breastfeeding
<input type="checkbox"/> Pregnancy		<input type="checkbox"/> High blood pressure
<input type="checkbox"/> Sports people		
<b>Vitamin A</b>	<b>Children's chewable Vitamins &amp; Minerals</b>	<b>Cruciferous Vegetable Concentrate</b>
<input type="checkbox"/> Night vision	<input type="checkbox"/> Hyperactive	<input type="checkbox"/> Bowel diseases
<input type="checkbox"/> Dry skin	<input type="checkbox"/> Infant wakefulness	<input type="checkbox"/> Cancer prevention
<input type="checkbox"/> Acne	<input type="checkbox"/> Lack of energy	<input type="checkbox"/> Toxic body
<input type="checkbox"/> Ear/Sinus infections	<input type="checkbox"/> Colds, Flu	<input type="checkbox"/> Sore breasts
<input type="checkbox"/> Bladder/Lung Infections	<input type="checkbox"/> support healthy growth	<input type="checkbox"/> Oestrogen dominance
<input type="checkbox"/> Immune system	<input type="checkbox"/> Recovery from illness	<input type="checkbox"/> PMT
<input type="checkbox"/> Allergies/Hayfever	<input type="checkbox"/> pale complexion	

## 12 Tips for more abundant Health and Vitality

<b>Vitamin C Complex</b>	<b>Vitamin B Complex</b>	<b>Vitamin E</b> (mixed natural tocopherols)
<input type="checkbox"/> Bruising easily	<input type="checkbox"/> Stress feelings	<input type="checkbox"/> Heart conditions
<input type="checkbox"/> Bleeding gums	<input type="checkbox"/> Nervousness	<input type="checkbox"/> Circulation problems
<input type="checkbox"/> Loose teeth	<input type="checkbox"/> Fatigue	<input type="checkbox"/> Shortness of breath
<input type="checkbox"/> High cholesterol	<input type="checkbox"/> Anemia	<input type="checkbox"/> Angina pain
<input type="checkbox"/> Varicose veins	<input type="checkbox"/> Depression, moodiness	<input type="checkbox"/> High cholesterol
<input type="checkbox"/> Hemorrhoids	<input type="checkbox"/> Dark circles under eyes	<input type="checkbox"/> Varicose veins
<input type="checkbox"/> Circulation	<input type="checkbox"/> Thinning hair	<input type="checkbox"/> Cold hands and feet
<input type="checkbox"/> Slow healing	<input type="checkbox"/> Burning feet	<input type="checkbox"/> Bruising
<input type="checkbox"/> Sprains	<input type="checkbox"/> Nausea of pregnancy	<input type="checkbox"/> Skin blotches/aging spots
<input type="checkbox"/> Immune system	<input type="checkbox"/> Blotchy, scaly skin	<input type="checkbox"/> Scar tissue
<input type="checkbox"/> Cold, Flu	<input type="checkbox"/> Low blood sugar	<input type="checkbox"/> Cramps
<input type="checkbox"/> Infections, Viruses	<input type="checkbox"/> Dizziness	<input type="checkbox"/> Infertility
<input type="checkbox"/> Flabbiness/builds collagen	<input type="checkbox"/> Sports people	<input type="checkbox"/> Pregnancy
<input type="checkbox"/> Stress	<input type="checkbox"/> Alcohol consumption	<input type="checkbox"/> Prevention of Miscarriage
<input type="checkbox"/> Sports people	<input type="checkbox"/> Can't remember dreams	<input type="checkbox"/> Hernias
		<input type="checkbox"/> Immune system
<b>Vitamin D</b>		<input type="checkbox"/> Sports
<input type="checkbox"/> Healthy bones		<input type="checkbox"/> Irregular periods
<input type="checkbox"/> Nervous system		<input type="checkbox"/> Wrinkles
<input type="checkbox"/> Eye irritations		
<input type="checkbox"/> Immune system		

## 12 Tips for more abundant Health and Vitality

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<b>Carotenoids</b>	<b>Fibre</b>	<b>Acidophilus Complex</b>
<input type="checkbox"/> Protection from cell oxidation	<input type="checkbox"/> High cholesterol	<input type="checkbox"/> Candida yeast infection
<input type="checkbox"/> Stress	<input type="checkbox"/> Constipation	<input type="checkbox"/> Mouth ulcers
<input type="checkbox"/> Immune system	<input type="checkbox"/> Diarrhea	<input type="checkbox"/> Athlete's foot/ Tinnea
<input type="checkbox"/> Cataracts	<input type="checkbox"/> Bowel discomfort	<input type="checkbox"/> Indigestion
<input type="checkbox"/> Pregnancy	<input type="checkbox"/> Hemorrhoids	<input type="checkbox"/> Wind, bloating
<input type="checkbox"/> Macular degeneration of the eyes	<input type="checkbox"/> Prevention of Bowel cancer	<input type="checkbox"/> Thrush
<input type="checkbox"/> Allergies	<input type="checkbox"/> Irregularity	<input type="checkbox"/> Food allergies
<input type="checkbox"/> For Improved Digestion	<input type="checkbox"/> Varicose veins	<input type="checkbox"/> Stress
<input type="checkbox"/> For Improved Circulation	<input type="checkbox"/> For Slimming	<input type="checkbox"/> Moodiness
<input type="checkbox"/> For Cellulite prevention	<input type="checkbox"/> Bingeing between meals	<input type="checkbox"/> Acne
<input type="checkbox"/> Environmental poisoning	<input type="checkbox"/> PMT	<input type="checkbox"/> after anti-biotics
<input type="checkbox"/> Food Chemical poisoning		<input type="checkbox"/> Weak Immune System
<input type="checkbox"/> Hay fever		
<input type="checkbox"/> Brown aging spots		
<input type="checkbox"/> Toxic conditions		
<input type="checkbox"/> High cholesterol		
<input type="checkbox"/> Itchy moles		
<input type="checkbox"/> Hormonal Imbalances		

## Chapter 11

### Support healthy Elimination

If your body does not eliminate waste properly, you will feel tired, sluggish and unwell. Some people get toxic headaches, constipation and general tiredness.

You eliminate from your cells, the lungs, the skin, the kidneys and the bowel. The body involves the liver detox pathways, the lymph vessels and lymph nodes and the whole digestive tract in the detoxification process.

### Action

- Exercise, movement massages your insides (laughter does too!)
- Drink 6-8 glasses of water daily and eat greens with your food
- Take deep breaths that allow your belly to rise and fall, this massages your intestines. If you want to enhance this action, breathe in, hold your breath and pull belly muscles in and let them relax several times, before you breathe out
- Support your digestion
- Heal your emotions
- Drink a tea for healthy liver function (St Mary's Thistle, Barberry and Fringe tree\*) and Aloe Vera Juice
- Take a fibre supplement from 12 food sources \* and or add Slippery Elm to your tea
- Take Fish Oils\* and Oils from the husk of grains\* to support cell membranes allowing waste out. They are part of the Pro-vitality program\* recommended for every one
- Soak 3 prunes overnight and eat daily
- A Lower Bowel Stimulant\* that helps you empty your bowel well at least once per day, containing Cascara, Frangula bark, Liquorice root, Capsicum, Ginger, Couch Grass, Oregon Grape, Red Clover and Rhubarb. Another combination is Senna Leaf ,Buckthorn, Liquorice, Prune, Rhubarb, Asparagus, Aniseed, Culvers Root and blue Malva.

# Chapter 12

### Practice gratitude

Gratitude is a wonderful way to acknowledge what is good in your life. It gives you proof that good things happen. It focuses you on the blessings, not the problems. Looking for and recognizing what you can be grateful for each day will beneficially affect your thoughts and therefore your health.

Energy goes to where we pay attention. If you focus on gratitude and all the blessings in your life, it is the right frequency to be able to feel happy. It also opens you to receiving more experiences you can feel grateful for.

### Actions

- Bless your food, chew it slowly and appreciate the flavours, you'll digest and utilize it better.
- Let people know you appreciate and love them and the energy between you becomes more loving.
- Thank people for what they do for you, it lifts their spirit. Say thank you for any kindness you receive, instead of taking your partner, family, work colleagues for granted
- Thank yourself for all the ways you nurture yourself and for healing old stress that's been sitting in your being since you were small. Kinesiology consultations can help you with this.
- Learn to feel the gratitude, it boosts your immune system!
- If you implement one positive change, then add another and another over the next few weeks, you will begin to feel a positive difference.
- Treat your body and soul with love and care, you are worth it!

In Conclusion:

Thank you for reading this e-book. May it assist you in living a healthy and happy life. Nobody other than you can make the positive changes suggested and grow the right positive habits that support you in your daily life. Live in abundance and fulfillment!

With best wishes,

Parijat Wismer

## 12 Tips for more abundant Health and Vitality

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For information about courses, supplements or other points raised in this publication, please contact us:

Phone 61 2 6685 7991 or go to [www.wellness.net.au](http://www.wellness.net.au) to send us a message on email [parijat@wellness.net.au](mailto:parijat@wellness.net.au)

### About the Author



Parijat Wismer brings over 26 years of Kinesiology and Natural Health experience to her talks, sessions and trainings. She is passionate about sharing her knowledge and assisting people in developing their potential and excellence.

She is a director for Kinesiology Schools Australia KSA, on International Faculty for the International College of Professional Kinesiology Practice ICPKP, a registered Herbalist, runs a Kinesiology clinic in Byron Bay Australia, has authored workshops and accredited trainings and is a respected conference speaker.

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