

LG&G® MBR Workshop

On How To Reset Your Mind and Body For Life

with Dr. Brooke Stuart,
—Founder of Let Go & Grow International—

Overview

- Introduction
- The Purpose of A Reset
- How To Reset Your Mind & Body
- Let Go & Grow Philosophy and Process Applied
- Reset Roadmap + Course Components
 - Welcome, MBR Workshop, Pre-Reset [week 1], 28 Day Game Plan [4 week intensive], Beyond the Reset [week 6], Moving Forward
- Engaging the Change. It takes what it takes.

Introduction

Who Am I?

Holistic Doctor, Functional Medicine Practitioner, Founder of Let Go & Grow®

What does my practice look like?

I create evidence based, holistic treatment plans for my patients, and then, I partner with them to meet their unique goals through building a strong and resilient foundation focused on healthy fundamentals such as mindset, diet and lifestyle medicine.

What will we be up to today?

Today, we will dive into the anatomy and physiology of the 6 week Mind Body Reset including the 4 week intensive. Here, we will go over each step in detail so that you can understand what you are up to and why.

Our Mission

At Let Go & Grow International, we are working to create the most direct and approachable way to experience growth in the world- through our own products, services and collaborative efforts, our intention is to curate and highlight the best to assist our community in living the life they are here to live and experiencing the power they are meant to have. The programs we build are evidence based and clinically effective systems for experiencing health and growth. Here, we work with individuals, teams and organizations to achieve their unique goals, and to enjoy the process, with fulfillment, along the way.

By focusing in on the fundamentals and what we can do, we can empower ourselves as we intentionally reach in to choose the choices that align with health and growth and serve to support, encourage and develop the vision that we have for our lives.

Own Your Power. Lead Your Life.

You are more than what you have learned to believe, and the world needs you to be you. Instead of seeking light, stuck in a perpetual search mode, distracted by symptoms and the ways of the world, we want you to not only become aware of, but to also, experience that you are the source of it.

You are the creator of your reality- because you have the power to choose.

You can choose in this moment how you perceive, interact with and interpret each and every experience that you encounter- as well as the practical everyday choices that you make- and by removing that which is not of and embracing that which is of your true nature, you can and will experience the peace that comes with a process that yields progress and a continual movement forward. This is about more than a workshop. This is about coming home to yourself.

“Truly, the greatest gift you have to give is that of your own transformation.” - Lao Tzu



Decide Now.

You are a gift to the world, and this reset is a gift to yourself- making what is best for you, best for all.

The latin root for the word decision literally means “to cut off”. Making a decision allows us to trade impulse, and what we may reflexively want right now, for what we truly desire. It takes what it takes, and this process takes a decision reflective of the discipline that lies within you. **To make the most out of this reset, you must engage the change- as you will get out what you put into it.**

This process is a gift to yourself, to the world and each other. So as you move forward, remember what brought you here in the first place. Remember why you chose to be here, now, and above all, remember who and what you are, accessed through yourself in the present moment. **As the creator of your reality, you have the ability to cut off all other choices and options and focus on the journey in front of you.** In this way, engaging the change, clears the noise and allows you to get to know yourself in a new and empowered way. This is about more than a reset- but all you need to do is follow the steps. Keep it simple. **The guess work is taken out- feel free to ask as many questions as you wish, but decide now to stop questioning yourself.**



Place yourself first.



Let Go & Grow Out With The Old. In With the New!

Heal The Past

Take a moment to connect with yourself and consider your old story

What belief systems have you held on to?

Which ones are you ready to explore and to let go of?

Set Your Future Free

With compassion, see them and let them go

Return to the present moment

What experiences are you ready experience in your next chapter?

Create In The Now

Owning your uncompromised vision

Setting your goals, empowered with intention



On Genetics, Epigenetics & Owning Your Power to Heal



- The 20th century was considered to be the golden age of genetics. We discovered the double-helix structure of DNA, the Polymerase Chain Reaction (PCR) amplification method, and even the sequencing of the complete human genome!
- While these advances greatly contributed to our understanding of genetics and genetic modification, they also created several, disempowering societal beliefs- such as, that our health is primarily controlled by our genes, leaving us bound to fate.
- However, it didn't take long for us to realize that this simply isn't the case... Even the CDC admitted that only about ten percent of disease can be directly attributed to our genes.

In other words, we are coming, as a culture, into the awareness that we determine our health experience and our destiny.

On Genetics, Epigenetics & Owning Your Power to Heal



- **Epigenetics** is a branch of science that explores everything beyond the gene and how our choices and experiences influence the expression of our genetic code.
- This has begun to help people understand that they are not necessarily gifted or cursed by their genes- that genes can even change over time.
- One of the most popular studies on the subject has shown that there can be significant differences in how a gene expresses itself over the course of years and even generations.
- Breast cancer risk: in **one study**, those who carried the mutated gene (BRCA) was around 24% before 1940. However, since this time, the risk of this gene expressing itself in the form of cancer has risen to 67%.

On Genetics, Epigenetics & Owning Your Power to Heal



- **Purpose** may even be one of the most interesting contributions that epigenetics has to offer. The idea that our genes can be influenced by our power to choose, goes against the nihilistic perspective that so many in our society are prone to.
- We have the capacity to change ourselves, the world, and better the lives of others around us and future generations to come...
 - Using a **teleological perspective**- a perspective which focuses on the purpose behind our choices and experiences- we gain some semblance of understanding as to why the human body and whole life experience is so infinitely complex yet simple.

*There is nothing wrong with you.
You are not broken, and you don't need to be fixed!*

Why Reset?

The purpose of a reset + what is possible!

Clear the slate, lessen the noise, establish a new baseline, take ownership of your health, empower yourself, read the signs and signals, apply your knowledge, build a strong and resilient foundation, lead your mind and body with clarity and confidence and finally, walk forward on solid ground



How Holistic Healing Works

Working with Your Mind and Body

What is holistic medicine?

- Holistic medicine accounts for all aspects of your being, which are all tied into you: mind, body, heart and life.
- You hold the power [epigenetics]
- Focus on the fundamentals, that in synergy, have a broad spectrum and notable impact

Preparation is a part of the process taking the time and space to evaluate your mindset, diet and lifestyle and set yourself up for success

The Process: Even as we dive into the 6 week journey, I am going to encourage you to release the stop and start- quick fix and shiny object- mentality for the continual conversation with your health and well-being. This will help you to form a relationship with the truth, where you can opt out of the highs and lows for the fundamentals that will truly move you forward. Here, you can unwind and deepen into the journey



On Genetics, Epigenetics & Owning Your Power to Heal

The 20th century was considered to be the golden age of genetics. We discovered the double-helix structure of DNA, the Polymerase Chain Reaction (PCR) amplification method, and even the sequencing of the complete human genome! While these advances greatly contributed to our understanding of genetics and genetic modification, they also created several, disempowering societal beliefs- such as, that our health is primarily controlled by our genes, leaving us bound to fate...

But according to a study done by the CDC:

"One of the promises of the human genome project was that it could revolutionize our understanding of the underlying causes of disease and aid in the development of preventions and cures for more diseases. Unfortunately, **genetics has been found to account for only about 10% of diseases, and the remaining causes appear to be from environmental causes.** So to understand the causes and eventually the prevention of disease, environmental causes need to be studied."



Writing A New Story: LG&G Philosophy and Process

Reconnect. Reset. Remember.

- Waking up to who, what and where you are
- Connection. Presence. Observation.
- The past is not predictive of the future- and we can set the future free, creating it through our choices now

Engagement in the Let Go & Grow Process

- Look at - learn from - let go of - grow through our experiences - evolution
- On what is possible, what you want wants you too
 - Why cope when you can clear?
- Empowering Yourself Along the Way: As you move through the process, make sure to be on your own team as a throughline, empowering yourself and shifting the dial of your choices to align with what you envision for yourself, your life and the world

Healing Mode: ON

- Distress, tension and inflammation can be seen as your system's way of communicating information. Here, we have the opportunity to learn a new language and begin a new conversation!



On Learning A New Language Seeing Symptoms as a signal



Stress: is the total, mind body, response experienced when we perceive that we do not have the resources to handle a life experience. At its core, stress is a disturbance in homeostasis that results in a series of psychological and physiological adaptations. *Evolutionary Mismatch.*

Stressor: while a stressor is the stimulus, or the perceived threat, that in turn triggers the **stress response** like pain, a final exam, argument or food intolerance.

Level of Stress: simply, our level of stress is determined by what we are given and how we choose to interpret it. It is the interplay between our genetic predisposition, life experiences, perception and choices.

Reframing Health:

What if your symptoms are not the only problem?



Conventional Approach: "how to be stress free" "how to fight stress" "pill for an ill"

To (stuck in victimhood) vs. Neutral vs. For (move forward, seek solutions, find meaning)

Evidence Based Approach: stress is synonymous with meaningful life experiences (think motherhood, public speaking, a big work project or exam) and working with our power of choice to make an impact

What if the stress response is just our system's way of rising to the challenge?

What if I could learn to work with my system?

What if it is an opportunity to redirect and to let go of what does not work and optimize what does?

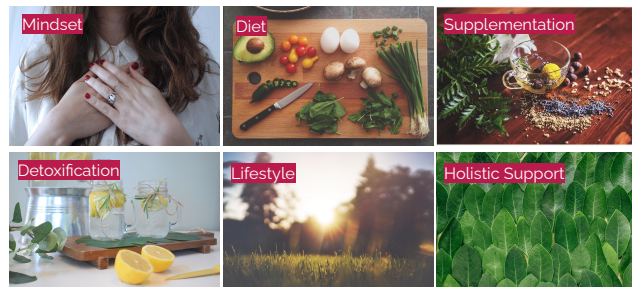
When Perception is the Medicine



In a 2012 study titled, *Does the perception that stress affects health matter? The association with health and mortality*, researchers from Harvard University looked at the link between the belief that stress is bad for you and public death records.

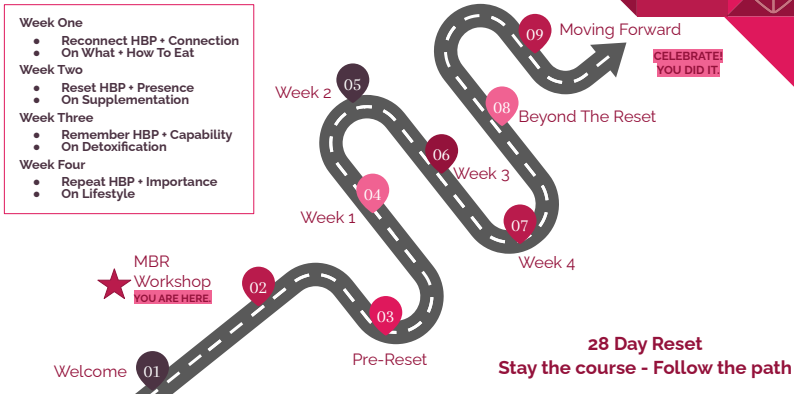
They concluded that both high amounts of stress and the perception that stress impacts health are each associated with poor health and mental health. Individuals who perceived that stress affects their health and reported a large amount of stress had an increased risk of premature death.

How To Reset Your Mind & Body Focus on the Fundamentals



Mindset and Diet are the primary focus of this training program, with education on supplementation, detoxification, lifestyle and other forms of holistic support to provide the full picture and context.

Reset Roadmap & Course Components



Resetting in the context of your own life
Yes, you can.

Resetting in the context of your own life
Yes, you can.

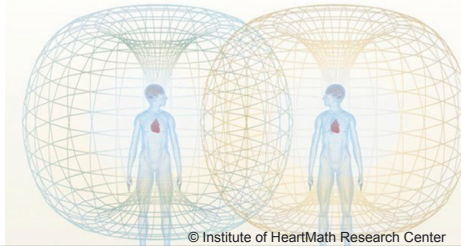
The History, Science and Importance of The Heart

- New research shows the human heart is much more than an efficient pump that sustains life
- The mobilizing part of the nervous system (**sympathetic**) energizes us for fight or flight, which is indicated by an increase in heart rate
- The calming part of the nervous system (**parasympathetic**) calms us down and slows the heart rate
- **Coherence** is the state when the heart, mind and emotions are in energetic alignment and cooperation
 - A state of coherence can be accessed in less than two minutes!

The Toroidal Field

Research at the [HeartMath Institute](#) has found that the heart's magnetic field is involved in energetic communication- a direct extension from your heart to **everyone** and **everything**.

- The heart is the most powerful source of electromagnetic energy in the human body- even greater (about 60 times in amplitude) than the activity generated by the brain
- We are all connected - once this connection is made, we can easily see how we matter and our choices count
- We can choose to live in alignment with ourselves and create a robust state of health & expansion



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The Heart Based Practice A simple 3 minute meditation

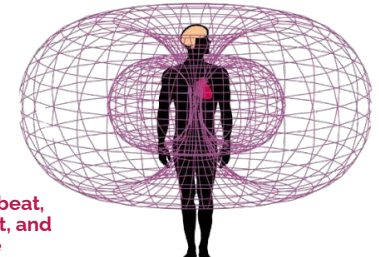
Choose to go within and reclaim your power by taking 3 min. to make a statement and send an empowering signal to your system by placing both hands over your heart, feeling your heartbeat, inhaling and exhaling with a 5 count through your heart and down your spine until you come into your own natural rhythm.

Reconnect.

Reset.

Remember.

This is a reminder to reconnect to your heartbeat, reset and return home to the present moment, and remember who, what and where you are



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3:01

Mindset Training On Shifting The Stress Response

- Connection, Presence, Intention and commitment
- Engaging the change, Let Go & Grow
- Awareness of your experiences
- The purpose of the ego as a survival mechanism
- Recognizing that you are capable and important
- Perception
 - To you (survival) vs. For you (revival)
 - Division vs. Connection
 - Judgment vs. Observation
 - Resistance vs. Resilience

What To Eat & What Not To Eat

Reset Diet & Hydration

What To Eat

Anti inflammatory, nutrient dense, high quality whole foods that work for your body (see reset diet list for details)

- Healthy proteins, fats, fruit, vegetables, starchy plants, gluten free grains, legumes, probiotic rich foods, nuts and seeds, spices, natural sweeteners

Drinking at least half your bodyweight in fluid ounces of clean, filtered water

- In addition, you can have: sparkling water, coffee, tea, unsweetened nut milks

What Not To Eat [Avoid For 28 Days]

Remove the substances and food-like products that you suspect cause a widespread inflammatory reaction (see reset diet list for details).

- Think: alcohol, gluten, dairy, processed food, genetically modified and refined foods, sugar, industrial seed oils

Remove the substances that you feel create noise within your system, foods that you are curious about removing or suspect cause a reaction in you. This is your opportunity to get clear.

- Think: gluten free grains, eggs, legumes, all soy products, corn, nuts and seeds, certain fruits and vegetables, artificial and natural sweeteners

How To Eat

Reset Diet & Hydration

- **Applied Presence:** Before meals, take a moment to relax and get present (take deep breaths, saying a prayer, or closing eyes in gratitude). Allows your body to switch into a parasympathetic state where it can rest, digest and process to the best of its ability.
- **Engage The Senses:** Remember to be mindful. Soak in the experience. Mindful eating also allows your body to go into a parasympathetic state while improving salivary response, stomach acid production, and enzyme secretion. In essence, sit and eat.
- **Chew Your Food:** Chewing your food also initiates the breakdown process with the enzymes found in saliva, while also signaling the downstream production of stomach acid and digestive enzymes to assist in the breakdown, assimilation, and distribution of the nutrients.
- **75-80% Full:** Since feeling overly full seems to trigger an adverse reaction, place your focus on becoming 75-80% full.
- **Focus On Health Creation:** Remind yourself of the big picture, the landscape, and your empowered intention. For example, let go of counting calories and instead, focus on nutrient density and on food that nourishes your body and life.
- **Keep It Consistent:** It's important to keep things consistent overall to send a signal of safety, regulate blood sugar and create a healthy relationship with your body. Think 95/5.

Supplementation & Detoxification

Supplementation

- **Core:** can be helpful in creating a solid foundation for the process. This category is more maintenance in nature, and I often recommend it when one has a chronic nutrient imbalance, comprised function, or just needs help rounding out
- **Food Based:** is a great place to start. Nature is beyond intelligent, and the more we can receive high quality nutrients and therapeutic benefits directly from her, the better.
- **Therapeutic:** is more active and healing in nature. In this category, we work strategically to balance out specific qualities and functions. Once the gaps are bridged and function is optimized, therapeutic supplementation has done its job and is no longer needed.
- **Symptomatic:** is the most symptomatic in nature, used on the fly, to assist the mind and body with speed. This type of supplementation is appropriate for emergencies and is not meant for long term use

Detoxification

- **Reset Diet & Clean Water:** steer clear of processed and chemically laden foods and unfiltered water
- **Environment:** look into natural beauty and cleaning products, organize your space, ecotherapy
- **Lifestyle:** exercise, sweat, deep relaxation, optimal sleep
- **Additional Healing Tools:** supplements, infrared saunas, coffee enemas, etc.

Lifestyle & Holistic Support

Lifestyle

- Relationships (family, friends), Spirituality, Support & Community
- Environment (Home & Work, organization), Nature, Technology
- Movement, Play, Sleep (7-9 hours), Relaxation
- Restorative Practices (yoga, walking)

Holistic Support

- Professional assistance, therapies and protocols
- Supplementation: Core, Food Based, Therapeutic, Symptomatic
- Healing Tools: such as at home biofeedback devices, meditation apps, etc.

Beyond The Reset Integration & Making It Your Own



- Taking the time to soak in the lessons and apply them
 - This will help you to find your balance, which will change over time
- Reintroduce any foods you would like to have in with the reintroduction protocol.
- Continue to implement the fundamentals. This is an iterative process that you can draw from them time and time again, refine and edit throughout your whole life!

It Takes What It Takes Engaging The Change



- Choose the best choice, choose expansion
- Keeping it simple, keeps you successful.
 - heart based practice, pure, clean diet and the worksheets
- Focus on the fundamentals.
 - Connection, presence, intention and commitment
- When you don't know which way to go, go within- reach out for support and be with it.
- What you want, wants you too. There is a life you are here to live and power you are meant to have!

Set A Powerful Intention Make The Commitment: Mark your calendars!



Affirming Life, Envisioning Vitality



When we have felt unsuccessful in the past, we may feel the wind leave our sails as we lose hope for a solution and unknowingly deepen into futile choices.

We may also find reverence and deepened appreciation for the gift of life, the choice is ours- and we can choose our perspective along with practical choices at any moment in time.

If we close our eyes, reconnect and return to the present moment, we can envision health and the life affirming choices that can bring us there. Think clean water, nutrients, fresh air, sunlight and an internal experience of health and vitality that extends throughout your whole living ecosystem.

Continual Support

We're here for you every step of the way!

**Feel free to contact our team at
contact@letgoandgrow.com at any time.**



Let's Do This!

