



# HOLISTIC GUIDE BOOK

Mind. Body. Heart . Life.

by Dr. Brooke Stuart

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# ABOUT DR. BROOKE STUART



Hi, my name is Brooke Stuart, and I am a holistic doctor in private practice as well as the creator of the Let Go & Grow Program!

I have always been interested and intrigued by unusual things, and while I was playing golf, as a college athlete, at the University of Miami, trying to improve my game, I spent most of my time on the putting green listening to countless self help and sports psychology related audiobooks. It wasn't until the end of my sophomore year that I realized I was far more interested in the self help and psychology books than the game of golf itself or the

business school I was enrolled in. So I decided to drop the game and switch up my studies to pursue a dual major in both Anthropology and Psychology.

Even though I had always done well, I had never really been interested in anything school had to offer until I decided to switch my major. The Anthropology department was like a dream come true to me. The teachers told stories of their travels and experiences around the world, and I was able to learn about the inner workings of culture, and how societal beliefs were able to influence individuals and manifest into reality. While in the Psychology department, I learned how individuals were influenced by their culture and how their overall perception, thoughts, and feelings influenced their choices, physiology and life experiences. It was the intricate interconnectedness of the individual and the environment in which they lived that I found so interesting.

But it wasn't until I took a Medical Anthropology class, where I studied medicine from around the world, that my whole life changed. I remember two pivotal moments when the light bulb went off so clearly. They were the kind of aha moments that imprint themselves into your whole being. Of course there are many more but these are the two that first come to mind.

Aha moment # 1 My friend and I decided to write our final paper on the Ayurveda, and to gain a better understanding of the topic we went around

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interviewing a number of Ayurvedic practitioners at schools and local clinics. And the words of one practitioner have stayed with me ever since. He said, "There are four ways in which to heal, going from least invasive to most, first you can start with lifestyle changes, things that you can do yourself, then if that does not work you can move into manual work like massage or touch therapy, if that does not work you can penetrate the physical body through herbal medicine, acupuncture or surgical procedures, and finally, the most invasive of all methods is to penetrate the core of your being through affirmations or mantras." These words have stuck with me and have shaped the way in which I work with my patients today. I have found that if you first change your perspective and clear the issues that stand in your way, it is much easier to make the necessary dietary and lifestyle choices, which can free your heart and transform your entire body, mind and life as a whole.

Aha moment # 2 We had a guest lecturer come in that day, and she brought with her a bottle of Rescue Remedy (for fear and intense periods of stress), in the middle of her lecture she asked if any of the students would like to try it. And of course I said yes. During her presentation, she said that Rescue Remedy was free of side effects, and I thought skeptically, *oh wow, how could something work if it doesn't have side effects?* (oh yes, I had been brainwashed). Because when it did work, and my friends and I walked out of that room feeling fearless, I knew that the only thing that had changed was taking that Rescue Remedy. And I also knew that I had never felt that good before.

Looking back it seems so simple, but at the time, all I had ever known was allopathic medicine. Before that time, I had never heard of Chinese or Functional medicine, moreover anything that was free of side effects. I was so used to side effects and conventional medicine in America. I thought side effects were normal. But through my studies, I have learned that side effects are in fact direct effects and actually not normal at all, well at least not throughout history.

Now let me be clear, I am not at all against allopathic medicine, however I am for functional medicine (evidence based and clinically proven, safe approaches to treatment). For example, if I got hit by a bus tomorrow I would go to the hospital immediately. But to know that there are evidence based approaches and options that have been used for thousands of years for almost every other case, that work strategically to activate our body's own healing mechanisms and to balance out our systems to create optimal health and well-being is an incredibly freeing realization for the modern American.

Needless to say, after this, my life was never the same. I continued to gather, learn and absorb information out of pure curiosity and furthermore to address my

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own issues that surfaced along with the underlying root cause (mentally, emotionally, and physiologically speaking). Throughout this time period, I was able to get off ADHD medication, multiple acne drugs, and birth control pills (all very interesting stories by the way, especially the ADHD one) leaving me drug free and in better health than ever!

When I graduated from the University of Miami, I knew I wanted to pursue a career that incorporated this holistic approach that I could no longer separate myself from. I considered getting my PhD in Anthropology and Psychology, but every program I looked into didn't feel right. Plus, I wanted to work with people directly and apply what I had learned. Then, at the very last second just before the spring admissions deadline, my mentor suggested that I look into The Florida College of Integrative Medicine and that felt right.

I now spend my time researching, writing, speaking and my favorite, working with patients, teams and organizations around the world each day, helping the men and women I work with finally experience what it is to have the type of freedom and health within their bodies, minds, hearts and lives as a whole that comes with growth and true movement forward.

My specialty lies in the approach I take, the journey of the consultation and the transformation my patients experience within the framework of holistic counseling and functional medicine. Although I am confident in working with a variety of people, issues and conditions because I see the whole person as one, I have extensive experience and training in helping women, teens and professional athletes reach their health goals. To find out more about my approach, you can go to the Work Together section of my website.

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# INTRODUCTION

Welcome to the Let Go & Grow (LG&G) Holistic Guide Book! I am so excited that you have taken this first step to truly changing your body, mind and life from the inside out. This guide book is built to provide a comprehensive foundation that you can reference anytime, anywhere and become a springboard for more throughout the years that follow.

The messages, exercises and tips within this guide book are strategic in nature, complementary of each other and powerful on their own. With that said, you may need more time to move through and absorb certain messages embedded within each chapter. This is okay, go at your own pace and stay intuitive as you allow this guide book to integrate into and work for you and your life as a whole.

Through my experience, I have found that the best way to move through this book is to read it once, cover to cover, and then, as you see fit- where you can dive in again, flip it open randomly or connect with the lessons that feel most applicable in the present moment. This way, you have the big picture held within your ecosystem as you circle back to what is most helpful.

I've also found it to be important to go at your own pace. Whether that's a page, a section or the whole book in a day, take your time and connect to this material as it is built to be therapeutic in nature and truly has the power to change your life.

Perspective is 24/7 medicine, and this book is filled with new ways in which to see and relate- intentionally placed to empower and unlock your power to heal.

So regardless of how you choose to dive in, you are here, now for a reason- a gift to yourself, to others and to your life as a whole. There's a quote that's placed on a small desk at the front of my office, by the ancient Chinese Philosopher, Lao Tzu, "the greatest gift you have to give is that of your own transformation." and I believe that to be true. I believe that we are all here and able to fully lead, care, love, create, share, give, receive, expand and to be and if we willingly remain unaware or become apathetic or resigned, resisting ourselves in this way, we can never truly experience our experiences- and in doing so, we take this precious gift of our life away from ourselves and every person and experience we encounter.

There's another quote I have on a post it note set on a window sill in front of my desk, where I see patients and take meetings. I heard it loud and clear at a Tony Robbins event, when he said, "this life is the gift that has been given to you and what you choose to do with this life is the gift you can give back."

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You see, whether you believe that you have to be here, that you chose to be here or get to be here, you are here, and you are, in fact, all in- and you can, in fact, choose how you see your life and that directly impacts your experience and reality. The choice is always yours.

Is life a gift or is it a curse? It's actually just- up to you. And so if and when, from time to time, you forget and you feel off, like something is missing, not like yourself, you can choose to remember, to come back home, focus on the fundamentals and apply what you have learned to align and embrace your journey forward, encompassing the words of the wise Albus Dumbledore, "happiness can be found even in the darkest of times, if only one remembers to turn on the light."

I never felt comfortable saying this until it was too uncomfortable not to but I have yet to see a person with an intention to grow, the commitment to it and the courage to engage in a process like this ever regress.

In this way, the pace is irrelevant, the key is to be receptive, curious and courageous enough to consider and try on new ideas.

In fact, I actually think you would have to actively try to regress because everything is always changing and evolving, the natural movement of life is forward, and equipped with this foundation, I just can't see you proceeding in any other way. I don't even think it would be interesting or possible.

As I mentioned, I never used to say this out loud but I recently started to- because after seeing, time and time again, in each patient, having made so much progress, the pain inflicted by the fear of regression- a losing of what can't be lost, of what isn't missing, of that which is in built, natural, of what can't be taken away, of that which is already there, already yours- I had to say something, because from where I stand, as you can see, it's just not possible.

You see, you already have everything that you need within you, all you have to do is choose it, like picking an apple off of a tree. It can be that simple. Chop wood, carry water- one choice at a time.

With that said, it is safe to begin to see yourself with new eyes for all that you are and all that you can do, your unique abilities and talents, the dreams place inside of you, the challenges you've been through, the fear you will move through, this present moment and the beauty held within it.

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So to make the most out of this guide book, I encourage you to fully immerse yourself in the material. This does not mean that you have to cut the cord on anyone or anything in your life but you can choose to create space and set aside time to read each chapter and practice each exercise with presence and without distraction. If you are like many of my patients, you may need to set a time each day to close all of the tabs open on your computer, put away your cell phone, turn notifications off, purchase noise-cancelling headphones or find a quiet place to create a focused environment where you can be with and process this powerful information.

Throughout this guide book, I am going to teach you the fundamentals by giving you the guidance, concrete strategies, and tools that you need to build a solid foundation to make change happen and last. The information contained within these pages, this foundation, is the bedrock of my private practice and work with teams and organizations across the country. So let's check it out, shall we?

## Introduction

In this section, I will introduce you to the philosophy and process, take you through the first two sessions with me and three exercises that we will draw from time and time again.

## Foundations

In this section, we will work to build a solid foundation, so that you can move forward powerfully and lessen that fall back point- by learning how to enter the present moment, identify challenges and embrace who you truly are.

## Mental & Emotional

In this section, we will address the mental and emotional and learn how to address and dissolve the ego, release buried feelings and ask solution oriented questions to remove blocks and bridge to the other side.

## Relationships

In this section, we will learn how to relate to ourselves, others and life experiences as a whole in a new and empowered way. Here, we will learn how to reverse engineer experiences for growth, take our power back and communicate in a clear and direct way.

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## Choices, Physiology & Life Experiences

In this section, we learn how to step back and check our intentions to empower our choices, how to release resistance for resilience and have compassion for ourselves and others.

## Spirituality

In this section, we will explore spirituality, with an openness, and connect to the whole through a medicinal form of prayer, embracing faith within and tapping into our intuition for clear guidance and movement forward.

## Bringing It All Together

In this section, we will bring it all together and integrate, making what you have learned yours by learning to understand and interpret your own journey, find your unique balance, send spiritual gifts and appreciate yourself, others and each experience in a new way!

## Functional Support

Finally, in the functional support section, I go over how to create health to support your growth process, by providing context through a comprehensive, holistic overview and addressing these core pillars: mindfulness, environment, nutrition & supplements, detoxification, lifestyle and living in alignment. These pillars have the ability to bring raise your fall back point and raise energy in a profound way, making momentum simply, natural and easy to access and sustain.

*So now, if you're ready, let's begin!*

## MY PHILOSOPHY & THE PROCESS

At this point in our journey, you may be wondering how we are going to create health, freedom and everlasting change?

# INTRODUCTION

We are going to do this by first realizing it's already here. We already have it, we just have to begin to become aware, clear the path and shift our perspective in order to see and develop it- by first turning your focus within and shining a light on your perception, thoughts, feelings, and choices. In turn, your body and life, including relationships, will naturally begin to evolve as you clear the issues that stand in your way, while you align yourself with what you desire to create.



In essence, it's all about closing in on the root and getting to the heart of the problem. This means it is as much about the process as it is about identifying the root, both are equally important and both lead to change. With that said, there is not just one root- but many roots. There are many lessons to be learned throughout this journey called life, and I am going to be right here to guide you all the way.

In truth, every experience is here for you, to help you, even the painful ones. In fact, the painful ones are just knocking harder to get your attention, and the more you suppress, deny, stuff and disconnect from these experiences the harder they will have to knock and the more painful they will become- all to get your attention and set you free. Within your own painful experiences lies the return of your power. You just have to finally choose it. And I believe you have, since you are here, now reading this guide book with me.

You see, when you "get it" your body and life will begin to reflect it. In this way, your body and life are nothing more than a prop not the problem. Your limited perception is the problem and problems can be solved. Once we make the necessary changes and shifts in perception, everything else will follow along naturally.

# INTRODUCTION

Before we continue on this journey together, I would like to introduce you to some of the relevant points in my philosophy and the process itself.

5 Core Principles of Let Go & Grow
1. You are the creator of your reality
2. You have the power to choose
3. Challenges are opportunities for growth and development
4. When you get it, your body and life will begin to reflect it
5. Your entire life happens for you not to you

Notes on the Principles

## One & Two

You are the creator of your reality- because you have the power to choose how you perceive, interact with and interpret your experiences. You have the power to choose your perspective, how you see the world, focus, where you direct your attention, language, the words you choose to use, physiology, how you treat your body organism, etc- all of which impact your energy, state of being and how you influence and show up in each moment and the world.

In order to step into this principle and activate it fully, you must take complete ownership of who, what and where you [more on this later]- but this requires you to own yourself, as creator, and your power to choose in each moment.

## Three

Challenges are opportunities for growth and development. This is a matter of perspective and your power of choice, drawing on principle one and two- you have to choose this perspective and allow it in, to make it your reality.

## Four

When you get it, your body and life will begin to reflect it.

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This principle circles back around into the process and to the those lessons we discussed. It also requires a commitment to ownership of yourself, the energy you bring into each moment and how you relate to each life experience. Let me give you a quick example.

Importance is one of the first issues I address with many of my patients- because it is very difficult to invest and appreciate someone [aka you] that you don't believe is significant, valuable or worthwhile, making it very difficult to change.

Most people are never taught that they are important and the few that are often have yet to internalize and experience their own importance on a somatic level- because even if they know they are important, they could still have the belief locked away that they are not or that it is tied to an external variant- thus creating a blockage, which draws continual life experiences to bring up the issue until the lesson is learned.

Sometimes, they feel less important, sometimes more but their importance continuously fluctuates based on the external- how they look, how much they weigh, the car they drive, how they performed at work, what they achieved in a day, etc. Talk about distress, inflammation and nightmare of a rollercoaster that comes when we outsource the way we see ourselves to the external. This is a problem that can be solved, and thank goodness because this is a painful way to live.

The solution lies in our perspective. Once we acknowledge and embrace the truth, that we are in fact important, and take on this new perspective, we no longer have to be challenged in the same way. It's like knocking down a house of cards for a solid foundation. Victory! In this, our physiology and life experiences begin to change naturally because of the new relationship developed. Now, we can easily put ourselves first, buy healthy food without guilt and take that vacation we have been longing for. Now, we can easily give to our partners, children and work endeavors without giving and burning out. In this, our experiences begin to change and the people, places, things and situations in our lives begin to simply reflect back our own perspective.

It starts and ends with you- always. Energy speaks volumes, and you don't even have to say a word. The way you enter into a moment directly impacts your experience of it and the reality that returns back to you.

Awareness dawns and then, it deepens, carrying light, able to dispel the darkness, and even more so, when you are connected and present. With this

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light, you can finally see your experiences through a renewed lens, from a different vantage point, where you have more options and choices. So when new truths dawn and insight becomes available, let it in, let it heal and let it bring you deeper into who, what and where you are. When you align with what feels like a green light, expansive, clear and right, everything else begins to fall into place.

## Five

Your entire life happens for you not to you. This is HUGE. Can you feel it? Your entire life happens for you not to you.

This does not mean that you have to like, condone or want to recreate past or even current experiences. However, it does give you the unique opportunity to take on a new perspective, connect and explore your experiences in a new, empowered way- where you can extract value and grow. In this, painful experiences in particular can begin to neutralize and appreciate in the most unexpected of ways.

It also doesn't mean that experiences didn't or don't happen to you. It's not an either- or competition- it's both- and. It is what it is, and also, what you make it into. In this, the way out is through, and if all of your experiences are for you, it's much easier to connect with and walk the bridge to the other side. Cue the light at the end of the tunnel, which shines much brighter when you can actually see it.

It's also important to note that when we perceive experiences as happening to us, we send a message of victimhood to ourselves, leaving us powerless and disabled, unable to move forward, extract value and grow. When we choose to see our experiences as happening for us, we come into a new relationship with our life, further unlocking our power to heal. As I will continue to repeat, perspective is truly 24-7 medicine.

Can you see how powerful this is? This principle has the power to level your perspective- eradicate guilt, restore faith and bond you in an intimate way with your life so that you can appreciate rather than struggle with it.

Once you begin to acknowledge and embrace the principles above, you can then begin to apply them for constructive change.

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## ON THE PROCESS

The process is simple, and it has much to do with one word: Evolution.

In working with the body and addressing the physiological, we will proceed with a functional approach as we come home to our roots in a way that still works in the world that we now live in. This means to eat real food, spend time outside in nature, move, play, relax and sleep as well as you can. In essence, it becomes important to acknowledge and embrace our physical bodies with reverence and be mindful of what they can and cannot relate to. For example, our bodies cannot relate to the vast amount of pesticides sprayed on genetically modified crops or massive amounts of time spent behind a blue light screen. However, our bodies can relate to whole foods rich in nutrients and a day spent outside in the sun with our bare feet on the ground.

In working with the mental and emotional, we no longer need to remember our roots in such a primitive way. It is here where we are able to go beyond the boundaries of the physical world. It is here that we can let go and grow and connect to our intrinsic power to create the life we desire to live. It is in this arena that we can look at, learn from, let go of, grow through and transform what has seemingly worked against us into something that can work for us.

Evolution, in the context of this program, involves understanding our roots and furthermore embracing them so that we can in fact break the mental, emotional, and physiological barriers that stand in the way of living full and vibrant lives. Evolution becomes an evolution of the self, understanding that as human beings we must have roots and wings.

As your guide, my objective is simple. It is to help you look at, learn from and let go of what does not work and improve what does. I want to help you to lessen your fall back point and move forward, holistically, in a powerful way that is true to you.

So let's dive into the guidelines! Shall we?

## LET GO & GROW GUIDELINES

MIND

HEART

# INTRODUCTION

Be present and receptive	Go within and connect to your heart
Choose to observe rather than judge	Notice when you expand and when you contract
Exercise your power of choice	Tune in and seek the essence
Embrace your feelings. Ask solution-oriented questions	Cultivate gratitude and appreciate your experiences
Focus on what works, let go of what does not	Have compassion for yourself and others

BODY	LIFE
Eat healthy, real food that works for your body	Take ownership of your life
Move your body in a way that you enjoy	Release resistance for resilience
Make time to play, explore and be in nature	Check your intentions to empower your choices
Take the time to process and reflect	Communicate clearly and directly
Optimize your sleep for deep restoration	Enjoy the journey and focus on the process

The Guidelines are broken up into 4 categories. Mind. Body. Heart. Life.

Although the categories each hold 5 different bullet points for reference, they are all connected and tied into you. Each has a ripple effect, all overlap- yet the distinction can be a helpful tool in the learning and application of this material.

## THERE IS NOTHING WRONG WITH YOU

After working with thousands of people, there is a phrase I hear and read so often, I had to address it here in this guide book...“There is nothing wrong with you” is a section, based off of an open letter, dedicated to everyone who thinks that there is.

The whole world is built around what's wrong with you, and every once in a while, what's right- the medical system is the perfect example, a system based on fear and limitation rather than love and health creation. In this article, I'd like to invite you into a different perspective, where you can opt out of the fear and limitations imposed by the world so that you can enter into the freedom that comes with being who you are- because who you are is more than enough and more powerful than you could even begin to imagine.

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Every day, I open my inbox or meet with a new patient only to hear and read something along these lines...

- "I am starting to believe that there is something wrong with me."
- "What's wrong with me?"
- "Am I crazy?"
- "I can't figure out what is wrong with me."

Every time, this is how I respond...

There is nothing wrong with you. It's all for you.

Your trials and tribulations, your symptoms and wild relationships... They are all for you.

Who has who?

I've said it before, and I will say it again... You are not your thoughts, your feelings, your choices or your experiences. You are not even the role you play.

You are not your horrifying childhood, the dessert you ate last night, your divorce from seven years ago, your disease, the medication you are on, or your destructive choices.

You are, however, the power behind them all, and they are here for you.

Untapped Freedom

When I see these challenges in action, pain begging to be transformed, problems asking to be solved, stuff waiting to be sorted through, thrown out, repurposed and cleared- I look at them like untapped freedom.

I see them as room for growth, as health asking to be chosen, and truth waiting to be seen.

And if it's not, it will keep knocking, until you allow it to set you free, teach you what you have yet to learn, and experience what is possible.

Would you rather have life or be right?

This letter may seem simply like words. This is okay. Invite them in, and in time, they will turn into your experience.

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If you choose this perspective, you will be asked to let go- to let go of judgment for observation, resistance for resilience, division for connection, right and wrong for what is, disease for health and many, many more patterns waiting to be transformed...

## 3 Steps To Begin

- Change your perspective: Remember to remember that there is nothing wrong with you. These challenges are not happening to you. They are for you, and they can be resolved. It's all part of the process. Lighten up, explore the possibilities, and cultivate curiosity around your challenges. This connection will make things easier along the way.
- Own your power: Take ownership by realizing that they are not just any challenges, they are *your challenges*- your opportunities for growth, transformation and self actualization. Just remember, you can own them without buying into and identifying with them.
- Remember who you are: Don't allow your challenges to dent your identity. Remember that you are not them, and they are not you. Without you, they would not exist. Don't let your mind fool you into thinking that you are not capable. Because the truth is, you have everything you need within yourself to address what comes your way.

Okay, now that we have that cleared up, next...

## THE IMPORTANCE OF PREPARATION

Any time, we decide to open up to new possibilities, cultivate curiosity and embrace change, preparation can be a way to intentionally honor the process, invest in our decision and enter into it with connection and gratitude.

Throughout this guide book, we will dive into a variety of new ideas and when one strikes you, it's important to honor it in this way. For example, if you are called to the heart based practice, a 3 min. meditation, you can prepare for it by setting a timer on your phone for 3 minutes, re-reading over the practice and maybe even discussing it with a friend!

If, for example, you are drawn to a dietary intervention, you could make sure to have plenty of LG&G Approved food for breakfast, lunch, and dinner or jot down your favorite new recipes.

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You could also let your family know that you may be trying something new. You could in a light way invite them to try it with you. You don't have to explain, rationalize or justify your decision- but you can bring it up in a simple, fun way, letting them know how excited you are about the change and that they are more than welcome to join!

As you come across new concepts and ideas, remember that these are just guidelines, and there is no pressure. Keep it simple, begin to bridge the gaps and see which of these recommendations you resonate with. I have found it helpful to start with what you are most drawn to and remember, you always have the power to choose.

## WHO, WHAT & WHERE YOU ARE

Remembering *who, what and where you are* are three fundamental principles to the healing process that can simultaneously reset and realign you in an instant. Many of my patients feel lost in the quest for this information until I remind them, just as I was once reminded.

So who, what and where are you?

- Who You Are: You are the creator of your reality because you have the power to choose. You have the power to choose how you interact with, perceive and interpret your experiences.
  - Who You Are Not: You are not your thoughts, feelings, physiology or life experiences. You are not your choices. You are not your worst day. You are not what you eat, how you look, the role you play or the credentials you have attained. You are not a banana. You are not your divorce. You are not your job, the sock you threw at the floor, your culture, your age. You are not love, you are not peace, you are not truth or faith. You are definitely not broken, and there is also nothing wrong with you. *You are the power behind it all, able to create, direct and lead your entire life experience.*
- What You Are: You are capable, important, valuable, wonderful, beautiful, marvelous, extraordinary, unique, special, intelligent, irreplaceable, priceless, powerful etc.- every quality that creates a sense of expansion, that everyone truly is but you can set out and choose to acknowledge, embrace and appreciate, in order to finally experience.
  - What You Are Not: You are not anything that does not empower your system unconditionally, you are not more or less, you are, in fact, more than you could ever begin to imagine or comprehend.

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- Where You Are: You are in the present moment, and if you choose to reside here rather than your other options, such as the past and future, you will be able to access your power- where you can connect to, show up for and receive from your life experiences.
  - Where You Are Not: You may choose to opt out of the present moment, in denial of where you are, and reside elsewhere but in order for your life to work for you on your behalf you must choose to come back to the present moment, where you belong and can access your power of choice- because in truth, you are not actually in the past, future, checked out, limbo, lost or the myriad of other places your mind could take you.

Without this awareness, you can see how easy it is to get caught up in who, what and where you are not. In fact, I recommend reminding yourself of these three principles on a regular basis, especially when life becomes challenging- in an effort to get your attention and set you free. This is why I have embedded them into the heart based practice. It's important to remember to remember because it can be oh so easy to forget. Cue the next three exercises and the chapters that follow that will remind us of these principles often.

## THREE IMPORTANT EXERCISES

Before we officially embark on our journey and dive into each chapter, let's explore these three important exercises that we will continue to refer to and build upon along the way.

Most people go throughout their entire lives looking outside of themselves for answers- different diets, gurus, you name it. They get stuck in search mode, going from one thing to the next without ever pausing to ask why these different interventions have not yet worked and created lasting, sustainable growth and change.

Now, I'm not at all against guidance- there is always something to learn and incredible people to learn from. However, guidance can become far more productive when we learn how to go within.

Which is why- throughout this process, I am going to encourage you to consciously go within and teach you ways to actively do this. This is where this

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process becomes different because although we address thoughts, feelings and choices- we also go beyond them, to the core of your being as we increase awareness and experientially change perspective.

You see, unless you are seeking guidance from a place within yourself, you will always feel like there is a void that cannot be filled, and you will always look outside of yourself to fill it. This means that the way you experience the world will fluctuate based on what's going on outside of yourself rather than learning how to become the eye of the storm and stay centered within.

You see, the source of light lies within you, and if you continue to seek answers outside of yourself, you will never be able to see all that you are, all that you have, all that you can do and you will continue to get caught up in the ways of the world, the next shiny, new, exciting and hope provoking until you are left feeling hopeless again and you are brought right back to where you were to begin with. 1 step forward, 2 steps back.

That's why, through this guide book, I am going to actively lead you within so that you won't have to fall into this trap anymore or when you do- you'll at least see it for what it is, able to learn, able to grow, able to choose and make it your own.

So... When you don't know which way to go, go within.

Which brings me to the first exercise in this Guide Book, the heart based practice.

This practice is so powerful and the more you work with it, the more of a connection you will have and shift you will experience. This is where you will begin to switch gears from your head to your heart, creating what the Institute of HeartMath calls a coherent state, where your system can shift in a calm and connected state, becoming more functional, harmonious, organized and resilient- simply by placing both hands over your heart. So out of your head and into your heart this is how you can start to actively regulate the thought patterns that go around and around in circles and the ones that take off like a runaway train.

By consciously choosing to go to your heart you opt out, take a different route and are able to create a new and empowered experience and patterns that can work for and actually benefits you and your whole life. Here, you will continue to come to a place where you have increasingly clear choices. Life will happen, chaotic moments will inevitably ensue but you will have the choice to either react reflexively or respond differently by going within and applying this process.

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By applying what you have learned you will transform this information into knowledge, into understanding, into experience, making it your own, time and time again, ingraining it into every cell and aspect of your life and being. The more you apply this process and use the tools that resonate, the more you will be able to receive from them.

## THE HEART BASED PRACTICE

Within my personal and professional life, there are certain core principles and practices I come back to and draw from, time and time again. In a world filled with shiny objects, I've found nothing more refreshing than the tried and true. Because when something works, it simply works and that is what makes it profound. This is one of the many reasons why the heart based practice is the one and only prescription I write at the end of each new patient appointment. It's that important.

It's that important to put yourself first, own your time, go within, self regulate and come into contact with your power.

It's that important to come into contact with alternative forms of medicine that you can access anytime, anywhere.

It's that important to create the space to explore and try on new perspectives so your experiences can naturally begin to shift from a state of division to connection, judgment to observation, fear to love, reaction to response, resistance to resilience, etc.

It's that important to bypass the mind and its antics through discipline and appreciating the beauty of something so simple yet profound, your heartbeat.

It's that important to take a step back, reflect and begin to reform and heal the relationship you have with your body, mind, heart, life and most importantly, yourself.

Cue the *heart based practice*.

The heart based practice embodies this simplicity, and it has become a fundamental piece of my healing protocol because of its ability to shift your

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experience in a moment- allowing you to opt out of old, outdated patterns and choose anew.

Over the years, I've found this exercise to be one of the most practical ways to interrupt patterns of distress and rewire the nervous system to a more relaxed, calm and connected state, where you can begin to heal in a direct way.

Here, I will walk you through each step so that you can begin to tap into your heart's center and reconnect with this space to process, reflect and increase awareness around your own unique journey, desires, and life experiences.

## **The History, Science & Importance of the Heart**

When you begin to form a relationship with your heart, you begin to reclaim your innate power, intuition, and divine intelligence, all of which play a pivotal role in the healing process and in forming a relationship with yourself and others.

Throughout history and across cultures, the power and wisdom of the heart have been revered and well known. Chinese Medicine, specifically, has seen the heart as the master of the mind, since inception, because of its ability to influence our perception, thoughts, and feelings and thus our choices, physiology, and life experiences- leading to more connection, harmony, health, happiness, and other high vibe, expansive states.

Now, modern day research backs this up and gives us more direct ways to enter into this flow state. Here is one of my favorite video resources to visualize the power of the heart as a pathway to personal, social and global coherence. The Institute of HeartMath has even found that a state of coherence can be accessed in less than two minutes.

Through the heart based practice, we can apply this ancient wisdom and use it as an opportunity to intentionally go within, connect, quiet the mind, regulate the brain and tap into our heart center. The moment you opt out of your head and into your heart, the transformation begins- because now those recycled thoughts, feelings and experiences have somewhere to go and a way to clear. In essence, you opt out of autopilot and into expansion and growth, rewiring your nervous system from a sympathetic, fight-flight-freeze-appease state, to the calm, connected parasympathetic state.

Ready? let's begin

# INTRODUCTION

Here, within this sequence, you can reconnect to your heartbeat, reset by returning to the present moment and remember who, what and where you are- able to acknowledge, embrace and appreciate what is, shift your perspective, release distress and tension, and allow for a new kind of lightness and freedom to emerge, as you re enter the moment, reminded.

Here are the steps.

- **RECONNECT:** Place both hands over your heart and feel your heartbeat. Inhale and exhale through your heart.
- **RESET:** Intentionally, return home to the present moment, where you belong. Allow yourself to observe what comes up with your conscious awareness and loving attention.
- **REMEMBER:** Remind yourself of who, what and where you are. From here, you can re enter any moment realigned, recommitted and renewed.

The heart based practice is your reminder to reconnect, reset and remember who, what and where you are and that you can reset and return home any time, anywhere.

In my practice, I recommend working with this exercise for 3 min. a day, ideally in the morning, to begin with and as needed throughout- as I've found it to be one of the most direct ways to go within, self regulate the system and heal- providing a tool to interrupt the old, integrate the new, and rewire the nervous system through a signal of safety that you can send to yourself at any moment- a signal that says I've got this. I'm capable, and I can not only meet each challenge with power and authority but see it as an opportunity for growth and development.

Many of my patients also use this space as a reminder, to quiet the system, set an intention, engage in a specific exercise, ask solution oriented questions, have a conversation with God and in all kinds of other creative ways. This time is yours.

After the beginning stages, once the foundation is built, typically after about four months of treatment or daily implementation, you can feel free to work more intuitively, removing the time limit on this practice and becoming increasingly more creative. In this way, you can do what works best for you, whether you choose to practice this exercise for 30 seconds or 30 minutes, you can still receive the many benefits it has to offer. However, it is important to be consistent, committed, and above all, present- because like any practice, it won't work without you.

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## INTENTION CHANGES EVERYTHING.

### HOW TO SET A POWERFUL INTENTION

Intentions have the power to change the landscape of your choices and life experiences. They are magnetic in nature and have the power to propel you in the direction of your choice-which is why it is so important to learn how to harness your own power of intent. When setting an intention, I recommend focusing on a particular word or phrase. Each word holds its own meaning and focusing on one word or a unique combination of words can be very powerful.

Most people confuse setting an intention with goal setting, and the two, although related, are actually quite different.

Goals are more materialistic in nature and more susceptible to the ego's force, while an intention is what lies beneath the surface.

Because of this, it is easier to set an intention that aligns with who you are than it is to set a goal that is- because goals, although useful at times, can also trip you up. However, a true intention can help life work for and with you and lead you to experiences beyond comprehension.

Goal setting has its limitations and can also box you in, especially if you get caught up in expectation and attachment to the outcome.

So instead, I am going to challenge you to tune into what you actually desire, on a deeper level, so that more of what you truly want can enter into your life. For example, a goal could be to lose 20 lbs., while an intention could be to create health, have confidence and feel beautiful.

Can you see the difference?

While it is great to want to lose 20 lbs., it is much easier to do if you are clear on what lies beneath the surface, your intention.

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For example, many people want to lose weight because they feel insecure or unlovable so they mistake weight loss for what they truly want which is love and security.

Which is why, in this program, we are not going to get caught up in the illusion.

We are, however, going to reverse engineer it, break it down, extract the essence and use it as a clue or a series of clues and a valuable thread that can lead us to the truth of the matter and into powerful creation.

This is why it is so important to tune into what you desire, set an intention that aligns with it and then let go and release it into your ecosystem.

**Step 1: Tune in.**

**Step 2: Set an intention.**

**Step 3: Let Go.**

Only when you let go and open up to what life has to offer, will your intention then be able to work for you in enchanted ways. This doesn't mean that you have to force or work to control that release, just be aware, remove superstition, and go with the flow of life, let it lead you as you create. Let it become a dance!

So now, I encourage you to take a moment to tune into what you desire for yourself and your life. Then, take a moment to get clear on the intention behind it.

Once you have your intention, set it, write it down and then, let go.

Remember that through your increased awareness and written creation, it is already here, in form, and already happening for and with you.

Finally, it's important to mention that your intention may change throughout the program or it may remain the same. Either way is perfectly okay. Stay intuitive and go with what works for you. Below are some ideas.

Intention Board

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Abundance	Confidence	Freedom	Intuition	Serenity
Adventure	Connection	Fulfillment	Joy	Serendipity
Alignment	Courage	Grace	Light Love	Simplicity
Balance	Creativity	Gratitude	Motivation	Space
Beauty	Direction	Growth	Passion	Strength
Being	Drive	Guidance	Peace	Sunshine
Brilliance	Empowerment	Happiness	Presence	Tranquility
Calm	Energy	Harmony	Productivity	Transformation
Change	Enjoyment	Health	Prosperity	Truth
Clarity	Faith	Inspiration	Purpose	Vitality
Compassion	Focus	Interest	Receptivity	Wholeness

WHEN YOU DON'T KNOW WHICH  
WAY TO GO, **GO WITHIN.**

## YOUR UNCOMPROMISED VISION

It's amazing how we compromise ourselves and how in denial we can become of our own inner vision, goals and desires.

I see it everyday, people hardened by disappointment, rejection and a variety of past experiences holding themselves back from the life they are here to live and the power they are meant to have.

In my practice and the Let Go & Grow program, I encourage the people I work with to allow themselves to fully and completely want what they want and own it. Simply starting within yourself, you can begin to open up to new possibilities and solutions that you weren't able to see before, bringing in a clarity that is already yours waiting to be claimed, able to pull you forward and through the most difficult of challenges. You see, what you want wants you too. Most importantly, your uncompromised vision can begin to bring you on a journey into the self and into creating the life experience you desire to have.

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The journey may not be easy, but I've found that choosing to compromise can be even more difficult, leading only to stagnation, distress and disease. While opting to live and be alive in this life can propel you forward into an empowered reality where radiant health, freedom and lasting change naturally occur as the result of a purpose driven life.

This is all part of actualization, the process of exercising your power and innate potential. Within this process, challenges are more than inevitable, they are a part of it, for you, to strengthen you and meant to set you free.

By claiming your uncompromised vision, you will be asked to be on your own team, challenged when you are not. You will be asked to open up to new experiences, to exercise discipline, to see the mind as it is and learn about the ego and its sneaky tactics.

Then, you will be asked to make empowered decisions anyways- as you move through and let go of each and every issue, like control, force, goal orientation- in the worldly sense, expectation and fixation, etc., all of which can narrow your field of vision, closing your eyes from seeing the endless possibilities and how many ways there truly are to get to where you want to go.

In essence, the solution or series of solutions are simple in nature, all available to you right now, in the present moment. Your only task is to begin to let go and grow.

## **Meet Jane**

Let me give you an example. Jane walks into my office. She feels unfulfilled in her job, she has a hard time sleeping, dreads the day, resents her husband and has low energy and fatigue. Jane's mind has told her that she can't leave her job because the only other option is to start her own business, and this doesn't feel right either. She likes the stability her job brings and does not want to risk going out on her own. She resents her husband because he owns his own company and flies by the seat of his pants. She has had to become the caretaker, left picking up the pieces and this has created frustration, anger and resentment toward him. She holds all of these feelings in, and it comes out in unexpected ways. These ways then go on to create a guilt cycle and now she is right back to where she started. Jane feels like there is something wrong with her, so she goes to her doctor. He prescribes her an antidepressant along with some sleep medication. She doesn't feel right about this either but is willing to try anything to feel better despite the side effects. She receives some relief for a couple of weeks but then returns back to where she started, feeling hopeless, alone and

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completely compromised- more sluggish and exhausted than before. What irks her most is the weight gain, Jane has relayed she can deal with the numbing disconnect and lack of libido but the weight gain catches her undivided attention, and she also knows within her heart that there is something missing, and there is still a voice inside of her, saying, "Hey Jane, keep your head up, keep searching and see what you find..."

So after trying almost everything, Jane searches google, finds my website and decides to give me a chance.

When she comes into my office, I welcome her into the session and learn about her experiences. As she is sharing her story, tears well up. She hasn't cried in years, and I know in my heart that everything she has been going through is an opportunity for some serious growth. All I see within Jane is untapped potential, and it becomes my job to teach her how to actualize it. I see her for who, what and where she truly is- as the whole, perfect, complete and capable creator she is, receptive and ready for guidance, ready to remember.

## **Where to begin?**

Now before I begin, I have to set a foundation and create a new framework for Jane and I to work within. This process and beyond can be found within the Let Go & Grow program. It's important that we begin to look at disease and health on a spectrum that we can directly influence through our power of choice, trading out the raw material to yield regeneration. You, see we are always, changing, always growing, just think about how wounds heal, hair grows, tissue repairs, broken hearts mend, love begins. Why cope when we can heal? This is where we can let the walls come falling down. This is where we begin to let go of the self imposed prison by simply placing the choices that don't work down, in a neutral way, unmoved, because we just don't need them anymore. It feels good to know what's possible, that what you wish could be can be and that you don't have to sacrifice part of your life for another. It feels good to know that you don't have to cope and that compromise is not the only option.

Once we have gone over the relevant fundamentals, it's important that I continue to challenge Jane's assumptions to increase awareness around what is possible. For example, when Jane first steps into my office she feels trapped, like she can't move forward, and believes that...

- She can't be fulfilled in her job unless she puts herself at risk.
- She has to take care of her husband or everything will fall apart.

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- She can't have a stable mood, without the myriad of side effects.

However, none of the beliefs above are actually working for her, all of the beliefs above are compromising her and none of them are true. So what does Jane have yet to learn? Why has she bought into the beliefs above?

Jane has yet to learn how to opt out of the mind's limitations, embrace the truth, open up to what is possible and live life on her terms- exercising her innate ability to create, lead and direct. Why? Because up until this point, she has not had a foundation and a process to clear the issues, like compromise, that have blocked her from entering into her power and the life she desires.

However, it's clear that she has courage and an openness about her.

So I ask Jane, if you could transform your life experience, what would change?

At this point, the struggle becomes even more evident, as she negotiates with her life and says something like this, "Dr. Brooke, if I could feel healthy and energized, I would be fine with a broken relationship." or "If I could let go of this anger and resentment, I would be fine feeling unfulfilled in my job."

With that, I reply, "Jane you don't have to choose between options, you can have it all. It's time to drop the negotiation, the coping and the compromise and just see where you land. It's more than okay to want health, energy, fulfillment, stability, balance within your relationship and joy. You don't have to pick and choose. It can be a complete win-win."

Now, I see her eyes light up as new answers come in, and we continue on with the session. You see, Jane, like you, is not a boring person and so a boring idea of what life should look like doesn't suit her- a dulled out version never works, settling drags us down, it won't pull us from the shadows, providing the deep purpose to go within, to move through challenges and grow. It simply does not work.

## **Jane's Homework**

At the end of the session, I ask Jane to continue to open up to the possibilities and get clear on what she would like to create and experience- even if that at first is clarity itself. I also ask her to challenge her own assumptions as they come up and to begin to change her perspective in real time.

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After the session, she writes me an email letting me know that her inclinations have changed naturally, and to her surprise, she is making more courageous choices. Realizations keep popping up! And she feels lighter and more able to re-enter into her current life experiences in a new and empowered way. Things are changing, and she no longer feels stuck.

## **Uncompromised Vision Applied**

Most of us limit ourselves on a daily basis. We avoid, bury and divide ourselves from our own goals, dreams and desires as a way to protect ourselves and justify the choices we know in our hearts are not working. We take experiences away from ourselves before we can even begin.

We do this by leaving issues unaddressed and by buying into our limiting beliefs, excuses, explanations, justification and reason. In this, we not only resist our heart's desires, we resist ourselves. Here, we often allow our minds to run the show, unconsciously choosing stagnation over growth, struggle over freedom and disease over health, in all areas of our lives.

In my work, I have found that one of the most courageous choices an individual can make is simply become receptive and willing to "go there", to open up to new truths and to challenge the mind's assumptions.

The key is to just begin, which you already have, to connect, get present and show up for what continues to come up within you. It's all journey, and when we see life as a process and ourselves for who, what and where we are, we can begin to navigate with far more power and authority.

Equally, when you become aware of how you compromise yourself and choose to allow an uncompromised vision to emerge and lead the way, you will inevitably begin to let go and grow as your choices change, fears fade and alignment sets in. Intention and commitment are powerful drivers. Intention, being growth, and commitment through a focus on the fundamentals, over and over again.

## **Your Written Creation, A Set Of Joyful Objectives**

With all of the different aspects of your life in mind, I invite you to take the time to reach in, reflect and write down what you are working to create in each area. What does your uncompromised vision and experience of life look and feel like?

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How does each part fit together and make up the whole? Why do you want what you want? What makes it important to you? How can you begin in a way that feels true to you? Like an expansive, greenlight yes!

Areas to consider: Health, Body, Fitness, Love, Sexuality, Relationships, Family, Friendships, Community, Growth, Career, Contribution, Finances, Experience, Travel, Adventures, Home, Environment, Spirituality, Impact, Mission, Purpose, Legacy, etc. + any more your heart desires!

Take the time to envision each area with clarity and see how they all tie into you and your vision as a whole. Then, acknowledge this vision and place the how in life's hands as you explore strategy and steps forward, actively participating in your own way. By placing it in life's hands, you are also placing it in your own- where you can feel a sense of ease, of being led while creating versus apathetic, controlling and or resigned. Here, you can connect to and appreciate what is in the present moment, as you hold your intention, ask solution oriented questions, explore, become increasingly creative and focus in on the fundamentals to bypass the superficial [noisy, distraction] and deepen into yourself and the process, where you can be with your desires and create, from a place of power and authority, knowing that your written creation or something better is on its way [faith!], in development, already here, just in the process of emerging in the perfect time and perfect way.

As you move through and play with this exercise, here are some additional questions to consider.

- Without judgment, how do you want to experience your life?
- How are you blocking a new perspective from coming in?
- What assumptions can you challenge and change?
- What beliefs are holding you back? What beliefs are working well for you?
- Are you favoring one category over another? Does it matter?
- What could you let go of? What could you put into motion?
- Are your choices mapping to your goals, dreams and desires?
- What would it take to clear, heal, create, or generate this or that?
- Now, what is the next best step for you?

Once you have taken the time to engage in this exercise, I encourage you to simply proceed with a focus forward- as you begin to let what you desire in, bridge the gap, and bring these experiences into your reality.

Through your conscious awareness and loving attention, you have the opportunity to wake up the parts of yourself and your life that have been asleep,

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creating health in each category. You see, you can have and achieve anything your heart desires- but nothing comes before your growth. Out with the old, in with the new.

## 1, 2, 3 Exercises

Once you have acquainted yourself with these three exercises, it is time to move into more of Let Go & Grow.

Now that you have learned how to tap into your heart, set a powerful intention, and create an uncompromised vision, you have the fuel you need to propel you forward and the purpose to pull you through each and every challenge that comes your way! Are you ready? Let's dive in!

# FOUNDATIONS

## FOUNDATIONS

In this chapter, we will go over exactly how to return to the present moment, identify challenges and embrace who you are.

YOU MUST BE **PRESENT** TO  
RECEIVE WHAT LIFE HAS TO OFFER.

### ON PRESENCE

This exercise, in affirmation form, is all about presence, tapping into the moment and being here, now, where you belong. When you are not present and here to receive all of what life has to offer, nothing can work for you, including the material embedded within these pages. So let's return to the present moment, shall we?

Connecting with your heart, is like plugging in the cord, and returning to the present moment is like turning the light on, where you can finally see what often looks like an attic or garage like space filled with boxes that contain experiences, thoughts, and feelings

Before coming back to the moment, it is important to first identify where it is that you go and where it is that you are now. We all go to different places at different times in our lives but for the purpose of this exercise, simply begin to become aware of where it is that you go.

### PRESENT | PAST | FUTURE | CHECKED OUT | LIMBO | LOST

Here is an overview.

- **PRESENT:** In the present moment, you will feel here, now in your place of power, capable, and able to show up for your life.
- **PAST:** If you are in the past, you will feel stuck, frustrated, guilty, angry, bitter, resentful and may have a tendency toward depression. You may even replay a past experience over and over again, like a broken record,

that you can't let go of. You may also think thoughts like, "If I could have, would have, or should have done this or that."

- **FUTURE:** If you are in the future, you will have a tendency toward anxiety, nervousness and overwhelm. Always two steps ahead, you will overthink, worry and obsess about the future, possible consequences and outcomes.
- **CHECKED OUT:** If you are checked out, you will have a need to escape into an alternative space or activity such as food, drugs, alcohol, exercise, social scenes, affairs, etc. This pattern is associated with addiction.
- **LIMBO:** If you are in limbo, you are just going through the motions, apathetic, resigned, unmotivated, and stuck in indecision. You will feel somewhat numb and out of touch.
- **LOST:** If you are lost, no one is home, you can't find your way out, and every time you try to get out, you get sucked deeper in.

## APPLY

JOURNAL PROMPT: Where do you go when you are not in the present moment?

AFFIRM: Once you have identified where you are now and where it is that you go, take a moment to write down this affirmation to affirm your knowledge at least one time. Feel your creation come to life on the paper. Then, connect with your heart, by placing both hands over it, as you say this affirmation with your power and authority. Repeat for 3 min. and as needed- until you experience lightness set in and a shift occur.

### **Presence Affirmation:**

**I choose to return to the present moment and be here, now, where I belong, connected and receptive to myself and the process of life.**

Strategic Presence Affirmation: I choose to return from the \_\_\_\_\_ to the present moment." (insert past, future, being checked out, limbo, lost)

- Being present takes continued commitment, and it takes clearing issues along the way. So when you find yourself drifting anywhere other than in the moment feel free to use this strategic affirmation to bring you back home right away.

Once you have returned, take a moment to meditate on what triggered you to leave. Was it a painful experience? A belief that you could not handle a situation that came your way? A terrorizing thought form or possible outcome?

Feel free to write what comes to you down in your journal.

If an answer does not come right away, that is okay. There will be many answers along the way, and questions simply serve to increase awareness and begin to change your perspective, useful- even without an answer.

As issues arise and come into conscious awareness, we will begin to look at, learn from, let go of and grow through- bringing them through the process to the other side.

## CHALLENGES ARE OPPORTUNITIES FOR GROWTH & DEVELOPMENT.

### IDENTIFYING CHALLENGES

Before you begin to see challenges as opportunities for growth and development, you must first be able to identify them.

With that said, the easiest way to tell if you are being challenged is to notice whether you are contracting through fear or expanding through love.

Typically, if you are in a contracted state, on some level, you feel threatened, defensive and incapable of meeting the challenge. When you contract, you create a division, naturally closing yourself off and placing walls between yourself and a life experience. This separation creates even more distress and is a survival mechanism often based on a painful past experience and many times for good reason. However, when left unaddressed, it can become long term and chronic and eventually compromise your health and well-being.

In an expanded state, you typically feel "like yourself", comfortable, connected, free and able to handle the experiences that come your way. Clearly this is where you want to be. However, it is also your reward for looking at, learning from, letting go of, and growing through what caused you to contract in the first place.

It is also important to note that a contracted state can come in many different forms- you may feel moved, bothered, or completely shaken up, all in a concerted effort to get your undivided attention so that you can then go on to address the challenge in a new, empowered way.

When a life experience challenges you, it is a direct sign that there is a lesson hidden, waiting to be learned- but first you must choose to connect, observe and become acquainted with the process.

APPLY

JOURNAL PROMPT: In this, I invite you to become the observer, without judgment, notice when you are being challenged. Notice when you expand and when you contract. Notice what triggers each pattern. Is there a common theme or thread?

Observation, without judgment, promotes increased awareness, connection and presence, which has the power to turn division, into connection, a challenge into an opportunity for growth and development, and a contracted state, based on fear into an expanded state, based on love.

## **YOU ARE THE POWER** BEHIND YOUR MIND, BODY, HEART, & LIFE.

### **EMBRACING WHO YOU ARE, CULTIVATING SELF AWARENESS**

Before we go any further along this journey, it is imperative that you acknowledge and embrace who you truly are and are not.

Let's start with all of the things society says you are but are not. You are not what you eat, what you think, what you feel, the choices you have made, your name or the role you have chosen to play.

You are, however, the powerful creator of your reality because you have the power to choose. If you don't take ownership and know that you created it, how can you change it?

It is that simple and that profound, and it's all about stepping into who you truly are in this life and taking full and complete ownership of your experience on the planet. This does not mean that you have to like, condone or want to recreate a

painful past experience or choice, it just means that you can begin to see it for what it is and allow the process to unfold from there.

You may not be able to consciously dictate each and every life experience but you do have the power to choose how you perceive, interpret, interact, respond and work with each one of them.

## APPLY

Before we dive into the affirmation, I invite you to consider the beliefs have you bought into about yourself? What characteristics and roles have you unconsciously taken on?

AFFIRM: When you are ready, take a moment to write down this affirmation to affirm your knowledge at least one time. Feel your creation come to life on paper. Then, connect with your heart, by placing both hands over it, as you say this affirmation with your power and authority. Repeat for 3 min. and as needed- until you experience lightness set in and a shift occur.

**IDENTITY AFFIRMATION: I choose to acknowledge and embrace that I am the creator of my reality because I have the power to choose. I am free to be me. All is well deep within my heart, brain, body and life now.**

From this space it is also easier to explore your natural inclinations, areas of interest, what you are drawn to and why.

Here, you can begin to observe and learn about yourself, what you like and don't like, what works for you and what does not, what makes you unique and special, your purpose and why you are here. You are one of a kind- and the more you own yourself and what makes you, you, the easier it is to lead your life.

Here, you can begin to come home to yourself, to build yourself up, to like, praise, love and celebrate your signature essence.

From this space, you can also begin to apply this principle and take ownership of the experiences in which you contract and actively change your perception of them so that you can expand. How can you begin to generate a yes inside?

For example, rather than getting caught up in the fear, stemming from the mind, you can focus on changing your perception, truly appreciating the experience and what it is bringing to you. This is all part of learning how to value yourself and honor your life. This application will make it easier for you to connect and grow

through the blocks in a far more fun and empowering way- as you begin to work with rather than against your life.

Remember that you are the creator of your reality. You always have options. You always have choices, and you can always choose how you perceive your life experiences! This is important and exciting because your perception directly impacts your experience which impacts your reality.

## MIND. BODY. HEART. **LIFE.**

### **EXPERIENCE**

This is your time to apply, integrate and process what you have learned in this chapter. Below is a brief summary of what you have accomplished. When new truths come, let them in, let them change your experience of yourself and your life as a whole.

This week you learned how to:

- Enter the present moment anytime, anywhere
- Become receptive to yourself and the process of life
- Identify and transform challenges into opportunities
- Embrace who you truly are
- Take ownership of your life experiences so that you can change them

### APPLY

**JOURNAL:** In your journal, you may want to create two columns, a *let go* and a *grow* column, where you can increase awareness around what works and what does not. Here, you can give yourself the opportunity to process, release, clear and bring about transformation by simply choosing to Let Go & Grow. Under the "Let Go" column, simply write down what you would like to release, and under the "Grow" column, write down what you would like to connect with, embrace and bring about.

AFFIRM: Take a moment to write down this affirmation to affirm your knowledge at least one time. Feel your creation come to life on paper. Then, connect with your heart, by placing both hands over it, as you say this affirmation with your power and authority. Repeat for 3 min. and as needed- until you experience lightness set in and a shift occur.

**LET GO & GROW AFFIRMATION: I choose to let go and grow as I release the old to make room for the new. I am free to be me. All is well deep within my heart, brain, body and life now.**

**LOOK AT → LEARN FROM → LET GO OF → GROW THROUGH → EVOLVE**

# MENTAL & EMOTIONAL

## MENTAL & EMOTIONAL

In this chapter, we will come into a new understanding of the mind, encompassing the mental and emotional, thoughts and feelings, by detangling associations and going over exactly how to dissolve the ego, release buried feelings and ask solution oriented questions.

YOU HAVE THE POWER, AND THE EGO  
HAS FORCE BUT **POWER TRUMPS**  
**FORCE**- ALL DAY, EVERYDAY.

## DISSOLVING THE EGO

By taking ownership of your life experiences, going within to your heart and connecting to your own challenges, you have already started to the process of dissolving the ego.

The ego's mission is to divide, conquer, judge and separate you from the truth. It deploys sneaky tactics to do so and often won't go down without a fight. It loves to run the show and absolutely will if you let it- but together, we can end the war because you have the power, and the ego just has force but power trumps force all day, everyday.

And in the process of addressing the ego's force with your power, you end up becoming stronger, increasingly resilient, and experiencing more and more of who you truly are.

The ego gives us the perfect opportunity to remember that everything is for us. Its purpose is to strengthen us and give us the opportunity to step into our own power. This is much like the caterpillar coming out of the chrysalis emerging from the cocoon, strengthened from the struggle to break free, now able to take flight as the beautiful butterfly it was born to be.

In this, the ego is not the enemy, we created it to teach us, who we truly are- and it's up to us to rise to the challenge, let go of what no longer works for us, embrace truth and choose growth.

Now, when you are challenged, you can become vulnerable and more susceptible to the ego's force- especially if you are unaware of its presence. This is when the ego uses its sneaky tactics to take over and control the situation. It does not like change or growth or connection. It loves the familiar, and so it works to divide, distance and place walls between you and your own life experiences, in order to protect you when you do not require protection. When we are unaware of its presence, the ego can easily go into overdrive. In doing so, it also distances you from the learning process and the solution. It keeps you in the dark, away from change and transformation.

So how can we go about dissolving the ego in an even more direct way? First and foremost, it is important to become aware of the ego and its many patterns, which are all based on fear and limitation rather than love and opportunity.

Here are some examples of the ego in action:

Interrogation	Isolation	Violence
Judgment	Possession	Righteousness

## APPLY

With that said, in this exercise, I invite you to become the observer and notice when the ego flares up within yourself and others. Don't judge just observe. Observation promotes connection and presence, which has the power to begin to turn the ego's force into your power.

The next step requires that you do not buy into the ego's sneaky tactics and that you choose to address it with the power of truth, not love, not kindness, but the one and only truth- your truth. The ego is completely defenseless against this super power.

If you notice an ego pattern come up, you can choose to simply say "clear" with your power and authority and connect to your heart, even if it's just for a moment.

Here, you can interrupt the pattern and intentionally choose to come from a different place.

Once you become aware of your own ego patterns, it is important to address them directly, especially in the midst of a flare up. Make sure to be direct and to remind it that you have the power and that it is a part of you, you are not a part of it. Let it know that you are now stepping in to reclaim your throne and rule every aspect of your life. Let it know that it is now dismissed, and you no longer require its services.

By going through this exercise, you allow the ego to assist you in your evolution. Remember to remember that it's all for you and up to you. This is part of taking your power back.

## ALL FEELINGS WANT IS TO BE **ACKNOWLEDGED AND EMBRACED.**

### **RELEASING BURIED FEELINGS**

When you decide to take ownership of your feelings through this simple process, they will begin to transform and go on their merry way.

#### **ACKNOWLEDGE → EMBRACE → EXPRESS → RELEASE**

We often collect and bury feelings in an effort to cope rather than clear. Instead of acknowledging and embracing our feelings we are taught to disconnect from, avoid and bury them. When we bury or avoid our feelings, they don't go anywhere. They just pile up and take a huge toll on our health and well-being, creating more distraction, noise and less peace.

In this lesson, I am going to teach you how to approach them in a different way, a way that works in that you can finally free them as they, also, free you.

Let's take a look at these two examples.

**Franklin was mean to me, he belittled me and made me feel small.** In this example, I have chosen to place the blame on Franklin for the way I felt, and in

doing so I chose to give my power away to him, blame him, create resistance and leave the feeling unresolved.

**When Franklin spoke to me yesterday, I felt belittled and small.** While in this example, I decided to take ownership of my own feelings, release resistance and walk away feeling more empowered and less like a victim.

In the second example, I chose to take ownership of my experience by acknowledging my own feelings rather than placing the blame on Franklin. In this way, I was able to begin the process of letting my feelings go. However, if I chose to place blame and go with the first example, I would have never given myself the opportunity to take ownership of my feelings and thus transform them.

#### APPLY

In this exercise I invite you to acknowledge, embrace, express and release your feelings by using the following model when you feel ready. Feel free to go through and complete this exercise with any experiences that come to mind, past or present.

#### **“When (blank happened), I felt (blank).”**

This exercise is simple but it can bring up a lot of strong feelings and emotions. Make sure to be receptive and connect with your heart by simply placing both hands over it. By placing your hands over your heart you will naturally stay more objective and connected as you feel what you actually feel instead of what you think you feel. Believe it or not, there is a big difference.

This exercise is more productive when you complete it in private to start rather than with the person or life experience involved.

I recommend completing it privately so that you can begin to get really clear on how you actually feel without another's influence. Completing this exercise privately also symbolizes that you are doing this for yourself rather than getting caught up in an ego driven outcome or another's own issues.

The more you practice, the more natural this exercise will become, and eventually it will become natural for you to share your feelings with another.

# WHEN YOU ASK DIFFERENT QUESTIONS, YOU RECEIVE DIFFERENT ANSWERS.

## **SOLUTION-ORIENTED QUESTIONS**

This lesson is all about asking different types of questions. When you ask different questions, you get different answers. The key is to ask productive questions that lead to peace, alignment and clarity rather than questions that send you spiraling down the very slippery slope of judgment, condemnation, chaos and confusion.

For example, if a person or life experience is moving you, you can choose to either judge the experience or get curious about it. If you choose to get curious, highly recommended, you can begin to connect, observe, wonder, inquire and ask objective questions like this:

- What can I learn from this person or life experience?
- What is this person or life experience here to teach me?
- What unresolved issue is this experience bringing up in me?
- How can I learn from this experience?
- What do I need to let go of?
- How can I grow through this?

In this exercise, I invite you to connect to your own challenges, past or present, by asking questions in a different way.

By asking solution oriented questions, out of pure curiosity, from a place of power, your perspective will begin to shift and you will begin to receive solution oriented answers that come in various forms delivered through all kinds of people and life experiences. In order to receive the answers you desire, you must let go, have faith and know that they will come to you when they are meant to.

These answers will then help you to identify and clear the underlying issue, hidden within the challenge, once and for all.

With that said, this is a process and a journey, issues are not always cleared overnight and answers are not always immediate but found in time. When they come, let them in, let them change you.

## MIND. BODY. HEART. **LIFE.**

### **EXPERIENCE**

This is your time to apply, integrate and process what you have learned in this chapter. Below is a brief summary of what you have accomplished. When new truths come, let them in, let them change your experience of yourself and your life as a whole.

This week you learned how to:

- Transform fear into love
- Address and dissolve the ego
- Release buried feelings by connecting to them
- Ask solution-oriented questions to connect and receive answers
- Master your thoughts and feelings

### APPLY

**JOURNAL:** In your journal, you may want to create two columns, a let go and a grow column, where you can increase awareness around what works and what does not. Here, you can give yourself the opportunity to process, release, clear and bring about transformation by simply choosing to Let Go & Grow. Under the "Let Go" column, simply write down what you would like to release, and under the "Grow" column, write down what you would like to connect with, embrace and bring about.

AFFIRM: Take a moment to write down this affirmation to affirm your knowledge at least one time. Feel your creation come to life on the paper. Then, connect with your heart, by placing both hands over it, as you say this affirmation with your power and authority. Repeat for 3 min. and as needed- until you experience lightness set in and a shift occur.

**LET GO & GROW AFFIRMATION: I choose to let go and grow as I release the old to make room for the new. I am free to be me. All is well deep within my heart, brain, body and life now.**

**LOOK AT → LEARN FROM → LET GO OF → GROW THROUGH → EVOLVE**

# RELATIONSHIPS

## RELATIONSHIPS

In this chapter, we will explore the relationships we have with ourselves and others. Here, we will look at the interconnectivity, power and how to communicate in an effective way.

WHEN YOU GET IT, YOUR ENTIRE LIFE  
WILL BEGIN TO **REFLECT IT.**

### MIRROR REFLECTION

Before we really dive into this week, it is imperative that you have the skills to identify life's healing lessons when they are presented to you. A life lesson, or a teachable moment, occurs when a person or life experience brings up an issue or set of issues that have been buried deep within.

In these moments, you are challenged, and it is up to you to exercise the foundations by taking a step back to connect, reflect and become receptive to the healing process.

Life lessons are an opportunity to let go and grow as you seek the essence of what is truly going on. In these moments, you are able to see what you were not able to see before. It's life saying, "Hey, this perspective is not working, let's implement one that does. Let's bring in freedom, tap into your true self and get rid of that outdated pattern that is holding you back."

Let's use "importance" as an example.

Many people associate their importance with the job they have or the family they are from, never realizing that they are important just by being who they are.

Many people then have a need to validate their importance through proving it or choosing to give and give and give until they give out. Because they have not realized their own importance, they leave experiences feeling unappreciated, exhausted and more drained than ever.

They were taught to either see others as more or less important but they were never made aware that they were important to begin with, so they go through life helping everyone but themselves.

Clearly, this is out of order and simply does not work. The key here is to finally embrace your own importance and give to yourself first so that you are able to share with others from the energizing place of love and abundance.

By finally acknowledging and embracing your own importance, you are not saying that you are more or less important than another. You are simply coming into your own.

When you finally begin to see yourself as important, you will begin to see and appreciate the beauty and significance of others in a new and refreshing way as well.

You start to see how you are a part of everything just as everything is a part of you. All of our lives are connected. Every one of us makes a difference, and everyone counts. When you realize this, you will begin to experience your own importance and the importance of every single person around you. As your perspective changes, the way people respond to you will also change because we are all mirrors for each other.

As you start to come into your own importance, you will find that it is much easier to be true to yourself. In essence, you will begin to realize what is truly important to you and be able to choose accordingly. Your importance will no longer fluctuate on your performance, your job or external life events. Now there are many facets to our being and many issues to uncover, and importance is just one of them.

You can have all kinds of issues. For example, you may not yet resonate with how capable, valuable, beautiful, wonderful, powerful, extraordinary, unique, special, or intelligent you truly are- just for being you.

You may also have issues with certain fears that can arise like being a failure, controlled, controlling, abandoned judged, neglected, ashamed, unloved, self-conscious, anxious, depressed, toxic, volatile, jealous, etc. just to name a few.

Now, there are an unlimited amount of issues, and several ways to release them, but the key here is to begin uncovering them by applying the basics and forming

a powerful connection with your heart as you continue to engage in the let go and grow process, where you are looking at and learning from each experience. Every time you opt out of the ego's sneaky tactics and choose to reconnect, you strengthen your relationship with yourself.

## APPLY

With that said, for the purpose of this exercise, I am going to first encourage you to strengthen that connection, and then provide you with a simple formula to begin applying this process.

Now, when you are ready, take a moment to identify an issue and formulate a unique affirmation.

Formula: "I choose to acknowledge and embrace + your issue."

Here are some examples!

- "I choose to acknowledge and embrace that I am capable."
- "I choose to acknowledge and embrace that I am important."
- "I choose to acknowledge and embrace that I am unique."
- "I choose to acknowledge and embrace that I am priceless."
- "I choose to acknowledge and embrace that I am beautiful."
- "I choose to acknowledge and embrace that I am whole, perfect and complete."

AFFIRM: Then, take a moment to write down this affirmation to affirm your knowledge at least one time. Feel your creation come to life on the paper. Then, connect with your heart, by placing both hands over it, as you say this affirmation with your power and authority. Repeat for 3 min. and as needed- until you experience lightness set in and a shift occur.

BEFORE YOU **TAKE YOUR POWER BACK**,  
YOU HAVE TO REALIZE YOU HAVE IT IN  
THE FIRST PLACE.

## OWN YOUR POWER

There are many ways to take your power back but the most important is to realize you have power in the first place. The second is to realize you can give it away, and the third is to realize that you can also take it back. The choice is yours.

When you give your power away, you feel powerless. Thus, when you feel powerless, you know you gave your power away. This happens so often in relationships when we feel reactive, out of control and make them more or less than what they actually are. As we know, this simply does not work.

### APPLY

So in this exercise, I invite you to identify the people and life experiences you gave your power away to, and then consciously take it back.

When you are ready, think of a person or life experience that you gave your power away to. Then, place both hands on your heart and say this affirmation, for 3 minutes or more if you feel inclined, with your power and authority. Feel free to repeat the exercise until you feel a shift.

**OWN YOUR POWER AFFIRMATION: I choose to take my power back from (insert person or life experience here). I am free. (insert the same person or life experience here), you are now free. All is well deep within my heart, brain, body and life now. I am free to be me!**

COMMUNICATION HAS THE POWER TO  
**BRIDGE GAPS** AND BRING ABOUT  
A DIFFERENT PERSPECTIVE.

## COMMUNICATION

True communication comes from the heart and is key to connection and change. In this exercise, I am going to ask you to look at how you communicate with yourself and others. By speaking your truth, you set an incredible example because taking action in this way is not easy and can be very uncomfortable at times. However, it is an important piece of the self-love puzzle, and your life will reward you for it.

I would now like to give you full permission to learn how to say both "Yes" and "No". This means that you can say "Yes" when someone offers to help and "No" when you don't want to do something. This is a hard and uncomfortable lesson for many to learn, but like anything it just takes practice.

The key is to listen to your heart and be true to yourself by staying focused on what is most important to you and letting the rest go. With that said, you can also choose to let go of obligations, unnecessary drama, controversy, and pointless arguments, as these conflicts are an ego driven distraction- not communication.

If you do need to address a problem, I encourage you to communicate in a clear and direct way by going to the source and making an effort to understand where they are coming from without getting caught up in their stuff. There is no need to complicate the process.

Your only job is to stay true to yourself, and let go of the rest.

## APPLY

With that said, in this exercise, I encourage you to observe and evaluate your communication skills by asking the following questions.

- Are you communicating in a clear, direct and effective way?
- Are you saying what you truly mean to say?
- Do you feel free to express yourself?
- Are your intentions pure?
- Are you aligned with yourself?

Feel free to practice in the car, in your journal, alone or with a trusted friend or professional. This is about your getting connected, getting clear and getting free.

# MIND. BODY. HEART. **LIFE.**

## **EXPERIENCE**

This is your time to apply, integrate and process what you have learned in this chapter. Below is a brief summary of what you have accomplished. When new truths come, let them in, let them change your experience of yourself and your life as a whole.

This week you learned how to:

- See yourself in others
- Heal through your past, present and future relationships
- Take your power back and own it
- Communicate in a clear and direct way that is true to you
- Create new and empowered relationships with ease

**AFFIRM:** Take a moment to write down this affirmation to affirm your knowledge at least one time. Feel your creation come to life on the paper. Then, connect with your heart, by placing both hands over it, as you say this affirmation with your power and authority. Repeat for 3 min. and as needed- until you experience lightness set in and a shift occur.

**LET GO & GROW AFFIRMATION: I choose to let go and grow as I release the old to make room for the new. I am free to be me. All is well deep within my heart, brain, body and life now.**

**LOOK AT → LEARN FROM → LET GO OF → GROW THROUGH → EVOLVE**

# CHOICES, PHYSIOLOGY & LIFE EXPERIENCES

## CHOICES, PHYSIOLOGY & LIFE EXPERIENCES

Owning your power to choose and making empowered decisions reflective of who you are is the bridge to the other side. When you become aware of who you are and why you are here, it is much easier to see the distraction, noise and myriad of coping mechanisms for what they are. This makes it much easier to step into yourself and your power to choose.

In this chapter, we will continue to clear up this super power, and harness your conscious awareness, attention, focus and concentration to free up your ability to create. The more you dive into the process and embrace the fundamentals, the more command you will have over your choices. Here, we will dive into why intention matters, how to release resistance, and cultivate compassion and understand the human experience on a deeper level.

### ARE YOU CHOOSING OUT OF **LOVE** OR OUT OF FEAR?

#### INTENTION MATTERS

Before a choice, comes an intention- and in order to make the most out of your choices, you must become aware of the intention set and the vibration behind them.

In this exercise, I invite you to take a step back and check your intentions with one simple question- are you choosing out of love or out of fear?

If you are choosing out of love, your intention will feel pure, ego-free and true to you.

If you are choosing out of fear, you may be setting yourself up for a lesson. However, intentions can be changed and the vibration of your choices can easily be raised by becoming aware and simply, shifting your perception.

Let me show you the difference. Let's say two people, Sarah and Tara, decide to eat a healthy meal.

Sarah eats the healthy meal because she hates her body and is worried about gaining weight while Tara eats it because she loves her body and wants to contribute to her energy and health.

Can you see the difference? While Sarah is eating out fear and restriction, Tara is creating a healthy habit, enjoying her meal and eating out of love for herself and her body.

While Sarah's mental state wreaks havoc on her physiology, Tara's creates a relaxed environment that can give back and fuel her throughout the day. Can you see the ripple effect?

So today, I encourage you to check your intentions and see what lies behind your choices.

Feel free to use the Free Space in your journal to connect the dots. No need to judge, just observe, and see what comes up.

WHAT YOU RESIST, PERSISTS AND  
BECOMES MORE PAINFUL ALL TO GET  
YOUR ATTENTION AND **SET YOU FREE**

## **RELEASING RESISTANCE**

By learning to embrace resilience, release resistance and go with the flow, your life can begin to work for you. When you are able to identify resistance and become resilient, you give yourself the opportunity to learn through observation rather than intense and painful experiences. By learning through observation, you are able to switch gears before you get into an accident.

This doesn't mean that you have to avoid life, run away and hide out on top of a Tibetan mountain. However, it does mean that you can embrace life as a

transformative process, an adventure, and an incredible journey that has the ability to set you free.

However, we often get in our own way when we resist the challenges in our lives. We forget that when we resist life's challenges, we resist a part of ourselves. And in our resistance, we create friction. We stop the flow of life and become stagnant, and stagnation disrupts the flow and function of energy within our bodies and our lives.

So today, in this exercise, I encourage you to identify the parts of yourself and your life where resistance resides. What isn't working?

Then, I encourage you to embrace the experience and become receptive to learning from it.

Now, when you are ready, take a moment to write down this affirmation at least one time. Then, place both hands on your heart and say this affirmation, for 3 minutes or more if you feel inclined, with your power and authority. Feel free to repeat the exercise until you feel a shift

**RELEASE RESISTANCE AFFIRMATION: I choose to release resistance for resilience as I go with the flow and not against it. I am free to be me. All is well deep within my heart, brain, body and life now.**

THAT WAS THEN, AND THIS IS NOW.

## **COMPASSION & THE HUMAN EXPERIENCE**

In this exercise, I invite you to lighten up, drop the judgment and cultivate compassion for yourself in the process. The key to compassion is observation, when you observe rather than judge, you choose love over fear, connection over separation and compassion over condemnation. When you choose compassion, you are able to see yourself and your life in a different, more constructive way.

There is no need to guilt trip or punish yourself, life is difficult enough as it is. You are human, and we all make mistakes. Rather than judging yourself and your life, you can choose to look objectively at your past and learn to let go and grow.

Here, right or wrong does not exist. Duality is an illusion. Everything happens exactly as it's meant to. If it were meant to happen any other way, it would have.

I said it before, and I am going to say it again. That was then and this is now. The past does not equal the future, and you can review the past, without reliving it, through the lens of the present moment, where you can also create and choose new choices, setting your future free.

You are human. We all make mistakes. It is part of the process. The key is how you respond to and work with them in the now. The choice is yours. Will you choose to self-destruct and judge yourself? Or will you choose to address the challenge, cultivate compassion, and allow your past to teach you what you have yet to learn?

If you choose the latter, go ahead and give yourself a big hug full of love, thank the past for its lessons and the future for what is to come.

Now, when you are ready, take a moment to write down this affirmation at least one time. Then, place both hands on your heart and say this affirmation, for 3 minutes or more if you feel inclined, with your power and authority. Feel free to repeat the exercise until you feel a shift.

**COMPASSION AFFIRMATION: I choose to acknowledge and embrace compassion by allowing myself to be who, what and where I am. I am free to be me. All is well deep within my heart, brain, body and life now.**

Once you feel the freedom, peace and lightness enter your heart, mind, body and life, it's yours.

MIND. BODY. HEART. **LIFE.**

## EXPERIENCE

This is your time to apply, integrate and process what you have learned in this chapter. Below is a brief summary of what you have accomplished. When new truths come, let them in, let them change your experience of yourself and your life as a whole.

This week you learned how to:

- Check your intentions to empower your choices
- Release resistance and embrace resilience
- Drop the judgment, guilt and past regret
- Have compassion for yourself and others
- Embrace your human experience

## APPLY

**JOURNAL:** In your journal, you may want to create two columns, a let go and a grow column, where you can increase awareness around what works and what does not. Here, you can give yourself the opportunity to process, release, clear and bring about transformation by simply choosing to Let Go & Grow. Under the "Let Go" column, simply write down what you would like to release, and under the "Grow" column, write down what you would like to connect with, embrace and bring about.

**AFFIRM:** Take a moment to write down this affirmation to affirm your knowledge at least one time. Feel your creation come to life on the paper. Then, connect with your heart, by placing both hands over it, as you say this affirmation with your power and authority. Repeat for 3 min. and as needed- until you experience lightness set in and a shift occur.

**LET GO & GROW AFFIRMATION: I choose to let go and grow as I release the old to make room for the new. I am free to be me. All is well deep within my heart, brain, body and life now.**

**LOOK AT → LEARN FROM → LET GO OF → GROW THROUGH → EVOLVE**

# SPIRITUALITY

## **SPIRITUALITY**

In this chapter, we will go over exactly how to return to experience oneness, have faith in yourself and the process and tap into your intuition. Over the years, I have found spirituality to be a source of contention for many of my patients. Like any realm, there are always issues to address. However, I have also found two beliefs to be pivotal to the healing process, able to accelerate it in pronounced ways.

One, God, or whatever word you use to describe "the more", lies within you. If you see God as outside of you, there will be a disconnect that challenges the healing process.

Two, every experience holds value and meaning, it is all for you, guiding you in the direction that you desire to go.

WE ARE ALL CONNECTED, WE ARE  
ALL ONE.

## **ONENESS**

Before we dive into this week, it is important that you begin to acknowledge and embrace that we are all connected and that we are all one, even with what you cannot see. There is a sacred union that bonds, guides, and dwells within us, and it does not matter what you call it (God, source, universe, etc.) as long as you realize you are one with it as it is one with you.

Many times, we get so caught up in our own stuff that we forget to step back and enter into a heightened perspective. We forget that we are not alone and because of this we forget to ask for support.

### **APPLY**

So in this exercise, I invite you to open up these channels of communication and ask for guidance, advice, support and assistance. I invite you to remember and

remind yourself that we have this kind of help available to us always, 24/7. All we have to do is choose it.

The key here is to acknowledge what is. To acknowledge what is not working, the struggle, to connect with the whole, call in support, get clear on your desires and have the courage to communicate with them. The power of prayer, or this sort of communication, is powerful, and here are some ideas that you may find helpful.

- Discuss your challenges and ask for support through them
- Ask a question with an open mind or for answers to come in regarding a certain topic
- Talk about your hopes and dreams and ask for help achieving them
- Ask for specific gifts such as clarity, peace, health or abundance (see the list below for more inspiration)

Inspiration Board				
Abundance	Confidence	Freedom	Intuition	Serenity
Adventure	Connection	Fulfillment	Joy	Serendipity
Alignment	Courage	Grace	Light Love	Simplicity
Balance	Creativity	Gratitude	Motivation	Space
Beauty	Direction	Growth	Passion	Strength
Being	Drive	Guidance	Peace	Sunshine
Brilliance	Empowerme	Happiness	Presence	Tranquility
Calm	nt Energy	Harmony	Productivity	Transformati
Change	Enjoyment	Health	Prosperity	on Truth
Clarity	Faith	Inspiration	Purpose	Vitality
Compassion	Focus	Interest	Receptivity	Wholeness

Once you have tapped into your connection and clarified your desires, you can begin deliberately ask for assistance and even stay in an ongoing conversation, out loud or in a journal.

Once you have done this, as always, let go and have faith that life will bring you exactly what you need at the perfect time, in the perfect way.

Just remember to go with the flow, tame that ego and allow life to unfold in its own enchanted way.

# FAITH HIDES THE TRUTH. TRUTH CARRIES THE LIGHT AND LIGHT DISPELS THE DARKNESS.

## FAITH

One of the hardest things to do is to let go, and have faith in yourself and the process of life. By having faith in yourself and the process, life can begin to work for and with you in a very different way.

Faith is about nonsense. It completely bypasses the senses. Faith is not about what you can see, it's about what you can't see. It's about understanding that although you cannot see what is ahead, it's there and it's happening for you.

When you begin to tap into faith, you will not only know but begin to understand that challenges are an opportunity for growth and development and that you can handle anything that comes your way. When you have faith, fear transforms, and it is much easier to be fully present, enjoy, and immerse yourself in the process.

One of my teachers once said, "Faith hides the truth and truth carries the light and the light dispels the darkness." This means that by having and exercising faith within yourself and the process, light will begin to trickle down and transform fear and limitation into freedom and opportunity.

## APPLY

AFFIRM: when you are ready, take a moment to write down this affirmation at least one time. Then, place both hands on your heart and say this affirmation, for 3 minutes or more if you feel inclined, with your power and authority. Feel free to repeat the exercise until you feel a shift.

**FAITH AFFIRMATION: I choose to have faith in myself and the process of life. I am free to be me. All is well deep within my heart, brain, body and life now.**

# THE CLEARER THE PATH, THE CLEARER THE **CONNECTION.**

## **INTUITION**

Intuition can be defined as insight that comes from the heart. It can be recognized by its whisper, felt as an answer, and seen as direction- all of which often, does not sense to the rational mind.

I often describe intuition as nonsense that makes perfect sense, understanding without reason, a deep inner knowing.

In essence, intuition is your very own inner compass created to guide you throughout your entire life. It is an extraordinarily valuable tool that you already have within and that you can call upon at any time.

In order to tap into and strengthen your intuition, it is important that you are present, receptive and actively clearing your path- the clearer the path, the clearer the connection.

It is equally important to step out of your own way, choose to go within and create the space for it to enter.

Everyone's messages come in differently. Some people see, others hear and some even feel - and I'm sure there are many other ways that intuition can enter!

APPLY:

JOURNAL PROMPT: Perhaps you can recall a time where you experienced this?

Before we go any further, I would like to point out that there is a big difference between ego driven patterns, mental chatter and intuition.

- Ego driven patterns are divisive and charged.

- Mental chatter enters in the form of everyday thoughts and opinions styled by the personality.
- Intuition is subtle, simple yet profound, and it stands out because it comes from a different place, the heart.

Observation is key here, and it is important to increase awareness around what it is and isn't.

AFFIRM: Now, when you are ready, take a moment to write down this affirmation at least one time. Then, place both hands on your heart and say this affirmation, for 3 minutes or more if you feel inclined, with your power and authority. Feel free to repeat the exercise until you feel a shift.

**INTUITION AFFIRMATION: I choose to acknowledge and embrace my intuition for it to guide me wherever it wants to take me because I have unconditional faith in it to lead me to where I belong now.**

When you have completed this affirmation, I invite you to apply this message, tune in to your heart, and see what happens. Is there something that has been coming up? Is it a choice or challenge you are facing? If so, bring it into the light for heart-based exploration. Take your time and see where this exercise leads you.

Here are some things to notice.

- Thoughts and feelings
- Realizations
- Images
- Random happenings

It is also important to note that intuition can take time to enter and could very well bubble up out of nowhere, even while you are driving, listening to music or washing the dishes.

Intuition is not something you have to go after, just like prayer does not have to happen in a church. It is something you simply have to receive. It's already there. You already have it. You just have to listen and learn how to connect with it.

The more you go with your intuition and trust the process, the more will come to you. Just remember to follow your heart!

# MIND. BODY. HEART. **LIFE.**

## **EXPERIENCE**

This is your time to apply, integrate and process what you have learned in this chapter. Below is a brief summary of what you have accomplished. When new truths come, let them in, let them change your experience of yourself and your life as a whole.

This week you learned how to:

- Connect to the whole
- Ask for support and guidance
- Have faith in yourself and the process of life
- Read the signs and messages as they come in
- Tap into your intuition and allow it to guide you

## APPLY

**JOURNAL:** In your journal, you may want to create two columns, a let go and a grow column, where you can increase awareness around what works and what does not. Here, you can give yourself the opportunity to process, release, clear and bring about transformation by simply choosing to Let Go & Grow. Under the "Let Go" column, simply write down what you would like to release, and under the "Grow" column, write down what you would like to connect with, embrace and bring about.

**AFFIRM:** Take a moment to write down this affirmation to affirm your knowledge at least one time. Feel your creation come to life on the paper. Then, connect with your heart, by placing both hands over it, as you say this affirmation with your power and authority. Repeat for 3 min. and as needed- until you experience lightness set in and a shift occur.

**LET GO & GROW AFFIRMATION: I choose to let go and grow as I release the old to make room for the new. I am free to be me. All is well deep within my heart, brain, body and life now.**

**LOOK AT → LEARN FROM → LET GO OF → GROW THROUGH → EVOLVE**

# BRINGING IT ALL TOGETHER

## BRINGING IT ALL TOGETHER

In this chapter, we are going to bring all of the material above together and make it yours. Here, we will explore the in and outs of the journey, learn how to send gifts to yourself and others, and deep dive into appreciation.

# JUST LIKE THE WAVES, THE MOON, THE STARS AND OUR BODIES- **ALL OF LIFE IS CYCLICAL**

## UNDERSTANDING THE JOURNEY

Just like the waves, the moon, the stars and our bodies- all of life is cyclical. There is a time to let go, a time to grow, and a time to process and rest. These cycles connect us, they move through us and if we let them- they can also work for us.

This is where it is important to remember that nothing happens to you, it happens for you- no matter the outward appearance.

This is where you have the opportunity to truly let go and honor yourself in the process of life, the ebbs and flows, the ups and downs- it all works together and makes up your own unique journey.

Here are some of the cycles to be aware of:

- **Immersion:** This is where you immerse yourself in the learning process and take in as much as you can.
- **Application:** This is where you are challenged, and you have the opportunity to apply what you have learned
- **Check points:** This is where you can see how far you have come and how much farther you need to go.
- **Processing:** This is where everything begins to come together.

- **Actualization:** This is where your growth pays off. These times are fun, and you are able to soak in the benefits that come with this kind of work.

#### APPLY

In this exercise, I encourage you to explore and tap into your natural phases, cycles and rhythms.

JOURNAL PROMPT: What do they feel and look like? How can you become the center of it all? How can you find balance within your own ever-changing journey?

AFFIRM: Now, when you are ready, take a moment to write down this affirmation at least one time. Then, place both hands on your heart and say this affirmation, for 3 minutes or more if you feel inclined, with your power and authority. Feel free to repeat the exercise until you feel a shift.

**JOURNEY AFFIRMATION: I choose to acknowledge and embrace that I am the creator of my reality and I am ready, willing and able to show up for, lead and receive from my life's journey each and every day. I am free to be me. All is well deep within my heart, brain, body and life now.**

WE CAN ALL GO UP **TOGETHER.**

## SENDING GIFTS

This is a great exercise for the last week of the program to bring it full circle.

You have released many of the old and outdated patterns that were holding you back, and now it is time to step into your newfound power and share it from a place of love and abundance, in a way that truly fuels and fills you up.

In this exercise, you will learn how to send beautiful healing gifts- to yourself, others, and even to the world!

#### APPLY

This exercise is perfect for when you or a loved one is being challenged or if you just feel like sending gifts! Now when you are ready, use this model, place both hands on your heart and repeat this affirmation until you feel a shift.

**FULL CIRCLE AFFIRMATION: I choose to send (insert recipient's name here) (insert gift here).**

Gift ideas and examples can be found below!

- Example #1 to the self: I choose to send Brooke love.
- Example #2 to my brother: I choose to send David health.
- Example #3 to my child: I choose to send Zoe peace.
- Example #4 to the world: I choose to send the world light.

Gift Ideas				
Abundance	Confidence	Freedom	Joy	Serenity
Adventure	Connection	Grace	Light Love	Serendipity
Alignment	Courage	Gratitude	Motivation	Simplicity
Balance	Creativity	Growth	Passion	Space
Beauty	Direction	Guidance	Peace	Strength
Being	Drive	Happiness	Presence	Sunshine
Brilliance	Empowerme	Harmony	Productivity	Tranquility
Calm	nt Energy	Health	Prosperity	Transformati
Change	Enjoyment	Inspiration	Purpose	on Truth
Clarity	Faith	Interest	Receptivity	Vitality
Compassion	Focus	Intuition		Wholeness

WHEN YOU **APPRECIATE** WHAT YOU HAVE, WHAT YOU HAVE APPRECIATES.

## A DEEP DIVE INTO APPRECIATION

Appreciation- such a simple word with a huge impact. When you take time to appreciate all that you have, all that you have is magnified.

### APPLY

In this last exercise, I invite you to take a deep dive into appreciation. Connect to your heart, and feel the freedom and expansion within as you thank yourself, your body, life and the people in it.

Feel free to write down what you are truly thankful for. Once you feel the expansion and freedom in your heart, you will know you are there.

If you feel inclined, with gratitude in your heart, I invite you to also thank a challenging experience, or person, life brought your way. I invite you to notice what you learned and how you grew through it.

Then continue to thank it until you feel the resistance clear, the experience fade away, and the freedom come in.

Feel free to use this affirmation.

**APPRECIATION AFFIRMATION: I choose to appreciate in this moment, all that I am, all that I have and all that I can do. I am free to be me. All is well deep within my heart, brain, body and life now.**

MIND. BODY. HEART. **LIFE.**

## EXPERIENCE

This is your time to apply, integrate and process what you have learned in this chapter. Below is a brief summary of what you have accomplished. When new truths come, let them in, let them change your experience of yourself and your life as a whole.

This week you learned how to:

- Understand your journey and the different phases of it
- Find your own balance within
- Empower and send gifts to yourself, others and the world
- Dive deep into appreciation
- Create the life you desire

## APPLY

**JOURNAL:** In your journal, you may want to create two columns, a let go and a grow column, where you can increase awareness around what works and what does not. Here, you can give yourself the opportunity to process, release, clear and bring about transformation by simply choosing to Let Go & Grow. Under the "Let Go" column, simply write down what you would like to release, and under

the "Grow" column, write down what you would like to connect with, embrace and bring about.

AFFIRM: Take a moment to write down this affirmation to affirm your knowledge at least one time. Feel your creation come to life on the paper. Then, connect with your heart, by placing both hands over it, as you say this affirmation with your power and authority. Repeat for 3 min. and as needed- until you experience lightness set in and a shift occur.

**LET GO & GROW AFFIRMATION: I choose to let go and grow as I release the old to make room for the new. I am free to be me. All is well deep within my heart, brain, body and life now.**

**LOOK AT → LEARN FROM → LET GO OF → GROW THROUGH → EVOLVE**

## THE IMPORTANCE OF FUNCTIONAL SUPPORT

If you had a wilting, withering plant left alone, inside, with dim light, re-circulated air, and depleted soil- how would you bring it back to life?

Most likely, you would know exactly what to do.

You would give it attention, fresh air, clean water, direct sunlight, nutrient-rich soil, and maybe even some love!

Instinctively, you would recognize that the plant's bleak environment was anything but healthy, let alone life-giving. In medicine, we call this concept an "evolutionary mismatch." This mismatch caused the plant to inevitably compromise, lose its luster, and enter into a state of survival.

Predictable right?

Now, when it comes to our own physiology and life experiences, we often feel helpless, confused, and disempowered like it's up to chance, a genetic roulette. And because of this, we often feel like health is just a distant dream.

We wish we could look and feel vibrant, sleep better, and have more energy- but we just don't know how to make this happen. As a culture, we have lost ourselves in a sea of opinions, mixed messages, and dogma. And in doing so, we have lost track of our own internal guidance system that can lead us back to health.

We have bought into the allure of pharmaceutical culture, enormous pressure, toxins in our food, life lived indoors, and excessive sugar and caffeine to carry us through the day. This simply does not work as evidenced by the skyrocketing rates of autism, depression, cancer, and other chronic, debilitating diseases.

Here, we find ourselves in our very own "evolutionary mismatch."

We look for a quick fix, and we paint the plant green, rather than putting in the work to change the landscape. We look to suppress symptoms and to just get by, rather than get to the root and thrive. However, there is another way, a way that works and is able to bring grace and ease into the healing process.

Cue the Functional Support section of the Holistic Guide Book.

Here, we will proceed to explore mindset, diet, and lifestyle strategies that can activate whole systems, drive function and support your unique expression of vibrant health, as we look far beyond the absence of disease and into health creation.

Before we dive in, it is important to note that the body is always trying to heal, sustain life and create health, but it needs you to be on its team. It needs you to choose an empowered path and provide it with the right tools to set it free. Picture an infinity symbol, it works both ways.

In this part of the Guide Book, we will use functional medicine to support both your vibrant health and unique transformation as you learn how to let go and grow and move forward powerfully to create the life of your dreams!

## **ON ENERGY**

In my practice and within the Let Go & Grow program, bringing energy back into the system and into my patient's lives is of vital importance- because energy heals, and it creates momentum that builds a powerful movement forward.

This momentum can be looked at as the difference between having the car in park, in reverse or driving forward. It doesn't matter how fast the car moves forward the key is that it is, and once it is we can begin to accelerate.

The more energy my patients have, the easier the healing process becomes- the better they function, and the more resourcefulness they have. And we can bring energy back into the system in so many ways- through clearing issues, improving our relationships, shifting diet, optimizing sleep, taking time to relax, move and play, choosing aligned choices, etc.

The more untapped an area is the more potential you will activate. This is how we can let go and grow, by optimizing what works and releasing that which does not.

## **A NOTE ON STRESS**

In the medical world and in our society, stress has been highly demonized. I see articles all the time on "How To Fight Stress" and "Be Stress Free", neither of which work and both of which amplify the problem.

Now, what I love about problems is that they can be solved!

And if you really think about it, why would you even want to eradicate stress? Some of the most meaningful experiences are "stressful"- just think motherhood, public speaking or a big work project.

- What if there was just a better way to handle it?
- What if stress was a message?
- What if it was actually an opportunity for growth and development, a sign to redirect and change?

Throughout this section, we will explore the ins and outs of stress and go over some simple, yet effective mindset shifts to help you detoxify stress and make it work for rather than against you.

### **The Difference Between Stress & Stressors**

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.

While a stressor is the stimulus, or the perceived threat, that in turn triggers the stress response like a final exam, argument or food intolerance.

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.

### **How Stress Affects The Body**

Initially, our body and mind work together to evaluate an experience and decide whether or not it is a threat to our system based on stored memories, sensory input and processing.

If the experience is perceived as a threat, the acute stress response, known as The Fight or Flight Response is activated. This response is produced by a general release from the sympathetic nervous system, priming the organism to fight or flee under attack. More specifically, the Hypothalamic-Pituitary-Adrenal (HPA) axis is set into motion when the hypothalamus receives a signal of distress from one of its many inputs.

The hypothalamus then signals the pituitary and adrenal glands to set off a cascade of hormones that result in the secretion of adrenocorticotropic hormone (ACTH) and the catecholamines, specifically norepinephrine and epinephrine (adrenaline) simultaneously. The release of these two chemical messengers result in the production of cortisol, which functions primarily to redistribute energy to the critical organs (the heart & brain) and muscle groups that need it most and away from what does not (digestive & reproductive organs).

This response is triggered in an effort to boost and redistribute energy in order to give the body increased strength, speed, and support in anticipation of an attack.

Did you read that correctly? This response is triggered in an effort to help the body rise to the challenge.

Contrary to popular belief, the stress response differs with each experience and is influenced by our perspective of it. However, in order to better understand its affects, let's go on to discuss the Fight or Flight Response, in general.

During the Fight or Flight Response, your senses are sharpened, your heart starts to race, breathing becomes rapid, blood pressure goes up and other systems are suppressed. I'm sure you can relate.

After the stressor is no longer present and enough cortisol has been secreted to restore homeostasis, the elevated levels of cortisol in the blood bind to the hypothalamus and pituitary gland to inhibit the production of more cortisol, essentially turning off the stress response through feedback inhibition.

### **Where The Problem Comes In**

The problem comes in when the acute stress response turns long term and chronic. While the body is prepared to come down from an acute reaction, it is not prepared to be in a prolonged state of tension without relief and proper restoration.

When stress is not managed properly, it can then go on to disrupt the natural rhythm and flow of cortisol throughout the day, and it's this broken rhythm that can cause unnecessary confusion and chaos.

So how does this reaction manifest? According to the research, symptoms are diverse and nonspecific and can include, but are not limited to:

- Trouble with memory and recall
- Inability to focus and concentrate
- Inability to judge situations and make decisions
- Pessimistic attitude
- Anxiety and depression
- Moody, irritable, and short tempered
- Agitated, unable to relax, nervous habits
- Feeling overwhelmed and incapable
- Feeling lonely and isolated
- Sleep irregularities
- Procrastination and neglecting responsibilities
- Overuse of alcohol and drugs
- Cravings- especially sugar, carbs and caffeine
- Dizziness- especially from lying to standing
- Lightheadedness- especially in between meals
- Skin issues- acne, eczema, psoriasis
- Headaches and pains
- Chronic fatigue and exhaustion
- Irregular periods and infertility
- Decreased libido
- Digestive and elimination issues
- Accelerated aging
- Cardiovascular disease
- Obesity, increased visceral (abdominal) fat and reduction in the ability to burn fat

& the list goes on... In fact, it is not farfetched to say that stress has the potential to play a part in every chronic disease that exists today.

But more important than its role in chronic disease, is our perception of it. In fact the research also says that we can turn stress from a death sentence into an avenue for growth, development, health and well-being if we so choose.

I think Dr. Kelly McGonigal, author of *The Upside of Stress*, said it best in her Ted Talk, "How To Make Stress Your Friend", where she references several studies covering this phenomenon.

- "Does the perception that stress affects health matter? The association with health and mortality.": This study looked at the link between the belief that stress is bad for you and public death records. It found that the belief that stress is bad for you could actually kill more people than stress itself.

- “Mind over matter: reappraising arousal improves cardiovascular and cognitive responses to stress.”: This Harvard study looked at the link between our perception of stress and cardiovascular and cognitive function. It found that rethinking the stress response as helpful improved both.

### **So how can we learn to detoxify stress and embrace it in a new and empowering way?**

In my program, Let Go & Grow, we dive deep into this topic and the unique process I use in my private practice, depicted here, to address the mind and body holistically.

**LOOK AT → LEARN FROM → LET GO OF → GROW THROUGH → EVOLVE**

We look at mindset, diet and lifestyle and how to let go of what doesn't work, incorporate what does, and move forward powerfully in a way that is true to you.

# FUNCTIONAL SUPPORT: MINDFULNESS

## IMPORTANCE OF MINDFULNESS

When we have a head full of never ending thoughts, worries, fear and judgment- it can be difficult to be present, focused and remain centered amongst the chaos. So instead we walk around feeling distracted, distressed, exhausted and powerless. Asleep at the wheel, we hand the keys to the kingdom over to everyday thoughts, feelings and sensations, reacting on autopilot rather than consciously choosing to create what we desire for ourselves and our lives.

However, thankfully, there is another way and a variety of tools that can assist us.

### **LG&G TIP:**

When we choose to be mindful in our everyday lives or take a step back to reflect and meditate, we create the space to go within, train our attention and observe what is happening within our minds and bodies.

## MEDITATION

Meditation is one of the most powerful tools for creating health and harmony in the mind and body. It allows us to take a step back, reflect, change our perspective and pivot if we need to. This process brings in more choice and less reactivity, making it that much easier to let go of the old and create new patterns for our minds, bodies and lives as a whole.

There are so many ways and forms to go about meditating, ranging from a grounded visualization to breath work or from qi gong to a body scan.

If you are just getting started, I recommend choosing the form that you are most drawn to and keeping it simple by picking a certain time each day, turning off distractions and setting a timer. At the beginning, frequency is key and even a 3 minute practice done consistently can pay massive dividends.

Here, in the Let Go & Grow tool kit, we use a variety of tools and exercises to meet this need, specifically the Heart-Based Practice, to bring about connection, presence and new experiences.

Finally, remember that there is no right or wrong way to tame what the Buddhists call "The Monkey Mind". You don't have to be feeling or thought-less. Your only job is to observe what comes up, cultivate curiosity, and explore it in an

inquisitive way. Remember that feeling and thought form, only have power if you give them your power. You can always shift your attention and turn towards a new experience, creating focus, concentration and a new and empowered creation.

## THE HEALING POWER OF OPTIMISM

Optimism is a powerful tool, perspective and approach that allows us to open up to the possibilities, explore life with enthusiasm, and grow through life's challenges with more grace and ease.

Contrary to popular belief, it is not equivalent to some flighty quality, like blind and delusional positivity or ignorant bliss predicated on a state of denial. It's a strategy and a way to connect, enter into and find meaning within our experiences, rather than avoid, bury or get caught up in them.

I have found optimism to be a practical exercise that uplifts and yields increased awareness, strength, resilience and the ability to tap into more high vibe states, like appreciation, gratitude and love- all accessible through the power of choice, which ripples out and reverberates through your physiology and life experiences.

You see, in essence, optimism is a practical way to exercise faith, seeing life as a whole as a for us experience, bringing us closer to the truth- and the truth is far more powerful than hope and-or positivity because the truth is that you are more than enough, you have everything inside of you and that freedom and radical healing are possible.

In this, optimism helps us to connect with, expand into and appreciate our experiences- sending our system a signal of safety and gentle reassurance. It also helps us to enjoy the journey and love where we are in the present moment while moving forward with an eye toward solutions, progress and growth.

The tried and true benefits of optimism have even been explored and confirmed by a large, growing body of scientific research. Studies have demonstrated a strong link between optimism and increased health and well-being. They have even found it to be the most important predictor of resilience.

Pretty amazing, right?

### **Choose your story**

At this point, you may be wondering why we would choose anything but optimism?

Many of us narrow our field of vision and default to a “negative”, disempowered perspective because we, on some level, feel threatened by our experiences. This state of distress then sets off an internal alarm system, causing us to contract, defend and protect- many times for good reason. However, when the stress response goes unchecked and becomes long term and chronic, we wind up living our lives in a contracted state, never learning how to opt out, open up, expand and grow. Hello health problems!

This is where learning how to intentionally cultivate optimism can send our minds, bodies and lives as a whole a signal of safety, allowing us to tap into our own intrinsic resources as we begin to heal and move forward in the creative process.

Here, it serves to remember that it starts with you, exercising your power of choice- choosing from the array of perspectives available. This is why reading an eye opening book or taking a program, like Let Go & Grow, can be so effective because it opens you up to new viewpoints.

If you are ever in doubt and struggling with the choice between optimism and its alternatives, ask yourself... What perspective feels expansive, empowered, and solution oriented? What perspective brings me peace?

Feel free to try them on! When you do, the choice will become clear (unless the ego is involved), and optimism will then begin to turn your obstacles in opportunities, drawbacks into growth and what once seemingly worked against you into something that can work for and with you- all through a simple shift in perception.

If the ego is involved, make sure to ask... Would I rather be right or have life and heal?

### **3 Ways to Cultivate Optimism**

- **Lead:** Your mind needs a leader and that leader is you. It needs direction and to be taught how to find meaning, in the midst of adversity, and optimism, especially when challenged. If you choose not to direct your mind, it will run the show. However, you have the ability to shift your perspective, change your thoughts and teach the mind how to be on your

team by being an assertive leader. Just remember that leadership requires dedication and discipline, in this case, to a shift in attention and focus.

- **Address distress:** When a challenge arises, remember that it is coming up for you. It's asking you to connect, find meaning, to let go and grow. Engage in this process, and it will not only clear, it will bring freedom, health, and all of the high vibe states that you desire.
- **Ask solution oriented questions:** Questions are an incredible way to connect, cultivate receptivity and facilitate the process. Just make sure to ask solution oriented questions like: *What can I learn from this experience? How can I grow through it? What would it take to shift my perspective and clear this pattern?* For more on this, you can check out an article I wrote that dives deeper here.

Last but not least, remember who you are, have confidence in your abilities and enjoy the creative process. Optimism makes it so much easier to have fun, create and bring our dreams to life- so take full advantage and enjoy the ride!

## A NOTE ON GRATITUDE & APPRECIATION

Gratitude opens the doors and appreciation anchors it. Here, we can count our many blessings and bring them into an experience.

When your system is in the expansive, coherent state of appreciation, it works better, becomes more functional, and operates from an enhanced state of order, harmony, and resilience.

As we've discussed, perspective is 24-7 medicine. It's practical, measurable, realistic, and most importantly, yours- and here are just a few more of the appreciation based researched health benefits:

- less stress and anxiety
- more connection, compassion and generosity
- less lonely and isolated
- more alive, alert, focused and optimistic
- less likely to suppress emotions
- stronger immune system
- less pain and inflammation

- better sleep quality and duration
- lower blood pressure
- more energy throughout the day

To access this state, you can engage in the heart based practice with a focus on gratitude and appreciation- allow what you are grateful for to turn into an appreciation for what is- all that you are, all that you have, all that you can do, your whole life experience and the people in it. Bonus points... for appreciating each challenge that may just be an opportunity for growth and development in disguise

Alongside the Heart Based Practice, other tools for cultivation include:

- Written reminders: keeping words, like gratitude and appreciation, in our ecosystem
- Journal: where you can recall heart opening experiences, count your blessings, debrief, refocus and shift your perspective on the challenges of the day
- Communication: thank you in a verbal and written form is a sincere form of honoring each experience, communicating gratitude and sharing appreciation with sincerity

# FUNCTIONAL SUPPORT: ENVIRONMENT

## FRESH AIR

A breath of fresh air is one of the simplest ways to improve your overall health and well-being. Often, a patient will come into my office, exhausted and drained, and I recommend time in nature or a beach vacation. Now, I live in Florida, so sunny beaches are easy to come by, but no matter where you live, you can get outside and enjoy the outdoors.

Ecotherapy, a field of science that studies the psychological and physiological benefits of being outside and in contact with the earth, has been proven to decrease blood pressure, heart rate, tension levels, and symptoms of depression while improving sleep quality, immune function, self esteem, energy, and overall mood. Researchers have found that spending as little as 10 minutes outside a day can make a big impact on your overall health and well-being.

### **LG&G TIP:**

I recommend spending at least 10 minutes outside each day, whether it's a quick walk around the block, to play with your furry friend, or to take a couple of deep breaths during a work break.

## EARTHING

Earthing, or connecting to the earth directly, charges the body immediately with an abundant supply of electrons on and within the earth's surface. This reconnection yields a physiological and psychological shift immediately, and in this case, more is better. Some interesting studies have shown that just by placing your bare feet on the ground for 20 minutes at a time, you can drastically change the course of your day. This practice has also been shown to reduce stress, inflammation, and pain, normalize biological rhythms and improve adrenal function, sleep and energy throughout the day.

### **LG&G TIP:**

Get grounded.

For those of you who spend most of your days inside, in an office environment, there are some interesting technological alternatives that you may want to consider in the form of "earthing" mats and bed sheets.

With that said, I believe connecting directly to the earth is the best way to get your daily dose of these magnificent electrons. However, studies do seem to support earthing sheets and mats as a reliable, steady source that can be used effortlessly throughout the day and night while you sleep.

### **LG&G TIP:**

Stop and smell the roses!

Believe it or not, many flowers have been found to be at least as effective as certain antidepressants in the treatment of depression.

The idea that flowers can help us to access mental and emotional well-being, along with improved health and vitality is a timeless concept that is near and dear to my heart. As I was first introduced to the healing powers of holistic medicine through the Bach Flower system, which I have used personally and professionally ever since.

Research published in the International Journal of Medical and Health Sciences, found that in a matter of 2 minutes, stopping to smell the roses, or in this case rose water, increased parasympathetic activity (calm and connect mode), while simultaneously decreasing sympathetic activity (fight or flight mode). With this said, I find flowers useful in all forms, enjoyed as a plant, cooked with as a spice, taken internally as a herbal remedy, or used topically as an essential oil.

### **LG&G TIP:**

Soak up the sun!

Sunlight is another exquisite but often overlooked resource that has been shown to elevate mood, increase DNA repair mechanisms, improve endocrine, cardiovascular and immune function, while also decreasing inflammation in the body. This doesn't mean to go out and return as a lobster, but using sunlight wisely can be extraordinarily therapeutic.

Another key is to create an environment that you love to live in. Studies show that when a kitchen is organized and uncluttered people tend to eat healthier and snack significantly less without trying to. Many people also find the act of creating space, cleaning up, giving away old clothes, redecorating, etc. to be synonymous with letting go of the old to make room for the new to enter and radiate throughout all aspects of life.

I also recommend that you start cleansing your cabinets of toxic products such as home cleaners, weed killers, cosmetics, etc.

### **LG&G TIP:**

Detox your environment by letting go of the old to make room for the new.

# FUNCTIONAL SUPPORT: NUTRITION & SUPPLEMENT

When it comes to food, it is important to keep it simple and true to you. I have many patients that come in on all sorts of fad diets that deprive their body of key nutrients and their lives of enjoyable experiences. These diets may work for a short period of time, but they very rarely, if ever, work in the long term.

However, with a few tweaks, it is possible to eat what you want without depriving yourself of anything. In fact, I bet if you give this a chance you will come out feeling more alive and fulfilled than ever before.

The key here is to up the quality of how and what you eat so that you can provide your body with the key nutrients to help it function properly.

The diet philosophy and tips that follow are the same guidelines that I recommend professionally and use personally and, tailor on an intuitive and individual basis. For more on this, feel free to check out my private practice, for more a personalized advice.

Before diving into what to eat, let's first touch on how to eat. You can eat all of the healthy food that you want, but if you are not setting the stage to digest and assimilate your wonderful choices, you may still fall a bit short.

## HOW TO EAT

- **Get Present:** Before meals, take a moment to relax and get present, whether this means taking a couple of deep breaths, saying a prayer or just closing your eyes in gratitude for a moment, do it. This small act may seem silly to some, but it 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, eat in good company, notice the vivid colors, the smell, the taste, and anything else that helps you to savor the flavors and 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.
- **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.
- **Check In With Your Body:** In order to notice if you are 75-80% full, you have to remain present and connected to your body. This marker is a

helpful signal to slow down so your brain can catch up with your body, and you can feel satisfied but not overly full.

- **Focus On Health Creation:** It is easy to get caught up in the details and sucked into self-deprivation. Whenever you notice this taking place, 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. Some people may be able to get away with 80/ 20 and other 99/1. Everyone is unique but the more aware you are, the easier it will be to find your unique balance, which can also change over time.

I believe it's also important to mention that we all have an emotional relationship with food and that is okay- observe it , engage the LG&G process as you learn from it to understand and work on it so that you have it vs. it having you.

After working with thousands of people, I've come to understand that will power is a finite resource. With that said, food is meant to satiate and sustain and if it's not there is something wrong, something that does not work- in essence, untapped potential- reservoirs of energy begging to be yours. If you have a volatile relationship with food and your body and feel reactive around food, you can engage in the Let Go & Grow process as you seek professional help. For more information, feel free to check out the resources section of the program.

## WHAT TO EAT:

I suggest that you eat high quality, nutrient dense, organic whole foods. Eat a wide variety of pasture raised meat and eggs, wild caught fish, healthy fats, local and seasonal produce including vegetables, starchy tubers, probiotic rich choices, fruit, and healthy sweeteners. Make sure to incorporate all of the colors and to eat a balance of warm, room temperature and cool foods. Consuming the highest quality foods available to you is the priority. High quality is not the same as expensive, in fact most of my patients actually save money eating this way. High Quality, in general, means to eat organic, unprocessed, unrefined whole foods.

Meats should at least be antibiotic and hormone free, and they are even better if they are organic, grass fed, pasture raised and/or local. Seafood should be Wild Caught. Produce should be organic, and it is even better if it is local and/ or seasonal. GM crops are prohibited. The reason I emphasize high quality food is because conventional and genetically modified (GM) crops are sprayed with toxic pesticides and contain experimental material that threaten our health in just about every way, and the research confirms it, over and over again.

Let me make this clear, I do not consider genetically modified crops or toxic pesticides fit for human consumption. I believe them to be poisonous, experimental and a reckless impersonation of what our bodies have been designed to consume since the beginning of time. I have grave concerns about the detrimental effects of genetically modified crops and the use of these poisonous pesticides on our environment and on our population's health and well being. With that said, you can look for the labels stated above, as well as "USDA Organic" and "NONGMO Project Verified" (see image below) to guarantee the integrity of your food.



Another clear benefit to eating organic, apart from the decreased exposure to toxins, is that organic produce contains more intact nutrients. A relatively recent systematic review of 343 studies, published in September of 2014 in the British Journal of Nutrition, found organic produce to have higher concentrations of antioxidants and lower amounts of pesticides than non organic produce.

I personally look at high quality, organic food as just real food, what you see is what you get, without any weird, foreign, or strange material lurking. If I could emphasize anything, it would be this. Up the quality of the food you eat so that you can minimize your exposure to the toxins found in conventional and gmo

crops. The goal is to have your food work for you rather than against you, and if you choose to constantly consume toxic matter this will always be a struggle. However if you choose to eat high quality food, your body and life will surely thank you with improved health and well-being.

## **LG&G TIP:**

Prioritize organic!

## **CORE DIET: WHAT TO EAT**

- **Eat an anti inflammatory, nutrient dense whole foods diet:** This means that we are going to switch gears to more of a "paleo template" style diet with some exceptions such as gluten free grains, like rice, buckwheat, and quinoa. Here, you can focus on eating healthy, high quality protein, fat, vegetables, fruit and starchy carbs while eliminating what could inhibit the healing process.
- **Stick with high quality whole foods:** Quality is a key component of changing up the diet. This means to eat whole foods that are organic and non gmo as much as possible. If you are eating a packaged item, I would check the label. For more information on this, check out the "Nutrition Section" in the Holistic Guide Book.
- **Protein intake:** Healthy, clean protein helps to reduce cravings, regulate blood sugar levels and improve the immune system. Feel free to eat high quality animal sources, and include a healthy protein powder for convenience, such as collagen protein.
- **Healthy Fats:** Healthy fats help to regulate blood sugar, decrease inflammation and aid the body in producing energy. Think olive oil, ghee, avocado, nuts and seeds!
- **Fermented foods and starchy carbs:** Good gut health is strongly connected to the health of the HPA-axis. The gut microbiome needs probiotics and prebiotics to thrive. Fermented foods contain live organisms as well as prebiotic fibers to help promote gut health. Starchy carbs, like sweet potatoes, and gluten free grains, like quinoa and white rice, should fluctuate based on activity level.
- **Drink lots of pure, filtered water:** Make sure to drink at least half of your body weight in fluid ounces each day. I would encourage more if possible.
- **Keep an eye out for gluten and dairy (with the exception of ghee):** Gluten and dairy can be tricky substances that cause a severe and widespread inflammatory response in many people. It's best to avoid these two substances when you can, and if you do decide to incorporate them,

make sure to take an enzyme that can support your body in breaking them down.

- **Keep an eye out for caffeine and alcohol:** Caffeine, particularly coffee, is a stimulant and can place additional stress on the body. Alcohol also stresses the liver, which is often compromised already, due to the world we live in. Both substances have a dehydrating effect. It's best to keep an eye out for caffeine and alcohol.

## CORE FOOD PLAN

### PROTEIN

Eggs, Meat: Beef, Buffalo, Elk, Lamb, Venison, Poultry: Chicken, Turkey, Seafood  
Recommendation: (12 oz. or 2-3 meals a week), Organ Meat: Liver, Kidney, etc.,  
Bone Broth, Organic Protein Powder

RECOMMENDATION: I recommend eating high quality protein, fat and a vegetable at every meal. This is relatively easy to do and will keep your energy levels and blood sugar stable throughout the whole day. If you really want to be good, you can also add a small side of kimchi, sauerkraut, or any other kind of non dairy fermented goodness (for your daily dose of probiotics).

### FATS

Fats for Cooking: Coconut Oil, Butter, Ghee, Lard, Tallow, Palm Oil  
Fats for Room Temperature/Cold Use: Olive Oil, Sesame Oil, Avocado Oil, Macadamia Nut Oil

RECOMMENDATION: You can eat these fats liberally but don't confuse them with the industrial seed oils on the avoid list. Fats are best if they are Organic and Cold Pressed

### STARCHY PLANTS

Acorn Squash, Beets, Butternut Squash, Celery Root, Corn, Parsnip, Plantain,  
White Potato, Sweet Potato, Yam, Yuca, Taro, Tapioca

RECOMMENDATION: Same recommendation as the other veggies. You can eat all them all liberally, enjoy!

### VEGETABLES

Artichoke, Arugula, Asparagus, Bamboo Shoots, Bok Choy, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Chives, Cilantro, Cucumbers, Daikon Radishes, Eggplant, Fennel, Garlic, Greens, Leeks, Lettuce, Mushrooms, Okra, Onions, Parsley, Peppers, Pumpkin, Radishes, Scallions, Sea Vegetables, Shallots, Spinach, Sprouts, Squash, Tomato, Turnips, Watercress

RECOMMENDATION: You can eat vegetables liberally, it's very difficult to over eat vegetables. Also, by eating veggies with some kind of fat you significantly increase nutrient absorption. For example, you can have a salad with avocado and a dressing that includes olive oil, you can roast veggies in duck fat or eat them steamed with butter, coconut oil or ghee

## **FRUIT**

Apple, Apricots, Banana, Blackberries, Blueberries, Cherries, Grapefruit, Goji Berries, Kiwi, Mango, Melon, Nectarine, Orange, Papaya, Peach, Pear, Persimmon, Pineapple, Plums, Pomegranate, Raspberries, Strawberries, Tangerines

RECOMMENDATION: You can eat fruit liberally as well but beware of dry fruit. Dry fruit is easy to over eat and isn't nearly as beneficial.

## **FATS**

Rice (white, brown, wild), Sorghum, Teff, Quinoa, Amaranth, Buckwheat, etc.

RECOMMENDATION: Most people do really well with gluten free grains, and they are a wonderful way to expand the diet and not feel so boxed in. However, there is a small segment of the population that does not do well with them- so just keep an eye out as you really get to know your body.

## **LEGUMES**

Beans of all kinds (soy, black, kidney, pinto, etc.), peas, lentils and peanuts

RECOMMENDATION: In Chinese Medicine, beans are used to regulate hormones and balance the HPA axis.

## **PROBIOTIC RICH FOODS**

Sauerkraut, Pickles, Kombucha, Kefir, Beet Kvass

RECOMMENDATION: You can eat or drink probiotic rich food liberally, probiotics are so healthy for your body and mind. I eat pickled papaya or kimchi at almost every meal, the pickled papaya almost tastes like papaya in a sparkling white wine- pure magic!

## **NUTS & SEEDS**

Almonds, Brazil Nuts, Cashews, Chia Seeds, Hazelnuts, Nut & Seed butters, Peanuts, Pecans, Pine Nuts, Pistachios, Pumpkin Seeds, Sesame Seeds, Walnuts

RECOMMENDATION: A handful of nuts a day is ideal, nuts are relatively easy to overeat, but I honestly don't think you have anything to worry about, especially if you are eating mindfully. A spoonful of nut butter.

## **SPICES**

Anise, Basil, Bay Leaves, Caraway, Cardamom, Cayenne, Chili, Chives, Cinnamon, Cilantro, Coriander, Cumin, Curry Powder, Dill, Fennel, Fenugreek, Ginger, Ginseng, Mint, Mustard, Paprika, Parsley, Pepper, Real Salt, Rosemary, Saffron, Sage, Tarragon, Thyme, Turmeric, Thyme

RECOMMENDATION: Herbs and spices are an incredible way to add high quality nutrients and a variety of flavor to your food. I recommend using spices liberally as long as they are Organic! You can find some really odd ingredients in the non-organic varieties.

## **SWEETENERS**

Raw Honey, Maple Syrup, Coconut Palm Sugar, Date Sugar, Molasses, Liquid Stevia, Monk Fruit Sweetener, Xylitol

RECOMMENDATION: Sweets are treats and should be eaten in moderation, be mindful and enjoy every bite! I often make banana pancakes with pure maple syrup on the weekends, eat homemade dark chocolate throughout the week, and put honey in my tea.

## **DRINKS**

Water, Tea, Coffee (Coconut Cream and Nut Milk is a perfect addition to beverages)

RECOMMENDATION: The research is unclear on the amount of water to drink each day. As a rule of thumb you can drink half your body weight in liquid ounces a day, and evaluate accordingly. I recommend drinking Filtered Water and/ or Spring Water. Feel free to add a lemon. Lemons are an excellent source of vitamin C, they promote bile flow and good digestion, reduce inflammation and

detoxify. For every caffeinated beverage it is also said that another 8 oz. of water should be added. Water also comes in sparkling form, which is also hydrating.

## **KEEP AN EYE OUT FOR**

Alcohol, Caffeine, Gluten and Dairy

RECOMMENDATION: With the exception of caffeine, I have never heard a patient come in and relay that they feel well and healthy on alcohol, gluten and or dairy. I have only seen benefits with the removal. With that said, I don't think that you need to completely remove these substances unless you have a severe reaction- but I would consider taking them out and evaluating through the reset protocol to understand your relationship with them. I also do not recommend daily exposure to these substances.

## **AVOID**

Artificial and Processed Foods (this includes gmo's and refined flours), Industrial Seed Oils (such as Canola, Cotton Seed, Grape Seed, Corn, Peanut oil, etc.), Gluten found in wheat, barley, and rye, and often randomly in processed foods, Processed Soy (found in soy milk, soy flour, soybean oil and soy protein), Sugar (especially High Fructose Corn Syrup and Agave), Alcohol, Unfiltered Tap Water.

RECOMMENDATION: I highly recommend that the above be avoided when possible. As you can see, alcohol and gluten are on both lists. This is not a mistake.

## **LG&G TIP:**

Go through the list above and highlight all of the foods you love and add the ones that are missing within the given guidelines. Notice which ones you have not tried and make an effort to try them!

In these cases, monitor how your body responds to the food group. If you are not sure, you can look into an elimination diet.

An Elimination Diet is where you take out all of the potential allergens from your diet for a period of time, 30 days to 3 months (your choice), and then slowly add them back in, one at a time for a couple of days and monitor the effects. Look for

changes in your energy levels, quality of sleep, aches and pains, mucous, digestion, elimination, etc. throughout the day and evaluate accordingly.

## RESET DIET: 28-Day Journey

*Here, we can discover the foods that work best with your body through a 28-day reset experience, where we will include anti-inflammatory, nutrient dense whole foods and eliminate what could potentially inhibit the healing process.*

- **Eat & drink liberally:** high quality protein, fat, vegetables, fermented choices, fruit, herbs, spices, starchy plants and water
- **Eat & drink in moderation:** restaurant food, processed meats, gluten free grains, legumes, nuts and seeds, and tea
- **Avoid completely:** alcohol, dairy, gluten containing grains, gmos, industrial seed oils, chemically laden and processed foods with the exception of certain protein powders
  - Possibly avoid gluten free grains, legumes, eggs, soy, corn, coffee and even, all caffeine if certain health issues do not resolve

## RESET DIET (Phase II): As Needed

**Reintroduce:** here, we will reintroduce one new food group into your diet at a time, over the course of one day within several meals, and monitor the impact over a 3-day period. Here, we will look for specific reactions such as indigestion, fatigue, mood alterations, insomnia, skin disruptions etc.

## LG&G TIP:

Balance is relative. With diet, like anything in life, you have to experiment to figure it out. It is also important to note that your body will change throughout your life. One week the 80/20 rule may work well, where in a year 95/5 may be your new ratio. The key is to stay present, tune in and go with the flow.

## ON SUPPLEMENTATION

## **The Purpose of Supplementation**

Supplementation can be a great therapeutic addition to a healthy mindset, diet and lifestyle- but in no way can it replace it. In my practice, I use supplements to bring grace and ease into the healing process, which can be very challenging at times.

In this way, supplements can help to support you on your own path to radiant health, freedom and becoming who you truly are.

## **Principles of Supplementation**

Not all supplements are created equal. Like any industry, there is a difference in quality between supplement companies and individual products. Because of this, I recommend purchasing high integrity products from reputable companies to ensure optimal results.

Here, it is important to keep an eye out for supplements that contain synthetic ingredients and preservatives. These supplements are often found in big box retailers and pharmacies that care more about their bottom line than your health and well-being. Unfortunately, many people make the mistake of attributing poor results to holistic medicine and supplements in general rather than the poor quality of the product itself.

Because of this, I recommend purchasing supplements from an enlightened doctor, health food store or online destination. Many of my favorite brands can be found on Amazon and through our online dispensary, Fullscript, where we currently offer our whole community 15% off.

It is also important to make sure that your supplements contain the active and bioavailable forms of particular nutrients. For example, D3 and Folate are far more comprehensive and bioavailable than D2 or Folic Acid. When a company cares about the details and stays up to date with the latest research, it is much easier to trust and allow them to do the work for you. Pure Encapsulations is in my opinion a great examples of this.

Last but not least, if you have any questions on supplementation, check with a trusted, holistic healthcare practitioner that can work with you to create a strategic treatment and supplement plan aimed at root cause resolution.

I have treated many patients that come to me after spending thousands and thousands of dollars on supplements that are just thrown at them without any thorough thought or investigation into the underlying issues. This approach simply does not work, as it mimics the conventional paradigm.

When I create a treatment plan and prescribe a supplement, I work to treat the whole person and specific patterns rather than a single symptom. For example, Vitamin C can help to regulate the immune system, decrease inflammation, build collagen, repair the gut, improve detox, enhance elimination and promote a healthy stress response. Whereas many practitioners will use a different supplement for each one of these symptoms.

In my practice, I also use Chinese Herbal Formulas. My favorite part about this approach is that Chinese formulas drive function and are usually not meant to be taken for long periods of time.

Many of my patients come into my office having been on certain supplements for years. After we review these supplements and get a simple game plan together, they realize they do not have to be bound or dependent on these products for life! This is a light bulb moment for many people, that deepens faith in oneself and body to heal- just another simple shift in perception that big pharma has worked so hard to hide.

For example, rather than just taking progesterone cream to suppress symptoms, there are formulas that can help the body to heal itself by directly addressing the underlying imbalances that cause the symptoms in the first place. In this way, specific formulas can help to promote function and balance within the body through tailored supplementation.

The timing and dosage also varies from patient to patient, depending on the patient's unique composition, needs and health goals. In general, I like to work with circadian rhythms, assisting the body in producing more natural energy in the morning and resourcefulness throughout the day, while placing the more calming supplements in the evening or just before bed. I've seen so many practitioners fight with the body in this way- placing high dosages of calming herbs in the morning for a patient that presents with certain health issues due to energetic deprivation. I've seen this simple shift make all of the difference. Just by rearranging the timing and strategy, you can avoid many potential issues and in some cases, a true disaster.

When introducing a supplement plan, it's also important to introduce one at a time so that you can monitor and observe for any adverse reactions and/ or noticeable benefits. I have my patients introduce one new supplement every two to three days so we can carefully track and monitor the experience.

As a practitioner, I believe that it is of the utmost importance to work with my patients to bring in a strategy that will work within the context of their lives. For example, some people would much prefer to keep supplement intake to once or twice a day versus three to five times, some patients may prefer powders, gels and chewables to capsules. The key here is to tailor and personalize your supplement regime to you- as this is the only way for it to truly be effective, and there are so many great options out there!

Now that we have gone over the basics, I would like to introduce you to how I think about supplementation- within these four primary categories! In this section, I will also provide examples of supplements I commonly prescribe in my practice.

Before we dive in, I would like to mention that these categories are flexible in nature, and are not black and white. However, there are subtle and distinct differences that make each unique. For specific and up to date notes, brands, links and recommendations, make sure to check the resources section of the LG&G Foundations Tool Kit. There I've created a whole section for supplementation.

## **The 4 Categories of Supplementation**

1. *Food Based Supplementation* 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.
  - Liver or Desiccated Grass Fed Beef Liver pills or powder (I much prefer the pills) contains more nutrients than any other whole food gram for gram on the planet. Liver is an excellent source of protein and nature's own multivitamin. It contains an abundance of micronutrients, particularly fat-soluble vitamins such as A, D, K, and E, water soluble B vitamins, especially B12, natural folate, usable iron, CoQ10, trace minerals, and more.
  - Fermented Cod Liver Oil (not to be confused with regular Cod Liver Oil) contains nature's perfect balance of Fat Soluble Vitamins. Fermented Cod Liver Oil has been proven to reduce inflammation, stabilize the mood, promote healthy cholesterol levels, as well as improve neurological, musculoskeletal and endocrine function.

- Gelatin or Bone Broth is a highly absorbable form of protein (I use this powder instead of protein powder) and contains a myriad of amino acids, particularly glycine, that are used in many healing gut protocols for mucosal repair. Gelatin also improves mental health and sleep quality, while promoting healthy endocrine, musculoskeletal system and neurological function.
  - Himalayan Pink Salt contains over 80 ionized minerals encrusted into the earth more than 200 million years ago. Himalayan Pink Salt supports electrolyte balance, hydration (surprisingly!), and detoxification. It also contributes to and supports the cardiovascular system and musculoskeletal system.
  - Coconut Oil is an easily digestible and usable form of fat because it does not require pancreatic enzymes for digestion and can be used for energy immediately. Coconut oil improves neurological and metabolic function and supports the endocrine, immune, and musculoskeletal systems. Many people also use Coconut Oil topically for skin issues, and even in the morning for "Oil Pulling".
  - Turmeric is an incredible herb that has been proven time and time again to reduce inflammation, improve mental health, immune function, and detoxification pathways. It has demonstrated to be at least effective as over a dozen different pharmaceutical drugs.
2. *Core Supplementation* 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, compromised function or just needs help rounding out.
- In my practice, I often prescribe Pure Encapsulation's Nutrient 950 with K or Seeking Health's Optimal Prenatal for women and Pure Encapsulation's UltraNutrient or Athletic Nutrients for men- but I have all of my favorite options in our online dispensary if you'd like to check them out here. I love these multivitamin options because they are very neutral in nature and have the most active and bioavailable forms of each nutrient. They are all very comprehensive, and I have seen them level out patients in unbelievable ways.
  - Digestive Enzymes can be a great way to support digestion and assimilation. Digestive enzymes help the body to heal, repair and breakdown fats, carbohydrates and protein.
  - Probiotics can be very helpful when it comes to creating health, especially when we don't get enough probiotic rich food in our diets. In general, I recommend dry forms, like Garden of Life's Fitbiotic Probiotic Powder, because it is convenient, well tolerated, well-researched and made up of both pre and probiotics. I also like their Women's and Men's formula.

Ongoing studies, continue to reveal the many benefits of gut-friendly bacteria. These benefits include, but are definitely not limited to, enhanced digestion, immune modulation and even optimized mental health.

- In this day and age, I also find detox blends to be a perfect way to support detoxification in this day and age. I often recommend Pure Encapsulations Liver GI Detox, at night, before bed, for this purpose, as it is well formulated to support a full spectrum detox and what better time to process the day and make the most of a high quality sleep then through this kind of additional support- out with the old, in with the new. Toxins, be gone!
  - Magnesium Glycinate can be taken orally in the late evening or just before bed, at night, to promote quality sleep and healthy bowel movements. Magnesium can also be bought in the form of spray or available in the form of an epsom salt bath. Magnesium brings in a sense of calm and relaxes the muscles. It has also been shown to reduce pain and premenstrual syndrome.
3. *Therapeutic Supplementation* 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.
- Flower Remedies are made of wildflowers and can be used improve emotional health. I have seen them work well to raise self-awareness, transform fear and bring about joy, peace, happiness, health and love to our lives. I am most familiar with and often recommend the Bach Flower Remedies.
  - Adaptogens are a category of herbs that help promote a healthy stress response. The adaptogens support the HPA axis, boost energy levels, improve sleep and strengthen the immune system. Examples of adaptogens include Ashwagandha, Eleuthero, Ginseng, Rhodiola, Holy Basil, Schisandra, and Red Reishi.
  - Activated B-Vitamins are a great way to support and build a healthy mood. These vitamins help help to regulate the nervous system, build tissues and aid the liver with its many functions.
  - Vitamin C is a great way to support your body in times of stress. Vitamin C helps to regulate HPA axis, strengthen the immune system, repair the tissues and detoxify the system. The National Library of Medicine holds thousands of studies demonstrating vitamin C's ability to improve health and well-being, along with over 200 disease applications. I recommend using a liposomal or buffered form.
  - Magnesium Glycinate can be taken orally in the afternoon and at night to promote quality sleep and healthy bowel movements. Magnesium can

also be bought in the form of spray or available in the form of an epsom salt bath. Magnesium brings in a sense of calm and relaxes the muscles. It has also been shown to reduce pain and premenstrual syndrome.

- Essential oils can also be a great way to interrupt patterns, create new ones, drive function and promote balance. Here are some of my favorites: Balance, Serenity, Arborvitae, Lavender
4. *Acute Supplementation* 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.
    - Rescue Remedy is a combination of 5 Bach Flower Remedies and can be used to relieve shock, loss, trauma, panic, terror and intense periods of stress.
    - Activated charcoal is actually used in emergency rooms across the world to absorb and trap toxins and chemicals. I highly recommend having it around in your first aid kit for when a meal does not sit right or you just happen to drink a little too much alcohol.

Finally, as always, remember to follow your intuition and read the signs as they come to you! If you are drawn to a certain doctor, program or supplement regime, check it out, do your homework, and see where it leads you. No one knows you or your body better than you do. Tap in.

# FUNCTIONAL SUPPORT: DETOXIFICATION

Whenever I present on detoxification, there are a lot of preconceived notions and thoughts that come to the collective mind. I have found green juice, kale and the most recent wellness craze along with the very real definition, associated with addiction, to be the most common. In this section, I am going to encourage you to clear the slate, as we enter into a new perspective. Here, we will explore the importance of detoxification within the healing process and how to make it happen through evidence based tools and subtle mindset, diet and lifestyle shifts.

In this chapter, detoxification, also known as biotransformation and detoxication, at the simplest level can be defined as the process of removing toxins to optimize function. It is important to note that we are always detoxing. It is an ongoing process. Many times, it's only a lack of awareness or a resistance to change that limits our detox capacity. With a balanced, healthy lifestyle and a detox strategy that resonates, your body, mind and spirit will be able to process, clear and finally release in a more efficient and empowered way.

## **The Problem**

This discussion has never been more important because there is no denying the toxicity within our outer and inner worlds.

Since WWII, over 85,000 chemicals have been registered by the US EPA, and over 2,000 are added each year for use in everyday items, such as plastics, pesticides, pharmaceuticals, "health" and beauty related products. The Environmental Working Group even reported that the average person carries 91 toxic chemicals in his or her blood and urine, and in another study, they found over 200 different toxins on average in the umbilical cord blood of newborn babies, many of which were carcinogenic.

Not to mention, the toxins, like glyphosate, the active ingredient in Roundup, which are now commonly found in breast milk demonstrated by Mom's Across America and Sustainable Pulse and throughout the environment as a whole.

Worst of all, the industry is generally unregulated and very few studies consider the cocktail effect, which refers to the synergistic effects of the combined toxins and their unpredictable, and often supercharged, impact on the individual. For example, when lead and mercury present together, they magnify each other's toxic impact by more than ten times. This means that one chemical can make

you more susceptible to another and that multiple chemicals can cause more chaos than one alone.

Now, just as there is a negative cocktail effect, there is a positive one as well. By combining a variety of empowered choices and healing tools, we can begin to detoxify.

With that said, I believe that we all are here, now for a reason, and although toxicity is a very real issue, we don't have to be overwhelmed or distressed by it. Because despite the pollution, we still have the ability to create radiant health and thrive. This is the miracle of you, your brilliant body and empowered choices.

So while health across the world continues to decline and government agencies continue to avoid the truth as the chemical industry continues to hide it, you and I can equip ourselves with it and focus on what we can do about it- because our choices matter, big time, and we have the truth on our side, which is the chemical industry's biggest fear.

### **Who needs to detox?**

Many professionals in the field, with good reason, encourage intensive detoxification strategies for each and every patient. I, personally and professionally, see detox as a natural function that we can encourage to varying degrees based on the individual patient and his or her whole presenting picture.

With that said, compromised detoxification has been linked to a variety of pathological states including but not limited to the following: anxiety, depression and mood related disorders, fatigue, allergies, acne and skin issues, neurological conditions, headaches, thyroid disorders, infertility, hormonal and weight issues, cancer and many, many more.

Constipation, fatigue, bad breath, foul smelling stools, headaches and skin issues are usually the first of many signs.

### **How Detoxification Works**

The organs of detoxification, when in a healthy state, work efficiently as a whole to reduce the body burden, or the total toxic load of chemicals. Although the liver is the major organ responsible for detoxification, almost every organ system in

the body contributes as well. These organs include the lungs, liver, kidneys, intestines, lymphatic system, and sweat glands.

The liver, which acts as a filter through which the bloodstream flows, is designed to metabolize and remove exogenous and endogenous toxins, such as dead cells, chemicals, drugs and a wide range of unfriendly microorganisms, through three phases: phase I, phase II and elimination. Once the liver has transformed these toxins into water-soluble metabolites, they are ready for excretion by the kidneys, intestines, and skin through the stool, sweat and urine.

If phase II, "conjugation", is not supported, due to a nutrient deficiency or disease, the toxic byproducts from phase I, "functionalization", can linger in the body causing a variety of issues. Sometimes, the toxins at the end of phase I are even more toxic than at the beginning due to the conversion process. These toxins are often escorted into fat tissue, like a landfill, where our body increases in capacity in an effort to envelope and dilute the toxic matter.

## **Toxic Overload**

At this point you may be wondering why some people are more susceptible to toxins than others?

We can explain susceptibility through a concept called the "total toxic load". The total toxic load can be found by taking an individual's total toxic exposure and subtracting his or her ability to biotransform and excrete toxins. Here, an individual's ability to detoxify is influenced by a number of different factors, such as nutrient status, diet, gut health, stress, methylation, epigenetics, genetics, chronic inflammation and more.

In functional medicine, we often use a cup, overflowing with water, as a representation of this concept. As we know, it takes a certain amount of water to fill the cup which will inevitably overflow if we continue to pour into it. Likewise, when our system is overwhelmed and overloaded with toxins, symptoms will arise. If they are left unaddressed and we continue to pour into it, these symptoms will inevitably turn into full blown pathological patterns. Note to self, read the signs!

## **The Solution**

In order to drain the cup, we must support the pathways, build up our resources and remove the toxins. Disease is a process and so is health creation, and

detoxification, at a micro level, is a perfect example of this. It represents much more than a clear and vibrant body, it represents a way to step into and clear the toxins from our hearts, minds and lives as well.

As we move forward into treatment, it is important to remember that detoxifying is a journey. Start where you are, with what you have available to you now, and allow your journey to unfold for and with you. This can start with setting a simple intention to detox, clear, release or let go of what has not been working in your life. Setting this intention will make each step of the way a bit easier, as a solid foundation is built and a springboard emerges in which you and your body can thrive. In essence, it's all about taking the time to reflect and review all categories of your inner and outer world.

## **How To Begin**

In this day and age, we have deep knowledge and powerful healing technologies that can lower the toxic burden and optimize our sophisticated detox system. Before diving into this section, I recommend first reviewing and cleaning up your mindset, diet, environment and lifestyle. For more details on this, you can check out the Let Go & Grow program. I would equally prioritize elimination, ensuring that you have regular bowel movements (everyday), healthy urination (input equals output), and sweat on a regular basis. Without proper channels of elimination, toxins will have no choice but to accumulate. Below are my initial thoughts.

- **Mindset.** Create the space to go within, quiet the mind and connect to yourself. Set a powerful intention. Detoxify distress. Have a process to Let Go & Grow, where you can release the mental-emotional blocks that no longer work for you.
- **Diet & Water.** Clean up your diet. Steer clear of gmo's and chemically laden foods. Choose high quality nutrient dense foods that support your body. Drink clean, filtered water, free of fluoride and other chemicals.
- **Environment.** Review your health, beauty and cleaning products. Look into natural deodorants, lotions, makeup and sprays. Connect to the earth. Bring nature inside, and allow plants and filters to help you cleanse the air.
- **Lifestyle.** Choose an exercise routine that works for you. Work up a sweat. Enjoy your life, and optimize sleep for deep restoration. Sleep gives you the unique opportunity to rest and process your day.
- **Supplements.** For detoxification to work properly, a wide variety of macronutrients, micronutrients, cofactors, etc. are required.

- Milk Thistle is well known for its ability to support the liver. Other supplements, like LV-GI Detox, are also available.
- Cleansing with the Himalayan Pink Salt Sole, in the morning, considering Magnesium Glycinate, at night before bed, and a good probiotic, anytime during the day, along with a balanced, reset diet may be able to jumpstart your metabolism and healthy bowel movements.
- Flower Remedies may be the perfect place to start if you are feeling mentally and emotionally blocked.
- Healing Tools. Infrared saunas are an incredible way to work up a sweat, detox heavy metals and xenobiotics and leave you feeling clear and cleansed. I personally love my Sunlighten sauna. Recently, coffee enemas have also caught my attention, based on Dr. Kelly Brogan's recommendation and her late mentor, Dr. Nicholas Gonzalez's work.

Finally, I encourage you to have patience with the process. It's a journey.

Detoxification is a lifelong commitment. Unraveling the layers, can bring symptoms to the surface. Sometimes, symptoms can worsen before they get better. I have seen this time and time again. My advice is to always stay intuitive and focus in on the next best steps for you. When we learn how to tune into the process and work with our bodies, minds and spirits, we tap into an infinite well of wisdom, where we can detoxify, regenerate and heal.

# FUNCTIONAL SUPPORT: LIFESTYLE

## MOVEMENT & PLAY

It is of the utmost importance that you enjoy your workout, whether you go for a walk outside with a scenic view, find a great class, workout with a friend or update your playlist- the key is to enjoy it.

Why is the enjoyment factor so important? If you enjoy your workout, it is far more likely to integrate it into your life for lasting, sustainable change.

Far too many people dread the gym, and there is no reason for it when you are able to see how many options there actually are.

### LG&G TIP:

Move throughout the day. Try to get up every hour for about 5 minutes and walk around. If you can and feel comfortable with the idea, treadmill desks are a great alternative option to a sitting desk.

More than movement, it's important to take the time to have fun and play. Taking time to do the things you love and activities you enjoy, regulates the stress response and increases parasympathetic activity "calm and connect mode" in many ways including increased secretion of endorphins and improved immune function. Remembering to have fun and lighten up is key to your health and well-being.

### LG&G TIP:

Enjoy the little things by taking time to soak up the sunset, connect with loved ones, play with a pet, watch a great movie, listen to your favorite music and enjoy the outdoors.

These small activities may sound quite simple, but they add up. When you take time to enjoy the little things, your body, mind and life are able to opt out of the fast paced world, slow down, process and come into balance.

## SLEEP & RELAXATION

Contrary to popular belief, getting a great night's sleep starts from the moment you wake up in the morning to the time you get into bed. Sleep is a key part of living a healthy, productive and functional life.

Sleep gives you time to process your day, rest, recharge and repair. If you do not get 7-9 hours of high quality sleep, your body and life will inevitably suffer. Many people are unfortunately caught up in an inadequate sleep wake cycle without even becoming aware of it until they actually get a quality night's sleep.

Quality sleep is an essential part of living a healthy, happy and vibrant life. It is required to maintain our systems and reduces stress in almost every way. Studies show that a good night's sleep reduces inflammation and improves cardiovascular, neurological, endocrine, digestive, musculoskeletal and immune function. What does this mean for us? This means that we will have more energy, strength and clarity, improved cognitive function and better attitudes so that we are able to handle stress in a more efficient way.

Many of my patients that come in with severe anxiety, depression, and other mental health conditions lack proper sleep. Once sleep is restored, the conditions start to fade away, and their body and life are able to regenerate and function properly.

So now that you know a good night's sleep is of the utmost importance, let's talk tactics. Assuming that you act on the advice given in the previous chapters for daytime optimization, then all we need to focus on now is the evening.

## KEYS TO GREAT SLEEP

1. Move for 5 minutes upon waking and try to get 10-20 minutes of direct sunlight in the early hours of the day
2. Avoid caffeine after 2 pm
3. Turn the technology off or keep it at bay for two hours before bedtime
4. Dry your hair before you go to sleep
5. Wind down with a reflection practice of your choice
6. Go to the bathroom before bed
7. Make sure your room is cool or that you are at a comfortable temperature
8. Make sure the room is completely dark by turning off all of the lights, if outside light is coming in you can purchase black out curtains
9. Keep your phone and other technology at least 10 feet away from you
10. Go to bed around the same time each night, ideally before 10

## Bonus

Before you go to sleep at night, take out your journal, release any thoughts, ask any questions, jot down key takeaways and take some credit. Then, outline the next day. What is important for you to accomplish? How can you meet the criteria?

Keep it simple, connect with your creative power, set your intention and send yourself some light and peace as you close this day and visualize the next. This practice can take less than three minutes. Sometimes, less is more.

### **LG&G TIP:**

As you wind down at night you can consider taking a relaxing bath (bath recipe: 2 cups of Epsom salt, 1 cup of baking soda, 10 drops of lavender or chamomile) and lighting some candles. Many of my patients take 200-600 mg of Magnesium Glycinate, meditate, say a prayer or use the Fisher Wallace Stimulator to shift into a parasympathetic state before bed as well.

As you can see there are many things that you can do to optimize your sleep. If you want to take it to the next level you can look into particular plants, like the snake plant, that can actually improve air quality by converting carbon dioxide to oxygen at night to promote a deep and restorative sleep.

### **LG&G TIP:**

Create a sleep routine by winding down and getting into bed around the same time each night.

Last thing, your body, mind and life as a whole thrives on routine. Creating a morning, sleep and daytime routine is a great way to optimize your body and life. It's something your body cannot only rely on but relate to evolutionarily. When you have a routine in place, energy starts to build up and gain momentum around that routine, which can be a powerful way to move forward.

## COMMUNITY

Having a community, or group of people that come together and get you is the last pivotal key to health and well-being that we will discuss here in this section. This is where the “I” becomes “we” and we are able to connect, join together and uplift each other.

Being part of a group, team, class, church, nonprofit or any other empowered collective has been proven to have a myriad of psychological and physiological benefits.

It's the perfect way to collaborate, increase awareness, and share experiences while giving and receiving support.

Sometimes, especially in difficult times, it seems easier to retreat into isolation. However, these can be the most important times to join a supportive community or seek the help of an enlightened professional.

In the age of the internet and social media, it is easier than ever to get caught up in comparison, feeling isolated and alone behind a screen. However, it is also easier than ever to connect with old friends, meet new people and join groups that resonate with you. It's all about intention, and the internet seems to amplify both sides.

In the end, the choice is yours!

# FUNCTIONAL SUPPORT: ALIGNMENT

## LIVING IN ALIGNMENT

Living in alignment, does not mean to live in a correct, straight line or walk on a tightrope. Living in alignment means to drop these preconceived notions, to dive deep and live a fulfilled life that is true to you, to your desires and to your aspirations.

Alignment asks you to check in with yourself, to let go, to adjust and to continue to embrace who you are, why you are here, your path, your purpose and the journey of a lifetime.

It asks you to embrace the ever changing, to find your own cadence, to love and to lead, to give and to receive, to care and to create, to learn and to teach, to live and to be led- and as a result, expansive experiences, such as health, happiness, peace, love and freedom will continue to deepen, as the fruit of a process based on truth, where one can both let go and grow simultaneously.

# FINAL THOUGHTS

## FINAL THOUGHTS

As we come to a close, I invite you to take what you have learned and make it your own. I have given you the tools, the resources, the foundation and the springboard to truly let go and grow, and now I am honored to pass the torch on to you- so that you can go on to share your radiant light with the world.

I place such an emphasis on making this program your own, because I know that this is the only way to continue to move forward powerfully and make lasting change. At first, you may feel more comfortable sticking to the guidelines and following the program closely, but the further you travel along, the more you will make it your own, which is exactly what I want for you.

### **Crawl. Walk. Run. Fly.**

Last but not least, never forget that this is a journey, and a journey of discovery at that. If you ever feel discouraged or overwhelmed, I want you to know that there is no rush, simply go back to your foundation, make one change at a time and do the best you can with what you have now.

Anytime you doubt yourself or your journey- remember who you are. Remember that you are so much more than enough. You are here, now for a reason, and you have everything you will ever need inside of you- all you have to do is choose it.

**LOOK AT → LEARN FROM → LET GO OF → GROW THROUGH → EVOLVE**

