



BODY TRANSFORMING FUNDAMENTALS



A SEVEN DAY JOURNEY EXPLORING THE 7 KEY
AREAS OF THE BODY YOU NEED TO KNOW FOR
OPTIMAL HEALTH, WEIGHT, ENERGY, AND FITNESS

A GUIDE TO LOOK
AND FEEL YOUR BEST
EVERY SINGLE DAY

What is your why? Why do you want to be healthy? For your kids? To feel good and energized every day? To prevent health issues and disease?

What Does Perfect Health Look Like to You? How do you want to feel every day? What do you want to look like? What would ideal health look like to you? Allow yourself to imagine what these changes would feel like.

Check List:

1. Have Guidebook ready to go for tomorrow morning _____
2. Plan ahead to set aside time each morning for lesson and action step for the day _____
3. Set up your environment (work area, sleep area) with inspiration quotes, verses, and

‘your why’ statement _____

Day One

If you do not give our body the building blocks it needs, it will not run how it is designed to.

Question

Think about what you typically eat for breakfast, lunch, and dinner each day. . . .Are they balanced meals? Do they include tons of vegetables? Do they include enough healthy fat to keep you satiated, fuel your brain, and balance hormones? Are they full of mostly sugar and carbohydrates?

Check List

1. Morning Gratitude + reviewing your why and health goals _____

2. Balanced Meals _____
 - a. Make 1/2 your plate vegetables and greens
 - b. A palm size of protein
 - c. 1/2 avocado or 2 tablespoons healthy fat (coconut oil, almond butter, butter, olive oil)
 - d. Palm size of complex carbohydrate such as sweet potato, squash, or quinoa

3. Print of Shopping and Healing Foods List _____

4. Kitchen Cleanse _____

5. Stocking Kitchen with Healing Foods _____

Day Two

Knowing what to eat is important, but if this part of your body is not working right, you could be eating the healthiest food in the world and your body could not use it.

Question

Are you eating inflammatory foods that are harming your gut and digestion? (Sugar, vegetable oils, gluten, medications. non filtered water). Are you eating foods that support your gut? (Bone broth, healthy fats, vegetables, fermented foods.)

Check List

1. Morning Gratitude + reviewing your why and health goals _____
2. Remove Gluten and Vegetable Oils _____
3. Consume Therapeutic Grade Probiotic(pill or foods) _____
4. Eat for Optimal Health and Digestion at Each Meal _____
 - a. 5 long deep breathes before each meal
 - b. Make time to eat, do not multitask and eat
 - c. Chew food well
 - d. Go for a short walk after your meal

Day Three

Your body can only be in 1 of 2 states: healing or shut down. Generating positive emotions (gratitude, love, joy) is the most healing action to the human body- and we can do it any time we want.

Question

What are some of your common triggers? (Finances, relationships, family, work) How do you react to these things? What are the thoughts you have about them? What could you replace these thoughts with? For example, if you worry about money- every time you think about that- replace it with truth and shift your state (God shall me all my needs, etc.) The more you use your new reaction, the faster it will become your new automatic response to that situation.

Check List

1. Morning Gratitude + reviewing your why and health goals _____

2. Practice breathing and feeling positive emotions and shifting your state _____

3. Choose your situation that you want to change your thought patterns around, and choose your replacement thought or action. _____

Day Four

Day four and you are going strong! Let's talk about 1 activity that boosts your energy, fights depression and anxiety, helps you think clearer, and keeps your hormones and weight balanced!

Question

Do you take movement breaks throughout the day? Reflect on your day to day life. . . how much time do you spend sitting? How many minutes do you spend walking? What could you do to add more movement to your days?

Check List

1. Morning Gratitude + reviewing your why and health goals _____

2. Daily Movement _____
 - a. 3-5 minutes in the morning
 - b. 3-5 minutes in the afternoon before or after lunch
 - c. 3-5 minutes in the evening before or after dinner.
 - d. OR simply a 20-40 minute walk

3. Daily Exercise _____
 - a. 15 jump squats
 - b. 15 pushups
 - c. 50 mountain climbers
 - d. 1 min rest
 - e. Repeat 3-5 times

Day Five

Sleep is where you actual build the muscle from when you worked out- you get stronger in your sleep! Sleep is where you build memory from what you learned in the day – get smarter in your sleep! Sleep balances the hormonal and immune systems.

Question

How are you entering into sleep? Do you go straight from tv and computer to bed? Do you go straight from working to bed? What is one thing you can start doing to get a better night sleep?

Check List

1. Morning Gratitude + reviewing your why and health goals _____

2. Night time routine to enter into deep sleep _____
 - a. Give yourself at least 30 minutes of no screens before bed tonight.
 - b. Set up your room- making it dark, cool, and electronics on airplane mode.
 - c. In that 20 minutes- do something that relaxes you. Pray, take a bath, stretch, read.

Day Six

Today we talk about a topic that is currently got scientists, functional medicine doctors, and health enthusiasts all excited and fired up because we have now discovered one of the MOST IMPORTANT parts of health- your microbiome.

Question

What is one thing you can start doing every day to take care of your microbiome? Take some time to look at the ingredients in all of the personal care products you use. Have you ever researched the effects of fluoride, parabens, fragrances: phthalates, and triclosan?

Check List

1. Morning Gratitude + reviewing your why and health goals _____
2. Consuming probiotic foods or supplements _____
3. Avoiding sugar and vegetable oils- read labels _____
4. Eat 1 meal full of all different kinds of vegetables as prebiotics that are feeding and growing the probiotics you just consumed. (large salad, veggie smoothie, stirfry)

5. Check personal care products for toxic ingredients _____

Day Seven

Less toxic body and liver = abundant energy, clear skin, smooth digestion, balanced hormones, and positive moods.

Your outer layer of skin replaces itself every 35 days. You are given a new liver every six weeks. Your entire skeletal structures are regenerated every 3 months. Your entire brain replaces itself every two months.

So what you are putting into your body is creating your cells, organs, and brain.

Question

Have you taken the time to detoxify the body, even just 3-5 days, once a year? What are some detoxification techniques that you could begin taking a short amount of time to do each day?

Check List

1. Morning Gratitude + reviewing your why and health goals _____
2. Drink 1/2 your body weight in ounces of water – 20-30oz of that water first thing in the morning _____
3. Eat vegetables at every meal today. Have 1 meal full of liver supporting veggies and fiber (smoothie with veggies and flax seed, salad with cauliflower, greens, avocado). _____
4. Exercise to stimulate lymphatic system and sweat out toxins and breathe deep. _____

Next Steps

1. Create morning and night routines _____
2. Buy Health Supplements _____
3. Print of daily lifestyle checklist and put it somewhere you can see daily as a blueprint to follow each day without having to think about it. _____
4. Continue Eating from healing foods list, avoiding toxic foods. _____
5. Choose your one habit that you are going to make automatic _____
6. Check out bonus recipes and work outs _____

Habit Examples to start one by one:

- Drinking more water
- Eating vegetables at every meal
- Reading every day
- Eating slowing
- Consuming probiotic foods every day
- Morning routine and Night routine
- Moving every day
- Avoiding sugar and refined carbs
- Practicing generating positive emotions every day
- Making healing meals every day
- Listening to something inspiring every day
- Walking after meals
- Daily gratitude
- Nightly gratitude and thinking about what went well that day
- Writing someone an encouraging text each day
- Sitting down for dinner with family and friends each week

The possibilities are endless! Just choose ONE area to focus on.