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## GUIDING PRINCIPLES TO YOUR WHOLESOMENESS

### THERE ARE FOUR (4) MAJOR SELF THERAPIES FOR WHOLESOMENESS

#### EACH A SPIRITUAL APPROACH (Based on the 24-Hour Self Control Method)

##### SPIRITUAL AWARENESS THERAPY

This therapy starts with 'Breathe for Life Exercise'. Your Creator breathe life into you, so you can have energy to live and do work. This breath has been given to you as a tool for exercise. Scientists have proved that when you breathe-in, you are taking in **oxygen** to boost energy into your cells and when you breathe-out, you are removing toxins (carbon dioxide) that may cause harm to your internal organs.

The 'Breathe for life exercise', can only be done at wake-up time, after the body has rested from sleep. It will boost energy into your cells to start your day, making you feel good throughout your day. It is a slow and purposeful exercise. Your breath is the main focus. This exercise must be done daily with focus and consistency to get anticipated results.

This therapy empowers you to search yourself spiritually and focus on the blood that runs through your system. Your blood work will explain why what you eat and how much you eat can cause harm to your health. Food science teaches you how to break down these possibilities and you come to realize that having and maintaining good health first comes with loving yourself.

This therapy also teaches you how to maintain a positive spirit/attitude regardless of your situation. With each approach you take to change your lifestyle, you will be faced with challenges from old habits. Some of these old habits, you may not even be aware of. You will develop positive affirmation sentences that will strengthen your awareness and empower you to achieve self-control in every negative situation you face.

You will develop simple personal goals that you will be able to achieve and maintain, through a logical step by step process. Spiritually, whether you realize it or not, the step you decide to take in any situation, is always your choice.

##### PHYSICAL AWARENESS THERAPY

This therapy compliments your 'Spiritual Awareness Therapy'. Your physical structure defines your total body system as one unit. It is composed of organs which are internal, bones and teeth, muscles and skin. There are three (3) components to **maintaining** good health. **Eating right** (having your own personalized calories defined); **Sleeping well** (no less than seven, no more than eight hours for adults); **Exercise** (daily and consistent).

There is indeed a difference between 'physical activity' and 'exercise'. Physical activity is something you do that is not focused or consistent to achieve desired results. Examples include, mowing the lawn, walking the dog, treadmill twice a week, yoga two -three times a week. Exercise on the other hand must be planned, consistent and time driven with anticipated results.

This therapy empowers you to develop an exercise routine around the 'FITT' Plan. F=frequency; I=Intensity; T=time; T=type. An example of such a plan could be: Monday through Friday (frequency), at three (3) miles an hour (Intensity), for thirty (30) minutes (time), I will ride my

exercise bike (type). Burning calories depends on intake (What you eat and how much you eat). If you eat daily, total calories that defines your healthy weight range, thirty (30) to forty-five (45) minutes daily routine exercise is sufficient.

If you have a specific condition that requires specific exercise, this also must be done with consistency to accomplish anticipated results. This therapy must be used in combination with all other therapies for its effectiveness. If you do not presently have an exercise routine on your agenda, start by doing something such as walking, stretching or dancing with consistency, five (5) minutes daily, then increase to ten (10) minutes until you get to thirty minutes. With focus and consistency, you will achieve desired results.

### **BEHAVIOR THERAPY**

Did you know that your body has a built-in Clock? The science of Chronobiology teaches us that our bodies has a central clock located in our brain. This clock sends out messages to all organs in your body and the messages are transmitted for a teamwork effect. If any member of the team gets out of sync with the rest of the team, it causes a disruption. There is evidence that this disruption may cause illness such as obesity, diabetes, hypertension, depression etc....

This therapy empowers you to control the clock built within you. You only have 24-hours in one day. Do you really know where your day goes? If you were to think back every second, every minute to everything you encountered yesterday, would you remember the details? This therapy teaches you how to stay in control and maintain that wholesome effect throughout your daily 24 hours.

This therapy also empowers you to develop defense mechanisms that will make life's situations much easier to handle. For example: Preparing meals in advance to prevent you from skipping meals or eating the wrong foods. The more you practice using these defense mechanisms, the easier it gets for you to handle life's unexpected and uncontrolled situations. This therapy must be used in combination with all other therapies for its effectiveness.

For those with any type of diabetes, this therapy empowers you to know portions of foods that will raise or lower your blood sugar. This will give you the power to control what you eat and how much you eat. With focus and consistency, this therapy will also reduce the number of medications you take.

### **DIET THERAPY**

This therapy is individualized. Taking into consideration your height and present weight, a formula is used to calculate your individual calories required to assist you with losing weight or gaining weight. These calories are then developed into portion sizes allowed for each food group and then distributed into the number of meals you eat

The art of food science gives an interesting outlook on this therapy. The emphasis is on 'Nutrients' within foods as fuel the body needs to work effectively. The 'Food Groups' developed by the United States Department of Agriculture (USDA), is an excellent tool that explains the breakdown of the different food groups.

This therapy teaches you how to feed your body with specific fuel like you do your car or transport. Fuel is required for the oil tank, the gas tank or the battery according to its specifications. Your body has parts just like your car. These parts must work together as one unit for best performance. If any part is neglected, the car eventually breaks down.

#### **THESE QUESTIONS YOU MUST ANSWER:**

**DO YOU KNOW THE SPECIFIC FUEL REQUIRED FOR EACH ORGAN IN YOUR BODY?**

**DO YOU KNOW HOW TO FIX YOUR PLATE EACH TIME YOU EAT, SO THAT EVERY ORGAN IN YOUR BODY GETS ITS SPECIFIC REQUIREMENT, TO GIVE YOU THAT WHOLESOME FEELING?**

This therapy empowers you to focus on '**A different kind of plate**'. Each time the body is fed, a variety of foods must be combined to create a meal that will provide specific nutrients (fuel), to satisfy every part of your body. When every organ receives nutrient at the same time, this is called a '**Meal**' and not a snack.

This therapy must be used in combination with all other therapies. **It is accountable for any illness the body encounters**. Spiritually the body must be fed as one unit. When parts of the body are neglected during meal times, eventually the body slowly breaks down due to insufficiency of required nutrients needed for growth and survival.

**REMEMBER CHANGING YOUR LIFESTYLE FOR A LIFETIME IS A PROCESS!!**  
**YOU MUST BE CONSISTENT ONE STEP AT A TIME.**

- **IT TAKES 21 – 30 DAYS TO CHANGE A HABIT**
- **PAT YOURSELF ON THE BACK FOR EACH STEP YOU MAKE**
- **USE TEMPTATION AS A TEST FOR TOLERANCE AND ENDURANCE**
- **DO NOT PUNISH YOURSELF WHEN YOU GO OFF THE BEND. GIVE YOUR SELF A BOOST AND START FRESH WITH THE NEXT MEAL**
- **KEEP TRYING AND WITH THE HELP OF YOUR CREATOR YOU WILL SUCCEED  
THE BEST OF LUCK TO YOU!**