

TONY ROBBINS

LIFE MASTERY

V I R T U A L

\\ REVITALIZE YOUR BODY, EMPOWER
YOUR MIND & TRANSFORM YOUR SPIRIT ///

Dear Friend,

Welcome to Life Mastery! Whether you've already achieved and maintained the highest levels of energy, or you've hit a plateau or a valley in your personal health, you know there is always another level – an ultimate state of energy, physical well-being, personal satisfaction, intense emotion, overwhelming joy and spiritual fulfillment that you have yet to attain.

This program is the result of over 40 years of my own personal experience with health, combined with the best of what is available today. Over the next few days, you will learn from world-class specialized experts, doctors and scholars in the field of health, and have access to the most recent validated studies and research.

At the same time, the real transformation in this program will come from you.

Life Mastery is not a seminar, but an experience. It is essential that during this program you commit fully to the process, to restore your body's natural vitality and balance as you participate in a health retreat and detox program designed by my top nutritionists.

To achieve the outcomes of this program, we will all live by the **3 Mandates to Lasting Health and Vitality:**

- 1. Stop the poisoning**
- 2. Cleanse and detoxify**
- 3. Revitalize and regenerate**

The MUST this week is to break our patterns and cleanse our systems to rid ourselves of the waste and toxicity that has built up in our bodies. We will also rid ourselves of toxic thoughts and habits and learn how to create empowering habits that become automatic patterns for a more vital and energized life.

When you apply these daily practices, it will create lasting change in your physical health and vitality, your emotions, your relationships, and your life. And you will recapture the energy, mental clarity and physical vitality that you probably have not experienced in some time.

Remember: *Nothing tastes as good as absolute health and energy feels!* Let's begin by making a commitment to hold ourselves to highest standard possible and take advantage of the enormous resources available here for us.

Congratulations on making the commitment to take action and create the extraordinary health you deserve. As always, live strong and live with passion!

Warmest regards,

A handwritten signature in black ink, appearing to read 'Tony Robbins', with a large, sweeping flourish underneath.

Tony Robbins

TABLE OF CONTENTS

DAY 1: Introduction: The 3 Mandates of Health	Outcomes of the Program.....	5
	The Philosophy	9
	Nutrition Epidemic.....	10
	Cycle of Imbalance.....	13
	Stop the Poisoning.....	16
	Cleanse & Detoxify.....	20
	Revitalize & Regenerate.....	32
	Water.....	33
	Healthy Fats and Oils.....	37
	The 14 Basic Components of Health.....	38
	The Power of Your Identity.....	40
DAY 2: Emotional Mastery	Toxic Stress Cycle.....	42
	Emotional Mastery	44
	The Mood Meter.....	45
	Menu of Ways to Feel Good.....	48
	Quality Quantifier	51
	Decrease Your Desire	56
DAY 3: Relationship Mastery	12 Master Principles of a Vital Life.....	58
	8 Gifts and 4 Poisons	59
	Transforming Your Beliefs.....	60
	Closing the Gap.....	63
	Create Your RPM Plan	65
	Design Your Ultimate Mate.....	70
	4 Fundamentals for Increasing the Quality of Your Relationship.....	79
Ideal Mate Integration	80	
DAY 4: Life Plan and Integration	Your Plan for Health and Vitality	81
	Tony And Sage Robbins' Life Plan for Physical Mastery.....	83
	My Physical Mastery Life Plan.....	86
	Goal Setting	88
	The Power of Certainty	89
	Categories of Improvement	90
	Complete Your Plan to Close the Gap	92
	Cleansing.....	96
	Integration.....	108
D.A.W.W.	D.A.W.W.....	110

Copyright © 1999 by Robbins Research International, Inc. (RRI). Updated 2021.
All rights reserved.

Without limiting the rights under copyright reserved above, no part of this publication may be reproduced, stored in, or introduced into a retrieval system, or transmitted, in any form, or by any means (electronic, mechanical, photocopying, recording, or otherwise), without the prior written permission of the copyright owner of this manual.

The author(s) and the publisher(s) do not prescribe any of the materials, techniques, or concepts presented in this manual as a form of treatment for any illness or medical condition, nor is it the intent of the author(s) and publisher(s) to diagnose or prescribe. The intent is to offer health-related information to assist you in working with any health specialist you may choose, now and in the future, recognizing that within the health, medical, dietary, and exercise fields there are widely divergent viewpoints and opinions. Before beginning any practice related to health, diet, exercise, or cleansing, it is highly recommended that you first consult a recognized medical professional. Should you choose to make use of the information contained herein without first consulting a health professional, you are prescribing for yourself—which is your right. The author(s), publisher(s) and Robbins Research International, Inc. do not assume any responsibility whatsoever under any conditions or circumstances. Neither Robbins Research International, Inc. nor any of its officers, directors, employees, agents, partners, speakers or other vendors connected with this Life Mastery event render medical advice, and all information provided by Robbins Research International, Inc. related to this Life Mastery event is for educational purposes only, including, without limitation, any information contained in this workbook. You should not rely on this information as a substitute for, nor does it replace professional medical advice, diagnosis, or treatment.

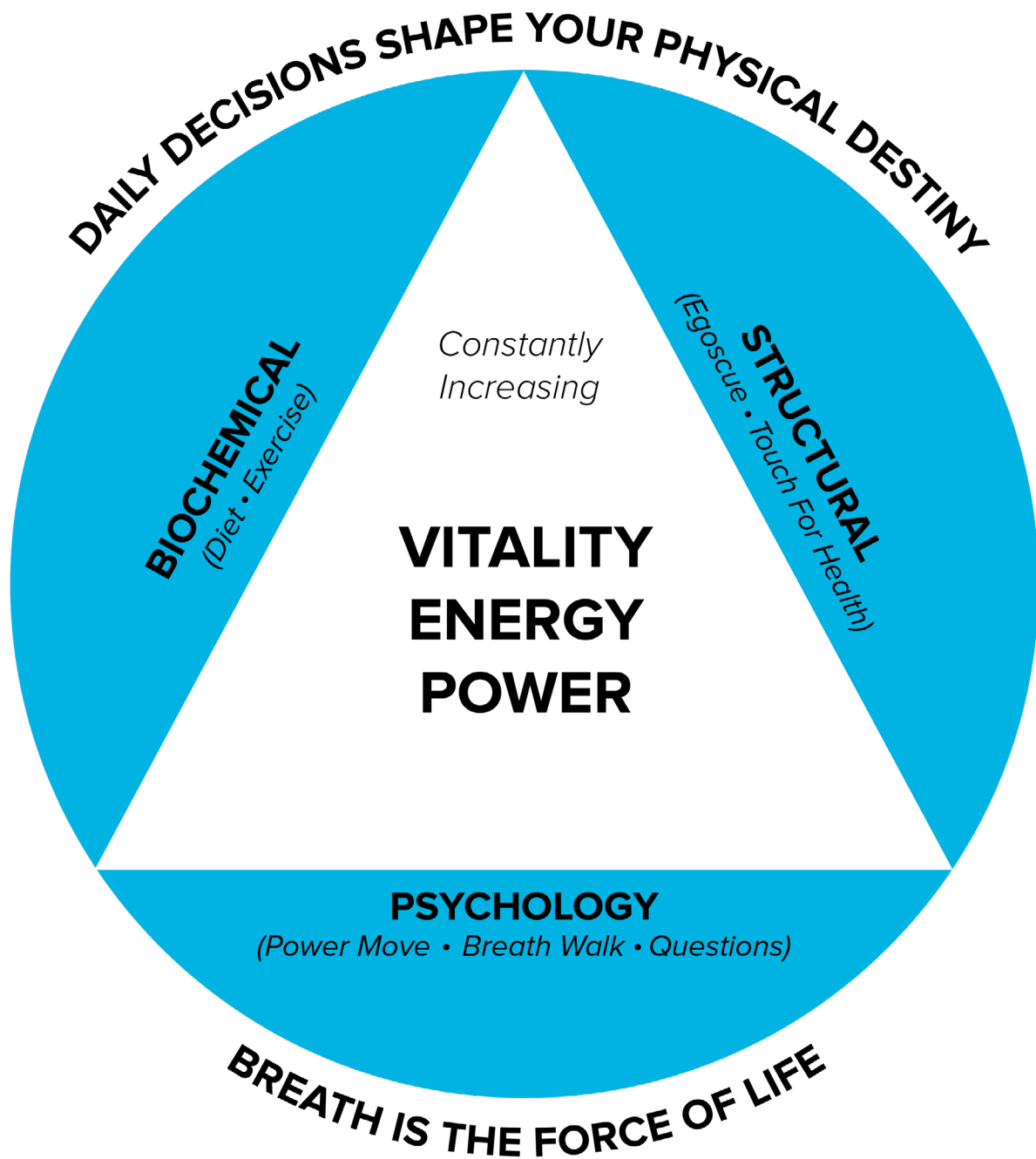
All RRI seminar materials are copyrighted pursuant to federal copyright law.

OUTCOMES FOR THE PROGRAM

- 1.** To give you the philosophy and strategies that empower you to make new decisions about your future through:
 - a.** The Science of Achievement: The capacity to take the invisible and make it visible, to break through barriers, and achieve the things you really want in your life.
 - b.** The Art of Fulfillment: The experience of not just surviving but thriving by living consistently with your own true nature.
- 2.** To help you understand how your body's systems work so you can support its natural healing, cleansing, and detoxifying activities.
- 3.** To encourage you to set a new standard for your health by taking charge of your nutrition through the foods you eat, the liquids you drink and the supplements you take.
- 4.** To allow you to cleanse and rejuvenate your physical health in a safe, friendly, and ideal environment, using the most optimal strategies available.
- 5.** To expose you to new points of view from the world's experts in the areas of health, emotions, relationships, and spirituality.
- 6.** To continue the process of conditioning your mind and emotions for optimal joy, happiness, health, success, and fulfillment.
- 7.** To provide you with the tools and daily practices you need to both continue these optimal levels and continuously improve all aspects of your life as you work toward ultimate fulfillment.

PHYSICAL MASTERY

Experience the Joy of Ever-Increasing Levels of Health



EXERCISE: OUTCOMES FOR THE PROGRAM

Why did you come to Life Mastery?

1. What do you really want? What do you want to achieve, become, create, share, give, or enjoy as a result?

2. Why is this a “must” for you? Why must you master not only your health but your life? What will this give you? How will this make you feel?

3. What beliefs are stopping you from having what you really want?

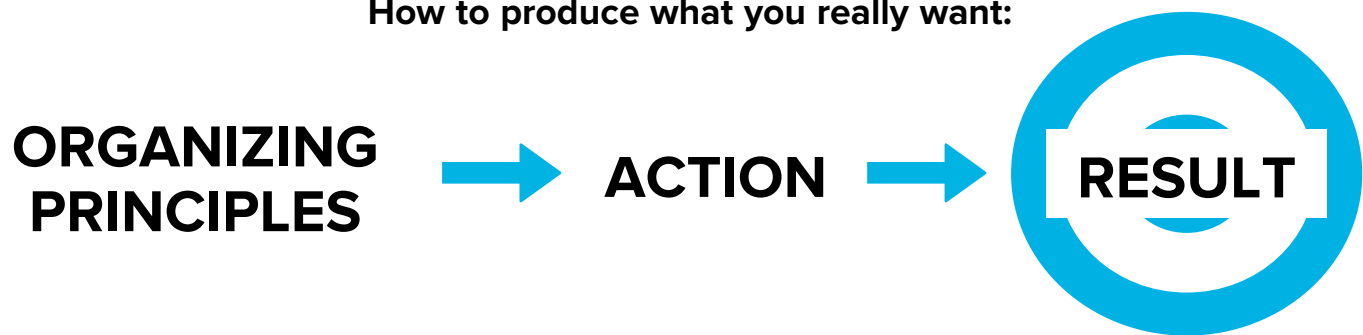
4. What new beliefs do you need to adopt to get to where you want to go?

What are at least two new beliefs that will serve you this week?

THE PHILOSOPHY

Our physical health is primarily determined by our decisions, but our decisions are shaped by our beliefs and philosophy of health. If we want to maximize our energy, our vitality, and our health, we must start by examining our current beliefs.

How to produce what you really want:



Ultimately, the factors that influence your health and vitality most are your decisions.

Your decisions are shaped by your philosophy toward health (e.g., your organizing principles, beliefs, rules). The challenge is that the organizing principles and beliefs that the most people in our society hold to be true consistently produce ill health, low energy, and disease. Thus, following these principles is a recipe for disaster.

Remember

There are two reasons to learn anything:

- 1. To avoid pain and/or**
- 2. To gain pleasure**

If you have a false organizing principle, it will cause you to take actions that consistently produce a result other than the one you desire.

THE NUTRITION EPIDEMIC

If I told you that half of the people you know are going to be murdered or killed before their time, would you consider that a national epidemic? What if you could prevent these premature deaths? What if all you had to do was get people you know to eat differently?

Six of the top ten causes of disease in America today are directly related to diet.

ESTIMATED TOTAL DEATHS FOR THE 10 LEADING CAUSES OF DEATH (2017)

CAUSE OF DEATH	NUMBER
1. Heart disease	655,381
2. Cancer	599,274
3. Accidents (unintentional injuries)	167,127
4. Chronic lower respiratory diseases	159,486
5. Stroke (cerebrovascular diseases)	147,810
6. Alzheimer's disease	122,019
7. Diabetes	84,946
8. Influenza and pneumonia	59,120
9. Nephritis, nephrotic syndrome, and nephrosis	51,386
10. Intentional self-harm (suicide)	48,344

Source: CDC, 2018

*6 out of 10 causes are diet-related

HEALTHY CELLS

The Key to a Healthy Body

The quality of your health is based on the quality of your cells! There are over 75 trillion cells in your body (*American Microbiome Institute, 2016*). Cytology, the study of cells, reveals that the seemingly infinite number of tiny powerhouses is what keeps us energized and alive. Cells are the miniature factories that process the nourishment we need.

With proper amounts of oxygen, each cell not only performs its own specialized function, but also produces adenosine triphosphate (ATP) to fuel the body. It only makes sense that maximizing your overall health requires that your body receive the optimum nutrients for ensuring health on a cellular level.

The quality of your life is the quality of the life of your cells. In order to both survive and prosper, cells must have oxygen, water, nutrients (potassium, magnesium, calcium, and zinc among others), and the ability to eliminate waste. Two-time Nobel Prize winner Dr. Alexis Carrel demonstrated that cells could actually live indefinitely. He achieved startling results from an experiment in which he was able to keep chicken cells alive in petri dishes, proving his theory that if they're given their basic needs and are not poisoned by their own environment, "cells will live forever."

How Toxins Move Through the Body

Cells are also dramatically affected by the quality of your blood. Blood is the primary medium that delivers oxygen and nutrients through the body and the vehicle through which toxins spread throughout the body.

Alkalinity/acidity is measured on a scale of 1-14, with 1 being pure acid, 7 neutral, and 14 pure alkaline. **Your blood must maintain a slightly alkaline pH of 7.365 in order to keep cells healthy.** When there is a disturbance to this balance, red blood cells begin to clump and can no longer travel through the capillaries and feed cells throughout the body. **The accumulation of toxins becomes the primary cause of illness.**

Your body is designed to eliminate toxins from the bloodstream. That's why Dr. Isaac Jennings, noted as one of the first doctors to promote the concept of natural hygiene, said that the cause of individual disease may be isolated to a given circumstance (i.e., bacteria), but the source of the problem begins in those activities that drain our body of life force. He teaches that **correct diet, exercise, fresh air, cleansing bodily toxins, and the use of homeopathic or natural healing agents will keep a person healthy well beyond the normal human life span.**

When you live a lifestyle that is constantly demanding more energy than you replenish over months, weeks, years, or even decades, you run the risk of having your body become overloaded with toxins because . . .

One of the first responses the body makes to lowered nerve energy and decreased functional efficiency is the elimination of toxins from the system.

4 Avenues for Eliminating Toxins

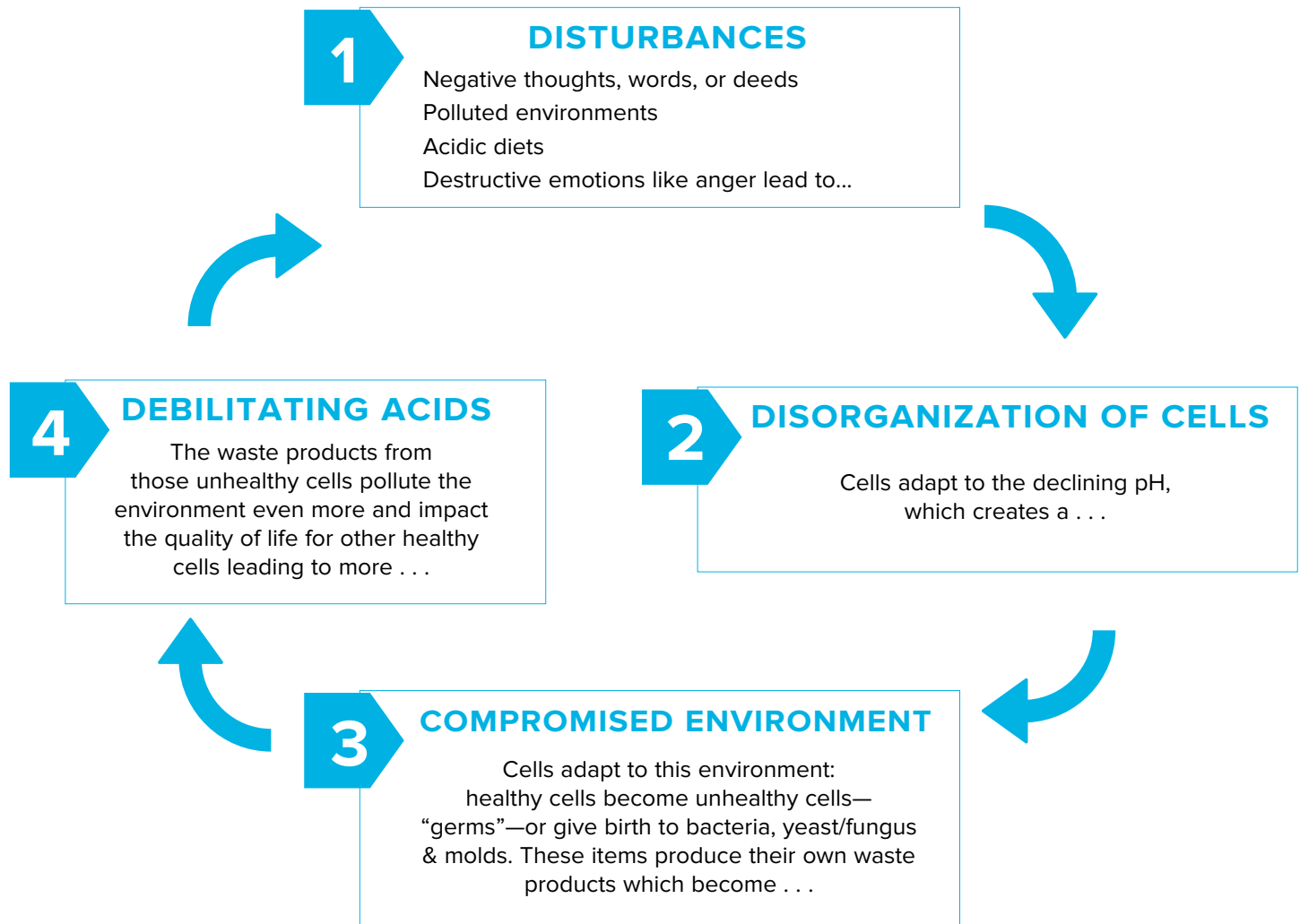


What causes poisons to build up in the bloodstream?

- 1. Taking in more than you can eliminate.** This can occur as a result of being in a state of diminished nerve energy from making constant demands on your body without allowing it to fully recover.
- 2. Biochemical additives and/or waste and animal products**—substances your body cannot use.
- 3. An overly acidic diet & lifestyle** that allows the microorganisms (e.g., yeasts, molds, fungi) within your bloodstream to proliferate—all of which produce their own waste (mycotoxins)—adding to the toxicity of your system.

CYCLE OF IMBALANCE

Pure Energy: The Power of Alkalinity



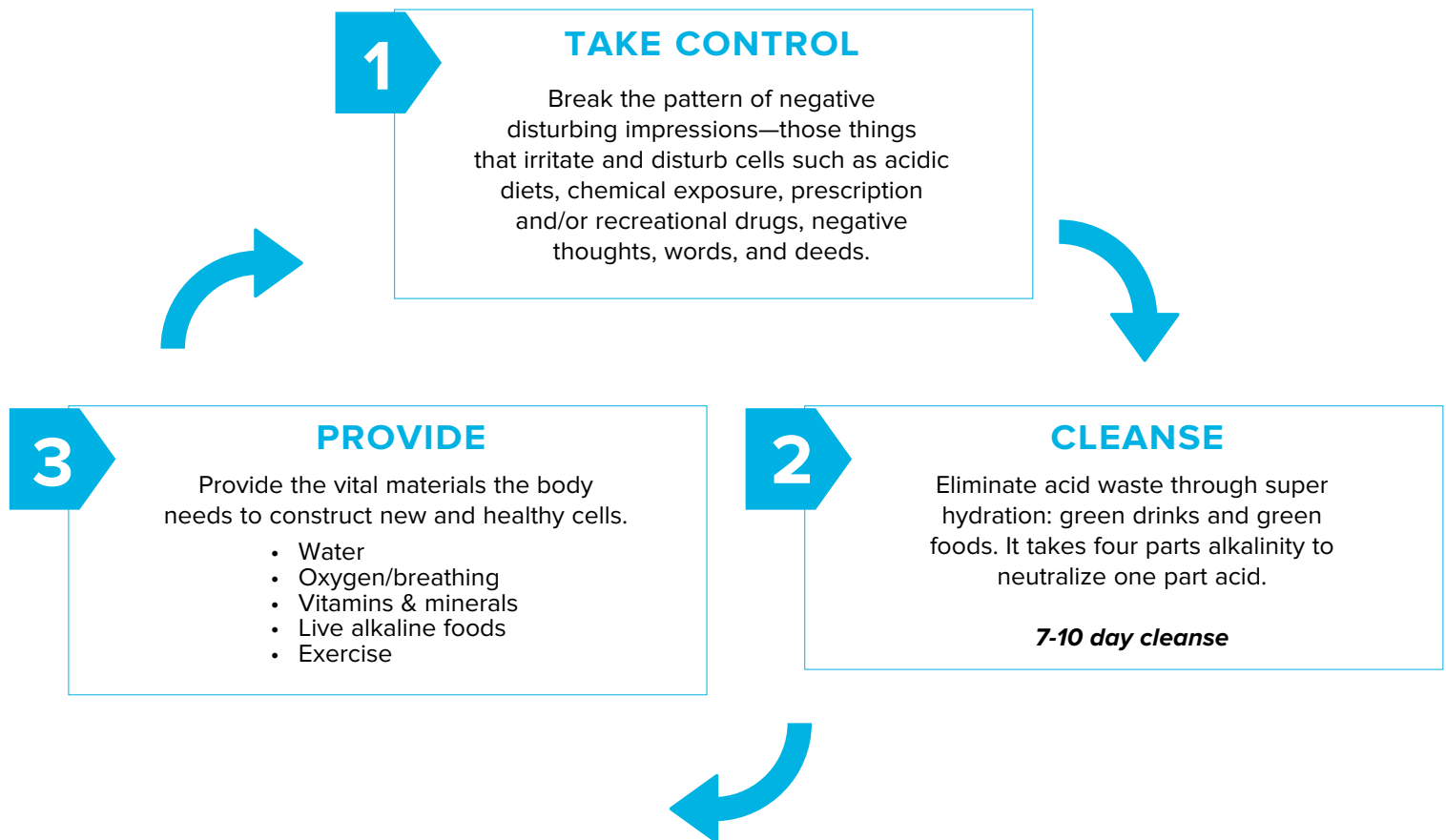
In the Cycle of Imbalance, the signs of Disease (Symptoms) are reflected as:

Low Energy and Fatigue ● Poor Digestion ● Excess Weight

Unclear Thinking ● Aches and Pains ● Major Disorders

CYCLE OF BALANCE

Reclaim Your Terrain



In the Cycle of Balance, the signs of HEALTH are reflected as:

- Energy and Vitality ● Clear Bright Eyes ● Mental Clarity and Concentration
● A Lean, Trim Body

THE 3 MANDATES OF EXTRAORDINARY HEALTH

3 master steps to transform and regenerate your body, create more energy and power, and ignite a greater sense of aliveness than ever before

1. Stop the Poisoning

1. Emotional
2. Physical
3. Environmental

1. **Get conscious** of the pattern of thinking, feeling, eating, and living that is not supporting your greater well-being.
2. **Take immediate, massive intelligent action** to change (no excuses!).

2. Cleanse & Detoxify

1. Open the channels of elimination by cleansing the colon (i.e., colonics)
2. Stimulate the flow of lymph to build the immune system:
 - a. Deep diaphragmatic breathing (3 times per day/10 power breaths)
 - b. Rebounding
 - c. Cold plunge/ice bath
 - d. Dry brushing/lymphatic massage
3. Complete a dietary cleanse/fast to cleanse the digestive track, blood, intestines, kidneys, liver, and lungs

If it got into your system, it can get out!

3. Revitalize & Regenerate

1. The 14 Components of Health provide your body with the nutrients it truly needs
2. Structural Integrity
 - a. Create structural balance and maximize natural nerve flow
 - b. Consistent, intelligent, and effective challenge of the musculature of your body
3. Emotional Juice
 - a. Magic moments
 - b. Incantations
 - c. Emotional flood
 - d. The power of focus: What's wrong is always available; so is what's right

Structural Integrity, Maximum Strength & Aerobic Power

1

STOP THE POISONING

Eliminate the sources that cause disease

1. All disease starts on your plate.

Remember, it is your daily decisions that determine your physical destiny. Make the decision today to stop the poisoning and begin to create an environment free from toxicity, where your mind and body are functioning at peak efficiency.

There are a number of harmful substances readily available in today's society. We expose ourselves daily to myriad of hidden toxins. Some poisons are obvious, while others may surprise you. The first step in creating a vibrant and healthy lifestyle is to stop the poisoning to eliminate or reduce our exposure to these harmful agents. These are some of the most common agents that harm our system:

- Formaldehyde
- Mercury
- Lead
- Asbestos
- Hazardous/toxic air pollutants
- Per- and polyfluoroalkyl substances (PFAS)
- Pesticide chemicals, glyphosate
- Polychlorinated biphenyls (PCBs)

Source: EPA.Org, 2020

<https://www.epa.gov/environmental-topics/chemicals-and-toxics-topics>

2. The Real Drug Problem

Today's children and teens are constantly exposed to "Don't Do Drugs" messages, yet our own days are spent consuming painkillers, heartburn medicines, arthritis pills, and anti-depressants.

The common perception is that these drugs are harmless, but the reality is this: **a 1999 study in the Journal of the American Medical Association found that 100,000 people die each year, and 2.1 million are seriously injured from reactions to prescription drugs and over-the-counter medicines.**

The 100,000 deaths make adverse drug reactions the sixth-leading cause of death in the United States, behind heart disease, cancer, lung disease, strokes, and accidents.

A June 1999 study in the *New England Journal of Medicine* looked specifically at non-steroidal anti-inflammatories (NSAIDs), the very common drugs sold as Advil, Nuprin, Motrin, and aspirin. An estimated 103,000 Americans are hospitalized each year for "serious gastrointestinal complications" from taking NSAID drugs.

3. Mercury

Many people choose to eat fish because of its apparent health benefits: omega-3 fatty acids and its low saturated fat content. However, nearly all fish and shellfish now contain some traces of mercury, which can affect brain and nervous system development. In America, one in six children born every year have been exposed to mercury levels so high that they are potentially at risk for learning disabilities, motor skill impairment, and short-term memory loss.

What can you do? The EPA recommends eating no more than two meals a week that include fish and highly recommend avoiding shark, swordfish, king mackerel, or tilefish. Many groups are urging the government to add tuna to that list as well. Below, you'll find a list of fish that tend to have higher levels of mercury than others.

Avoid these high-risk fish: Marlin, orange roughy, tilefish, swordfish, shark, mackerel (Spanish, king and gulf), tuna (big eye, Ahi, canned, yellowfin, white albacore), sea bass, bluefish, and grouper.

Sources: americanpregnancy.org, epa.gov, pbs.org, mercurypolicy.org

4. Why Coffee Can Weaken or Destroy Your Body's Forces

- **It stimulates the central nervous system, heart, and respiratory system.**
- Coffee drinking **increases the secretion of acid in the stomach.** It can cause stomach upset and ulcers.
- Coffee drinking can **inhibit absorption of some nutrients**, particularly iron, and can cause such nutrients as calcium, magnesium, and sodium to be flushed from the body.
- Possible **links between caffeine and disease:** bladder cancer in men, breast cancer in women, and birth defects (when taken by pregnant women).
- Caffeine **causes a large amount of sugar to be released into the bloodstream.** The pancreas reacts by releasing an excessive amount of insulin. The blood-sugar level then falls below the normal level, producing some unpleasant symptoms.
- Caffeine **can cause chromosomes in the cell nucleus to break apart.** Sometimes the genes are rearranged by the toxin.
- **Coffee is pure acid.** A healthy body maintains a blood pH at around 7.3. Coffee is 5.1 on the pH scale. This much acid massively disturbs the central balance of your cells.

5. Refined Sugar

- Refined sugar comes from sugar cane or sugar beets and is then refined through a chemical and filtration process, during which all of the natural vitamins and minerals are stripped out. This sugar is added to food for a sweeter taste and is often disguised under multiple names on nutrition labels, such as sucrose, glucose, and high-fructose corn syrup.
- Not only do refined sugars have no nutritional value, research shows that the overconsumption of sugar can be linked to diabetes, obesity, heart disease, cancer, and liver disease. According to Dean Ornish, M.D., added sugar is hidden in 74% of packaged foods.
- Naturally occurring sugars, such as those found in fruit, in limited quantities, are a part of a healthy, balanced diet.

6. Commercial Beverages

Environmental toxins from commercial beverages are especially toxic due to traces of solvents left over from the manufacturing process. There are solvents found in decaffeinated beverages, herbal tea blends, carbonated drinks, beverages with NutraSweet, flavored coffee, diet and health mixes, and fruit juices, even when the label states “not concentrate” or “100% pure.” Examples of these solvents include acetone, hexanes, methyl chloride, pentane and isopropyl alcohol.

7. The Dangers of Dry Cleaning

Dry cleaning your clothes may be hazardous to your health. Since the 1950s, most dry cleaners have relied on a chemical solvent called perchloroethylene, or “perc” to clean your clothes. This highly toxic chemical has been shown to have harmful effects on the nervous system and all major organs.

Dry Cleaning Alternatives:

- **Wet cleaning:** Check in your area to find a dry cleaner that uses water-based cleaning instead of perc-based cleaning, or encourage your local cleaner to start using this method.
- **Hand wash:** Many fabrics that say “dry clean only” do not require it. Manufacturers often put this on the label to prevent liability. In many cases, you can safely hand wash “dry clean only” items.
- **Allow your clothes to ventilate:** If you must continue to dry clean your clothes, cut down on any after-effects by hanging them outside or in a ventilated area for a while before wearing them.

2

CLEANSE & DETOXIFY

The 7 Principles of Detoxification

- 1. Cleanse and rebuild your liver and your colon . . .** through a diet of fresh squeezed alkalizing juices, live foods, liquid fasting when appropriate, the use of colonics, enemas, and consistently monitoring your diet.
- 2. Super-hydrate . . .** with four to five liters (4-1/2 quarts, 135 ounces, or 17 cups—approximately 3 tall bottles) of alkalizing juices or structured water containing a high content of chlorophyll. Drink half your body weight in ounces daily (i.e., if you weigh 150 pounds, you should drink 75 ounces of water daily).
- 3. Develop a healthful nutrition plan . . .** built upon natural health principles, basic food combining, and consumption of fresh, live, whole, organic foods.
- 4. Regularly lymphasize . . .** with a light ten-minute bounce on a small trampoline (rebounder), lymphatic massage, dry-heat sauna, or dry skin brushing.
- 5. Perform low-impact exercise . . .** to maintain balanced and efficient bodily systems that will aid in the flushing of toxins.
- 6. Build a strong immune system . . .** by developing a diet that gives you the required enzymes (live foods, fresh fruit, vegetables, and their juices). This will help to break down ingested food appropriately for health, strength, and vitality.
- 7. Ensure your body has the ability to rebuild itself . . .** with a natural rest cycle that allows your elimination channels to work optimally.

EXERCISE: HOW DOES YOUR BODY RESPOND?

Cause and source are not the same

_____ *is the cure.*

The **source** of my pain is *rarely* the **cause**.

How does your body respond when you put poison into your bloodstream?
What are the symptoms you experience from being poisoned?

Remember

How did you poison your bloodstream in the first place?

You ate food that was inundated with harmful microorganisms (e.g., E. coli—an extreme example you probably heard about on television); you ate food that was already in the process of decay (animal flesh); you didn't combine your foods properly so they putrefied and fermented within your system; you overate; you diminished your digestive capacity by eating while you were stressed; you did not practice full, diaphragmic breathing—you created an anaerobic condition in your system. All of these factors likely caused you to create an acidic environment—one in which you literally rot from the inside out.

CLEANSE & DETOXIFY

Most of us never give a second thought to our health until there is a specific challenge. Or even if we do—we eat healthfully, we exercise, and we support our structure—rarely do most of us take the time to really think about and more importantly, take action on cleansing and detoxifying our system. Even if we take great care of ourselves, over the years, our bodies build up a tremendous amount of toxicity—through the environment, our eating habits, and through the emotions and stress we feel. Over time, we create a condition in our body called autointoxication—where the body literally poisons itself from the inside out by maintaining an acidic environment and by building up a cesspool of decaying matter in our eliminative organs.

The solution to ensure lasting vibrant health and energy is to take the time periodically to cleanse and detoxify your body. Once you stop the poisoning, it's not enough unless you also cleanse the poisons that you have already ingested.

Remember

There are three ways to cleanse and detoxify your body:

- 1.** Open the channels of elimination by cleansing the colon (i.e., colonics).
- 2.** Stimulate the flow of lymph to build the immune system through:
 - a.** deep diaphragmic breathing (3 sets/10 times per day)
 - b.** rebounding
 - c.** lymphatic drainage/massage
 - d.** dry brushing
- 3.** Complete a dietary cleanse to support the digestive track, blood, intestines, kidneys, liver, and lungs (ideally once or twice per year).

Common Symptoms of Toxicity Overload in the Body

- Constipation
- Depression
- Fatigue
- Frequent colds
- Halitosis (bad breath)
- Indigestion
- Obesity
- All the 'itises'—colitis, diverticulitis, bronchitis, pancreatitis, sinusitis, etc.
- Headaches
- Acne
- Skin conditions (eczema, psoriasis, etc.)
- Sinus congestion
- Joint stiffness/aches and pains
- Menstrual problems
- Allergies

CLEANSE & DETOXIFY

About the Colon

- The average person carries around 10 to 15 pounds of fecal matter in their system.
- When the colon becomes constipated, generally it is packed or lined with accumulated feces that become hardened and lodged in the pockets of the wall. This build-up may take many months or years and can result in 5 to 15 pounds of added weight, causing the colon to become distended, abnormally shaped, and ineffective.
- Many overweight patients have eliminated as much as 10 to 25 pounds by having their intestinal tract cleansed.
- The colon is the largest perpetrator of disease of any organ in the body and is said to be the initiator of 80% of all critical illnesses.

Death Begins in the Colon



The colon is a sewage system, but by neglect and abuse it becomes a cesspool. When it is clean and normal, we are well and happy. Let it stagnate and it will distill the poisons of decay, fermentation, and putrefaction into the blood, poisoning the brain and nervous system so that we become mentally depressed and irritable; the heart so that we are weak and listless; the lungs so that our breath is foul; the digestive organs so we are distressed and bloated; and the blood so the skin is sallow and unhealthy. In short, every organ of the body is poisoned, and we age prematurely; look and feel old; the joints are stiff and painful; neuritis, dull eyes, and a sluggish brain overtake us; and the pleasure of living is gone.

— Bernard Jensen, 1974

4 Ways to Clean the Colon

1. Colon Hydrotherapy (i.e., a colonic)
2. Colon Hydrotherapy with Libbe Bed
3. Colema Board (i.e., a home colonic unit)
4. Enema and Implant

COLON HYDROTHERAPY

A colonic is critically important during a cleansing and detoxification program because it keeps the body from reabsorbing toxins back into itself. As you are cleansing and perhaps taking herbs and supplements to support the detoxification process, your body can be overloaded with releasing toxins. **If these increased toxins are not quickly and effectively removed from the body via the bowel with colonics, the same toxins will be reabsorbed into the bloodstream and carried throughout the whole body.** This reabsorption can cause such discomforts as malaise, nausea, headaches, joint and muscle aches, and foul-smelling breath. Detoxification and cleansing *can* cause some healing discomforts—we will discuss those later when we talk about the healing crisis—but colonics will keep them to a minimum.

5 Benefits of Colon Hydrotherapy

1. Cleanse the Colon

Toxic material is broken down and removed so that it can no longer poison your body or inhibit assimilation and elimination. Even debris built up over time can be removed in the process of a series of colonics. Once impacted material is removed, your colon can begin to function as it was meant to. A colonic is a whole body rejuvenation treatment.

2. Exercise the Colon Muscles

The buildup of toxic debris weakens the colon muscles and impairs their functioning. The gentle filling and emptying of the colon improves the peristaltic activity (muscular contraction) by which the colon naturally moves material. This will help speed up the transit time of fecal material once the colon muscles have been toned, strengthened, and rejuvenated.

3. Reshape the Colon

When problem conditions exist in the colon, they tend to alter its shape and structure, which in turn cause more health problems. The gentle action of water, coupled with the massage techniques and experience of the colon therapist, help eliminate bulging pockets of waste and eventually narrowed, spastic constrictions, finally enabling the colon to resume its natural state. Other manipulative and massage techniques can help reshape the colon structure over time.

4. Hydrate the Body

Our bodies are made up of 70% water and with the use of pure water in the colonic, our bodies are able to absorb much-needed clean and pure water to hydrate the cells of the body so that they can function at a higher rate as well as dilute the toxins already present within the body.

5. Prevent Reabsorption of Toxins During a Cleanse

When you are completing a cleanse, your body is releasing all kinds of toxins—this is your body's chance to clean itself out. Unless you remove the toxins through colonics, many of these same toxins will be reabsorbed in your system. This reabsorption will not only cause you to feel ill, but also decrease the effectiveness of the cleanse.

COLON FACTS

- Most people have anywhere from 10 to 15 lbs of fecal matter still in their systems.
- What goes in must come out—if you eat three meals a day, you should eliminate three meals a day.
- Most of us have parasites in our systems. The challenge is that the most common symptom is no symptom. The challenge with parasites is that they do additional damage by not only feeding off your waste, but also creating their own. Doing a week-long cleanse will help you make huge progress. If you still think you have a parasite challenge after your cleanse, you can then consider doing a parasite cleanse specifically.
- Drinking plenty of water is one of the best things you can do to support your colon health.

Autointoxication

Self-poisoning; creating a toxic environment through improper nutrition (i.e., not enough live foods) and an acidic lifestyle. This is aggravated by a lack of cleansing.

Source: Loree Taylor Jordan, C.C.H., L.D.

THE 10 COMMANDMENTS FOR A HEALTHIER COLON

1. **Drink 8 to 12 glasses per day of the best water, herbal tea, and/or fresh juices you can get.** Be sure to drink half your body weight in ounces daily.
2. **Eat a high-fiber diet.**
3. **Eliminate extrinsic poisons such as sugar, coffee, alcohol, tobacco, chocolate, and preservatives.** All of these foods leach vital nutrients from your body.
4. **Eat more raw vegetables and fewer processed foods.**
5. **Avoid dairy products.**
6. **Don't overeat.** Chew your food slowly and thoroughly.
7. **Eliminate or reduce the intake of antibiotics and medicines.** They disrupt the balance of required bacteria in the colon.
8. **Create a stress-reduced environment.**
9. **Exercise. Be mobile. Get moving!**
10. **When nature calls, answer.** Don't wait or put it off. Your system needs a break in order to concentrate on extracting toxins and wastes from its cells and tissues.

Remember

Don't wait until you are in extreme pain or suffering from rashes, sores, or internal pain to restore the functioning ability of your liver, stomach, and colon through cleansing and detoxification. Experience the vitality, energy, and glow of life; extend the length of your life; keep a youthful look and slow the aging process by cleansing your colon. Create a life of health!

Organ Health

In order to understand what needs to be cleansed and rebuilt to restore you to optimal health, let's look at the major organs involved in maintaining physical health and balance. We'll discuss how each of them functions and show you the health risks associated when each of these organs gets out of balance.

Colon Health

This next section will enlighten you as to the importance of having a healthy and fully-functioning colon so you can get the most out of the foods you eat, have more energy, and glow with health. The following material will explain how the colon functions and reveal various practices, healthy eating habits, and therapies to help you realize a fuller and more vitalized life.

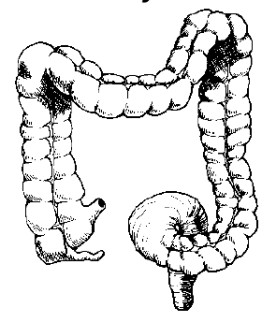
Illustrations reprinted with permission by the author, Dr. Bernard Jensen, Escondido, CA, from his book *Tissue Cleansing Through Bowel Management*.

How & What It Does

The process of digestion begins with the mixing of food with saliva, which starts the breakdown and processing of nutrients in the food. When this matter reaches the stomach, it interacts with gastric juices to create a product called "chyme." This material then enters the small intestine.

The wave of motion known as peristalsis moves the matter through the three sections of the small intestine and eventually into the large intestine, also known as the colon.

A Healthy Colon



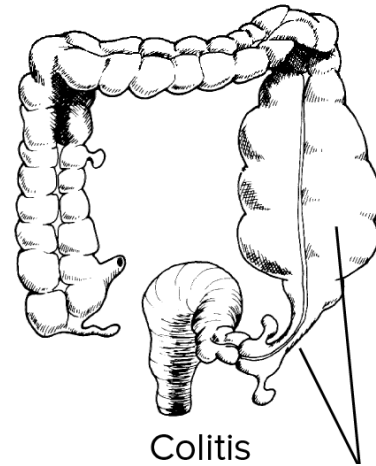
The colon secretes a mucus substance to produce lubrication for the passage of the matter, which is known as feces. The colon is normally filled with billions of microorganisms called bacteria. The bacteria synthesize valuable nutrients by digesting portions of the fecal matter. Through this digestion, it produces vitamins such as K and portions of the B-complex group.

A properly functioning digestive system allows for proper distillation of all essential nutrients from the food that has been ingested. Ideally, we should look the perfect picture of health: **shiny; glowing facial skin; white eyes around the pupils; unblemished and hydrated skin; shiny hair; pleasant breath; pleasant body odor; no illnesses; and boundless energy.**

The Real Picture

What we have instead of the ideal picture are eating habits, behavioral patterns, and environmental pollutants that have created the following scenario: fecal matter encrusted to the walls of the colon which has accumulated over a lifetime and which doesn't allow for proper digestive functioning. The results can be: skin blemishes, rashes, dry skin, menstrual problems, halitosis, flatulence, headaches, depression, moodiness, constipation, sluggish elimination, straining, diarrhea, hemorrhoids, diverticulitis, prolapsed colon, collapsed colon, intestinal parasites, premature aging, and colon cancer.

Basically, because the colon has been unable to do its job, toxins (poisons) are released into the body. In turn, the body tries to eliminate in the best way it knows how. Toxins in the blood stream cause cell destruction; accumulation of toxins in body tissues creates slowed reaction time and response; increasing toxicity in the bloodstream causes a lack of oxygen to the cells, which brings about a lack of energy; as we lack energy, the body spirals downward, unable to eliminate the toxins effectively.



STATISTICS

Doctors have found amazing evidence to support the importance of colon health:

- Over 180 million Americans suffer from bowel problems.
- Colon cancer kills approximately 53,000 Americans every year.
- Professor Arnold Ehret stated that, "The average person carries around as much as ten pounds of un-eliminated feces in their bowels."
- People have been known to hold onto things they've eaten for over 30 years in their colon.
- Colon expert Robert Gray concludes, "Nearly every man, woman, and child living in modern society today is constipated, even though the bowels may move regularly every day."
- A mere change of diet or an occasional laxative will not undo decades of neglect and abuse.
- The Royal Society of Medicine reports, "It may be said that almost every chronic disease known is directly or indirectly due to the influence of bacterial poisons absorbed from the intestine."
- Dr. Bernard Jensen, D.C., stated, "Most all health problems begin in the bowel."

Liver Health

The liver produces 13,000 chemicals and over 50,000 enzymes, which under a healthy regimen of diet, exercise, and a low-stress/low-polluted environment, provides optimal balance within all of the body's systems.

The bodily hierarchy of importance puts the liver at the top, even over the brain, for survival. Your body will let your brain suffer oxygen deprivation before your liver.

It is estimated that the human body can function on just 20% of the total capacity of the liver. It is also estimated that few people function on more than 35% of liver capacity, particularly after age 38, and people with a 35% liver capacity feel, react, think, see, and perform many times better than those who have only a 20% capacity. ***Imagine how you would feel if your liver were to operate at 70%!***

The liver is not only vulnerable to poisons introduced into the system, but it is also responsive to our emotions. If we are in a constant state of anger or are highly stressed, our liver is producing chemicals to either support the mood or combat it, producing an overload of chemicals that can cause adverse effects on the body, its systems, and organs.

EXERCISE: HOW IMPORTANT IS THE MAINTENANCE OF THIS ORGAN?

Review the list of systemic, glandular, hormonal, and regulatory processes below.

Liver Functions

- Immune system
- Endocrine glands
- Construction
- Hormone recycling
- Controlling allergic response
- Cholesterol
- Converting proteins and metabolic acids
- Process gases
- Production of gamma globulin
- Metabolic regulation
- Production of bile
- Nutrient storage
- Blood management

What are some of the possible physical outcomes of poor liver care or abuse?

What could your life be like if you don't take care of your liver?

DETOXING THE LIVER

Nutrition & Herbs

Herbs are a wonderful and natural method for supporting detoxification and rejuvenation of the liver. They fall into several categories depending on whether they are considered for food or as a supplement.

- **Vegetables** are described as “pot herbs” in that we cook them. They have low toxicity and are considered herbs, but they are eaten more for sustenance than therapeutic use unless taken in large quantities.
- **Tonic herbs** are more therapeutic, as well as mild, sustaining, gentle, and toning. They can be used over a long period of time, are not very toxic, and many are used to provide supplemental nutrients.
- **Therapeutic herbs** have more pronounced toxicities that can cause side effects if used in too large a dose or over too long a period of time. They are generally used for the purpose of healing, with their primary action being to stimulate or sedate an activity of a tissue or body system.
- **Drastic herbs** (poison ivy, poison hemlock, quinine, ipecac, deadly nightshade) are considered poisonous and cause drastic side effects. They possess tremendous healing properties when largely diluted, though if undiluted, they can cause death.

**IF YOU CHOOSE TO TREAT YOUR BODY WITH CARE
AND NURTURE YOUR LIVER, HERE ARE THE POTENTIAL BENEFITS:**

1. Increased **energy**
2. Increased **blood flow**
3. Increased **mental capability**
4. Increased **strength**
5. Strengthened **immune system**
6. Increased **allergic immunity**
7. Proper **kidney functioning**
8. Increased **lung functioning**

Lymph Health

Dr. F.P. Millard believes that the majority of disturbances and organic involvements, from colds to fevers, have a bearing upon the lymphatic system, as it is quite impossible to consider any organic disturbances that do not include a lymphatic change.

Few people are in such good health that they have normal lymphatic channels and lymphatic fluid. Every abrasion of the skin, every abscessed tooth, every diseased tonsil, sluggish organ, and congested area means a more or less overburdened lymphatic system.

The Cell's Fluid System

Arterial System

Brings oxygen and nutrients to the cell through arterioles and filtrates to connective tissue.

Venous System

Reabsorbs fluid (by re-absorption) from the interstitial tissue and carries CO² and metabolic products back to the heart for oxygenation. It also distributes hormones and various active substances within the body.

Lymphatic System

Maintains the balance (homeostasis) between the arterial in-flow (filtration) and the venous out-flow (re-absorption) within interstitial tissue, by removing fluid and debris (i.e., dust, fats, proteins, etc.) not reabsorbed by the venous system.

Contributors to Lymph Obstruction

- Allergies
- Bad eating habits
- Physical, emotional, and spiritual stress
- Little or no exercise
- Shallow breathing
- Anger, loss of temper, resentment, greed, holding grudges
- Shock such as death in the family, loss of job, loss of promotion, divorce, illness, financial setbacks
- Fears, such as testing, relationships, failure, etc.
- Environmental pollution/toxicity to include inhalation of chemical particulant such as ammonia, Clorox, bug and plant sprays, insect sprays (Nile virus mosquito), automobile or diesel exhaust, secondhand smoke, paints, rugs, polyvinyl chloride (mobile homes), etc.
- Skin contamination due to fertilizers, work environment, plant bug sprays, particulate inhalation of chemical vapors

3

REVITALIZE & REGENERATE

Provide the body with its vital needs

Modifying your lifestyle is the key to building a strong and resistant body. Try to cut back on acid-forming foods while incorporating more greens into your diet. Regular exercise and a consistent practice of relaxation techniques will help deter the build up of toxins caused by stress.

The following pages give examples and information about how to create a nutrient-rich environment to give your body what it needs. Primarily, you must follow the principles of living health (e.g., oxygen, high water-content food, enzyme-rich food, structural support, empowering thoughts/mindset). This section is designed to give you additional choices to expand your repertoire for achieving this, including:

The 7 Powers to Revitalize and Regenerate:

- 1. The Power of Water**
- 2. The Power of Alkalinity in the Body**
- 3. The Power of Live and Green Foods**
- 4. The Power of Effective Supplementation**
- 5. The Power of Lymphasizing**
- 6. The Power of Healthy Fats & Oils**
- 7. The 14 Basic Components of Health**

1. Water Is Life

Water makes up more than half the weight of the human body. All the cell and organ functions depend on water for functioning. It serves as a lubricant and forms the fluids that surround the joints. It also regulates body temperature, as the cooling and heating is distributed through perspiration.

How Do You Get Dehydrated?

Through activities of daily living, the average day's loss of fluid is 4 liters.

RESPIRATION: We lose approximately 1-2 liters of water through breathing.

PERSPIRATION: The evaporation of sweat from skin accounts for 90% of our cooling ability. With normal daily activities we lose about 1-2 liters per day.

URINATION: 1 to 2 liters of water are lost daily via urination.

DEFECATION: The average daily loss of fluid is only about 0.1 liter.

How Do You Know If You're Dehydrated?

The body has several indicators to signal dehydration:

- A dry mouth is the **last** outward sign of dehydration.
- If you are thirsty, it means your cells are **already** dehydrated.
- A **severely dehydrated** body produces orange or dark color urine.
- A **somewhat dehydrated** body produces yellow urine.
- A **carefully hydrated** body produces colorless urine.
- Some side effects of dehydration include stress, headaches, back pain, allergies, weight gain, asthma, high blood pressure, and Alzheimer's disease.

How Much Water Do You Need To Drink?

- **Each day you should drink half of your body weight in ounces.** In other words, if you weigh 200 pounds, you should be drinking 100 ounces of water a day.
- Ideally, you should **never go more than 15 or 20 minutes** without sipping water.
- You should **start drinking water in the morning**, before you even get out of bed. This is when you are most toxic and dehydrated.

Did You Know?

48% of Americans regularly consume soft drinks.

Last year the average American consumed 469 cans of soda.

It takes 32 glasses of water to neutralize one glass of soda.

Soft drinks, especially cola, are highly acidic and cause dehydration.

Conversion

1 pound = .45 kilograms

1 ounce = 29.57 milliliters

1 pint = .473 liters

All Water is Not Created Equal

Clean water is a scarce commodity. Most faucet water in America is badly polluted. The Environmental Protection Agency figures show that about 85% of faucet water in America is now contaminated, and a test of the water supply of 954 cities by Office of Technology Assessment shows that 30% of them are "seriously contaminated." While the tap water will not kill you, or even make you obviously sick, there is no way your body can function properly on poisons.*

What about bottled mineral water; is that good for you?

Most bottled water is simply tap water put through minimal conditioning filters to make it taste better. Even bottled water is unsafe unless it is the right kind of water.

Is all water the same?

It's important for the body to stay slightly alkaline. (See the next page for more information.) Drinking water with the right pH will help your body eliminate acidic wastes. Alkaline water also has powerful antioxidant properties which support the body's natural healing processes.

You can either buy ionized alkaline water in bottles or buy an alkalizer for your tap water system.

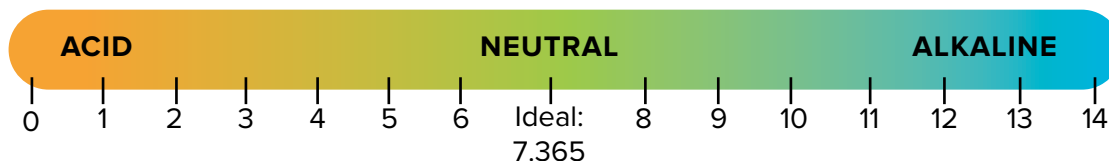
2. Alkalinity

Maintaining Balanced Body Chemistry

Maintaining a proper ratio between acid and alkaline foods in your diet is of vital importance to maintaining health. **In fact, too much acidity in the body's tissues is the cause of cell mutation, which leads to disease.** One of the highest priorities of your body is to make sure that the blood alkalinity remains at a level supporting cellular life. To do that, ***your blood needs to be maintained at an ideal pH of 7.365.*** When the body becomes more acidic, the body needs alkaline salts (sodium, potassium, magnesium, calcium). ***This is so important that the body maintains alkali reserves*** of these to have available at all times. But if you have a diet that is extremely acidic (or a stressful lifestyle) you may be depleting those reserves to the point where you have none for the body and its tissues.

All foods are “burned” (digested) in the body, leaving an ash as the result. This food ash can be neutral, acid, or alkaline, depending largely on the mineral composition of the food. Acid ash (acidosis) results when there is a depletion of the alkali reserves in your blood and tissue, which a healthy body keeps in order to meet emergency demands if too many acid-producing foods are consumed.

In a normal, healthy diet, a ratio of four parts alkaline to one part acid is needed in order to maintain your blood at an ideal pH of 7.365. When your diet and lifestyle maintain this kind of balance, microorganisms such as pleomorphic virus, bacteria, yeast, and fungus will de-evolve back to their original, healthful state. ***However, when your body becomes extremely acidic because alkaline reserves have been depleted (or when your diet becomes extremely acidic), your health can be seriously compromised and cells begin to mutate. Your body can function normally and sustain health only in the presence of adequate alkaline reserves and the proper acid-alkaline ratio in all of the body's tissues and blood.***



Remember

The following are some common examples of acid- & alkali-forming foods:
Alkali-Forming—almonds, carrots, dates, avocados, lemons, limes, coconuts, celery, cucumbers, cauliflower, Brussels sprouts, asparagus, green beans, broccoli, green/red/yellow peppers, onions, garlic, radishes, green leafy vegetables, wheatgrass, cabbage, walnuts, soy beans, tofu, lima beans, spinach, turnip tops, and beet tops.

Acid-Forming—pork, veal, fish, beef, chicken, turkey, eggs, shrimp, lobster, oysters, hot dogs, whole wheat and rye breads, refined sugar, cheese, milk, sour cream, yogurt, butter, margarine, mushrooms, coffee, tea, wine, and beer.

3. The Power of Live & Green Foods

The Energetic Power of Wheatgrass

Wheatgrass juice is a green juice pressed from young wheat plants that is one of the richest sources of chlorophyll, natural vitamins, minerals, enzymes and life energy available. **The most important property of wheatgrass is that it is made of about 70% chlorophyll.** The chlorophyll molecule is almost identical to a human red blood cell (also known as hemoglobin) with only one significant difference: hemoglobin has iron as its central nucleus whereas chlorophyll has magnesium as its nucleus.

What else makes wheatgrass so valuable?

In addition to chlorophyll, wheatgrass provides the following nutrients to the body:

- **Vitamins:** Wheatgrass contains a high amount of vitamins A, B, C, and E.
- **Minerals:** Of the more than 102 minerals available in the soil, 92 of them are absorbed by wheatgrass.
- **Amino Acids:** Wheatgrass contains 17 amino acids, including all 9 of the essential amino acids (which comprise proteins in the body). These are the 9 amino acids that the body cannot manufacture by itself—it must synthesize these from the foods we eat.
- **Enzymes:** Wheatgrass contains a lot of enzymes and also stimulates the body to produce its own natural enzymes.
- **Wheatgrass stimulates peristalsis (the effective motion of the digestive system) and supports thyroid functioning.**

Where to find it:

Any major health food store or juice bar will have fresh wheatgrass juice. Or you can purchase a juicer and juice it yourself. You can even grow your own wheatgrass (if you decide to do this, visit a health food store for a booklet on how to do this properly).

4. The Power of Effective Supplementation

It's important to know exactly what and why you are putting things into your body. Supplements are designed to support you in creating and maintaining a lifestyle of vibrant health, vital life, and abundant energy that may not be available through today's food choices alone. However, it is important that you be aware that while most supplements are safe and effective when taken in the correct dosages, it can be dangerous to overstep those dosages. More is not always better when it comes to supplementing your diet, and common sense is the key. The following are some basics to help you to learn and understand your path toward a more vibrant and vital lifestyle.

DIETARY SUPPLEMENTS

Because today's typical diet generally fails to provide sufficient amounts of nutrient intake, dietary supplements can be a beneficial way to achieve both short and long-term health goals.

VITAMINS

Vitamins are a group of organic compounds that are required by the human body. Ideally, these vitamins would be available in the diet and food sources that occur naturally; however, with all of the processing and cooking that kills our foods today, there is a scarce amount of such vitamins available to us through our diet.

MINERALS

Minerals are elements originating from the earth and cannot be made. Most of the minerals in our diets come indirectly from animal sources or directly from plants. We may also get some of our minerals from the water that we drink, but this can vary from place to place. Minerals play a number of vital roles within the human body. Maintenance of the structural integrity of our bones and teeth, enzyme activity, and a variety of other essential biological processes require minerals. In order to acquire the necessary levels of minerals, supplementation has become necessary.

5. The Power of Lymphasizing

The lymph system is the detoxification system of the body by which fluid can flow from the interstitial spaces (the spaces around the cells) into the blood. The lymph system is responsible for carrying away large particle matter (dead cells and other toxic materials) and blood proteins away from the tissue spaces, neither of which can be removed by absorption directly into the blood capillary. This return of proteins to the blood from interstitial spaces (by the lymphatic system) is an essential function. **If this were shut down we would die within 24 hours.**

Dr. Alexis Carrel: Nobel Recipient, 1912

Dr. Alexis Carrel, the father of modern organ transplants, received the Nobel Peace Prize in 1912 for his research on the cultivation of living cells. Carrel's classic experiment proved that cells in a chicken's heart stayed alive if the lymph was continuously renewed.

Dr. Carrel was also able to keep embryonic cells alive for over 10 years, whereas the normal life expectancy is only 4-5 years. This was possible thanks to the lymphatic milleau which was changed every two days. In effect, Dr. Carrel's experiment demonstrated that changing the lymphatic milleau every two days doubled the life of the cells!

6. The Power of Healthy Fats & Oils

Most fats can be classified into one of two categories: fats that heal (healthy fats) and fats that kill (dangerous fats). Essential fatty acids are considered essential nutrients for the body. The human body cannot make omega-3 or omega-6 fatty acids, so these must come from food or supplementation. Most people already get enough omega-6 fatty acids from their diets, and the body produces omega-9 fatty acids. For this reason, most people only need to supplement omega-3s.

12 Reasons Why Essential Fatty Acids Are Important to Healthy Living

1. Essential fatty acids are necessary for many vital functions in all cells, tissues, and organs. They increase oxidation and metabolic rate. Energy levels go up and create higher stamina and decreased recovery time.
2. Skin care: Besides creating smooth, velvety skin, essential fatty acids help improve acne, psoriasis, and eczema.
3. Digestion: Essential fatty acids help remove to prevent leaky intestines that can lead to allergies, inflammation, and autoimmune problems.
4. In the cardiovascular system, fatty acids are required to transport cholesterol, lower triglycerides, make platelets less sticky, and lower blood pressure.
5. Fatty acids elevate mood, lift depression, and improve our stability to deal with stress. High stress levels promote high blood pressure, water retention, inflammation, and blood clot formation.
6. Fatty acids stabilize the heartbeat, preventing heartbeat abnormalities (arrhythmia) that can lead to cardiac arrest.
7. Overweight people and animals benefit from fatty acids because their kidneys expel excess water.
8. In the immune system, essential fatty acids protect DNA from damage. Although it is not a cure for cancer, there are benefits for people and animals with cancer, using essential fatty acids. Call it nutritional support for cardiovascular and immune systems.
9. Sufferers of osteoarthritis and rheumatoid arthritis report decreased inflammation.
10. Essential fatty acids are involved in transporting minerals through the body.
11. The brain does not function without essential fatty acids.
12. Recent studies indicate that an unborn child draws from its mother's body substantial amounts of the essential fats required to build its brain.

7. The 14 Basic Components of Health

1

Fresh Air

Oxygen is the catalyst to create ATP (adenosine triphosphate, the energy used by your cells). Without ATP, your body would immediately shut down.

Take 10 power breaths 3 times a day in the following ratio: Inhale for 1 count, hold for 4 counts, exhale for 2 counts.

2

Water

All the cell and organ functions depend on water for functioning. It serves as a lubricant and forms the base for saliva and the fluids that surround the joints. Water regulates body temperature, as the cooling and heating is distributed through perspiration.

Drink 1/2 your body weight in ounces daily—ideally ionized alkaline water. If you weigh 200 pounds, drink 100 ounces, or approx 6 (16.9 fl. oz./ 500ml) bottles.

3

Green Foods & Drinks

Green foods contain the essential ingredients needed for the creation and maintenance of healthy cells. They contain life-giving elements such as: chlorophyll, vitamins, minerals, fiber, enzymes, and phytonutrients.

Green vegetables and their juices, and wheatgrass—which contains a high amount of vitamin A, B, C, calcium, iron, sodium, potassium, & magnesium.

4

Essential Fatty Acids

Essential fats and oils build cell membranes, aid in the production of hormones, raise metabolism and create energy, protect the body by buffering and neutralizing acids, and provide lubrication so the cells are free to move.

Olive oil, flax seed oil, avocado, sunflower seeds, or another high-quality Omega 3 based oil.

5

Alkalizing Foods

Fresh, alive, raw foods give more energy than they take away and help the body maintain a slightly alkaline balance.

Green foods and drinks, uncooked organic vegetables, non-acid fruits, raw almonds, flax seeds, sunflower seeds, lemon, lime.

6

Essential Amino Acids

Essential amino acids comprise the proteins in the body, which are the basic building blocks of cells.

Fish, broccoli, wheatgrass. Wheatgrass contains all of the essential amino acids. These are the 9 amino acids that the body cannot manufacture by itself.

7

Phytonutrients

Highly biologically active foods are highly anti-yeast and -fungus-promoting. One group of these is bio-flavonoids, water soluble companions of vitamin C.

Colorful vegetables and fruits, tomatoes, watermelon.

8

Vitamins

Vitamins facilitate chemical reactions and processes in the body. They are the fundamental nutrients that sustain life.

Take 10 power breaths 3 times a day in the following ratio: Inhale for 1 count, hold for 4 counts, exhale for 2 counts.

9

Enzymes

Enzymes are the dynamic factors that break down fats, carbohydrates, and proteins into their basic building blocks so the body can digest and use them.

Live raw foods and quality supplementation.

10

Minerals

Minerals comprise the basic components of tissues. They help maintain the proper electrical balance in the body, buffer acids, and aid in repair and regeneration.

Live foods, especially greens, and quality supplementation (i.e., inner balance).

11

Fiber

Fiber decreases mycotoxicity (reduces toxic-waste build up in the body) by decreasing the transit time of waste material through the bowel.

Plant foods (vegetables and grasses). Avoid high-sugar fruit—although it contains fiber, its high-sugar content feeds yeast and fungi.

12

Antioxidants

Antioxidants help balance the oxidation process that strips electrons from cells.

Colorful vegetables and fruits such as carrots, peppers, tomato, watermelon and grapes.

13

Friendly Microorganisms

Friendly microorganisms maintain healthy flora in our systems. They help create an environment that inhibits the growth of bad bacteria, thereby monitoring and controlling the growth of potentially harmful microorganisms in your body. They can also help cancel out the effects of toxins and environmental pollutants.

*Stimulation of lymph to move more rapidly and clean out unfriendly bacteria as well as probiotic supplements such as *Lactobacillus acidophilus*, *Lactobacillus bifidus*, *Lactobacillus bulgaricus*.*

14

Light

Light stimulates hormones such as serotonin, melatonin, and endorphins.

EXERCISE: THE POWER OF YOUR IDENTITY

The strongest force in the human personality is the need to remain consistent with how we define ourselves.

1 **Who were you (before this program or maybe even before UPW or before you were familiar with Tony Robbins)?** What was your life like?

2 **Who are you now/today? What's changed?** What's already better, even after just one day? What's already expanded? How would you describe yourself today?

3 **What made this change possible?** Was it a change in your beliefs? Making yourself do things you didn't think you could? Maybe it was feeding your mind on a regular basis?

4 **Where are you going to be at the end of this program? Who are you committed to become in next 4 days?** How will you describe yourself when these four days are over? If you were already there now, how would you describe yourself? What is your life like now? (If you want to extend it, describe yourself in 6 or 12 months...)

Remember

Your identity is simply the way you describe yourself to yourself. It's a combination of the beliefs about who you are and what you're capable of; it's how you distinguish yourself from everyone else in the world.

TOXIC STRESS CYCLE

The 12 Stages of the Toxic Stress Cycle

1 Digestive System

Symptoms:

Low energy
Heartburn
Gas
Irritation
Constipation

Consequences:

1. Lack of enzymes to properly digest food or conflicting digestive juices that cause putrefaction and reduced energy.
2. Mechanical problems, such as a lack of nerve flow from the spine & organs pushing on other organs.
3. Cutting off circulation.

2 Colon

Symptoms:

Protruding stomach
Gas
Tissues of the body become dry or fragile

Consequences:

Without proper digestive activity, food remains undigested and cannot be properly absorbed or eliminated, causing gas, putrefaction, and toxic stress.

3 Small Intestine

Symptoms:

Gas
Putrefaction
Bloating

Consequences:

The putrefaction further builds into the small intestine, magnifying the challenges of absorption and elimination.

4 Liver & Gallbladder

Liver: Conversion factory, detoxification factory, and chemical plant that manufactures enzymes and chemicals for rebuilding

Symptoms:

Infection
Diabetes
Menstrual problems
High cholesterol

Consequences:

As the colon builds up more and more toxicity, the liver and gallbladder receive these toxins, gases, fluids, and nitrogens from the colon. When the liver is preoccupied with excessive toxins, it can't rebuild itself or provide the proper enzymes for other areas of the body to rebuild.

5 Kidney & Bladder

Kidneys: Filter the blood, blood pH balance

Symptoms:

Metabolic disturbance
Water retention
Tendency toward osteoporosis

Consequences:

Whatever the liver can't handle effectively will be dumped back into the bloodstream and sent on to the kidneys and bladder. If the kidneys fail to do their job effectively, long-term metabolic disturbances can occur.

6 Lungs

Lungs: Oxygenate the blood bonding it with iron (hemoglobin), excrete unwanted gases

Symptoms:

Foul breath
Asthma

Consequences:

Toxins the kidneys can't handle travel through the bloodstream to the alveolar sacs in the lungs. When excessive toxins are in the blood, they can interfere with oxygen absorption.

7 **Circulation: Blood and Lymph** *Lymph: Reservoir and major transport canal for white blood cells*

Symptoms:

Congested and toxic lymph
Swollen lymph nodes

Consequences:

Because there is a lack of oxygen in the circulatory system, not enough oxygen gets to cells to burn sugars, proteins, and fats for energy. The lymph becomes congested with the waste materials from the cells.

8 **Spleen & Heart** *Spleen: Filters lymph & co-creates B-lymphocytes*

Symptoms:

Compromised immune system
Damage to the heart

Consequences:

A toxic lymph system places greater stress on the spleen, further compromising the immune system. The heart ends up bearing the brunt of the waste the spleen hasn't been able to filter out. The heart, which relies on lipids for its proper function, is exposed to toxic material picked up by the lipids from the blood and the lymph.

9 **Muscle & Soft Tissue**

Symptoms:

Stiffness
Irritation
Pain

Consequences:

At this point, the muscles and soft tissues are not getting proper oxygen for oxidification of the fats and sugars. The muscles become loaded with old lactic acid. The river of life has become the river of death—it's full of poison.

10 **Spine**

Symptoms:

Spinal misalignment
Spine rotations, tilts, and torques

Consequences:

As muscles become irritated and they are not flexible (they're stiff); they will pull on the spine.

11 **Brain Nerves** *Brain nerves: Conduct electrical impulses carrying sensory, motor, and other information to and from the body*

Symptoms:

Headaches

Consequences:

As the spine becomes dislocated, this affects the brain and nerve flow to all of the organs in the body, including the glands.

12 **Endocrine** *Endocrine glands: Stimulates manufacture and secretion of hormones in the thyroid, adrenal, and pituitary glands*

Symptoms:

Hyperthyroid
Hypothyroid
Hypoglycemia
Hyperglycemia
Adrenal burnout

Consequences:

The endocrine system becomes depleted both nutritionally and energetically, which prevents the manufacturing of sufficient enzymes for digestion and the whole toxic stress cycle starts again. In addition, with your blood sugar decreased, you start to crave foods to bring your blood sugar up, causing you to make food choices that will clog you up all over again.

EMOTIONAL MASTERY IS THE ULTIMATE POWER

When you master your emotions, you can shift the quality of your life in a moment

Emotional mastery is the ability to consistently change from any undesired state to a desired state instantaneously.

3 Levels of Emotional Mastery

1. The knowledge and experience of ***being able to change your state instantaneously*** from undesired to desired (or needed).
2. The ability to ***consistently*** change your state from undesired to desired (or needed), even in a particularly challenging context/situation.
3. The ability to create a desired state and live in it consistently ***across contexts/situations***, whether they are challenging or not.

Why Many People Experience Pain Consistently

Q: Why in the world, when we have unlimited choices, would a person experience pain on a consistent basis?

A: **Most people are unconscious of the way they receive and evaluate information.**

What are the three decisions that your brain is constantly making?

1. *What to focus on.*
2. *What things mean.*
3. *What to do.*

Whatever people do, they do it for a reason!

THE MOOD METER

Measuring the Quality of Your Emotions

What we do is not based on our abilities, our talents, or skills, but rather it is based on how we feel. Most of us live in reaction to our environments. Our emotions are like the ocean—a brewing storm one day, as calm as the doldrums the next. **The mood meter is a powerful tool designed to help you take complete and immediate control of the most important and powerful part of your life: the emotions you feel consistently.** Can you think of anything more important than the way you feel?

When asked to describe what they truly want in their worlds people typically respond with a myriad of answers: more money, better relationships, a powerful legacies. Invariably, when people stated the “what” that they wanted, it was attached to a feeling that would accompany it: “If I made more money, I would feel like I had more freedom, and security;” “If I were in a better relationship, I would feel more loved.” In reality, these people were not as interested in having the money or the relationship as they were in having the feelings of power, freedom, security, and love that accompanied them. In turn, those feelings made the people feel better about themselves—they were looking for a change in the way they felt, the emotional content of their lives.

If you are looking for an emotional change in your life, it’s important to take a look at the emotions you are currently feeling on a consistent basis. Remember, emotions are not “done to us.” We create a triad of physiology, language patterns and focus and beliefs that form the makeup of the emotions we feel. In order to change how we feel in any given moment, we must break the triad of the old emotion by creating a new emotion or emotional triad.

The first and most important step in taking charge of your emotions is to measure them often. The more you measure your progress, the more accountable you are for your actions. By consistently measuring what you are feeling, you will set new standards for yourself on a regular basis. You will also tap into the power of choice: Consistent measurement will raise your awareness of the emotions you are indulging in and allow you to find new and better emotional choices for your future.

Instructions for the Mood Meter

Step 1: Commit to measuring your moods several times throughout the day (e.g., morning, afternoon, and evening).

Step 2: Looking at the descriptions of the different emotional states on the left side of the mood meter (see the next page), choose the word that best describes your current state—how you are feeling at this very moment. Ask yourself, “Where is my center of gravity right now?”

Record the date and time at the top of the page and make a mark in that box which corresponds to how you’re feeling. If you want, you may also write a brief description or a couple of key words that describe how you’re feeling at the bottom of the column.

Step 3: Ask yourself, “What do I need to do within myself or my environment right now in order to feel better?” Once you change your state, make a mark in the box that corresponds to how you’re feeling in the “after” column. Be sure to capture a brief description of what you did to change your state.

THE MOOD METER

Measuring the Quality of Your Emotions

ENTRY	1 (before)	1 (after)	2 (before)	2 (after)	3 (before)	3 (after)	4 (before)	4 (after)	5 (before)	5 (after)
DATE										
TIME										
+15 Ecstatic										
+14 Triumphant										
+13 Jubilant										
+12 Vivacious										
+11 Elated										
+10 Delighted										
+9 Joyful										
+8 Lighthearted										
+7 Happy										
+6 Pleased										
+5 Satisfied										
+4 Encouraged										
+3 Cheerful										
+2 Purposeful										
+1 Determined										
0										
-1 Anxious										
-2 Worried										
-3 Lonely										
-4 Frustrated										
-5 Upset										
-6 Disillusioned										
-7 Downcast										
-8 Gloomy										
-9 Downhearted										
-10 Discouraged										
-11 Disgusted										
-12 Depressed										
-13 Desperate										
-14 Despairing										
-15 Miserable										
TOTAL POSITIVE										
TOTAL NEGATIVE										
GRAND TOTAL (add positive, subtract negative)										
HOW I CHANGED MY STATE										

EMOTIONS & YOUR HEALTH

The Placebo Response

How important are our emotions to our overall health? Let's take a look at the placebo effect. Following are two studies (also reported in *The New York Times*, January 9, 2000—"The Placebo Prescription") that talk about the power of our mental states to heal ourselves and restore our bodies to health and vitality.

The Power of Placebo: Two Influential Studies

Study 1: 1960 by Leonard Cobb, M.D. (cardiologist, Seattle, WA)

Angina procedure (internal mammary ligation): Doctors make small incisions in the chest and tie knots in two arteries to try to increase blood flow to the heart.

Procedure results: Of all of the patients, 90% report that the angina procedure helped.

Placebo procedure: Doctors make small incisions in the chest, as in the angina procedure, but do nothing else (i.e., they do not tie knots in the two arteries).

Placebo results: Results show the same improvement—90% of patients reported that the procedure helped. Because the placebo proved to be just as powerful as the internal mammary ligation, the actual process was soon abandoned.

Study 2: 1994 by J. Bruce Moseley, M.D. (surgeon, Houston, TX)

Placebo Study: Dr. Moseley had 10 patients scheduled for an operation to relieve arthritis in their knees. The patients were all approximately middle-aged, former military men. All 10 men were scheduled to be wheeled into the operating room, draped, examined, anesthetized, and sent to the recovery room. The next day, they would all be sent home from the hospital equipped with crutches and painkillers. In this double-blind study, the following situations occurred:

- Two men underwent standard arthroscopic surgery (scraping and rinsing of the knee joint);
- Three men underwent surgery with the rinsing alone (no scraping);
- Five men received incisions but no surgical procedure at all (i.e., placebo surgery).

Study results: Six months after surgery, the patients still did not know which procedure they had undergone (i.e., a placebo or the actual surgery); however, **100% of them reported marked improvement in their levels of pain.**

The bigger the intervention, the more expectation the patients had that the procedures would work, and thus, the placebos were more effective.

MENU OF WAYS TO FEEL GOOD

Once you have measured what you are feeling on a consistent basis, you need to think about how to change those feelings for the better. But remember, you can't stop one action or feeling without replacing it with another. If you tell yourself that you are going to give up pizza completely, you will have little chance of succeeding unless you create and condition an empowering alternative to your pizza craving! For example, instead of ordering Pizza Hut® deep-dish pepperoni with extra cheese pizza, your empowering alternative could be vegetarian pizza with soy cheese. You still get to eat your pizza; it's just a healthier version of the food you crave. Plus, as your taste buds begin to change through the conditioning of this new alternative, you will begin to crave your healthy alternative more and more.

Your menu of ways to feel good is designed to offer you a plethora of options for feeling great. Usually, when people don't feel well—physically or emotionally—they don't have a laundry list of “feel good” items from which to choose. So, once they've exhausted the few options they do have, they become consistently glum. None of us desire this kind of life! We all deserve to have a magnitude of options that we can choose from on a daily basis that make us feel good, love ourselves more, and allow us to meet all of our needs. So how do you create this amazing menu? Read on.

Instructions

- 1.** Brainstorm a list of activities that make you feel good—activities that when you engage in them will change your state and cause you to feel positive emotions. Also, create a menu of ways to love yourself more.
- 2.** Be certain to consider the following criteria when creating your list:
 - Is it convenient for you?
 - Is it easily accessible?
 - Does it cost money?
 - Do I need to do it with other people?
- 3.** Make sure that you create a variety of options that fit these different categories so that you are able to follow through on whatever option you choose no matter where you are, what time it is, or what else is going on in your life!
- 4.** Try combining your menu with your mood meter! After you complete your mood meter, ask yourself, “How do I want to feel right now?” Then, pull out your “feel good” menu, pick an activity, engage in it wholeheartedly, and then complete your mood meter again. Were you effective at changing your state?

SAMPLE MENUS

“Feel Good” Menu

- Volunteer
- Think of tropical islands
- Think of friends
- Take 10 deep breaths
- Smile
- Go through old photo albums
- Listen to music
- Call friends or family
- Light candles
- Go to a museum
- Walk on the beach or in the park
- Look at the stars
- Sing
- Dance
- Watch a favorite movie
- Play tennis or golf
- Pray
- Go to the gym
- Read
- Buy flowers for myself
- Travel
- Go to a nice restaurant
- Drink herbal tea
- Eat healthfully
- Rebound
- Read a new or favorite book
- Write in journal
- Go for a hike
- Spin in a field
- Take a bubble bath
- Go to a park and feed the ducks
- Paint on a canvas

“Love Myself” Menu

- Hug myself
- Smile at myself in the mirror
- Tell myself all of the reasons I love myself (while in the shower or getting dressed)
- Blow myself a kiss
- Write a love letter to myself
- Write my accomplishments at the end of the day and review what I’m grateful for
- Call a friend and ask them to tell me five great things about myself
- Do an emotional flood of all the great emotions and/or memories of my life
- Listen to music
- Do a goal-setting workshop and create a compelling future
- Listen to empowering audiotapes
- Get a massage
- Take a hot bath
- Get my hair and/or nails done or get a facial
- Say “I love you” to myself
- Create a treasure map
- Rub lotion on my body
- Read my journal
- Cuddle with yourself

Remember

These are sample lists that contain items that are interchangeable for either list. Your list may contain items that are completely different.

QUALITY QUANTIFIER

The Urge Buster: How to Instantly Break Your Pattern & Take Back Control

The Quality Quantifier, or the QQ, is a simple tool you can use to immediately increase your enjoyment in any situation. It can also be used to change your behavior immediately by shifting the level of pain or pleasure you associate to any task. Most people never decide in advance the precise level of quality (pleasure, enjoyment, excitement) they are committed to experiencing in a task; nor do they decide what negative feelings they will associate to a behavior to avoid indulging in it. Instead, they settle for whatever “shows up.” Leaving the quality of your life’s experiences to chance is a recipe for disappointment, frustration, boredom, unhappiness, and behaviors that do not support you.

The Quality Quantifier guides you step-by-step through a simple process to increase your desire (i.e., your drive or urge) for an activity that supports you, or decrease your desire for an activity that does not support you. In short, it’s an “urge-management” tool. For example, with effective employment of the QQ, in only a few seconds you can increase your desire to exercise and decrease your desire to eat chocolate cake.

When applied properly, the QQ is a surefire strategy for getting what you really want by immediately tapping into more of your innate abilities and resources. It’s a simple, four-step process in which you ask yourself a brief series of questions, and it’s built upon the following understandings:

4 EASY STEPS

1. You must **assess your current level of desire**. By assigning a numeric value to your experience, you set a benchmark for creating the experience you desire.
2. The second step of the QQ is consciously **describing what feelings/sensations you want to experience** while participating in a particular activity—or to associate to a behavior you’re trying to eliminate. Decide in advance what level of positive emotions/sensations you are committed to experiencing. Doesn’t it make sense that when you tell your brain precisely what you want from something, you have a better chance of coming up with a way to achieve it?
3. **Decide and quantify (give a numeric rating to) the quality of experience you are now committed to having**. The quantification is on a scale from -10 to +10 (from completely and utterly repelled by this activity to irresistibly compelled to do it now). Ask yourself, “On a scale from -10 to +10, what is the quality of experience I am committed to having?”
4. **Develop a simple plan**. With one question, you can quickly develop a strategy for experiencing the level of quality you desire. Ask yourself, “What conditions must I create within myself and/or the environment to experience this level of quality? What could I focus on/appreciate while I am participating in this task to bring me to the level I desire? What could I do differently to cause me to enjoy this task at least at a level +8?”

With this simple action, you will think of readily available resources that will allow you to enjoy yourself much more. Rather than starting the activity reluctantly, expecting pain—and, of course, getting it—you are asking questions to redirect your focus. With the addition of each of these changes in perception or procedure, you’ll find that the quality of your experience is immediately enhanced.

HOW TO USE THE QUALITY QUANTIFIER

Example 1: Pizza—Decreasing Desire

How do you use the QQ to reduce your desire for something? Here are the four steps to utilizing the QQ:

Step 1: Quantify

When I think of engaging in this activity (e.g., food, meeting, conversation, task), what is the current level of quality (feelings/sensations) I associate to it (-10 to +10)? What am I currently experiencing?

For pizza, let's say you're at +10—you can't live without it, as one seminar participant couldn't . . .

Step 2: Describe

What are the sensations/feelings I want? What do I want to experience?

What do I want to feel when I think of this task?

Our pizza-loving participant (let's call him Zeke) had already lost 44 pounds in the last four months, and he figured that unless he dropped his addiction to pizza, he wouldn't be able to reach his goals. He no longer wanted to be a slave to this food. He wanted to feel no desire; he wanted to feel indifference, and he knew it was probably in his best interest even to feel disgust.

Step 3: Decide

What is the level of experience (quality of sensations) I'm committed to having?

Do I want to associate -10 to eating chocolate, or just -5? Do I want to associate my level of pleasure at a 7, an 8 or a 10 for this exercise I'm about to engage in?

Zeke wanted his enthusiasm for pizza to plummet to -10.

Step 4: Strategize

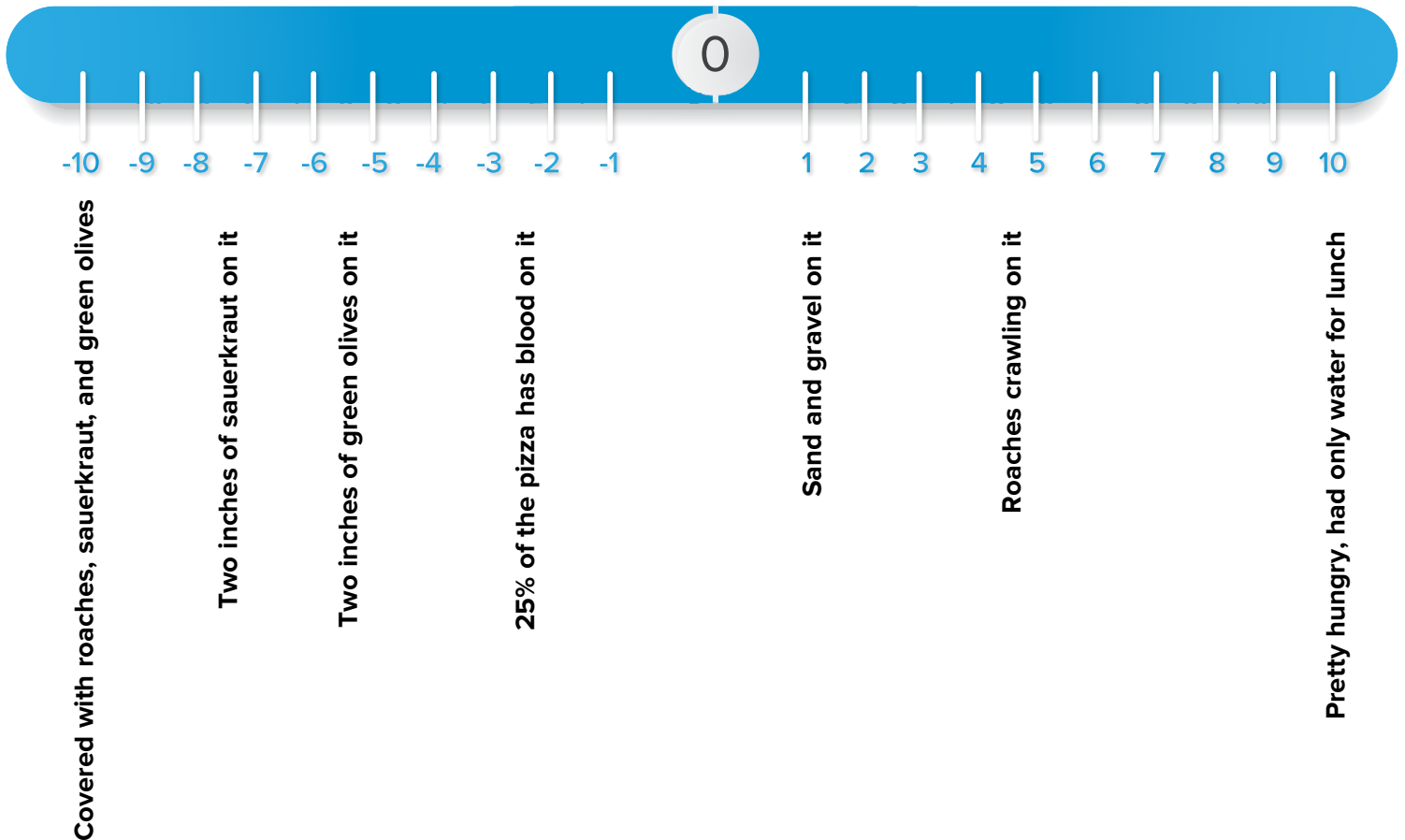
What has to happen in order for me to feel that way about it? What conditions must I create inside myself and/or the environment to experience that level of quality?

Zeke was assisted in moving down the QQ scale in small increments. First, to get from +10 down to +5, he imagined the pizza with roaches crawling on it. Then, to get down to +2, he imagined sand and gravel all over the pizza. Visualizing 25% of the pizza covered with blood was his strategy for getting it down to -3. To get down to -6, he imagined the pizza covered with 2 inches of green olives (for him this was worse than blood!). Two inches of sauerkraut would have moved it down to -8, and a combination of roaches, olives, and sauerkraut ("The Works") brought it all the way down to -10.

HOW TO USE THE QUALITY QUANTIFIER

Example 1: Pizza—Decreasing Desire, con't

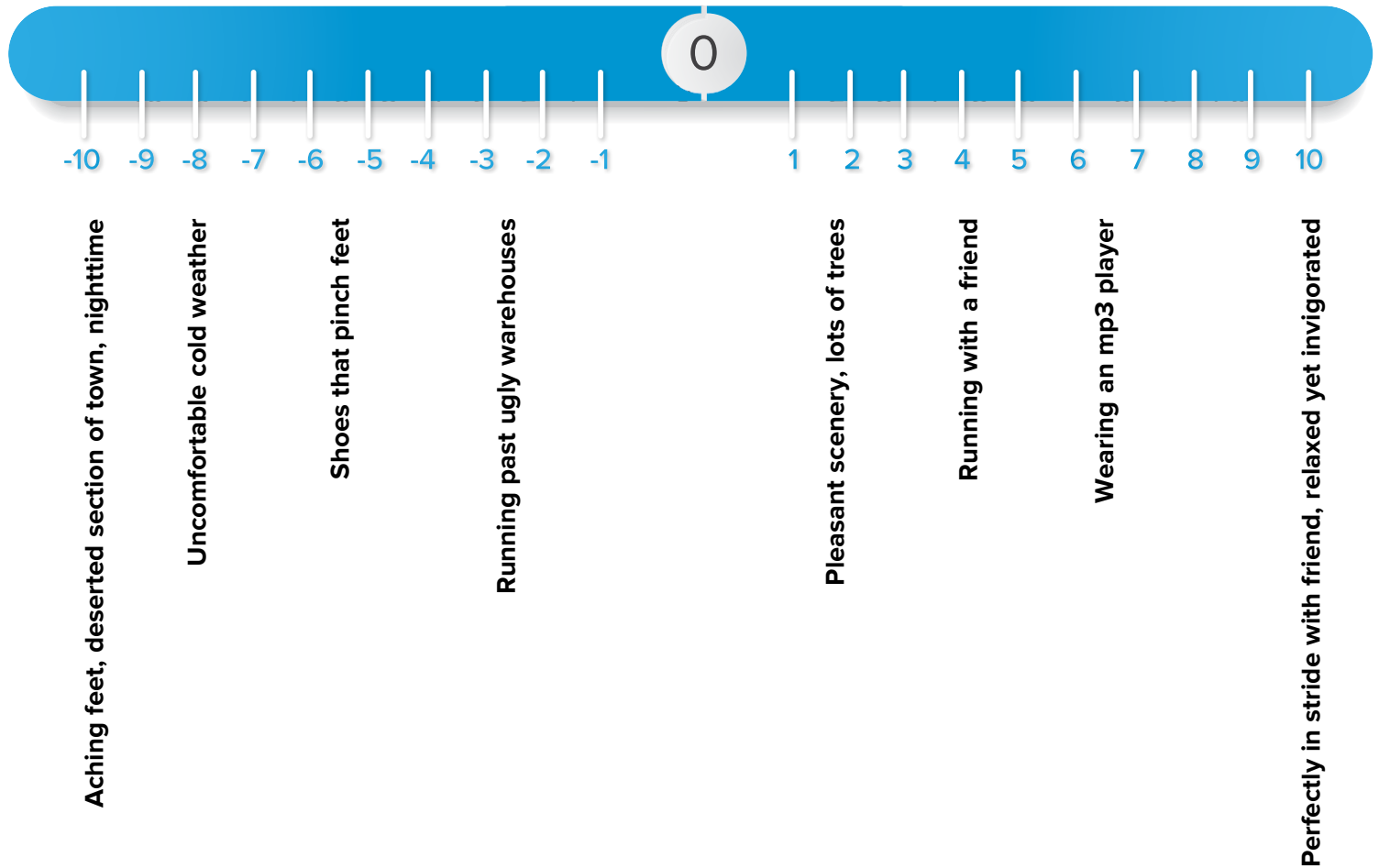
By the time we were done, he didn't want to have anything to do with pizza, nor could he even imagine wanting to eat it again. And even if he did feel like eating it again sometime in the future, he could always take control of his urges by using the QQ to get back down to -10— or to any level he desired!



HOW TO USE THE QUALITY QUANTIFIER

Example 2: Running—Increasing Fun and Pleasure

Here's how the QQ works for running. Let's say you feel neutral about running (i.e., you're currently at a 0). If you wanted to make running undesirable—a -2, or -5, or -7—what would it take? If you wanted to make running more appealing—a +4, or +8, or +10—what would that take? The scale below shows the answers some people have come up with.



Naturally, more of us would use the QQ to increase the pleasurable sensations we link to running rather than decrease them. But isn't it useful to know how to move your feelings about anything in either direction?

NOW IT'S YOUR TURN!

The 2 Most Important Principles in Using the Quality Quantifier

1. Remember that there are many ways to create a +10 experience.
2. Define the rules so you have control—not the environment or someone else.

Remember

The 4 Easy Steps

1. **Quantify:** When I think of engaging in this activity (e.g., food, meeting, conversation, task), what is the current level of quality (feelings/sensations) I associate to it (-10 to +10)? What am I currently experiencing?
2. **Describe:** What are the sensations/feelings I want? What do I want to experience? What do I want to feel when I think of this?
3. **Decide:** What is the level of experience (quality of sensations) I'm committed to having? Do I want to associate -10 to eating chocolate, or just -5? Do I want to associate my level of pleasure at a +7, +8, or a +10 for this exercise I'm about to engage in?
4. **Strategize:** What has to happen for me to feel that way about it? What conditions must I create inside myself and/or the environment to experience that level of quality?

Quality Questions:

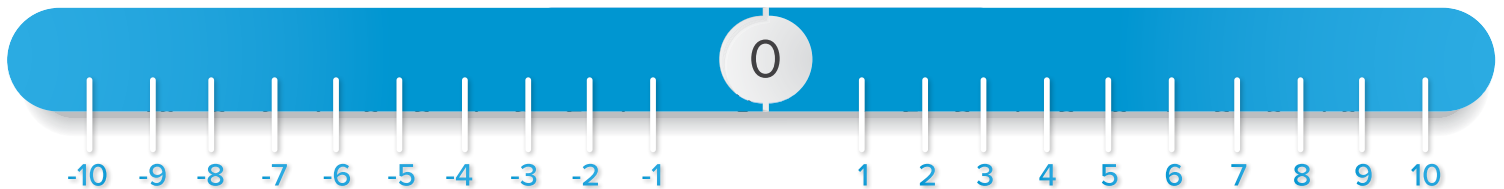
When you ask a new question, your brain comes up with new answers.

- What would I have to believe?
- What's fun about this?
- What would I have to start noticing or focusing on?
- What am I grateful for?
- How can I learn even more while enjoying the process?

EXERCISE: QQ—DECREASE YOUR DESIRE

Think of a situation where you could apply the Quality Quantifier to decrease your desire. For example, it might be a trigger food that you want to stop eating. Or maybe you want to watch less TV or waste less time surfing the Internet.

Once you've decided on a situation or behavior you want to decrease your desire for, capture it below:



Step 1: Quantify

On a scale from -10 to +10, when you think about engaging in this activity (i.e., eating a specific food, spending too much time watching TV), what is the current level of desire you associate to it?

Step 2: Describe

What do you want to experience? What do you want to feel when you think of this?

Step 3: Decide

What's the level of experience you're committed to having?

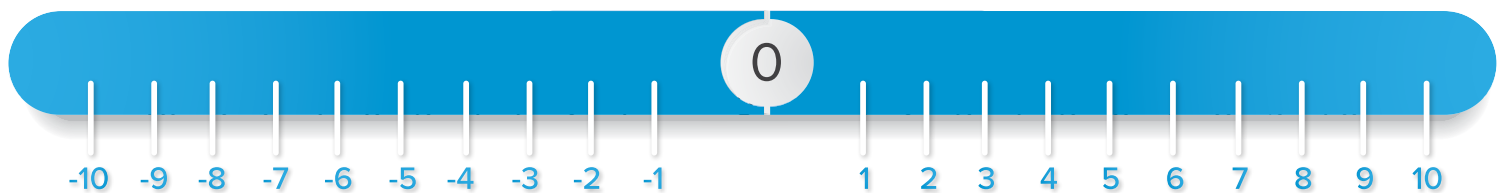
Step 4: Strategize

What has to happen for you to feel this way about engaging in this activity? Capture some of the triggers you'll use immediately to change your level of desire for this situation, activity, or behavior.

EXERCISE: QQ—DECREASE YOUR DESIRE

Think of a situation where you could apply the Quality Quantifier to increase your desire. For example, you might have put off discussing an upset with someone for too long, and now it's really time to take care of it. Or maybe you want to love to walk. If you walk two miles a day, five days a week, you cut your chances of heart disease, diabetes, and cancer. Plus, it feels good! What else would you have to think about to increase your desire to walk? Maybe you create an upbeat playlist of music, schedule walks with a friend or walk with your dog.

Once you've decided on a situation or behavior you want to increase your desire for, capture it below:



Step 1: Quantify

On a scale from -10 to +10, when you think about engaging in this activity (i.e., having a conversation, exercising), what is the current level of desire you associate to it?

Step 2: Describe

What do you want to experience? What do you want to feel when you think of this?

Step 3: Decide

What's the level of experience you're committed to having?

Step 4: Strategize

What has to happen for you to feel this way about engaging in this activity? Capture some of the triggers you'll use immediately to change your level of desire for this situation, activity, or behavior.

THE 12 MASTER PRINCIPLES OF A VITAL LIFE

The Power of Pure Energy

The 12 Master Principles—The 8 Gifts and the 4 Poisons—represent the key to creating an extraordinary base of health, vitality, and energy. Most of these principles are things you are already doing. This program is about how to maximize your body and mind to achieve optimum levels of health. While these principles will not take you any additional time, they will allow you to be more effective and therefore produce a greater quality return.

These 12 principles are easy, fast, and fun!

The 12 Principles of Pure Energy

The 8 Gifts: Give yourself the gifts of ...

1. The Power of Vital Breathing & Lymphasizing
2. The Power of Living Water & Live Foods
3. The Power of Healthy Fat & Oils
4. The Power of Alkalinity—Go Green!
5. The Power of Aerobic Energy
6. The Power of Maximum Nourishment
7. The Power of Structural Alignment & Maximum Strength
8. The Power of a Directed Mind & Heart

The 4 Poisons: Dramatically reduce or eliminate your intake of...

9. The Poison of Processed Fats
10. The Poison of Animal Flesh
11. The Poison of Dairy Products
12. The Poison of Acid Addiction

THE 8 GIFTS

The Power of . . .	Principles
1. Vital Breathing & Lymphasizing	
2. Living Water & Live Foods	
3. Healthy Fats & Oils	
4. Alkalinity	
5. Aerobic Energy	
6. Maximum Nourishment	
7. Structural Alignment & Maximum Strength	
8. A Directed Mind & Heart	

THE 4 POISONS

The Poison of . . .	Principles
1. Processed Fats	
2. Animal Flesh	
3. Dairy Products	
4. Acid Addictions	

TRANSFORMING YOUR BELIEFS

About Health & Vitality

Definition

Belief: A feeling of certainty about what something means.

So often we are seduced into believing that events control our lives and that our environment has shaped who we are today. No greater lie was ever told. It's not the events of our lives that shape us, but rather our beliefs about what those events mean. The meaning we attach to the events of our lives, or our beliefs about the areas of our lives such as our health is what shapes who we are today and who we'll become tomorrow. In fact, our beliefs control everything we think, feel, and do.

Beliefs are what make the difference between a lifetime of vitality, health, energy, passion, joy, and love and one of misery, health challenges, and devastation. They are what separate a Lance Armstrong from a Jim Belushi or a Kurt Cobain.

Since our beliefs have the power to create or to destroy, it's imperative that we consciously decide what it is we believe in all the areas of our lives vs. allowing the beliefs that have been conditioned in us since we were little to shape and direct our lives.

How often have all of us had beliefs in our past that we knew intellectually didn't make sense, but emotionally we still allowed them to control us in a negative way? Likewise, if we look at all the great successes in our lives, undoubtedly we have beliefs that have empowered us to turn these dreams into reality.

The 3 Types of Beliefs

1. **An opinion:** A belief based on references that we don't have a lot of basis for intellectually, emotionally, or physically in our bodies—usually stemming from information others have given us. Opinions can be shifted pretty easily because we are not as vested in the references that form these beliefs.
2. **A belief:** More powerful than an opinion is a belief. A belief occurs when we have several references not only from others, but from our own personal experiences. Beliefs are harder to shift than opinions because they have a larger reference base and often we are more emotionally associated to them.
3. **A conviction:** A conviction is a belief system we are so certain about that it would be very difficult to change it. Usually, convictions stem from very a strong personal reference base—we (or someone we know intimately) has had a painful experience that caused us to form a conviction.

To take our lives to the next level, we must be willing to let go of our convictions and to look at what truly makes the most sense to support us today.

In this section, we'll take a look at what some of our beliefs about health have been (both empowering and disempowering) and what they need to be now to achieve our ultimate levels of health, energy, and vitality.



BELIEFS EXERCISE

1 What are two or three of your most empowering beliefs about health (i.e., beliefs that have contributed positively to your current state of health, energy, or vitality)?

2 What are two or three of your most disempowering beliefs about health (i.e., what beliefs have you used as an excuse not to change something that you need to in this area)?

3 What have these disempowering beliefs cost you? Why must you change now?

4 What beliefs do you need now to take your life to the next level?

CLOSING THE GAP

Turning Your Dreams into Reality

Now that you understand where you are and where you need to be in order to have the ultimate relationship you deserve, it's a matter of closing that gap and turning your dreams and desires into reality.

Closing the gap requires creating the drive necessary to break through any obstacle that will prevent you from achieving that vision. It means being totally honest with yourself and understanding the person you need to become to attract an ideal mate and fulfill their needs. You'll have to let go of the beliefs and rules that are standing in your way.

You'll have to take risks. You'll have to love unconditionally. You'll have to put your fears aside. You'll have to break your old patterns and make way for new ones that will lead you to the joy, lasting happiness, fulfillment, and deep love of your ultimate relationship.

Most of all, you must refuse to settle. Once you associate to that vision of your ultimate relationship and assume your new identity, you'll know the joy associated with it—and the pain of where you are now. Use that pain to help you make tough decisions and to help you take action in spite of your fear. Close that gap, step into your new identity, and your ultimate relationship.

Use the following pages to evaluate your current situation, capture where you want to be, and develop a specific action plan to get there.

STEP 1



CLOSE THE GAP

Remember: 80% is Psychology; 20% is Mechanics

PART 1: WHERE DO YOU WANT TO BE?

DECIDE WHERE YOU WANT TO BE
Describe your ideal relationship.
What do you really want? What is your target?

Capture your results, the emotions you want to feel, your identity, and your triad:

PART 3: HOW ARE YOU GOING TO CLOSE THE GAP?

CAPTURE YOUR IDEAS, WANTS, AND NEEDS
What do you need to do to close the gap?

PART 2: WHERE ARE YOU NOW?

DETERMINE WHERE YOU ARE NOW
Identify *honestly* where you really are today.

Capture your results, the emotions you are feeling, your identity, and your current triad:

STEP 3 COMMIT & SCHEDULE



Commit to block time and resolve your “musts.”
Then, schedule specific times to work on your most important outcomes into your daily calendar.

STEP 4 COMPLETE & ACHIEVE



Make sure you dedicate time and emotion to your most important results. This process ensures that other people’s agendas, urgencies, or distractions steal attention from what’s important to you.

Rules

1. Never leave the site of a goal without taking some kind of action toward its attainment.
2. Don’t let a day go by without taking action toward your goal: Even the most minute action can move you toward where you want to be. Every skill you apply, every thought you focus on, every in-CAN-tation you do will allow you to make progress every single day.
3. Create an environment of immersion: This action is a must if you truly want to master anything.

STEP 5

CELEBRATE



COMPLETE: Once your plan is in place, you are absolutely clear about the result you are committed to achieving (your outcome), and the reasons why you *must* achieve it, you must take immediate action. Did you schedule to complete the most important items in your action plan?

MEASURE: The more often you measure your progress, the more likely it is you'll produce your desired result. This process is the only way you'll know how much headway you're making. You may even want to utilize an outside source to measure for you.

CELEBRATE: Celebrate even the smallest progress. Nurture yourself at key moments of fulfillment. Don't wait until you've lost ten pounds to reward yourself; instead, celebrate the first time you pass up a chocolate chip cookie. When you've achieved your dream, you can create the ultimate celebration for yourself.

EXAMPLE

Closing the Gap — Relationship



STEP 1: CLOSE THE GAP

PART 1: WHERE DO YOU WANT TO BE?

DECIDE WHERE YOU WANT TO BE

Identify your ultimate outcome with passion.
What do you really want? What is your target?

RESULTS: (Be specific!)

To have a joyful and fulfilling relationship with my husband—one in which we are in constant and complete awareness of how much we truly love one another; to make our love the first priority in both of our lives

EMOTION:

Joy, ecstasy, connection, warmth, playfulness, security, fulfillment, gratitude

IDENTITY:

Partner, lover, wife, soulmate, best friend, co-conspirator, playmate

TRIAD: (Physiology, Beliefs, Language)

Physiology: Open stance; gentle and warm gaze; deep breathing; sincere smile; practice hands-on affection.

Beliefs: Love is a place to give, not get; I am completely loved and I love completely.

Language: I am deeply, passionately in love; my relationship is the most important thing in my life.

PART 3: HOW ARE YOU GOING TO CLOSE THE GAP?

CAPTURE YOUR IDEAS, WANTS, AND NEEDS

- Have a completely fulfilling and joyful relationship
- Make my relationship with my husband the most important thing in my life; give Ted certainty
- Make time in my schedule on a regular basis for private time with Ted
- Make Ted feel special and completely nurtured by me and our relationship
- Spice up our love life; create passion; plan surprises; try new things

- Set a loving example for our children
- Strengthen our intimacy; make it “the two of us against the world”
- Renew the excitement we had when we first fell in love
- Create “magic moments” every day, in some small way, for the rest of our lives
- Solicit Ted’s input on how to improve our relationship; make him feel comfortable with sharing his wants, desires, and needs
- Become the super-sexy, outrageous lover of Ted’s dreams

PART 2: WHERE ARE YOU NOW?

DETERMINE WHERE YOU ARE NOW

Identify *honestly* where you really are today.

RESULTS: (Be specific!)

My relationship is okay but not great, certainly not outstanding; we are in a rut; we don’t have a lot of excitement; we lack honest and compelling communication.

EMOTION:

Boredom, disappointment, apathy

IDENTITY:

Wife, mother

TRIAD: (Physiology, Beliefs, Language)

Physiology: Eyes averted; slouched posture; fixed and bored gaze.

Beliefs: Marriage isn’t always a walk in the park.

Language: My relationship is fine.



STEP 2: CREATE YOUR RPM™ PLAN

ULTIMATE RESULT

What is the ultimate result you want to produce?

Create an extraordinary relationship with my husband at an ultimate level of passion, commitment, trust, excitement, and fulfillment—one in which we are consciously and joyfully meeting each other's Six Human Needs.

ULTIMATE PURPOSE

Why do you want to do this?

To have the most insanely fabulous marriage in the universe; to be an extraordinary example for our children; to maintain (and expand!) our support, love, and absolute wonder for one another.

KEY RESULTS

MASSIVE ACTION PLAN (MAP)	RESULT/OUTCOME	PURPOSE
<ol style="list-style-type: none"> 1. Make "appointment" with Ted to review our calendars for the next 6 months. 2. Choose at least 2 romantic weekends to go away together alone. 3. Choose dates for a 2-week tropical vacation. 4. Schedule one "date night" per week. 5. Purchase large wall calendar, outline dates, and hang in kitchen. 	<p>To determine certain dates when we will commit to spending quality time together</p> <p>By: 02/3</p>	<p>To strengthen our intimacy and increase our quality of time together; to make our relationship our priority; to live in a constant state of appreciation of the gifts we have found in one another</p>
<ol style="list-style-type: none"> 1. Pay close attention to the Life Mastery session on relationships. 2. Brainstorm ideas for small daily "gifts" (e.g., love notes, etc.). 3. Commit to cooking a special gourmet dinner once a week for Ted. 4. Share results of exercises from the Relationship Mastery section of the Life Mastery manual; solicit Ted's input. 	<p>To find specific ways to make Ted feel special and nurtured and be his "ultimate mate"</p> <p>By: 02/17</p>	<p>To make Ted my "raving fan" and be the woman of his dreams; to constantly remind him of how cherished he is; to create certainty in his life about our relationship and my commitment to him</p>
<ol style="list-style-type: none"> 1. Brainstorm ways to "spice up" our love life. 2. Purchase Laura Korn's book, 101 Ways to Surprise Your Lover. 	<p>To create excitement in our relationship by committing to trying "all things new!"</p> <p>By: 02/10</p>	<p>To meet the need for variety in our relationship; to maintain our incredible passion; to surprise, delight, and enlighten one another on a consistent basis</p>
<ol style="list-style-type: none"> 1. Determine and write down my roles in our relationship (partner, soulmate, lover, best friend, etc.). 2. Create outrageous pattern interrupt for stressful situations. 3. Sign up for the "How to Strip for Your Lover" class to expand my physiology. 4. Complete the triad example for my relationship. 	<p>To create an empowering Triad for our relationship</p> <p>By: 02/7</p>	<p>To create an outstanding life together; to maintain my own identity and empower myself so that I can share myself more completely with Ted</p>

DESIGN YOUR ULTIMATE MATE

Creating Relationships that Last

Long walks hand-in-hand on the beach at sunset; a comforter for two in front of a fireplace on a cold winter day; gazing into each other's eyes underneath a star-filled sky; the warmth, excitement, and joy that comes from truly sharing an intimate connection. Is there anyone who doesn't want all of these things? **Imagine what your life could be like if you had that perfect person with which to share it**—the man or woman of your dreams with whom you could build a loving, lasting relationship.

Most people consider the finding and attracting of an *ideal* mate a fairy tale—something that just doesn't happen outside of the movies! But finding the ideal mate is not an impractical dream. **If you follow the steps in this section, you will find and attract your ultimate mate.** The majority of the people that Tony has coached privately and at his seminars who have found their ideal mate thought they too would never find that special someone. They had myriad excuses—maybe some are similar to your own—I'm too old, too fat, too shy, I have kids or I have too many other failed relationships. Whatever reason is keeping you from finding the right match for you, this section will help flush it out...and hopefully wipe it out!

This section will get you to stop waiting for a relationship and show you how to start making it happen. There's just one thing you have to understand before you begin: People who are successful at anything in life, be it business, relationships, finances, education, etc., have one common thread—**they know exactly what they want.** As simplistic as this key point may sound, it is the first step in creating anything of true value in your life. **If you don't know what you want, you may never find it.** Or, sadder yet, you may already have it and not even realize it.

So, the process on the following pages will begin with that crucial first step—finding out what you **do** want! The results of this process will transform the way you think about being in a relationship and guide you to consciously create a union that will expand your horizons, enrich your being, and inspire you to soar to heights you never thought possible.

If you are already in a relationship that you want to make better, this process will help you discover ways to make that happen. You and your partner will have the opportunity to rediscover each other, renew the reverence in your relationship, and meet one another's needs at a much deeper level.

IF YOU ARE NOT IN A RELATIONSHIP

Step 1: Describe Your Ideal Mate

Now it's time to refine what you have just brainstormed. Remember, you are likely to move toward achieving or acquiring whatever you focus on with emotion. So, take a look at what you just wrote and really make an effort to focus now.

EXERCISE

1. Describe your Ultimate Mate. What do you really want from a loving partner?
List the ultimate, ideal qualities you want in your future partner.

Example

I want my ultimate mate to have these qualities:

- Honesty
- Integrity
- Physical fitness
- Innocence
- Independence
- Humor
- Intelligence
- Spontaneity
- Generosity
- Flexibility
- Financial savvy
- Affinity for children
- Curiosity
- Spirituality

IF YOU ARE NOT IN A RELATIONSHIP

Step 2: Who Must You Become

- 2. Describe who you need to become to attract the needs of your ultimate mate.
What must you be willing to do, be, create, share, and give to your partner?**

IF YOU ARE NOT IN A RELATIONSHIP

Step 3: Marketing Strategies

Now that you have defined your ideal mate and who you need to become in order to attract him/her, **you must have a strategy for actually finding this person!**

12 TIPS FOR FINDING YOUR IDEAL MATE

1. Be accessible.
2. With the help of friends, brainstorm at least 10 potential places where you could meet your new mate (e.g., church, book or grocery stores, ski resorts, nature hikes, business meetings or conferences, etc.).
3. Take a friend.
4. Commit to going out at least once per week with a single friend (ideally the same sex as you) for dinner, dancing, a concert or show, etc.
5. Network.
6. Tell your friends and associates what you're looking for in an ideal mate and ask them to keep their eyes open. Have them set up a meeting with someone they know.
7. Don't turn down dates
8. Remember, first impressions can be wrong. Even if your current date isn't Mr. or Mrs. Right, he/she may be friends with someone who is!
9. Advertise.
10. More people than you can imagine have met their ideal mate on an online dating site. Don't be afraid to check one out to see who is on there.
11. Learn to flirt.
12. Ask friends who seem to be talented in this "fine art" to help you. Or, look for a local or online course on the subject or read a book.

IF YOU ARE NOT IN A RELATIONSHIP

Step 3: Marketing Strategies (Cont.)

Now that you've learned the "6 Tips for Finding Your Ideal Mate," let's take a closer look at Tip #1: **Be Accessible!** Put your mind to use by brainstorming some ideal locations to meet that special someone.

Places To Go, Things To Do, and *People To Meet...*

Here are some fun, creative ways to initiate a new relationship (or friendship!) either in your business or in your personal life. What are some **other** ways can you think of to meet someone new?

1. Go to church
2. Enroll in a course at your local university or community college
3. Attend a sporting event
4. Take your dog for a walk
5. Attend a seminar
6. Join a mentoring program
7. Volunteer at a soup kitchen
8. Log on to an on-line chat session
9. Go hiking in your favorite location
10. Join a club that interests you
11. Go golfing (Ask someone to round out your fourth!)
12. Attend friends' and associates' weddings
13. Peruse the grocery store
14. Go to the movies or the theater
15. Check out an opera or the symphony
16. Keep your eyes open in those elevators
17. Volunteer at local sporting events (e.g., marathons, regattas, etc.)
18. Join a gym or athletic club
19. Invite friends out to a dance club
20. Attend your high school and/or college class reunions
21. Head to the beach for some sun and fun
22. Browse the bookstores or join a book club
23. Network at business parties and get-togethers
24. Vacation at one of your favorite resorts
25. Go to museums or art galleries and exhibits
26. Attend professional conferences
27. Do some "window shopping" at your local mall
28. Allow yourself to be set up by friends, family, and business buddies
29. Volunteer to work at a charitable event
30. Spend an afternoon in the park

3. Now it's your turn. Brainstorm some ideas for ways to meet your ultimate mate!

IF YOU ARE NOT IN A RELATIONSHIP

Step 3: Marketing Strategies (Cont.)

So what is the real secret to finding your ideal mate? Well, no matter where you go or what you do, keep your energy focused on meeting someone. Then, your chances of creating that meeting will be much greater!

4. Now that you've brainstormed how and where to meet your ideal mate, compare your list of the qualities you're looking for in your ideal mate with your list of places to meet people in general, and create a third list of the top 3-5 environments where you and your ideal mate would be most likely to meet!

1. _____
2. _____
3. _____
4. _____
5. _____

Your next step is to ensure that you follow through. Immediately schedule on your calendar at least two of these top five activities! Make following through on these activities a fun, life-improving thing, not a chore. For example, make every Friday night, "find my mate" night. Or, sign up for that photography class you've been dreaming about for years; maybe there's a reason you've been wanting to do it for so long!

Pull out that calendar, right now, and commit to at least two of your top five activities in writing. You're not merely committing to active fun, you're making a commitment to yourself and the life you desire and deserve!

IF YOU ARE IN A RELATIONSHIP

Step 1: Describe the Qualities You Desire

The first step in taking your current relationship to the next level is to be clear about what you want. In a committed relationship, it is important to focus on what you want and how your current partner is fulfilling those needs and desires. Keeping the passion and intimacy strong in a relationship can be achieved by making sure that you stay associated to what is already great about your current partner. By focusing on what you already appreciate, you will create a space for the relationship to be outstanding and constantly grow.

Let's start with this exercise as a way to clarify what is already great about your current partner.

EXERCISE

- 1. What's great about your current partner? What do you truly appreciate about him/her? What qualities does he/she possess for which you are truly grateful?**

IF YOU ARE IN A RELATIONSHIP

Step 2: Who Must You Become

Now that you've defined what you want in your partner, in order to keep him/her attracted and to create the space for your relationship to flourish, **you must be the kind of person your ideal mate would desire.**

Definition

Attract (ə trakt'), vb: to pull to or draw toward oneself...to draw by appeal to natural or excited interest, emotion, or aesthetic sense.

Merriam-Webster's Collegiate Dictionary, 10th Ed.

- 2. Describe who you need to become to fulfill the needs of your current partner.
What must you be willing to do, be, create, share, and give to your partner?**

IF YOU ARE IN A RELATIONSHIP

Step 3: Enhancement Strategies

3. Now that you have defined the qualities you already appreciate in your partner as well as who you need to become to continue to fulfill his or her needs, it's time to create some strategies to continue to improve your relationship and take it to the next level.

1 What can I do to begin meeting the needs of my partner better and immediately?

2 What are some simple ways to enrich and expand my relationship?

3 What are things my partner and I can do, create, or explore together?

4 What are some things I do that annoy, stress, or outrage my partner?

5 What can I do to eliminate these behaviors today and why would I want to?

4 FUNDAMENTALS FOR INCREASING THE QUALITY OF YOUR RELATIONSHIP

1. Manage Your Perception.

Ask yourself, “What meaning are you linking to this situation?
What’s really going on here?”

2. Commit to Making Your Partner Feel Good!

Commit to doing the most important things you can for your partner.
Remember the 80/20 rule!

3. Don’t Violate Your Partner’s “Must Never” Rules!

4. Constantly Reinforce Your Partner’s Level of Importance to You.

IDEAL MATE INTEGRATION

There is one more step you need to take to make sure you find and attract your ultimate mate! Specifically, you must consistently check in and monitor your progress. Take the following steps to ensure you follow through.

Every morning, review your lists: Your ideal mate, your ideal you, and all of the places you can go to meet this person and/or enrich your current relationship.

Hint

Once you have defined who you need to become, write this list (and your ultimate mate list) in your journal. Keep both lists in a place you see daily. Then, be sure to review your lists every morning. And in the evening, before you go to bed, ask yourself, “How have I moved closer to finding, attracting, or keeping my ideal mate today? Who am I becoming to attract or keep this person?”

Every week, perhaps when you are doing your planning, **resolve to schedule at least one activity that will put you in the right environment** to meet this person or spice up your current relationship.

Right now, before you leave this course, **commit to one action you can take immediately to create momentum toward your goal** (e.g., call a friend to schedule a fun activity, write an ad for the personals, call a friend or an associate and ask them who they know, order a book on-line to help you better understand the opposite sex, etc.).

Congratulations! You’ve done the work and now you’re ready for a rewarding, fun, exciting, committed relationship that supports your growth. Think of the time you have taken completing these exercises as an invitation that you are sending out to the universe **and** to the one you are destined to love. It has been said that to love is to receive a glimpse of heaven. Keep this in mind in all of your relationships. Approach them as your **best** self. **Embody the qualities that will attract and keep your ideal mate and you will, without a doubt, do just that!**

YOUR LIFE PLAN FOR HEALTH & VITALITY

Creating a Daily Practice for Ongoing Mastery

Life Mastery is about the creation of a **daily practice**—decisions that you resolve not only to make but that you commit to take action on each day. Our goal at Mastery University is to expose you to a plethora of resources and tools and a variety of speakers with many different view points. In the end, however, it is up to you to decide not only what you will believe and what principles you will live by, but most importantly, what you will actually do.

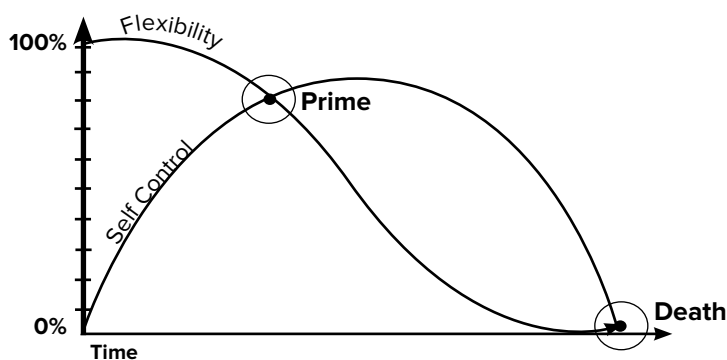
The truth is that very few people will follow through on 100% of what they learn at any event, no matter how powerful. **What will determine your level of action, and therefore the impact on your quality of life are three things:**

1. **A compelling vision and purpose** that will drive you to follow through
2. **The decisions you make:** What you resolve to stand for, believe, take action on
3. **A scheduled plan for implementation**

One of the most important ingredients of your plan is to maximize the resources available to you. To do this, **there are two key ingredients: flexibility and control.** In order to achieve the maximum results in any area of your life, these two emotional states/ways of living must be in balance. The concept was created by Ichak Adizes, Ph.D., author of *Managing Corporate Lifecycles* for use in a business context. The principle, however, applies equally effectively to all the areas of your personal life.

So as you develop your life plan, we encourage you to do this from a place of maximization.

Prime: The Zone of Maximization*



When we are born, we usually have maximum flexibility but almost no control. Through time, however, our flexibility tends to decrease, but our level of control increases. There are two places where these two elements intersect: The second time they intersect is at death (when you have no control and no flexibility). The first time they intersect, however, is at what is called ‘prime.’ **Prime is the zone (it’s not one point, but rather a region) where you are maximizing both elements: You have enough control so that you are held to a standard and are maximizing your progress and results. At the same time, you have enough flexibility so that you are not too rigid—because too much rigidity is not sustainable for most people.**

*Reprinted with permission of the Adizes Institute. ©Adizes Institute 2002. All rights reserved.

What are the absolute ‘musts’ for you in each area of your life, and what are you going to live by consistently? At the same time, what are some things that you learned this week that you know are simply not a priority or practical for you to follow through on? For example, it’s nice to think that you will drink 2 oz of wheatgrass three times a day, but is this really sustainable for you? Or are you committed to drink 2 oz of wheatgrass once per day? The outcome is to set a standard that’s high enough that you will fulfill your vision and goals but one that is also very achievable for you.

On the following pages is an example of the beginning of a life plan that Tony and Sage Robbins created in the area of their health. Then, you will find some blank forms for you to create your own life plan for your health, since this area has been such a strong focus this week. As you do this, keep yourself in check. Are you setting a high enough standard for yourself? At the same time, are you allowing enough flexibility to ensure that you really follow through?

As you create your Life Plan, remember everyone is different. Mastery is about taking 100% responsibility for your health: planning ahead, preparing your own food, scheduling time for exercise and self-care, and managing the overall business of your body.

One Final Hint

Utilize your 7th Power: *If you are in a relationship with someone who will be affected by your life plan (i.e., a spouse who is a heavy meat-eater or who loves sweets), be sure to include them in the process.*



*What’s talked about is a dream, What’s envisioned is exciting,
What’s planned becomes possible, What’s scheduled is real.*

— Tony Robbins

EXAMPLE: TONY & SAGE ROBBINS

Life Plan for Physical Mastery

Governing Principles for Healthy Eating & Lifestyle

1. **Eat 70% organic, live high water content foods. Divide food into four categories:**
 - (1) Organic vegetables
 - (2) High-quality (clean) proteins
 - (3) High-quality unprocessed (complex) carbohydrates (good carbs!) *[Note this includes organic fruit]*
 - (4) Good fats (e.g., plant-based fats such as avocado, extra virgin cold pressed olive oil, etc.)
2. **Drink half our body weight in ounces throughout the day.**
3. **Two or three green drinks per day (e.g., celery juice, wheat grass, etc.).**
4. **Lymphasize:**
 - Rebounding twice a day for 10 minutes each:
 - First 5 minutes = incantations
 - Second 5 minutes = 1:4:2 ratio diaphragmic breathing
5. **Daily Cold Plunge**
6. **Structural support:**
 - Egoscue menu five times per week
 - On days working out: 15 minute pre-menu & 15 minutes post-menu
 - Once a week: Osteostrong®
7. **Exercise:**
 - Full body strength training: 3 full body workouts per week
 - Build our base with 30 minutes of quality cardio exercise 3 times per week
8. **Zag once per week plus one extra day a month (maximum of two)**
e.g., zag 6 days/month = 20% of time
9. **Utilize visual inspection: Does our food contain 70% water content?**
10. **Cleanse our bodies: colonics once or twice per month, cleanse once or twice per year**
11. **Priming Ritual: every morning**
12. **Meditate: once to twice per week (or more)**
13. **10-minute gratitude meditation daily before going to sleep at night**
14. **Read one chapter from a book per night**
15. **Weekly family meeting:**
 - Share magic moments
 - Share what outcomes we achieved for the week
 - Share what we've failed to achieve and the lessons we've learned
 - Design our PRM™ plan for the following week

SUPPLEMENTS

Example: Tony & Sage Robbins

All supplements are high-quality products, from companies that use 3rd party testing in the manufacturing process. (Four great companies that use 3rd party testing in the U.S. are: Biotics Research®, Thorne®, Designs for Health®, and Tony Robbins.)

- 1. Bio Energy Greens®** from the Tony Robbins health supplement line
- 2. Vital Energy® Pack** from the Tony Robbins health supplement line
- 3. Multi-Vitamin & Mineral**
- 4. Omega-3 Krill Oil**
- 5. Vitamin D**
- 6. Magnesium Buffered Chelate**
- 7. Melatonin:** use when traveling to different time zones
- 8. Electrolytes (sugar free/sweetened with Stevia):** Needed when traveling at high-altitudes or to high heat/humidity and/or when putting additional demand on body (such as at events)

SCHEDULE FOR IMPLEMENTATION

Example: Tony & Sage Robbins

MORNING

1. Drink water with lemon and/or green drink upon waking
2. Wait 15-30 min, then drink celery juice
3. Cold Plunge
4. Priming
5. Egoscue menus (15–20 minutes)
6. Strength or cardio workout (6 days per week)
7. High-quality breakfast or shake

AFTERNOON

1. Drink water with lemon and/or green drink prior to lunch
2. 5 minutes of lymphasizing breaths (1–4–2 ratio)
3. Lunch: 70% high water content/live foods
4. Take supplements
5. Vegetable juice (celery juice, wheatgrass juice, etc.)

EVENING

1. Drink water with lemon and/or green drink prior to dinner
2. Light meal: 70% higher water content/live foods
4. Rebounding (10 minutes) with:
 - 5 minutes of incantations
 - 5 minutes of lymphasizing breaths (1–4–2 ratio)
5. 5–10 minutes journal magic moments and/or meditate
6. Read for 20–30 minutes
7. 10-minute gratitude ritual

EXERCISE MY PHYSICAL MASTERY LIFE PLAN

Take a few minutes to brainstorm your personal life plan for physical mastery.

GOVERNING PRINCIPLES FOR HEALTHY EATING & LIFESTYLE

SUPPLEMENTATION

SCHEDULE FOR IMPLEMENTATION

MORNING

MID-DAY

EVENING

GOAL SETTING

Making the Invisible Visible—Your Treasure Map for Fulfillment

For centuries, people have pursued the belief that whatever it is we think about with positive intent, we can create. In the 19th century, James Allen wrote *As a Man Thinketh* based on the premise that what we think about we become, in every context of our lives. In 1966, Napoleon Hill wrote the groundbreaking book, *Think and Grow Rich*, about the power of defining precisely what it is you want, determining what you will give back in return, establishing a specific timeline by which you will achieve your goal, creating a plan for achieving it, and continually reinforcing in your conscious and subconscious mind the idea that you will achieve it.

There is no question that when you resolve to attain something (whether it is something you want to do, have, be, create, or give), there is incredible momentum and power created that moves you toward manifesting whatever it is you want in your life. In fact, there are thousands of documented cases of people achieving their exact goals in the exact timeline to which they commit.

The Power of a Clear Outcome

Yale University took a poll of each student graduating from the Class of 1953 and asked them who had done full goal setting (what they were going to do) and had written it down by graduation. Only 3% of the class answered that they had done goal setting. Twenty years later, the 3% that had written down their goals before graduating from Yale had earned 50% of the entire income of all of the rest of the class combined.

There are no guarantees in life, yet, when the power of this process is so clearly understood, pursued, and documented, why wouldn't you utilize it to maximize your power? The process on the following pages is designed to help you establish what it is you want in each main area of your life.

Once you have identified what you want, remember that one of the most powerful ways to ensure that you achieve those goals is to keep them in front of you: Whatever you think about continuously tends to become real. Your Reticular Activating System or RAS has four sections, two of which mediate sensations that give pleasure and enable learning and memory. Simply put, your RAS is part of your unconscious mind that is constantly working to pick up signals from you—what you see or focus on—in order to keep track of your likes and dislikes. If you can incorporate your goals into your RAS through consistent focus, then your unconscious mind will take over finding items that relate to or will help you accomplish your goals.

How can you incorporate your goals into your unconscious mind? Make them more exciting—something you want to see in front of you every day! Once you complete the exercises on the following pages, bring your goals to life by creating your own personal treasure map. Cut out pictures, words, and phrases that relate to or reflect your goals and glue them on a sheet of paper. You can create a treasure map for your entire life or a separate one for each main area of your life. Then, when you are done, you may want to laminate your treasure map(s) so that they will be durable and able to travel with you wherever you go.



EXERCISE: THE POWER OF CERTAINTY

1

Take a few moments and write down some items that were once merely desires, dreams, or goals you have already attained. Be sure to include big and little items—ones that you may now take for granted—your job, your relationship, your home, an instrument, a computer, etc. Asterisk 2–3 items that at one time truly seemed impossible to achieve.

2

Now, take one of your asterisked items and write down the steps you took to turn it from a dream into reality. You may not have achieved it consciously, but something stimulated enough of a desire for you to reach that goal. Was there a condition in your life—poor health, job loss, etc.—that forced you to create an outcome you had to meet? Was there a purpose or a reason that made you focus on that goal continuously? After writing as much as you can remember, review what you've written to see if you can identify the specific steps you took.



EXERCISE: CATEGORIES OF IMPROVEMENT

Closing the gap from where you are to where you want to be.

<p style="text-align: center;">PHYSICAL BODY _____ On a scale from 1-10</p> <p>Where are you now? <input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/> Where are you committed to be in one year? <input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/></p> <p style="text-align: center;">What outcomes <u>must</u> you achieve to go from where you are to where you want to be? Example: 1. Reduce my body fat from 25% to 15%. 2. Run 5 miles three times per week.</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p> <p>8. _____</p> <p>9. _____</p> <p>10. _____</p>	<p style="text-align: center;">EMOTIONS/MEANING _____ On a scale from 1-10</p> <p>Where are you now? <input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/> Where are you committed to be in one year? <input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/></p> <p style="text-align: center;">What outcomes <u>must</u> you achieve to go from where you are to where you want to be? Example: 1. Create new incantations and do them 10 min each day. 2. Attend Date with Destiny to master my emotions.</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p> <p>8. _____</p> <p>9. _____</p> <p>10. _____</p>
<p style="text-align: center;">RELATIONSHIPS _____ On a scale from 1-10</p> <p>Where are you now? <input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/> Where are you committed to be in one year? <input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/></p> <p style="text-align: center;">What outcomes <u>must</u> you achieve to go from where you are to where you want to be? Example: 1. Eliminate my pattern of 'getting hooked' & arguing. 2. Become the person I need to be to attract my ideal mate.</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p> <p>8. _____</p> <p>9. _____</p> <p>10. _____</p>	<p style="text-align: center;">TIME _____ On a scale from 1-10</p> <p>Where are you now? <input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/> Where are you committed to be in one year? <input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/></p> <p style="text-align: center;">What outcomes <u>must</u> you achieve to go from where you are to where you want to be? Example: 1. Complete The Time of Your Life to learn the RPM system. 2. Schedule 30-45 min every Sunday to plan my week.</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p> <p>8. _____</p> <p>9. _____</p> <p>10. _____</p>

<p>WORK/CAREER/MISSION _____ On a scale from 1-10</p> <p>Where are you now? <input style="width: 40px; height: 25px;" type="text"/> Where are you committed to be in one year? <input style="width: 40px; height: 25px;" type="text"/></p> <p>What outcomes <u>must</u> you achieve to go from where you are to where you want to be? Example: 1. Add more value to increase my income by 15%. 2. Secure 5 new clients that bring in \$50,000 each.</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p> <p>8. _____</p> <p>9. _____</p> <p>10. _____</p>	<p>FINANCES _____ On a scale from 1-10</p> <p>Where are you now? <input style="width: 40px; height: 25px;" type="text"/> Where are you committed to be in one year? <input style="width: 40px; height: 25px;" type="text"/></p> <p>What outcomes <u>must</u> you achieve to go from where you are to where you want to be? Example: 1. Eliminate all my debt within 1 year. 2. Create a plan to consistently save 10% of what I earn.</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p> <p>8. _____</p> <p>9. _____</p> <p>10. _____</p>
<p>CELEBRATE/CONTRIBUTE _____ On a scale from 1-10</p> <p>Where are you now? <input style="width: 40px; height: 25px;" type="text"/> Where are you committed to be in one year? <input style="width: 40px; height: 25px;" type="text"/></p> <p>What outcomes <u>must</u> you achieve to go from where you are to where you want to be? Example: 1. Explore my beliefs by attending different service each month. 2. Do a 5-minute gratitude meditation every morning.</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p> <p>8. _____</p> <p>9. _____</p> <p>10. _____</p>	

 **EXERCISE: COMPLETE YOUR PLAN TO CLOSE THE GAP** Closing the gap from where you are to where you want to be.

PHYSICAL BODY

<p>Why is this a 'must' for me? What's my purpose?</p>	<p>How will I get there? What's my Massive Action Plan?</p>
--	---

Choose your top 3-4 Categories of Improvement that you want to work on and utilize these circles to complete your plan for closing the gap in these areas.

EMOTIONS/MEANING

<p>Why is this a 'must' for me? What's my purpose?</p>	<p>How will I get there? What's my Massive Action Plan?</p>
--	---

RELATIONSHIPS

Why is this a 'must' for me?
What's my purpose?

How will I get there? What's
my Massive Action Plan?

TIME

Why is this a 'must' for me?
What's my purpose?

How will I get there? What's
my Massive Action Plan?

WORK/CAREER/MISSION

Why is this a 'must' for me? What's my purpose?	How will I get there? What's my Massive Action Plan?
--	---

FINANCES

Why is this a 'must' for me? What's my purpose?	How will I get there? What's my Massive Action Plan?
--	---

CELEBRATE/CONTRIBUTE

**Why is this a 'must' for me?
What's my purpose?**

**How will I get there? What's
my Massive Action Plan?**

CLEANSING

What is a cleanse?

The evolution of modern society has resulted in an overload of chemicals, toxins, air pollutants, and radiation. In addition, by eating certain foods, we expose ourselves to processed and de-mineralized materials, herbicides, pesticides, food colorings, and preservatives.

All of these toxins put stress on our bodies. When the body is clean and strong, it has no trouble eliminating the waste. However, when it becomes overloaded with more toxins than it can properly eliminate, the liver will eventually become sluggish and allow the waste to build up. In this state, one cannot properly absorb vitamins, nutrients, and health supplements. Furthermore, the contamination and malnutrition that result make the body more susceptible to disease. In fact, a continuous overload of toxins into the body could trigger serious ailments, and if a system becomes so contaminated that it cannot get rid of the excess toxins, chronic illness or even death could result.

What is a cleanse?

Cleansing is the detoxification of the digestive tract, blood, intestines, kidneys, liver, and lungs.

Should you be cleansing?

SIGNS

- You have been working very hard or have been under a lot of stress.
- You eat sugar or white flour and/or drink a lot of caffeine or alcohol.
- Your eyes are not clear and/or they are yellowish or red.
- You took a pH test and tested acidic.
- You feel a cold or flu coming on.
- You feel congested from too much food or the wrong kinds of food.
- You feel lethargic, like you need a good spring cleaning.
- You need to eliminate drug residues or normalize after an illness or a hospital stay.
- You need a jump start for a healing program.
- You need a specific detox program for a serious health problem.
- You want to streamline your body processes for more energy.
- You need to remove toxins that are causing a health problem.
- You want to prevent disease and/or rest and rejuvenate the whole body.
- You want to assist with weight loss and/or want to clear up your skin.
- You want to slow aging and improve body flexibility.
- You want to improve fertility.
- You want greater mental clarity.
- You need better quality of sleep.
- You desire freedom from negative thoughts and feelings.
- You need to improve your circulation.

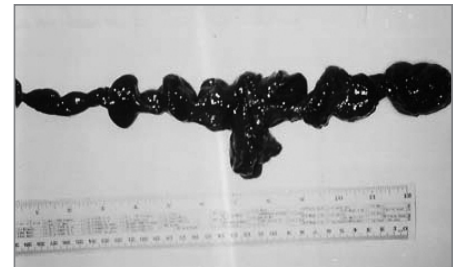
CLEANSING

What is a cleanse?

How does the body eliminate waste and what happens when toxins build up?

Toxins first build up in the bowel as a result of stress or consuming too many acidic foods, such as sugar, white flour, caffeine, and alcohol. When the bowel becomes out of balance, it attempts to protect itself by secreting a glycoprotein substance that lines the entire intestinal wall. This is known as mucoid plaque (see picture below). This substance is what makes it harder for the body to absorb vitamins and nutrients, which could result in chronic malnutrition.

When the bowel becomes toxic, it contaminates the blood, which, in turn, spreads the toxins to the heart, lungs, brain, muscles, etc. as it is delivering nutrients throughout the body. In the end, the liver is left to deal with the toxic blood, and after years of relentless toxicity, it will become sluggish until it will no longer function. At this point, the toxins will begin to collect in other parts of the body. Disease will manifest wherever they settle. Overall, cleansing allows you to remove accumulated mucoid plaque in order to rebuild your bowel and your liver and protect yourself from disease.



How often should I cleanse?

Everyone is different and generally once or twice a year can have great benefits.

How long should I cleanse?

Cleanses last anywhere from 24 hours to 10 days. A 24-hour cleanse can be a good way to deter oncoming cold and/or flu symptoms. **A general cleanse usually lasts 3-7 days.** It removes excess amounts of mucous, old fecal matter, trapped cellular and non-food wastes, and inorganic mineral deposits. It also purifies your liver, kidneys, and blood; enhances mental clarity; increases energy; relieves the body of dependency on habit-forming substances; and reduces your stomach to its normal size, contributing to weight loss. Finally, a deep cleanse lasts for up to 10 days and can help to fight a chronic illness or disease.

PREVENTING DISTRESS WHILE CLEANSING

This guide will give you some practical and accessible solutions that you can use if you are having any of these symptoms. Again, if you ever feel like you need help, let one of us know so that we can help you resolve any challenges you may have.

Symptom	Aromatherapy	Acupressure/ Reflexology	Other Remedies
Nausea, Vomiting <i>(If either last longer than an hour or you have blood in vomit seek attention now.)</i>	<ul style="list-style-type: none"> Fennel oil for nausea. Peppermint oil for nausea. 	YES	<ul style="list-style-type: none"> Chewing piece of ginger or drink ginger tea. Rescue Remedy Flower Essence for nausea and vomiting. Rest.
Insomnia	Chamomile, clary sage, lavender, or rose in bath. Gentle massage with above oils in a carrier oil.	YES	<ul style="list-style-type: none"> Hydration, light walk, deep breathing, stretching.
Skin Eruptions	<ul style="list-style-type: none"> Diluted blend of cedarwood, chamomile, and aspic applied directly to affected area to ease itching or irritation. Massage with chamomile, sage, geranium, and lavender with carrier oil. 	N/A	<ul style="list-style-type: none"> Don't use commercial lotions on open skin wounds. Massage lightly if caused by stress. Super-hydration. Chamomile with red clover infusion. Sunlight in small doses can help. Drink wheatgrass for vitamins and minerals. Nettle tea can also help with formic acid. Nettle Skin Cream.
Headache	<ul style="list-style-type: none"> Massage Lavender oil into temples and base of neck. Lavender oil under nostrils for instant relief. Peppermint oil mixed in hot water inhale the steam, then lay down with warm compress soaked in sweet marjoram oil on forehead. 	YES	<ul style="list-style-type: none"> Super-hydration, rest, massage, visualization. Chew on small piece of ginger root. Peppermint or chamomile herbal tea. Sit outside in a quiet place and meditate. wheatgrass juice.

Symptom	Aromatherapy	Acupressure/ Reflexology	Other Remedies
Fainting or Dizziness	Peppermint or neroli oil drop under the nose or on a tissue.	YES	<ul style="list-style-type: none"> • Rescue Remedy Flower Essence on tongue. • Crunch an apple to reduce overwhelm or feelings of faintness (ask staff). Or suck on piece of pineapple. • Infusion of ginger, cinnamon, and pepper mint helps prevent fainting. • Juice of lemon or lime to half a glass of soda water can reduce dizziness. • Colon hydrotherapy or enemas.
Irritable	Chamomile, lavender, or rose oil with diluted oil massage or in bath.	N/A	<ul style="list-style-type: none"> • Focus on gratitude and what you will feel like shortly. • Mint and lemon in water. • Light, light exercise.
Unique Body Pungency	Bergamont, clary sage, lavender, neroli, or eucalyptus are all considered deodorizing oils.	N/A	<ul style="list-style-type: none"> • Go with it; your body is trying to eliminate toxins through the skin. • Avoid antiperspirant, including the crystals. They include aluminum heavy metals.
Foggy Brain	Rosemary oil on cloth or Kleenex.	YES	<ul style="list-style-type: none"> • Super hydration, colon hydrotherapy or enemas.
Hunger Pain	N/A	N/A	<ul style="list-style-type: none"> • Hydration and breathing. Water with mint in it. • Do an activity to change your focus.
Flatulence	N/A	Abdominal massage	<ul style="list-style-type: none"> • Probiotics • Chew on orange or lemon peel. • Celery seeds can reduce symptoms. • Colon hydrotherapy
Tired During the Day	<ul style="list-style-type: none"> • Bergamot, neroli, rosemary, rose can all be used in massage for uplifting. • Tea tree or niaouli oil in the bath. • Peppermint oil 	YES	<ul style="list-style-type: none"> • Rest, deep breathing, light, light exercise such as walking or rebounding. • Laughter. • Colon hydrotherapy or enemas.

CLEANSING: TO AMPLIFY A FULL BODY CLEANSING EXPERIENCE

1. Prepare

Three to five days before the cleanse, decide what kind of cleanse you need. Decide how much time you can realistically devote to a focused cleansing program. Set aside the day(s) ahead of time so that you can prepare both your mind and body for the experience. In order to maximize the effect of the cleanse, you should attempt to alkalize your body as much as possible before beginning, especially if you have a low pH level to start with.

2. Take a detoxification bath

The skin is the largest cleansing organ. It eliminates more waste than the colon and kidneys combined. Every two days during your cleanse, soak with 1-2 cups of Epsom salt, mineral salts, or sea salts for 15-20 minutes. Epsom salt draws lactic acid out of the muscle and the sulfur components aid in detoxifying by drawing the acid and toxins out.

3. Steam/infrared sauna

30-40 minutes in a sauna stimulates therapeutic sweating and allows the skin to act as a third kidney.

4. Dry brushing

The lymphatic system carries nutrients to and from the cells and helps eliminate acids from the cell. Essentially, it is a garbage dump for toxins, acids, and dead cells. Dry brushing accentuates this process and is especially effective after a bath or sauna session. Brush your skin using small circular strokes starting from your body at the extremities and working your way towards the heart. You can find a dry bristle brush at any health food store.

5. Acupuncture or acupressure

This will help to relieve headaches and other discomfort that may occur while cleansing.

6. Breathe properly

Proper diaphragmic breathing will accelerate removal of your physical and emotional waste by reducing anxiety and aiding in the removal of carbon dioxide waste from your respiratory system. Try the Wim Hof method which involves brief periods of hyperventilation followed by brief periods of breath holding, or breath retention. Slowly fill your lungs with air and exhale fully, making each breath deeper than the last. Do this 30 times. Then, after the last exhale, refrain from inhaling. With this method, you might be able to go anywhere from 1-3 minutes without feeling the need to inhale. In addition, practicing yoga is a good way to develop good breathing habits.

7. Stretch

Spine twists stimulate and cleanse the colon, liver, gall bladder, spleen, and pancreas, and back bends are great liver detoxifiers. Doing your Egoscue menu will support you in your cleanse.

CLEANSING: 7 STEPS TO COMPLETE YOUR CLEANSE

Once you have completed your cleanse, your liver, bowel, and body systems can begin working properly. More importantly, you will want to continue to create a lifestyle of vibrant health and energy. In order to maximize the benefits of the cleanse, it's important that you continue to regenerate and revitalize your system in order to rebuild healthy tissue and restore energy. Remember, as important as the cleanse itself is how you come off it and instituting the daily practices that support your overall health.

1. Breathe

Remember to stop three times a day and practice your Wim Hof breathing: Slowly fill your lungs with air and exhale fully, making each breath deeper than the last. Do this 30 times. Then, after the last exhale, refrain from inhaling. With this method, you might be able to go anywhere from 1-3 minutes without feeling the need to inhale.

2. Continue to super-hydrate your body

This is something you want to do not only for the next few days, but forever! This is the most important habit you can develop to keep your body alkaline vs. acidic. Each day you should drink half your body weight in ounces (i.e., if you weigh 150 lbs, you should drink 75 ounces of water per day).

3. Eat lightly and as always, make sure that at least 70% of your diet consists of high-water content, live, alkalizing foods

Because the body tends to resist sudden changes, ease off the cleanse slowly with high water-content vegetables. Ideally, eat raw foods for the same number of days on the cleanse (or 1/2 the days on the cleanse at a minimum). Then, continue to eat a lot of vegetable soups, fresh vegetables, salads and other alkaline foods (organic is best). This is particularly important for the first week or so. Don't go off and suddenly eat a big piece of meat in the first couple of days or you may put yourself into a deep healing crisis. Also, wheatgrass juice is a great supplement to add to your daily routine.

4. Take care of your emotional state

Rather than jumping back into a stressful life and trying to make up for the time that you've given yourself this week, make sure that you continue to devote at least an hour a day to your emotional and physical well being. The best time to do your "Hour of Power" is in the morning. Go for a brisk walk or run and use this time to listen to audio tapes or music that stimulates you, do your incantations, etc.

5. Re-introduce exercise to reignite your metabolism

During the cleanse, you likely were not as active as you are in your daily life. And, because your body shifted modes—from metabolizing the foods you normally eat to focusing on cleansing your blood, lymph and organs—it's important that as soon as you reintroduce foods that you also begin to exercise (walk, run, bike, swim—whatever you enjoy) so that your metabolism returns to its optimum level.

6. Consistently saturate yourself with information that empowers you

Eating a successful, healthy, live-food, organic, plant-based diet depends on your ability to continually educate yourself on the subject. Saturate yourself in the information until it becomes habit for you.

7. Continue to take your vitamins and supplements so that you get all of the nutrients you need

COLON CLEANSING

FAQ

What will it feel like?

A Colon Hydrotherapy session is generally a comfortable, relaxing experience and leaves you feeling refreshed, with improved mental clarity and more energy. Generally, a treatment is just like having a bowel movement but more effective and generally easier. Occasionally during the session, you may experience ‘diarrhea feeling’ contractions of cramping or gas in your abdomen or you may feel a slight pressure in the rectum like just before having a bowel movement. As you push the water and waste out, this feeling passes.

Your therapist can teach you how to self-massage your abdominal area which may help reduce any uncomfortable symptoms. They will also coach you on how to take the water in to your colon and gently release the water to make the session as comfortable as possible.

Will the procedure hurt?

No, the Colon Hydrotherapy session should NOT be painful or hurt. The experience differs by client and is influenced by the diet and health of the client. One consistent report from clients is that after the initial session the subsequent sessions are more comfortable, pleasant, easy and even quite enjoyable.

Will an enema or taking a laxative accomplish the same result?

No, an enema will only cleanse the very lower rectal and sigmoid part of the colon. Repetitive use of all laxatives may lead to irritation, weakening of the colon and can also become habit forming.

Will one Colon Hydrotherapy session empty my colon?

Your colon is approximately as long as you are tall, so there is a large area to cleanse. You can’t cleanse the entire colon during one session, therefore people normally do a series of Colon Hydrotherapy sessions to thoroughly hydrate, cleanse and create an improved environment within the colon. Your therapist will help you design a personal colon cleanse that compliments your health goals.

Is Colon Hydrotherapy healthy and what impact will it have on digestive challenges?

Colon Hydrotherapy is not a cure-all. It is known to be a valuable procedure to assist the body with a wide variety of symptoms to restoring vibrant health and preventing disease. Colon Hydrotherapy may help the following symptoms such as low immunity, colon related conditions such as IBS and constipation, healing of skin conditions such as acne and sores, relief from headaches, fatigue and swelling by improved lymphatic system function. Colon Hydrotherapy aids in assisting the colon to eliminate more efficiently, relieving any toxic burden on other organs and channels of elimination such as the liver and lymphatic system. The colon then functions more efficiently in eliminating waste and absorbing nutrients.

Do I have to prepare before my Colon Hydrotherapy session?

No, you can have a Colon Hydrotherapy session without any preparation. Try not to eat any heavy foods 2 hours before your treatment as this may allow for an easier and more comfortable treatment. Eat light meals such as steamed vegetables, soup, smoothie, veggie juice and salad options. A few

COLON CLEANSING

FAQ

days prior to your treatment you may also like to minimize caffeine, alcohol, sugar, meat, bread, soft drinks, heavy and processed foods. This will assist the body with beginning to detox prior to your session. Keep hydrated by drinking 1-2 liters/34-36 ounces of water before your treatment. Herbal teas count for your fluid intake.

How will I feel after the session?

After the Colon Hydrotherapy session, you normally feel light in your abdomen, with improved mental clarity and energy.

Will the Colon Hydrotherapy session wash out all the beneficial bacteria?

No, this is a myth. Approximately 70% of a bowel movement is bacteria so it is a natural cycle of releasing. If the colon is toxic and not functioning optimally it is likely that it is home to more non-beneficial bacteria than beneficial bacteria. By cleansing the colon, old stuck fecal matter, mucous, toxins, gas, parasites, nonbeneficial bacteria are washed out of the body. Some beneficial bacteria are also likely to be released from the body with all the waste. Once all the old toxic material and congestion is cleared this creates an improved environment for the beneficial bacteria to flourish. We provide a probiotic supplement after the treatment and encourage clients to continue consuming probiotics, prebiotics and cultured foods to support the re-inoculation of beneficial bacteria. Many people are killing off their beneficial bacteria from their lifestyle of unhealthy food choices, medication, antibiotics, stress and alcohol for example, and don't consider that lifestyle has an impact on their beneficial bacteria balance.

Can I have a Colon Hydrotherapy session during my menstrual cycle?

Yes. This is actually a great time for a session as your body is already naturally detoxing through your monthly cycle. At this time, you may be feeling tired, bloated, cramping or irritable, therefore it has been reported many times that a Colon Hydrotherapy session during this time may help reduce these symptoms.

Will Colon Hydrotherapy make my bowel lazy?

No. Colon Hydrotherapy may improve the colon muscle tone and peristalsis movement through exercise because you are gently pushing the water and waste out during the session. Many people that are challenged with slow transit time and irregular bowel movements have stated that over time colon hydrotherapy has improved their natural bowel movements.

Do I need a Colon Hydrotherapy treatment if I have a bowel movement naturally each day or have a clean diet?

Yes. Everybody can benefit from Colon Hydrotherapy. Even if your bowel movements are well-formed, once per day with ease, your body can accumulate toxins, chemicals and heavy metals from the environments we live in or just from the biological process of living. During a session you release a lot more matter than a normal bowel movement which may also stimulate other detoxification organs such as your liver and lymphatic system to detox more effectively.

COLON CLEANSING

FAQ

Will I need to rush to the toilet for the rest of the day?

No. Occasionally after a treatment you may need to use the toilet if there was any residual water or waste to be released.

How do you know when I am totally clean?

You will never be totally clean as your body is constantly processing. The focus is about creating an improved functionality and environment within your colon. This will have a secondary effect of supporting and enhancing your bodies overall function.

How many sessions will I need?

This will be designed by your therapist as everyone is different. The amount of sessions would be determined by the health of the colon initially and the client's overall health goals. If you have never had a Colon Hydrotherapy session before then usually it is recommended to start with a series of 3 to 6 sessions.

During a cleanse it is general beneficial to do a treatment every day or every other day as this will keep your bowel active to support and enhance your cleanse. After your initial series of Colon Hydrotherapy sessions, clients may choose to have a monthly maintenance session or if you prefer to wait 3 to 4 months, then a series of sessions close together would be recommended. Your Colon Hydrotherapist can advise you further on what is recommended for you.

Contrary to your fears...

Colon hydrotherapy, or colonics, aren't as bad as you might conjure up in your mind. Here's a list of what you will (or better yet, won't) experience...

- ***No smell.***
- ***No muss, no fuss.***
- ***Good, clean relaxation.***
- ***And only brief, partial nudity!***

“LIBBE” DEVICE

There are a couple of different ways to perform a colonic—a “LIBBE” bed and a colema board. We’ll start with the libbe and get to the colema board on the next page.

Description

“LIBBE” stands for Lower Intestine Bottom Bowel Evacuation.

Equipment

The “LIBBE” bed consists of a one-piece fiberglass “base” or table with a cushioned area and a headrest for you to lie on and a large drain at the opposite end. The water used in this process passes through a carbon filter to remove rust, sediment, and chlorine before being purified by an ultraviolet-ozone water purification unit. Plus, and this might be the best part of all, the “LIBBE” uses an odor exhaust system to ensure an odor-free environment.

Environment

You’ll probably find the “LIBBE” used most often in an office setting by professionally certified colonhydrotherapists.

Process

You will begin your session by undressing from, obviously, the waist down. Don’t worry—you’ll get some coverage when the process begins. You then lay down on the bed and insert the disposable rectal tube about 2 inches into your rectum. The gravity fed water, which is temperature controlled, flows into your system at a speed that you control. The rectal tube may shift to one side as softened feces begins to flow out of your rectum. You can watch “the flow show” through a clear tube to the side of the “LIBBE” bed to see all of the nasty things you’re ridding your body of. The therapist will monitor your progress and help if needed, but the majority of the tools that accompany the “LIBBE” can be client manipulated, which goes a long way in ensuring your privacy.

A normal “LIBBE” session lasts about 45 minutes to an hour and should be as relaxing as it is cleansing.

COLEMA BOARD

You have learned not only about colon hydrotherapy and how it works, but also one of the procedures for getting the job done—the “LIBBE”. Now let’s move on to the second procedure, the colema board.

Description

The colema board is, just as it states, a board that enables you to do at-home enemas or colon hydrotherapies.

Equipment

The colema board requires assembly and comes to you with the following parts: disposable rectal tubing, a syringe, instructions, and, depending on the distributor or the model, an instructional video and comfort pad. Some other items you’ll need to have on hand include a 5-gallon bucket, a comfort pad of your own or a lot of towels, a lubricant, a chair to support the end of the board that is not on the toilet, a pillow on which to lay your head, and a purified water solution.

Environment

Though you don’t have a certified colon hydrotherapist at your disposal with the colema board, you do have the luxury of performing this function in the privacy of your own home and without making an appointment.

Process

You will begin your session by setting up your system in your bathroom.

- Step 1:** Assemble your colema board and place one end on the toilet and the “head end” on your chair. Arrange your comfort pad or towels and your pillow on the colema board.
- Step 2:** Fill your 5-gallon bucket with purified, room temperature water. Purified water ensures that little to no chlorine or microscopic organisms will be absorbed into the body. To your water you can add one (and *only* one) of the following ingredients: coffee, lemon juice, epsom salts, garlic, or bentonite. Each ingredient offers its own benefit from stimulating the liver (coffee) to killing unfavorable bacteria in the colon (bentonite).
- Step 3:** Place an old—*never to be used again*—colander in the toilet. This strainer will catch the putrid fecal matter that your colon has been offering safe harbor to all these years.
- Step 4:** Place the bucket of your purified water solution 2 feet above your body. Be aware that lowering or raising the height of the bucket will determine the speed at which the water flows into your body. In order to get suction in the plastic tubing connecting you to the bucket, you should fill the hose with water and then let some of it out. Clamp one end of the hose to the bucket.
- Step 5:** Lubricate the rectal tip and insert it into your rectum. (At this point, you will, of course, be undressed! No need to worry about coverage with this process, you’re in the privacy of your own home!)
- Step 6:** If after allowing the water to begin flowing, you feel “pressure,” like you might be holding too much water, let go. The water will pour directly into the toilet. The more experienced you become with home colonics, the better you will know how much water you can accommodate.
- Step 7:** Massage your colon throughout the process.
- Step 8:** Begin this cleansing process only if you can do it continuously over the course of a month. Don’t start and stop, start and stop.
- Step 9:** Clean and sanitize all of your equipment immediately after each use!

ENEMA & IMPLANT INSTRUCTIONS

NOTE: While different equipment might have slight variations, the instructions below will help you complete your enemas and implants effectively.

1. Assemble Materials

- Attach the plastic tube to the bottom of the enema bucket.
- Secure the colon tube to the end of the plastic tube.
- Hang the enema bucket from a towel rack using a metal clip.
- Clip off the plastic tube.
- Set up a mat, some lubricant, a syringe and a nipple (optional).

2. Prepare Your Implants (e.g., wheatgrass juice)

- Either juice or secure about 2 ounces of wheatgrass juice (or prepare your other implant ingredients such as acidophilus, etc.) and place in a glass.
- If using wheatgrass juice, strain your wheatgrass juice to take away the foam.

3. Fill the Bucket with Water

- Pour warm water into the enema bucket.
- Option: If not using a pure source of water, add a teaspoon of wheatgrass juice to purify the water.

4. Air Out the Tube

- Hold the end of the colon tube next to your bucket above water level.
- Unclip the plastic tube and lower the end of the colon tube.
- When you reach water level, you should notice some water coming out of the tube.
- To ensure everything is working properly, raise the colon tube above water level to ensure the water flow stops. Then, lower the tube to ensure that the water flow starts again. Water coming out of the end of the colon tube means that the tube contains no air.
- Reclip the plastic tube.

5. Take the Enema

- Choose a comfortable position (side, back, or on knees).
- Lubricate the end of the colon tube for insertion into the rectum. (Note: Only insert the colon tube a few inches into the rectum.)
- Unclip the tube once it is inserted into the rectum to allow the water to flow from the bucket into your colon. (Note: It's okay if you cannot take the whole bucket of water at one time. If this is the case, take as much as you can and repeat this step until you have taken the whole bucket of water.)
- Clip off the tube and massage your colon (from left to right) to push the water toward the end of the colon.
- Expel the water.

6. Take the Implant

(Note: If you choose to do a second implant, wait an hour before repeating the process.)

- Take the syringe and press the air out by pushing the bulb.
- Draw some wheatgrass juice (or whatever you are using for the implant) out of your glass.
- Hold the end of the colon tube over the tip of the syringe.
- Empty a few drops of juice out of the syringe by squeezing it.
- Insert the remaining end of the colon tube into the rectum. (Hold the colon tube and syringe together tightly!)
- Allow the wheatgrass juice go through the colon tube.

7. Holding/Releasing the Implant

- Put feet against the wall and raise the pelvis.
- Massage colon in a circular motion (up, right, down, left).
- Hold butt cheeks together. After a few minutes (between 10 to 20), release the implant.
- While walking, massage colon in the opposite direction.
- Thoroughly clean all of your equipment.

INTEGRATION

Life will Never be the Same

Write down ten reasons why life will never be the same again.

INTEGRATION

Life will Never be the Same

Write down five magic moments you experienced while you were here.

D.A.W.W.: DECISIONS, ACTIONS, WHEN & WHY

Decisions/Actions	By When	Leverage/ Why	Resources

D.A.W.W.: DECISIONS, ACTIONS, WHEN & WHY

Decisions/Actions	By When	Leverage/ Why	Resources

D.A.W.W.: DECISIONS, ACTIONS, WHEN & WHY

Decisions/Actions	By When	Leverage/ Why	Resources

D.A.W.W.: DECISIONS, ACTIONS, WHEN & WHY

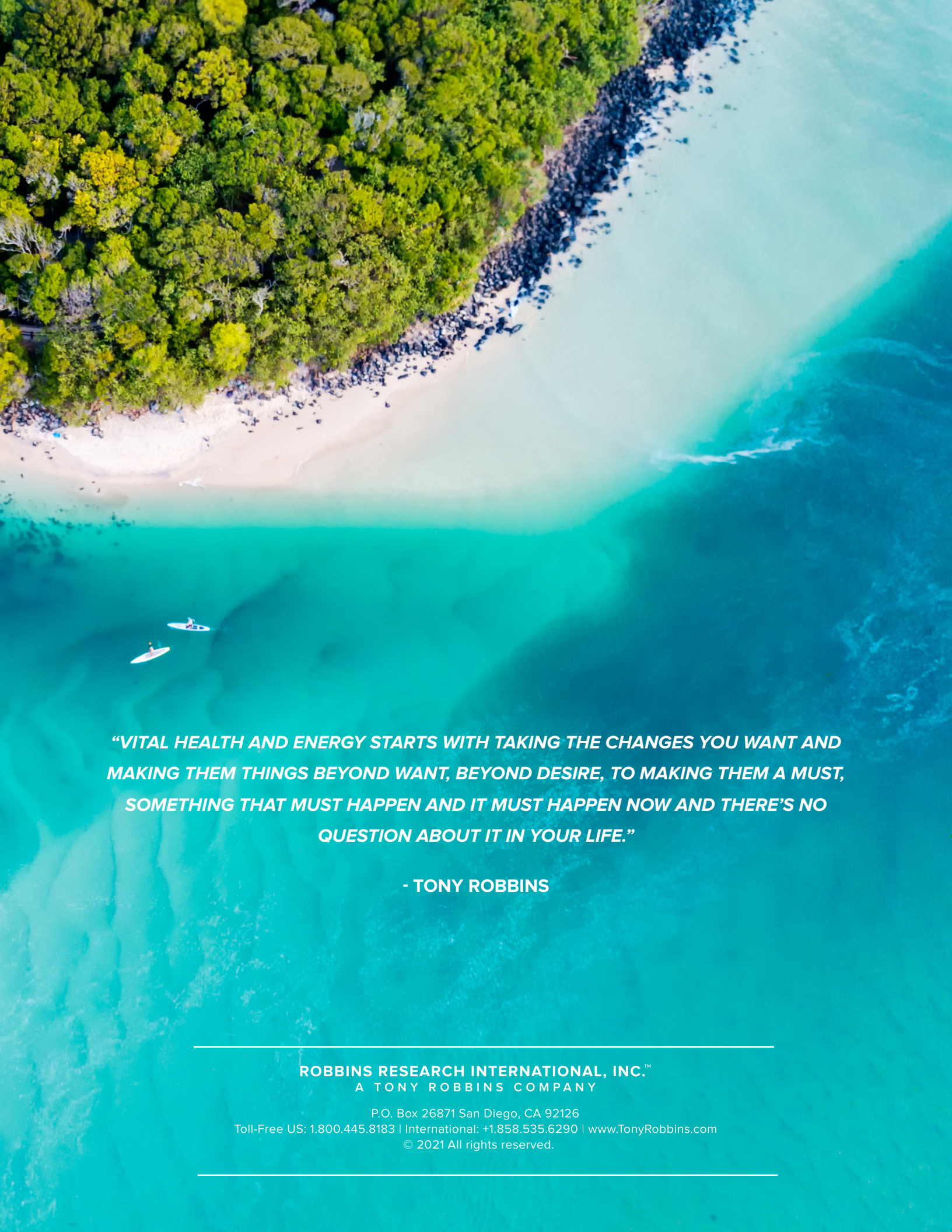
Decisions/Actions	By When	Leverage/ Why	Resources

D.A.W.W.: DECISIONS, ACTIONS, WHEN & WHY

Decisions/Actions	By When	Leverage/ Why	Resources

D.A.W.W.: DECISIONS, ACTIONS, WHEN & WHY

Decisions/Actions	By When	Leverage/ Why	Resources

An aerial photograph of a tropical coastline. The top half of the image shows a dense forest of green trees bordering a sandy beach. The bottom half shows clear, turquoise water with two surfers riding waves. The text is centered in the lower half of the image.

“VITAL HEALTH AND ENERGY STARTS WITH TAKING THE CHANGES YOU WANT AND MAKING THEM THINGS BEYOND WANT, BEYOND DESIRE, TO MAKING THEM A MUST, SOMETHING THAT MUST HAPPEN AND IT MUST HAPPEN NOW AND THERE’S NO QUESTION ABOUT IT IN YOUR LIFE.”

- TONY ROBBINS

ROBBINS RESEARCH INTERNATIONAL, INC.™
A TONY ROBBINS COMPANY

P.O. Box 26871 San Diego, CA 92126
Toll-Free US: 1.800.445.8183 | International: +1.858.535.6290 | www.TonyRobbins.com
© 2021 All rights reserved.
