

Bringing This All Together

*How to Harmonise  
Anti-Inflammatory Nutrition  
and  
Anti-Inflammatory Lifestyle  
for Mind-Body Health  
and Self-Empowerment*

Carmel Liertz



## *WORK OUT YOUR PERSONAL 'IDEAL' ANTI-INFLAMMATORY NUTRITION*

- Fresh whole Vegetables and Fruits
- Dried Fruits and Nuts and Seeds 100% pure (no vegetable oil, additives)
- Herbs and Spices that agree with you
- Gluten free Flours to use for cooking/baking
- Certified Organic – Brown Rice / Brown Basmati Rice / Oats
- Gluten Free Breads –Buckwheat/Chia/Millet /Brown Rice
- Extra Virgin Oils – Olive / Coconut / Avocado / Macadamia
- Fatty Fish / Organic & Free Range Poultry / Plant Protein (Falafel, Beans)
- \*No processed meats \*No soda/cola drinks
- \* \*Avoid Sugar & Caffeine, limited Sea Salt but not before performance
- Drinks – Filtered Water, Herbal Teas, Green Tea / Matcha Tea, Dandelion Coffee
- Mixed Pure Vegetable & Fruit Juices ( more vegetables than fruit ).

# *ANTI-INFLAMMATORY LIFESTYLE = ALKALINE-FORMING LIFESTYLE*

(C.LIERTZ)

## Alkaline Oxygenation Activities

Deep Breathing

Meditation

Meditative Moments

Walking in Nature (vary walking  
pace)

Swimming

Massage

Yoga

## Alkaline-Forming Foods

### & Minerals

Magnesium / Calcium / Potassium /

Sea Salt

## Overcome Acid-Forming Lifestyle of:

Stress –mental/physical/emotional

Negative Mental States

Lack of Exercise

Extreme Exercise / Exertion

Fast Foods / Additives in Foods

Drugs, Chemicals

## *MAKE CHANGES FOR ANTI-INFLAMMATORY WORK LIFE*

- Excessive Time on Mobile Phones – causes EMF damage to mind-body cells
- Never carry mobile on mind-body parts – causes inflammation, cancers
- Delete Social Media not serving you – distraction for brain, focus, memory
- Daily time with Wifi and Bluetooth on your computer – causes inflammation  
– Switch off Wifi / Bluetooth (not needed for national/international meetings / webinars)  
Stops EMF inflammation, creates peace and calm in the mind-body and your working environment
- Too Much Time Inside – take work/meetings outside for oxygenation
- More breaks in work day – nutritious snacks & work reflection, goal setting, deep breathing & visualisation, planning & preparation in peaceful settings.

## *WORK-HEALTH INTEGRATION*

- Always have bowl of fresh fruit, drinks and healthy snacks at work
- Encourage a work culture that supports mind-body health
- Encourage designated quiet spaces for meditative moments, to read documents / books / materials
- Encourage lunch preparation spaces, filtered water containers
- Encourage combined healthy lunch get-togethers with home-made soups, salads, and freshly made avocado / vegetable dips
- Encourage meetings outside in nature.

## *BRINGING TOGETHER TO CREATE MIND-BODY HEALTH*

- \* Look after your mind-body with Mind-Body Awareness
- \* Be aware of Negative Thought Patterns / Change quickly to Positive
- \* Create Daily Mental Habit of Positive Thoughts, Feelings and Emotions
- \* Watch which Foods Affect Your Moods – bringing you 'up' or 'down'
- \* Eat Regularly During Work Hours – keeping blood sugar balanced
- \* Eat 50% Good Carbs for Sustained Energy, Calm, and Focus  
Good Carbs include Vegetables & Fruit.

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## *BRINGING TOGETHER TO CREATE SELF-EMPOWERMENT*

It's knowing what to do to pick yourself up quickly.

It's having the knowledge to be able to create your own Mind-Body Health in a personalised way, so that you're not always reliant on medications.

And it's knowing that you are the driver of your own Mind-Body Health for Self-Empowerment.

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## *MATERIALS SOURCED*

- Gregg Braden, Scientist – ‘The Science of Self-Empowerment’ (2017)
- Jim Kwik – ‘Limitless: Upgrade Your Brain, Learn Anything Faster, And Unlock Your Exceptional Life’ (2020); Youtube Interview
- Carmel Liertz, M.Ed.Hons Research – ‘Performance Confidence: A Training Program for Musicians: Mind-Body Awareness – The 21<sup>st</sup> Century Approach to Performance Confidence’ (2009 ); ‘Revolutionary Etudes’ (2022); ‘New Self Care Considerations: Mind-Body Health Governs Performance Outcomes’ (2021 World Piano Conference Presentation on Youtube); ‘Work-Health Integration’ on Youtube
- Bruce Lipton PhD – ‘The Biology of Belief’ (2015)
- Dr Joel Robertson with Tom Monte – ‘Natural Prozac: Learning to Release Your Body’s Own Anti-Depressants’ (1997)
- Christopher Vasey N.D. – ‘The Acid-Allkaline Diet for Optimum Health’ (2006)
- Andrew Weil MD, Director, Andrew Weil Centre for Integrative Medicine, University of Arizona ‘The Anti-Inflammatory Diet’ (Youtube Interviews)