

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

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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

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