



Water

As intended

- Tiers of water:
 - Tap (<https://www.ewg.org/tapwater/>) - advisable not to drink
 - Fridge - advisable not to drink
 - Filtered (reverse osmosis) - advisable to drink with Quinton minerals added in
 - Spring - ideal, as it contains naturally occurring hydrogen
- Pure, clean water is the only type of water that is 100% absorbable
- Even plants will not completely absorb water that is not clean
- If water contains toxicity, it cannot be fully absorbed – which leads to dehydration
- Dehydration is the main driver of aging and deterioration
- The body becomes hydrated from 2 sources:
 - 50% through the water we drink
 - 50% through the waters we eat (fresh fruits and vegetables)
- Hydration is crucial for:
 - Mobility
 - Healthy skin & nails
 - A good night's sleep
 - Our focus and attention
 - How we think
 - How we feel
- Our hair also depends on hydration, and will become brittle and dry if the body becomes even slightly dehydrated



Movement

As intended

- Resistance & strength training is the best form of anti-aging movement
- 10-15 minutes a day is ideal for optimal health
- The slower, the better!
- Benefits to the body, beyond building muscle mass:
 - Purges toxicities from muscles, which restores mobility
 - Regulates nervous system
 - Boosts brain capacity & utilization
- Excessive cardio is hard on the nervous system
- Pair movement with the outdoors when possible
- Movement is linked to a healthy metabolism and is a critical component of healing
- Everything living depends on movement



The Nervous System

As intended

- The nervous system thrives on routine and predictability
- A consistent routine ensures hormones are available when needed, including melatonin, which prepares the body for sleep
- A healthy nervous system is one that is in balance and perfect alignment
- Modern technology disrupts the nervous system's equilibrium
- It takes 14 days to build a habit, so be patient (and persistent!)
- Two great ways to harmonize and recalibrate the nervous system:
 - Breathwork
 - Vagus nerve exercises
- Three things that depend on a healthy and balanced nervous system:
 - Cellular regeneration
 - The reproductive system
 - Pregnancy
- A balanced and healthy nervous system results in a:
 - Functional digestive system
 - Happy and healthy state of mind
- There are no limits to the amount of joy, peace, love, and gratitude you feel with a regulated nervous system



Sunshine

As intended

- The amount of time spent outside every day is crucial for your overall health and wellbeing
- The nervous system is regulated by the rising and setting of the sun
- The body brings in sunlight through the iris of the eyes, and it does this via the oculomotor nerve
- Sunlight is actually a special fuel for the entire body. It contains oxygen and hydrogen which the body uses to build ascorbic and amino acids. Both are used as primary fuel
- Hydrogen makes up approximately 50% of the human body, and it is responsible for cellular regeneration
- Exposure to morning and evening sunlight helps the body build more hydrogen during those peak times
- Ditch those sunglasses (unless worn for a few hours' midday) to help ensure you're getting the most fuel possible



Aging

As intended

- Aging is NOT what we believe it is
- The body does not know time. Time does not exist within the body
- Aging has been confused with levels of inflammation
- The body is a solar powered vessel of water. This water acts like a roaring river inside the body, flowing up the back and down the front
- Aging as we know it will accelerate when the vessel becomes congested with the below:
 - Toxicities & refined foods (these are non-digestible)
 - Heavy metals
 - Negative thoughts & exposure to negative energy, which produce matter inside the body
 - Constant snacking
- When the flow of energy is obstructed, it decelerates
- Cellular renewal also decreases, resulting in a diminished rate of cellular regeneration compared to previous levels
- With the slower flow, we experience things like:
 - A loss of mobility
 - Skin changes
 - Wrinkles
 - Hair loss and/or greying
- When one's lifestyle is filled with positive energy from non-toxic, healthy foods and clean drinking water, the body quickly restores the intended speed of cellular regeneration
- Lifestyle determines how we age as we get older, how fast the body degrades, and the quality of our life experiences



Nutrition

As intended

- Nutrition is vital to the kind of body we experience as we age
- Consuming whole foods, with their waters intact, changes every single thing about how we age
- Unusable nutrition is defined as any food that doesn't contain their natural waters, which were removed through dehydration:
 - Man-made food
 - Refined food
 - Food in cans
 - Modified food
 - Food containing toxicities
- The body thrives off of 4 key building blocks. Most foods grown in nature will contain the below:
 - Oxygen
 - Hydrogen
 - Amino acids
 - Ascorbic acids
- Oxygen, hydrogen, amino acids, and ascorbic acids will provide pure, sustaining fuel, known as clean fuel. Dirty fuel from unusable nutrition, on the other hand, is short-lived and spikes blood sugar
- The simplest way to think about nutrition when considering food:
 - Was it grown in nature?
 - Does it contain water?
 - Will it fuel me throughout the day with real macros?



Food Timing

As intended

- Food can be in physical or liquid form, and is anything with calories
- Once consumed, food goes through a 32-step digestion process that takes approximately 4 hours from beginning to end
- This is a miraculous and beautiful process where the body gets supplied with fuel and nutrients, makes enzymes, and undergoes detoxification
- If these 32 steps get interrupted by snacking:
 - The digestive process stops and never resumes
 - Inflammation gets triggered by the undigested food
 - Acids are created and stored in joints, tissues, and other places throughout the body
 - Emotions go haywire!
- The body needs these 4 hours to not only create fuel but to purge toxicities & pathogens
- Intermittent fasting is good - but our research shows that 4 solid hours in between meals, with only water, is more beneficial
- The last 6 steps of the 32 step process is where the body goes through autophagy, a comprehensive cleanout of all things that lead to sickness and disease
- Allowing the body fully complete digestion throughout the day is the best form of intermittent fasting you can do



Mindset

As intended

- “Whether you think you can or you think you can’t, you’re right.”
- Mindset truly is everything and the key to how well we heal
- Sunlight creates fuel for our glands to produce feel good hormones
- Feeling good produces good thoughts, and our thoughts create cells
- Every thought we think creates a cell in the body
- These cells either produce cortisol (stress) or dopamine, serotonin, oxytocin, and endorphins (happy hormones)
- You get to pick which! You hold the power to create a healthy mindset
- How do you do that?
 - Flood your body with foods grown in nature that still contain their living waters
 - Adhere to a consistent routine with the same bedtime and wake up time every day
 - Surround yourself with the people, experiences, and content that are positive in nature. What we listen to, watch, and read all have a significant effect on our mindset
- We have the freedom to choose what we eat, what we do, what we think, and what we experience - however, we do not have the freedom from the consequences of nature and the natural flow that surrounds each of those choices