

# BODY

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The Essentials of Health & Wellness

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**Book One**

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## ADD HEALTH DOLLARS TO YOUR HEALTH ACCOUNT

### CHALLENGE YOUR BODY FOR 15 MINUTES TWICE A WEEK

In order to add health dollars to your health account you need to kick it up a notch and *challenge* your body to move beyond its comfort zone at least twice a week.

This is essential if you are in Group 1 or 2, and a core requirement if you are in Group 3 and want to boost your health account.

Intensifying your workout makes your body more resilient, flexible, and robust. Your posture improves and your lungs and heart get stronger. Your metabolism and hormones are stimulated, making it easier to lose weight if desired.

Challenging your body also enhances your detoxification systems, as you will learn in Chapter 3.

*To add health dollars to your health account, you need to challenge your body at least twice a week for at least 15 minutes.*

Choose an exercise that increases your heart rate, causes you to break a sweat, or creates some muscle burn.

Depending on your current fitness level, this could be as simple as adding an extra 15 minutes to your regular day 15 minute walk, and adding a block of jogging at the end.

non-starchy vegetables. If you are cooking dried beans, make sure to soak them first for about 12 hours or overnight (less time for smaller beans) to improve cooking and digestibility. Rinse them and use fresh water before cooking and scoop the foam off when simmering.

Adding a strip of seaweed such as kombu during soaking and cooking can further aid digestion and adds extra minerals—especially iodine. If using salt, add at the end of cooking to avoid hardening the beans.

## THERAPEUTIC BENEFITS OF BEANS AND LENTILS

According to traditional Chinese medicine, beans—especially aduki beans and black beans—are beneficial to the kidneys and adrenal glands.

Recent research has shown black beans to be extremely high in antioxidants, containing approximately as much as grapes and cranberries, and 10 times that of oranges.<sup>34</sup>

The kidneys are considered to be the root of one's life energy, and are weak in many people. Common symptoms of kidney weakness in traditional Chinese medicine include low energy, low back pain, knee pain, frequent urination, hair loss, poor memory, depression, fear, and insecurity. High stress, poor nutrition, lack of exercise, and fears and insecurities are prominent causes of kidney and adrenal weakness.

Liver imbalances are often associated with kidney weakness and can be improved by addressing the factors previously mentioned along with resolving the liver emotions which are anger and frustration.

## THE 3 WEEK CARDIO DETOX DIETARY RECOMMENDATIONS

Be sure to include a serving of protein and healthy fats with each meal to stabilize blood sugar levels (see Chapter 2: *Fats and Oils*), and implement at least *The Top 6 Essentials* from Chapter 2. If you drink coffee, switch to organic green tea as coffee taxes the adrenal glands. Green tea does contain caffeine, but much less than coffee or black tea, and is also beneficial to the liver. Licorice tea is also recommended during this program as licorice herb is very beneficial for the adrenal glands. Drink one or two cups per day. (Licorice is not advised for those with high blood pressure.)

### SUPERFOODS

As an alternative to supplements, include these “superfoods” into your regular diet. These foods not only have superb nutritional profiles, but they also have specific effects upon the energetics of the body as defined by traditional Chinese medicine.

Here are the definitions of some terms used to describe the benefits of these foods:

|                |   |
|----------------|---|
| <b>Chi</b>     | The vital life energy of the body.  |
| <b>Yin</b>     | The cooling, nourishing, fluid aspects of the body.   |
| <b>Yang</b>    | The warmth and strength of the body. Yang moves the circulation and warms the digestion.            |
| <b>Kidneys</b> | The house of the vital essence of health and wellness. The kidneys also include the adrenal glands. |
| <b>Blood</b>   | The blood and its ability to moisten and nourish the body.  |