

YOGA BODY NUTRITION

EIGHT ESSENTIAL SECRETS TO JUMPSTART YOUR ENERGY, UPLIFT YOUR SPIRIT & JUICE UP YOUR LIFE!



LOVE YOUR BODY ♥ LIVE IN BLISS ♥ PROSPER!

- ✓ Do you stagger into the kitchen every morning wishing you had a way to “flip a switch” for your instant caffeine/energy infusion?
- ✓ Do you struggle with not having the energy you want to enjoy quality time in your “after work” hours with family and friends, or for creative time with yourself?
- ✓ Do you find it hard to make it through the 3pm “snooze hour” without a sugary pick-me-up or caffeine?
- ✓ Does your chronic low energy keep you from *really* enjoying your life and doing what you *really* want to do?
- ✓ Do you constantly feel exhausted and overwhelmed by the amount of tasks you have to do, and a life that feels out of control?

Here’s the good news: You ARE in the right place, so keep on reading, my dear!

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An energetic life is *NOT* as difficult to attain as you might think. The main ingredient is really an awareness of what you do, and when and how you do it.



Real energy does NOT come in a magic pill, although there are certain practitioner-grade supplements, which can be a real lifesaver in our busy lives.

And it does NOT come in an injection or a sugary caffeine drink.

In this very special guide, I share with you my ***8 Essential Secrets*** to easily and enjoyably attain the energy and life that you want TODAY.

There are 8 steps for the 7 chakras, or energy centers, in our bodies. The added 8th step is the 8th chakra, or the Aura, and that's where you express your Radiance – your magnetic GLOW.

There's no need to understand the chakras to understand the steps, just a knowing that, like the chakras, all the steps need to work together to make your body hum like a well-oiled machine and give you the easy, endless energy you crave to live a purposeful, passion-filled life!

READY?

OK, let's dig in . . .

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♥ Step 1: Evaluate (The Chakra of Acceptance)

This is the first and probably most important step.

This is where you take inventory of your life, your habits, your relationships, your work, your thoughts, your food, etc. and really look at what IS working and what is NOT.

Step one is all about creating your foundation, so I encourage you to take your time with this.

Action: Pull out a blank sheet of paper and draw a line down the middle to divide it into two halves. On the left side at the top, write “Need to let go of . . .”. On the right hand side write at the top “What to keep (or add in) . . .”.

Now brainstorm! What are the habits, thoughts, foods, activities, even people that you need to let go of because they are NOT healthy for your body, mind or soul. Dig deep and don’t hold back!

The more you can release, the more you can allow in. As you do this, accept yourself as you are right now without judgment. Know that it’s all perfect and part of your journey.

Now go over to column 2 and start filling in all the habits, foods, ideas, activities, thoughts, behaviors, etc. that you want to keep or bring into your life. Again, don’t hold back!

Now, sit back and take a look at what you have on your paper. This is YOUR road map to a healthy, energized, slim body and happy life.

The more honest and accepting you can be with this, the more effectively you can move forward and address step 2 . . .

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♥ Step 2: Eliminate (The Chakra of Creativity)

This is where you take your list of what's NOT working and begin to creatively eliminate or replace your energy, vitality and life force drainers.

Make sure to look at your self-talk, your food choices, your friends, your work, your community . . .

What's pulling you down? Can you easily make a change? Can you at least set a goal to work towards that change? Don't be afraid to ask for help!

Reach out to enlist the help of a friend or professional.

So, in step one you assessed without judgement. In step two it's time to take action and release!

Action: Are you still drinking coffee every morning even though you know that it's creating vicious cycle of energy depletion?

Instead, try substituting your morning coffee with a full 12 oz. glass of pure filtered water. Your body and skin will love the hydration, and you'll notice a boost in your energy right away.

In fact, 90% of the time your low energy is dehydration!

And if you crave something a little more than plain water, try electrolyte-rich coconut water. You can find it already packaged in the refrigerator section at your health food store.

This is NOT about giving things up, it's about replacing with something from the right-hand list. According to chakra theory, an added benefit of drinking more water is that you increase the flow of abundance into your life! A compelling reason to drink water, right?

Step 2 is also a great time to do a guided cleanse or detox to really open the channels for life energy!

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♥ Step 3: Educate/Empower (The Chakra of Commitment and Personal Power)

This is the step of empowerment and commitment. Ooooo, sounds kind of juicy, right?

Education is empowering because it gives you the tools and the power to move forward with confidence. When confidence and personal power erupt, you become “magnetic” to the things you want in life.

If you aren't educated on what to eat and do for your body, how can you be empowered to make better choices?

Begin to read books, take classes, speak with others, hire a holistic nutrition coach and explore with yourself what gives you energy and when. Once you're empowered, energy management gets soooo much easier. And when you have energy, EVERYTHING gets better.

This is also about knowing: You ARE worth it! Take a moment to really breath that in – right into your belly.

Deeply inhale, slowly exhale . . . Accept your powerful self into your center, your navel.

Action: Need some guidance and inspiration? Why not commit to supporting your empowerment and take me up my offer to talk with you one-on-one?

We'll discuss your specific issues and goals, and come up with an action plan unique to you.

Click the link to get on my personal calendar: <https://my.timedriver.com/TT7SM>

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♥ Step 4: Enhance (The Chakra of Compassion)

This is the step in which you get to enhance your life by choosing the right foods (whole, beautiful, unprocessed foods), pure water (dehydration is one of the biggest energy drainers), positive thoughts, supportive relationships, uplifting environments, etc.

By having compassion and an open heart towards yourself you make better choices and call in those who can support.

In this step you can start to lovingly add in all kinds of delicious, energy-giving foods, good habits, kind thoughts, and healthy behaviors and relationships. Start with one area at a time; I suggest food and drink first.

We already got a little head start in step 2 with the water. Keep expanding on this by adding in foods that really support your energy.

Action: One fantastic food group to include is leafy greens.

Leafy greens are mineral-rich, help you gently cleanse and shed fat, uplift your mood, support healthy bones, improve digestion and so much more!

There are more kinds of leafy greens than you can count on your fingers and toes, so don't be shy - go out there and explore.

Try arugula, Romaine lettuce and frisee in your salads, kale and bok choy in your stir-fry, spinach or red leaf lettuce in your green smoothie (a what?? See my bonus gift recipes), Collard greens instead of a tortilla for a wrap, watercress or broccoli in your soup . . . the options are endless.

The energy of this phase is light, fun and openhearted. As you enjoy these new things, make sure they are YUMMY! Taking deep, loving care of your self is soooooo delicious!

As you are including more of these amazing, energizing foods, know that you are loving your body in a powerful way. After all, the 4th chakra is all about love and compassion.

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♥ Step 5: Exercise (The Chakra of Truth)

The first truth here is if you don't GIVE energy, you won't GET energy. This is the law of the universe. If you lie around all day "conserving" your energy, you usually feel even more drained by the end of the day.

Movement is the food of your spirit. Have you ever noticed that "high" you feel after moving your body? This is the natural drug required for the human body and spirit to thrive.

By going for that morning walk or taking a yoga class, you stimulate the muscles, the nerves, the heart, the lungs and digestion and produce more energy for your day.

The other truth is that your body really craves to be moved and exercised; it's really what you were built to do. So find ways to move that YOU love, then go out and do it!

Action: Does going to the gym feel punishing, intimidating or boring to you? Then find something else! It should be fun and uplifting.

Here **are 3 steps to giving your body what it really craves** in a way that makes you crave it too!

1. **Choose what really gives you joy:** running, walking, yoga, hoola-hooping, hiking, biking, swimming, Pilates, Rebounding, dancing, sports, lifting weights, gymnastics . . . the list goes on.
2. **Find some tunes** that put you in the mood. Listen to your favorite uplifting music while you exercise, and if that's not possible, listen beforehand to get you inspired.
3. **Ditch the all or nothing** attitude. Even if you do 10 minutes, you are still benefiting. So if that's what you have time for or can commit to, then do it. :) Give yourself that gift.

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♥ Step 6: Escape/Exhale (The Chakra of Intuition)

So although step 5 states that you need to give energy to get it, in today's fast-paced world, you are also deeply in need of down time.

Find time to “unplug” by getting enough sleep, finding time to relax; getting a massage, reading a book, taking a bath, taking a vacation or going on retreat. These are all ways to recharge your batteries to ensure that you can come back to your activities with a fresh mind, rested body, and inspired spirit.

You'll notice overwhelm, anxiety and crankiness go down, and happiness, energy and productivity go up.

Basically if your body is calling for a rest, then REST.

Action: Pull out your calendar and start plugging in your “unplug” time. Write down when you plan to go to bed and stick to it.

1. Write in times every week where you carve out time to take a bath, get a massage or take a walk in nature.
2. Schedule time every month where you have at least one full day (preferably more) where you do nothing but relax. Maybe you spend the day reading a novel and doing yoga, or taking a retreat day at a spa.
3. Schedule in several vacations throughout your year. Even if you have no formal travel plans, just plug in a week or so 2-5 times per year and commit to this time. You can always take a “stay-cation” and just take your vacation at home.

***BONUS:** A super simple and very effective way to integrate this step into your daily life and give yourself an instant energy boost is through your breath. How you breathe can directly affect your mood, energy levels, metabolism, digestion, stress levels, ability to think clearly and burn fat, and even slow down the aging process. Take 3 slow, long, deep breaths through the nose into your belly whenever you need a lift.

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♥ Step 7: Enlighten (The Chakra of Boundlessness)

Whether you're affiliated with a religion or not, it's so important to explore what connects you to your spirit and the spiritual world in general.

You are a spiritual being in a physical body. Often when you don't find ways to feed your spirit, you'll mistake your soul's hunger for physical hunger and binge on cookies, ice cream, candy, bread, alcohol, or non-food substances like cigarettes or TV!

So, enlightening your spirit usually leads to "enlightening" your body and uplifting your energy!

Action: Find ways to get in touch with your spiritual side, be it meditating, dancing, drawing, journaling, reading uplifting books, going to church or temple, or being in nature. The spiritual world allows you to tap into the boundless energy of the universe, which leads to less stress and more energy.

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The Bonus Step:

♥ Step 8: Execute (Your Aura or Radiance)

This is the step that will make all the other steps a reality and put you on the path to an automated energetic existence. In this step you solidify your commitment to taking action so that you can simply glow with energy.

When you reach this stage, all the preceding steps will be habits and just a part of your healthy lifestyle. It's where you move out of just steps and ideas and into creating your new reality with complete integration of mind, body and soul. It doesn't matter how big or small the step is, what does matter is doing it.

Only through consistent execution can you find your Radiance

Anxious to learn more about how your food and lifestyle can increase your energy and upgrade your life? I would love to talk with you.

In my signature Health Transformation Strategy Session we'll discuss your own unique challenges and I'll recommend specific action steps that you can take right away to get your energy and health on track! This session is a \$225 value, but this is my welcome gift to you!

Click here to book your private phone appointment with me:

<https://my.timedriver.com/TT7SM>