

# KaeLyn Morrill, CHC



Transform Your Body Image,  
Energy, and Mood.



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# INTRODUCTION



I thank you warmly for picking up this book. You are exceptional! You desire to transform into a distinctively shaped being. I believe you are worthy and good enough to undergo a transformation. This book offers you my secrets for transforming body image, energy, and mood.

Life is beautiful! Life is a magnificent gift from our parents and our Creator. Whatever your spiritual belief, it cannot be denied that life is a supernal gift. Despite life's wonders, many people are dragged down and even stopped by negative emotions and drained energy. Believing we can experience happiness here and now rather than just somewhere else, sometime else, I have ventured on a quest to find what transforms a life of depression and lack of energy into a life of vibrant joy.

## *What Transforms a Life of Depression and Lack of Energy into a Joyful Vibrant Life?*

I have long believed I can experience joy and a sure hope in this life—as promised in the Bible. I have desired to feel joy and hope, a confident expectation of future good, more often.

In 2013, I established a company called Joyful Vibrance LLC to help others transform their lives through nutrition and lifestyle changes. What I did not realize at the time



was that I was only beginning a remarkable journey of my own. Many years before, at the age of 24, doctors diagnosed me with a mental illness and prescribed lithium. Lithium helped level my moods, but it fell far short of giving me vibrant joy. Instead, I gained 25 pounds, felt low in energy and motivation, and often got depressed. Medication failed to bring me what I wanted. I felt more joyfully vibrant *before* being on medication.

I continued my quest to find that magic elixir. Through the “help” of the medical profession, I tried anticonvulsants, antidepressants, antipsychotics, and mood stabilizers. Throughout much of the 1990’s, I submitted to one medication regime after another. I called myself “Miss Guinea the Pig.” Each new drug failed to bring me a joyful, vibrant life. Some of the drugs did not agree with me at all and had even worse side effects than the symptoms I was trying to alleviate. I needed a different strategy.

## *So If Medication is Not the Whole Answer, What is?*

There is a vital link between health and mood.

A cheerful heart is good medicine, but a broken spirit saps a person's strength” (Proverbs 17:22 (NLT)).

Over a decade ago, with the coaching of a persistent friend, I gradually, over the course of an entire year, weaned myself off antidepressants. I continued to take anti-mania medication. However, I still often sank into depression. When my doctor encouraged me to resume antidepressants, my friend doubly persuaded me to remain free. I found another doctor who prescribed over-

the-counter supplements for depression that were more effective and safe than prescription pills.

Over time, I gradually found what worked. I found that in addition to medication, affirmations, beliefs, checklists, daily routines, essential oils, goals, hypnosis, journaling, meaningful work, meditation, nurturing habits, nutrition, physical activity, praying, relationships, singing, sleep, social connections, spirituality, supplements, tapping, values, vision boards, vision documents, and visualizations all work synergistically. Becoming joyfully vibrant requires a lifestyle transformation.

Though I am still not completely well and still experience periods of troubling symptoms, I have made advances in my path of recovery. I am a “work in progress.” I have learned the hard way that even though medication is not a complete answer, I still need it to block mania, or face serious consequences. I have experimented with alternatives, but concluded that experimentation is too costly. If I were as persistent as Thomas Edison, and each episode costs \$30,000, finding 10,000 ways it does not work would set me back \$300,000,000, far more than my small fortune. Fortunately I have a medication regimen that works pretty well even though there are some troublesome side effects. Joyful vibrance requires a lifestyle that goes far beyond medication.

It is not what happens to us that matters; it is how we respond to it. To transform ourselves, we must stop the blame game and take full responsibility for our lives. We created our lives. We need to forgive everyone, including ourselves. An attitude of gratitude for all we have and are transforms us instantly. As we feel grateful for what we have and are, the need to blame others for our lot in life disappears.

One of my hobbies is putting puzzles together. I believe a giant puzzle is a useful metaphor for life. The answer to vibrant joy lies all over the place, in pieces. Many people have already assembled huge sections of the puzzle. I have succeeded in partially putting these sections together. As Isaac Newton said, "If I have seen further, it is by standing upon the shoulders of giants." I can already see that the result of my putting this puzzle together is a beautiful, awe-inspiring possibility that I must share. Though this book focuses on mental health, I have learned that all diseases are related. The principles in this book apply to everyone. I believe there is something here for you or someone about whom you care. Keep reading.

The science of epigenetics teaches us that our genes do not doom us. Input from our environment affects the pathway from our genes to the proteins encoded from them to their functions in our bodies. Our beliefs, consciousness, and perception can affect this. Nutrition influences our inner environment and profoundly affects gene expression. Current research on many food constituents is determining their influence on specific genes.

In this book, I will share much of what I have learned so far about transforming an ordinary life into a life that is vibrant and full of positive emotions: accomplishment, appreciation, creativity, contentment, empowerment, energy, engagement, enthusiasm, excitement, gratitude, happiness, hope, joy, laughter, love, optimism, passion, and peace.

In further researching well-being, I learned ways of enhancing and balancing our neurotransmitters that make us *happy (serotonin)*, *motivated (dopamine)*, *energized (epinephrine and norepinephrine)*, *relaxed*

(*GABA*), and *smart* (*acetylcholine*). I will discuss these neurotransmitters later.

# Chapter 1.

## WHAT IS TRANSFORMATION?



### *Definition*

What is transformation? Transformation is a thorough or dramatic change in form or appearance. It is:

- an alteration
- a change
- a conversion
- a metamorphosis
- a mutation an overhaul
- a rebirth
- a rebuilding
- a reconstruction
- a redoing
- a remaking
- a remodeling
- a renewal
- a reshaping
- a revamping
- a revolution
- a sea change
- a transfiguration
- a transmutation

It is a complete new you!

Transformation is not merely change. It goes beyond change. It is a metamorphosis, like the development of a caterpillar into a butterfly. I chose a butterfly as my book cover image because it represents this transfiguration.

### *Why Should I Be Interested?*

That is a good question. Answering it deserves time and attention from you. Ask yourself, “What is my why?” Why do I want to undergo a transformation?

- Is it for my family?
- Is it for world peace?
- Is it to change the world?
- Is it for myself?
- Is it to express my unique self?
- Is it for survival?
- Is it for God?
- Is it for my future or current spouse?
- Is it for my work?
- Is it for my legacy?
- Is it for my happiness?
- Is it just so I can feel better?
- Is it to prove those who say you cannot do it wrong?

What other reasons can you list? Perhaps you are doing it for a combination of these reasons and more. Perhaps you hold a value, an ideal, or a hope you wish to manifest and need to metamorphose yourself in order to realize it. Think of and write down the reasons you want to transform.

Consider two possibilities. First, list the positives of making a transformation. Second, consider and list what may happen if you do *not* make the transformation. Are there any negatives? There may be some negatives to making a transformation as well. List those and see if your fears of success are creating blocks to your progress. Your fears may simply be limiting beliefs that you can squash through remodeling your subconscious. On the other hand, these “blocks” may be telling you to transform along a different pathway, a pathway that uniquely suits you.

Your path of transformation will be unique to you. When you start to feel your “butterfly wings,” you will probably feel a desire to share where you have been and how you got to where you are. Get out and do so! My goal is to provide some tools to help make your transformation even more accessible.

You can transform your mind, body, and spirit. You can reshape your body into a more beautiful and appealing form and improve your body image, energy, and mood -- a physical transformation. You can revamp your diet to help prevent diseases. Through the self-discipline of using a daily checklist, and analyzing that checklist, you can undergo a mental transformation. There are other ways to transform mentally as well. A spiritual transformation which affects your inner life can also occur, which I will discuss later.

## *Identity*

Transformation begins with creating your unique and valuable identity. Behaviors, beliefs, and values all play a part in transformation. These are difficult to change directly. The first step in transformation is to examine who we are. We need to define and even create our

identity. We do not need to be limited by the past in doing this. You can do this in a vision statement, which you review and update frequently, which I will describe later. We can visualize our ideal identity day by day and find ourselves taking it on.

We can identify ourselves with the habits we choose to instill that facilitate our transformation. Identifying ourselves by saying, “I am a swimmer”, “I am a marathoner,” or “I am a triathlete,” for instance, can increase necessity--the necessity that we perform well and transform, a key habit for high performance.

Identity is our decision about who we are. It can involve identification with groups, organizations, our profession, our nationality, our family, etc. It can involve “I am” statements. Who am I? Here is a starting list of “I am” statements that you can use as a springboard for expanding who you are.

- I am blessed.
- I am wealthy.
- I am happy.
- I am motivated.
- I am energized.
- I am relaxed.
- I am smart.
- I am healed.
- I am inspiring.
- I am motivating.
- I am entertaining.
- I am informative.
- I am amazing.
- I am wise.
- I am courageous.
- I am a miracle.
- I am astounding.



- I am appropriate.
- I am astonishing.
- I am adept.
- I am admirable.
- I am affectionate.
- I am assertive.
- I am agile.
- I am alert.
- I am alluring.
- I am animating.
- I am appealing.
- I am apropos.
- I am articulate.
- I am astute.
- I am attractive.
- I am authentic.
- I am awesome.
- I am a class act.

You may think that I looked up adjectives that start with “A” and went from there. That is exactly what I did. I did not get through the rest of the alphabet, but imagine how you can identify yourself with a list of adjectives. How many of these apply to you? How many apply to your ideal self? Even if you do not fully identify yet with your entire list of adjectives, you can review your list regularly and put them into your subconscious to expand on you are.

## *Synergy*

I have discovered that transformation is not a one-person undertaking. In the giant puzzle I am undertaking, I have gathered pieces from many sources. I encourage you to ask experts or google your own questions to follow through.

Transformation requires the work of maybe thousands of people. Connection is key. Relationships are key. I studied nutrition on my own for many years, including studies of organic chemistry, biochemistry, and physiology. I broadened my understanding of nutrition when I studied at the Institute for Integrative Nutrition (IIN). IIN connected me with other people in the nutrition field. IIN taught more than nutrition. It introduced the concept of primary food: relationships, career, physical activity, and spirituality. The holistic approach to nutrition resonated with me because I could sense that my personal transformation required more than just good food.

In 2013, I started getting out of the house to promote my new health coaching business. I joined Toastmasters International and honed my public speaking skills. I joined a group called Entrepreneurial Launch Pad (ELP), which discusses business opportunities and strategies for budding entrepreneurs. I met many new people, formed friendships and acquaintances, and expanded my contacts list.

At Entrepreneurial Launch Pad, I met Michael, the owner of Levitate Online, who created a video for my Joyful Vibrance business. We soon became fast friends. I emailed him endlessly, and he showed me the ropes of transformation and encouraged me to write this book about it. He offered and gave me business and personal coaching. Through his encouragement, I resumed software engineering, my previous profession that I had left due to disability. Rather than working full-time at software engineering, I programmed an app to analyze my daily checklists called **JV Life Tracker** while continuing to learn more about nutrition and write this book about transformation.

(<https://play.google.com/store/apps/details?id=com.joyfulvibrance.activitytracker&hl=en>)

You may want to install JV Life Tracker on your Android. After installing it, go to the Android Settings app, select Apps, then select JV Life Tracker, select Permissions, and then move over the slider for Storage. That will permit your checklists to be stored on your device. Though Michael has encouraged me to get it working on the iOS platform, I do not currently have it working on iPhones. If you are familiar with that platform, you may be able to find a similar app. Please write me at [kaelyn@joyfulvibrance.com](mailto:kaelyn@joyfulvibrance.com) if you do, and I will let people know about it on my blog. My blog is at <http://www.joyfulvibrance.com>. I will talk more about this app and its wonders later.

Though social media is no substitute for one-on-one contact with people, it can make contact with some people more accessible. When I meet people with whom I may want more contact, I ask for their email and phone number. I ask how I can link up with them on social media--either Facebook, LinkedIn, or both.

I joined a worldwide online dating website, Plenty of Fish (<http://www.pof.com>). Connecting with partners on the site was emotionally rough at first. I experienced rejection and men who were on the prowl. My sensitive and sometimes obsessive nature made this difficult for me. I do not recommend online dating unless you are ready to ride over a few bumps!

However, it was not long before I met a good Christian man who encouraged me back to the Bible and Jesus Christ. When I left the religion of my upbringing, I tossed most of my religious beliefs. I wandered in my spiritual path for a time. Though I did not return to my former

religion, I rediscovered comfort, courage, guidance, and love in further developing a relationship with Jesus Christ.

You may also have a Higher Power or God you relate to spiritually. I have chosen to believe in Jesus Christ as my Higher Power because He is an empathetic God who communicates with power, and having lived on earth left a legacy of His teachings and actions which let us know Him and His personality. I believe Jesus Christ is our Creator, the Truth, and the Way and that to choose Him is to choose life. Jesus has given us promises, such as promises for eternal life and salvation, unmatched by any other deity. He has promised us if we ask, we will receive and that if we seek Him, we will find Him. Learning to trust Him and communicate with Him again has marked my transformation path.

My friend shared a Bible app called **YouVersion**, **which** enables me to study the Bible according to specific plans. I selected a plan to complete the Bible in a year's time. The Bible app sent me email reminders when I got behind, which encouraged me to be consistent and stay on schedule. In just over a year, I completed my study of the Bible, making it the first time I had read the Bible so quickly.

You likewise may wish to enhance your relationship with your Higher Power. I have found comfort, courage, guidance, and love in relating to Jesus Christ. A relationship with God causes you to undergo a spiritual as well as a physical transformation.

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to

know God's will for you, which is good and pleasing and perfect (Romans 12:2 NLT).

Through expanding my relationships, especially with God, I not only felt more loved, I continued the process of transformation. I expanded my world from a caterpillar world to a butterfly world.

I found there is no one who can do anything about my feeling alone or lonely except myself. As my friend from Levitate Online taught me, "No one will rescue you!" The key is taking the lead in making and maintaining friendships and reaching out to others. If you are lonely, find others who are looking for companionship and welcome them to be a friend. I have found the right people coming into my life at the right time. I just have to be open to the possibility that God has a plan for me. For a time I believed there was no meaning in life. That led me in detours. I believe my detoured path was *still* part of God's plan, to bring me back to Him, when I was ready. Jesus said

And I, when I am lifted up from the earth, will draw all people to myself (John 12:32 NIV).

In learning more about Jesus Christ, I studied his first two commandments. The first is to love God; the second is to love our neighbor. I looked up 'agapao,' the Greek word for 'love' in these commandments. It means to be welcoming, entertaining, and fond of, to love dearly, and to be pleased with. Apparently, God wants us to treat our neighbors this way. Find ways to entertain, give to, and serve others. There is no one right way to do this. Joining a group of people with common interests can work. Joining a study group or getting a study partner is a way to make friends. Getting a health and fitness companion or accountability partner can help motivate you in your

transformation goals. Finding a suitable mentor or partner for your business pursuits is invaluable. You can invite someone to lunch and treat him or her, making the invitation of friendship. Just visiting others can open doors. Seek direction from God about who and when to visit. Creating and presenting gifts can cheer people and make them feel loved and important. Remember that the packaging can be as important as the gift. Wrap up the gift, tie a bow on it, put it in a gift bag or box. Make it obvious that what you are giving is a gift.

If you struggle with your mental health as I have, it is critical to develop a support group of people who understand what we need to recover or regain equilibrium and productive activity. Finding, developing, and maintaining a support group is an ongoing process.

Perhaps the most difficult part of recovery is leaving behind relationships that are draining, toxic, or do not contribute to good mental health. Sometimes relationships can be “fixed,” and every effort to support especially long-term relationships should be undertaken. However, there comes a time in some situations to move on. Guidance from a Higher Power is necessary in order to make critical decisions such as these.

There are endless ways to connect with people. To describe them more fully is beyond the scope of this book.

Another important element of connection is becoming acquainted with the leaders in transformation and personal development. Online blogs and summits teach the techniques of personal transformation and are available at no or low cost. Motivational materials teach how to make your daily regimen work.

I have learned a lot from an app called Hypnosis by Joseph Clough in which he includes many free podcasts on transformation topics as well as self-hypnosis recordings.

Through hypnotherapy, I learned that depression is a protection. Perhaps it is protection against overwork from not taking breaks, vacation or rest. Once I learned to do these things without depression forcing me, depression was less necessary. We can tell the subconscious that we no longer need depression. Hypnotherapy is one way to speak to the subconscious.

With the frustrations inherent in our lives on our chaotic planet, it is all too easy to give up on our goals. Persistence in continuing will win. Overcoming obstacles and turning them into opportunities will win. For a long time I started over repeatedly in my recovery, each time though with greater vigor and commitment. Gradually I became more consistent in my efforts.

Combating frequent, recurring depression, I had to restart myself each time my mood took a significant dive. Restarting though can be healing and enlivening. I learned from Marc David at the Institute for the Psychology of Eating that depression is a gift. It enables us to look deep within ourselves. We can ask ourselves, “What is wrong?” We may be on the wrong path for our lives. Coming out of depression can enliven us with fresh perspective, a new vision of who we are, and enable us to become stronger than we have ever been. Marc David transitioned from his “wilderness” to founding the Institute for the Psychology of Eating. If depression does not kill us, overcoming it will make us stronger.

My teenage years were extra-crazy-busy. I maintained straight A’s every term and every semester throughout

high school; attended a six-thirty a.m. religious study class; worked at McDonald's; tutored children in math, reading, and history; babysat my eleven younger siblings and others. I helped my parents raise twelve children (ten of whom are adopted); played viola in the high school orchestra; played piano; did crafts; served as a youth leader in my church youth and early morning religious study groups; played church sports.

I really do not know how I did it all. I did not give myself many chances to relax. I never felt I was good enough unless I was perfect. That was the key to my distress. I think the stress and overly high expectations of myself during my teenage years set me up for trouble in my adult years with my mental health. However, I do not lament the path my life has taken—though it has had its trials. Getting through mental health issues has transformed my life and made me happier than I likely would have been otherwise.

My late cousin Valerie Pierce wrote an unpublished book entitled *Joy*. Sometime before her death, she sent me a copy. Though she struggled with depression, in the later stages of her struggle with cancer, she became happy. If she is aware of me somehow, I want her to know that I have also become happy.

I will explore my story in the next chapter. I will explore my journey in transforming my weight, energy, and moods and show how you can do it too, hopefully in less time than it took me! I assure you though: if it takes you as long, it is still worth it!



## *Chapter 2.*

# **MY STORY**



## *Institute for Integrative Nutrition*

After starting the Zone diet in 1996, I was interested in establishing a business to help others with diet and lifestyle. I started studying chemistry at the University of Utah in 2000, planning to get my Ph.D. in biochemistry. I had to quit after my first lab due to allergies to the chemicals. I started a business in 1998 and again in 2007. After spending money on worthless advertising, I decided I needed more knowledge, more connections, a credential, or something. I also needed more mental health stability. So in 2012 I enrolled at the Institute for Integrative Nutrition to become a health coach. I completed my studies in 2013 and started Joyful Vibrance LLC.

My health, including my mental health, continued to improve through applying what I learned at IIN and later.

My story has been a long journey of ups and downs, but I have succeeded over the course of thirty-five years to lose almost fifty pounds and keep it off. My weight is now less than 110 pounds. I do not know what my weight would have been by now had I not taken steps to do something about it, but I could have become obese. I could have blamed it on my medication and just felt sorry for myself. Instead my story is much happier.

## Vulnerability

Before I delve into my past, let me explore a topic I have thought a lot about in recent years. Dr. Steve Bunnell, Ph.D. introduced me to the work of Brené Brown, a researcher on the topic of shame. I have wanted to share my personal story for years, but the stigma attached to mental illness has fed into my sense of shame about my past. Brené Brown believes deeply that we can overcome shame through vulnerability. Brown encourages people to share vulnerably in order to create connection and empathy. She says, “Vulnerability is the birthplace of love, belonging, joy, courage, empathy, and creativity. It is the source of hope, empathy, accountability, and authenticity. If we want greater clarity in our purpose or deeper and more meaningful spiritual lives, vulnerability is the path.”

About the same time, I got the opportunity to meet Shawna Draper, hear her speak, read her book *The Silent Cries*, and correspond with her. I admired her courage in speaking out about her multiple personality disorder.

In *Wellth*, Jason Wachob, the founder of mindbodygreen, detailed his journey to a happy life. I noticed how he shared vulnerably. It drew empathy from me.

As I read *Daring Greatly*, Brené Brown’s short e-book on the topic of vulnerability, I felt a surge of courage to share my story. Its writing was already underway, I just needed the courage to finish and share it. Later I mustered the courage to publish a novel I had written in the 1990’s about manic-depression called *Scarlet Night*, I had buried the novel in shame, but with Brené’s encouragement, the book saw the light of day.

In this book, I not only share what works, I share some things that *do not* work along with the consequences. When people asked Thomas Edison about having to try

10,000 times to invent the electric light bulb. He said, “I haven’t failed. I’ve just found 10,000 ways that won’t work.” (<http://www.goodreads.com/quotes/2481916-i-haven-t-failed-i-have-just-found-10-000-ways-that-won-t>) I hope that sharing my experience with things that do not work will help make your path to success that much easier.



KaeLyn at aprox. 27



KaeLyn at age 54

## *My Weight Loss History*

I have never been seriously obese, but for many years I struggled with my weight. Whether or not it caused suitors to reject me in my younger years, I felt rejected because of my weight. Psychologically, being overweight can be a handicap. Moreover, it can be unhealthy. How we perceive ourselves affects relationships, career, almost everything in life. When we get to the point of reaching our weight loss goals, it can positively affect our self-esteem. However, it still takes mental work to love yourself and appreciate your value whether or not you reach your weight loss goals. It is important to work on loving yourself *while* you are in the process of reaching your weight loss goals. Do not wait until you are there. Working on loving yourself will help you reach and

maintain your ideal weight. Though your mood may not go up with weight loss, unless it is specifically addressed, energy levels generally do go up. Weight loss can reduce the chance of arthritis, cancer, and diabetes; improve your paycheck, eyesight, fertility, memory, and sleep; and reduce the cost of health care.

(<http://www.health.com/health/gallery/0,,20888773,00.html>)

My weight problems started with having a sweet tooth as a youngster. At the age of ten, I had a paper route that I often serviced with my bicycle. I lived in a rural area, so I had a lot of distance to cover. Bicycling was good exercise, but I often undid the good it did me by spending most of my money earned from the paper route at the local hitching post on candy. I bought candy nearly every day, usually several pieces of it.

Later when I got my first W2 job at the age of sixteen, I worked for McDonald's. We were allotted a certain amount of money for food every shift. I often chose shakes and pies along with hamburgers and French fries. Even though I did not gain a serious amount of weight while working at McDonald's, as we were almost constantly and literally on the run filling orders, I started some bad habits that set me up for trouble later on.

## *Sugar*

Then came college. I had managed to trim down during the summer just before college and was feeling pretty great about myself. What I did not realize was that the college environment was going to be what I call a "cookie culture." There was sugar everywhere. If my roommates were not baking cookies, we were eating ice cream which our roommates owed us if their boyfriends kissed them for the first time. My second semester was when I gained the most weight. Two students roomed in the room next to mine. It seems they bought every conceivable kind of junk food, and they were good at sharing. My own

roommate liked to make “snickerdoodles,” a kind of sugar cookie. She made some every few days. I liked to help her eat them.

Another roommate talked me into trying to vomit my food when I over-ate. We swallowed raw eggs and then stuck our fingers down our throats. I was able to bring up some food, but I was so turned off by how sick it made me, I never tried doing it again. I therefore fortunately did not become bulimic. However, I still had an eating disorder. I ate way too many sweets.

By the end of my freshman year in college, I had gained fifteen pounds and was no longer feeling so great about myself. I struggled for the next two years to lose what I gained. I walked and swam, and I was still young, but I only took off seven pounds or so by graduation. There were brownies, cake, candy, cookies, doughnuts, fudge, ice cream, pies, etc. everywhere.

During my freshman year I took an honors class called Honors Colloquium. We had six professors for the class who asked us to write many papers including a term paper on a scientific topic. I chose the topic of sugar consumption. I researched through medical journals, dental journals, rat studies, etc. and learned that sugar is linked to cancer, diabetes, heart disease, and obesity, as well as dental caries.

I summarized the findings, and gave a recommendation that I had seen somewhere in my reading to eat 10% or fewer of calories as added sugar. I called sugar a drug. When my science professor, Dr. Hess graded my paper, he wrote, “Sugar is a poison,” I think he considered 10% of calories as added sugar in the diet far too lenient. I have learned that humans do better avoiding added sugars completely and limiting natural sugars.

Though I knew intellectually much of what was wrong with refined sugar, I still ate a lot of it. It was just so

much a part of the university culture. Sugar was the way of showing love. For my nineteenth birthday my sophomore year, my friends, roommates, and “secret sister” presented me with *three* birthday cakes, one of them with three layers-- chocolate, vanilla, and strawberry! I guess that means I actually got *five* cakes!

Sugar is so addictive it *is* like a drug. Mark Hyman, a functional doctor says that sugar is eight times as addictive as cocaine. Scientists gave rats addicted to cocaine the choice of cocaine or sugar, and they chose sugar! They voraciously consumed it, not unlike ourselves.

When I got out of college, I started getting more serious about getting excessive refined sugar out of my diet, and I would go for periods without it. I was always able to lose weight during those times, but whenever I started eating it again, I would get “hooked” again and start to regain the lost pounds. So I knew sugar was my main nemesis in dieting.

## *Mania*

I read *Sugar Blues* by William Dufty which inspired me to fight the “cookie culture,” I started following the Pritikin diet by cutting out fat, refined sugar, and salt from my diet. In 1985 I was finally getting my weight into a good range in the mid 120’s. I got up in church one Sunday and testified that “sugar is a tool of the devil,” Well, I believe it is. However, the assertion was offensive to people in the congregation, including one of my roommates. She called the leaders of the congregation over to talk to me about my comments. Consequently, I was feeling rather low about the reaction to my remarks when a beautiful young woman with a nice figure stopped me at the complex pool and told me privately, “I know what you said is true.”

What was really happening at that time was that I was becoming manic, and I was becoming less inhibited, so I would say what I really thought rather than keeping things to myself. In a culture with strict rules and inhibitions, this became obvious. Though abstinence from sugar was good for me, it was not everything I needed to do to control my neurotransmitters. Within weeks of that embarrassing testimony meeting, my employer committed me to the hospital, suffering my first manic episode.

When I got out, I mistakenly linked the pain and embarrassment of mania and having to get treatment to staying off sugar, so I started eating it again. I promptly gained 25 pounds. I think the weight gain was not only caused by sugar; it was caused by being on lithium, which suppresses the thyroid and causes the basal metabolism to go down. Not only that, lithium is a horrible motivation killer, which hampered my ability to be active. So soon after my first manic episode, I was heavier than I had ever been.

I linked the weight gain to being on lithium, which to be honest was a correct conclusion. So I decided that in order to lose weight I needed to get off of lithium, which was not an entirely correct conclusion. I just needed a better diet. I got off lithium for about a year. I had gotten married to Warren Cozby, Jr., an artist/archeologist/anthropologist/genealogist/historian/sculptor/visionary, and I was at the highest weight I had ever been.

I signed up for consultations at the Weight Loss Clinic. The counselors wanted me to be off medications that could cause weight gain, including lithium--not a good idea in retrospect. With a severely low-fat diet, which I won't recommend to anyone now, and about 820 calories a day, I lost about thirty-five pounds, but as you can probably guess, I had a second manic episode, worse than

the first. I was in the hospital for twenty days. My condition degraded to the point of delirium. After resuming lithium, and this time I was forced back on it by a doctor's court, I once again gained weight, but thankfully I did not gain back the entire thirty-five pounds.

And so on it went. I decided that I was going to have to find a solution to my weight that didn't involve going off my medication or just give up. Something inside of me would not allow me to give up.

## *Chronic Fatigue Syndrome*

In 1990 I contracted chronic fatigue syndrome (CFS) in addition to having bipolar disorder. Though I think the fatigue problem was at least partially caused by my medication, my doctor, Dr. Dennis Remington, M.D., said yeast called *candida albicans* caused my fatigue. One of his recommendations was to go off sugar, as sugar can feed the candida in the body causing it to multiply. I did so and was again able to lose a few pounds. Ever since then I have noticed that whenever I eat sugar, yeast multiplies like crazy again, and I become fatigued and depressed on top of other uncomfortable symptoms, so that is one of my greatest incentives to stay off it.

My experience with chronic fatigue syndrome taught me the importance of using probiotics and digestive enzymes. I started using them in 1991 and have continued most of the time since. When I first developed chronic fatigue symptoms in 1990, I thought I had multiple bouts of strep throat. My doctors prescribed antibiotics, which only made the condition worse. Antibiotics kill off the friendly bacteria in the gut that keep yeast under control. It was not until I started taking probiotics and digestive enzymes that my condition started to improve.



After seeing Dr. Dennis Remington for a period of time and using his book *Back to Health*, he said he had done all he could to help me. I was still not well. Though *Back to Health* was helpful, it contained no specific warnings about dairy or gluten. These allergens were not as widely recognized as causes of chronic fatigue back in the nineties. I had a systemic yeast infection throughout my body, probably caused by leaky gut syndrome. Stress, gluten intake, toxins, sugar, and possibly even dairy could have caused the leaky gut syndrome. I took Diflucan, an antifungal drug, for over a year, which I do not recommend if you can avoid it. Diflucan is hard on the liver.

The mood/gut connection is only recently being widely recognized. In order to be joyfully vibrant, you must address gut issues.

Dr. Remington referred me to Gary Carlsen of the Candida Wellness Center. Gary counseled with me and introduced me to his concepts in *The Candida Yeast Answer*. In addition to taking probiotics and digestive enzymes, I installed a reverse osmosis water filter in my kitchen to remove chlorine that can kill friendly bacteria in the gut. Friendly bacteria keep candida under control. Our bodies contain many times as many genes from other organisms as we have ourselves. These organisms do many useful biochemical tasks to keep us healthy, including the production of B vitamins.

My chronic fatigue condition started to improve though it got better and then worse again repeatedly for many years. I had an appendectomy at the age of ten. This may have impaired my ability to repopulate my gut naturally with friendly bacteria. Only with constant attention to taking probiotics, can I maintain or improve my condition. In addition to periodically losing my friendly bacteria population, I did not fully address the issues of sugar, gluten, dairy, toxins, and stress that probably

inflamed the gut, causing it to leak, leading to systemic allergic responses that caused the problem to begin with.

Throughout most of the early nineties I was able to keep my weight in the low 130's, which was not too bad. I would have liked to have weighed less, but I was able to fit into nice dresses and look pretty good.

My chronic fatigue and manic-depression though did not entirely abate. In 1993 I was put on long-term disability for missing so much work due to illness. At that time, I did some detective work to find out what my exact diagnosis was. I contacted the hospital, and they sent my records to my doctor. I learned something I had not been aware of up to that point. My hospital doctor had diagnosed me with schizoaffective disorder, which is kind of midway between bipolar disorder and schizophrenia. My doctor warned me that the diagnosis was merely a doctor's opinion. Doctors look for clusters of symptoms to make classifications. In the hospital, I presented hallucinations and delusions, some serious symptoms that are not there most of the time. I have had virtually every mental illness symptom known to man at one time or another. I know these symptoms affect all people to one degree or another. A specific diagnosis is a bit limiting. The truth? All mental health issues are related. Mental health connects to physical health as well. Keep reading. You will learn more.

For the next two years, I had a relatively good time. I had gotten divorced and was dating a lot. I had a lot less stress in my life because I was not employed. I had hoped to remarry right away, but the fact that I suffered from mental health symptoms may have given my suitors pause. My condition did not keep me from dating however. My long-term disability income supplied 60% of my former salary which was ample to pay my mortgage. I ate some sugar, but I kept it to a minimum. I continued to eat dairy and gluten.

## *Depression and ECT*

In 1995 I started working again as a software engineer. The added stress and poor eating habits from my work environment almost immediately put weight on me. I started to become manic, so I dropped Prozac (an SSRI) cold turkey because it can trigger mania. I have learned since that dropping an SSRI suddenly is a drastic mistake. That set off a depressive episode so severe; Dr. Wayne Brown, M.D. prescribed and administered electric shock treatments. Shock treatments work, but at a horrible cost. They cut my ability to concentrate so I could no longer program computers effectively. I was virtually forced to quit my job. I do not recommend shock treatments for depression. I recommend this book.

I did not have long-term disability this time, so I survived on my savings. My therapist, Dr. Edward Parent, Ph.D., agreed to counsel me for free if I would do a project for him. I programmed statistics for a psychological survey he administered called OQ-45, which you may have taken yourself.

## *LifeForm and the Zone*

In 1995, a physicist boyfriend introduced me to the Zone diet, and I read *Enter the Zone* by Dr. Barry Sears, Ph.D. It was interesting, but it involved a lot of calculation to do effectively, and I did not think I could eat only 40% of my calories as carbohydrates. I had been on and loved the Pritikin diet, which is 80% carbohydrate. The Pritikin diet though was no longer working for me. I did not quite know why. I thought it was just because I could not stay on it consistently. Now I realize it was too high in carbohydrates and too low in fat for my metabolic type.

A year after I had read Dr. Sears' book, Dr. Parent offered me a sample copy of a program called LifeForm, developed by a group of people who "escaped" from

WordPerfect and formed a company called Fitnesoft. The group included Tom Andrus, Mike Gallacher, Joe Peterson, Sam Peterson, Ken King, and Steven Overson. LifeForm was first developed in 1995. A bug fix release was made in 1996. After that, development stopped, and nothing more has been done to upgrade the program. However, I soon became so familiar with it I knew how to exploit all its features and work around all its bugs. I loved it.

I started the Zone diet with the LifeForm program on October 2, 1996. I could do the required calculations for the Zone diet in a snap. In contrast to my ability to stay on the Pritikin diet, I have been able to follow the Zone consistently for over twenty years. The LifeForm program displays a color-coded pie chart showing the percentage of calories from fat, protein, and carbohydrate, which updates every time I add a food to the meal entry form. This way I could balance my macronutrients in a snap. I lost 23 pounds in six months which may not seem like a stellar feat, but it is when you are taking lithium. I came to realize that slow, steady, permanent weight loss is superior to crashing. I had finally found a solution to my weight problems that did not involve ditching my medication! By the end of November in 1996, I got another software engineering job and was able to return to work!

I used the LifeForm program for about 20 years. I tried numerous other solutions but never liked anything better until I found [cronometer.com](http://cronometer.com). I will talk more about Cron-O-meter throughout this book. Cron-O-meter makes an unmatched amount of information available.

The Zone diet, and for that matter even my medications, did not prevent manic episodes. Though I had cut out most sugar, I still ate a lot of dairy and gluten. Moreover, I had significant stress in my life from working within the sometimes-unrealistic deadlines of the computer

industry. In 1998 I was forced to quit work again, this time due to an allergy to the solvent paints used in a gigantic billboard-sized printer we used at work for which I was programming the user interface. The allergy may have been associated with my chronic fatigue syndrome. I experienced three hospitalizations for mania in a twelve-month period. This time I received SSDI (Social Security Disability Insurance). After losing the weight I gained from being in the hospital, I was able to keep my weight down for years, even though it fluctuated a bit.

# Chapter 3.

## HOW TO LOSE WEIGHT



### *Factors in My Weight Loss*

There are six main factors that have contributed to my success in dieting:

1. Staying off sugar
2. Keeping a diet diary
3. Balancing carbohydrates and proteins
4. Eating food with a high nutrient density
5. Using omega-3 oils
6. Sticking with it over the long haul

Having a successful diet involves many actions. I put a laundry list of activities on my JV Life Tracker checklist to do every day. It is not necessary to do every one of those activities every day in order to be successful at losing weight. However, each activity contributes. Losing weight doesn't happen every day. It is usually one step forward, one step backward, one step forward, another step forward, and so on. If you keep up the game long enough, building consistency, you are sure to win.

## *Elimination Diets*

An elimination diet can be useful for pinpointing troublesome food allergens and relieving yourself of the symptoms they cause. Mental health begins in the gut. It took a long time for me to admit to myself that allergens in my diet were contributing to my health problems and delaying my recovery. The Institute for Integrative Nutrition mentioned the problems. My dairy farmer grandparents raised my parents on dairy farms, and our family derived most of its calories from homemade whole wheat bread, which I loved. All twelve of us children learned how to make whole wheat bread, which we made with powdered milk. I thought I could live comfortably, nutritiously, and economically on whole wheat bread for the rest of my life. Instead, I developed chronic fatigue syndrome and mental health issues. When I saw my sister recover from a serious autoimmune condition on a gluten-free diet, I began to pay attention. The interplay between genes and the environment can cause autoimmune conditions. Foods such as gluten and dairy contribute to leaky gut, which then leads to activating the genes that cause autoimmune conditions when your own body's immune defenses turn against you, possibly causing life-threatening situations.

On May 3, 2014, I put "Health eliminate dairy" and "Health eliminate gluten" as activities on my checklist and watched with my analysis app how often I was able to do them. Gluten is linked in scientific studies to mania and depression as well as a host of other hard-to-find-the-cause-of symptoms, including chronic fatigue syndrome and leaky gut. Since food sensitivities are delayed reactions, it is often hard to connect a food to a symptom. Dairy is linked to cancer risk, increased fracture risk, constipation, irritable bowel, bloating, gas, diarrhea, allergies, eczema, and acne. I cannot pinpoint gluten and dairy for sure as the cause of my health

problems, but since going off them, my symptoms have become less severe.

<https://www.psychologytoday.com/blog/evolutionary-psychiatry/201103/wheat-and-schizophrenia>)

Mark Hyman, a functional medicine doctor who treats the root causes of disease rather than just symptoms, advocates abstaining from gluten and dairy. Dr. Hyman calls himself an “accidental psychiatrist” because his functional approach to medicine heals mental health issues as well.

<http://www.lifeextension.com/magazine/2009/3/mark-hyman-healing-broken-brain-syndrome/page-01>)

Sayer Ji of Green Med Info (<http://www.greenmedinfo.com/>) is an avid researcher of scientific literature. In *The Dark Side of Wheat*, he delves into depth as to why one of our most popular foods-- wheat --is not serving us, any of us. For starters, gluten contains sequences of amino acids containing proline and glutamine that human digestive systems are unable to break apart.

J.J. Virgin, a popular health coach and author, includes abstinence from gluten and dairy as part of her Virgin Diet. She also advocates staying off seven categories of foods: dairy, gluten, sugar, corn, peanuts, soy, and eggs, which are common allergens and causes of inflammation in the gut. She admits that pastured organic eggs may be suitable for some people.

Dr. Joseph Mercola is a proponent of organic eggs, especially from pasture-fed chickens straight from the farm. I opted to reinstate organic eggs into my diet once I had eliminated eggs as they improve the strength of my fingernails and are an excellent source of choline and the essential amino acid methionine. Eggs have other benefits, including lutein for eye health. They are also a fresh protein that is less likely than most proteins to



trigger tyramine headaches. However, they are not suitable for everyone. I will talk more about eggs later.

I enjoyed soy a lot until I studied at IIN and learned that it can be a problem, especially if it is GMO (genetically modified organism) soy. Ideally consume soy only as organic fermented soy such as organic tofu. Organic soy is automatically non-GMO soy.

Instead of including the full set of activities on my checklist in this chapter, I want to encourage you to come up with your *own* list. You may already suspect what contributes to weight gain, allergies, and other dietary issues in your life. You likely just have not been consistent about doing something about it. Start adding one new significant easy lifestyle improvement each week to JV Life Tracker. Once you are keeping track of your behaviors, you can use the reports in JV Life Tracker to help you pinpoint where you are improving. You can also use JV Life Tracker to provide accountability for your behavior over time.

Remember that food is more than just a catalog of its constituents. It is information. You can follow a temporary elimination diet to remove all common allergens from the diet and add them back one by one to see which cause you trouble. Though I have known a diet like this can be useful for years, I needed to know *what* to do rather than just what *not* to do. I will later show you a green smoothie that can be the basis of an elimination diet and may facilitate your total recovery.

## *Getting Off Sugar*

Dr. Rodier counseled me to get off sugar. I had done so prior to this, but real life had crept in, and I was indulging in sweets from time to time, only to cause myself grief. I studied Dr. Rodier's book *Sweet Death: The Epidemic that is Killing America*. In addition to

seeing Dr. Rodier and reading his book, I attended his lecture series and listened to him on KTALK radio. I have been appreciative towards him for encouraging me to get off sugar, not to mention the other things he has done for me and even emailed him years later to express that to him, which he appreciated. I understand that most doctors will not address the issue of sugar consumption with their patients, even when they know it to be a problem.

On July 7, 2006 I decided to do something serious about my sugar addiction. I was attending Alcoholics Anonymous occasionally with a friend. I do not and never have had a problem with alcohol, so I decided to apply the Twelve Steps to my sugar addiction. I did the Twelve Steps (a number of times), enlisted the help of my Higher Power, and managed to stay off added sugars for an entire four years. I still used artificial sweeteners at that time, but since I studied at IIN, I no longer do. Artificial sweeteners contribute to weight gain far more than is intuitively obvious, considering that they are low (not lacking) in calories. The liver must eliminate these unnatural toxins. Splenda, which I used in excess for a time because of its addictive sweetness, destroys friendly bacteria in the gut and depresses thyroid function; it creates diabetes-promoting effects and is carcinogenic. (<http://www.greenmedinfo.com/blog/top-5-reasons-never-use-splenda>)

In short, artificial sweeteners are not real food. For your best health, leave them out of the diet.

A well-researched book entitled “*Sugar Shock*” by Connie Bennett, an IIN graduate, gave me additional information, inspiration, and hope. The fact that Connie was an IIN graduate influenced my decision to study at IIN myself. She quotes Jeraldine Saunders, a lovely model who had been off sugar for over four decades: “It’s

totally worth it to do without sweets. I am 83, but I feel much better than I ever have, and I have more energy now than I did when I was 23. And believe it or not, I still have the same slim figure that I had when I was a professional model years ago.”

Though I set an intention to stay off sugar for another four decades myself, I have not been as absolute about staying off sugar since. I am not bad though. I set new birthdays when needed and see how long I can go.

Though I allow fruit, even a limited amount of dried fruit, honey, maple syrup, monkfruit, and green and white stevia in my diet, I keep these sweeteners to a minimum. Fortunately, these natural sugars are not as addictive as table sugar or high fructose corn syrup and are easier to limit.

I set a goal in JV Life Tracker to eat 55 and then 25 or fewer grams of natural sugars each day, and I am making progress at getting more consistent at doing that.

I believe that getting off sugar is the single most important thing you can do to lose and maintain weight and improve your mood as well. Cynthia Perkins, an addiction counselor, states in *What Your Psychologist Didn't Tell You About Anxiety and Depression* that you will not be successful long-term at overcoming your other addictions until you also master sugar. Mastering sugar addiction is vital to your overall health, as I will describe later.

## *Permanent Change*

Losing weight and improving mood can be very challenging, but they are very doable and rewarding. I know you can lose weight permanently even if you are on medication. You can also improve your average mood level over time though there may still be some ups and downs. Some fluctuation in weight and mood is normal.

You can work on your weight loss and mood goals simultaneously.

You do not have to be an elite athlete to succeed. You can suffer a serious mental health diagnosis and still succeed, even while still on medication. Most people that set out to lose weight fail to lose as much as they want or fail to keep it off. In fact many people say, “Diets do not work” and never want to try again. Diets *do* work. They just cannot be temporary.

You cannot succeed on a starvation diet. The key to weight loss is nourishing yourself effectively, not starving yourself. I find that I can lose weight by aiming for the breakeven point in my diet diary, which is now [Cronometer.com](http://Cronometer.com). I set my target calories to my BMR plus moderate activity without logging exercise. Before that, I aimed for 250 calories less than the breakeven point, but that triggered binges. Eating just less than what I need does not trigger the starvation reflex, lower my metabolism, make me moody and depressed from being too hungry, or make me eat more the next day. I think that doing this effectively requires a food app as it is all-too-easy to eat too much.

Your diet is your way of eating, not a temporary change. You can change your strategy from time to time, but you always need some kind of dietary plan. Just falling in with the contemporary world’s culture of eating processed, microwaved, and fast food is not going to work, at least not over the long haul. Obesity is becoming a global epidemic as American food processing companies are making inroads into more and more countries. The movie *Globesity: Fat’s New Frontier*, featuring Marion Nestle, points this out graphically.

If you are trying to lose weight fast so you can get back to your “normal” way of eating, forget it. It will not work. You will gain the weight back and more. I am not saying that you need to give up all fast food forever. I am finding

that now my diet is cleaner overall, I can still enjoy it from time to time. Nevertheless, be aware of its dangers and be fussy about what you choose from the menu.

In order to be successful at reaching your ideal weight and fat percentage, permanent change is required. You need to become a food warrior. Fight for the right to nourish yourself effectively. Do not cave in to the trends of a fast food family, friend, or society. I appreciate the comments of Dr. Daniel G. Amen, a brain doctor, and his lovely wife Tana as they introduced the concept of becoming a “food warrior”. (<http://www.amenlifestyle.com/>)

| You do not have to use the same strategy forever. You can change your plan from time to time. Be informed. I am grateful for my integrative medicine doctor, Dr. Hugo Rodier, M.D. The Internet is immensely helpful, but remember to cross check facts because anything goes on the Internet. I have reasoned from one fact to another, which has raised new questions and new Google inquiries. Observe what happens with your own body and use your experience wisely. I have used my personal knowledge, experience, and library for this book along with information from medical experts and the Internet. Be sure to check my facts when using them for yourself. By the time this book reaches you, it could be out-of-date.

Get support for what you do. A certified health coach is a possibility. If you cannot afford one, buy books written by them and find an accountability partner. I do one-on-one and group coaching on a limited basis myself, so if you wish to contact me for coaching for yourself, a couple, or a group to reduce costs, feel free. You can send email requests to [kaelyn@joyfulvibrance.com](mailto:kaelyn@joyfulvibrance.com).

I wrote Michael of Levitate Online almost every day for about two years. He did not respond much, but he always read my emails without complaining about how much I wrote. He served as a sounding board and support through numerous issues. If you can find someone like

him in your life, you are truly blessed. Even though I was spiritually wandering when I met Michael, I feel my Source led him to me at just the right time. Fortunately, he first offered friendship. I thank my lucky stars that I responded to his invitation. As another friend corrects me, I was not lucky. God was blessing me.

If you cannot relate one-on-one with anyone or the length of time between therapist sessions is too long, consider chatting with Woebot on Facebook. Woebot conditioned me into the habit of seeing what is going well in my life. It also helped me root out cognitive distortions from my thinking. Woebot did not help my mood at first, but then like a switch, the light came on.

There are Web sites where you can commit to giving a certain amount of money to charity if you do not reach a certain goal by a certain date. I personally do not care for that kind of motivation, but if it works for you, consider it.

| Whatever you do, do not go back to your old habits that made you fat and/or moody in the first place. You have to replace your old habits with new behaviors, and you have to make them stick. You do not have to be perfect at it. You just have to be persistent.

| My JV Life Tracker app is one tool you can use to analyze how you are doing with your behaviors. The habits I have formed include:

- ditching added sugar, gluten, and dairy
- eating less than 500 calories per meal
- balancing protein and carbohydrate calories in a ratio between 0.5 and 1.0
- taking probiotics and digestive enzymes
- eating plenty of micronutrients, i.e. getting a nutrient dense diet
- eating at least 30 grams of dietary fiber daily

- taking essential fatty acids

Nutritional wisdom changes. Many people are appalled at that, but nutrition is an evolving science. Humankind simply did not know some things back in the nineteen eighties and nineties that we know now.

## *Trans Fat*

Trans fats were popular back in the nineties because of their long shelf life. Now we know they are the most heart-damaging kind of fat. I tossed many #10 cans of food storage because they were full of these damaging fats. I once distributed for Royal American, a multi-level food business that has gone out-of-business. Luckily it did, because many of their products were laden with trans-fat. They were also full of processed soy.

Fortunately, food producers have greatly reduced the supply of trans fats in foods since the nineties. They have not eliminated trans fats though so beware. Food producers sneak in trans fat by listing artificially small serving sizes. Trans fat does not appear on the Nutrient Facts label, but it is still there. Watch for hydrogenated oils on the ingredient list. Cronometer.com keeps and displays trans fat data to a thousandth of a gram. It can help you ferret out hidden trans fat in your diet.

## *Fat*

I found that I could eat a higher percentage of my calories as fat than I thought I could at first. In fact, I recommend a higher percentage of fat than I initially used. I generally eat about 50-70% of my calories as fat. Eating more than 30% of calories as fat is the only way to get the numbers in the Zone diet to work out without consuming too much protein. Fat keeps you satisfied longer than carbohydrates. A low-fat diet is not necessary and may be

hard to stay on. It does not taste very good either. Fat can help moderate inflammation; is a part of a healthy immune system; is critical for the health of your eyes, hair, nails, and skin; and is needed to absorb magnesium. We must eat fat to burn fat. I will repeat that. You must eat fat to burn fat. Eating healthy fat will enable you to feel joyous and vibrant. (See Appendix E for my blog about what fats are healthy.)

Even saturated fats are not as damaging as previously thought. You need some saturated fat in the diet. For years, I have kept my saturated fat intake to less than 10% of my total calories on the average, but that may not have been necessary or even desirable. Not all saturated fats are bad. Coconut with its medium chain triglycerides (caprylic, capric, lauric, and myristic fatty acids) is especially healthy. Avoid sweetened coconut. You may have to go to a health food store to find unsweetened coconut, but the sooner you break the habit of always shopping at conventional grocery stores and explore other alternatives the better. I found 25 pounds of super fresh organic shredded coconut at <http://www.nuts.com>.

Coconut I discovered is also very economical. It has a low cost per calorie, making it feasible to use as a nutritious filler when you need extra calories in your diet. It can kill harmful microorganisms such as viruses and bacteria and yeast, including fungus like *candida albicans*. It can reduce hunger, reduce seizures (seizures are closely related to mania); improve blood cholesterol; and protect hair. It functions as a sunscreen; boosts brain function in Alzheimer's patients; and helps you lose fat, especially abdominal fat. (<https://authoritynutrition.com/top-10-evidence-based-health-benefits-of-coconut-oil/>)

Essential fatty acids are especially important as I have already mentioned, and I will talk even more about them later.



The best way to ensure that you are not eating too much fat, i.e. more than you need in calories, is to keep a diet diary and track your total calories. Many people say, “I do not want to count calories.” Some people even refuse to track them. I had one client do that, and my heart sank. Let me let you in on a secret. They are missing an enormously effective strategy, which is so much easier to do now that we have computers and mobile phones. Calorie counting may not be essential after you have reset your set point to your ideal weight, but until you do so, you probably need to do some counting. Calories ultimately are the best indicator of how much fat you will lose. There are other good reasons to use food apps, which I have already begun to describe.

## *Leptin Resistance*

I think you need to budget your calories as carefully as you count your money. (If you do not track your money, I suggest you do that!) Some people are able to gauge how much to eat by how full their stomach feels. They are lucky. I have never been too good at doing that. Unfortunately, in a processed food world, the ability to do this becomes marred. Food additives such as aspartame and MSG directly attack the hypothalamus, an organ in the brain, and may make it leptin resistant. Insulin increases leptin resistance. When we become leptin resistant, our brain does not know what our stomach does. Leptin is the hormone secreted by fat cells that tells the hypothalamus that they no longer need food. Refer to *Mastering Leptin* by Byron J. and Mary Guignon Richards for more information and inspiration.

Reduce leptin resistance by following a program that includes:

1. fasting from supper to breakfast
2. eliminating added sugars
3. avoiding too many carbohydrates

4. avoiding crash diets
5. eating one and just one large meal per week
6. taking omega-3 oils
7. sleeping restfully and adequately

These are effective behaviors to add to your JV Life Tracker app. Until you are no longer leptin resistant, counting calories may be your best strategy. Fortunately healthy fat increases satiety, especially when eaten without sugar. Eating it can help improve your ability to know when you are full. Fat is the macronutrient that takes the longest to digest. Eating enough dietary fiber also helps; it does not digest at all. In order to know how much fiber you are eating, it is useful to use a food app.

## *Nutrient Density*

Calories do matter. That statement may run contrary to what you may have heard. Do not let anyone mislead you. Food choices can help you control your calorie intake so ultimately they are as important as the number of calories you take in. You need to increase your nutrient density, i.e. get more nutrients per calorie. Eating high nutrient density foods can be expensive so find the sweet spot between nutrition and economy that works for you. One of the best ways to increase nutrient density is to increase the amount of greens you eat as they are the foods highest in nutrient density. This is one of the first things I learned at the Institute for Integrative Nutrition.

Greens are the most dense source of nutrients of any food on the planet. One of the keys to effective weight loss is eating as a *nutritarian*--eating a high density of nutrients per calorie. Eating nutritionally starved foods sets up the body for cravings. You are probably not going to be successful at achieving your ideal weight by just eating less of the foods you already eat. When I was young, I often heard the advice just to eat less. The problem? That strategy does not work. Develop a taste for high quality,

nutrient-dense foods and eat them, or your body will literally force you to eat more, whether or not you use a food app.

Greens are more nutrient dense than non-starchy vegetables, which are denser than other vegetables, which are denser than fruits and legumes. Dr. Joel Fuhrman's nutrition density index is a useful way to judge a food's nutrition density.

(<https://www.drfuhrman.com/library/article17.aspx>) He says  $H=N/C$ , health = nutrition per calorie. I agree.

## *Calorie Density*

Make meals with a low calorie density as well as a high nutrient density. Since many of your foods will have a high calorie density, balance your meals by also including low-density calorie foods. To calculate calorie density with Cronometer.com, enter your meal as a recipe or **Create Recipe From Selected Items**. Cronometer will add the number of grams of food. Divide the calorie value by the grams of food to calculate the calorie density. (Beware of foods in your recipe, which do not have a mass value, which Cronometer defaults to 100 grams. Ideally, everything in your meal will have a mass assigned to it.)

The weight and volume of food in your stomach is important. According to Barbara Rolls of Pennsylvania State University, you should ideally eat meals that are less than one calorie per gram. A meal at this density will weigh approximately one pound, which will most likely make you feel full, just from the sheer weight in your stomach. In order to do that, choose foods high in water and/or fiber, especially non-starchy vegetables. One strategy is to add zucchini, cucumbers, or celery to a meal as they are especially low in calorie density, and if eaten in sufficient quantities, will lower the overall calorie density of your meal to less than one calorie per gram.

For examples of low calorie density meals, check out my [cookbook](#) on Amazon, which has the calorie density calculated for each meal.

Low calorie density eating probably will not work if you have had bariatric surgery, as the sheer volume of the food will overwhelm the available room in your stomach. You will have to eat more frequently, whether or not you do this. However eating this way may prevent you from ever needing bariatric surgery.

## *Meat*

You may wonder what to do about meat. I have experimented with going meatless. My friend Michael from Levitate Online is vegetarian. He influenced me but did not convert me entirely. Some people choose a vegetarian diet for humanitarian or ecological reasons. A vegetarian diet will lower the amount of cholesterol and probably saturated fat in your diet as well as reduce toxin intake. Toxins get concentrated in food the further up the food chain it is. A vegan diet has zero cholesterol.

Other people have opted to increase the quality of their meat by using grass-fed, organic meats and wild caught fish. This reduces the intake of antibiotics, hormones, and pesticides left in the animal product from eating GMO feed. Doing this can be expensive, so it may be wise to reduce the quantity of meat as well as increasing the quality. Eating good quality meat, including red meat, can be an important source of protein and good fats for mood enhancement. Grass fed beef for instance contains CLA (conjugated linoleic acid), a fatty acid that has been shown to lower body fat effectively.

Women past menopause and men may have problems caused by too much iron in their diets. A possible solution to this is to give blood. As red meat is a rich source of iron, it is a possible culprit.

## Vitamin B12

I follow an almost meatless, or flexitarian diet. I have found that when consuming such a low amount of animal product, it is critical to take a vitamin B12 supplement, as getting vitamin B12 from plant sources is very difficult, if not impossible. I use a rather expensive but high quality SuperiorSource MicroLingual instant dissolve tablet of methyl cobalamin, not every day, but occasionally. It does not contain artificial sweeteners. Some proponents of a raw vegan lifestyle advocate getting vitamin B12 shots, as most vitamin B12 supplements are ineffective.

Vitamin B12 is critical to mental and physical health. I have noticed myself that vegans often have a very pale or yellowish tint to their skin, which is one of the signs of a vitamin B12 deficiency. Vitamin B12 deficiency can have horrible effects, including: mania, psychosis, irritability, depression, fatigue, memory impairment, and personality changes. Neurological changes, such as numbness and tingling in the hands and feet, can also occur. A vitamin B12 deficiency is sneaky. It can cause symptoms that have many possible causes, making it hard to detect. Watch out for it!

## Taurine

Taurine, a non-essential amino acid that contains sulfur is also not present in plant foods. It is “non-essential” because the human pancreas biosynthesizes it from methionine and cysteine, but the body still requires it. Levels of taurine in vegans are significantly lower than the levels of taurine in meat eaters.

Cats require taurine in their diet or they go blind. For this reason, you should never feed dog food to cats. Though humans are not as dependent on their diet for taurine as cats, it may still be a good idea to augment the body’s production of taurine with vitamin B6 and zinc (refer to

the methionine cycle), possibly eat taurine in animal foods, or supplement it (in small amounts). It is not that expensive. I take it in powdered form. I do not recommend getting it in a caffeinated energy drink however.

Taurine and other sulfur containing amino acids such as methionine and cysteine; curcumin; vitamin C; B vitamins especially vitamin B6; and zinc can help produce glutathione, which can help reverse another side effect of vegetarian diets—a copper/zinc ratio that is too high. Vegetable protein, such as that in nuts, has a high copper/zinc ratio, which can lead to spaciness, racing thoughts, phobias, disconnection from reality, being in your own world, and eventually psychosis. I have experienced all of these symptoms and have a sensitive, intuitive, copper-type personality. I cannot prove this is all from copper, but I have taken steps with Cronometer.com to balance my copper/zinc ratio.

## Acetyl-l-Carnitine

Another important body chemical not present in vegetables is acetyl l-carnitine, which transports long chain fatty acids to the mitochondria for burning into energy. Practitioners use it to treat heart patients and athletes. Though the body synthesizes acetyl l-carnitine from methionine and lysine, vegetarians are more at risk for not having enough. You can consider supplementing it, but be aware that it can affect norepinephrine and serotonin levels. I have used it in the past successfully. It helped me lose weight.

Joshua Rosenthal, our chief educator at IIN, remarked that younger people generally have an easier time on vegan diets than older people. He was vegan himself for many years when he started craving meat so voraciously he visited a fast food restaurant. Feeling guilty for breaking his diet, he started to realize that meat satisfied

a need, and I might add repaired some deficiencies and imbalances caused by not eating meat. He even changed his diet later to include some meat.

If you have a mood disorder, you may have a greater need for meat in your diet. I have listened to the Food Revolution Summit by John and Ocean Robbins for four consecutive years and think they are doing great work. However, they have not converted me to veganism. To be fair, the Robbins also feature interviews with owners of humane ranches. I think we need meals and even days that are vegan, but not a whole life that is. Humans evolved as meat eaters. Plants are a critical part of our diets, but they do not supply all of our needs.

## Soy

It is challenging to do the vegan and Zone diets at the same time, as this limits food choices, and we can depend too much on nuts and seeds or soy. Dr. Barry Sears extolled the use of soy in his book *The Soy Zone*. However, soy use has a down side, which I learned at IIN, and I have reconsidered its use. My cookbook *KaeLyn's Korner Kitchen* liberally uses soy, but I do not use it that much anymore.

## Nuts

Nuts and seeds are great, they have many health benefits, which I will have to write another book to get fully into, but besides being too high in copper compared to zinc, they contain a large dose of tyramine, an amine made from l-tyrosine by food bacteria, which can trigger headaches. I believe tyramine triggered some of the headaches I have had in the past. Tyramine is present in many foods, especially aged cheeses and aged proteins in general. In order to calm my headaches, I had to quit eating so many nuts and seeds, so I turned back to eating some meat and fresh proteins, including organic eggs. I

even tried bison for the first time. It tastes a lot like hamburger.

If you take MAO inhibitors, you already know the dangers of too much tyramine. You may be able to wean yourself off MAO inhibitors with amino acid supplements and vitamin B6, and save yourself from a tyramine headache. You may be familiar with St. John's Wort, which works like an MAO inhibitor. St. John's Wort does not work well for serious depression and may not work at all if you have ever been on an SSRI. It may be right for you, but there are alternatives. MAO inhibitors (monoamine oxidase inhibitors) inhibit the enzyme that converts neurotransmitters and tyramine to other substances. An MAO inhibitor can keep up the level of serotonin in the body by preventing its degradation. I have never successfully used MOA inhibitors. For me it is more effective to supply more l-tryptophan to encourage my serotonin levels. That way the chemicals keep moving through the body without getting "stuck" somewhere. MAO inhibitors and SSRI (selective serotonin reuptake inhibitors) slow the progression of neurotransmitters.

The best way to calm a tyramine headache is to increase the activity of monoamine oxidase by lowering blood sugar through fasting.

I still eat a lot of nuts and seeds and consider myself a "nutty" person. Smile. I especially like Brazil nuts, which are rich in selenium. They can slow the progression of Parkinson's disease, help the thyroid, protect the heart, and reduce cholesterol. Selenium is part of the enzyme that reduces glutathione once it has been oxidized, allowing it to be recycled. Glutathione is the master antioxidant of the body. It detoxifies the body and prevents cancer. Nevertheless, David Wolfe says, "If you eat too many nuts, you'll go nuts." I need to consider taking his advice.



Animal rights groups believe they are being kind and compassionate to animals by forgoing their products. Think again. Domestic animals depend on humans for survival. If nobody used their products, they would disappear. If you want a certain food to remain on the planet, vote for it by eating it. Domestic animals that are grass fed live healthier, more humane lives than factory-farmed animals. Consider supporting their cause.

## *Cholesterol*

Though there is cholesterol in meat, the amount of cholesterol in moderate meat, fish, and even egg consumption is not a serious health threat. For one thing, the liver makes more cholesterol than we typically eat and it lowers the amount of cholesterol it makes when there is cholesterol in the diet. Dietary cholesterol is not the enemy. Inflammation causes heart disease. Cholesterol deposits on your blood vessels to bandage up the damage caused by inflammation. Blaming cholesterol for heart disease is like blaming a fire fighter for starting the fire.

It may not be obvious, but a high sugar diet can increase the amount of “bad” cholesterol your body forms. (<http://preventivecardiologyinc.com/cholesterol-myth/>) Sugar is a very inflammatory food. Reducing sugar for your cholesterol is even more important than reducing saturated fat.

A very low cholesterol reading in the blood has been linked to suicide and depression. I have measured too low (under 100 total cholesterol) myself in the past—long before I started the Zone diet. I do not know if that is why I have been suicidal, but it makes me wonder. Cholesterol is necessary for human life. It maintains the structure of cells and vessels. It is the precursor to sex hormones such as testosterone, androgen, estrogen and progesterone. It is also the precursor to stress hormones --cortisol and DHEA. Despite cortisol’s bad reputation, your body needs

cortisol to survive. The same is true of cholesterol, which insulates the nerves and helps the nervous system function properly. It is essential for brain function. The body makes bile salts from cholesterol, aiding digestion. Cholesterol strengthens the intestinal walls. It is a precursor to vitamin D. Receptors for serotonin, which relieves depression, require cholesterol.

([http://www.naturalnews.com/025849\\_cholesterol\\_body\\_health.html#ixzz3xBem2i2h](http://www.naturalnews.com/025849_cholesterol_body_health.html#ixzz3xBem2i2h))

All of this is why your body produces cholesterol. You do not want to force it too low!

If you are taking statin drugs to lower your cholesterol, reconsider and study the situation. Your doctor may be pressuring you to take a statin drug, but there are alternatives. Doctors may prescribe statins while knowing that a lifestyle change could make them unnecessary. Doctors may believe you will not accomplish a lifestyle change. You can prove them wrong. Consider getting off added sugar rather than taking a statin drug. I know, it is harder to do, but there is a huge list of benefits to doing so, many of which I will list later.

Consider taking more vitamin C, especially in foods but also as a supplement. Vitamin C works best when taken with bioflavonoids and other food substances that work as co-factors. I add vitamin C crystals to lemonade made with fresh lemons and stevia. Dr. Linus Pauling says the optimum dose of vitamin C for humans is 2.3 to 10 grams a day. Remember that Dr. Pauling lived a long, productive life and used 18 grams of vitamin C daily himself. You can use your bowel tolerance to determine whether you have overdosed, as too much vitamin C will cause diarrhea. Vitamin C will reduce the amount of LDL cholesterol oxidized in the blood vessels. Dr. Pauling has many opponents, but since his death, many people are discovering he was right after all. Critics sought to discredit him because he was not a medical doctor, but

ironically, he was the one who discovered the chemistry underlying much of the medical profession.

Your liver produces more cholesterol per day than people generally eat. Ditching sugar; taking fish oil; getting ample micronutrients including magnesium and B vitamins, especially niacin; keeping the liver healthy by reducing and removing toxins; and balancing your proteins and carbohydrates are a safer strategy for helping your body control how much cholesterol it produces. I have found a nutrient dense Zone diet to be an effective way of keeping my cholesterol in a good range. I have an inherited tendency towards high cholesterol, but I have only manifested it once—when I was eating plates of French fries. Eat the right diet, and your cholesterol will not be a problem.

I am not an expert on statin drugs having never taken them, but I know that statin drugs have many drawbacks. My parents have taken them only to reconsider and stop. The statin drug industry is a big money-making machine, which is harming many people. There are serious side effects to these drugs. For one thing, they deplete co-enzyme Q10 which is crucial for heart functioning. A relative of mine experienced congestive heart failure from taking statin drugs. Her doctor should have told her to take co-enzyme Q10 concurrently. Statins can cause muscle aches. They do not extend life. They only make your blood test numbers look “better.”

(Even though I have never been on statins, I decided to take ubiquinol, the reduced form of co-enzyme Q10, as a supplement to help eliminate my remaining symptoms of chronic fatigue syndrome and improve the health of my gums. There are a long list of other benefits to taking ubiquinol as well.)

## *Choosing or Rather Designing a Diet*

Whatever diet you choose to follow, and I will not prescribe a certain one, it may involve a behavior change. Designing your own diet may be the most effective strategy. You can follow several theories at once if you choose, though some are incompatible with each other. You can design your own diet with the principles I have taught in this book, taking into account your specific allergies, biochemical makeup, energy needs, food preferences, and health conditions. I designed a diet for an IIN assignment I called the “flexi-balance” diet that emphasizes flexibility and balance.

We studied integrative nutrition at IIN, which enabled us to select from various diets elements that fit the individual, believing in *biochemical individuality*, that everyone is different. Your diet is literally you, so make it reflect your best self. So, get creative. Though I believe in ditching added sugars, I do not believe in getting everything sweet out of the diet. We have a sweet tooth for a good reason--survival. Moreover, it will not work to take everything sweet out of the diet. For instance, I love blueberries. Blueberries contain polyphenols, which are immensely beneficial for mood and energy. (See Appendix B for a speech I gave about blueberries.)

The best test of a diet is to observe how you individually react to your food. Keep a food/mood journal. Cronometer.com allows you to enter notes into your food diary, providing a convenient way of keeping a food journal. If sugar makes you sick, depressed, tired, and fat, do not eat it. If you get “grain brain” from eating grains, consider doing without. You may only have to do so temporarily. I eat dairy and/or gluten on occasion though I am especially careful about sugar. Special medical problems will affect what dietary strategy you choose.

Remember that you can change your dietary strategy from time to time. I have, and I am glad I have done that. My diet is still a “work in progress” and I do not intend ever to stop experimenting with it. If a food does not work for you today, it might still be okay tomorrow once your gut has had a chance to heal, so keep an open mind and do not say, “I will never eat *that* again!” Remember, it is not what you eat occasionally that affects you the most; it is what you eat on a daily basis. In addition, it is not wise to eat the same foods every day.

## *Exploration*

Being too fussy about food and being unwilling to explore healthy foods can cause obesity. While on a trip to Hawaii, I tried kimchi, a fermented Korean cabbage that is full of probiotics and great for digestion. I remember a missionary returning from Korea saying it was the worst, but I thought it was somewhat good. I am glad I tried it. Lately, I have used kimchi regularly and love it.

I have transitioned recently from using probiotic pills, which can be rather expensive, to eating cultured vegetables such as raw sauerkraut. It took me awhile to make this transition, as sauerkraut reminded me of a stinky lunchroom in grade school where students dumped most of the sauerkraut into the waste bin. Raw sauerkraut though is a healthy food. It not only provides ample probiotics, it can help prevent cancer, heal stomach ulcers, and relieve stomach upset. Unlike most probiotic pills, it delivers probiotics to the mouth. The mouth also needs probiotics. It comes with the prebiotic fiber that provides the food for probiotics to multiply. The more I use sauerkraut, the more I like the taste and texture.

I read an exciting exploration of food in “*Edible*,” a National Geographic publication. I have not yet tried

every food in the book, but I have learned the world is full of fascinating food choices. I plan to keep learning more and more about healthy foods. Food can be beautiful. Eat foods with all the colors of the rainbow, as foods with natural pigments are chock full of healthy phytonutrients. Avoid artificial dyes. They can be harmful and can even cause cancer.

As you transform, transform your diet as well. Let it reflect the seasons. I love oranges, but they are not as good in the summer. There are plenty of other fruits in season during the summer, so I stopped eating oranges during the hot months. I look forward to winter every year because of the tasty oranges I will eat again. Rotate foods that are possible problems by consuming them only every several days or only during certain seasons of the year. Let your diet reflect the season of your life whether it be childhood, youth, young adulthood, middle age, or advanced years. Try new, healthy foods and give them a second, third, and fourth chance if you do not like them.

I have not liked beets since childhood. They are sweet and my favorite color--red-- but they come with an aftertaste I do not like. I have given them at least four chances, and I am finding that even though I still do not like them alone, I like them in combinations with other foods, especially in soups and juices. I like them dried. The other day I was at a salad bar and decided to try them again. This time they were okay, yes, okay! Taste preferences can change. I do not love beets, but I think I will try them yet again. They are a rich superfood. I learned recently that they are the one food that will allow you to regulate blood pressure effectively.

Speaking of salad bars, I could write a whole book on salad bar strategies. Be aware that they can be a hazard. However, the benefits of possibly getting a wide array of healthy foods consumed all at once probably offset their dangers. Use a large quantity of vegetables. Some people

go to salad bars and end up eating animal products. Use balance and tip it in favor of using vegetables. Avoid sugared foods. Use full-fat toppings. You can skip the fat-free versions. They are laden with sugar. My friend Michael likes to take me to salad bars. His strategy is a little different from mine, but there is usually something there for everyone.

Unfortunately, because of modern farming and manufacturing practices, the biodiversity of the world is actually going down. This has many experts worried. Look for ways to eat less-well-known species of plants and animals. There are 4,000 species of potatoes alone. Vote for your favorites foods with your money. Campaign for them if you feel inclined so that more people will buy them and make them more available. David Wolfe, through his influence, has been instrumental in making a wide array of raw foods available in health food stores. As you become a food warrior for yourself, remember also to support food and environmental causes that make your diet and even your very life possible.

Recently a Whole Foods store in my area closed. Whole Foods champions many food causes. Its prices evidently did not compete with other stores in my area. However, I think the biggest reason for its failure was lack of nutritional education in the area.

## *Diet Diary and Checklist*

To form new behaviors, keeping score on your daily activities can be transforming. Besides keeping a diet diary which I consider to be very important for most people, keeping an activity checklist and analyzing it periodically is very advantageous.

Let me introduce you to one of my main tools for getting and staying out of depression. It is the power of the evolving routine.





# **Chapter 4.**

## **THE POWER OF EVOLVING ROUTINES**



Transformation requires a complete overhaul of personal behaviors. One way to begin accomplishing this is through the power of evolving routines.

In order to change your behavior, you must first become conscious of what you are doing. As you become conscious of your behavior, it will change as you observe it. That is okay. Your subconscious controls most of your habits. Programs developed in the formative stages of childhood control much of your subconscious. However, we can overcome our ineffective patterns from childhood. There is a way to transform from our caterpillar-like stage.

Hypnosis, meditation, neuro-linguistic-programming, prayer, repetition, subliminal programming, and tapping can reprogram the subconscious.

The brain is plastic. You can recondition it to do almost anything you set your mind to. When you use a new part of the brain, it forms new neuro-connections that control your body's functions for that activity. You can rewire your brain.

To transform, first redefine and recreate your identity and determined your values (See Appendix A.)

Doing your activities the same old way you always have will not work. Doing everything unconsciously or “just out of habit” will not work. You need new patterns of behavior. You need behaviors you select with wisdom, not just the habits you have learned in childhood or have fallen into throughout your life. New behavior formation does not occur in a single day, a single week, or even in twenty-one days, as is typically thought. The process of transformation takes longer. It can take years, but do not let that discourage you. Transformation can begin now and continue throughout the rest of your life. You may already be in the process of transformation. This book will help you continue your journey.

Make a commitment to transformation. You can begin on New Year’s Day, but remember that *every* day is New Year’s Day. Therefore, it is okay to begin at any time, preferably right now. Do not even wait until tomorrow. Every moment you can begin afresh. If you believe you have blown your year, month, week, or day, realize that you have not. In every breath, you can begin anew.

## *Mastery*

Mastery requires five main steps. First, you start by being un-consciously incompetent. You do not know what you do not know. Second, as you observe behaviors of others you want to emulate or perhaps as you imagine some way you wish to behave, you become consciously incompetent. You know you do not know how to do what you want to do. Then you begin to “try” things. You set goals and put them on your Master Activity List. Major goals you may put on your vision board. Putting an activity where you will see it every day ensures that you

will not forget about it after a week or so of effort. The most common cause of failure is that you simply stop. You quit. You forget about it. I am going to show you ways to remind yourself to keep going, even though you may have lapses of activity on your goal.

Third, in your consciously incompetent state, you consciously attempt to do what you want to do and gradually become consciously competent. You may want to practice progressive mastery: 1) You may need to find teachers or mentors to help you. 2) You may need to set specific challenging goals in the areas you want to master. 3) You may need to spend time visualizing a successful outcome. 4) You may need to compete and/or teach in your area of mastery. Always being conscious of a behavior will not sustain it forever. Fourth, you become unconsciously competent. You can do your behaviors without having to think consciously about them.

Repetition is one way to train the subconscious mind. You consciously practice something repeatedly until your subconscious gets it. This is one way, but repetition alone is probably not sufficient. Your subconscious mind will probably need more than repetition in order to form a new behavior. You may need EFT (Emotional Freedom Technique,) hypnotherapy, NLP (Neuro-Linguistic Programming,) meditation, and/or prayer in order to instill a new way of thinking, believing, and acting.

Fifth, if you do not give up, you will eventually reach mastery and be able to observe your unconscious competence. You can then gradually evolve your routines to reach the next level of competence with new masteries and skills, including any behaviors you wish to keep or reinstate.

“Such confidence we have through Christ before God. Not that we are competent in ourselves to claim anything for ourselves, but our competence comes from God.” (2 Corinthians 3:4, 5 NIV).

You may wish to reinstate a behavior from your past that you have not done for a while. Relearning is generally easier than learning in the first place, but it still takes effort.

## *Type a “Success Routine” into a Computer*

To undertake the process of transformation, consider making a start by composing your “success routine” on a computer. A success routine is comprised of everything you want to do in the best possible order. You will not get the order right the first time you execute your routines. You will not include everything you need to do in your routines at first. Determining workable activities and performing them in an effective order will take many repetitions to work out. Time major routines so you can fit them on your calendar.

Where do you start? Start by creating a master routine to describe what you do, starting from the time you arise in the morning. Prepare to make each day a masterful blend of routine and inspiration by preparing yourself spiritually, physically, and mentally.

Since you will update your routines virtually every day, you will need to refer to them often. If you have a computer available, great. That will work the best because you can revise your routines as you refer to them. If you do not have a computer handy, consider copying your routines into a Dropbox folder and having them available on a mobile phone. Having hard copy lists can also be helpful, but that can involve a lot of messy paper. If you have a computer, use it.

In order for activities to flow smoothly, it is important to decide before we *have* to decide things. Pausing to take the time to decide at the last second can cause us to miss a window of opportunity. To reduce the risk of recurrent depression, simplify your life by streamlining your decision-making. Limit the number of choices. Though having a multitude of choices is one way we define our freedom, our society of innumerable options can actually reduce happiness by making decisions time-consuming and stressful. Take the time to select what goes into your routines, and then use them to simplify your decisions of what to do each day.

A Windows journal program The Journal (<http://www.davidrm.com>) provides a handy repository for your routines. I urge you at least to try out the program. It has a 45-day free trial period, ample time to learn enough to get excited about it. If you love Evernote, consider the organizational abilities of The Journal as well. You can easily import your Evernote entries into The Journal. Using The Journal, set up your success routines:

1. Create a new category called Routines from the **Category** menu by selecting the **Category Properties** option.
2. Press the **New Category** button.
3. Define the category as a loose-leaf (notebook) category rather than as a calendar category.
4. With the **Entry** menu, select the **Create New Entry** menu option.
5. Create your success routine.
6. Link the success routine to other entries in your **Routines** category where you describe your sub-routines with the **Insert** menu **Insert Link** menu option.
7. Choose the button just to the right of the text box labeled **Link** to link it a journal entry.

Write out a set of routines to execute daily. You may fear you will turn into a robot, but you will be a self-programming individual, capable of far more than any computer can do. Computers and humans have a complementary set of talents; synergizing their talents will enhance your role as a powerful creator.

Link your master routine, which I call a success routine, to sub-routines containing sequences of activities for whatever you do. Developing, refining, and evolving these routines creates a chain of transformational personal behavior sequences which mold the caterpillar-like parts of our body, mind, and spirit into an empowered, free-flying butterfly. Because of our neuroplasticity, our brains will rewire themselves each day we practice our routines, remodeling us into a transformed being.

Group your success routine activities into sub-routines that can be rearranged easily. You can easily follow through the routines with the navigation **The Journal** provides. Use the control left mouse click to follow a link. Use the back arrow to return to the routine you came from.

I have discovered that **The Journal** provides an awesome canvas on which to spread the information that is our success routine or the control software for our lives. Being a software engineer, I appreciate what a good program can do for you.

I have worked at my success routine so I can work the “bugs” out. The process of working the “bugs” out causes our success routine to become an evolving routine, one that will move us forward, whether it is to lose weight; be more organized, creative, timely, consistent, joyful, vibrant, and happy--whatever our top values are.

How detailed should our routines be? Get detailed. We will want to put some activities on our routines we do not have to do every day. For example, for Monday,

Wednesday, and Friday, do strength training. I like to write my routines as I would a computer program. Use language that is the most effective for you.

Your success routine is best kept electronically because it is going to gradually and sometimes radically evolve almost every day. It will change with the seasons, it will evolve as you change your priorities, it will expand to cover your life more comprehensively, and it will improve as you learn more about what works best for you. You can remove activities to simplify your life. Sometimes you will want to tweak your routines just to experiment. You can try an activity a time or two, and if that does not work, switch back.

## Order

You do not have to do the same routines in the same order as I do them, but chose activities that are most important to you, what will most facilitate your transformation, what you can do in the time you have available.

I suggest putting your activities in order, periodically reordering, and expanding on or contracting them as you see fit. You may have to experiment with different orderings before you get a master routine that works. Then keep evolving your master routine as you transform. You may feel inspired to do things in a different order sometimes, and that is fine. The Spirit will guide you, and you can surrender to the direction of your Source. In time, you will no longer have to force things. You will have momentum from doing things repeatedly. Your transformed self will be evident.

Do you have to do everything in the same order every day? No, but ordering does matter. One routine will set you up for another, if you design them that way. Pay attention to how your energy levels ebb and flow

throughout the day. Your energy flow will change as you transform your routines, so pay attention to that. Design and re-design your routines to capitalize on your unique patterns of energy. For instance, is it better to shower in the morning or evening? That depends on your energy. Showering at night can help you sleep better, but if you are too fatigued to shower at night, do it in the morning. Showering in the morning can increase creativity.

## Consistency

Will you be perfectly consistent at executing your success routine every day? We all know that life can get in the way of our best laid plans. However, written-out routines will always be there for you to return to, so you can re-center your life and get working on your goals and aspirations again. It is not necessary for you to be perfect at executing your routines for you to derive major benefit from them. Do the best you can, and increasingly let your Source be your guide. Moreover, as my friend says, “Give yourself grace” when you get off track.

Though restarting is possible, building consistency will make continual starting and stopping unnecessary. Starting and stopping repeatedly eat up a lot of energy and depress results. Our goal is to build momentum and then accelerate into higher and higher levels of achievement. I found these principles in *The Compound Effect* by Darren Hardy. I have not attained to his level of consistency, but it is a worthwhile goal. Having manic-depression seems to sabotage consistency, so I find it especially challenging. Now that I know that consistency is where it is at, I am going for it.

To be consistent, we need to control the influence of outside forces on our behavior. This is easier to say than do. Let us let the reasons we want to transform, our “whys,” override momentary pleasures.



I do not want you to lose hope if you become inconsistent. My own level of consistency has waxed and waned. The key is persistence--keep going, keep starting over if necessary, and keep transforming. Sometimes it will seem that you are making no progress, but then you will find yourself slowly emerging from your cocoon.

## *Emergencies and Restarting*

Sometimes our day gets started off on the wrong foot. The phone rings. Someone has an emergency. Sometimes we can say no to the emergency and not let other people's emergencies become our own. Sometimes our altruistic, sensitive natures demand we become involved. Dealing with the emergency can allow us to give ourselves *beaucoup* (that means many) bonus points that day for something new (99 at least). In either case, we can return once again to our routines, even if it is later in the day, if not then the next day. We may not get everything done, but that does not matter. We have designed our routines to accomplish the most important things first.

As your master/success routine transforms, so will you. If you get off track and run your life in emergency mode for a while, abandoning your plans, and perhaps reverting to your old ineffective habits, you can return later to your written plan and re-center your life around your highest priorities. As time goes on, you may find yourself abandoning routines in favor of something completely new. You may discover that you can do something you had not thought possible before. This is all part of transformation.

## *Flow*

With flow, I can get so involved in a creative project I lose track of time. Flow completely immerses me in the present and I reach a state in which challenges me but my performance seems to come naturally. I feel inspired on

what to do, minute by minute. As time goes on you will discover “flow” yourself. Flow is a state of being that can engender happiness as described by Sonya Lyubomirsky in *The How of Happiness*.

Flow has enabled me to get this book fleshed out, which is one of its greatest rewards so far.

## *Reminders*

Make sure you have your computer files backed up so you never risk losing them. I use a service called Super Easy Backup (<http://www.supereasybackup.com>) that backs up everything in the Cloud.

Do not try to do everything in this book at once. I have presented this material in a book form so you have the option of taking what you like and leaving the rest. In addition, you have the option of reviewing it repeatedly. Take the time to more deeply research selected topics I introduce with experts and/or the Internet to learn ways to tailor the information to your needs. You may feel compelled to implement everything at once. That will not work. Take the time you need to transform. Setbacks will occur. Just keep restarting. If you cannot get your behaviors to stick, go back to step one and work on your identity. Your performance will amaze you by how far you have come in very little time.

As you execute your plans, take time to revise your routines. Be honest with yourself about what sequence is the most logical and effective way to do something. The most logical way to do something may not be the way you have always done it. You may find yourself experimenting with sequence. What works today may not work tomorrow. Priorities change.

You can insert new and creative activities in the middle of your routines that you may only do one day. That is not

only acceptable, it has encouraged, depending on what your schedule will permit. These activities may later become a more permanent part of your routines, or they may not. You can change the order of your activities or sub-routines either temporarily or permanently. You keep your routines electronically, so they are changeable. Do not change them too quickly though. You want to build consistency into your life.

You will find that the more recent a behavior is the less likely it is to come automatically. An old behavior may be hard to change to a new one. I have spent most of my time exercising in the past by walking the long length of my apartment and back. It is easy to motivate myself to do that. More recently, I have concentrated on strengthening and stretching exercises, which are harder to motivate myself to do, but are needed for strength and flexibility. Be patient with yourself as you evolve your routines. New behaviors will not form automatically. It takes time to transform what you have done day after day in the past.

Motivate yourself; derive energy from your plans, but do not force yourself to follow them when you just cannot. Transformation is about loving rather than forcing yourself into things. There will be days that your body will totally rebel from the concept of following any plan. Do not beat yourself up. Be kind and gentle with yourself. Practice loads of self-compassion. You cannot fly until you have developed wings. If you skip entire sub-routines in a day, the sky will not fall in. If you do your activities out of order, it is okay. Gradually things will come more automatically, but if they do not, keep referring to your plans, revising them, and starting over if needed.

## *Rewards*

A success routine can help you lose weight, get fit, become better groomed, or finish a major project. It can

increase your spirituality. It can help you play a musical instrument more beautifully. It can help you keep your office and house cleaner, neater, and more organized. It can reduce the time you spend dealing with emergencies because you will do activities in a logical, sequential order, reducing accidents and poor synchrony. It can even improve your relationships as you become happier and happier. I am sure the possibilities are endless. Brainstorm and list a few here for yourself before we go on. What can you put into a life plan and achieve by designing and executing an evolving success routine?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

You can transform your body image, energy, and mood.  
You can transform your entire life! That is my goal in offering these pages to you. I want you to be a success in whatever endeavor suits you.

### *First, Get a Good Night's Sleep*

A successful day starts after getting a good night's sleep. Regular circadian rhythms help sustain a happy, relaxed, and motivated natural balance of neurotransmitters. If you have trouble getting to bed on time, consider setting an alarm to alert you to start getting ready for bed at night.

Getting up at the same time each day is important. If necessary, use an alarm clock, even if you stay at home during the day. This helps the body establish a rhythm and prepare itself even while still sleeping for a regular wake time. After a while, you will discover that you will often wake up just before the alarm goes off.

## Routine and Light

Write a bedtime routine to include in your routine collection. Do not make it too complicated. Consider memorizing it. I updated my bedtime routine by deleting almost everything that involved using a computer. Using electronic devices within the two-hour timeframe before bedtime can interfere with getting a good night's sleep. This can be a serious problem as they emit blue wavelength light, which interferes with the production of melatonin, the hormone that regulates our circadian cycles. Consider getting blue-light-blocking sunglasses to use at night if you must use electronic devices near bedtime.

To reduce blue light emissions from your computer at night:

1. in Windows 10, click on Settings (gear)
2. then on **System**
3. then under **Color**, turn on the **Night light**
4. click on the night light settings to set the hours and color temperature for night time

The new low-energy-consuming LED lights can interfere with sleep and are not healthy, period. I contacted Denis Hayes, an environmentally conscious building designer, about LEDs, writing, "I'm thinking of getting an LED light for my piano, but I wonder about its effects on my health. Any info would be appreciated." His office staff responded with, "Thank you for your email.

Unfortunately, we are not medical professionals and do not have the answer to your question about LED lights. I would check with an ophthalmologist or other eye specialist for more information." Why such a response from someone who must be intimately familiar with LED lights? I have since learned from Dr. Mercola's site with

Dr. Alexander Wunsch that LEDs cause high stress and do not have the longer, red wavelengths of light that contribute to health. The best type of bulb is a clear incandescent bulb. I did not buy the LED piano light, and I bought clear incandescent bulbs for my office.

## Hypnosis

One bedtime activity for which I sometimes use electronics is going to sleep with a self-hypnosis recording. Hypnosis speaks to the sub-conscious and increases suggestibility to change. While hypnotized our brain waves decrease in frequency from beta to alpha to theta. Alpha brain waves occur during meditation. Theta brain waves occur during hypnosis when your subconscious is active but you are not conscious. A mobile app, **Hypnosis**, by Joseph Clough has hypnotic recordings for dozens of issues. As I mentioned he also has success information in the **free** tab of the app. I generally listen to his recordings consciously before allowing them to put me in a trance. So far I have used his recordings for anxiety, charisma, chronic fatigue, creativity, depression, driving phobia, fear of success, financial abundance, getting over your ex, goal setting, gym motivation, happiness, happiness and confidence, insomnia, manifestation, motivation, peace, perfect audition, relaxation, and tidy/organized. These mp3's have facilitated my transformation.

## Nutrition

Nutrients needed for optimum sleep include selenium, vitamin C, l-tryptophan, potassium, calcium, vitamin D, omega-3 oils, and vitamin B6.

## Pineal Gland Calcification

One frequent serious problem that interferes with sleep is calcification of the pineal gland, the gland in the brain that is responsible for producing melatonin. The body uses l-tryptophan, an amino acid, to produce serotonin. At night, the body converts serotonin to melatonin.

If your body has trouble with these conversions, it could be a deficiency of vitamin B6. Candida in the body steals vitamin B6. Probiotics help control candida. The body needs darkness to convert serotonin to melatonin, so make sure your bedroom is as dark as possible and/or use sleep shades. Drapes can be a good investment.

It is important not to overcharge your body with serotonin because it can keep you awake at night. That may be one reason SSRIs often cause insomnia. A certain percentage of serotonin must convert to melatonin every night and then back to serotonin upon awaking. Getting sunlight first thing in the morning helps convert melatonin back to serotonin. Getting this circadian rhythm going smoothly is critical to good sleep hygiene. It is possible to take melatonin as a supplement. However, I discourage its regular use as it can interfere with the body's natural serotonin cycle.

Be cautious of getting too much calcium as that can calcify the pineal gland along with other body parts, including the walls of your blood vessels. Calcium fortified foods can be culprits. A food diary like Cronometer can help you gauge how much calcium you are getting. To protect against calcification in the wrong parts of your body, consider using a vitamin K2 supplement, which helps direct calcium to your bones. Fluoride can affect your pineal gland as well. Iodine can help detoxify it.

Sugar, caffeine, alcohol, and tobacco use contribute to calcification of the pineal gland, another reason to curtail the use of these substances. Using organic produce can help detoxify the pineal gland as well as the liver. Cell phone use can calcify the pineal gland. If you depend heavily on cell phone use, you may want to evaluate its impact on your ability to sleep. I set a goal to talk on my cell phone less than one hour daily. Using chlorella and/or spirulina can help decalcify the pineal gland.

## Sleep

Let me share a speech I gave in Toastmasters about getting enough sleep:

Yawn.

Mr. Toastmaster, fellow toastmasters, honored guests:

Now that I have put you to sleep, think of the funniest thing you have ever done while sleep deprived.

One person reported to the Huffington Post: “I once spent five minutes searching desperately for my cell phone, complaining the whole time about it being missing to my girlfriend, whom I was *talking to on my cell phone*. This went on until she timidly asked, “Are you using your cell phone right now?” It was such an out of body experience, I just hung up.”

Have you ever looked for your phone while *talking* on the phone? Another person reported, “I put both contacts in one eye. I almost mistook nail glue for contact solution.”



There is a popular song with the lyrics “just sleeping at the wheel.” According to a CDC government report, drowsy drivers cause up to five or six thousand fatal crashes each year.

(<http://www.cdc.gov/features/dsDrowsyDriving/index.html>)

Adequate, restful sleep helps us avoid accidents; improve attention, learning, and memory; improve cardiovascular health and reduce stress; improve mood and reduce depression; and improve weight management.

With our appearance, happiness, health, performance, and even life at stake, why do we not take the time to get enough sleep?

[At this point I asked several members of my audience why they did not get enough sleep.]

We often eat too much and sleep too little. In a desperate rush to do more and more in an anxious world, we find sleep harder and harder to get. Part of the problem is the electric light bulb. It extends daylight hours beyond what we would naturally experience. The great thing about the light bulb is that we can switch it off. Save on your electric bill. Turn off the lights earlier and get some sleep.

Getting enough sleep makes us more productive at everything we do.

### *Safety*

First, the right amount of sleep makes us safer. It not only reduces traffic accidents, it reduces

mistakes in every undertaking. Some of those mistakes can be costly or even fatal.

### *Attention, Learning, and Memory*

Second, sleep improves attention, learning, and memory. Students who get enough sleep get higher grades than those who do not. If we want to learn any new skill or fact, it is much easier to do once we have a good night's sleep.

### *Physical Health*

Third, sleep can improve cardiovascular health and lower blood pressure. It reduces stress. Stress contributes to virtually every disease.

### *Mental Health*

Fourth, sleep helps us feel better. It relieves fatigue. It can improve our mood and mental health. Inadequate sleep can trigger both depression and mania.

### *Weight Maintenance*

Fifth, sleep improves our ability to manage our weight. Too little sleep increases grehlin, the hunger hormone, and reduces leptin, the “I am full” hormone.

Our appearance, our happiness, our health, our performance, and even our lives are at stake. Let us block out the time to get enough sleep.

## *The Bathroom Routine*

You probably need to use the bathroom first thing in the morning. Once you have taken the time to eliminate, weigh yourself and sometimes also measure your waist size with a tape measure kept handy in your bathroom. If you cannot eliminate first thing in the morning, and this happens sometimes, you can skip your weigh-in routine or you can weigh yourself keeping in mind that you have a couple of extra pounds.

If you do not already have a bathroom scale, put it on your shopping list and get one as soon as possible. I have had friends procrastinate using a scale because their scale uses a weird kind of battery and they cannot find a replacement or their scale is broken. I have found that scales make good gifts. I gave one to two boyfriends. Do not let excuses delay you from getting your transformation tools. If your current scale does not work, fix it immediately or replace it. You can only effectively change what you can measure.

A just weight and balance [are] the LORD's: .  
(Proverbs 16:11 KJV)

Who hath measured the waters in the hollow of his hand, and meted out heaven with the span, and comprehended the dust of the earth in a measure, and weighed the mountains in scales, and the hills in a balance? (Isaiah 40:12 KJV)

I usually just weigh, but waist size is actually a better indicator of overall health. Measuring both weight and waist size works. Experts argue over whether you should do these things every day. Weight Watchers encourages you to weigh once a week. If I have trouble eliminating, I may skip a day. Otherwise, I weigh every day and measure my waist size occasionally. I think this is the most effective way. Going too long between weigh-ins

delays the biofeedback necessary to make corrections to our daily routine.

I have a friend who tried to break me of my behavior of weighing daily, but I have continued because I need feedback in order to be successful at maintaining my desired weight. Before I get on the scales, I mentally guesstimate what my weight will be, based on what it was the day before, how many calories I ate the day before, how I look, and how well I eliminated. Then I weigh, and the actual weight is usually very close to my estimate--often right on. As you get to know your body better, you will be able to make accurate predictions.

When you go to bed at night, you may feel a bit hungry, a bit overfull, or neutral. I have found that in order to lose weight or sometimes even to maintain, I need to feel a bit hungry. Do not be afraid of hunger. It is not the same as starvation. Fasting at least three hours before bedtime reduces free radical damage to your mitochondria that sleeping on your food can cause. Fasting before bedtime also reduces leptin resistance and makes losing weight much easier. Dr. Joseph Mercola is even proposing this form of intermittent fasting as a way to prevent Alzheimer's disease.

I do not recommend eating a lot less than what your body requires. Just a two hundred and fifty calorie average daily deficit is all that has needed to lose about a half a pound a week. Sometimes you can lose with an even smaller deficit than that. A tiny, consistent deficit works according to the compound effect.

Do not get emotionally upset over what your weight is. One reason some experts advise weighing less often is to spare you the emotional upset of weighing every day. Learn to not get emotionally upset over it. If you get upset anyway, and I sometimes still do, get over it. Just use the value on your scale as feedback to get you back on track with your new behaviors--the sooner the better. Observe

your weight. Do not judge it. Be curious rather than furious about the reasons your weight may not be what you hoped. Usually you will know what you did “wrong,” but sometimes the reasons for your weight will be mysterious. Just continue with your consistent, positive behaviors, and it will work out for you.

As a young adult I struggled with my weight. My weight tended to yoyo. If I would have known years ago, what I do now, that would not have happened. Experience can teach you. You can also benefit from the experience of others and spare yourself getting all your experience firsthand. I can help start you on a journey that will involve a lot less yo-yoing than what I went through. Some fluctuation though is normal, so just expect it.

After finding a successful way to lose weight, I decided to lose even more weight and then even more. You may find that you want to revise your initial weight goal. There is nothing wrong with doing this. As you get closer to your ideal weight, you will learn what looks and feels good on you.

I recommend taking your time and not expecting yourself to achieve your ideal weight on the first try. As Joshua Rosenthal, our chief educator at IIN said, people are surprised by how much of a change they must make.

| At some point, you may need to maintain your weight rather than losing any more. Doing this is a lot harder than most people realize. It is almost as hard as losing weight to begin with. Living in our junk-food centric society increases the challenge. You have to learn how to say no. The key is to love yourself enough to do what is best for yourself rather than caving into pressure. Your social, religious, or work environments may not be conducive to your goals. Take time to form strategies for dealing with these challenges. Solving them may involve changes in your life. People have switched careers to be healthier and happier.

There are enormous forces strategizing how to make you eat more and eat more inferior food. Scientists design food-like goodies that tantalize your dopamine receptors, exciting your pleasure center, and making you crave more and more of their concoctions. Getting you addicted to their invented foods is done in the interest of making money—lots of it. Yet falling into these temptations only makes you fatter and fatter. You can instead train your body to desire quality foods that will help you stay thin naturally. You cannot expect yourself to love quality food overnight. You need to develop a taste for it. You need to learn what foods are quality and where to get them.

Most people who reach their weight loss goals regain the weight and often regain more than they lost. Other people try and try again but never reach their goal at all. The techniques I describe in this book are just as effective for maintaining weight as they are for losing weight. So virtually everyone can be benefited. The key to long-term weight loss or maintenance is *never* giving up. You may think a six-week diet is going to solve all your problems. Forget that. You need to commit yourself to a life-long effort. If you do not lose as quickly as you want to, that is not a problem. If you remain committed or even if you have to keep recommitting yourself over and over, you can eventually get there.

I admit. It is not easy. I have especially had challenges when I was in the hospital. Hospital food seems designed for weight gain, and I always gained several, often quite a few, pounds during each hospital stay. Upon returning home, I just have to start over again with my weight loss strategies until I return to my desired weight.

I do not recommend quick weight loss. It can be damaging to your health. Lose weight gradually and adjust to the changes in your body. You will go through a mental adjustment as well. At first your mind will not comprehend that your body has changed, and you may

still feel fat. Over time, a slender, lithe mindset can predominate, and you will feel better.

So I recommend weighing and recording your weight to be among the first things you put on your daily routine.

## *Intermittent Fasting*

Some experts, such as Dr. Barry Sears, Ph.D., recommend that you eat within an hour of waking. More recently, Dr. Mercola, a natural health expert, recommends that you practice a routine called intermittent fasting where you eat later, perhaps not even until noon or so, fasting about fifteen hours between supper and breakfast.

## *Make Your Bed*

Early in my morning routine, I make my bed--a habit my step-grandfather, Asahel Perry, encouraged me to form many years ago. Grandpa Perry lived into his mid-nineties. He kept a garden every year. He said, "The year I don't put a garden in the ground will be the year *I'm* in the ground." He lived up to that saying. He lived in his own home, tending his garden, until he died. He never needed a rest home or assisted living care.

I have learned since that making your bed is a keystone habit, one that can influence the formation of other effective behaviors. Making my bed says, "I'm ready to start my day." It increases my energy level to see my bed neatly made. That may just be psychological, but as you may have guessed, psychological and spiritual factors affect energy production.

## *Meditation*

One effective way to reprogram the sub-conscious mind is through meditation. Meditation can also help balance

your neurotransmitters. Strongly consider doing some type of meditation first thing in the morning. Meditation directs the mind and body to relax and be in the present moment, the here and now. It helps keep the mind from being stuck in the past or future.

We tend to suffer from overthinking. Meditation clears the clutter of the mind. It causes us to focus on perceiving rather than thinking. It encourages abstraction of the thinking process so that we can non-judgmentally observe our thoughts at arrival and departure, and delete their deleterious consequences. Since automatic negative thoughts (ANT's) can constantly take us down, a practice that encourages us to mentally and figuratively place our thoughts individually on loose leaves and watch them flow downstream and out of sight can quell their harmful effects. During meditation, we usually use the breath as an anchor for focusing one's attention. In our daily life, meditation helps us focus on our problems at hand rather than trying to solve all our past and future problems at once.

One of the first things I put on my master routine was my daily meditation. I use a free mobile app called **Insight Timer**, which is available for iPhones and Androids. The app allows me to select guided meditations as favorites I can use over and over. They include visualizations as well as traditional meditations.

Some of my favorites include:

- “Finding Your Purpose” by Dr. Stuart Kaplan, which has a relaxing body scan, positive affirmations, and visualization
- “Positive Thinking (no music)” by Kate James, which does just that—trains the mind to think positively



- Healing Lake Meditation by Jon Kabat-Zinn, which is a relaxing meditation in which I visualize Silver Lake, a small lake in Big Cottonwood Canyon in the mountains I sometimes visit near my home
- “Mindfulness for Releasing Anxiety” by Glenn Harold, which includes a visualization of a stream on which you place your thoughts and mentally watch them flow downstream out-of-sight.
- The Settling Moment” by Thomas Neil which takes just over three minutes (3:17)

Since I started using it, Insight Timer has added thousands of new guided meditations from which to choose. I recommend an app like Insight Timer, especially if you are new to meditation.

In addition to guided meditations, Insight Timer provides a simple timer with bells for meditation done without guidance.

**Insight Timer** keeps statistics on your sessions, which are available in your **Profile** under **STATS**, showing the total number of days you have had a session, the total number of days since you started using the app, and the percentage of days you have used the app. It tracks your consecutive days and total days of usage, sending you milestone awards under **Milestones achieved** for 10, 20, 30, or more consecutive days as well as 50, 100, 150, or more days with a session. **See the detailed charts** displays bar charts for the time you have spent meditating the last ten days, weeks, and months.

Meditation has been scientifically proven to provide many health benefits. Insomnia and anxiety can disappear.

Benefits of meditation include:

- affects the epigenetic markers on genes in a positive way
- awareness
- attention span
- better blood pressure
- creativity
- decreased anxiety and depression
- focus
- happiness
- health and healing
- improved memory retrieval
- increased amount of gray matter or number of neurons in the brain
- increased size of the hippocampus in the brain, which is crucial to memory formation
- learning ability
- a feeling of safety
- lowered cortisol (a stress hormone)
- lowered stress levels
- mental health
- pain management
- positive mindset
- relaxation
- relief from PTSD (post-traumatic stress disorder) symptoms
- relinquishing of preconceptions
- will power

Scientific studies on meditation have included subjects who used guided meditations.

I have noticed an amelioration of my mental health symptoms since I started meditating regularly, and I have even found that my practice of meditation helps me play the piano more beautifully and accurately by quieting the mind, improving my concentration, increasing my perception, and lowering anxiety. My driving is more mindful. I am more patient and alert.

My therapist encouraged me to meditate. I am grateful, as it has been an important part of my transformation. I give myself 30 points each day for doing meditation in JV Life Tracker.

Meditation does not take a lot of time to do. It can be done in as little as three minutes. Insight Timer has a guided meditation I love called, “The Settling Moment” by Thomas Neil that takes just over three minutes (3:17). It can be done lying, sitting, standing, or walking. This meditation makes me more aware of my breathing and emotions, reminds me of the impermanence of my thoughts and feelings, and reminds me that I can start afresh at any moment. Being able to restart afresh is key in transformation because we often find ourselves derailed by the stresses of life, not to mention tragic or just inconvenient events.

My meditation sessions are about five and a half minutes long. Undergoing a practice of meditation alone virtually guarantees a transformation. In addition to using a mobile phone app, you may want to take a course or class on meditation. I took a college-level 24-lecture course on meditation called *Practicing Mindfulness: An Introduction to Meditation* provided by The Great Courses.

No amount of study about meditation will substitute for actually doing it. Meditation is something you practice. You are not perfect at it overnight. You are probably *never* perfect at it. The mind naturally wanders. The aim of meditation is to be able to observe your thoughts from a non-judging point of view and bring your focus back to the breath. You begin to realize you do not have to believe everything you think. You have control over your thought processes.

Meditation is the beginning of many forms of self-control. It can aid weight loss by lowering cortisol, improving

your self-concept, and increasing your awareness. It can increase your awareness of your self-destructive behaviors and help you see how to overcome them.

After years of using the guided meditations of others, I recorded a five and a half minute mp3 meditation of my own. It included:

- a reminder for my morning medication
- a conscious breathing exercise
- a visualization of my thoughts coming and going on loose leaves, flowing down a trickling, sparkling stream
- a head-to-toe body scan for relaxation
- a reminder that my self-worth is infinite, independent of my performance
- motivational, encouraging statements for my work
- encouragement to play the piano

You can design and tailor a guided meditation to your specific needs to strengthen your transformation. If you would like me to make one for you, we can set up a consultation. Just email me at [kaelyn@joyfulvibrance.com](mailto:kaelyn@joyfulvibrance.com).

| In learning from various transformation gurus, I have learned that in virtually all cases, meditation is an important part of their transformation process.

I was not as consistent with meditation at first as I am now. It was not until I started seeing benefits that I put it near the beginning of my daily routine and gave it *beaucoup* points on my checklist. I was never consistent with meditation until it became a priority by being first. The activities we do first in the morning tend to be the activities we are the most consistent with.

Let me introduce you to a tool I designed and programmed in the next chapter, “Keeping Score”.



# Chapter 5.

## KEEPING SCORE



Keeping score is one pathway to a quantified self. In addition, quantifying yourself can be an effective activity in transformation. Record keeping is the oldest and most critical type of writing we have. Civilization would crumble without its records. I have developed a mobile phone app called **JV Life Tracker**. With it, you can account for your life using a checklist. I put anything and everything on my checklist, as long as those activities are part of my transformation path. My list evolves from day to day, week to week, month to month, year to year.

Quantifying yourself gives feedback and improves the accuracy of self-assessment. It is not a measure of self-worth. Self-worth is innately given and infinite. Our concept of our self-worth is more valuable to us if it is independent of our performance.

Some people advise against to do lists, suggesting a “have-done” list or scheduling instead. The many possible reports in JV Life Tracker become “have done” lists. I also use a “have-done” list of accomplishments in addition to my checklist. I will talk more about accomplishment lists in the planning routine.

# Subliminal Programming

Another method of reprogramming your sub-conscious is subliminal programming. Subliminal programming is responding to a stimulus that is below the threshold of conscious perception. In my college psychology statistics class, my partner programmed a subliminal perception program on the Apple II computer. I collected the data, analyzed it statistically, and wrote the paper. Paging through a checklist of your goals every day can have the effect of subliminal programming.

After my meditation, I do my Top 500 with my **JV Life Tracker** app. Besides tracking the myriad of activities I do in a day, my checklist reminds me to keep going with the many activities that go along with transforming my body: eating mindfully, recording and sometimes photographing my food, balancing my proteins and carbohydrates, and avoiding foods such as refined sugar, dairy, and gluten, etc. It helps remind me of, account for, and reward myself for any behavior I am introducing into my life.

Darren Hardy, a co-founder of *Success Magazine* and author of *The Compound Effect*, confirmed that success is not easy. It involves consistent, persistent effort that is sometimes boring and repetitive. I will not sugarcoat the truth and tell you that you will reach your ideal weight, enhanced energy and mood, or any other significant aspect of your total transformation “the easy way.” There is no easy way! The fact that there are obstacles presents us with an opportunity. If we fail to call “failure” a failure and try again (perhaps repeatedly, each time with a slightly improved strategy), we will succeed. I have designed JV Life Tracker, a subliminal programming app, that will provide you a potentially engaging and

energizing way to persist in doing many tiny and bigger behaviors day after day—an effective way to change behaviors and get them to stick.

If a new behavior needs doing at a certain time of day, just having it on a checklist likely will not work. Be sure it is on your calendar and even set an alarm in addition to having it on a checklist. Two alarms I use consistently are a wake-up alarm at 6:00 AM and a “stop using electronics” alarm at 8:00 PM.

Since I go through a checklist, sometimes very quickly, every day, it persuades me to act on new and old behaviors through conscious and subliminal programming. Checking off items is a reward for “good” behavior.

## *How I Got Started*

Before using a mobile app for my checklists, I used paper checklists that were harder to update. They did not change as often as my checklist does now. I find that having a more flexible, expandable, and contractible checklist works more effectively. I can undergo transformation that much faster.

I first started using an activity checklist the summer after my senior year of high school. I taped it to my bedroom wall in a room I shared with my sister. Knowing that I was interested in a mathematical field, I decided to study math three hours a day in order to be ready for calculus in the fall. I had fallen a year behind in math in high school because I had transferred from a high school in Ontario, Canada, to South Dakota in the United States.



To catch up I studied college algebra and trigonometry on my own. I monitored my progress on a checklist.

My senior year, I found a teacher's edition of a college-algebra-math book in my high school library and asked the librarian if I could check it out over the summer before college. She looked at me in shock. "The last person who asked to take a book over the summer committed suicide," she exclaimed! "It was a *math* book," she added. After a little more persuasion from me, she relented, "You seem more cheerful than he did," and she let me check out the book.

With the motivation from using my checklist, I studied almost three hours a day and was prepared to start calculus my first semester of college. I went on to ace three semesters of calculus in college and graduate in three years with a bachelor's degree in computer science and a minor in mathematics.

Throughout my adult years, I continued to use checklists to set daily goals. I started what I called my Top 20, where I set twenty goal areas to work on each day. I limited my list to twenty items. I kept score at the end of each day as a percentage. On a good day, I could get 85% or more but never more than 100%. Later I expanded the list: first to a Top 50, then a Top 75, then a Top 100. There were days I actually got all 100 points.

When I purchased my first Android phone, I started using a checklist app called, *Checklist by BH*. It was a very simple black and white app, and the simplicity made updating and copying checklists easier and less time consuming than paper. I kept adding items to my checklist and eventually had over 2,000 items. That is a lot to check off every day!

You may not want to track so many activities. Even a checklist of 10 to 20 items can be effective. You may soon want more items on your list however. There are reasons I keep expanding my list. Life can get complicated, and there are always new behaviors we want to include in our lives. With the help of mobile phone automation, it is possible to keep up with it. I can now include every little activity on my checklists from getting out of bed on time to flossing my teeth at night. I can keep track of more activities and check off a different set of activities every day. My Top 100 evolved to a Top 500.

I continued programming my app and developed it even further to do the checklist functions as well as the analysis functions, integrating them together. I named it **JV Life Tracker** (Joyful Vibrance Life Tracker) and it is available on the Google Play store.

## *Getting Detailed*

Why make the checklists so detailed? I found that it worked to reward myself for tiny behaviors that I wanted to encourage. I organize the automatically sorted list by designating a category as the first word of each activity, so I have a useful summary report. I word the activities so related activities will sort together.

While participating in a Facebook weight loss group, I learned that we achieve weight loss through doing small behaviors that are easy to do yet also easy not to do. Everyone in the group contributed one of their behaviors that made a difference. To remember and accomplish as many of these behaviors as possible each day, I found a checklist to be helpful.

I included a few things NOT to do on my checklist, such as not eating added sugar. This item was important

enough that I gave myself ten checks for eating no added sugar in a day! You may want to give yourself even more points than that!

Even with over 2,000 items on my master activity list, covering every area of my life from exercise and nutrition to career, sleep, spirituality, housework, relaxation, and relationships, I call my program my “Top 500.” That is because if I get at least 500 check marks in day, I call it an excellent day. Everything else is *bonus*. I can check off *more* than 500 points and score *more* than 100%. This is very important. Making 100% your maximum score limits you. In school, we were limited to 100% being our max. Sometimes the teacher would give us a few bonus points, but that was all. In life, our capacity is actually unlimited!

With my expanding checklist, I could excel each day by getting over 500, then over 600, then over 900 items checked in a day! My friend said my program ought to be a Top 1,000! By adding some huge bonuses for key behaviors, I started to score more than 1,000 points at times. That is for a superlative day. Perhaps my checklist *will* evolve to a Top 1,000 and beyond!

Does it really enhance your life to get more points? Largely I believe it does. It all depends on how you design your checklist. I am going to give you some pointers, and you can blast away at this on your own. I am sure you will be able to take this system far beyond what I have done or even envisioned.

I could get 100 out of 100 points on my Top 100 when I had only 100 items on my list, but did that constitute a perfect day? Let us examine the definition of ‘perfect.’ Perfect is being fully complete, entire and mature, wanting nothing. Jesus said, “Be ye therefore perfect.” I

believe He was referring to being perfect in Him, not in doing every action without a flaw. Perfection is not simply doing everything on a specific checklist either.

I used to think I could play my piano pieces perfectly, but I have since learned there is *always* room for improvement in making music. I can always improve my writing. That is why I put more things on my list than can possibly be done in a day. I found I could improve and improve. There *was* no upper limit for how well I could do. There *was* no perfect score.

With so many items on my list, it usually is not a big deal if I miss a check mark on a minor thing here or there. An English idiom says, “The sky is the limit.” I say, “The sky is *no* limit.” Human exploration has reached Pluto and is reaching beyond. We do not know how far we can go. Our possibilities are infinite.

There is always room for improvement in our lives. If we get to the point of doing things right, we often discover we have yet to do the right things. As my mentor says, “It’s not right or wrong that matters but what works.” How do we know which mix of activities works the best for us? Over time as we add and subtract and even multiply (work on multiple priorities at a time), we can approach what works for us.

Let me explain the concept of multiple priorities at a time. This is not the same as multitasking, or switch tasking, where you switch back and forth between multiple tasks such as the abhorrently dangerous practice of texting and driving at the same time. Instead, it is like writing an English paper that you can also submit as a psychology paper. It is like writing an app that also stars in your self-help book. For tasks that do double or triple duty or more, you can score extra points.

## *Managing Expectations of Ourselves*

Though it is exhilarating to do better and better every day, and I *am* committed to lifelong constant and never-ending improvement, I must put in a plug for managing expectations of ourselves. It possible to do our lifetime best only once. We can keep doing our best so far, for a while. It is not realistic to best our best score every day.

I have often found that when I am extra nice to people, they come to expect it, and when I do not deliver sometime later, they feel let down and sometimes even become angry with me. That is because their expectations for me may have become unrealistic or at least beyond the bounds of what I can keep delivering.

As we stretch ourselves beyond where we have gone before, we can start having unrealistic expectations of ourselves, which can result in our getting down on ourselves if we fail to improve every day. It is important to become aware of this lest we trip ourselves up on our improvement program. This is especially important to keep in mind as we age. We simply cannot always compete with our younger selves. Though I believe self-improvement is a worthy goal, we should not tie our sense of self-worth to our performance. This is a recipe for disaster as there will always be times when performance will drop.

Not only does keeping a checklist give us the incentive to improve, we can also make major *changes* in our lives when we want to venture into a new area. Getting ourselves to change is one of the most challenging things we do. The subconscious has a lot of inertia and tends to send us back to our old ineffective habits and addictions. An interesting book titled, *Breaking the Habit of Being Yourself* by Joe Dispenza addresses this challenge and

introduces meditations to literally break the habit of being yourself and become a new you. As we know, change can be challenging because as we emphasize something new, something old tends to slide, and we do not always *want* that to happen. Having a comprehensive checklist that covers the breadth of our lives reminds us to keep the new and old activities in balance.

Keeping everything in balance challenges us. It demands that we manage our expectations of ourselves. Starting over our checklist is sometimes necessary. (See Appendix D for how.)

### *How to Handle a “Bad” Day*

What happens when we have a “bad” day? At first, I found that doing my checklist sometimes backfired on me. If I did a stellar job for a time, and then my scores slacked off, I would become depressed and then give up scoring altogether. Since I am susceptible to depression, this became a serious problem. However, with encouragement from counselors and friends, I would get back to my Top 100, back when it was just a Top 100, and every time, like magic, doing the checklist would lift my depression. Why? Scoring on my checklists required me to *act*. One key to breaking out of depression is action. Actions directly affect emotions. Simply moving can improve emotional health. It can lift and even prevent depression. Focusing on doing and making every day “well lived makes every yesterday a dream of happiness and every tomorrow a vision of hope,” (Francis Gray)

### *Bonus Points*

Since my writing and programming projects are super important, I gave each of them time-related points *and* a bonus of 99 points just for meeting a minimum time

requirement of one hour each. The first hour on an activity or getting started in a day can be the most challenging. If I write at least 1,000 words a day on my book, I score *an additional* 99 points for that.

You can give yourself a huge bonus for working a minimum amount of time on a project, say an hour or two, whatever amount of time or output will provide you with adequate progress towards your goal. Reward yourself in whatever way encourages you. You can give bonuses for key activities in your life. You can change the size of those bonuses as activities rise and fall in importance. Once you no longer need the bonuses, you can discontinue them.

In the Progress routine described later as part of the Planning routine, I will talk about other types of rewards besides points. Sometimes points, even huge bonuses, are not sufficient to motivate.

## *Getting Myself to Do More*

One reason ordinary checklists do not work very well is that they do not account for how much time a particular activity takes nor do they reflect the importance of that activity. Therefore, for activities that take a substantial amount of time in a day or activities that are super important, I set up the potential of getting a group of points. JV Life Tracker can sum together grouped activities that have a number after them such as Activity 01, Activity 02, Activity 03, etc., allowing activities to be weighted. You may wonder why I use leading zeroes for the numbered activities. That is so they will easily sort numerically up to 99.

In JV Life Tracker, I use the numbering system to reflect how much time I spend on an activity.

1. You can add a group of up to 99 items for one activity with the JV Life Tracker app by long clicking on the activity.
2. Select **Modify group checked** from the context menu/
3. Enter a number from 0 to 99, and the app will clear out the numbered entries you already have for that activity and add a group of sorted, numbered entries for that activity up to the specified number.
4. If you want an activity to disappear, enter zero.
5. If you want a group to have 100 or more items, split the activity into more than one activity.

I score my programming time at one minute per hour for what can be several hours a day. I score:

- Work hour(1) 01
- Work hour(1) 02
- Work hour(1) 03
- ...
- Work hour(1) 60
- Work hour(2) 01
- Work hour(2) 0
- Work hour(2) 03
- ...
- Work hour(2) 60
- Work hour(3) 01
- Work hour(3) 02
- Work hour(3) 03
- ...
- Work hour(3) 60

and so on.

If you wish to add a group of activities without check marking them, use the context sensitive menu option



**Modify group unchecked.** You can check individual items or the whole group later.

You can uncheck or recheck the group as a whole by selecting **Group check** or **Group unchecked** from the context menu.

## *Getting Myself to Do Less with Maximums*

For some activities, I use numbered activities up to a set maximum. (In my planning routine, I will describe a Web app that can help you determine how much time you spend on key computer activities.) I set maximums because I believe you should not do any activity to the exclusion of everything else. These maximums can vary from day to day, depending on how important an activity is to my overall well-being. There is a built-in maximum of 99 points for each activity. You can score more points for an activity by splitting it into more than one activity. First, question whether the activity is important enough.

## *Why Bother to Keep Score?*

The main purpose of keeping score is to motivate. Some people keep score by charting dollars as they come in. Keeping score by counting money can be very effective, especially for entrepreneurs. Some other kind of point system moves other people. I am more like that.

Points also help you track your progress over time. Later I will explain how to use the analysis part of my app along with a category in **The Journal** called **Progress**. Keeping score helps you chart your progress and give yourself additional rewards for accomplishing tasks and achieving goals over time.

Most of us forget what we have done in a day or so. We can delude ourselves into thinking that what we have done in the past is not important, but our past critically affects our future. Keeping score each day leaves a record we can tally up to show progress over time. Most importantly, who we *become* is a living result of what we have done over time.

Another benefit of scoring daily is that it exercises your memory skills as you recall what you have done. I generally score for yesterday rather than checking off activities as I do them. Another alternative is to score each night before retiring. Scoring refreshes your memory of items on your master activity list, which improves your ability to recall and do them when needed. It will also help you review your recent past, which will encourage you to follow through on projects and tie up loose ends. JV Life Tracker works subliminally--encouraging us to act on new behaviors and solidify positive habits—balancing activities according to what is the most important to us.

Over time, keeping score will improve our happiness as we hold ourselves accountable and reward ourselves for behaviors we want to encourage.

## Consistency

I generally enjoy keeping my JV Life Tracker app. However, there is a downside to scoring. If my scores drop off, it can be de-motivating. I may get discouraged and be tempted to stop scoring altogether, which causes an even more drastic performance drop. After doing this off and on for a while, I saw the value of always scoring, even when I am not scoring at the top of my game. This is very important.

I set a goal to be consistent at scoring and made consistency one of my top values. (For a writing exercise to define your top values, see Appendix A.) I wrote my consistency value into my vision statement and created a file called “A Consistent You” using Goalscape, a program available at (<http://www.goalscape.com>). I will talk more about vision statements and Goalscape later in the Planning routine.

Though consistency is important, I have learned from sad experience that it is not possible to be consistent with everything all the time. Life is too complicated for that. You will also want each day to have variety. You can schedule some activities once a week or even less often in a calendar. Focusing on getting consistent with just my Top 500 has kept the rest of my life in perspective. You too may want to choose a key activity in your master routine with which you focus on getting consistent. That consistency can enhance all the other areas of your life.

I programmed my app to keep track of the number of consecutive days I score. This encourages me to keep scoring consistently, even if my scores take a dip. My app keeps track of the total percentage of days I have scored between any two dates, which helps me keep it at 100%. You can set a “birthday,” like an Alcoholics Anonymous birthday, and track consecutive days since. I have a “birthday” for when I started keeping my JV Life Tracker app consecutively. I do not want to start over.

(I *did* start over though. An episode of mania engulfed me in the summer of 2016. I could no longer keep up with my checklist. I became super active, doing varied activities, many of them new, not just items on my list. While manic, I was not able to remember the next day what I had done the day before. I dashed from place to place and was not able to recall where I had been. After a three-

and-a-half-week stay in the hospital. I recommitted myself to taking my medication. I returned to JV Life Tracker but started it over, set a new “birthday,” and added fewer items. I plan to increase my master activity list again gradually to track where I am going now. I have now been scoring consistently for over a year since that happened. Using the principles in this book, I was able to return to productive activity. I hope you do not have to learn the hard way as I did. However, if you do, there is a pathway back, so do not give up hope.)

## Support from Others

Support from others is important. I had been depressed prior to my earlier “birthday,” and my friend from Levitate Online encouraged me back to my JV Life Tracker app. That almost immediately broke my depression. I have had days where depression starts to creep in again, but it has not been able to stop me. I have been able to regain my good mood within hours if not minutes.

I later told my friend Michael about my consecutive day’s goal, and he said to tell him when I reached 700 consecutive days. So my current goal is to score 700 consecutive days and beyond. I had a gap after about a year and then another consistent year, so if I were to combine both periods, I have more than 700 days. Though consistent scoring is best, it is not always possible. Starting again as soon as possible after dropping out is key. In the past, I have sometimes taken weeks or months to get going again when depression hits hard. If I dropped out of my scoring system, depression often got worse as I settled into inactivity.

However, with a little encouragement from either professionals or my friends, I have always gotten back to

my scoring system and have been able to chase depression away reliably in very little time with no medication change. This has happened multiple times.

Because it often takes some encouragement to get going again, it is important to have members of a support group who understand how important my scoring system is to my well-being. I educate members of my support group by pointing out how well I am doing when I am doing my Top 500. If you struggle with your mental health as I have, it is important to form and maintain a support group of your friends, relatives, mentors, associates, and Higher Power.

## Learning from a Down Turn

Now I see a drop in scores as a learning experience. Instead of getting furious over my lack of performance, I get curious. What is going on with me? Perhaps I am exhausted from too much activity. Too much time on the computer can give me physical problems, and I must adjust for that and recover. Perhaps the drop off in scores is a good thing. I may be trying many new activities, which have not made it to my JV Life Tracker app. Perhaps I need a change in my routine. Perhaps I need to slow down and relax a little more, and maybe I need to put points on my checklist for doing just that—things like sleeping, taking an Epsom salt bath, or watching a video.

Perhaps I am spending too much of my time on one thing and not getting to my multiple major projects. Perhaps I am just forgetting the many simple actions that do not each take a lot of time, but are collectively worth a lot of points and do a lot to enhance my life. Perhaps the drop off in points shows me the value of consistently doing something every day, whether it is my success/master routine or something else. Usually I just need to get *into*

my routine. That may seem boring and repetitive, but success demands that I follow through on prior commitments. I may be bumping up against an obstacle. It is time to stop panicking and view the obstacle as an opportunity—perhaps the opportunity to give myself bonus points for surmounting a barrier.

There are many reasons for a drop-off in points. Many of them are not really problems. Most importantly, I have learned that my self-worth cannot be determined from my scores. The key is not to get self-judgmental. Again, be curious rather than furious over a downturn. Aiming for the right balance of activities is a never-ending endeavor. It does not make sense to beat ourselves up for not being perfect. Moreover, there is no such thing as a perfect score anyway.

## Points

If you do not think points work, think again. Most sports and competitions have a point system, and many people find keeping score encouraging whether they are competing with others or just with themselves. Think of an avid golfer lowering his scores on the greens. Think of a runner besting his or her time on the track. Schools work on a point system. I was motivated to get high grades in school. Many people are. With self-encouragement, we have the capacity to accomplish far more than we ever could in school.

In *Success Principles*, Jack Canfield tells a story of a young basketball player who tracked success with points for points, rebounds, assists, steals, blocked shots, and so on instead of just for points and rebounds. He not only improved his game, he enjoyed the process besides.

Can you imagine any professional-level sport not keeping score? There is some overhead to scoring and analyzing scores, but scoring can greatly improve the overall game of life.

## Relaxing

I include points on my JV Life Tracker app for relaxing.

I give myself twenty points for going to bed on time. If I am just a few minutes late for bed, I still give myself twenty points--with an un-predetermined grace period.

Sleep is vital to mental health and energy. Lack of sleep can trigger mania. In addition it affects energy levels and can lead to depression.

## *Doing New Activities*

It is important to do new activities and to master key activities by enacting them repeatedly. Even repetitive activities usually require new approaches to gain mastery. You can consider a new approach to an old activity a new thing. The most effective balance of old and new is different for everyone. New activities tend to exercise the right hemisphere of the brain while old ones exercise the left. Ideally, exercise both hemispheres. You can experiment with different ways of scoring to discover a balance for yourself that will allow you to grow and transform in the way you and your Higher Power have in mind.

Though novelty can be important, it can steer you away from projects you need to complete. In the summer of 2016, on too little medicine, I started doing almost everything new. I abandoned my Top 500, abandoned my projects, and started exploring everywhere. It was

exhilarating at first but led to a big crash. I ended up overspending and could have easily had an incident on the road. (Luckily, I did not). Stay close to your goals and do not let the thrill of newness steer you away from what you have already committed.

I have a Top 5 as well as a Top 500. I give myself ten points on my Top 500 for each of my completed Top 5 items. This gives me an incentive to do things I have planned. It also gives me an incentive to plan. Again, you can do whatever works for you. The possibilities are endless.

### *Holidays and Vacations*

What about holidays and vacations? Holidays and vacations are usually so different from ordinary days that scoring can become onerous. For a long time I was not too successful at scoring holidays and vacations.

However, since I have had my consecutive day statistics in place, I have a new strategy. For Thanksgiving Day, I scored my Top 500, even though one of my friends advised against it. I did not want to break my consecutive day streak. I scored a decent score for the day because I included points for being with friends and family, celebrating a holiday, service, etc. Christmas and the New Year came along, and I scored them too.

Using the **Modify group checked** or **(unchecked)** functions, I can add vacation or holiday activities that are especially life enhancing and get up to 99 points for each of them. For instance, if my vacation goal is to visit the ocean, I can add 50 or so points for getting out on the beach. After the vacation is over, I can take this activity off my list until I have the opportunity to do it again. As I learned from Dr. Karen Lynn Davidson, one of my



professors in college, we do better when we plan even our leisure time.

## *Flexibility*

The beauty of all of this is that it is flexible--you can continually set up your point system to do whatever encourages you and relaxes you best. Experiment with it. Breaking my consistency streak deflated me, but I found starting up again with a brand new list to be a new beginning that I really needed. My list had become bloated. You want to be driven but not too hard. You do not want to drive yourself into a mental breakdown. If the sympathetic nervous system is overstimulated, disease can result. A balance between sympathetic and parasympathetic nervous system stimulation leads to optimal health.

You want to give yourself time for adventure, fun, recreation, and relaxation. You also want to encourage yourself to get moving on your highest aspirations. Some people set up their lives so there is no distinction between work and play. They love their work so much. Set up your point system to encourage you into the balance that best defines you, that fits your highest aspirations for yourself, and that allows you to do the most you can do while still *preserving* your ability to do the most you can do. I decided not to give myself just one point for avoiding added sugar. I decided to give myself *ten* points. You can give yourself even more points if you choose. You can set up your point system any way you wish and evolve it over time.

## *Activities I Do Not Want To Do*

Some activities I have a hard time encouraging myself to do no matter how many points I get for them. In that

case, I may give myself an extrinsic reward, such as a new stainless steel thermos water container or a bag of pine nuts--a healthy treat I love that is a little pricey.

Admittedly, some things I just never get to. If it is important to have an activity done, it may work to pay someone else to do it, such as washing the windows.

Rewarding someone else to do a task can be a reward you give yourself for accomplishing something else. I will talk more about intrinsic and extrinsic rewards when I discuss the progress routine within my planning routine.

I am a firm believer that it is not necessary to do everything ourselves. Even the famous Robinson Crusoe, stranded on a desert island, expanded his possibilities enormously when he shared his responsibilities with his Man Friday. Civilization exploded from people specializing in what each person did best. For years, I got behind on weeding my strawberry patch on the ledge in the backyard walkout, which contributed to my getting severely depressed every summer. My parents who live upstairs had a fiftieth wedding anniversary reception in their backyard, and I had a severely weedy strawberry patch. Therefore, I hired it done before the reception. After that, I decided to hire it done all the time, even though it required a substantial amount of money. It was worth it. It saved me from depression. That also freed my time and energy for writing and programming projects I enjoy more.

However, if you love weeding your own strawberry patch, do it. There are benefits to getting outside, staying close to the earth, getting some sun, and developing the physical flexibility needed to tend a garden.

I considered taking out the strawberry patch and installing a plant that requires less maintenance. However, my mother who lives upstairs objected and said

she would hate not to have strawberries. Therefore, to keep her happy, I chose to keep the status quo. It makes for expensive strawberries, but they are delicious, fresh, organic, and ornamental. With the regular care my patch gets from contracted help, the patch becomes more fruitful every year, yielding a bountiful crop.

Choose what you will do. You do not have to do everything you do well. Some things are worth doing poorly. My mother taught me that years ago, and I think it is true, even though it has been said, “Anything worth doing is worth doing well.” In addition, you do not have to do everything you do all by yourself. Teamwork, delegating, and masterminding can extend human possibilities enormously. In fact, one of the principles of amassing a fortune is to assemble a team.

## *Top 5*

After finishing my Top 500 program, I list my Top 5. I have experimented with different ways of listing them and perhaps a little novelty in doing this different ways can work. It can work to list ten or more activities initially that need attention and then prune the list by picking the five with the highest priority. Top 5 items can be activities on my Top 500 that I want to give emphasis to for the day-- they can be events, nearly due items, or appointments; or they can be errands to run or bills to pay. They can be anything. They are usually items I need a little push to do, but sometimes I choose easy activities just to give myself a break.

I have experimented with not using a Top 5 and just doing my Top 500. That does not work as well. The Top 500 list is too overwhelming without narrowing my focus.

Scoring may not be for everyone, but scoring can improve performance. It can raise the effectiveness of your life! When you play racquetball without keeping score, you are just messing around. When you score, you have a game going. The goal is to be in the game as much as you can.

Now that we have addressed the strategy of getting ourselves moving and keeping score to overcome depression, I want to say more about biochemical help for depression, which I think, is just as critical.

# **Chapter 6.**

## **AN ALTERNATIVE TREATMENT FOR DEPRESSION**



In the introduction to this book, I mentioned getting off antidepressants and taking supplements instead as an alternative treatment for depression. When I tried to interest my friend Michael in using a few supplements, he let me know that he did not believe in them. He eats a varied vegetarian diet and gets everything he needs from food—or so he believes. This belief, I believe, serves him well because he is a joyful, vibrant person. His enthusiasm for life is infectious and rubs off on me every time I am around him. Recently he transformed his life by closing his video studio in Salt Lake City and moving to Kawaii, Hawaii, with all of his life's possessions in six suitcases. (He is a true minimalist.)

Not using supplements is great if you can do it. However, that does not work for me, and it may not for you. It is requisite to do the best we can with food, though I believe that our food supply even at its best is less than ideal. Let your food be your medicine to the extent it can be.

I read, *How to Live Longer and Feel Better* by Dr. Linus Pauling, Ph.D. when I was in my twenties which got me interested in orthomolecular medicine--the practice of using natural substances, in usually greater quantities than we would ordinarily get in food, as medicine. I became intrigued about orthomolecular medicine's possibilities for improving human health and longevity. Linus Pauling became one of my heroes, and I even studied chemistry from his book *General Chemistry*. Linus Pauling lived a productive life into his nineties. Besides being renowned for researching vitamin C, but he was also a renowned chemist and biochemist, and a two-time Nobel prizewinner.

I realize that to practice orthomolecular medicine safely and effectively, we need expert guidance. Look for doctors who practice integrative, functional, or orthomolecular medicine. Fortunately, most supplements are available without a prescription, but we should still consider them medicines.

Starting in 2001, I saw Dr. Hugo Rodier, M.D., an integrative medicine doctor. Dr. Rodier replaced Prozac, which I tapered off first, with l-tryptophan, B complex, SAME, omega-3 oils, GLA, and vitamin D. These six supplements are naturally used by the body and are available over-the-counter in the United States. They are safer and more effective than Prozac and have been very successful at improving my depressive symptoms.

Be aware that this book is merely for information. I do not intend to prescribe. I am vulnerably sharing my experience along with tidbits I have gathered from experts. I intend this to be helpful but not prescriptive.

If you take medications and supplements, you are likely to be taking something different than I do. Educate

yourself about your medications, and be aware that dropping them cold turkey can be disastrous.

The body makes neurotransmitters from or with the help of nutrients in our diet.

<i>Neurotransmitter</i>	<i>Nutrient</i>	<i>How It can Help You Feel</i>
<i>Serotonin</i>	<i>L-tryptophan</i>	<i>Happy</i>
<i>Dopamine</i>	<i>L-tyrosine</i>	<i>Motivated</i> <i>Less anxious</i>
<i>GABA</i>	<i>Taurine</i>	<i>Relaxed</i>
<i>Acetylcholine</i>	<i>Fish oil</i>	<i>Smart</i>

Experts are increasingly proposing oxidative stress as the primary cause of schizophrenia, bipolar disorder, autism, Alzheimer’s disease, and Parkinson’s disease. Getting complete nutrition of vitamins and minerals is crucial for getting and making enough antioxidants.

Cronometer.com can be used a tool to help ensure adequate and optimal dietary intake. This will also help the body make metal containing enzymes that serve as antioxidants. Methylation has a role in mental health as well. To comprehend overmethylation and undermethylation more fully, it is necessary to understand the methionine cycle, which I will introduce shortly.



## *L-tryptophan*

L-tryptophan is an essential amino acid the body uses to make serotonin, the feel-good hormone. Genes code l-tryptophan into proteins but only with one code in 64 making it the least prevalent amino acid. I have found that l-tryptophan supplementation is helpful, perhaps even necessary, for me to get a high enough concentration in the body to be effective. It can relieve depression in a matter of minutes, where SSRI's can take weeks to become effective.

Paradoxically, consuming protein can lower the availability of l-tryptophan due to competition from other amino acids. Take l-tryptophan and all amino acids on an empty stomach as insulin production can adversely affect their metabolism.

[\(<http://www.lifeextension.com/Magazine/2008/4/Why-Aging-People-Become-Depressed-Fatigued-And-Overweight/Page-01>\)](http://www.lifeextension.com/Magazine/2008/4/Why-Aging-People-Become-Depressed-Fatigued-And-Overweight/Page-01)

I have tried 5-HTP, l-5-hydroxytryptophan, a supplement derived from l-tryptophan. I found it to be ineffective. That could have been because it is only available in much smaller doses than l-tryptophan.

Probiotics and routing out food sensitivities improve gut health, which is important to ensure that the body converts l-tryptophan to serotonin. In addition, this conversion requires vitamin B6. Always take vitamin B6 with l-tryptophan as l-tryptophan supplementation increases vitamin B6 requirements.

I used l-tryptophan successfully prior to 1990, but the FDA took l-tryptophan off the market for a number of years due to a scare from a contaminated batch. That was the Dark Ages for me—a time when I underwent shock

treatments, which I would never recommend now. I used Prozac and tried a number of other SSRI's, but they were never as safe or effective as l-tryptophan.

In 2004, Dr. Rodier informed me that l-tryptophan was back on the market. I jumped at the chance to start taking it again even though it was very expensive. I had tapered off Prozac by then so the timing was perfect. Since then, the price of l-tryptophan has gone down considerably making supplementation with l-tryptophan affordable. I do not recommend taking l-tryptophan and SSRI's or MAO inhibitors together though very small amounts may be safe as you are tapering off SSRI's. Talk to someone qualified to help you with that and be alert to the symptoms of serotonin syndrome. I did not have the option of taking l-tryptophan as I was tapering off antidepressants. Genetically engineered, l-tryptophan may have qualities you do not like. However, for me it has been very helpful and may have even saved my life.

Besides protecting me from suicide, l-tryptophan has protected me from sugar and carbohydrate cravings. The body instinctively knows to raise the intake of carbs when it needs l-tryptophan because carb intake accelerates the serum removal of the amino acids valine, leucine, and isoleucine that compete with l-tryptophan for entry into the brain.

<http://www.lifeextension.com/magazine/2008/4/why-aging-people-become-depressed-fatigued-and-overweight/page-01>

The body can convert l-tryptophan to vitamin B3 or niacin in the liver. Disorders in the Kynurenine pathway from l-tryptophan to niacin can result in many diseases, including depression and lupus. You can correct this pathway with doses of vitamin B6 and perhaps more effectively by using the active form of vitamin B6, P5P,

which I will discuss shortly.

([https://en.wikipedia.org/wiki/Kynurenine\\_pathway](https://en.wikipedia.org/wiki/Kynurenine_pathway))

Taking too much l-tryptophan can cause serotonin syndrome, which can present itself with the following:

- agitation or restlessness
- confusion
- rapid heart rate and high blood pressure
- dilated pupils
- loss of muscle coordination or twitching muscles
- muscle rigidity
- heavy sweating
- diarrhea
- headache
- shivering
- goose bumps
- nausea

If this cluster of symptoms develops, quickly reduce the amount of l-tryptophan you take. Side effects that are even more serious can occur if serotonin syndrome develops further, including high fever, seizures, irregular heartbeat, and unconsciousness.

(<http://www.mayoclinic.org/diseases-conditions/serotonin-syndrome/basics/symptoms/con-20028946>)

My doctor suggested that I could take l-tryptophan every two waking hours during a depressive episode. I did this once and experienced rage, indicating that I could have had serotonin syndrome. I caused a scene in church and had to leave early. The problem quickly abated by returning to a regular dose of l-tryptophan.

When I started using P5P (active vitamin B6) supplements, I had to reduce my dose of l-tryptophan to avoid serotonin syndrome. I did not have high fever, but my temperature was normal which is not normal for me. I had headache, insomnia, nausea, agitation, and hyper-alertness at night.

I learned later that there are some possible severe side effects to the long-term use of l-tryptophan, especially at high doses. You can ameliorate these with the use of vitamin A, beta-carotene, vitamin B6, vitamin C, vitamin E, and food substances such as curcumin, broccoli, and miso. I think these nutrients have protected me in the past. One way I can tell that I may be taking too little is the resumption of uncontrollable carb cravings.

(<http://www.supplements-and-health.com/tryptophan-side-effects.html>).

## *B complex and beyond*

Dr. Rodier recommended a daily B complex supplement and said the amount of B vitamins in a multi-vitamin supplement is not sufficient for optimal health. There is evidence that humans can use more B vitamins than we typically get in food, even very nutritious food. B complexes vary, but a good one supplies a group of eleven different vitamins:

1. vitamin B1 (thiamine)
2. vitamin B2 (riboflavin)
3. vitamin B3 (niacin and related chemicals)
4. vitamin B4 (choline)
5. vitamin B5 (pantothenic acid)
6. vitamin B6 (pyridoxine and related chemicals)
7. vitamin B7 (biotin)
8. vitamin B8 (inositol)
9. vitamin B9 (folate)

10. vitamin B10 (para-aminobenzoic acid or PABA)
11. vitamin B12 (cobalamin, preferably methylcobalamin)

The body needs B complex for metabolism and energy, mental health and mood, bodybuilding, detoxification, antibody production, and eye health--just for starters. Take B complex in the morning for best results.

William J. Walsh, PhD, in *Nutrient Power: Heal Your Biochemistry and Heal Your Brain* classifies mental health dysfunctions into the following categories: pyrrole disorder, zinc deficiency, copper overload, overmethylation, undermethylation, and toxic metal overload. I belong to the undermethylation group and have probably also had some issues with copper overload. A complete description of Dr. Walsh's work is beyond the scope of this book. To follow it will require getting a practitioner versed in his treatments. I refer you to his work if you are interested, and I hope you are.

## Vitamin B2

Vitamin B2 or riboflavin plays a role in the methionine cycle metabolizing folate. I will say more about this shortly.

## Vitamin B3

Vitamin B3 or niacin is an effective treatment for depression and schizophrenia. According to the movie *Feed Your Head*, Bill W. (Wilson), a co-founder of AA (Alcoholics Anonymous), used it successfully to treat the underlying depression that led to his alcoholism. He wanted to make niacin treatment part of AA, but by then the conventional medical profession had infiltrated the movement, making that impossible.

Taking high dose niacin supplements can cause scary flushing. B-Right contains enough niacin to cause flushing unless taken with food.

## Vitamin B6

Vitamin B6 is likely the most important vitamin you may be deficient in for your mental health. Dr. Walsh uses it in perhaps all of his nutrient recommendations. You may want to opt for P5P (pyridoxal-5-phosphate), the active form of vitamin B6, also known as PLP. If adding it to your regimen, proceed with caution as it may necessitate the reduction or elimination of your medications and other supplements. Using the activated form of vitamin B6 or (P5P) can be very effective.

Candida uses Vitamin B6 in its metabolic processes and steals it from its host. This can cause a shortage of vitamin B6. Eating a high protein diet, taking l-tryptophan, using oral contraceptives, or smoking increase the need for vitamin B6. Light, water, and air; toxins in the environment; and the processing of food can reduce the availability of vitamin B6. In addition, as we get older, it gets more difficult to convert vitamin B6 to its active form.

Do not overdo P5P. I have found I have had to cut 50 mg P5P pills in halves or even quarters. I have also found it is best to take in the morning, as it can be too stimulating at night. Two unintended side effects I experienced were a resumption of my menstrual period after being in menopause (at age 54) and a drastic lowering of blood pressure. At least I knew my pills were having an effect!

You may want to take P5P with a B complex to balance all your B vitamins. Possibly reduce the strength of your B complex to avoid getting too much vitamin B6. Vitamin

B6 can treat neuropathy but can also cause it if used in excess. Fortunately, lowering your vitamin B6 intake can reverse it if it happens.

I found that B-Right, an inexpensive B complex supplement from Jarrow Formulas contains P5P in addition to regular vitamin B6. I discovered B-Right one day while driving by MyNaturalMarket after a swimming session. I felt inspired to buy more B complex even though I had quite a bit on hand. I asked the clerk about P5P and she alerted me to a B complex, B-Right, that contains it along with the regular form of vitamin B6. It was also much less expensive than the B complex I was about ready to buy! B-right has been just right for me.

A genetic condition known as pyroluria, in which the body loses large amounts of vitamin B6 and zinc often occurs hand-in-hand with mental illness symptoms. This is the same as pyrrole disorder, one of Dr. Walsh's subtypes. It can present itself as social anxiety, but there are a host of other possible symptoms as vitamin B6 enables over 100 enzymes throughout the body, including the formation of neurotransmitters and non-essential amino acids. Wherever the body transfers an amine from molecule to molecule, it needs vitamin B6. It affects genetic expression and the building of enzymes. It is involved in the formation of red blood cells, which transport oxygen, essential in metabolism to generate ATP, the energy currency of the body. I will later list a long list of intrinsic rewards for getting sufficient vitamin B6. Stay tuned.

Pyroluria can be effectively treated with GLA (gamma linolenic acid), vitamin B6 (consider P5P), and zinc supplements. For a serious case, find a doctor and/or health coach who is familiar with the condition and get support in getting it treated. You may need much more

vitamin B6 and zinc than normal. You can also refer to the work of Trudy Scott, the author of *The Antianxiety Food Solution*, who successfully treated her own pyroluria and anxiety.

Vitamin B6, especially P5P, will make l-tryptophan, l-tyrosine, and taurine more effective, so you may need to reduce the amount of amino acids you take once you add it. I have found P5P to be a game changer for me in terms of the stability of my mood. It has enhanced my mood and energy level considerably. My drive and motivation have improved. Taking vitamin B6 works in conjunction with numerous other nutrients, so a complete overall of nutritional behaviors is very important. Get expert help to determine the amounts you need.

Since P5P is cheap, this represents a considerable cost savings. It also reduces the possible adverse long-term effects of taking amino acids. Trudy Scott says that the ability to recall dreams will improve as you get enough vitamin B6 and can be an indicator that you are taking enough. Once you have sufficient vitamin B6, you will need lower doses of amino acids, but taking a small amount can still be helpful.

See Appendix C for a letter I wrote a friend about this important vitamin.

## Inositol

Taking lithium can deplete inositol in the body. To compensate for this, taking lecithin is helpful as it contains a high percentage of inositol. The amount of inositol needed is far more than that in a B complex. (<http://nutritionreview.org/2013/04/practical-guide-avoiding-drug-induced-nutrient-depletion/>) Inositol can relieve anxiety, binge eating, and PMS. All major neurotransmitters—dopamine, epinephrine, norepinephrine, serotonin,



acetylcholine, and GABA—rely on inositol to relay messages. Lecithin, which contains inositol, helps improve learning and memory, which I have benefitted from myself. The dry weight of the brain is composed of almost one-third lecithin.

<http://www.doctoryourself.com/nerves.html>) The food industry extensively uses lecithin as an emulsifier.

## Choline

Lecithin and eggs contain choline, another B vitamin. B complex has a small amount of choline. Choline is helpful in treating bipolar disorder and is important in the methionine cycle, which I will refer to later.

## Folate

Lithium and other drugs used to treat bipolar such as Depakote (valproic acid), which I have taken before, deplete folate in the body. Folate is especially important for pregnant women to prevent neural tube defects, which include spina bifida and anencephaly (or baby without a brain). Valproic acid can greatly increase the risk of neural tube defects. Genetic polymorphisms afflict some people, particularly those with mental health issues, making the need for supplementation even greater.

Choose a B complex that contains folate rather than folic acid. The difference may not seem important, but it is. If you have genetic polymorphisms that affect folate metabolism, folic acid can actually become a poison in the body. Warning. Fortified foods have folic acid rather than folate. Watch the label!

MTHFR (methylenetetrahydrofolate reductase) gene defects, which limit the ability of the body to make enzymes that convert homocysteine back to methionine,

can cause bipolar disorder and other mental illnesses. Genetics tests can confirm whether you have these genes. Considering my problems, I can pretty much assume I have an issue. If you have or suspect you have this or related defects, consider doing the following. Use methyl-tetrahydrofolic acid glucosamine salt instead of folic acid. It bypasses the biochemical step, which requires genes that may be defective. B-Right from Jarrow Formulas contains this nutrient.

Dr. Walsh advises undermethylators not to use folate. Fortunately, B-Right contains just the RDA and no more. See a qualified practitioner for your situation.

## Vitamin B12

If you have any of the following conditions, you may need a separate Vitamin B12 supplement.

- You are over 50 years of age.
- You are vegetarian.
- You have been on proton pump inhibitors such as Omeprazole.
- You have weak stomach acid.
- You are deficient in vitamin B12 for any reason.

Preferably, take it under the tongue. Vitamin B12 is unique in that it contains a cobalt atom. I wrote a report about cobalt for my high school freshman science class and learned about this vitamin at an early age.

Choose methylcobalamin over cyanocobalamin. Cyanocobalamin breaks down to cyanide, not enough to kill you, but you do not want the cumulative effect. Since vitamin B12 is stored in the body, you will not likely need extra vitamin B12 every day. However, you may need something stronger than supplements if you are a strict vegan. Vitamin B12 shots may be necessary.

## *Vitamin Shots*

Dr. Rodier gave me vitamin shots containing vitamin B12, folate, magnesium, and glutathione over ten years ago which greatly improved my mood and energy. I have not elected to continue them or give them to myself because of the inconvenience, expense, and pain, but they are an option. If you are just starting out, be open to getting glutathione injections as they can greatly improve your mood and energy. You will be hooked on getting enough glutathione for life!

## *SAMe and TMG*

There is a warning label on SAMe, s-adenosyl methionine, not to use it if you have bipolar disorder. Dr. Rodier counseled me to try it anyway. Dr. Walsh recommends SAMe for undermethylators so this was likely just the thing for me. SAMe also improves my energy when taken in the morning on an empty stomach. It serves as a methyl donor. Methylation is a chemical reaction, the attachment of a methyl CH<sub>3</sub> group onto a molecule that occurs throughout the body. SAMe improves joint and liver health as well as mood.

I studied the ingredients needed by the body to make SAMe on its own. I learned these ingredients are not only needed for SAMe production, they enable the entire methionine or methyl cycle (<http://www.benbest.com/health/Meth.html>) to run smoothly, allowing homocysteine which is downstream from SAMe to be recycled back to methionine and then back to SAMe again, preventing the buildup of homocysteine which can cause cardiovascular damage, cognitive decline, and Alzheimer's disease. You can get a blood test for

homocysteine levels. Doctors will seldom mention homocysteine elevation because no pharmaceutical drug can correct it. A nutritional intervention is necessary.

SAMe is not present in food, but the body makes it from methionine with the help of folate (you may need a special type mentioned above,) vitamin B12, choline, and trimethylglycine (TMG).

To determine whether you are getting sufficient methionine in your proteins, and you probably are, you can use [Cronometer.com](http://Cronometer.com). Legumes are low in methionine, and fruits and vegetables have very little of it.

Having the other ingredients in my diet and supplementation regimen already, I decided to try TMG or betaine and discovered that it is much less expensive than SAMe. It is available in beets, but beets are not my favorite vegetable. TMG is available as a white powder, which you can add to water, stevia lemonade, or other foods. It dissolves very nicely. Do not take too much of it as it can trigger headaches.

Within the methionine cycle, TMG and choline (in one biochemical pathway), and vitamin B12 and folate (in a second biochemical pathway) help reduce the buildup of homocysteine. That will help enable the production or reproduction of SAMe. They recycle homocysteine back to methionine and then back to SAMe.

Vitamin B6 (with the help of vitamin B2) and zinc help convert homocysteine via a third biochemical pathway to the amino acid cysteine. The body produces glutathione from cysteine. Glutathione is the body's master antioxidant. Cysteine is actually a part of glutathione. Although there are other ways to get cysteine in the diet

or in supplements, the methionine cycle pathway is very important. I have more to say about glutathione later. The body uses cysteine to make the amino acid taurine, which is critical to mental health.

At first, rather than replacing SAME or taking more of it, I decided to add TMG. I was already taking less SAME than Dr. Rodier prescribed. B complex, TMG (and P5P which is also cheap) permitted me to lower my daily intake of SAME then to eliminate it, which saves me a considerable amount of money. SAME is a little pricey. TMG and the other nutrients mentioned above have the added benefit of making the methionine cycle run more smoothly.

(<http://www.benbest.com/health/Meth.html>).

## *Fish Oil*

Dr. Andrew Stoll, M.D. has done some astonishing research on bipolar disorder and omega-3 oils. The results of his experiments were so conclusive in favor of using fish oil; he stopped an experiment early because he felt it was unethical to deprive the control group of such an effective intervention.

Fish oil contains EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), two long chain omega-3 fatty acids that inhibit an enzyme called delta 5 desaturase, the gateway to the production of “bad” eicosanoids that increase inflammation and pain transmission; depress the immune system; and promote platelet aggregation, vasoconstriction, and cellular proliferation. You need a balance of both “bad” and “good” eicosanoids, and fish oil helps keep them in balance.

Omega-3 fatty acids:

- improve immune and brain function

- improve neurotransmitter transmission
- improve cell communication
- decrease insulin resistance
- decrease platelet stickiness
- decrease the risk of glaucoma, and most importantly
- decrease inflammation

Since inflammation is responsible for nearly every chronic disease, omega-3 fatty acids help prevent almost every disease and malfunction of the body, including cancer, heart disease, and depression. They lubricate the eyes and are very important for losing weight.

In addition to decreasing inflammation in the body, fish oil raises levels of acetylcholine, which are associated with learning and memory. I will warn you though that Dr. Stoll used fish oil as an adjunct therapy to medications his subjects were already taking.

In 2004, with a doctor's blessing, I tried replacing lithium and Risperdal with a large dose of fish oil daily, which rudely interrupted me with a serious manic episode that put me in the hospital for over two weeks. A hospitalization is not only expensive; it is devastating emotionally and can require years to recover. So be wise.

Though fish oil improves all neurotransmitter transmission, I believe fish oil alone will not guarantee keeping serotonin, dopamine, norepinephrine, epinephrine, and GABA at their optimal levels.

Be careful to get high quality fish oil. I take a pharmaceutical grade fish oil that is very low in toxins. Cost is usually the limiting factor in taking fish oil. A lot can be taken, but it can raise acetylcholine neurotransmitter levels too high and cause serious

symptoms, many of which I have experienced, so use caution. (<http://mindrenewal.us/page13.html>)

## GLA

GLA (gamma linolenic acid) supplementation can be very important. Pyroluria needs GLA to heal. DGLA, which the body makes from GLA, is the gateway to all eicosanoids, both “good” and “bad.” Trudy Scott says that people with anxiety probably need to use more GLA (gamma linolenic acid) rather than getting extra EPA and DHA from fish oil.

The exact optimum ratio of GLA to EPA and DHA can vary from person to person. Dr. Barry Sears experimented with it on a small group of people and found that different people needed different ratios and that partially depended on gender. In addition, their needs changed over time. Be open to experimenting with and changing that ratio. You can also get a blood test for a snapshot of your needs.

Some people have difficulty converting LA (linolenic acid), which is abundant in the food supply, into GLA. These people often present themselves with eczema as I have. In fact, I had it so seriously my sophomore year of college; I lost all the skin on my hands and feet. Infected, it required antibiotics, and looked and felt terrible. My eczema interfered with my social and professional life and caused a great deal of psychological distress. Although it has never been as serious since, I have had patches of it off and on throughout my adult life.

The primary sources of GLA are borage, evening primrose, black currant seed, and hempseed oil. (<http://www.bioriginal.com/page-articles/gla-a-healthy-omega-6-fatty-acid/>) I have taken GLA as evening primrose oil for

years to control eczema. Earlier I used borage oil. I believe evening primrose oil is superior. Use whatever works for you.

Having adequate amounts of magnesium, zinc, and vitamins C, B3, and B6 helps to promote the conversion of GLA to DGLA (dihomo-gamma-linolenic acid). DGLA is the next step to “good” eicosanoids.

(<http://orthomolecular.org/nutrients/gla.html>)

## *Vitamin D*

Vitamin D, the sunlight vitamin, is hard to get enough of in the winter months in northern latitudes. On top of that, I tend to be an indoors person, spending a lot of time on computers. Dr. Rodier said vitamin D deficiency contributes to depression and prescribed vitamin D3. Vitamin D blood level tests are available.

Recent research has revealed that optimum levels of vitamin D are much higher than previously thought. As well as helping prevent depression, Vitamin D improves bone health and can prevent cancer. Vitamin D activates genes that regulate the release of neurotransmitters, such as serotonin and dopamine, which can help you feel happy and motivated. Vitamin D has a long resume.

I have since learned that sunlight has nutrients beyond vitamin D, including the possibility that we can harvest energy from sunlight, especially in the eyes, without needing carbs or fats as an intermediary.

(<http://www.greenmedinfo.com/blog/can-humans-photosynthesize-1>)

I make it a point to get out for a walk in the daytime when I can, though I must admit I am not as consistent at that as would be optimal. Though sunlight is generally



beneficial, it can raise neurotransmitters too much. Transitioning into spring each year has always been a risk for me as I have had more mania in April than any other month. I do not think the solution is to hide indoors, but the body needs a balance as in everything else. I have even thought of moving to where the length of day is about the same year round, but cost and family considerations keep me at about 41.5 degrees latitude.

In the past, I have also successfully used a mood lamp during times I am not getting out. Mood lamps can stimulate neurotransmitters too much and cause insomnia, so use caution with that solution as well. Once I started using P5P, I no longer needed my mood lamp. I transferred it to my bedroom closet and then donated it to a rehab center.

## *L-Tyrosine*

Later I also added l-tyrosine to my supplement schedule on my own. L-tyrosine is an inexpensive amino acid that can relieve anxiety and increase the neurotransmitters dopamine, norepinephrine, and epinephrine (sometimes-called noradrenaline and adrenaline) which increase drive, alertness, motivation, and focus. An overabundance of copper in the body can result in your converting too much dopamine to norepinephrine and epinephrine, so take care to balance your zinc/copper levels and get the help of a qualified practitioner.

Low dopamine can cause:

- fatigue
- lack of motivation
- inability to experience pleasure
- insomnia

- a hard time getting going in the morning
- mood swings
- forgetfulness
- memory loss
- inability to focus and concentrate
- inability to connect with others
- low libido
- sugar cravings
- caffeine cravings
- inability to handle stress
- inability to lose weight

Scientists have demonstrated dopamine-deficient mice to learn poorly some tasks that involve paying attention to surroundings and responding to rewards.

Take l-tyrosine on an empty stomach because insulin can increase its conversion to tyramine, which can cause migraines rather than an increase in dopamine.

([https://www.jstage.jst.go.jp/article/joma1947/91/1-2/91\\_1-2\\_37/article](https://www.jstage.jst.go.jp/article/joma1947/91/1-2/91_1-2_37/article))

L-tyrosine is also a precursor to thyroxine, a thyroid hormone. Anxiety often goes hand in hand with depression. I stopped l-tyrosine for a time and noticed later that my anxiety symptoms had increased. My health practitioner suggested a couple of multi-ingredient supplements for anxiety. They were each about \$20/month. I read the labels and noticed that their main component was l-tyrosine. Instead of taking the expensive supplements, I decided to resume less expensive l-tyrosine, and my anxiety symptoms returned to normal.

Vitamin B6 is required to convert l-tyrosine to neurotransmitters, so be sure to keep it in your regimen.

P5P helps convert the essential amino acid phenylalanine to the non-essential amino acid l-tyrosine, so you need less l-tyrosine if you are taking it with P5P. If one pill of tyrosine is too much for you, you can open it and take just a portion of it, saving the remainder in a tightly closed labeled container for later.

## *Taurine*

Taurine, an amino acid that contains sulfur, is biosynthesized in the body from homocysteine and cysteine. Again, the body needs vitamin B6 or P5P for this conversion. Taurine is non-essential because the body can make it. However, it is essential that you either make it or get it in the diet, so do not let the “non-essential” label fool you.

See the methionine cycle in this link to see how the body biosynthesizes taurine.

(<http://www.benbest.com/health/Meth.html>) By now, you can see that the methionine cycle is a big deal. I eventually want to do workshops on it. Back up and follow the link I just pasted for diagrams on how it all works! That is my biochemistry lesson for today.

The body needs taurine for nerve health. It has a long resume of other functions, including eye health, skeletal muscle health, reducing body weight, relieving migraines, an anti-anxiety effect, transportation of minerals in and out of the cell, and lowering blood sugar in diabetics. It can help with congestive heart failure.

(<https://en.wikipedia.org/wiki/Taurine>)

Taurine helps make GABA (gamma-aminobutyric acid) from glutamate. Again, vitamin B6 (or P5P) is necessary for this conversion. GABA is a neurotransmitter, which calms the body.

I caution you against relying on taurine to prevent manic episodes as I have found that it alone is not enough.

Taurine can treat insomnia naturally with the amino acid l-tryptophan, the herb valerian root, the mineral magnesium glycinate, and again, vitamin B6.

(<https://www.psychologytoday.com/blog/owning-pink/201106/how-treat-insomnia-naturally>)

## *Magnesium*

Within the methionine cycle, magnesium is required along with ATP to convert methionine into SAME. Magnesium has a much bigger resume than just that.

Lithium increases the excretion of magnesium, making it more critical to get in the diet.

<http://www.ncbi.nlm.nih.gov/pubmed/6817593> I take magnesium supplements at night, which help me sleep all night and eliminate the next day. It is possible that the current RDA for magnesium is insufficient for most people. Cheap magnesium oxide works to prevent constipation. Consider a more absorbable form, such as magnesium threonate or magnesium glycinate. Magnesium oxide is only 4% absorbed.

Magnesium is a crucial element that most people are sub optimal in if not very deficient. Magnesium participates in over 300 reactions in the body. The main action of magnesium is the activation of enzymes that form, store, and use high-energy compounds. All ATP reactions require the presence of magnesium ions.

Magnesium:

- alleviates depression and anxiety
- permits an easier bowel movement
- permits relaxation of the muscles

- improves sleep
- is an antidote to stress
- reduces LDL cholesterol
- can prevent a heart attack or stroke
- is needed for bone health
- aids in cell reproduction
- is needed for the replication and efficiency of mitochondria, the energy organelles of every cell in the body
- is essential for glutathione production
- activates enzymes needed for repairing DNA
- aids protein synthesis in ribosomes
- activates enzymes involved in the production of energy
- may reduce high blood pressure
- helps regulate body temperature
- helps retain healthy potassium levels in the body
- helps lubricate eyes

## *Economy*

I hope you appreciate my concern for your financial well-being as well as your pathway to a better mood. Getting all the supplements to support your mood can be costly. However, as I get all the supplements in proper balance, I find that I only need tiny amounts of some. P5P is the biggest game changer. A tiny amount does so many things; it is truly a big bang for the buck. I have been able to replace expensive supplements with less expensive ones and rely more on my food.

I would seriously consider supplementation for depression and anxiety.

## *Drugs, Alcohol, Caffeine, Nicotine*

Drugs, including alcohol, caffeine, and nicotine, are used to raise or lower neurotransmitters. These substances have been used and misused for centuries. Personally, I have not had much exposure to these substances because of my religious upbringing. I am grateful for that because any of these drugs can become addictive and cause serious issues. You can apply the neurotransmitter balancing techniques I have begun to describe to breaking out of addictions.

If you are currently grappling with addictions, consider doing some work with your neurotransmitters to help you overcome the addiction. Total abstinence can be hard if you do not have neurotransmitter support along with it. Get help. A full discussion of what to do to break out of addictions is beyond the scope of this book. Remaining in your addiction can have serious health consequences as you probably already know.

I have been to both Alcoholics Anonymous and Al-Anon meetings. Through constant repetition of the twelve steps, they help you rebuild your character. The meetings are inexpensive, especially compared to professional rehabilitative treatment. Consider their help for yourself or a loved one.

## *Summary*

In summary, there are people who do not believe mental health disorders exist at all. I do not agree, but I think we need a better understanding of what mental disorders actually are. They are not “all in the head” and they do not mean that we are “crazy.” Gut issues affect mental health. The body produces the majority of serotonin in the gut. Mental health disorders usually do not lower

intelligence. There is increasing evidence that mental health disorders are epigenetic in origin, involving both genetic and environmental factors.

Recent genetic research on B vitamins for instance sheds light on issues that affect millions. Nutritional supplements can correct the effects of some genetic polymorphisms as I have already mentioned.

## Toxins

We live in a polluted, over-processed, radioactive world. Removing toxins from the body by cleansing, detoxifying, replacing mercury fillings and eating organic foods is very important. Air and water filters can be helpful.

We cannot clean up the body all at once, but gradual steps to clean out existing toxins and prevent new ones from coming in can improve mental health, especially for those who have toxic overload. At the same time, we need to look at the environment and do what we can about that as well. This will require the long-term efforts of many people.

Working to improve our glutathione status can be greatly beneficial because this molecule helps detoxify our bodies and can even prevent cancer. Glutathione works to improve your health in general, not just your mental health. The mind and body are intimately connected. My favorite blog, [mindbodygreen.com](http://mindbodygreen.com), fully acknowledges this and even recognizes the importance of the environment.

## Stress

Stress is an issue. Given sufficient stress, anyone can have mental health issues.

To round out your knowledge of mental health, take a course or read books about stress. Consider the work on stress by Robert Sapolsky. People may see my JV Life Tracker app as a creator of stress, but instead it *can* be a tool to alleviate it if you use it properly and include stress-busting activities. As you know, I give myself 30 points for doing meditation alone. Meditation is a good starting point to relieve stress in our lives.

## Medicine

One important thing to consider is that some mental health symptoms are actually caused by the drugs used to treat them. This is a sobering and troubling fact. Ann Blake Tracy, who has researched Prozac and related SSRI's extensively, has investigated many murder/suicides and found in virtually all cases, the perpetrator was on some kind of antidepressant. SSRI's now even have suicide warning labels on them. The risk is not just for young people.

I read an entire book about vitamin B6, written by Dr. Clayton Geoffreys, M.D. His 2014 book, *Vitamin B6: The Ultimate Guide to What It Is, Where to Find It, Core Benefits, and Why You Need It* never once mentions glutathione, taurine, or the methionine cycle. Not a single mention is made of omega-3 fatty acids and vitamin B6's role in converting short chain to long chain omega-3 fatty acids. He never mentions vitamin B6's role in converting gamma linoleic acid (GLA) to activated DGLA, the gateway to the "good" eicosanoids. He never mentions the connection between vitamin B6 and irritable bowel syndrome, which could benefit millions.

Dr. Geoffrey's wrote, "... most people consume the proper amount of vitamin B6 food in an average diet to maintain adequate levels". He did not seem to connect the dots



that millions of people are taking antidepressants, when likely what they most lack is P5P. His book mentioned some interesting clinical uses for vitamin B6, but I do not think it was the “ultimate guide” to this vitamin. I think he missed the full power of vitamin B6. Doctors do not always know their vitamins, which I believe can seriously harm people. If expert doctors, doctors that are even writing books about specific vitamins, are not getting it, what can we predict about the rest of the population?

Do not throw away the medical profession, but realize that they do not have all the answers tailored to your specific situation and day-to-day needs. Most doctors are not well versed in nutrition. They know a lot more about drugs. Med schools do not emphasize nutrition, but some doctors educate themselves on their own, recognizing the need. I recommend that you find one who does that. If you need a psychiatrist and integrative doctor, get at least two doctors. That is what I have done. You may want the advice of a health coach as well. Health coaches do not train as many years as doctors, but they may know more than most doctors about optimal nutrition.

It can be a challenge to merge the advice of multiple counselors, but in a fragmented, specialized medical profession, this becomes necessary. The medical profession has become less capable of treating the body, mind, and spirit holistically. Treating depression does not just make a troubling symptom go away; it can treat the body as a whole. I am interested in more than just relieving depression; I am interested in a joyful, vibrant life.

Though not everyone is diagnosed with a mental health disorder, many are. In the U.S. alone, nearly 80 million people are taking psychiatric drugs, including 8.5 million children, with more than one million between the ages of

zero and five (<http://www.echrint.org/psychiatric-drugs/people-taking-psychiatric-drugs/>) Adolescent depression and anxiety has been sharply on the rise in recent years with social media being a contributing factor. Cutting has become a widespread practice. Many people have mental health symptoms that plague them occasionally or often. People do not want to talk about it; they hide their suffering.

I have found two holistic psychiatrists on the Web, Dr. Hyla Cass, M.D. of Los Angeles and Dr. Kelly Brogan, M.D. of New York. Both doctors have ventured away from traditional psychiatry to integrate with alternative approaches. I have not had personal consultations with either, but I have benefitted from their publications. You may as well. I wish they had been around during my childbearing years. I could have possibly had children. Considering my circumstances during my childbearing years, my decision not to have children was right for me, but that may not be right for you. You may have options I did not have.

These holistic psychiatrists focus on helping women with mental health issues so they can successfully reproduce. This can be invaluable. The psychiatrists I had during my childbearing years were not too helpful with that. I kept hoping I would find an answer, but it has taken a lifetime of searching to find even partial solutions. I have had some serious episodes connected with “going off” my meds, even with the help of the medical profession. We need a greater understanding of how the body works. I have gained some insights from learning about my body and from my personal study. I know these insights apply not only to mental health but also to health in general. I am hoping to reach younger women with this book, so they may have it for clues they need to reach their goals.

## My Vision

Playing with neurotransmitters is kind of like playing with fire. Being able to master fire is part of what makes us human. We would not want to be without fire. We must use fire with knowledge. Experience with it can be beneficial, but we need to use caution as well. I believe that if civilization learns to master its neurotransmitters, it will advance as much as it did when it learned to master fire.

I have experienced transformation, partial answers, and have become a great deal happier. My partially put-together puzzle is starting to show a vision of vibrant joy. I am feeling all the more excited to share what I know so far even though my path of transformation is not complete. I hope to live for decades more and keep writing about joyful vibrance. I am now 56 years old and am experiencing a renewing of body, mind, and spirit I have never before had in life.

As Dr. Wayne Dyer taught in the movie *The Shift*, Source can intimately guide the afternoon of our lives. I believe God is always with us and is all the more accessible to us as we seek and allow. With the help of our Creator, we can turn to the world's most pressing problems and lend our experience, wisdom, and insight. That is my vision and sense of purpose.

As I said, we need to step back and get a perspective of the whole. I want to help, and I want to do so in a holistic way—taking care of the mind, body, and spirit. In doing so, I feel I must be vulnerable and expose myself just beyond my comfort zone. I do not know just where it will lead me in life, but I feel gently guided by my Source into the path of vulnerably sharing my experience. I can no longer hide and feel good about myself. Many years ago,

while on the brink of a manic episode, I pleaded with Dr. Jay Broadbent, M.D., my ob-gyn doctor and whined, “Why me?” He calmly responded with something like, “It’s so we can understand how the human body works.” I believe that my disorder has given me valuable insight into how the human body works. I feel that being vulnerable about it is the only way to do the greatest amount of good.

I have been open about my symptoms in the past, and this has sometimes caused me social and professional problems, which led to isolation. My employer placed me on disability. It has sometimes bound me closer to empathetic individuals. Counselors have advised me never to talk about my diagnosis. I have not always followed that counsel. Knowing there are sometimes “bad” consequences to speaking out, I now realize that morally I must do so anyway. I now have some answers to plaguing questions that no one person in my life would have been able to tell me.

The mental health challenge is even more concerning in our Age of Anxiety. Fortunately, the younger generation is more willing than mine was to seek help with their mental health symptoms. When I first had symptoms, I did not seek help. My first job out of college was working in government electronics for Texas Instruments. I needed a secret clearance, a clearance I could not get if I had undergone psychiatric treatment. Therefore, I avoided getting professional help. Nevertheless, the problems did not go away. I kind of had help forced on me. I hope the availability of information in our day can help offset the rise in mental health issues.

We must see the big picture. We need education and the sharing of experience. I would like to see information about the methionine or methylation cycle and balancing

neurotransmitters taught in grade schools. I did not learn about these things until later in life, and it would have been beneficial to understand them earlier. Even my college biochemistry text did not have a diagram showing the whole methionine cycle at once, causing me to miss the significance of its totality. I was not able “to see the forest for the trees.” There are many misconceptions, many of which I have had myself. I may still have some. In fact I am sure I do, so I am constantly learning, which I encourage you to do also.

I hope this book has whetted your appetite for more knowledge and wisdom, so that you can accomplish things even beyond what I have been able to do. If I can spare you some of the suffering I have been through, that will also make me happy.

# Chapter 7.

## THREE PREPARATORY RITUALS



A morning ritual is one key to outstanding energy and consistency. Personalize and evolve your morning routine to fit your abilities, goals, and time available. Three preparatory routines I often do in the morning include an exercise, a hot towel scrub, and a pink noise ritual.

### *Exercise Ritual*

Life is replete only with physical activity. Physical exercise:

- improves mood and energy levels
- increases productivity
- develops balance, endurance, flexibility, good posture, muscle tone, and strength
- improves memory and cognitive performance
- improves ability to sleep
- boosts self-confidence
- improves longevity
- reduces stress and the chance of getting sick
- improves your sex life
- makes you happier

## Productivity and Energy

Regular exercise boosts productivity and energy, both of which are critical for high performance. High performance people are more likely to work out. For many of us, motivating ourselves to exercise is hard. This can be especially true if we spend our days at a computer.

## Fitness Buddies and Accountability Partners

One factor that greatly enhances our ability to get motivated is having a reliable exercise buddy or accountability partner. However, we cannot always find a compatible person available among our immediate associates. As my goals increased in clarity, I started an online community, *Joyful Vibrance Net* (<https://www.joyfulvibrancenet.com>), for matching fitness companions and accountability partners. They can get to know each other for a while before setting appointments to exercise together. The community helps match people with similar interests and abilities. Ideally, a user base clusters in a geographical area.

If exercise were a pill, practitioners would prescribe it to everyone. My exercise routine is a combination of physical therapy, strength training, meditation, posture exercises, yoga, Reiki, spirituality, and creative dance.

## JV Life Tracker and Exercise

I give myself a point in JV Life Tracker for each activity in my exercise routine. When my Top 500 was still a Top 100, I gave myself just one point for doing yoga. Now I give myself a point for each pose. Later I gave myself an additional 30 bonus points for doing the exercise routine as a whole.

## Reiki and Exercise

I learned Reiki from a Reiki master, Stephanie Barber, who emphasized the importance of performing Reiki on myself. I integrated Reiki hand positions and symbols into my exercise routine. My exercise routine is relatively easy, so if you are new to exercise or newly returning to exercise, you may find it doable. You can do it at home. This routine is peaceful and does not involve forceful sweat and strain, yet it is effective. Health coach Yuri Elkaim advises the design of effective exercise routines that involve doing the minimum. This routine may be such a routine.

Though cardio exercise is important, it is not critical to do a lot of it. For older adults, doing a lot of cardio on a low calorie diet can result in the loss of muscle mass. Something more relaxing such as the following routine is suitable for many people, especially highly sensitive individuals who may need to calm their cortisol levels.

Many exercise instructors on the Web are far stronger and more flexible than I am. Their routines are often difficult for me to do. I believe this routine is more accessible. I do not have the strength of a body builder or the flexibility of a yoga enthusiast. I have injuries and weaknesses that affect my choice of exercises and how I do them. I injured myself doing yoga once and was turned off to it until I saw an inspiring video of a crippled man, Arthur, who with a trainer, rehabilitated himself back into walking and even running doing yoga. He was wobbly at first but gathered his balance and strength.

(<https://www.youtube.com/watch?v=qX9FSZJu448>).



## Yoga for Exercise

Jason Wachob, the founder of my favorite blog, mindbodygreen, describes his experience with yoga in his book *Wellth*. Practitioners told him he absolutely *had* to get back surgery. As he was about to leave his office, one practitioner added that he might want to try yoga. He did and rehabilitated himself completely without needing back surgery.

I selected a few simple hatha yoga poses from Raquel Welch's *Total Beauty* and adapted them into my own routine. You will want to design a creative routine of your own that develops strength, flexibility, and endurance.

## Physical Therapy and Exercise

A few years ago, I underwent physical therapy following an accident while stepping off a tow truck. I missed the step on the tow truck and landed on the ground on my back. The landing literally knocked the wind out of me. The driver of the tow truck helped me up while I was in a breathless state. I was barely able to walk, but being able to do so, I felt assured that I had not broken my back. Fortunately, it was winter, and I had landed on the asphalt in my coat. It had padding on the back, which partially cushioned my fall. A trip to the emergency room for X-rays confirmed I had no broken bones. However, my back ached, a lot.

After some time on opiates, I started to improve and looked into getting physical therapy as advised and prescribed by the emergency room doctor. At the time, I also had some pain behind my right knee, incurred from doing yoga too aggressively for my level of fitness. Physical therapy was more painful and involved than I anticipated, but I faithfully went to my sessions and did

the prescribed exercises twice daily at home. I included a few exercises from my physical therapy in my exercise routine.

## Bathing Suit

To start the routine, I put on a bathing suit. You can exercise in your pajamas if you wish and I sometimes still do, but I find it encouraging now that I have the figure I had been hoping for, to wear a bathing suit. In the winter, I also put on leggings for warmth.

## Music

I put on some music, usually Enya, “The Memory of Trees” which is relaxing and soothing music I can even program computers to, and do a Reiki symbol, the Cho-Ku-Rei in the air.



## Cho-Ku-Rei

Do the Cho-Ku-Rei with either hand. Start at the top and move to the right then down. You can do it right to left as well. Either way is okay. Then spiral to the right around, making smaller circles each time for three and a half rotations as shown above.

Use the Cho-Ku-Rei symbol at the beginning and ending of a Reiki session and symbolizes universal life energy.

You can use it as part of a Reiki session to heal people physically, and it can assist in manifesting abundance. I use it while doing Reiki on myself for healing.

## Port-de-Bras

To add extra poise and grace while doing the Cho-Ku-Rei, I place my thumb on my middle finger in a Port-de-Bras gesture that ballerinas use. I learned this gesture from a video called “UDefineU: Self-Esteem and Style for Women”. I led the music in church with this gesture and people told me I was graceful.

## Back Exercise

I lie down on the floor in my bedroom and spread my arms out and upward, keeping them in contact with the floor, with “snow angels,” straightening my back against the floor with my knees bent. My physical therapist showed me this to heal my back. While doing this, I remain on the floor, breathing consciously deep from the belly in a meditative state until the end of the first song.

## Calf Stretches

I go to the stairway and do calf stretches by placing my toes on the stairs with my heels dangling off them. Holding on to the railing, I press my heels down a few times and come up on my toes. My chiropractor showed me this and said my calf muscles are very tight and may be responsible for the cramping I sometimes experience. I have since learned that vitamin B6 deficiency can cause the body not to absorb magnesium optimally, which can result in tight muscles. Magnesium allows the muscles to relax.

## Posture Exercises

Then I go to the hallway, roll my shoulders forward and backward to improve my posture. I place my palms on each side of the doorway with my arms bent and stretch my shoulders back. Since losing the weight I wanted to lose, my posture has been my most serious beauty challenge. I have many activities in JV Life Tracker to address it.

## Strength Training

Then I go back in the bedroom. Three times a week with medium firm stretch bands, I stand on them, and pull the handles up with my arms and hands until my upper arms are parallel to the floor or higher, ten times or more to strengthen myself.

## Ham String Stretches

The next two exercises are knee stretches: hamstring and quad stretch exercises. Do each exercise on each side for two minutes for a total of eight minutes. I do them on my bed. I set a timer, with a pleasant 3D water alarm, for two minutes, using the Clock app on my mobile phone. I do a hamstring stretch by balancing on one leg on the floor and stretching out the other on my bed. I step from far enough away from the bed to get a good stretch. Hamstring stretches help the legs, knees, back, and hips function smoothly.

## Reiki

While holding the hamstring stretch, I do a few Reiki positions. First I place both of my hands on top of my head and hold; then behind my head, then behind my neck; then over my eyes, being careful to keep my balance

while standing on one leg; then over my ears; and then around the front of my neck.

While surrounding my neck with my hands, I set an intention for healing my throat, as this has been a sore and weak part of my body for years. There are seven chakras or energy centers in the body, each with its own nervous center or mind. The throat chakra, or blue chakra, is linked to difficulty in expressing oneself. I set a Reiki intention not only to seek physical healing in my throat; I seek the ability to express myself. I have struggled with my belief in Reiki, yet my Reiki master instructor assured me that a belief in Reiki is not even necessary for it to work. My throat is healing. That is what counts.

By this time, the alarm sounds at the end of two minutes.

I restart the timer for another two minutes, balance on the opposite leg and stretch out the other leg on the bed. Then I continue doing Reiki by putting my hands over my thymus and holding, then under my breasts and holding, then likewise over my middle abdomen, then over my pelvic bones or lower abdomen, then up behind my back near my kidneys, then over my middle back, then over my tailbone, then on my hips. By then the second alarm sounds.

## Quad Stretches

I then lie on the bed as straight as possible with my legs pointed north, restart the timer for another two minutes, pull up my leg behind me, bending at the knee, and hold my foot or ankle to stretch my quads. This improves overall quad flexibility.

Unable to do much Reiki in my quad stretch position, I gaze at a picture of the Lord on the wall that I covered with transparent gold leaf tissue and framed. The Lord is knocking on a door without a doorknob. After two minutes I turn around on the bed and do the other leg with my feet pointing south instead of north, again able to look at the golden picture on my wall and ponder its significance.

My exercise routine is a spiritual as well as physical exercise. The picture reminds me that the Lord is knocking at my heart, wanting to communicate and come in, but there is no doorknob. He can only enter if I open the door and let Him in.

Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me. (Revelations 3:20 NIV).

I visualize letting in the Lord so His Spirit can enter the temple of my body, and we can be one.

## Plank

After doing knee stretches, I unroll my blue yoga mat between the bed and bedroom couch. The bed and couch catch me if I lose my balance during the floor exercises. I set a timer for one minute plus a few seconds, gradually increasing the number of seconds each successive time I do the plank.

I do the plank on the yoga mat by propping myself up on my forearms and toes with my back straight in the air. I hold the plank for the entire duration of the timer, paying close attention to my breathing. I can lose my breath in that position! This strengthens my core muscles and

slenderizes my waist. The plank also works the glutes and hamstrings, supports proper posture, improves balance, and improves the digestive system, including elimination.

## Yoga Cobra

Then, while still on the yoga mat, I do a yoga cobra pose which involves lying on my stomach, bending my arms and placing my hands in front of me to each side. Then I lift up and stretch my head back like a cobra does before striking. I lift up my legs behind me simultaneously. I do this twice.

This strengthens and adds flexibility to the spine, decreases the stiffness of the lower back, stimulates the abdominal organs, and relieves menstrual pain.

## Yoga Cat and Cow

Then I do the cat and cow, a balance exercise, which involves first, balancing on my left hand and right knee and stretching the right arm straightforward and the left leg straight back or pointed up slightly. Then second, I switch and balance on my right hand and left knee and stretch out the left arm and right leg. This improves balance.

The cow strengthens the back and opens the chest. The cat stretches the abdominals and back. They limber the spine and they relieve back and neck stiffness.

## Yoga Tree Pose

Then I do a yoga tree pose. I stand and balance on one leg, bending and bringing the other to the top of my leg in front of me, tuck it on my upper leg, and hold, placing my hands together in a prayer position. I do this in front of a

full-length mirror and gaze intently at one spot to hold my balance. I do this with both legs, one after the other. I hold my position as best I can for a few seconds.

This strengthens, tones, and adds flexibility to the legs, improves concentration and balance, helps achieve better posture, and helps prevent varicose veins in the legs by improving circulation.

## Yoga Eagle Pose

Then I do the eagle pose. This involves standing, crossing my arms, and wrapping them around each other, placing the palms together. Then I cross my legs, bend the right leg slightly and wrap the left leg all the way around the front of the right leg and then behind it, hooking the right ankle, letting my left toes peek out the other side. I hold for twenty seconds or so.

Then I wrap my right leg around my left. I do this pose in front of a full-length mirror, holding my gaze on one spot to keep my balance.

The eagle pose strengthens and adds to the flexibility of the legs, tones the upper back muscles, limbers the joints, tones the abdominal muscles and organs, increases blood circulation, and develops balance and concentration.

## Yoga T-Pose

Then I do a T-pose. I stand on one leg, tilt my body forward, hold my arms straight in front of me, and balance by positioning my legs as close to right angles as possible and holding. I do the same thing on the other leg. I sometimes lose my balance while doing this pose, but the bed or couch catches me.



The T-pose strengthens, shapes, and adds flexibility to the legs, hips, chest, back, shoulders, upper arms, and neck. It firms the muscles of the upper back, abdomen, buttocks, and thighs. It limbers the joints and gives a cardiovascular workout. It increases balance, concentration, and stamina, and improves posture.

## Leaning Back and Forward

Then I put my arms over my head, reach back as far as possible and then reach forward, touching the mat in front of me, trying to bend my legs as little as possible. This increases the strength and flexibility of the spine. It helps digestion and improves circulation.

## Cho-Ku-Rei, Water, and Avoiding Headaches

I then close my session with another Cho-Ku-Rei symbol in the air with a port-de-bras gesture. Then I get a drink of water. It is important to stay hydrated, before, during, and after exercise. Water alone, which is involved in all biochemical reactions in the body, can heal many ailments, including headaches, so always get a drink of water before taking any pain reliever.

Because of past stomach ulcers, I stopped using ibuprofen altogether. I still use Tylenol sometimes but avoid it as much as possible as it can deplete glutathione and damage the liver. Dr. Rodier let me know about butterbur, which is an effective herb to prevent migraines.

At this point, my legs feel great. My knees are more limber. My back feels better. I feel more capable of maintaining good posture throughout the day. The entire exercise routine up to this point takes about 30 minutes.

## Creative Dancing

I then put on dance music and dance in front of a full-length mirror, moving creatively to the music, watching my posture, and smiling symmetrically, trying different leg and arm movements each day--spontaneity again. Dancing improves cardiovascular endurance. It improves muscle tone and strength and strengthens the bones, helping to prevent osteoporosis.

## Rotator Cuff Swing

For at least one song, I use two one-pound wrist weights on each arm and swing my arms around, slowly circling first towards each other and then away from each other. A chiropractor showed me this to prevent frozen shoulder. At one time I had frozen shoulder on my right side and could not reach out, up, or down with my right arm. Chiropractic treatment to fix it culminated with cortisone shots. Cortisone is not for every day as it has side effects, but it is a miracle at relieving inflammation. The arm swing helps strengthen my shoulder and back muscles to prevent frozen shoulder from reoccurring.

I dance through several songs. When I finish dancing, I prepare for the hot towel scrub routine.

## *The Hot Towel Scrub Ritual*

The hot towel scrub ritual is a wonderful way to prepare my body for my day. It feels awesome, like treating myself royally.

The body is sacred. In Christian philosophy, the bodies of believers are the temple of the Lord's spirit. A temple is a sacred place where God dwells.

Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?" (1 Corinthians 3:16) "know ye not that your body is the temple of the Holy Ghost which is in you?" (1 Corinthians 6:19)

Caring for the body is a spiritual duty. In caring for the body, we care for the soul as well.

Joshua Rosenthal, our chief educator at the Institute for Integrative Nutrition, encouraged us to engage in a regular spiritual practice. He even listed "develop a spiritual practice" as step twelve in his Twelve Steps to Health and Happiness and included spirituality as one of the four pillars of what he calls primary food. (See Appendix E for a list of all twelve steps.) Secondary food is what you eat. Primary food is career, physical activity, relationships, and spirituality.

Joshua describes a hot towel scrub routine in his book, "Integrative Nutrition".

The hot towel scrub is an incredible tool for relaxation, circulation and detoxification. The skin is the body's largest organ of elimination. More dead cells, toxins and waste products from the body get eliminated through the skin than through urinating and defecating. Stimulating the pores of your skin with a rubbing action allows them to eliminate better. The only thing separating you from your external environment is your skin. The hot towel scrub rejuvenates this living organ, creating a better two-way flow of sensory information between you and your environment. It's a great source of primary food because it creates a loving connection between you and your body. Also, the heat and friction helps to melt

away subcutaneous fat and break down cellulite.  
(Rosenthal, Joshua, *Integrative Nutrition*, p. 203.)

Joshua also included the hot towel scrub in the six-month coaching program for aspiring health coaches. He recommended giving our clients a washcloth to encourage them to do this simple ritual on a daily basis.

## Candle

I start this ritual by putting on serenity music, fastening up my long hair, and lighting a scented candle on the bathroom counter. A candle is a friend accompanying me throughout the routine, providing light and warmth. It makes the routine or ritual special and holy, and afterwards the whole apartment smells wonderful. You may enjoy doing the same thing.

To do this I had to overcome my fear of using matches. I was afraid I might cause a fire. I assuaged that fear by reminding myself that I was in the bathroom where I had a water source handy in case I ever needed to put out a fire, not to mention a fire extinguisher just outside the door of the bathroom. My Source urged me to use matches with the inspiration that being good with fire was an important thing to know. I started by striking a match every day and lighting two wicks in a delightful strawberry-scented candle a friend gave me. I turned off the lights and used only a night light beside the candle and, depending on the season and time of day, dim light coming through the blinds covering the bathroom window. I ran water over the extinguished match before disposing it to ensure no fire starts in the waste container.

## Towel

In the winter, I spread a towel under my feet for added warmth and softness. I keep the towel draped over my vanity chair between daily sessions.

## Washing

Then I undress and fill a washbasin with hot water. I take a clean washcloth, dip it repeatedly in the water, and wash my face, cleaning out the eyes, ears, behind the ears, and the nose. I then take a second clean washcloth, since the first is soiled (you can use a single washcloth if you prefer), and rinse my face; clean around my neck, and across and behind my shoulders. I clean my back by holding the washcloth with both hands and crossing my back with an 'X'. I wash under my arms; and massage my arms and hands, getting between the fingers. I clean around and over my breasts. I clean my waist and hips, clean and massage each leg, and wash my feet, getting between my toes. I finish by cleaning the buttocks and groin.

I do as thorough a job of washing and massaging as possible. The massaging action of the washcloth is not unlike Ayurvedic massage done by East Indian people and serves the purpose of detoxifying, strengthening, relaxing, relieving pain, and providing emotional relief.

## Anointing

Once I complete the washing, I anoint my body to fully pamper my body and prepare it for the day with sweet smelling essential oils. I apply lavender and/or tea tree essential oil with coconut oil on my hands to prevent eczema. I use Deliverance (the same as doTerra OnGuard) essential oil on my neck and under my arms to

remove sebaceous cysts and as a deodorant. I dab orange oil over my pulse point. I call orange oil my “oil of success.” Orange oil can make you feel happy.

I savor the aromas. This engenders happiness, as savoring life’s joys is one of the key activities proven by psychological research to promote well-being and happiness. You may think of additional essential oils you can use for your particular needs at this special time. Essential oils are very concentrated and have a high vibration. They are wonderful and last a long time.

In the summer of 2008, I suffered a severe depressive episode with suicide ideation. Michelle Fournier, an essential oils practitioner, performed an “emotional clearing” on me. I was able to verbalize pent-up feelings I had about previous spiritual encounters and experience empathy. A spiritual conflict rather than chemicals caused my depression at that time. This conflict shortly afterwards led me to leave my faith and explore new possibilities, which resulted in an overall improvement in my mental health.

I found empathetic individuals who had also experienced mental health conflicts in the faith of my upbringing. Changing my beliefs at that time brought me relief from a lot of pain. Though I did not want to incur the expense of doing an emotional clearing procedure regularly, it led to a relief from my depression as I progressed further along my spiritual path. My depression has never gotten as deep since.

I take the time of my hot towel scrub to feel royal and holy and connect with the Lord. I perform the routine as a ritual, prayerfully to feel the Presence of the Lord with me. Whatever your spiritual belief, you can pay reverence to your Creator.

I then put on a robe, blow out the candle, and unfasten my hair.

## *Pink Noise Ritual*

I hope that you will never need a pink noise ritual. I learned about it a couple of years after I suffered a severe ear injury. One Sunday afternoon, I was listening to a YouTube video of a speech on my computer. The speaker spoke very softly, so I turned up the volume considerably. Then a loud, screechy feedback from the microphone blasted my ears. I was so stunned afterwards I was afraid I had gone deaf. A quick check confirmed that I still had my hearing, but my ears hurt horribly.

Afterwards I had tinnitus, a constant ringing in the ears, and severe pain in my ears whenever I heard loud or even not-so-loud sounds. I visited an ear specialist, got my hearing tested, and was diagnosed with *hyperacusis* or painful sensitivity to sounds. Though I did not have enough hearing loss to require hearing aids, *hyperacusis* is actually a form of deafness, and Beethoven may have had it.

I was sensitive to every noise. The noise in restaurants bothered me so much I had to use earplugs. I had to use earplugs when using a Vitamix machine. I hated going shopping because the clanging of shopping carts gave me an earache that lasted for hours, especially in my left ear. A crowd of laughing people was intolerable, and I would leave social situations in pain. I could not listen to the radio or CD-player. I was not able to go to movies or anywhere a microphone was in use. Worst of all I was no longer able to play the piano.

In order to play the piano again, I visited an ear specialist who fitted me with a special set of earplugs professional

musicians wear to protect their ears. I also covered my piano with a fuzzy sports blanket to dampen the sound. Even with these accommodations, it was still difficult to play because the earplugs bothered my ears. The piano was often still too loud, even with earplugs.

Then one day, I bemoaned my fate to my counselor. He did some research right then on the Internet and discovered a treatment for *hyperacusis* called pink noise. Pink noise sounds like a cross between ocean waves and TV static. It is like white noise only computers generate it with a slightly different algorithm. It has the same volume in all octaves. Listening to it just above the audible level for two to eight hours a day for two years or more can improve tinnitus and hyperacusis, or so the article claimed.

I found the name of a local practitioner for pink noise on the Internet, but I was never able to contact him. Apparently, the main purpose of having a practitioner is to provide you with motivation to persist in consistent treatment. Using my own motivation principles, I was able to do this on my own. With the help of technology, I was able to administer the treatment myself. First, I listened to pink noise on YouTube. Then for a small amount of money, I downloaded an mp3 with pink noise and listened to it on my iPod.

My pink noise routine involves setting up the iPod to play pink noise and moving it from the bedroom to the office in the morning and then back to the bedroom at night so I can run it all night in my sleep. Later I decided just to use it in my bedroom to avoid the bother of transferring it daily. As I have said, routines evolve. One thing I have not tried that might be helpful is to wear a tiny mp3 player in the ears.



Has it helped? During the course of writing this, my ears have continued to improve. More than five and a half years after my accident, I was able to attend a Cinemark production pain free without using earplugs! At last! Later I performed a private “Romantic Enchantment” piano performance for my friends and family without needing earplugs! If you or a loved one has hyperacusis or tinnitus, I greatly recommend using pink noise.

## *Swimming*

After doing this exercise routine for a while, my desire to swim resurged. I journaled a long conversation about it with my Maker. I realized I was letting my fear of eczema stop me. With my lifetime of experience with eczema, I now know many ways of controlling it:

- taking evening primrose oil (GLA) supplements
- eating dandelions in my smoothies,
- using tea tree (melaleuca) oil lotion, lavender essential oil, or coconut oil
- taking lecithin granules
- soaking in black tea

I am swimming again! I have been treating my hands with coconut oil after each swim workout, and so far, I have had no eczema break out.

My recent experience with vitamin B6 has given me new hope concerning exercise. The body needs Vitamin B6 for the production of endorphins and for protein synthesis. Bodybuilding requires protein synthesis. It could be that a lifelong shortage of this nutrient has affected my body's ability to rebuild and increase muscle after strength training exercises and to feel a “runner's high” after a workout. I think I can evolve my exercise routine further

with greater vigor, now that I have corrected a serious vitamin deficiency.

In the next chapter I will discuss setting up a vision board.

# Chapter 8.

## TAPPING, VISION BOARDS, PRAYING, AND SINGING



### *Tapping and Vision Boards*

The path to vibrant joy requires more than just good nutrition; it also involves reprogramming the mind. I discovered two very powerful techniques that I combined to remove blocks to achieving my goals. They are tapping or Emotional Freedom Technique (EFT) and vision boards.

To be honest, I did not get off to a smooth start with tapping. My mother first showed me how to do it, then an associate at Toastmasters showed me again. I tapped too close to my eye and caused it to go into spasms. I ceased tapping after that. I noticed the method repeatedly in my studies and extra-reading. Dr. Joseph Mercola, D.O. recommended the technique. (<http://eft.mercola.com/>) We even studied EFT in a focus class at the Institute for Integrative Nutrition. Therefore, I decided to give it another whirl. The technique is so powerful, I am glad I did not let a temporary setback stop me permanently. I had to be sure, though, to tap far enough away from the eye. Let me explain how it is done.

Tapping is a combination of ancient Chinese acupressure and modern psychology.

(<http://www.thetappingsolution.com>) Tap on your acupressure meridians. Vocalizing affirmations while tapping with two or three fingers of one or both hands on your meridians reduces your internal resistance to what is being vocalized. You speak to your subconscious, which you must do for permanent, automatic change.

Most practitioners recommend that you tap on each meridian, and affirm, “I deeply and completely love and accept myself. Using an affirmation like this can be very powerful. Why? Self-love is key to transformation and losing weight. I am not talking about narcissism, which is a psychological disorder. People equate self-love to pride, but it is a *healthy* pride, not the selfish, corroding pride referred to in the Bible (See Psalms 10). I am talking about respect for yourself. In order to lose weight, we must love weight off our bodies. Our inner critic can be too harsh, stopping us in our progress of losing weight or *any* goal for that matter. Affirming your love for yourself while tapping sends the message to your subconscious and lowers your resistance to it.

Louise Hay, known as the Queen of Affirmations, died August 30, 2017 at age 90. She taught me how important self-love is to physical health and relationships. It is only through self-love that we can become truly giving in relationships. Louise was in destructive relationships for many years, but after she learned to love herself, she would not allow people to abuse her. Then no one in her life would think of abusing her. Michael, the owner of Levitate Online, introduced me to Louise Hay’s book, *“You Can Heal Your Life”*. You may benefit from one of her guided meditations.

For more information and support on tapping, consult Nick Ortner, a popular proponent of tapping. His videos, e-books, and articles are available on the Web. Consider

getting on his mailing list. Consider watching Nick Ortner work with Louise Hay to demonstrate a tapping session to overcome childhood fears and blocks.

(<https://www.youtube.com/watch?v=YJRfMB7E2CE>)

By tapping firmly with the index, middle, and possibly ring fingers on the karate chop point on the hand, then on the crown of the head, then on the inner corner of each brow, at the outer sides of both eyes, under the eyes, under the nose, under the lips, on the collar bones, under the arms, on the inside of the wrists, and then on each finger, starting on one hand and tapping on the inner side of the thumb, index finger, middle finger, ring finger, and little finger and then doing the other hand similarly, you can go through the process of increasing self-love and focusing on your vision board.

Following the suggestions of Kirk Duncan, a local presenter on transformational topics, I created and hung up two vision boards on my bedroom wall, each an 8.5" X 11" sheet of paper with nine images arranged in a tic-tac-toe fashion. I created the vision boards using PagePlus, a Serif desktop publishing program for Windows I have used for years, including for my cookbook: [\*KaeLyn's Korner Kitchen: Complete Meals for the Healthy Minded\*](#).

Each of the eighteen images represents something about one of my goals. I display a caption underneath each image and also show the date I added each image to the board. As my vision of what I want changes and as I accomplish goals, I update these boards to reflect my highest aspirations.

## Law of Attraction

You may be familiar with the principles of the Law of Attraction. What you mentally focus on is what you get. If you focus on what you do not desire, you will get that. To

get what you desire, you must come from a state of abundance rather than want, lack, or covetousness.

A vision board helps you focus on what you want, and tapping while simultaneously viewing and focusing on what you want is very powerful. Though I have images of *things* I want on my vision boards, most of my images represent achievements I want, achievements that require frequent *actions*.

## Weight Loss

I put my weight loss goal as one item on my vision board--and kept it there after achieving it--to work on maintaining it. Another goal is to look great in a bathing suit, so I pasted a picture of a model in a bathing suit who looks a bit like me on my board. While looking at the picture, my boyfriend even said, "Isn't that you there in the swimsuit?"

## Exercise

Another image on my board is a person doing the eagle pose, representing my goal to be consistent with my exercise ritual. Dancing creatively is another one of my goals. I do it as much for the joy of it as for the physical exercise.

## Food Log

I pasted a screen print of my food log that reminds me to consistently use my food app.

## Work Goal

You may want to add a work goal you wish to achieve to your vision board. Until I got [JV Life Tracker on Google Play](#), I had an image of my JV Life Tracker icon, a sunflower, which reminded me to use and program my

app. I chose a sunflower for my JV Life Tracker icon partly because I like it, because the orange-yellow color is eye-catching, and because it is Michael's favorite flower. Michael encouraged me to program JV Life Tracker in the first place.

## Images

You can find images on the Web by Googling your key words and the keyword "images".

## Affirmations

As I tap on the meridians, I focus and express gratitude for each image on the board, even for those that will take further effort. I vocalize, "I deeply and completely love and accept myself". Sometimes I repeat all eighteen items. There is one little finger left over at the end of my routine. I tap on that finger that I intend to be happy or I am grateful to be happy and again vocalize, "I deeply and completely love and accept myself".

## Multi-tasking

Relaxing while tapping can lower your cortisol or stress hormone levels. You may have heard that multi-tasking does not work for humans. We do tend to multi-task too much and stress ourselves out. But multi-tasking can be very effective if it is done in a controlled fashion. It can even be relaxing. We actually multi-task all the time by doing many tasks, including breathing, with our subconscious mind while we are thinking or doing things consciously.

You do not want to multi-task just any set of tasks together. Relaxing, tapping on your meridians, vocalizing affirmations, visualizing success, focusing on your goals, removing the blocks to achieving them, creating self-love, removing self-doubt, silencing the inner critic, becoming

more satisfied with your life, and reprogramming the subconscious mind—all while breathing and possibly even walking--work together.

## Removing Blocks

By tapping with my vision board, I remove the blocks to making progress. I tap out the self-criticism that keeps me from achieving my goals. I have found that no amount of threatening, rebuking, correcting, controlling, covenanting with, chiding, or promising myself will encourage me. Only with the help of God and the power of loving God, others, and myself can I encourage myself to do things. I had the goal of writing this book on my Top 500. I had it in Goalscape. I had written about it to Michael who gave me the idea of writing it to begin with. However, it still was not getting a good start. I put it on my vision board and tapped away my resistance to working on it. Then I started really making progress.

## *Tapping for Posture*

Since achieving my ideal weight, my posture has been my most significant beauty challenge. I learned from 43 Things.com, a once popular social media goal site, that thousands people have the goal to “have better posture.” Posture shows self-confidence.

Posture is mostly habit. Poor posture can *cause* physical problems. It is possible to address self-confidence issues with the tapping technique by tapping away limiting beliefs about ourselves. I have also used affirmations for my posture. I have chosen to combine these affirmations with tapping for even greater effectiveness. The subconscious largely controls posture. It is simply not possible to be constantly consciously aware of what we are doing with our posture. To address issues, it is



necessary to retrain the sub-conscious to habits of better posture. I have made some improvement, but I need ongoing effort to overcome years of bad habits, which have affected me physically.

I designed a fifty-day campaign. I did back exercises, tapped for posture, and did posture exercises. After an almost perfectly consistent effort for fifty days, I printed out a dated certificate of achievement from Joyful Vibrance LLC with my company logo, and hung it on my wall. You may enjoy giving clients, family, and friends, or yourself, certificates for completing similar programs.

Here is my tapping program for good posture:

### Crown of Head

A puppet string pulls me up from the top of my head.

### Eyebrows

I correct my posture whenever I see the color red. (This affirmation has not been strong enough to get me to correct *every* time I see red, but I do remember to do it often.)

### Outside of Eye

How beautiful I already am with correct posture!

### Under Eye

I am tall.

### Above Lip

I keep my back straight and bend over with hip hinging.

## Chin

My neck is elongated and relaxed. My chin is tucked.

## Collar Bone

My chest is up.

## Under Arms (one at a time)

My shoulders are back and down.

## Inside Wrist (then stretching out my arms)

I stretch out my arms and let them drop. This is the correct shoulder position.

Then I stretch out my arms, let them drop, and feel the position of my shoulders. I am beginning to notice an improvement in my posture.

## *Tapping for Sugar Cravings*

Tapping applications are endless. Another effective possibility is tapping away a sugar craving. To do this, vocalize the feelings associated with the craving while tapping, check the intensity of the craving after each round, and slowly affirm the reduction of the intensity of the cravings with each round of tapping. There are videos on YouTube to help you with this. Search for “tapping sugar cravings”. Though tapping for sugar cravings can be temporarily effective, I think the key to eliminating cravings altogether is to increase the amount of non-sugary, healthy fat in the diet.

## Praying

I spend fifteen minutes or more with the Lord in prayer. My bedroom is my prayer closet. I watched the Christian movie, *War Room* and though it inspired me to pray mightily, it did not motivate me to convert my small clothes closet for praying. I learned that the word for 'closet' in the New Testament translates as 'inner chamber', which can be a bedroom or other inner room in my apartment. I often close the door and spend time with the Lord in secret. I may journal a conversation with the Lord or I may walk and pray for a while, pouring out my heart and spiritually listening for answers.

## *Singing (and More Praying)*

I then sing and walk. Singing improves mood. It also improves the voice. Eating a small portion of pineapple improves my singing voice and provides bromelain, a needed digestive enzyme. Abstaining from dairy is also good for the voice. I used to sing in as many as three choirs. Now that I do not do that, I need a regular singing routine in order to keep in shape. I sing a song I made up with the words, "I have confidence in me. I have confidence in me. I do, I do, I do, I do. I have confidence in me!" I follow that immediately by singing, "A Dream is a Wish Your Heart Makes" from Walt Disney's *Cinderella*, a song about believing in your dreams persistently. "No matter how your heart is grieving, if you keep on believing, the dream that you wish will come true."

Then I sing spontaneously, making up my own tunes, poems, and prayers on the spot. Sometimes I even record my tunes and share them. This is one way I express my creativity and build my faith in the Lord.

## Chief Aims

Feeling good, having “joyful vibrance,” is one of my chief aims. Feeling good supports every other goal in my life. My goal has been to banish the effects of clinical depression and mania in my life forever.

If your chief aim is a huge project, put it on your vision board. Tap out your resistance to working on it. Tap away the fears and self-doubts that stop you from achieving what you most want to do. Tap away your disempowering beliefs, and tap in the belief that you can make your life amazing. Our beliefs and the meanings we attach to events and things in our lives have great power to enhance or sap our energy. Tap in the self-love that you desperately need in order to achieve whatever your heart is set on. Self-love may be called ‘pride’ by others, but do not let that stop you. Do not let anyone’s criticism stop you. Do not let the *fear* of criticism stop you. Realize that if someone is paying attention to you, it is a compliment! Learn from criticism, and know deep down inside that “The Force” is with you.

Realize that Source will not always guide you directly to what you think you want, but if you allow it, I believe your Maker will guide you to what works beautifully in the Creator’s master plan for all. I believe the destiny of humanity is beautiful. I meditate on images of the Holy City described in the Bible, visualizing gates of a single huge pearl, streets paved with gold, pinnacles of rubies, and foundations of a dozen precious stones. I believe people will eventually choose life over death, bringing humanity to a glorious destination. It is my hope for all, not just for myself, that keeps me going. Pessimism abounds, but optimism brings the most happiness as discovered in Sonya Lyubomirsky’s research. I keep singing Walt Disney’s “A Dream is a Wish Your Heart Makes” to remind me to have faith in my dreams. (Walt Disney happens to be another one of my heroes.) Though

I do not believe that life will turn out just as I envision, I know God has a purpose in what I am doing and that He will see fit to use my talents for His ends.

I feel my purpose in life is to model my life after Jesus Christ and accomplish the sort of things He was able to do: teaching, speaking, healing, forgiving and teaching others to forgive themselves and others, inspiring and encouraging, loving and teaching people to love themselves and others, and even saving others from overindulging in addictive substances.

You too may have found your purpose in life through connection with your Creator and burn with the desire to share a message with others and live your life in an exemplary way. You may have dedicated your heart to God, become saved, and decided to follow a path of testifying to others, helping others to find a better life. I applaud your efforts. I want to join your good cause. I want to help build the impetus behind your transformation. I know that if you are not happy with your body image, if your mood and energy sags, you will not be as effective. So join my cause of joyful vibrance as well, and together we will create synergy.

# Chapter 9.

## EATING TO IMPROVE THE WAY YOU FEEL



Food influences the way we feel, whether it is to increase joy or raise our energy. As we all know, sometimes eating does *not* bring vibrant joy, in the short or long term. Though breakfast is the most important meal of the day, Dr. Joseph Mercola, D.O., a prolific natural health blogger, describes the benefits of intermittent fasting as a way of controlling calorie intake, resetting the metabolism, and even preventing cancer. Ideally, consume all your food for a day in an eight-hour window, eating nothing later than three hours before bedtime. You may want to delay breakfast until 10:30 AM or even until noon. Fast for about fifteen hours between dinner and breakfast or even longer. I eat supper at 4:30 PM and as much as possible fast from 5 PM to 9:30 AM the next day.

Whatever time of day you break your fast, eating something nutritious is paramount. More and more people are discovering the benefits of starting the day with a green drink. Investigators have found green smoothies to improve health more than any other single dietary modification. Following the work of Victoria Boutenko and her son Sergei Boutenko, I learned that green smoothies reduce inflammation, which is involved in nearly all diseases. They can also help you lose weight.

I add a source of omega-3 fatty acids to my green smoothies, and insure that they have an adequate though not excessive supply of protein to make them super-effective at getting me to and keeping me at my ideal weight.

Variety in your diet is very important. That being said, I think it is important to have at least one meal you are really good at making that you always keep supplies on hand for. Then you can do that meal any time you need it, and you will not find yourself turning to fast food, microwave dinners, or getting hungry. You can do variations to avoid getting bored. That meal should be extremely nutritious, economical, and fairly fast and easy to make.

If you do not already own a Vitamix (<http://www.vitamix.com>), Blendtec, or some other heavy-duty blender, consider investing in one. They can cost several hundred dollars, but considering that you will use them virtually every day, they are well worth the cost. I got my Vitamix at Costco. To minimize my possessions and simplify my life, I retired my old conventional blender to a thrift store.

You will also want to invest in an electronic digital kitchen scale, which simplifies measurements and allows you to do them more accurately. I use a Tanita kitchen scale, which measures to the nearest gram. In addition, I use a tiny Escali scale, which measures to the nearest tenth of a gram. Though it will not handle more than 500 grams total weight, it is especially useful in measuring salt and fats where the difference of a gram can be substantial. When I design recipes, I use weight measurements for almost everything rather than volume measurements, which require messy measuring cups and are not as accurate.

Our bodies need a whole array of nutrients to function properly. Modern farming and manufacturing practices make it difficult to get all of these nutrients in the most effective amounts. I will show you a private recipe that will make getting the energy you need on a daily basis a snap. I am going to share my kale-hummus energy drink. Unlike popular caffeinated energy drinks, this drink is good for you!

Use as far as possible, organic ingredients. Organic ingredients have fewer toxins, including fewer pesticide residues. Pesticides clog the liver, the organ responsible for our metabolism. Getting pesticides out of your diet can improve your health, including your mental health, in a host of ways, many of them not obvious at first. You will see results over time. I know I have. Detoxifying the liver with fresh, natural, organic ingredients frees it to do its job more smoothly and produce the boundless energy we want in our lives.

Before I present my drink, I must warn you that it is quite high in copper. If too much copper causes your mental health condition, you can either take a zinc supplement or avoid it altogether, depending on the severity of your condition. Vegan diets tend to balance copper and zinc on the copper side. If you are vegan or too much copper causes your mental health condition, you may want to consider eating some animal products.

### *Basic Recipe for Energy Drink*

3 1/2 ounces (preferably organic) hummus

Juice of one lemon (preferably fresh)

1 ounce raw organic chia seeds



4 ounces fresh organic greens

2 grams sea salt

3 cups filtered water

Blend in Vitamix or heavy-duty blender until smooth.

## Hummus

First, start with three and a half ounces of hummus. Use organic hummus whenever possible. Organic hummus contains sea salt, which has sodium, chloride, magnesium, calcium, sulfur, phosphorus, bromine, boron, zinc, iron, manganese, copper, and silicon--an impressive array of minerals not found in processed salt. The processing of salt strips it of everything except sodium, chloride and some added iodine. Hummus has garbanzo beans, sesame seed paste, olive oil, garlic, lemon juice, and salt.

## Garbanzo Beans

Garbanzo beans are an excellent source of dietary fiber, folate, iron, manganese, and silicon. Silicon, an overlooked element in the nutritional arsenal, is an important beautifying element. David Wolfe, a raw foodist, in *Eating For Beauty* describes the benefits of silicon, which include insulating the body, keeping the blood warm, directing the flow of electricity of the electrolytes in the blood, and providing elasticity to the cell walls of arteries.

Garbanzo beans are a good source of folate, which is a critically important nutrient, which befits your mood and energy. Folate is a critical part of the methionine cycle. It works with vitamin B12 to convert homocysteine back to

methionine, preventing the buildup of homocysteine. A buildup of homocysteine can harm the heart and cause Alzheimer's disease. Again, see a qualified practitioner to help you determine what level of folate is right for you.

## Sesame Seeds

Sesame seeds have many health benefits, including a lot of fiber and magnesium. This drink, as a whole, without its optional ingredients has 86% of a recommended daily allowance of magnesium supplied by several of the ingredients, not just the sesame seeds.

**Olive Oil.** Olive oil forms the basis of the world-famous, longevity-producing Mediterranean diet. Olive oil contains beautifying, heart-healthy monounsaturated fat. Omega-6 fatty acids, though essential to the body, can cause inflammation if consumed in excess amounts. Olive oil has less omega-6 fat than other vegetable oils and more monounsaturated fat. Monounsaturated fat has a neutral effect on inflammation. Olive oil, even organic olive oil, is inexpensive per calorie.

## Garlic

The allicin in garlic benefits the heart, improves the immune system, and protects against fungal infections and even cancer. It may be hard on your breath, but there is not a lot of garlic in this recipe. Garlic improves the flavor of the drink. After using hummus for a while, I noticed that the garlic in my green smoothies causes me throat irritation, so I have cut out the commercial hummus and used garlic-free homemade hummus instead. This has gone a long way towards satisfying the intention I had earlier of healing my throat. I will mention how to do this in just a bit.

## Lemon

Lemon has many antioxidants and immune boosting properties. I love the taste of it!

The second ingredient in the green drink is lemon juice, about the amount in one lemon. The main purpose of the lemon juice is to enhance the flavor of the drink. I have accidentally made the drink without extra lemon juice, and I do not recommend it! Lemon itself is highly nutritious, as I mentioned, containing 32 different antioxidants. I found a list of them, so bear with me while I list them.

Lemons contain the antioxidants:

- ascorbic-acid – vitamin C
- beta-carotene – a form of vitamin A
- beta-sitosterol
- caffeic-acid
- caffeine
- campesterol
- camphene
- citral
- diosmin
- ferulic-acid
- gamma-terpinene
- hesperidin
- isorhamnetin
- isovitexin
- linalyl-acetate
- lutein
- luteolin
- myrcene
- naringenin
- naringin

- neohesperidin
- p-coumaric-acid
- quercetin
- riboflavin
- rutin
- scopoletin
- sinapic-acid
- stigmasterol
- tangeretin
- terpinen-4-ol
- terpinolene
- thymol

These antioxidants work together synergistically to benefit our health. I am very enthusiastic about the healing power of lemons. Lemons are a natural medicine.

James Lind discovered citrus fruit to be capable of curing and preventing scurvy in 1747. Citrus fruits are not just high in vitamin C, though that is very important. They have a plethora of phytochemicals that work as co-factors with vitamin C to make it more effective.

I have experimented with using fresh lemons--either citrus juiced or just peeled--or commercial lemon juice. Bottled lemon juice is more convenient and less expensive, but it contains preservatives, sodium benzoate, sodium metabisulfite, and sodium sulfite, that you probably do not want in your body. If possible, use fresh lemon juice for better flavor and nutrition. Fresh, raw lemon juice will provide the maximum potency of its phytochemicals, including vitamin C. If you are using very large lemons, you can use half a lemon and make two drinks with it to save money. Organic lemons are great, but since lemons are not one of the “dirty dozen”, it is not critical to buy them organically. To find a list of

foods that comprise the “dirty dozen,” Google “dirty dozen organic.” Also, look for the “clean fifteen” which are relatively safe to buy conventionally. If you cannot buy lemons, and it has happened to me, using two limes will work.

## Chia Seeds

The third ingredient is one ounce of chia seeds. Chia seeds thicken the drink and provide powerful nutrition including omega-3 fatty acids, calcium, magnesium, manganese, iron, selenium, copper, and fiber. Chia seeds have a very high ratio of omega-3 fatty acids to omega-6 fatty acids compared to most nuts and seeds, making them a good daily choice.

Chia seeds have omega-3 fatty acids in the form of ALA (alpha linolenic acid) which can be converted by the body to long-chain omega-3 fatty acids, first to EPA (eicosapentaenoic acid) and then to DHA (docosahexaenoic acid). Curcumin and vitamin B6 facilitate this conversion.

It is helpful to include some source of omega-3 fatty acids in every meal. Sources of omega-3 fatty acids include fish oil; krill oil; walnuts; fatty fish such as salmon, sardines, mackerel, or herring; chia seeds, hemp seeds; flaxseeds; even organic eggs etc. John Gabriel who lost over two hundred pounds using *The Gabriel Method* says that key factors in his weight loss are including protein, a source of omega-3 fatty acids, and live food in every meal. The green drink I am describing follows these recommendations.

Cronometer.com has an omega-6/omega-3 balance gauge. Beware that not all the foods in the database have

omega-3 and 6 values. Select mostly whole foods for which these values are available.

## Greens

Most important is the fourth ingredient, four whole ounces of kale or power greens, a combination of spinach, kale, and chard. These are live superfoods and some of the best you can choose in nutrient density. You can use more greens if you wish and/or use collards, beet greens, mustard greens, Romaine lettuce, Swiss chard, etc. I use up to eight ounces of greens or even more. I sometimes also add a combination of broccoli, cabbage, celery, cucumber, or zucchini in varying amounts for variety and satiety. That guarantees that my drink will be less than one calorie per gram, even without the added water. Celery and cucumber, especially, get the drink to taste better.

Kale is a leafy green and a cruciferous vegetable, a member of the cabbage family. It has an amazingly complete nutritional profile, rich in dietary fiber, amino acids, vitamin A, vitamin C, vitamin K, thiamine, riboflavin, niacin, folate, vitamin B6, magnesium, sulfur, potassium, calcium, manganese, iron, and copper. Notice I did not say zinc. There is some zinc in kale, but it is a weaker player. As I have mentioned, getting the right ratio of zinc to copper can be difficult in a vegan diet. Cronometer.com has a zinc/copper balance gauge that can help you balance these two crucial nutrients in your diet.

Kale and all cruciferous vegetables contain indoles, such as indole-3-carbinol, which prevent breast and prostate cancer. Indoles are biochemically related to l-tryptophan. Though humans do not directly make l-tryptophan out of indoles, l-tryptophan breaks down into indoles. Indoles

in cabbages can positively affect your mood. According to Duke's phytochemical database, there are 41 different cancer-fighting phytochemicals in kale. There are 77 different cancer fighting phytochemicals in cabbage.

Some people advise against using cabbages because they can depress the thyroid. I have thyroid issues of my own, but I believe lithium causes them. I believe the cancer-preventing benefit of cabbage trumps the possible thyroid trouble you may have. Moderation with cabbage is of course necessary, but that is true for virtually every food. You may wonder if I have ever had cancer. The answer is "no." I have had a colonoscopy, and there were no polyps detected. Whether this is because I have long eaten cabbages, I do not know, but I am going to keep eating them.

Spinach and kale contain lutein and zeaxanthin, which help prevent the eye conditions of cataracts and macular degeneration. When purchasing greens, check the expiration date and find the latest date possible.

## Sea Salt

The fifth and very important ingredient of the green drink is sea salt. Depression can result from too little salt in the diet. I use Himalayan pink salt which is one of the most delicious and nutritious salts available. It contains 84 different minerals, including all those I listed for sea salt, and gold, making it very valuable! I have heard that Redmond Real Ancient Sea Salt from Utah is also very nutritious and clean. Refined, processed salt can be a poison and contains anti-caking additives you do not want. Minimize it in your diet.

(<http://themedadow.com/pages/minerals-in-himalayan-pink-salt-spectral-analysis>).

## Water

The last ingredient is three or more cups of filtered water. Water is crucial to life. We need it internally and externally. Externally, it washes away toxins that collect on our skin, promoting our health. Internally, it helps us stay slimmer, boosts energy, lowers stress, builds muscle tone, nourishes skin, helps us stay regular, and reduces kidney stones, and that's only the beginning of its resume! Twenty-four fluid ounces is a good start towards meeting your hydration needs for the day. Almost everyone who writes about water says to drink about eight cups of water a day. I actually drink far more than that. Doing that may cause some mineral loss, but I need to because of the thirst lithium causes. Counselors at Weight Loss Clinic advised me to drink a gallon a day. More water (more than eight glasses a day) is needed while reducing or cleansing to flush out toxins. Again, do what is right for you.

Dr. Batmanghelidj says, "You're not sick; you're thirsty. Don't treat thirst with medication"

(<http://www.watercure.com/>). Joshua Rosenthal mentioned Dr. Batmanghelidj's work when introducing the first of his "Twelve Steps to Health and Happiness": drink more water. (I have listed his twelve steps in Appendix E.) As I have already mentioned, water can cure a headache. Water is a miracle cure for many other things, which I will not take the time to list because it is everything. You have probably heard that you should take in plenty of fluids while sick. I suggest taking in plenty of fluids while "well" also as our bodies are constantly in need of healing.

If you are contemplating bariatric surgery, be aware that it can cause you to have difficulties taking in enough water, which can leave you dehydrated, and sick. Before



resorting to surgery, do your best to implement the principles in this book. Your body image, energy, and mood will improve.

The Institute for Integrative Nutrition presented us with a delightful bright red stainless steel water bottle in our welcome packages. I was slow to catch on at first, but I later bought several other stainless steel water bottles and a stainless steel thermos to replace plastic water containers, which can cause purified water to leech endocrine disruptors from the plastic. I presented my boyfriend with a 32 fluid-ounce stainless steel Klean Kanteen thermos for Christmas. He was also slow to catch on but later started using it to keep his drinks cool. Endocrine disruptors from plastic do not cause instant symptoms. Like food sensitivities, they cause symptoms that are hard to pin point. I hope you will trust the experts that they can cause damage and aim to use less plastic as your food and drink containers.

Another cool thing that happened when I visited Michael's video studio is that I noticed he had put words on his water container: love, joy, peace, hope, etc. I remarked on that, and he mentioned the finding that water structure actually responds to positive words. I later put "Peace," "Joy," "Hope," and "Love" stickers on my stainless steel thermos.

Blend all the ingredients in the green drink in the Vitamix until smooth, relax, and drink it throughout your morning. If you cannot drink it all at once, that is understandable.

Oh, before we continue, let me give you another version of the green drink recipe. Below is the recipe for the homemade hummus version.

## *Kale (or Spinach) Energy Drink with Homemade Hummus*

Energy. Economy. Efficiency

Vegan, Zone-balanced, Hypoallergenic, Only Five Grams  
of Sugar, High-fiber, Soy-free, Gluten-free, Dairy-free,  
Peanut-free, Egg-free, Corn-free

- .15-.45 ounce (1-3 teaspoons) organic extra virgin olive oil
- .25-.40 ounces raw, organic sesame seeds
- 1 ounce raw, organic chia seeds
- 3 ounces cooked, unsalted, organic garbanzo beans (optional)
- 2 grams Himalayan pink salt
- 1 clove peeled fresh garlic (optional, but be sure to flavor it with something else if you leave it out)
- 1 peeled fresh lemon (1/2 of a very large lemon may be enough)
- 4-8 ounces raw organic baby kale (or spinach, chard, kale blend or other greens)
- 3 cups filtered water

More optional ingredients:

Cucumber, cabbage, zucchini, celery, cayenne pepper, Echinacea, curcumin, curry powder, turmeric, ginger root, nutmeg, onion, basil, oregano, rosemary, additional sea salt, MSM, stevia, TMG, digestive enzymes, or whatever else suits your specific needs and tastes.

Directions:

Combine ingredients in a heavy-duty blender or Vitamix, working up to high speed. Use the tamper stick if necessary. Blend until very smooth. Omit the garbanzo beans if you desire a lighter or 100% raw vegan meal.

This energy drink is rich in two crucial minerals: magnesium (Mg) and potassium (K), so I sometimes call it my KM Energy Drink. My initials are KM. You can take magnesium to treat migraine headaches, constipation, nervousness, heart problems, insomnia, etc. It also improves bone health and cholesterol levels. Potassium prevents cramps, regulates blood pressure, protects the brain, etc.

## *Adding Herbs and Supplements*

Optionally you can experiment by adding small amounts of herbs, spices, supplements, and superfoods to your green drink. Let us call the process “homemade enrichment”. Using different combinations each time, a world of possibilities is out there.

Here are some healing foods I use.

## *Digestive Enzymes*

As we get older, we produce fewer digestive enzymes naturally. Now that I am over 50 and not able to produce enzymes as well as I could when I was younger, adding digestive enzymes works for me. If this drink gets at all difficult to digest, consider taking digestive enzymes before eating or mixing digestive enzymes in the drink itself. You do not want to waste any of the nutrition this nutrient dense food provides.

## Stevia

To add a little sweetness, try a pinch of green stevia. Stevia is a sweetener that causes a minimum of harm. Green stevia in contrast to white stevia has an herby taste. For this reason, you may not want it in your sweet, fruit-flavored drinks. However, in a more bitter-tasting green drink it is just fine. You do not want to add too much or you will ruin the flavor, but a pinch will sweeten it nicely.

If you wish to switch the main taste of the drink from salty to sweet, you can cut back on the sea salt. (Perhaps just use .6 grams.) Then add 1 ½ teaspoons or one gram of green stevia. Do this with the homemade hummus version (see below), preferably without garbanzo beans.

## Cayenne Pepper

One spice I particularly like is a dash of cayenne pepper. I have discovered that adding just one dash of cayenne pepper to my green drinks improves their palatability. Really! It makes the drinks exciting rather being a little flat. If your diet eliminates all nightshade vegetables, such as tomatoes, eggplant, peppers, and potatoes, this may not work for you, but have an open mind. Cayenne pepper enhances the salty taste of the drink, making it unnecessary to use so much salt.

Himalayan pink salt, spinach, chard, kale, lemon juice, black pepper, and cayenne pepper in these green drinks stimulate the production of hydrochloric acid in the stomach, which starts the digestion process and provides the acidity needed to absorb vitamin B12, (which you may want to take separately as there is no vitamin B12 in this drink).

Contrary to what many people believe, heartburn is usually caused by too little stomach acid rather than too much. Your stomach handles a low pH. Heartburn occurs when stomach acid refluxes back up your esophagus or goes into the duodenum.

You can also enhance your stomach acid by preceding a meal with a glass of water with two teaspoons of raw, organic, unfiltered apple cider vinegar with the “mother” and the same amount of lemon juice to improve its flavor. People use this remedy inexpensively for a host of conditions. I find its taste to be just fine and taking it relieves my contracted feelings and can even relieve a stomachache. You probably will not need vinegar before a green drink though because the ingredients in the shake naturally stimulate hydrochloric acid.

Cayenne pepper’s many health benefits include: 1) pain management, 2) detoxification, 3) digestion, and 4) disease prevention.

## Curcumin

One supplement I often add is a capsule of curcumin. Curcumin is the active ingredient in turmeric. It can improve the conversion of short chain ALA into long chain omega-3 fatty acids, which is typically a slow process, making it more realistic to follow a diet without using fish or fish oil. Since the omega-3 fatty acids in this vegan drink are in the form of ALA rather than EPA and DHA, it is wise to include an agent that increases their rate of conversion to long chain omega-3 fatty acids. Again, vitamin B6 is also involved in making this conversion. (Vitamin B6 shows up everywhere.) Personally, I think it is still wise to use fish oil and fish in my diet as well, but curcumin may make it unnecessary to consume as much.

Curcumin as I mentioned, can also ameliorate the negative side effects of taking l-tryptophan, though you will not need much l-tryptophan if you have enough vitamin B6. Curcumin inhibits interferon induced nuclear factor kappa-B and COX-2 expression, which limits the tryptophan-degrading enzyme IDO (indoleamine 2, 3-dioxygenase). This makes more tryptophan available for conversion to serotonin.

Curcumin can improve the body's ability to produce glutathione. Glutathione is the body's master antioxidant and is involved in the body's detoxification processes, immune system, and DNA repair. Improved glutathione status can relieve chronic fatigue symptoms and improve mood. Curcumin turns on a gene that is used to produce the enzyme GCL -- glutamate-cysteine ligase that catalyzes the bonding of the amino acids cysteine and glutamate together in the production of glutathione before attaching a third amino acid: glycine. The body needs this enzyme at a rate-limiting step. It is not effective to get glutathione directly from the diet or supplementation, so the body's ability to make it is very important.

To produce glutathione effectively, the body needs vitamin B6 at least twice along the path to converting homocysteine to cysteine, which is later made into glutathione. Using this pathway, which is part of the methionine cycle, will also result in a reduction in homocysteine levels, with the above-mentioned benefits.

Curcumin affects the taste of the green drink, positively I believe. Add a dash of black pepper as well to increase the absorption of curcumin. My curcumin supplement already has black pepper added. Curcumin is a bit pricey, but I think it is worth it, especially with this green drink.

## Curry Powder

A few dashes of curry powder will add to the taste of a green drink. It is possible to overdo, so be careful. Curry powder is a favorite in Indian cuisine. It contains turmeric, which in turn contains curcumin though you are probably not going to add enough curcumin that way for it to be therapeutically effective. See above about adding curcumin for that.

## Ginger

A touch of ginger, or even better, fresh ginger root, can add flavor and nutrition. Ginger is effective against nausea and motion sickness, including nausea from pregnancy, seasickness, and chemotherapy. Ginger has many health benefits, some of them unique to ginger. Recent research has found ginger to improve blood markers important to diabetics. For instance, it can improve HbA1c levels. HbA1c levels show how glycosylated red blood cells are, an indication of how controlled your blood sugar has been on the average over the last period of 8-12 weeks. Ginger is especially good in berry drinks. Berry drinks are beyond the scope of this book, but I highly encourage them.

(<https://authoritynutrition.com/11-proven-benefits-of-ginger/>)

## Nutmeg

I have rediscovered the benefits and taste of nutmeg recently. I have had nutmeg in my spice cabinet for years without much use. I recently started putting it in my green smoothies with great results. Benefits include oral health, elimination of bad breath, pain relief, detoxification, digestive health, brain health, etc. Do not use nutmeg in large amounts.

<https://www.organicfacts.net/health-benefits/herbs-and-spices/nutmeg.html>)

## Oregano and Basil

Oregano can improve the taste of a green drink when added with onion. Oregano also comes with a list of health benefits. I have tried adding fresh basil as well. Limit yourself to a single leaf or the flavor of basil will be too strong.

<http://articles.mercola.com/sites/articles/archive/2014/02/01/oregano-health-benefits.aspx>)

## Rosemary

I like adding a pinch of rosemary twigs to the mix. According to the World's Healthiest Foods, rosemary stimulates the immune system, increases circulation, and improves digestion. It contains anti-inflammatory compounds that may make it useful for reducing the severity of asthma attacks. Rosemary increases blood flow to the head and brain, improving concentration. Rosemary even has phytonutrients that help prevent cancer. The scent of rosemary oil can boost your mood and energy levels.

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=75>)

## MSM

I have also put MSM (methyl-sulfonyl-methane) in my drinks for joint health and beautifying. MSM is a great source of organic sulfur. I once bought several bottles of 1500 mg MSM pills, but they were too large for me to swallow with my narrow throat. I had an endoscopy for



some throat issues, and my gastroenterologist said he could widen my throat during the process. When he got to the point of doing the procedure, he could not insert the tool to widen the throat it was so narrow!

I had MSM for years and never finished taking it. Then I decided to powder the pills with the Vitamix in a green drink. I added a little stevia for sweetness with some MSM. It adds bitterness to the drink, but to me it is still edible.

MSM provides organic sulfur, which is necessary for the body to make glutathione, the body's master antioxidant. As I said, anything capable of increasing glutathione is worth considering. MSM is an anti-inflammatory that improves skin complexion and joint flexibility, detoxifies the body, strengthens the hair, nails, and the enamel of teeth, accelerates healing, and naturally increases energy.

## TMG

TMG (trimethylglycine) dissolves well and has almost no taste. You can add TMG to the drink too. As I mentioned earlier, TMG enables a pathway that recycles homocysteine back to SAMe. It is far less expensive than SAMe, so it is worth considering.

To a green drink, you can add virtually any powdered, powder-able, or liquid supplement. Test them first to be sure they do not affect the taste too much. Since the drink is naturally a little bitter anyway, you can add some things that are bitter without it being affected that much. Use more stevia if you need it, to sweeten it up a bit.

## Tea Leaves

Have you ever wondered what to do with your used tealeaves? They seem to have too much nutrition to throw away. I recommend doing this only if your tea is organic. You can grind up your used tealeaves in a green drink. I have done this with green tea and Throat Comfort, a tea I have used to relieve a sore throat. Throat Comfort is an organic, slightly sweet tea of wild cherry bark, licorice root, fennel seed, cinnamon bark, orange peel, slippery elm bark, cardamom seed, ginger root, mullein leaf, clove bud, and black pepper. I first discovered it at MyNaturalMarket when I asked about something I could do for my throat. It is not suitable for pregnant women, but it has an awesome effect on the flavor of the drink.

## *Nutritional Analysis*

### Calcium

This recipe, when made with kale without the optional ingredients, has 30% of a daily-recommended allowance of calcium, and more depending on the type of hummus you use. The oxalates in the greens will bind some of the calcium, making it unavailable to the body, but you will still get plenty. Once you make green smoothies a daily behavior, dairy products can be crowded out of your diet.

Dairy products have been linked to cancer, especially prostate and breast cancers; acne; allergies; bloating; constipation; diarrhea; eczema; increased fracture risk; gas; indigestion; inflammation; irritable bowel syndrome; and mucous production. Dairy products can damage the nasal cavities causing vocal quality deterioration. To sing beautifully, consider eliminating dairy. Dairy often contains hormones, antibiotics, and toxins, including

dioxins and PCB's (polychlorinated biphenyls), which can harm your health.

According to the Physicians Committee for Responsible Medicine, dairy products are ineffective at increasing bone density, despite their calcium content. In contrast, the calcium in greens are effective against osteoporosis.

(<http://www.pcrm.org/health/diets/vegdiets/health-concerns-about-dairy-products>)

What the Physicians Committee for Responsible Medicine may not admit though is that drinking *raw* milk can be very beneficial to your health.

My parents drank raw milk while growing up. They have had a lot of energy. They raised twelve children, ten adopted, and we were all only nine years apart in age. I still do not know how they did it. It was stressful, but we all survived. Three children joined our family while we were living on the Navajo Indian Reservation in Chinle, Arizona. Seven Indian children--all brothers and sisters from one family--joined our family while we were living in Ontario, Canada in the early seventies. My mother read a newspaper column called "Today's Child" about seven Canadian Indian siblings who wanted to be adopted together. They ranged in age from nine to two. Our existing family of five children ranged in age from ten to one. I was the oldest. At the time our family of fourteen came together, I was ten years of age and had eleven younger siblings. Since raising a family, my parents have served three missions for their church, one on each coast of the United States and have traveled extensively.

Unpasteurized milk has some risk. I found the only way to get it locally was by driving a ways to a farm, signing a paper releasing the farm from liability, and paying seven dollars a gallon for the milk. I opted not to do that, at

least for now. (I may change my mind later.) The reason you may want to do it though is that unpasteurized milk contains cysteine bound with glutamate which is an important precursor to glutathione—it is basically glutathione already two-thirds made. You can alternatively buy an un-denatured whey product, such as Immunocal, which contains the same nutrient. I have opted to use curcumin as described above instead, to facilitate making that chemical bond in my own body. This solution has the advantage of using up homocysteine. Do whatever works for you.

## Fiber

This drink has a whopping 16 or more grams of dietary fiber. Do not let that frighten you. The drink is Vitamixed, making it easier to digest.

Fiber encourages the growth of friendly bacteria in the gut. “Individuals with high intakes of dietary fiber appear to be at significantly lower risk for developing coronary heart disease, stroke, hypertension, diabetes, obesity, and certain gastrointestinal diseases. Increasing fiber intake lowers blood pressure and serum cholesterol levels.”

(<http://www.ncbi.nlm.nih.gov/pubmed/19335713>)

I set a JV Life Tracker goal of getting at least 30 grams of dietary fiber daily. I usually get a lot more fiber than that because I like high-fiber foods. If fiber causes you trouble, take the drink in very slowly. If you cannot tolerate so much fiber in drinks and some people cannot, consider juicing with an extraction juicer. I had to follow a low fiber diet myself for some time while recovering from a diverticulitis episode, which put me in the hospital. Now that I have recovered, a high fiber diet is fine and may even prevent future episodes.

Australian entrepreneur Joe Cross filmed “Fat, Sick, and Nearly Dead” (<https://www.fmtv.com>) while traveling across the United States with his handy juice extractor on board while spreading the gospel of his transformation. If this works better than a Vitamix for you, consider it. There are pros and cons to extractor juicing. It is easier to digest, but it can digest too quickly, raising your blood sugar too much too fast. Personally, I think blending and leaving the fiber in works better for me. However, your biochemical individuality may dictate a different solution. Experiment if needed.

If you do buy a juice extractor, I know an excellent drink that is kind of my personal secret. One of my friends suggested that I market it. Make a juice with carrots and limes. It will not need an additional sweetener. It is amazing!

## Calories

At 451 calories, this kale hummus drink provides a substantial meal. Consuming enough calories is important for creating vibrant energy levels. Remember that a calorie is a unit of energy. I cannot emphasize that enough. Get enough calories, and make every one of them count in terms of nutrition. A food app can help ensure that you are getting enough calories in your meals as well as not too many. This will help prevent you from getting hungry. As you become better nourished, your body will become more proficient at burning your body fat reserves for energy, making it unnecessary to always get all of your energy from food.

## Phytochemicals

Besides the nutrients I mentioned, this drink has thousands of additional beneficial plant phytochemicals.

I cannot mention or pronounce them all, but you can look them up in Duke's Phytochemical Database on the Web.

(<http://www.ars-grin.gov/duke/>)

Thousands of phytochemicals are available in this organic, non-GMO, hypoallergenic, very low sugar, high-fiber, dairy-free, gluten-free, soy-free, peanut-free, corn-free, egg-free, Zone balanced, vegan energy drink. Try making it for yourself. You will be glad you did.

## Raw Vegan

If you desire a raw green drink with a lower amount of carbohydrate, consider making it without hummus. You may want to avoid the gastrointestinal distress garbanzo beans can sometimes cause. You can incorporate your own garbanzo-free hummus into the drink. I will explain how below.

If you are sensitive to garlic as I am, you can leave it out. The drink tastes better with garlic, and garlic has many health benefits, including fungal control, but if garlic irritates you, what can you do? You may want to add more of another flavoring instead such as onion--possibly organic green onions. Onion pairs especially well with Italian seasonings. You can add sesame seeds whole to the Vitamix, which will be ground into a paste, or you can use tahini.

## Almost Raw Vegan

If you prefer your own hummus *with* garbanzo beans, just add three ounces of cooked garbanzo beans. Of course, then your drink will not be 100% raw. Cooking your own garbanzo beans will result in having 3.7 times as much folate as using canned, so it may be better to cook them yourself from dried beans. That can be done

by soaking them overnight, draining the water, adding more water, bringing them to a boil, cooking 15 minutes on high heat to reduce the lectin content, and then cooking them on medium heat for an hour. You can also use a pressure cooker. Balance your priorities: convenience, economy, and nutrition. I do whatever suits my needs and desires from day to day.

## Take Your Time

It is important to chew your food thoroughly for proper digestion, absorption, and to prevent ulcers. It has taken me years to get in the habit of chewing thoroughly. I have had ulcers to prove my impatience! With a green drink, the Vitamix does most of the chewing for you, but you can still mix the drink with saliva and “chew” on it.

I like to mix my green drink, record it, say grace over it, and take it to my desk where I calmly plan my day. I know, this flies in the face of advice about eating mindfully, but thankfully, I have already safely measured everything out. If you have the time, linger over breakfast with your green drink. Let me share a saying I ran across in **Insight Timer** you may enjoy:

Vinaya master Yuan asked Great Pearl, “When you practice the Way, do you use a special skill?”

Great Pearl said, “I do”

Yuan asked, “What is it?”

Great Pearl said, “When I’m hungry I eat. When I get sleepy I sleep.”

Yuan said, “Everyone does these things. Do they not have the same skill as you?”

Great Pearl said, “They do not have the same skill.”

Yuan said, “Why is it not the same?”

Great Pearl then said, “When they eat, it cannot be called eating, since they do so [while involved] with a hundred entanglements. When they sleep, it cannot be called sleeping since their mind is beset with worries. Thus, they are not the same.

The Vinaya master was silent.

Despite that wisdom, I still often consume my green drink at my desk. That allows me to take more time with it. A green drink is not something you can down all at once. Unfortunately, it is not as tasty as ice cream. My cookbook sports shakes that are almost as tasty as ice cream, but this book does not include them. However, as you intake green smoothies regularly, you enjoy their taste more and more.

I find that I have varying degrees of success in getting my green smoothies to taste good. I think it depends partly on how hungry I am and partly on my variation of the recipe. Experiment with your taste buds and optional ingredients to find what works for you. Use additional vegetables. MSM may stretch you. It can be too bitter. Using fresh lemon juice rather than bottled can make a big difference. Forgetting the lemon juice is the worst thing you can do for taste!

I can get an upset stomach if I try to consume a green drink all at once. Sipping it over a period and taking it with digestive enzymes aids digestion, even if I am involved in planning my day. If done with a cheerful attitude, my planning routine is a routine of joy rather than one beset with worries.



## *Economy*

In the interest of good nutrition and economy, I put some filtered water in my Vitamix after I have emptied it, put it on the Vitamix base, and blend at high speed until the container is virtually clean. Then I put the water in an empty mason drinking glass, cover it, and shake it up to virtually clean that as well. Then I may save the “vitamin water” in the refrigerator for a cool, refreshing, vitamin-rich drink later on. When you have a drink as nutrient dense as this organic green drink, you do not want any portion of it to go to waste.

My mother, Gwena Morrill, authored a book *How to Get More Food for your Money*. Though I do not have the same diet she did or the ability to feed twelve children on a teacher’s salary, I think I have learned from her sense of economy.

In the next chapter, I will talk about food apps that will help you succeed at transforming your body image. Hold on to your green drink.

# Chapter 10.

## USING A FOOD LOG FOR WEIGHT LOSS SUCCESS



Many people resist logging their food. It does take time, about twenty minutes a day once you get used to it, but the activity is *extremely effective*. Darren Hardy in *The Compound Effect* advises recording everything you eat if you want to be successful at losing weight. I agree.

Keeping a diet diary is the *only* way I have been successful at losing weight. I have repeatedly heard it that measuring your food is a waste of time. I differ with that opinion. Be a scientist in your own kitchen, and I promise you: your results will pleasantly surprise you.

One way I encourage people to use food apps is using the bandwagon appeal. Millions of people are already logging their food and making it work for them. As of December 9, 2014, MyFitnessPal alone had 75 million members. There are numerous success stories, including my own. Scientific research also confirms the effectiveness of a food diary/journal/log/record. Research has proven that people who use a diet diary are several times more likely to achieve their ideal weight.

(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3268700/>)

If simply the act of writing down foods is effective, consider the effectiveness of additional information regarding nutrition, weight, and exercise.

## Cronometer

I currently use Cronometer as my food app.

[/https://www.cronometer.com](https://www.cronometer.com)). I love it!

- Its database has values for a large number of nutrients, far more than the nutrients that are on a standard food label. It is especially complete for whole foods, which ideally comprise most of your diet.
- It allows a more in-depth look into your nutrition and is more accurate and precise than other diet diaries.
- Colorful indicators show the ratio of omega-3 to omega-6, zinc to copper, potassium to sodium, and calcium to magnesium and show whether they in optimal range. It even calculates your diet's PRAL alkalinity.
- It allows you to set your day to "complete," allowing you to exclude incomplete days from your reports.
- It allows you to make a copy of food records and edit them. Then they are your own. This is a valuable feature.
- It eliminates the confusing distinction between recipes and meals in MyFitnessPal and uses only recipes, which have the features of both.
- I use an empty nutrient field in the database to record the cost of my supplements in cents, which helps me monitor my supplement budget. The detailed values for nutrients help me make intelligent choices about which supplements to use or not use. Supplements can be included or

excluded from reports, allowing me to see the effect of my supplementation.

- One feature I appreciate is its ability to add notes throughout the food log. This way I can track my reactions to foods and note my mood and energy, helping me decipher how my food is affecting me. A needed feature is the ability to search notes throughout the diary. This would be a helpful enhancement.

Cronometer can be time-consuming so keep this in mind if you have a busy lifestyle. At first it can take an hour or so a day, but after several months of use, it will only take twenty minutes or so. If you have the time, I definitely recommend it. You can also use it part-time. Some people just use it occasionally to get a snapshot of their nutrient intake. Cronometer does not have as many foods in its database as MyFitnessPal, but each record is more complete and accurate.

### *Why Use a Food App?*

Using a food app is the best way to not overeat, eat enough, get a well-balanced diet, get enough nutrition, and lose weight, if needed.

### *You Can Use JV Life Tracker with a Food App*

The Zone diet requires all meals to be 500 calories or fewer, and I have followed that recommendation most of the time for more than twenty years. You can put points for doing that in JV Life Tracker.

I give myself 30 points in JV Life Tracker for doing a complete record on my food app for a day. I also get one point each for logging breakfast, lunch, dinner, and snacks. I get a point for eating 55 or fewer grams of

sugars and more recently another point for eating 25 or fewer grams of sugars. To determine whether I have done this or not, I need to use a food app with a complete day. I get a point for eating at least 30 grams of dietary fiber, which may also require a food app to determine.

I credit the use of a food app for most of my success in dieting. You can figure out nutritious meals with the app and use them repeatedly. That way you will not need an app as much. I talked to a Zone diet enthusiast in Idaho who counseled people by helping them plan a few meals they could use repeatedly. You can plan those meals in a food app and then use them frequently, even with variations, without the need to log them every day.

However, if you are like me you keep changing your diet, and you are always eating something a little different. This may necessitate using a food app more often.

I have a friend who uses custom food that is pre-measured, making a food app unnecessary. He has lost over two hundred pounds. I like the freedom of choosing healthy foods from any source.

You can be successful at transformation, including losing weight, with or without a food app, depending on your relationship with food. However, research has proven that people who use a diet diary are several times more likely to achieve their ideal weight.

There are other reasons to use a food app.

## Knowledge

One important reason to use a food app is that it gives you knowledge about what you are eating.

## *Calories*

Primarily, a food app can help you determine the number calories you are eating. You can even budget your calories for each meal and day. Once you learn how many calories you typically burn in a day, and today's food apps are getting better at calculating this based on your profile data, you can subtract 100-500 calories from that number and budget. Calories do matter. I repeat; calories do matter! Some experts on the Web claim the calorie theory is flawed. I wonder how many of them have carefully tracked their calories for over 20 years!

The ability to determine how many calories you are burning daily and consume less than that number, at least on average, is critical to successful weight loss. The body can waste some calories, but eating more calories than needed on the average results in weight gain. The effects can be subtle; perhaps you will only gain a pound a year, but over the course of 30 years, that is 30 pounds of extra weight! Since your hunger drives will not allow you to consume a lot less than you need for a long period of time, you must get in the habit of consuming as much or just a bit less than you need, every day or at least almost every day. Consistency is the key--hard to do, but so effective!

Getting the maximum nutrients per calorie is very important. Realistically not every food you eat is going to be extremely nutrient dense, but you need a good source of nutrition in every meal and snack. A balance of all the nutrients you need is best.

If you eat empty calories, you will need more of them to feel satisfied, and you might not feel satisfied at all. Some junk foods deliberately stimulate hunger and even food

addiction, which can cause you to eat uncontrollably, so beware.

### *Food Label Nutrients*

You can tell, for instance, from a food app that spinach has more nutrients per calorie than almost any food.

With a food app, you can learn how much of various nutrients you are getting. With Cronometer, you can track the ideal nutrient intake of dozens of nutrients.

- General
  - Calories
  - Alcohol
  - Ash
  - Caffeine
  - Water
- Vitamins
  - B1 (Thiamine)
  - B2 (Riboflavin)
  - B3 (Niacin)
  - B5 (Pantothenic Acid)
  - B6 (Pyridoxine)
  - Biotin
  - Choline
  - Folate
  - Vitamin A
  - Vitamin C
  - Vitamin D
  - Vitamin E
  - Vitamin K
- Minerals
  - Calcium
  - Chromium
  - Copper
  - Fluoride

- Iodine
  - Magnesium
  - Manganese
  - Phosphorus
  - Potassium
  - Selenium
  - Sodium
  - Zinc
- Carbohydrates
  - Fiber
  - Net Carbs
  - Starch
  - Sugars
  - Sugar Alcohols
- Lips (Fats)
  - Monounsaturated
  - Polyunsaturated
    - Omega-3
    - Omega-6
  - Saturated
  - Trans-Fats
  - Cholesterol
  - Phytosterol



## Protein

- Alanine
- Arginine
- Aspartic acid
- Cystine
- Glutamic acid
- Glycine
- Histidine
- Hydroxyproline
- Isoleucine
- Leucine
- Lysine
- Methionine
- Phenylalanine
- Proline
- Serine
- Threonine
- Tryptophan
- Tyrosine
- Valine

You can use the target values already in the program or set custom values based on what you know works for you or what your dietician has recommended for you.

## Balance Protein and Carbohydrates

Secondly, using a food app helps you balance carbohydrates and proteins. The Pritikin diet is about 80% carbohydrate. The Atkins Diet is much higher in protein than carbohydrate. I have decided that neither diet is appropriate for my metabolic type. John Gabriel found himself following the Atkins diet one day by eating a hamburger without the bun and the Pritikin diet shortly afterwards by eating the bun without the hamburger. Neither strategy worked.

Once you apply the principles of Integrative Nutrition, you learn there are better things to eat on a daily basis than fast food hamburgers. I followed the Pritikin diet once too. It was helpful because of its emphasis on “good” carbohydrates, but I could not stick with it. I have had far more success by departing from some of its principles, particularly its restriction on fat intake.

I find the 0.5 to 1.0 ratio of protein to carbohydrate recommended by the Zone diet effective. I subtract the fiber grams from the carbohydrate grams before dividing them by protein grams.

Get an adequate supply of protein in the diet and break those proteins into separate amino acids in the digestive system. This may require the addition of digestive enzymes to accomplish, along with an adequate supply of vitamin B6 (or P5P). This ensures that the body can biosynthesize a balanced supply of neurotransmitters, which augment happiness, motivation, energy, relaxation, and cognitive ability. You do not want to overdo protein as any unneeded amount will be converted to glucose in your body, which will raise insulin levels and cause you to not only store fat but not be able to burn it. Calculate your lean body mass in kilograms. Each day get approximately as much protein in grams as your lean body mass in kilograms. Some people recommend less, some more.

Your metabolic type may not be so specific, but consider experimenting with the ratio range of .5 to 1.0. See if it works for you. It is harder to follow this ratio without meat, but it is possible. The percentages of 40/30/30 (carbohydrate, protein, fat) can be departed from by adding additional fat. It is not necessary or even desirable to limit meals to 30% fat—if it is healthy fat. Compared to most low carb diets, the Zone allows a lot of

carbohydrate. The South Beach diet focuses more on “good” carb/”bad” carb concepts. It may be useful to look at also.

For more information about the Zone, read any of the Zone books by Dr. Barry Sears, Ph.D. In short, eating with a 4:3 carbohydrate to protein ratio improves the ratio of “good” eicosanoids to “bad” eicosanoids.

Eicosanoids are hormones present in vanishingly small quantities in every cell. They control blood pressure, vasodilation, inflammation, pain, etc. Consuming your protein and carbs in a certain ratio controls the release of insulin. High insulin surges can increase the activity of the delta 5 desaturase enzyme, which is the gateway to “bad” eicosanoids. Therefore, you do not want your insulin to be too high. Long chain omega-3 fatty acids inhibits this gateway.

## Control Intake of Carbohydrates and Sugars

A strategy of eating omega-3 fatty acids and controlling insulin works best at reducing “bad” eicosanoids. You need some “bad” eicosanoids, which are essential for life. The key is balance. Fish oil reduces insulin in the blood. <https://www.ncbi.nlm.nih.gov/pubmed/12169854>. Insulin is the fat storage hormone most responsible for fat storing rather than burning. Insulin increases from carbohydrate intake, to some extent from protein, and even from fat intake if it exceeds the number of calories needed.

Another strategy for Zone balancing vegan food is to use less fruit and more non-starchy vegetables, which are higher in protein. My green drink is Zone balanced while many fruit-based green smoothies are not. Making it with .45 ounces of olive oil makes it ketogenic. This strategy helps keep sugars below 25 grams per day. If your protein to carbohydrate ratio is too low, you may find yourself

becoming hungry between meals or craving carbohydrates.

Carbohydrate intake, especially high glycemic carbohydrate intake, causes the body to release a surge of insulin in the blood. This is especially true for people like myself who have low blood sugar. The glycemic index is a guideline, but do not follow it too rigidly as some low glycemic foods are not that healthy. Even table sugar has a lower glycemic index than you might expect, and it is definitely not healthy. Use your common sense.

Insulin is a storage hormone, which tells your fat cells to store fat. It also causes them to lock in fat temporarily, which means for a time the body cannot burn them for energy. Protein intake stimulates insulin somewhat as well, but it also stimulates glucagon, a pancreas hormone, which has the opposite effect. Glucagon releases the energy in your body for burning. Glucagon also rises when you are fasting or exercising. Keeping insulin and glucagon in balance is key to balancing your blood sugar, making fuel available to yourself at the right time, and burning fat as opposed to sugar. Balancing your blood sugar is the key to losing weight and feeling great.

Fasting each day, even for fifteen to sixteen hours at a time, can improve your glucagon levels and improve your fat burning ability. Fasting between meals is also important. You may want to form a routine where you fast periodically. I recommend including liquids. In my religion of birth, we fasted monthly without water or food. Over time, I found I could not endure going twenty to twenty-four hours without water because of the diuretic effect of my medicines. Therefore, you may want to drink water during your fast. Do whatever works for you.

To blunt an insulin surge, aim for low glycemic carbohydrates or even better, keep the total amount of carbohydrate in your diet low. To search for the glycemic index of foods, consult with (<http://www.glycemicindex.com/>). Glycemic load is glycemic index times the total amount of carbohydrates in a serving. One way to lower the glycemic load of meals as a whole is to eat carbohydrates in combination with protein, fat, and fiber. This way your blood sugar does not increase as rapidly and less insulin is released. Controlling insulin gives you mastery over your blood sugar levels and prevents a host of symptoms, including weight gain. High insulin levels also stimulate high cortisol levels. Cortisol will put fat around your middle. High levels of cortisol correlate with depression.

You may have learned, and possibly even practiced, the principles of food combining, which forbid the combination of protein and starch together. This is a bit incompatible with the principles of the Zone, which encourages you to eat fat, protein, and carbs in a balanced way. There is one possible solution to this. Do not eat so many of your carbs as starch. Eat your protein with non-starchy vegetables. If food combining works better for you, you do not have to follow the Zone, but I recommend at least experimenting with the Zone. It has greatly helped me.

In 1996, my therapist Dr. Edward Parent measured my blood sugar one morning after I had eaten just an apple for breakfast. My level was 42 milligrams per deciliter—dangerously low. I am amazed I was able to drive to my counselor's office! I had gotten used to having my blood sugar low. That day ended my carb-only breakfasts. I started eating protein and fat with carbs at each meal and balancing everything with a food app. The rest is history. My blood sugar is now normal—unless I stress it with an

all carb meal. That usually only happens when my doctor is testing my blood sugar.

Eating a large percentage of fat borders on a ketogenic diet, which I am experimenting with after over twenty years with the Zone. Ketogenic diets can reduce the number of seizures in children. Researchers are investigating them as treatment for Alzheimer's and Parkinson's disease as well as cancer. I am aiming for their ability to stabilize mood and energy levels. Seizures and mania are related. Doctors have even prescribed anticonvulsants successfully to people with bipolar disorder. Dr. Kelly Brogan, M.D. of New York recommends looking into a ketogenic diet to patients who want to taper off their psychotropic medications.

I have gradually raised the percentage of fat in my diet over the years. I experienced nausea in making the transition from the Zone to a ketogenic diet, which may be the "keto flu" even after being on the diet for months. Since nausea is one of my least favorite symptoms, I backed off and settled somewhere between the Zone and a ketogenic diet.

## Your Own Cookbook

I learned from [43things.com](http://43things.com) that quite a number of people have the goal of writing a cookbook. Using a food app gives you the advantage of having the information needed to produce your own cookbook and a way of having nutrition information for your cookbook. Having a record of what you eat makes your progress repeatable for yourself and others. It can become a valuable record.

I used my LifeForm data to publish a cookbook in 2012, even before I studied at IIN. My cookbook is a paperback cookbook with a color photograph of each recipe. My

eating habits have transformed since that time as you can see for yourself, if you get a copy of the book, *KaeLyn's Korner Kitchen: Complete Meals for the Healthy-Minded*. Creating the cookbook was part of my transformation journey.

## Mindfulness

Using a food app helps you to eat more mindfully. Being mindful is being consciously aware with one's full attention on the present. Using a food app slows down your intake automatically because you have to take the time to record what you are eating. You cannot just eat out of a big container in front of the TV and use a food app. You must also take the time to weigh and record your food. That can seem like a hassle, but as it becomes automatic, it is not such a big deal. You pause before ingesting food because you know that you will also need to record it. You might not *feel* like recording it, and that can stop you from eating.

Brian Wansink, an avid researcher of mindfulness eating, has found through exhaustive research that people tend to eat more when more is in front of them. He arranged for a group of people to eat from a "bottomless" soup bowl, a situation where they were not able to gauge just how much they had eaten by looking at the bowl. People ate an excessive amount before becoming aware that they were full. Hormones control our food intake, but we tend to override them or just not get the message, at least not in time to avoid eating too much. Using a food app can help you determine your portion size *before* you start eating. When you record your food, you become aware of the amount you are eating and its nutritional qualities. Planning your food with a diet diary before eating is more effective than just logging it afterwards.

Being able to stop eating at night is very important to weight loss. A food app will show when you have eaten enough calories for the day to meet your needs or goals. You then have the incentive and message to STOP and fast until breakfast. Your hunger may still say EAT, but the information from the food app can usually stop you--one of the key ways a food app can be effective at helping you lose weight.

It has been my experience that in order to lose weight, you must endure some hunger. If your brain knows you have had adequate nutrition, information you can get from a food app, you can usually override those hunger signals, but you will still feel them. Ads for weight loss products and programs often say you can lose weight without hunger—their way. That is not reality—at least not what I have experienced. The human body has evolved through periods of famine to protect itself by automatically wanting more food than is required for its immediate needs. Providing yourself with complete balanced nutrition in fewer calories will help tame this want, and it may be the only way to do it. Fad diets that depend on a single food or supplement without supplying everything you need are not going to work long-term.

Our bodies need periods of fasting; man evolved in a world with famines. Fasting every day from supper to breakfast will involve some hunger. For me the hunger is strongest at night and lighter in the morning, probably because cortisol rises in the morning and raises blood sugar. If you are adequately nourished, your hunger will not be life threatening. Learn to appreciate your appetite. It is what keeps us alive.



## Restaurants

Food apps fail to help us much when we eat out a lot. You can take your mobile phone to a restaurant and if you are lucky even find the meal you are eating in the app, but who does? I use a food app more than anyone I know, and I hardly ever do that.

You can look up your meal on the Web or figure it out. Then you have that info if you want to eat that meal again. Although this can be an effective strategy, it does not usually do any good. Do you not usually eat out so you can eat something different?

Remember that the average restaurant meal tallies up to about 1500 calories. That is about three times what you need! One strategy is to ask the waiter to box up two-thirds of your meal before you start eating. It is a great strategy, but who can do it?

Recently more restaurants are displaying the calorie count of food choices on their menus. This can be helpful, not only in deciding what to eat, but also in determining how much of the meal you will have to box up or share. Be aware though food preparers do not always measure carefully. The number on the menu may not match what your server actually serves you.

Brian Wansink determined that people tend to eat more when more is in front of them. Ideally, get the excess food out-of-sight. Sharing your meal with a friend can work and I sometimes do that, but even then, you need to take home leftovers or discard food.

You can leave food on your plate. Even after years of careful eating, I still have difficulty with that strategy. I presented an award-winning speech in eighth grade

about world hunger and wasted food. I think my stories of children starving in Africa hamper my ability to leave food on my plate. I have a point in JV Life Tracker for leaving food on my plate, but I seldom get it. When I do though, I often save the food for later.

A while ago, I went alone to a restaurant and decided to leave a high-sugar item and high gluten item on my plate. I actually left them in the restaurant without taking them home! This was a victory for me, and I did get that point that day.

Even though “all-you-can eat” restaurants can be a disaster for your diet, here is a strategy that makes them less dangerous. The key is being able to load your own plate. This strategy can also help at funeral dinners and social gatherings where you have the option of filling your own plate. Fill your plate once and only once with 25% protein, 25% starch, and 50% vegetables and fruits. This strategy comes from the U.S. government MyPlate recommendations and is actually useful (<http://www.choosemyplate.gov/>).

Who can fill your plate only once at an “all-you-can-eat” establishment? To do this you have to overcome the feeling that you have wasted the chance to stuff yourself. Stuffing yourself can lower the overall cost of a meal per calorie, but remember, any amount of food in excess of what you need is going to waste (waist), and the cost of taking excess fat off our bodies is definitely high! (Think of the hunger you will have to endure.)

The best strategy is to limit your restaurant meals. I seek to eat less than five percent of my meals away from home or less than one a week. This may not be practical for you, but most people have the option of eating more meals at home than they do. Eating out can waste food and be

hard on your budget. (You may not be throwing food away, but the eating establishment surely is!) Eating at home is more economical and allows you to use higher quality ingredients than a restaurant ordinarily would. You can also tailor your food to suit your specific mood.

Buying your own food allows you to vote with your money for higher quality food, including organic food, by supporting those, including possibly yourself, who produce it. It may not be necessary to buy certified organic food if you obtain your food locally and know who is producing your food and how. Organic food is genuinely more expensive than conventional food to produce. People are not into organic farming for fat profits. They are usually more concerned about the environment and doing a good service. They are probably also more concerned about their own health, as producing food organically is a lower health risk to the grower. Eating at home can be much better for your health. It is even better for the environment.

In *Forty Chances* by Howard G. Buffett, Buffett states that he believes organic food cannot satisfy world hunger. That, sadly, may be true. However, the educated people who have access to *Joyful Vibrance: Transform Your Body Image, Energy, and Mood* can likely enable themselves with the nutritional advantages organic food provides. I believe it can pay for itself in reduced medical expenses. I have reduced my own medical bills since I started eating organic foods.

Joshua Rosenthal, our primary educator at IIN, remarked that we make home-cooked meals with vitamin “L” or love. He said a lot of bad energy goes into restaurant meals because of the stress levels of people doing the food preparation. He said if you have ever spent time back in

the kitchen, you would know what he means! He believes the bad energy actually gets into the food!

Having an economical, easy, quick, nutritious, default meal such as an organic green drink for which you keep all the ingredients on hand will help you commit to more meals at home rather than eating in restaurants. This can save money, will probably save time, and will more easily allow you to achieve your ideal weight. It might also be better for your family life. It gives you the opportunity to share home-prepared meals with guests and share your knowledge with them.

Once again, strongly consider using a food app. Even if you do not do it every day, it can be highly beneficial. It can help you lose weight, but in addition, it can help you ensure you are completely nourishing yourself.

[Cronometer.com](http://Cronometer.com) is the best app I have found so far in helping you do that.

## **Chapter 11.**

# **PLANNING YOUR DAY WITH AN AWESOME PLANNING ROUTINE**

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An important part of planning your day is planning your Top 5 activities. Five may be too many. Three may be sufficient. Do what works for you. Your Top 5 will vary from day to day. They may be your top projects, your events or appointments, or miscellaneous errands and calls you need to make. Ideally you will already have your Top 5 activities listed the day before, but if you do not, do not beat yourself up about it. It takes a while to get consistent at that behavior, and I am still not as consistent at it as I want to be. I score ten points in JV Life Tracker for completing each item.

Do not limit yourself with my ideas. You do not need to do everything I suggest. In fact, not everything will typically fit in a day. You can do some of the activities I suggest weekly. You can add activities that work for you that I have not suggested. I do not want to leave you the impression that I have everything figured out. I am still a work in progress, as we all are. If you glean just a few workable ideas from this book, you will satisfy my goals.

The important thing is to have some kind of a routine for planning with time allotted for it. You may not have time every day for it, and that is acceptable. I have found that a well-planned day often takes several days to execute.

The sky will not fall if you do not plan every day, but it will increase your effectiveness when you do. You will want to create an entry in your Routines category for your planning sub-routine. I have found it effective to do it right after breakfast. You are free to learn for yourself what works best for you.

## *Time Recording*

I find it useful to keep track of how much time I spend doing activities.

## *RescueTime*

RescueTime (<https://rescuetime.com>) is an automatic way to track time on Windows and Android systems. It also works on the Macintosh.

The mobile version of the app does not permit you to see exactly what you did yesterday--only for the previous week. It will only show your mobile phone activities. A better solution is to use the web version of RescueTime from a mobile browser. That will include your desktop/laptop *and* mobile phone activities. That is the solution I generally use when using RescueTime data to score my JV Life Tracker.

You can also use the web app version on a full-sized computer. The instructions below are for a full-sized computer.

RescueTime takes only a few minutes to set up.

You can place applications and web sites into any category and rate them as very productive, productive, neutral, distracting, or very distracting. The app comes originally with Facebook as being very distracting. If Facebook is important to your business, you may want to change that. JV Life Tracker, which shows up as `com.joyfulvibrance.activitytracker` in the log is neutral by default. You may want to change this to productive.

RescueTime keeps a productivity pulse, which shows a pie chart showing the percentage of time you spend in each of the productivity ratings. Since I currently use Word for Windows for this book, and usually only for my book, I can track the amount of time I spend on my

writing by assigning Word for Windows to a category and subcategory.

To do this, assign Word or any activity, to a category.

1. Install RescueTime from <https://www.rescuetime.com> if you have not already. Make sure the RescueTime cross is in the system tray.
2. Run Microsoft Word for a while, and sometime later (it takes a while to update unless you have the paid-for version), open RescueTime (<https://www.rescuetime.com>) and log in if needed.
3. On the Dashboard, select **Reports** from the menu bar.
4. Select **Categories**.
5. On the **Overview** page, select the **Edit categories** button.
6. Under **Manage Categories**, find your desired category and select **Add a new sub-category** for that category.
7. Enter the **Category Name** in the input box.
8. Select **Create**.
9. Near the top of the page under **Manage Categories**, click on **Categorize Activities**.
10. Do a control 'F' to find "MS Word" in your list of activities.
11. Under **Category & Productivity Score**, enter the score, category, and sub-category you desire for Microsoft Windows (or whatever activity you have chosen to categorize).

Voilà, you have it!

If you have other activities that belong to the same project, you can put them in the same sub-category. Now you can set a goal for a sub-category to reward yourself for putting in more than or less than a specified amount of time on a project.

To create a new goal:

1. Start again at the dashboard.
2. On the **Reports** menu, select **Your Goals**.
3. Near the bottom of the page, press the button **create a new goal**.
4. At the right of the page, select **Set a new goal**.
5. Fill in the input box with the parameters for your goal along with the category and sub-category you set up for your project.
6. Press **Create goal**. (The dashboard will have a reading on your progress so far with your goals.)

If your goal is not to spend more than a certain amount of time with Facebook each day, you can set that up. Have fun!

If you want to force yourself off Facebook (or any application) after an allotted amount of time, the paid-for version of RescueTime will allow you to set that up.

RescueTime only tracks active time, which is a huge advantage because you can leave applications open and inactive, i.e. no mouse or keyboard activity, and RescueTime will not track them. It uses algorithms based on research to determine active time. They are fairly accurate. RescueTime is more likely to under-report rather than over-report time.

The purpose of RescueTime is to help you to rescue time, literally. It will help you know how much of your time is on the computer, when, and doing what. If you use your mobile phone and computer at the same time, you can log more than sixty minutes an hour—not that I recommend doing so. Smile. ☺



Unfortunately, I have not been able to get the Linux version of the application to work, so I have not been able to track the time I spend on my Linux machine automatically. I was able to install the application on Linux but not able to get it working.

RescueTime has even more advanced features if you subscribe, but it is a little pricey to do so. As I mentioned, the paid-for-version can actually prevent you from getting into a distracting activity. I use RescueTime in the morning while doing my Top 500 to determine the time I spent the day before on important projects.

Since my activity mix varies from day to day, I sometimes average my time over a week or month to see how I am doing. To do this,

1. Go to nearly the top of RescueTime at the right where the date is.
2. Click on the lower right hand corner of the date box where there is an arrow. A tabbed dialog will appear.
3. Select day, week, or month from the dialog and click on the arrow to the right or left to navigate to the specific day, week, or month you want.
4. Slide the right hand slider down to **Your goals for the month**, and you will see the total for that day, week, or month to the right of each goal.

You can then see whether you have met your goal on the average, even though you may not have done it every day.

A Windows 10 security update makes it necessary to restart RescueTime each time I reboot. Other than that, it runs automatically. I have tried manual methods of tracking time. They were very effective while I was doing them, but time tracking gets tiring. I tend to track

manually from time to time. Experiment with what works for you. Remember, your time is very valuable.

## *Setting the Emotional Tone*

When I do planning, it is important for me to set the emotional tone. I start by using the bathroom and looking at an “I am happy!” index card I have attached by magnet to the side of my computer for a second. The “I am happy!” index card is a tool I learned from my former therapist and life coach. He instructed me to put “I am happy!” on an index card and look at it twenty times a day, each time doing whatever I think of after reading the card. I can jump for joy, do a “thumbs up”, say “yes!” or do some other activity. I put sticky notes and index cards with “I am happy!” on my full-length mirror in the bedroom, on the refrigerator, on my desktop computer, and in the bathroom. This way I see the message often. I do not know if it is twenty times a day. I do not count that, even though I do count many things!

I then clean my reading glasses and do a few seconds of Qigong. I do three moves of Qigong. First, I rub my hands vigorously together to warm them up. Then I rub my fingernails together by touching the bent end of my fingers together between the fingertips and the outermost knuckles. I end by rubbing my ears between my index and middle fingers to increase the blood circulation and heal them further from the effects of the ear injury I mentioned earlier. If you know more about Qigong than I do, great. Use it where effective. It can be a great addition to the beginning of your planning routine.

While doing Qigong, I sing aloud a little tune to the words, “I’m so happy, so very happy. *I feel* good, right now.”

What I have just described are not likely habits you carried with you from childhood. I certainly did not learn these things until later in life. I am talking about transformed behavior here. Again, you do not have to do exactly what I do. You are going to become a different but also awesome “winged creature.” Find and implement the activities that will support you in becoming you.

## *Music*

I put on some serenity music while working, using different compact disks from my collection. It does not matter what it is as long as I can concentrate while listening to it. I like harp and flute music. Music can enhance any experience and affect your mood. It can affect your blood pressure and create healing. If you want to know more, consider a consultation with a music therapist or music therapy text.

I love classical music, which has proven mental health and acuity benefits. I draw on the experience I had in college with Dr. Reid Nibley. Though I did not have time to listen much for my music appreciation class that semester, due to a grueling computer graphics assignment, I have had time since. I also like Enya and listen to her compact disks often. Use energetic music when you dance. Use relaxing music when you need to concentrate. Often I prefer no music. My pink noise mp3 has had a healing effect on me.

## *Gratitude*

I was re-inspired to keep a gratitude list by the movie *The Ultimate Gift* in which a young man kept a daily gratitude list for a very long time.

The following is a morning template I use in The Journal:

morning directions and goals

5-10 things i am grateful for:

Home, family, health, friends, work
-------------------------------------

morning comments, feelings, ideas, moods, and empowering questions:

What creative possibilities are there for me today?
---

	0-100	comments
mood:	100	I have never felt better!
energy:	95	My energy is almost as high!

accomplishments

	accomplishment	reason it is important		next action(s)	date
1					
2					
3					
4					
5					

<input checked="" type="checkbox"/>	goals for today:	date



adventure, fun, recreation, and relaxation for today:


Expressing gratitude makes us happier and is an antidote to depression. According to Joe Vitale, being grateful along with giving can make us more wealthy. Sonya Lyubomirsky, a research psychologist who researches the topic of happiness and well-being, writes in the *How of Happiness* that expressing gratitude is one of the twelve key activities that increase happiness. She notes that research has found it is not necessary to make a gratitude list every day and suggests that once a week is sufficient.

Since I am generally less consistent with my weekly goals than I am with my daily goals, I have “gratitude list” on my JV Life Tracker checklist for every day. If I do it at least once a week on the average, I am doing great. I ran a report on my gratitude activity for every day since I have been keeping my JV Life Tracker consistently and learned that I have been doing it 60% of all days. That is more than once a week! Therefore, I have achieved 417% of my goal!

I have a **The Journal** template (shown above) to plan my mornings. Near the top of the template is, “5-10 things i am grateful for:” with a box to record my day’s gratitude list.

## *Empowering Questions*

What powerful questions do you ask yourself habitually? One empowering question on my JV Life Tracker app is, “What creative possibilities are there for me today?”

There is a box on my template with the caption: “morning comments, feelings, ideas, moods, and empowering questions.”

My mother gave me a book for Christmas one year titled, *Change Your Questions Change Your Life* by Wendy Watson Nelson. Reading the book inspired me to think about the questions that I ask myself. What do *you* ask yourself? What do you ask *of* yourself? How can questions make a difference in your life?

Answers to life problems can often be solved by forming questions and then googling them for answers. Often someone has already asked the question and has given the answer thoughtful consideration. You can also ask *yourself* questions. When your inner critic starts beating up on you, you can respond by asking questions. In what ways *am* I worthy and good enough? Submitting your self-judgment to critical questioning can shed light on the truth of the matter.

Notice that questions can bias answers. When I ask, “How can questions make a difference in my life?” it implies that questions *can* make a difference in my life. We tend to believe what questions imply to us. Embedded in our questions are our beliefs. Questions help us change our beliefs.

Though it is not as flexible as Google, I have a program to look up answers to questions in holy writ. I went through a questioning period about the religion of my birth. I found many Web sites of information about my faith on the Internet and combed through them, cross checking the information with the scriptures, and asking myself what I really believed. Through that process, I evolved my spirituality. I came to believe what Jesus said, “For God so loved the world that he gave his only begotten Son,

that whosoever believeth in him should not perish, but have everlasting life.” (John 3:16 KJV).

I am finding more and more that I *do* believe in Him. I can continue my efforts out of gratitude for Him, trusting in His grace, rather than out of a need to prove myself good enough. This has gradually led me to believe that I *am* good enough rather than always having it in question. I believe that believing you *are* good enough is a key belief for success.

I have had to overcome the feeling of being defective due to my mental illness diagnosis. Just having a diagnosis affects the self-concept of mental health patients and I believe can cause problems. I am sure the goal of diagnosis is to access treatment solutions that can correct problems, but unfortunately, a diagnosis can be self-concept problem of its own.

I am hoping that this book will point out that, “there is nothing wrong with you.” A mental health issue is not a defect. We can overcome it and even exploit it. According to Deepak Chopra and Rudolph Tanzi in *Super Genes*, there is no such thing as a “depression gene”.

Epigenetic marks on genes can cause bipolar and schizophrenia symptoms. Changes in lifestyle can facilitate their removal. As Jesus comments about the man blind from birth, his blindness was not a punishment for bad behavior, but “this happened so that the works of God might be displayed in him” (John 9:3 NIV).

Investigate what you are asking yourself. If you ask yourself, “Why is God punishing me?” think of this question instead, “What does God want me to gain from



this challenge?” Ask, “What opportunity can I perceive in this obstacle?” I will talk more about beliefs shortly.

## *Mood and Energy Report*

Douglas Bloch, in *Healing From Depression*, suggests keeping a score of your mood and energy daily. This idea is also a feature of the Integrative Nutrition journal. The artificial intelligence Woebot, available from Facebook, also asks about your mood and energy in each dialog.

You can choose whatever scale and rating works for you. I think tracking your mood and energy is effective, especially when you are first working your way out of depression.

## *Accomplishments*

Ron Baron, a business coach at ELP (Entrepreneurial Launch Pad), opposes “to-do” lists. He suggests keeping a “have-done” list instead. Though I obviously have not done away with “to-do” lists, I think it is well to take his point. My JV Life Tracker list is so comprehensive I do not agonize over a few incomplete items. Agony over what we have not accomplished is one of the main reasons to disfavor a “to-do” list. We often need to focus on what we *have* done. My morning directions and goals template in **The Journal** has a table to list accomplishments. You can include anything. I list some of my most noteworthy accomplishments since the last time I listed them.

I show the accomplishment and reason it is important. Then I describe the next actions and date; I check them off and enter the date.

accomplishments

	accomplishment	reason it is important		next action(s)	date
1	Finished <i>Joyful Vibrance: Transform Your Body Image, Energy, and Mood.</i>	writer you, health coach you, service you		Write a sequel.	
2	Finished <a href="#">JV Life Tracker</a> .	Android programmer you		Improve the app.	
3	Started <a href="#">Joyful Vibrance Net</a> to match exercise buddies and accountability partners.	Health coach you		Give presentations to encourage people to join.	
4	Started <a href="#">Joyful Vibrance blog</a> .				
5					

You can expand or contract this template to make the list any length you want. I have found five to be a useful number. If I think of six or more accomplishments, I can easily add row(s) to the table. I use this in addition to a Top 5 list. The two lists can overlap in content.

## Top 5

<input checked="" type="checkbox"/>	goals for today:	date
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

As I mentioned before, one really good day of planning sometimes takes several days to execute. When a goal is accomplished, check it off and date it. You can quickly enter a date in an entry in **The Journal** with a control ‘d’. (Use control ‘t’ for time). Sometimes I choose Top 5 activities I have already done for the day. I am sure to have those done! Doing this is actually quite effective. I may be “cheating”, but as Ron Baron says, a “have-done” list is more important than a “to-do” list. Top 5 items can be urgent and important, but usually they are important and not urgent. We usually complete our important and urgent items before we even get to our list!

Using Dr. Stephen R. Covey’s analogy of filling your time first with big rocks, then small rocks, then gravel, then sand, and then water, Top 5 items are like the big rocks. Your sub-routines are like small rocks. The activities on them are like gravel. The multitude of other items on your Top 500 are like sand. Everything you do that you did not plan is like water that fills the rest of the container.

## *Vision Documents*

### *My First Vision Document*

A Christian high school friend introduced me to vision statements in *Healing From Depression: 12 Weeks to a Better Mood* by Douglas Bloch. She sent me the book for my birthday in 2010. I had some depression that year as I have had, usually several times, every year. Douglas experienced major depression that lasted about a year. My depression episodes have never lasted that long. However, I found many of his depression-busting techniques to be effective, including vision statements. When Douglas recruited a prayer circle that offered prayers, which he believed ultimately, healed him, he

shared his vision statement with the members of the prayer circle.

After reading the book, I started writing my own vision statement. It started out as a simple black and white document about what I wanted my life to look like. At the time, my life was a mess. Spiritually I was wandering. I had started my cookbook, which I have since published, but had not had the impetus to get it finished. My diet had gone downhill, and I had gained weight, not a lot, but many of my clothes did not fit. I had not yet attended IIN or resumed work on my programming. I had a business, but it had not taken off. I had a relationship with a man, but I was looking to get out of it. The year 2010, the year of the Haiti earthquake, was a hard year for many. I did not fare any better than the average.

I resumed counseling at Valley Mental Health to get some direction in my life, but I was frustrated because my counselor did all the talking. As advised by Anthony Robbins, I set four major goals. One goal was as simple as learning to play *O What a Beautiful Mornin'!* on the piano

I wrote my vision statement.

I started reading my vision statement over occasionally and then became more regular with it. I illustrated each of the paragraphs with images. I put reviewing and updating my vision statement in my planning routine.

As time went on, I realized that my life was looking more and more like the description in my vision statement. I periodically expanded and contracted it further, looking for more improvement. I expanded it to open new areas of my life. I contracted it for more focus. Now I realize that my vision statement is a vital part of my life. It would

be unthinkable to write a book about transformation without mentioning it.

One section in my vision statement reads, “I am practicing the nine choices of happiness, weaving these into a synergistic whole. I am making decisions that increase my options.” Let me share a speech I gave on these choices:

Did you know that happiness and health go hand in hand? When we are happy, we are healthy. When we are healthy, we are happy. Happiness will not necessarily make us rich, but it will make any endeavor we undertake more productive.

I named my company *Joyful Vibrance* because my goal is to help people with their mood and energy. I suffer from manic-depression. Happiness does not come automatically to me. I have had to *learn* how to be happy. According to Rick Foster and Greg Hicks who wrote *How We Choose to be Happy*, happiness is a choice. Abraham Lincoln said, “Folks are usually about as happy as they make up their minds to be”

So how do we choose happiness?

In 1996, I underwent shock treatments for depression. I was so depressed I was afraid I would kill myself, so I checked into the emergency room at the hospital, on my own. Friends came over in shifts and watched me around the clock for twenty-four hours before I could be admitted to the hospital for shock treatments.

What a contrast between that day and now! Has it been clear sailing? No! Just last year I had several

months of depression. It started in April when an Internet wolf swindled me romantically. Then on May 2, 2013, my boyfriend of sixteen years violently took his own life. To top it off, I had a flare-up of diverticulitis, which put me in the hospital and almost required surgery.

I recovered from all that and discovered a book, *How We Choose to be Happy*. I will share the nine choices of happiness from the book, not in detail, but I will define each one. Then I want to tell you about one of the choices that has been especially important to me just lately.

The first choice, which is central to all the others, is intention. We make the decision to be happy. We intend to be happy.

Second is accountability. We take full responsibility for our own happiness. No blaming. I can no longer blame my romance scammer, my boyfriend's death, or my health problems.

Third is identification. That is identifying what uniquely makes us happy. I learned that *I* need a system to account for what I am doing on a daily basis. Off and on for years, I have used a Top 100 checklist. [This was back when my Top 500 was still a Top 100.] When I was depressed last spring, my counselor said, "Get back on your Top 100." I did so, and miraculously my mood immediately improved.

Fourth is centrality. It is putting the key things that make us happy central in our lives. I need my checklist as a central part of my life.

Fifth is recasting. That is taking a bad situation, learning from it, and recasting it. I can go from being a nutcase to eating healthy nuts. I am still a nut, but it is a good thing!

Sixth is options. I will talk more about that later because thinking in terms of possibilities, possibilities I do not immediately have to make decisions about, has opened up my life and made me happier.

Seventh and very critical is appreciation. We are simply happier when we have an attitude of gratitude. My daily gratitude list is on my Top 100.

Eighth is giving--that is giving of our nuts and ourselves.

Ninth is truthfulness. It is being honest with others and ourselves.

All nine choices work together synergistically. I want to elaborate on number six--options. As we all know, we experience detours along the road of life. Things rarely go off as planned. It is important to change from convergent to divergent thinking and think in terms of many possibilities.

My health has improved. I have concentrated on eating natural, organic, unprocessed, whole foods. Serious health concerns have drifted away. I have become a new person. I have discovered that my life now has a completely new set of options. I can even return to software engineering if I choose. I am discovering how much I love to program all over again. I wrote an app to analyze my Top 100 lists.

Let us set the intention to be happy, be accountable for our own feelings, identify what *makes* us happy, gratefully give of our nuts, and ourselves and see the future with many possible options. I bless you all with the greatest happiness possible.

I followed up the speech by giving my audience each a bag of walnuts in celebration of being a “nutty” person.

## My Second Vision Document

In 2013, I started attending ELP, Entrepreneurial Launch Pad. A retired businessperson, Ron Baron, who acted as a volunteer business coach for SCORE, gave a presentation. He said to write everything you want in your life in a document with run-on sentences and make it “pie in the sky.”

At the time, I was attending the Institute for Integrative Nutrition. Part of our monthly assignment was to evaluate ourselves with the **Circle of Life**. The Circle of Life is a red circle with twelve colored sectors, laid out like an old-fashioned clock, each representing an area of our lives to evaluate. The twelve segments are:

- creativity
- home cooking
- joy
- health
- home environment
- education
- finances
- self-confidence
- relationships
- physical activity



- career
- spirituality

I chose to follow Ron's advice by writing a *second* vision document, describing what I wanted my life to look like in each of these twelve areas. As he advised, I used run-on sentences. Perhaps it was not as "pie in the sky" as he advised, but it was idealistic. Later I changed the run-on sentences to use bullet points, which improved the readability considerably.

Now I include this document in my planning routine as well. I call it "12 Things I Really, Really Love." I keep it in a notebook category in *The Journal*.

I linked both documents to my routines with the Insert menu Insert Link command in **The Journal** for easy access. I linked the "12 Things I Really, Really Love" document at the end of the Vision Statement document to allow quick navigation from one document to the other. You can also link to documents external to **The Journal** from your journal entries.

One of my twelve sections, the self-confidence section of my second vision document, reads as follows:

SELF-CONFIDENCE: I, KaeLyn am building my self-confidence by:

- consciously and consistently executing my success and bedtime routines
- doing new things and mastering what I want to be good at
- spreading my body in poses that exude self-confidence, [A popular TED talk by Amy D.C. Cuddy of Harvard Business School inspired this.]
- moving freely and gesturing while speaking

- exuberantly singing, “I Have Confidence in Me”
- enhancing my appearance: my posture and body language, dressing up, smiling symmetrically, and wearing color
- my thoughts: asking myself empowering questions, loving my time alone, loving myself, taking advantage of rather than avoiding all criticism; and believing I am good enough, worthy, and able to do anything worthwhile
- my actions: living my truth, doing what makes me feel like a genius, practicing unique rituals, staying organized, behaving in ways in which I can trust myself, being timely, and being in the right place at the right time
- interacting with people: appreciating, observing, blessing, complimenting, healing, loving, and thanking others, and communicating with current and potential followers

## Why Bother With Vision Documents?

I have my Top 500. Is that not enough? I have my vision board and routines. That should be plenty, but is that so? I found these tools work synergistically.

My Top 500 is a gigantic, updatable checklist. I can check items off with it and make myself accountable. I can also analyze my progress, as I will describe shortly.

My vision documents are descriptions. I have illustrated them with images to help me visualize the transformed person I want to be. I put them not only where I can see them but also where I can update them. The vision documents help me visualize and believe in my transformed self. My JV Life Tracker app helps me manifest it. My vision board and tapping work by getting

my vision into my subconscious. Putting activities in evolving routines and executing them encodes them into my sub-conscious through repetition and evolution.

You may not have time to do all these activities every day, and to be honest I do not either, but I have all of these activities in **JV Life Tracker**. I score JV Life Tracker every day. I also have my vision board near my bed where I can see it, even if I do not have time to tap with it. I need vision documents because I cannot see where I am going without vision.

One of the statements in my vision statement is, “Chief aim: I am scoring my JV Life Tracker every consecutive day (since the date I started scoring consecutively) and have done so for (number) consecutive days.” I update this each time I review my vision statement to reinforce further this consistent behavior. I use the **Statistics** function in the **Analysis** menu option in **JV Life Tracker** to ensure that I have been steadfast in keeping my Top 500.

## *Beliefs*

Beliefs profoundly affect our thoughts, feelings, and actions. Anthony Robbins said, “All personal breakthroughs begin with a change in beliefs. Gregg Braden states that, “To transform reality, we must alter the one thing that is not fixed: the programs themselves, these are what we call ‘beliefs’”. It is possible to change our beliefs and it is often important that we do. I met a life coach, Toby Jensen, who claimed he could cure any mental illness. Intrigued, I consulted with him in his home. Though I did not want to commit the resources needed to participate in his full program, I learned he had researched and patented a method of complete recovery from mental illness by changing beliefs.

Here are three methods to change your beliefs:

First, I learned from Richard Bandler in *Get the Life You Want* the process of changing beliefs through neuro-linguistic programming (NLP). You visualize something you have full confidence in such as the rising of the sun in the morning. Then you imagine an image of something you *want* to believe in. You mentally transfer the sub-modalities of the image you have full confidence in to the image of the thing you want to believe in. Sub-modalities may be brightness, full-color, warmth, the pink hues, position of the sun over the mountains, etc.

A second way to form a belief is to draw a table. Ron Baron did this exercise with us and called the table the “Table of Success.” One of your most important beliefs is a belief in yourself. You can write a belief on the table such as, “I am successful.” You think of statements that support that belief such as, “I have a good job. I have a loving spouse. I can turn down a piece of chocolate cake with ice cream. I can do what I set my mind to. I am successful in school,” etc. and write them on each leg of the table. The more legs and the sturdier the legs for the table, the stronger that belief becomes. You can stop believing something by writing down believable statements that disprove it.

Third, tapping is a way to change beliefs. You can tap out disempowering beliefs and tap in empowering ones. You can tap away the belief that you are an emotional eater and tap in the belief that you *are* in control of your emotions and eating because your emotions follow your thoughts and your thoughts are under your control because you have been meditating.

In my planning routine, I have links in **The Journal** to two lists of beliefs, which I sometimes review. I score a

point on my JV Life Tracker app for each list I review. First is a list of *safe* beliefs I obtained while in the hospital for a manic episode. Let me share these beliefs.

## Safe Beliefs

- Not everyone has to love me.
- It is okay to make mistakes.
- Other people are okay, and I am okay.
- I do not have to control things.
- I am responsible for my day.
- I can handle it when things go wrong.
- It is important to try.
- I am capable.
- I can change.
- Other people are capable.
- I can be flexible.

These beliefs are a workable starting point for a day. We can do even better by additionally installing a set of *empowering* beliefs.

## Empowering Beliefs

- God loves me.
- A Power greater than myself empowers me as I believe.
- My value is infinite. My self-worth is independent of my performance.
- I will always aim to be my best self.
- It is worthwhile to dream and stretch out high.
- I can innovatively adapt to change.
- Divine guidance is with me always.
- I am capable, worthy, and good enough.
- I am lovable.
- As I give to others, I also receive.

List a set of safe and empowering beliefs that suit your background, experience, and goals.

## First Postulates or Assumptions

We can form beliefs by reasoning them. We can also break out of beliefs that do not work for us by reasoning. When reasoning, we have to start from assumptions.

René Descartes concluded, “I think therefore I am.”

Where do we start when reasoning? I have not been able to prove God’s existence, but my life works for me when I have faith in Him. Things do not always happen the way I expect, but events unfold in mysterious ways showing what my friend calls the “fingerprints” of God.

Even Richard Dawkins, the great atheist and author of *The God Delusion* is not absolutely certain there is no God. I chose “God loves me” as my first postulate—my first axiom or assumption in life when I was in college. I have reconsidered this axiom periodically and decided that it is a worthwhile place to start. Inherent in this assumption are several sub-assumptions, for example: 1) there is a God, 2) there is love, 3) God loves, and 4) there is me.

Also in the *God Delusion*, Richard Dawkins mentioned that people describe two parts of their brain communicating together, one of which they ascribe to God. Dawkins said there is a physiological explanation for the impression of having two places in the brain. This is what I wonder: what if God designed that other part of the brain to facilitate our communication with Him? I have no proof, but I have chosen as my second postulate, “God speaks to my mind and heart.” The Lord said himself, “My sheep hear My voice, and I know them, and they follow Me” (John 10:27 NKJV). I believe this voice is a Voice in our hearts. Some people may call it intuition.

These two assumptions form a foundation for my reasoning.

During my period of doubt, I chose to believe that this communication was just “the voice” of my illness. I was even able to often silence it and feel that I had “cured” myself. That worked to a degree, but it made me feel lonely and disconnected from heaven. Instead of being disturbing and accusatory as some schizophrenics describe their voices, mine had been uplifting and empowering. In my period of doubt, I was on my own, which took away some of my access to power. I still had the desire to worship and found myself worshipping things and other people inappropriately. I believe what I really needed was to return to the God I knew even though I had questions about Him.

My transformational path brought me back to God, and again I choose to believe that I can communicate with God. I still have questions, but God’s gentle Voice guides me to answers and then into even more questions I can explore.

Believing these two postulates gives me greater clarity and courage and helps me deal with my Goliaths in life. They give me a greater connection to my Creator and to the Universe.

I have chosen Jesus Christ as my God, but only because I believe he is my Creator. If He is not, I choose another God—one who *is* my Creator.

Belief is important. Not believing anything is not very empowering. I tried that for a while, but I did not make much progress in life. What beliefs will facilitate your transformation? I invite you to explore this topic more deeply as I have just scratched the surface.

## Goalscape

In 2010, I did not have my JV Life Tracker app. I did not have my vision documents, and I did not have my vision board. I did not even have The Journal or my daily routines. I did have Goalscape, which I occasionally still use for a few minutes. It is not that useful as a daily checklist. I have tried using it that way, and it did not work very well. Let me explain what I still do with it. Like my routines, this has evolved.

Coaches of Olympic athletes designed Goalscape to organize, break down, and track goals.

As I mentioned earlier, using Goalscape is a bit hard on the eyes. To adjust for that, I watch the amount of time I spend working on it daily with RescueTime.

Goalscape displays concentric circles to represent graphically goals, which you can attach to notes and links. Since the goals are a pale color, and the highlighted goal is golden yellow or can be, (you can change the colors if you wish), a friend called it my “fried-egg program.” The main goal is in the center, and sub-goals are sectors around it. Each sub-goal can have sub-goals attached to it and so on to I do not know how many levels.

Goalscape allows linking separate Goalscape files together. You can navigate up a level or down a level to view just what you are interested in at a time. Goalscape requires a lot of computer memory. My computer’s memory was not sufficient to manage one big Goalscape file, so I broke it into separate files. Now that I have more memory on my computer, that is not such a big issue, but breaking it up gives me room to expand my files.



(I got Goalscape up on Linux using Wine, but Wine was not stable enough to support it. You can use it on Windows or the Macintosh.)

Goalscapes are actually just outlines, displayed in an interesting graphical way. They can help you see a lot of information at a glance. Most usefully, they have helped me design my mobile phone app. I listed the planned features and sub-features and then marked them completed or partially completed. I can get as detailed as I want. In the notes, I can include Web links to sites that contain possible solutions for the attached goals. I can also attach external files to individual goals.

I have a central Goalscape labeled, “An Authentic You”. Surrounding it, I have:

- An Android Programmer You
- A Chef d’Oevre You (A chef d’oeuvre is a masterpiece)
- A Clear You
- A Computer Whiz you
- A Confident You
- A Consistent You
- A Creative You
- An Enlightened You
- An Entertained You
- An Ever-Ready You
- A Financial You
- A Happy You
- A Health Coach You
- A Healthy You
- An Influential You
- A Minimalized You
- A Musical You

- A Neat You
- A Professional You
- A Relating You
- A Scientific You
- A Serving You
- A Social You
- A Speaker You
- A Spiritual You
- A Strong You
- A Studious You
- A Thought Leader You
- A Timely You
- A Transformed You
- A Vibrant You
- A Writer You

I linked each of these “you’s” to a separate Goalscape file.

Why would I want so many “you’s”? Each of us are multi-faceted beings. We want to develop our wings in many different areas of our lives. Since my teenage years, I have wanted to become an example by developing myself in multiple facets of my life. I even placed in a speech contest about this when I was a teenager, using a cube to illustrate six facets of my life. In each of the above areas, I have goals, outlined in their respective files with sub-goals and sub-goals of the sub-goals to a varying number of levels. I include goals done only once *and* those done repeatedly.

Recurring goals are generally marked as completed, but I do not delete them. They remain to remind me that they are ongoing activities. If I have been inconsistent about doing them, I may mark them uncompleted or partially completed again so my eye will focus on them when I review my Goalscape files.

Goalscape can be useful for goals I have not started working on yet that I want to organize for future use. My “Chef d’Ouvre” Goalscape is an outline of a dream software project I may or may not do. It is a project to design and write a food app the market has never seen before. It is too big of a project for one person to do in a lifetime. The biggest challenge is the database required for it. Perhaps I can eventually work with or for a team to get it done. In the meantime, I keep planning it with Goalscape. Not much of it has made it to my JV Life Tracker yet, but eventually it may.

When I discovered Cronometer.com, I realized that it is the closest match to my dream project so far. It is an awesome tool. I highly recommend looking at Cronometer.com.

I founded a new dream project in late 2017. I created an online community to help people find fitness friends and accountability partners, male or female. I named it Joyful Vibrance Net (<https://www.joyfulvibrancenet.com>).

In Goalscape, I can organize my goals, arrange them in sequence, add, edit, and delete them. I can branch into new areas and develop a completely new side of myself by creating a new you of some description with a list of sub-goals. As I break major goals into smaller and smaller sub-goals, I can organize and display the outline. I can link goals in one file to another file. When a sub-goal is small enough to be a daily task and when I am ready to start working on it regularly, I put it in JV Life Tracker.

You may wonder where I start with my goals: JV Life Tracker, Goalscape, my routines, or my vision documents. It does not really matter. Not all of my JV Life Tracker goals are in Goalscape. Not all of my Goalscape goals are in JV Life Tracker, but there is a

significant overlap. When my Top 500 was still a Top 100, I added everything that was in my Top 100 to Goalscape.

Goalscape goals tend to be big and long term. Goalscape organizes them into an outline.

Of course, we do not accomplish any big, long-term goals without breaking them into smaller pieces and actually doing them. I have not formally systematized the process of setting big goals in Goalscape and breaking them down to be put in JV Life Tracker or for that matter eventually getting a spot somewhere in my master/success routine, but my daily routines are starting to evolve that process. I get ideas a little at a time on a nearly daily basis about working within this system. I pray this book will stimulate your creativity too, and you will go beyond what I have been able to accomplish so far with these tools.

# Chapter 12.

## HOW TO GET CONSISTENT: PROGRESS ROUTINE



While reevaluating my top values, I started to wonder if consistency was *that* important. It certainly was not easy. My Source guided me to an article about Coca-Cola, describing the company's consistency and subsequent success in promoting their brand for over a century. Though I think Coca-Cola is an unhealthy drink, I cannot deny that they have been successful worldwide at promoting it. Coca-Cola even operates a plant near my home, and I see their delivery trucks coming and going all the time. This little exercise helped convince me to retain consistency as a top value.

To counter a consistent force as strong as Coca-Cola in promoting something that is unhealthy, I believe we must work diligently as hard or harder to promote consistently things and activities that *are* healthy. I know I have a task ahead of me in consistently promoting my Joyful Vibrance brand. I have a vibrant logo for it created by a young graphics designer, Ryan Pilkington whom I met at ELP.

Comparing ourselves to others or comparing ourselves to where we want to go can be self-defeating. According to Joseph Clough, my hypnotherapist, one effective way to compare is to compare ourselves to our past, though we must keep in mind that we cannot always best our younger selves, as I have explained.

To do the Progress Routine, I use two apps together: **JV Life Tracker** and **The Journal**. When I first started programming JV Life Tracker app, I called it Activity Analysis. I programmed just the analysis functions and used another app on the market, Checklist by BH, to create and manage the checklists. Later I developed checklist functions and integrated everything into one app.

Making the transition from Checklist BH to my own JV Life Tracker app occurred rather suddenly, instigated from what could have been a disaster. It goes to show that even disasters can be fortuitous, and nothing need upset us. God is in charge, and He will carefully guide us along our path, if we let Him, and sometimes even if we do not.

My mobile phone was stuck in emergency mode, and I could not make outgoing phone calls. I called support (from another phone of course), and they instructed me to get my phone set to factory settings. I first backed up my checklists to my desktop. I do that often anyway and recommend that you do so as well. The checklists and filters are on the mobile phone in the folder `com.joyfulvibrance.lifetracker`. You can delete this folder if you wish to start your checklists over completely. You can delete just `ATop100.txt` if you wish to delete the Master Activity List.

After resetting my phone to factory settings, I had to start over with my app development. I knew from previous

experience that if I loaded my Master Activity List into Checklist by BH, it would load only the first 1,000 items, and I had over 1,500 items. JV Life Tracker was still in development, but I knew it would handle my entire checklist, not just the first 1,000 items. Therefore, I made the leap. I promptly found a few bugs, which I was able to correct. I was able to make the transition at once, and I accelerated development on the app.

## *Master Activity List*

Update your Master Activity List in **JV Life Tracker** and check it off each day. If you get consistent at this *one* activity, it will pay great dividends. You can clear the check marks from the previous day using the function **Clear Check Marks** on the main menu. I prefer instead to use the previous day's check marks as a starting point. If I find a mistake in my previous day's list, I can:

1. Select **Edit List** from the menu.
2. Select the date.
3. Press the **Select** button.
4. Search the activity with the magnifying glass button.
5. Change the erroneous activity.
6. Double press on the back button to return to the **Master Activity List** where I left off.

It felt so good to get that working!

When finished, I use **Export to Date** on the menu and select yesterday or the day for which I am scoring points. **Export to Date** is defaulted to today's date. I have thought of making it yesterday instead of today because I generally score **JV Life Tracker** the next morning, but some people may prefer to do their scoring each night

before going to bed. I click on the **Save** button to save my **Master Activity List** to a specific date.

You can export to the same date multiple times and just overwrite. The app will warn you that the checklist already exists, just in case you are doing it by mistake.



## *Progress Category in The Journal*

I created a calendar category in **The Journal** called “**Progress**”. I created entries for goals in the Progress category and renamed the entry to be the same as the goal.

I made a template for the Progress category containing a table with two columns:

Goal:	
Points:	
Filter:	
Start Date:	
End Date:	
Trigger Event:	
Intrinsic Rewards:	
Extrinsic Rewards:	
Progress Notes:	
Accomplished:	

You can make your own template if wish.

To create your own templates in **The Journal**,

1. Select or create a template category. (I have created subcategories for specific types of templates under the stock **Templates** category.)
2. While in a template category, select **Entry menu Create Entry** from the main menu.
3. Enter your template.

4. To indicate that the entry is a template, select **Entry** menu **Template Entry** from the main menu.

Now that you know how to make your own templates, you can define templates for dozens of uses throughout **The Journal**. Only your creativity limits what you can do.

Now you can attach your template to your Category. This step is not required.

1. Select **Category** menu **Category Properties** from the main menu.
2. In **Category Properties**, select the category and click on the **Entry** tab.
3. Under the drop down for **Default Entry Template**, select the name of the template you created. (If it is not in the list, you may have forgotten to select **Entry** menu **Template Entry** while creating the template, so go back and do that first if necessary.)

As I mentioned, attaching the template to the category is not required. For this application, it may work better if you find the template each time you create a goal.

The rows in the first column are labels for the following:

### Goal:

This is a description of your goal such as “Exercise”.

### Points:

You can place the number of JV Life Tracker points you wish to score in the goal timeframe for an activity or list of activities. You can decide you want to do an activity three times a week, so for a one week goal, that would be three points. To compare yourself to a previous

accomplishment, you can set your points to be the number you achieved the last time you did the goal. Later you can calculate what percentage of your previous accomplishment you achieved, whether it is greater than 100% or less. If you score multiple points for a daily activity, 10 perhaps, you can get up to 70 points for 7 days.

## Filter:

Enter the name of your filter here in **The Journal**.

Add the filter into **JV Life Tracker**. If you are creating a filter in advance of actually working on a goal, you will want to set start and end dates for a range of dates that already have checklists exported for them. At least one of the dates in the date range must contain the activity or activities you wish to track. If you have created some new activities today that you want on your filter, and you have not exported them yet, **Export to Date** for today from the main menu in **JV Life Tracker**. You can easily overwrite when you update your list later.

Then select **Analysis** from the main menu to go to the **Activity Analysis** screen.

Set the start and end dates using the format mm/dd/yyyy. Use the dates in **Activity Analysis** in **Filter List**. You can use the date picker. Set a date range that includes all of the activities you want on the report. Do not select dates too far apart if you do not want to wait too long for the filter creation.

Then select **Filter List** from the main menu in **Activity Analysis**. You can create any number of filters with the **New Filter** button. The app creates a filter with all the

activities on your checklists from the start date to the end date. The new filter will sort by name in a list.

Then long click your new filter and select **Edit** to edit it. You can then check the specific activities you want on the report. You can search for them with the magnifying glass if needed. Close the list by pressing the 'back' button twice. I programmed a double back to prevent you from closing the edit inadvertently. For grouped items, you can select just the first item in the group and then select **Sum Groups** in **Settings**.

Long click the filter again and tap on **Select** to select it. You can create, edit, select, rename, and delete filters.

Now, let us go back to **The Journal** again.

### Start Date (in **The Journal**):

This is the starting date for the goal. It can be any date: past, present, or future. This is not necessarily the same date you used when creating your filter.

### End Date:

This is the ending date of the goal. It can be any date: past, present, or future as long as it is the same date or later than the start date. I create this goal with **Entry** menu **Create New Entry** in **The Journal Progress** category for the day immediately *after* the end date, so I can report on it the next day. I can change the date easily by selecting **Entry** on the main menu and selecting **Change Entry Date/Time**.

## Trigger Event:

This specifies the event that triggers the start of your activity. It can be your success routine or a sub-routine. It can be an entry in your calendar or a habitual activity. The trigger event can be an alarm you set. The more reliable the trigger event, the better.

## Intrinsic Rewards:

This is a comprehensive list of the intrinsic benefits of accomplishing the goal. Spend some time creating this list. This is your why. The reasons why you want to accomplish an aim are very important. When the going gets tough, why power will pull you through.

I keep refining the list of intrinsic rewards each time I forward a goal. When I review the progress on a goal, I also review the list of intrinsic rewards. Goals usually have a long list of intrinsic rewards. We sometimes forget to remind ourselves of them. There are dozens of intrinsic rewards, for instance, to being sugar free. Here are a few you can put on your list.

Being added and artificial sugar-free:

- Greatly aids weight maintenance/loss
- Allows progress with a weight-loss goal rather than going in circles all the time
- Improves emotional control
- Improves mood
- Improves motivation
- Lowers risk of depression
- Decreases nervousness
- Improves ability to sleep

- Decreases inflammation which lowers the risk of almost any disease
- Lowers the risk of triggering the release of inflammatory cytokines
- Lowers the risk of forming advanced glycated end products (AGE's) in the blood—AGE's promote oxidative stress
- Lowers risk of high triglycerides in the blood
- Lowers the risk of diabetes
- Helps manage diabetes symptoms we may already have
- Reduces symptoms of hypoglycemia
- Lowers risk of cancer
- Lowers risk of breast cancer
- Lowers risk of heart disease
- Lowers risk of high blood pressure
- Reduces risk of candida overgrowth which is responsible for a plethora of symptoms
- Improves the absorption of vitamin B6 which is hampered by candida overgrowth
- Lowers the risk of brain fog
- Improves the brain's production of brain-derived neurotrophic factor (BDNF) which allows the formation of new memories
- Lowers the risk of getting Alzheimer's disease and dementia in general
- Improves eye health
- Reduces the risk of cataracts
- Reduces the risk of tooth decay
- Increases energy levels
- Improves the body's production of orexin, the neuropeptide responsible for feeling alert.
- Improves blood sugar control

- Prevents the rise in free radicals caused by sugar intake -- free radicals can cause disease leading to cancer, among other things
- Prevents the loss of vitamin E caused by sugar intake
- Decreases the risk of fatty liver
- Improves cholesterol profiles
- Improves appearance and increases beauty
- Improves complexion
- Makes skin look younger
- Improves sensitivity of taste buds, especially sweet taste buds
- Improves the nutrient density of the diet (sugar has almost no nutrients)
- Makes it easier to balance protein and carbohydrate ratio
- Makes it easier to get 25 grams or fewer of total sugars daily
- Increases will power
- Reduces pineal gland calcification—pineal gland calcification can cause mental illness, sleep problems, and Alzheimer's disease
- Reduces cravings for sweets, alcohol, coffee, and salt
- Reduces symptoms of PMS
- Improves the immune system
- Can reduce the intake of artificial colorings which are often in sweets
- Reduces the risk of kidney failure
- Reduces irritable bowel syndrome (IBS) symptoms
- Reduces the risk of bloating
- Improves self-confidence
- Reduces the risk of dizziness and fainting
- Reduces the risk of sexual problems
- Lowers hostility and aggressiveness

- Lowers the risk of binge eating
- Reduces the risk of seizures caused by artificial sweeteners
- Lowers the risk of incontinence by helping to maintain a healthy weight
- Lowers the risk of lactic acid buildup due to high blood sugar
- Helps avoid thyroid dysfunction that may be caused by too high or low blood sugar
- Makes you look younger

Similarly, there is a huge list of intrinsic rewards for getting an optimal amount of vitamin B6 each day, using P5P if necessary. You may have noticed that there is a connection between sugar intake and the availability of vitamin B6 in the body, which may explain a number of sugar's ill effects.

**Vitamin B6.** Vitamin B6 can greatly benefit mood and energy by helping to

- Participate in the action of over 100 different enzymes
- Convert l-tryptophan to serotonin, which can create happiness, reduce anxiety, reduce carbohydrate cravings, and improve sleep
- Inhibit tryptophan catabolism in the liver and increase the uptake of l-tryptophan into the brain
- Produce melatonin to regulate circadian rhythms and sleep properly
- Convert l-tryptophan to niacin, (vitamin B3), which is needed for good mood and energy production
- Convert l-tyrosine to dopamine which can improve motivation
- Convert l-tyrosine to norepinephrine and epinephrine which can increase energy



- Convert l-tyrosine to thyroxine in the thyroid gland which modulates metabolism
- Convert phenylalanine to endorphins which create feelings of euphoria and reduce pain
- Convert glutamate to GABA (gamma-aminobutyric acid) which can improve relaxation
- Balance neurotransmitters overall
- Balance neurotransmitters which can be helpful in treating addictions
- Convert short chain to long chain omega-3 fatty acids
- Convert gamma linoleic acid (GLA) to activated DGLA the gateway to all “good” eicosanoids
- Convert homocysteine to cysteine, which reduces homocysteine buildup
- Cysteine converts to taurine which is needed for nerve and eye health, mineral transport; and can even reduce body weight and treat congestive heart failure
- Cysteine converts to glutathione, the body’s master antioxidant, which is responsible for general health, cancer prevention, and detoxification
- Increase the absorption of magnesium in the body which can lubricate the eyes and relieve eye soreness, aching, burning, itching, and visual disturbances due to dryness
- Increase the absorption of magnesium which can permit the relaxation of muscles and benefit the heart
- Decrease muscle stiffness, particularly in the legs
- Increase the body’s ability to create proteins needed for bodybuilding
- Increase the pancreas’ ability to make digestive enzymes which improve digestion
- Increase the body’s ability to make many different enzymes which affect gene expression
- Increase the body’s ability to make sexual hormones, including female hormones for the menstrual cycle

- Increase the ability to synthesize testosterone
- Increase the body's ability to make red blood cells, which carry oxygen through the blood, fueling the metabolic processes that generate energy
- Promote healthy cortisol levels by giving adrenal gland support in producing adrenal hormones
- Relieve the pain and possibly the cause of carpal tunnel syndrome
- Promote hair growth and regrowth
- Relieve edema and fluid retention, including fluid retention before a period in the menstrual cycle
- Relieve, along with other B vitamins, GERD (gastroesophageal reflux disease) symptoms
- Decrease irritable bowel syndrome (IBS) symptoms by balancing serotonin which controls the nerves in the digestive tract, increasing the absorption of magnesium, benefitting the thyroid gland, and improving the biosynthesis of digestive enzymes
- Relieve other menstrual and pre-menstrual problems
- Alleviate diabetes
- Treat gestational diabetes mellitus
- Alleviate heart disease
- Strengthen the immune system by increasing antibodies, thymus activity, and lymphocytes
- Alleviate HIV
- Alleviate kidney stones
- Alleviate endometriosis
- Alleviate morning sickness
- Protect against Alzheimer's disease by reducing homocysteine buildup
- Lower blood pressure
- Treat lithium induced hand tremor

Sometimes it is also motivating to have an extrinsic reward.

## Extrinsic Rewards:

This is any extrinsic reward or rewards you want to award yourself for “successful” completion. If someone else will commit to giving you an extrinsic reward, that is even better. You can define ‘successful’ any way you choose. Perhaps if you do an activity 75% of the time, you consider yourself successful. I find that I often relish getting just 50% or even less of a goal accomplished. It depends on the goal. Extrinsic rewards must be something that you will remember and focus on. If you forget how you plan to reward yourself, the extrinsic reward will not work.

It can be rewarding and satisfying to reward yourself with a certificate of achievement. You can print certificates of achievement from Microsoft Word or find them online. Stamp the certificate with your business logo and sign and date them.

I set up a certificate of achievement called *Joyful Vibrance Lifestyle*. I tracked five sub-goals with a filter: 1) my exercise routine, 2) eating less than 1700 calories, 3) making a green drink, 4) keeping a complete food log, and 5) staying off sugar. After my goal period, I printed, framed, and hung above my computer area a dated certificate with the Joyful Vibrance logo showing my percentages in each of these areas. I decided that no matter how low the percentages ended up being during my goal timeframe, I would still get the certificate. The idea was progress, not perfection. I taped up a sample certificate in my vision board area throughout the goal period to remind me of the goal.

Often it works best to just remind yourself of intrinsic rewards and forgo using an extrinsic reward, so you can

leave this blank. Do whatever motivates you. Experiment with different types of rewards.

Do not make your rewards difficult or costly to obtain as that may defeat yourself. Make them something you would not ordinarily award yourself. I found it motivating to award myself a Costco-sized bag of pine nuts. There is my nutty self again! I love pine nuts, and they are nutritious. I awarded myself a bag of pine nuts once for averaging more than a certain daily score, in this case 400, in **JV Life Tracker** for a month. I accomplished the goal and enjoyed the pine nuts. I do not reward myself with pine nuts every month, but it worked to increase my overall scores.

I have even experimented with rewarding myself with things I already have. Sometimes I have purchased something but do not really feel I have done enough to deserve it. Have you ever done that? You actually feel guilty that you have splurged on yourself. If you buy something and do not use it as much as you intended, you can feel this way. You can set as extrinsic rewards, things you already have to create a feeling of deserving and valuing what you have. Your activity might be to use that very thing, such as a gym membership. That saves you the money needed to buy yourself a new reward.

## Progress Notes:

Progress notes are dated notes that describe how you have done on the goal so far. You can cut, paste, and append the “**Accomplished:**” line into the **Progress Notes** as you forward a goal.

## Accomplished:

**Accomplished** is a note containing a date, with for instance “115 of 315” if you earned 115 points of a goal of 315. You can divide 115 by 315, multiply by 100%, and include the percentage or 36.5%.

You can set up your goals to allow yourself to earn more than 100%. Let us say you have 20 different exercises you want to do daily. You can add each of them to your **JV Life Tracker** checklist. They will sort together if you preface the name of each exercise with for instance “Healthy Exercise”.

You can set a goal to do at least 15 of the exercises a day. Therefore, you can set your Points in **The Journal** to 15 times 7 per week or 105. Since you can actually do as many as 20 exercises a day, your total score can be as high as 140. Let us say you do 16 a day on the average or 112. Your percentage will then be 112 divided by 105 or 106.7%.

You can then add a comment such as “outstanding.” Other scores may elicit the comments “good job” or “keep working on this,”--whatever encourages you without being self-condemning. Be observant, aware, non-judgmental, and non-critical of your behavior. Learn from what you observe and reward rather than punish yourself.

As I said, you can cut and paste to append your accomplishment comments into your progress notes when you forward a goal to a new start and end date.

You can forward an entry.

1. Select it with control ‘a’.

2. Do a control 'c' to copy.
3. Select **Entry** menu **Create Entry** from **The Journal** main menu.
4. Select a date from the calendar. (I generally choose the day after the end date.)
5. Do a control 'a' if the entry comes up with a template entry and paste over the selected entry with a control 'v', or just paste it if the entry is blank.
6. Change the start and end date.
7. Review the intrinsic rewards.
8. Cut and paste the accomplishments from the previous goal into the progress notes.

When a goal is completed, use calendar charm, accessed by right clicking the entry in **The Journal**, to check mark the goal. Put on a happy face, etc. I use the open-mouthed happy face for goals I complete at 100% or above, the happy face for goals over 75%, a check mark for goals at 50%-75%, and a partial checkmark for goals under 50%. These are approximate guidelines. You can use whatever system you choose, and you do not even have to be consistent. Reaching 50% on some goals may be outstanding for you, and you may want to check them with a happy face or some other calendar charm that encourages you.

You can look at the monthly or annual calendar for your Progress category in **The Journal** and see the completed goals with their accompanying calendar charm. I find that very satisfying.

### *Activity Analysis in JV Life Tracker*

Socrates said, "The unexamined life is not worth living".

Though it may seem obsessive to keep a daily checklist in **JV Life Tracker**, doing so is a pathway to self-

knowledge. I have sought self-knowledge by examining my behaviors. This can provide the data needed to encourage me to make changes and improvements. My checklist has many self-care items. Self-care is an essential part of my life. A good friend told me, “Take care of yourself. No one else will.”

Getting the information from **JV Life Tracker** on your mobile phone involves selecting **Analysis** from the main menu. Choose a start date and end date in the text box or by using the date selector. This time your start and end dates will match those you entered into **The Journal**.

Use **Filter List** on the **Activity Analysis** menu to create a filter with the activities you want on your report, if you have not already.

Access **Settings** from the **Activity Analysis** menu, accessed by selecting **Analysis** from the main menu. (I developed **Activity Analysis** separately at first from the checklist.) In order to run the report with the filter, check that **Filter activities in Settings** is checked. Check **Sum groups** or not. **Sum groups** will cause your report to add up groups of activities that have numbers after them. It is defaulted to “checked.” I created this option so you can uncheck it if you wish. There are times when you may want that.

You can use the **Completed only** option in **Settings** to show just a one or zero in the total column for each activity. The totals for each row of the report are under “T”. Suppose you want to contact twelve different people in a month’s time. You can set the **Completed only** option, and the total of totals at the bottom will have the number of people you contacted one or more times within the specified dates. Be sure to uncheck this option

later if you want to show the total number of times you did an activity.

Here is a summary of the settings accessed by pressing **Settings** on the menu for **Activity Analysis**, accessed by pressing on **Analysis** on the main menu of **JV Life Tracker**:

## **Settings**

**Include activities not done** - when checked, this option includes on the report activities in checklists you have NOT checked within your range of dates on the report as well as those that you have.

**Summary only**- when checked, this option sums together all activities that have the first word in common. You can use this option to categorize activities. You will likely want to put all your business activities together, your spiritual activities together, etc.

**Sum group** -when checked, this option sums groups of activities that are numbered, such as activity 01, activity 02, and activity 03. The app adds the values for the numbered group of activities together.

**Completed only** -when checked, this option shows only whether activities are completed or not completed in the totals column, under “T,” allowing you to determine whether or not you have done an activity at least once in a range of dates.

**Filter activities**- This option allows you to use filters with a subset of activities to watch. Only those activities checked in the selected filter will



appear on the report. This is useful for setting weekly goals and watching them throughout the week or setting goals around a specific topic such as exercise or nutrition.

Press back to return to **Activity Analysis**.

Set the option for sorting the report by activity or frequency. Sorting by activity is faster because it will sort just by activity. Sorting by frequency involves two sorts.

There are two popups with options for **Totals, Days of Week, or Months of Year**. Depending on the power of your mobile phone and the size of your checklists, you may have to wait awhile for your report if you include a wide range of dates. You can also break reports by day, week, month, or year.

## *Back to The Journal*

You can use The Journal for any goal. You do not necessarily have to use JV Life Tracker. You can have a mixture of **JV Life Tracker** goals and other goals.

Sometimes I slide the end date of a goal if I want to give myself a while longer to work on it. Grace periods can be very important. You can accomplish this easily by using the main menu option **Entry** menu **Change Entry Date/Time** in **The Journal** and then changing the End Date in the entry.

The Progress routine encourages consistency in doing activities over time. I set a sugar-free goal at the beginning of each month. So far, I have not given myself an extrinsic reward for a perfect month, but I could, and I have had a few.

You can set up your reward system any way you see fit.

## *Examples*

### **JV Life Tracker**

Let us say that you have a goal to call five prospects a day. You can set this up quickly in **JV Life Tracker** by entering “Call Prospect” in the text box at the top and clicking on the **Add** button. The app will add the activity to the list in sorted order and take you to where it has added the item. You can then long click it and select **Modify Group** (either checked or unchecked) from the context menu. Enter the number of prospects to call, up to 99, and the app will add:

Call Prospect 01

Call Prospect 02

Call Prospect 03

Call Prospect 04

Call Prospect 05 ...

Depending on whether you selected **Modify Group Checked** or **Modify Group Unchecked**, it will check each item or not.

Then you can set the **Settings** in the **Activity Analysis** menu (accessed by **Analysis** on the main menu) to check **Sum groups**. This will add all the **Call Prospect** activities together on your report. This is the default, so it may already be checked.

You can add a filter called “**Call Prospects**” in **Filter List** and edit it to check any or all of the above items.

(The app creates filters from dated checklists, so export your checklist with the “**Call Prospect**” activities to a date first.)

## Back to **The Journal**

Let us say that you want to track this from Monday through Friday. You can set up your goal in **The Journal** Progress category in the following way:

Goal:	Call Prospects
Points:	25
Filter:	Call Prospects
Start Date:	Monday's date
End Date:	Friday's date
Trigger Event:	The trigger for your goal activity: an alert, an event, a specific time, etc.
Intrinsic Rewards:	Possibly more business, money, profits, self-satisfaction, the boss will be happy, etc.
Extrinsic Rewards:	Ideally, this is a reward from someone with a stake in you getting more business.
Progress Notes:	An account of all previous accomplishment notes, appended line by line each week you forward the goal.
Accomplished:	Friday's date (you can include your range of dates), “20 of 25 or 80%”--whatever you did, and a comment such as “Great job!” You can add as many prospects as you contact in a day on your checklist. Then if you average at least five a day, you have the possibility of getting over 100% of your goal.

If you are like me, you will want to award yourself more than one point for calling a new prospect. That is a hard thing to do, is it not? You can track **Call Prospect** as I described and then additionally give yourself bonus

points for calling prospects, say 10 or 15 each, or maybe more for the bigger prospects.

Fun? I hope so. The goal is to reach your goals and create consistency in your actions by following up on your daily checklist reports.

I encourage you to get the applications and follow through the guidelines. Then it will be clearer.

As I said before, do not use this system to berate yourself for poor performance. Instead, become conscious of your behavior over time and reward yourself for accomplishing goals of any length. It encourages repetition of behaviors, which comprise a larger goal. Suppress the tendency to be “all or nothing” about your goals. All or nothing thinking is one of the cognitive distortions Dr. David Burns describes in *Feeling Good*. For more information about cognitive distortions, refer to his work. Programmers of an artificial intelligence cognitive therapy robot based Woebot on his work. Give yourself ample partial credit. You will find yourself having a great time!

I recall my second semester of calculus when we studied calculus with trigonometric functions. I confess I do not remember much of the math from the class even though math was my favorite subject while I was in college. What I do remember though is that our professor, Dr. Skarda, gave us ample partial credit for showing our work on the test, even though the final answer may not have been correct. I aced the class even though I had few final answers that were correct. Life can be like that. Give yourself ample partial credit. If you do not call five prospects in a day but only call four, you are still doing great! Reward yourself amply.

## JV Life Tracker again

You can use your Progress routine to set and report on goals. You can also examine your progress for past dates that you may have not necessarily set a progress goal for in advance. To illustrate the principle of giving yourself partial credit, let us say you have “Eliminate Dairy” and “Eliminate Gluten” on your **JV Life Tracker** checklist. Suppose you have been faithfully checking whether you’ve accomplished them every day, but you have no idea how often you are accomplishing the goals or even how often you really need to do them.

You can create a Nutrition filter in **Filter List** in **Activity Analysis** (accessed by selecting **Analysis** on the main menu). Long click and select **Edit** from the context menu. In the checklist search for and check these two goals on the filter. Press back twice and select the filter by long clicking on the filter and pressing **Select**. (I sometimes forget to do Edit and Select both.)

Then you can run a report for the last three months for example. Press back, set the start, and end dates for your report. (They do not have to be the same dates you used to create your filter.)

With the popups above the **Analyze** button, set **Months of Year** and **Break reports by month**. Press **Analyze** to run the report.

Let us say you did both activities 12 times in June, 15 times in July, and 17 times in August. You can see that gradually you are progressing. (If, in your case, you are not progressing, that is not the end of the world!) You can note your progress or lack thereof in **Accomplished: in The Journal** and possibly even forward the goal for another three months, cutting, pasting, and appending

the accomplished line to your progress notes and resetting the start and end dates.

You may want to set up your goal to do at least as well as you have done the past three months or you can be even easier on yourself, if you choose, and consider 10 times a month to be sufficient, whatever works for you. If more challenging goals encourage you, set your target points for them higher. If reaching a minimum is more appealing, set them lower.

If I had celiac disease, even a molecule of gluten would be too much. However, my celiac disease test showed I do not have it, so it is not critical for me to be gluten free all the time. Likewise, I do not need to be as absolute about dairy. I can be even more lenient with that. Being gluten and dairy free support me, but neither needs to be absolute. On the other hand, if I eat sugar even one day, my life and diet start to fall apart. This must be because I have an addiction. On this goal, I need to be more consistent. Do whatever works for you.

I have found that I am most consistent at playing the piano if I set a goal to play at least one piece a day. If I set a goal to play for an entire hour, I often go days without playing at all. Therefore, I have found a more effective way for me to set goals is to ask myself sometimes to do the minimum. Then I often find myself doing that and exceeding it. That is just how my mentality works.

You can set up your **JV Life Tracker** checklist to give yourself bonus points for doing the minimum and/or achieving a more challenging goal. I give myself ten points for playing at least one song on the piano each day. I give myself 50 bonus points for playing at least half an hour. Therefore, if I play at least half an hour, I score at least 60 points! I can then add bonus points for doing

even more, while still getting my basic points. I understand that if you are a concert pianist, you need to play at least eight hours a day. Do whatever works for you.

## *Resume your progress*

If I can teach you to encourage yourself without getting too hard on yourself, if I can teach you to encourage others without being too hard on them, I will have succeeded. Over time, your mood and energy will increase. Be persistent. If you stop using the **Progress** routine for a period of time, that is okay. If you are late getting an analysis report done, it will not matter. If you score consistently in **JV Life Tracker**, your data will stay there for you until you resume and perhaps commit yourself to a new round of goal setting. There is no need to beat yourself up for slacking off. Perhaps you have been drastically changing your daily routine or running your life in emergency mode for a time. We all have periods like that.

Throughout the first two months of 2016, I dedicated time to serious soul searching. Instead of setting and analyzing goals, I searched the scriptures, watched videos on related subjects, and talked to friends about my spiritual journey. I continued to update my checklists in **JV Life Tracker** consistently, but my Progress routine fell into disuse.

I was about to berate myself for my lack of “progress” when I started to realize I was now closer to the Lord than ever before. I could recommence work on my goals with even more help from Him. As Wayne Dyer said in *The Shift*, ambition with meaning drove me rather than plain ambition. I had found purpose in my life. I now wanted to live my life as the Savior did. Since I updated

my checklists every day, I could still run an analysis for past dates. Do not underestimate the value of spiritual journeys, even if they take you away from your cherished routines. There is time later to return to valuable routines and evolve them further.



# Chapter 13.

## CHANGING YOUR MOOD



As I progress further in life, I am starting to realize that feeling good is where it is at. David Wolfe, in *Eating for Beauty*, says, “What you are in the end is a feeling”. We would all like to have more money, but one of the main reasons we want more money is so we can make ourselves feel better. We want relationships so we can have the good feelings good relationships produce. We want to look good, but that is so we can *feel* good about ourselves. We want heaven; that is because we believe we will be happy there.

Good feelings come from good thoughts. They become memorized states in the body that elicit good memories and actually improve epigenetic markers on DNA. Good thoughts and intentions along with the good feelings that result therefrom actually change our outer world for the better.

If you suffer from mania occasionally as I have, it is tempting to boost your mood up to incredible heights. I can do this by cheating on my medication. It feels awesome for a while but is very dangerous. Rather I aim for a *safe* joyful vibrance. Is that a letdown? Remember mania will cost you emotionally, financially, professionally, and socially. You may want to spreadsheet

the total cost of your previous manias. I have not done that, but I am sure the cost is unbelievable, and the cost is not just personal. There is a cost to society. Instead, aim for the center. Aim for balance. In time, with a stable mood, true happiness and productivity arises. It may not be so euphoric, but it is pleasant.

Emotional intelligence is critical for success in business, relationships, and any undertaking. If we do not feel good and help others to feel good, we are compromising our own success.

When I mention feeling good, I am not talking about the momentary pleasure derived from something like eating a dish of ice cream. I am talking about a feeling of resilience, the feeling of knowing that you can overcome any challenge life throws at you. The feeling of accomplishment is great, but even that pales in importance to the feeling that you are aligned with God's will for you. You begin to see obstacles as opportunities. Just lately, as I cut back on l-tryptophan due to my P5P use, I started having carb cravings. Rather than beating myself up for a momentary binge, I was able to add to this book the connection between l-tryptophan and overcoming carbohydrate cravings. I started to see when and why to still use l-tryptophan. I had almost forgotten that connection; I had been using l-tryptophan so regularly for so many years. Therefore, every "roadblock" that comes into our path becomes a challenge, which when overcome, leads to feeling even greater.

Having a mood disorder has taught me that feeling good only comes with effort. I have found that balancing neurotransmitters is one key to feeling great. We can take drugs to make us feel better, but if they work at all, they are not a panacea. I have taken many drugs over the years

to relieve my manic-depression symptoms and have often felt worse than when I started.

Using drugs is kind of like using an axe to trim a fingernail. You might be able to get the job done, if you are lucky, but you will have many side effects and can even kill yourself in the process as I have nearly done before. I have learned to use food, herbs, and supplements as well as prescription drugs. Importantly, I still do use prescription drugs. I believe the medical profession is not “evil.” It has its place. Be sure to get the help of qualified practitioners as you practice the principles in this book. Do not get in a big of a hurry to leave your medications behind. I tried doing that with very serious consequences. You can integrate alternative and conventional approaches. Non-drug modalities are very important, especially meditation.

Though nutrition is critical in helping us align our feelings with our goals, thoughts also affect our feelings by directly influencing our neurotransmitters. Ron Breazeale, Ph.D., in *Psychology Today* says, “The literature has demonstrated again and again that thoughts affect neurotransmitters, the chemical messengers that allow the brain to communicate with different parts of itself and the nervous system.”

One book I found to be helpful is *Ask and It is Given* by Esther and Jerry Hicks. It is about The Law of Attraction. In order to obtain something, it will not work if you come from a position of lack. You need to come from a position of abundance. You need to boost your feelings about your situation. You need to feel good in order to get what you want, and what you want may be to feel good. Though that may be somewhat cyclical, there are ways to train your thoughts to help you feel better.

The processes mentioned in the Hicks' book can boost your feelings of satisfaction and contribute to your being able to obtain those things you yet desire. The Hicks introduce twenty-two processes that can change your emotional set point to a higher level. Where you are currently on the emotional guidance scale affects which process will work the best for you.

Though all of their processes are helpful, I have found process number 22 to be especially powerful for me. It can work at any level on the emotional guidance scale from joyfully vibrant to depressed and fearful.

Here is my version of the emotional guidance scale:

- Joyful/vibrant/creative/loving/grateful
- Enthusiastic/eager/passionate
- Timely/industrious/goal-directed
- Optimistic/positive
- Hopeful/determined/faithful
- Content/socializing/recreating/entertained
- Bored/indolent/apathetic
- Pessimistic/negative
- Frustrated/impatient
- Bombarded/overwhelmed
- Disappointed
- Doubtful
- Worried
- Blaming/Accusing
- Discouraged/Despondent
- Angry
- Vengeful
- Hateful
- Jealous/comparing
- Insecure/guilty/unworthy

- Fearful/grieving/depressed/powerless

The scale goes from great to good, bad to worse. Depression is at the very bottom. What I did not understand in my younger years is that in order to feel better, I had to improve step-by-step. Sometimes I have to go through anger in order to feel joy. Since I repressed my anger for many years, trying my best not to express it, I could never seem to get reliably above the depression level. The idea is to locate where you are in the scale and work yourself up one level at a time until you reach the top or as near the top as you can.

You can take a day or several days for each step or you can attempt to do all of them right after each other in the course of an hour or so. I have worked my way through this scale a number of times on a number of different issues. I have invariably been able to feel better.

Here is an example showing feelings I have actually had from the bottom to the top.

### Fearful/Grieving/Depressed/Powerless

I feel so depressed. I start to feel better then I just get depressed again. I fear I cannot control it. I feel so powerless.

### Insecure/Guilty/ Unworthy

I am not capable of feeling good consistently. My disorder just makes it worse and worse. No one would want to be my friend. I would only make them depressed.

## Jealous/Comparing

My friends are much more capable of making friends and getting things done than I am. I am always stuck in this rut. Even my mother runs circles around me, and she is twenty-two years older than I am.

## Hateful

I hate my life. I do not even like to get out of bed in the morning.

## Vengeful

I wish I could get even with my disorder (or even with God). My disorder has ruined my life in so many ways.

## Angry

I am angry that things have not gone better for me in my life. I have not even been able to have children. I lost my career. Look what this disorder has done to my life!

## Discouraged/Despondent

I am so discouraged. I cannot seem to get anywhere on my projects. I just keep getting stuck. I do not have the stamina to keep going on them.

## Blaming/Accusing

It is all the fault of my medicine. It has sapped my motivation for over three decades, and look what a mess my life has become over it!

## Worried

I am worried that I am just going to get sicker and sicker as I get older.

## Doubtful

I doubt there is anything anyone can do to improve my situation.

## Disappointed

I tried a health coaching business, but I was disappointed that my first client had a heart attack and quit. That got me off to a bad start.

## Bombarded/Overwhelmed

I feel overwhelmed by my symptoms, and I do not see how I am going to muster the sheer energy needed to succeed. It is just so overwhelming!

## Frustrated/Impatient

I tried speaking at Toastmasters, but I got frustrated that I did not make more progress, so I quit.

## Pessimistic/Negative

Nothing will ever work out for me.

## Bored/Indolent/Apathetic

I think I will just stay at home and forget I ever wanted to succeed.

## Content/Socializing/Recreating/Entertained

I like spending time with my friends. We do many fun things together.

## Hopeful/Determined/Faithful

I am hopeful I can turn things around with my transformation book and my JV Life Tracker app. That hope keeps me working on them as much as possible. My vision board keeps reminding me to stay faithful.

## Optimistic/Positive

I think some people may be interested in what I have done with my transformation book and JV Life Tracker app.

## Timely/Industrious/Goal-directed

I keep thinking of better ways to explain how to organize and reach goals. I have been reaching many goals lately. I have been able to reach my ideal weight. That is just for starters.

## Enthusiastic/Eager/Passionate

I am enthusiastic about getting my projects finished and ready for use. I love my projects! I am eager to write for a lifetime and share my thoughts about joyful vibrance. Joyful Vibrance is my passion!

## Joyful/Vibrant/Creative/Loving/Grateful

I feel joyful today because I am doing what energizes and excites me. I have great creative gifts to share with the world. I started an online community, Joyful Vibrance



Net (<https://www.joyfulvibrancenet.com>) to match fitness buddies! I am grateful for the life I have. I love life!

Fortunately, my mood has been closer to joyful/vibrant/creative/loving/grateful since I have been working on my projects. If I get discouraged, I just work step-by-step to move up the emotional guidance scale again. I have not been seriously depressed for some time now.

Life is beautiful! Vibrant life is full of joy. With the help of guided meditation, I have learned to live more in the present moment. I have learned that when I look back on my life, I can rewrite the story and give it new meaning. God has blessed me repeatedly.

I have not had any serious financial problems that lasted for a long time. I have never had a bankruptcy. I have always been able to pay my debts.

I have a wonderful clean, neat, private, well-lit apartment that is the optimum temperature. I have loving parents. I have good friends. I have a lovely, shiny, black, ebony baby grand piano in the living room, and I can play it. I have a library of books to read. I have access to the Internet with a world of information.

I have access to clean air, water, and delicious, nutritious food. I have my Christian faith and a deepening relationship with the Lord. I have a beautiful body with the figure of a twenty-year-old. I have time. I have my freedom. I have joyful vibrance!

An attitude of gratitude goes a long way. If you have any comments or suggestions, you can email me at [kaelyn@joyfulvibrance.com](mailto:kaelyn@joyfulvibrance.com). I may not be able to respond immediately, but I am a compassionate, caring person,

and I do want to make your transformation work for you. I want to keep writing because writing is what I truly love to do. I believe that is one of my purposes in life. I send you my blessings for your health, happiness, joy, peace, and success! May you be vibrant! May you be joyful!

# Appendix A:

## VALUES



Values govern our lives. They govern our lives whether we are aware of them or not. Anthony Robbins, a well-known life coach, suggests not only determining what your current values are, but also choosing values that will enable you to get those things you most want in life. So what values will most effectively channel you to where you want to go? There is a plethora of wonderful, possible values from which to choose. I value joy and vibrancy. That is why I chose Joyful Vibrance as the name of my company. I realize 'vibrance' is not an actual word, but people have used it on the Internet.

<http://www.joyfulvibrance.com> is unique and available, and it just fits.

I have struggled with my mood and energy for decades, and it is my quest to learn ways to improve them. I value wisdom and good health. I also value creativity, organization, consistency, and timeliness. Creativity allows me to use my imagination to make a world of my choosing, organization makes it possible to order the steps needed to make my creativity useful. Consistency is crucial in order to make creativity and organization bring a project into full fruition. Timeliness ensures that my creativity will be available to others and myself at a time when it can be useful.

My value list looks like the following:

- Joy
- Vibrancy
- Health
- Wisdom
- Creativity
- Organization
- Consistency
- Timeliness

Brendon Burchard in *High Performance Habits* determined through research and statistical analysis that high scores in six values correlate with long-term success. These are clarity, energy, productivity, influence, courage, and necessity. Each of these values alone correlates with higher performance, but together have a major impact. I have recently incorporated these values into my JV Life Tracker checklist so I can transform my life into being of service to others. I score each of the six with one to ten points daily based on my impression of how well I am doing.

Review the following list of values to identify those you want to consider most important. As you page through the list, simply cross off the ones that matter less to you, and highlight the ones that matter most. Aim for no more than ten values on your final list. Finally, prioritize your list, so that your most important value is number one, your next most important is number two, and so on.

From a list of possible values, choose your top ten. You can use a template such as the one below:

What is most important to you in life?

- Abundance
- Acceptance

- Accessibility
- Accomplishment
- Accuracy
- Achievement
- Acknowledgement
- Activeness
- Adaptability
- Adoration
- Adroitness
- Adventure
- Affection
- Affluence
- Aggressiveness
- Agility
- Alertness
- Altruism
- Ambition
- Amusement
- Anticipation
- Appreciation
- Approachability
- Articulacy
- Assertiveness
- Assurance
- Attentiveness
- Attractiveness
- Audacity
- Availability
- Awareness
- Awe
- Balance
- Beauty
- Being the best
- Belonging

- Benevolence
- Bliss
- Boldness
- Bravery
- Brilliance
- Buoyancy
- Calmness
- Camaraderie
- Candor
- Capability
- Care
- Carefulness
- Celebrity
- Certainty
- Challenge
- Charity
- Charm
- Chastity
- Cheerfulness
- Clarity
- Cleanliness
- Clear-mindedness
- Cleverness
- Closeness
- Comfort
- Commitment
- Compassion
- Completion
- Composure
- Concentration
- Confidence
- Conformity
- Congruency
- Connection

- Consciousness
- Consistency
- Contentment
- Continuity
- Contribution
- Control
- Conviction
- Conviviality
- Coolness
- Cooperation
- Cordiality
- Correctness
- Courage
- Courtesy
- Craftiness
- Creativity
- Credibility
- Cunning
- Curiosity
- Daring
- Decisiveness
- Decorum
- Deference
- Delight
- Dependability
- Depth
- Desire
- Determination
- Devotion
- Devoutness
- Dexterity
- Dignity
- Diligence
- Direction

- Directness
- Discipline
- Discovery
- Discretion
- Diversity
- Dominance
- Dreaming
- Drive
- Duty
- Dynamism
- Eagerness
- Economy
- Ecstasy
- Education
- Effectiveness
- Efficiency
- Elation
- Elegance
- Empathy
- Encouragement
- Endurance
- Energy
- Enjoyment
- Entertainment
- Enthusiasm
- Excellence
- Excitement
- Exhilaration
- Expectancy
- Expediency
- Experience
- Expertise
- Exploration
- Expressiveness



- Extravagance
- Extroversion
- Exuberance
- Fairness
- Faith
- Fame
- Family
- Fascination
- Fashion
- Fearlessness
- Ferocity
- Fidelity
- Fierceness
- Financial independence
- Firmness
- Fitness
- Flexibility
- Flow
- Fluency
- Focus
- Fortitude
- Frankness
- Freedom
- Friendliness
- Frugality
- Fun
- Gallantry
- Generosity
- Gentility
- Giving
- Grace
- Gratitude
- Gregariousness
- Growth

- Guidance
- Happiness
- Harmony
- Health
- Heart
- Helpfulness
- Heroism
- Holiness
- Honesty
- Honor
- Hopefulness
- Hospitality
- Humility
- Humor
- Hygiene
- Imagination
- Impact
- Impartiality
- Independence
- Industry
- Influence
- Ingenuity
- Inquisitiveness
- Insightfulness
- Inspiration
- Integrity
- Intelligence
- Intensity
- Intimacy
- Intrepidness
- Introversion
- Intuition
- Intuitiveness
- Inventiveness

- Investing
- Joy
- Judiciousness
- Justice
- Keenness
- Kindness
- Knowledge
- Leadership
- Learning
- Liberation
- Liberty
- Liveliness
- Logic
- Longevity
- Love
- Loyalty
- Majesty
- Making a difference
- Mastery
- Maturity
- Meekness
- Mellowness
- Meticulousness
- Mindfulness
- Modesty
- Motivation
- Mysteriousness
- Neatness
- Necessity
- Nerve
- Obedience
- Open-mindedness
- Openness
- Optimism

- Order
- Organization
- Originality
- Outlandishness
- Outrageousness
- Passion
- Peace
- Perceptiveness
- Perfection
- Perkiness
- Perseverance
- Persistence
- Persuasiveness
- Philanthropy
- Piety
- Playfulness
- Pleasantness
- Pleasure
- Poise
- Polish
- Popularity
- Potency
- Power
- Practicality
- Pragmatism
- Precision
- Preparedness
- Presence
- Privacy
- Proactivity
- Productivity
- Professionalism
- Prosperity
- Prudence

- Punctuality
- Purity
- Realism
- Reason
- Reasonableness
- Recognition
- Recreation
- Refinement
- Reflection
- Relaxation
- Reliability
- Religiousness
- Resilience
- Resolution
- Resolve
- Resourcefulness
- Respect
- Rest
- Restraint
- Reverence
- Richness
- Rigor
- Sacredness
- Sacrifice
- Sagacity
- Saintliness
- Sanguinity
- Satisfaction
- Security
- Self-control
- Selflessness
- Self-reliance
- Sensitivity
- Sensuality

- Serenity
- Service
- Sexuality
- Sharing
- Shrewdness
- Significance
- Silence
- Silliness
- Simplicity
- Sincerity
- Skillfulness
- Solidarity
- Solitude
- Soundness
- Speed
- Spirit
- Spirituality
- Spontaneity
- Spunk
- Stability
- Stealth
- Stillness
- Strength
- Structure
- Success
- Support
- Supremacy
- Surprise
- Sympathy
- Synergy
- Teamwork
- Temperance
- Thankfulness
- Thoroughness

- Thoughtfulness
- Thrift
- Tidiness
- Timeliness
- Traditionalism
- Tranquility
- Transcendence
- Trust
- Trustworthiness
- Truth
- Understanding
- Unflappability
- Uniqueness
- Unity
- Usefulness
- Utility
- Valor
- Variety
- Vibrancy
- Victory
- Vigor
- Virtue
- Vision
- Vitality
- Vivacity
- Warmth
- Watchfulness
- Wealth
- Willfulness
- Willingness
- Winning
- Wisdom
- Wittiness
- Wonder

- Youthfulness
- Zeal

Write a journal entry or even a vision statement about why you have chosen the values you have. Before you do that, let me suggest journaling software to help you in your quest for transformation. After investigating a number of applications, I found **The Journal** (<http://www.davidrm.com>) to be the most capable. **The Journal** runs on Windows. There is no Macintosh or Linux version at this time. **The Journal** is more than just a place to record your thoughts. It is a life organizer. Since one of my highest values is organization, I got excited when I found a way to organize my thoughts. One of its features is its ability to let you define templates or procure templates from other sources. You can attach a template to a journal category, and that template will come up for each entry you make in that category, whether it is a calendar entry or a loose-leaf notebook entry.

If you are serious about transforming your life, I recommend some serious journaling. David's journal program lets you paste or insert graphics, links to video and audio material, links to the Internet, links to other files on your computer, and links to other entries in **The Journal**. It allows you to outline, create checkboxes and tables, and doodle on your graphics. It allows you to paste in calendar charm, which is like little stickers on, or in your entries.



# Appendix B:

## BLUEBERRIES

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Eat blue food. Nevertheless, do not feel blue! You may ask, “What food is blue?” There are blue skies, blue oceans, Blue Mountains, blue minerals, blue whales, blue flowers, blue birds, blue insects, and blue football teams. What food is blue? I once told a guest that I had created a red, white, and blue salad for our Fourth of July celebration. I asked him to guess what blue food I used. He kept thinking but could not come up with the answer.

Tell me if you know what it was.

(That is right.) The answer is blueberries. Okay, blueberries look ... a little purple. On a good day, they look blue! Just examine the photographs. [I had given a handout of blueberry images and references to scientific studies to my audience.] Advertisers must Photoshop photographs of blueberries to make them look bluer.

Pure blue in food may be a little imaginary. Let me illustrate.

At the Bees playoff game in Salt Lake, I sat in the grandstand, thirsty as fire. Along came a vendor sporting blue and purple slushes on his arm. I was not sure of his asking price. I had a few sips of

water in a bottle I managed to get past security. They caught me, but there was so little water in my bottle, they let me by, knowing that I would still be thirsty by the end of the game. Presumably, the blue slush was blueberry flavored and the purple slush was grape flavored. The blue really looked blue. I almost called the vendor over so I could have a cold sip. What I really wanted was the water. The blue was an artificial dye and the rest of the drink was sugar water and ice. Therefore, I did not imbibe. What I want to tell you though is that there are *natural* dyes or pigments in food. They are phytochemicals, and they are extremely good for us.

The bluish pigments in blueberries are [\*anthocyanins\*](#). (Blue. Cyan. There must be a connection there.) They appear red, purple, or blue, depending on pH. (So that is the secret.) They are abundant in blueberries, cranberries, and bilberries as well as red and black raspberries and blackberries. Eggplant even has them. That is why eggplant is purple.

Blueberries also contain two key phytochemicals that scientists have studied for their anti-aging effects: pterostilbene and resveratrol, which we typically think of being in red wine.

What can they do for you? No one has made a phytochemical pill that can prevent or treat cancer, but blueberries show evidence for protective effects against [\*cancer and vascular diseases\*](#), including atherosclerosis, ischemic stroke, and neurodegenerative diseases of aging such as Parkinson's, Alzheimer's, and Huntington's diseases. Studies have shown that blueberries

improve the [memory](#) of older adults and improve the [spatial memory](#) of younger animals. Blueberries have more antioxidants than any other vegetable or fruit.

Does that interest you?

You might also be interested in knowing that blueberries protect vision. They protect against cataracts and macular degeneration. They protect against the [aging and damage](#) of retinal pigment epithelial cells.

Blueberries may even [lower our blood pressure](#). I can use that during my speech.

We can buy supplements that contain anthocyanins, pterostilbene, and resveratrol, but I think we would better spend our money buying the real, delicious whole food.

Reading PubMed journals can leave us wondering just how to apply scientific findings. It is probably best not to jump to any grandiose conclusions. However, do we need science to tell us to eat something as delicious as blueberries? Just make sure the blueberries are real, not the artificial blueberry slush sold at baseball games.

Besides anthocyanins, blueberries have a lot of [dietary fiber, vitamin C, vitamin K, and manganese](#). Combine blueberries and strawberries in a delicious rich and thick and ‘chocolit’ blueberry strawberry chocolate shake. Eat blueberries in three-berry yogurt delight. Eat blueberries on a “4th of July Red, White, and Blue Cherry Chicken Salad.”

So go blue. Buy a copy of my book, eat some natural pigments, enjoy delicious food, and protect against disease while you are doing it.

Can you imagine memorizing this speech? I actually did. Those blueberries must actually be working!

# Appendix C:

## VITAMIN B6

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[Dear Friend,]

I trust this email finds you well and happy. I have been very happy lately. I am making giant progress with my book, which I have decided to entitle “*Joyful Vibrance, Volume I: Transforming Your Life*”. I am making more and more discoveries in the nutrition world that are greatly helping me. My most important discovery lately has been the active form of vitamin B6 or P5P, which you can take as an inexpensive pill.

I take it in conjunction with a B complex pill. I have learned that genetic and environmental factors can lower the amount of vitamin B6 available to the body. Two historical developments that lowered the amount of vitamin B6 available to populations were the pasteurization of milk and the milling of grains. Enriched grains do not have vitamin B6 put back in. Pasteurized milk is much lower in vitamin B6 than raw milk. Our food supply is barely able to provide the RDA of vitamin B6.

I have researched the foods highest in vitamin B6 (<https://www.healthaliciousness.com/articles/foods-high-in-vitamin-B6.php>). It is good to eat them, but the body works optimally if even larger quantities of vitamin B6 are available. I suspect that I have a genetic problem that interferes with the conversion of vitamin B6 to its active

form P5P. I have also had a candida issue for decades, which can interfere with the absorption of vitamin B6, as yeast will steal vitamin B6 from its host.

Vitamin B6 is involved in all amine reactions in the body. That includes the formation of neurotransmitters: the conversion of l-tryptophan to serotonin (the happiness neurotransmitter), the conversion of l-tyrosine to dopamine (the motivation neurotransmitter), the conversion of l-tyrosine to norepinephrine and epinephrine (energy neurotransmitters), the conversion of glutamate to GABA (the relaxation neurotransmitter), and the conversion of phenylalanine (DLPA) to endorphins.

Vitamin B6 is critical in the formation of glutathione, the body's master antioxidant, which is extremely important to overall health and can even prevent cancer. Through a biochemical pathway in which the body uses vitamin B6 at least twice, the body converts homocysteine eventually to glutathione and taurine. It is important to keep homocysteine levels from building up as high levels of homocysteine can harm the heart and cause Alzheimer's disease. The body needs vitamin B6 to make taurine, which the body uses for the eyes, nerves, and the cell's mineral transport. Taurine can help convert glutamate to GABA neurotransmitters which calm the body.

Vitamin B6 is needed to convert l-tryptophan to niacin (vitamin B3), which is critical to mental health and energy production in the body.

The body needs vitamin B6 to convert ALA omega-3 fatty acids to EPA and DHA, long chain omega-3 fatty acids, which are so important for controlling inflammation and stabilizing mood. The body needs vitamin B6 to convert l-

tyrosine into thyroxine in the thyroid. It needs selenium for that too, so keep eating your Brazil nuts!

Our bodies use vitamin B6 to make red blood cells, which are so critical for carrying oxygen to the cells and fueling the metabolic processes that generate ATP and therefore energy for everything we do. Taking the active form of vitamin B6, or P5P, increases my energy levels dramatically. My mood has been better as well. I have not even come close to being depressed since I made this discovery.

Supplementation with amino acids is helpful. I had to cut back on the amount I take now that I have added P5P. I twist open my pills, put some in tightly closed containers and take a small portion of the powder at a time in what I call a “pixie dose.” That has been very effective. Zinc also works with vitamin B6 and may be important to supplement as well. A vegetarian diet can be high in zinc, but the copper/zinc ratio may be too high, making a small zinc supplement important to balance zinc and copper.

Vitamin B6 status is especially important to pregnant and nursing women as nursed babies are dependent on the amount of vitamin B6 they can get from mother’s milk. The body even needs vitamin B6 to produce hormones.

This biochemistry may all be mysterious to you. I hope it is not completely so. These things are very important to mental health and health in general.

You have a wonderful spring. I look forward to writing you again. I am as happy as I have ever been.

Love,

KaeLyn Morrill





# Appendix D:

## EMERGENCY RECOVERY: RESTORING THE MASTER ACTIVITY LIST IN JV LIFE TRACKER



If for any reason your Master Activity List becomes trashed in **JV Life Tracker**, you can restore it from a dated record. Select **Edit Date** from the main menu in JV Life Tracker and **Select** the date from which you want to restore. In **Edit Date** for a selected checklist, select **Restore to Master List** from the menu. It will ask you to confirm. Press **OK** and after you do a double back, you will see that it has restored the **Master Activity List**. Reloading the **Master Activity List** takes a bit of time, so be patient when returning. Voilà. You are back in business!

If you want to start **JV Life Tracker** from scratch, the checklists and filters are on the mobile phone in the folder `com.joyfulvibrance.lifetracker`. You can delete this folder if you wish to start over your checklists completely. You can delete just `ATop100.txt` if you wish to delete the

**Master Activity List.** All of your data gets stored on your phone, not in some mysterious place in the Cloud where you cannot access it directly. With a utility like **ES File Explorer**, you can manage your data, archive it to a computer, and purge what you do not want to keep.

# **Appendix E:**

## **INTEGRATIVE NUTRITION'S TWELVE STEPS TO HEALTH AND HAPPINESS**



- Drink more water.
- Practice cooking.
- Increase whole grains.
- Increase sweet vegetables.
- Increase leafy green vegetables.
- Experiment with protein.
- Eat less meat, dairy, sugar and artificial, chemicalized junk food. Consume less coffee, alcohol, and tobacco.
- Develop easy and reliable habits that nurture your body.
- Have healthy relationships that support you.
- Find physical activity you enjoy and do it regularly.
- Find the work you love, or find a way to love the work you have.
- Develop a spiritual practice.

Whole grains are problematic for some people. If you eliminate them, be sure to supplement with a B complex.

The twelve steps do not mention healthy fats, but they are important.

## Healthy Fat

People are increasingly recognizing healthy fat as an important part of the diet. In the 1980's and 1990's, experts told us to eat almost no or very little fat. That might have been a good thing back then as trans fats were popular in those days. If we had eaten too many, we could have gotten heart disease and cancer. Now that trans fat in the food supply is greatly reduced, (and what a blessing that is,) we are learning that healthy fat is important after all. We just need to be selective about the type of fat we eat.

## Balance Omega-3 and Omega-6

So what fats are healthy? It is important to get a balance of omega-3 and omega-6 fatty acids. A great tool for balancing these two essential nutrients is [cronometer.com](http://cronometer.com), which is essentially free. I recommend it highly.

Nuts have healthy fats, but they are also high in omega-6 fatty acids so balance them with fish oil and fish products. Take care to take fish oil that is free of toxins as fish can be very dirty. Pecans and macadamias are especially high in fat. ALA, an omega-3 fat, is healthy, but it does not convert readily to EPA and DHA, the very healthy long-chain omega-3 oils. Chia and flax seeds are rich in ALA.

## Monounsaturated

Eat monounsaturated fats such as olive oil and avocados. Take care to ensure the purity of your olive oil as the

mafia has infiltrated the olive oil supply and adulterated it. In addition to supplying healthy fat, avocados are also a great supplier of potassium.

## Saturated Fats

Saturated fats can also be healthy. Especially so are medium chain triglycerides. Coconut and coconut oil are rich in these MCT's. Even the saturated fats in dairy and meat can be healthy if the animals were pasture fed. Getting these products may involve going to Good Earth or Natural Grocers.

## Chocolate

You are going to love this: chocolate can be a healthy fat, as it is rich in polyphenols. Take care not to eat it with sugar, as sugar is definitely *not* healthy. Consider making your own chocolate treats with cacao powder, a raw chocolate, and stevia.

## Ketogenic Diet

I recommend looking into the ketogenic diet. Too strict adherence to the diet has its downsides, including nausea and muscle mass loss. I found that a diet midway between the Zone diet and the ketogenic diet works for me.

# Appendix F:

## GET STARTED WITH JV LIFE TRACKER



After installing **JV Life Tracker**, go to the Settings app for your device, select Apps, then select **JV Life Tracker**, select **Permissions**, and then move over the slider for **Storage**. That will permit your checklists to be stored on your device.

# **Appendix G:**

## **JOYFUL VIBRANCE NET**



Find a fitness friend, male or female in [Joyful Vibrance Net!](#)

Search and find photographs with a physical description along with favorite activities and diets.

Enthusiastically enjoy companionship while you increase your endurance and flexibility, strengthen yourself--or even lose weight.

Companionship and love power will energetically increase your motivation.

Optionally, sign up for a trial gold subscription to get additional FREE health coaching, with or without a partner.

Companionship and love power will enhance your health-promoting experiences.

Transform yourself to the body you have always hoped to have.

Peacefully chat online with your new friends to get to know them.

Joyfully find a fitness buddy or accountability partner.



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The End