

Daily Best Practices For Health

Hello there.

I'm Bill Martin, and I've been a massage therapist and a holistic health practitioner for 22 years so far.

I'm also a personal trainer and fitness nutrition coach.

The type of coaching that I do is based on the holistic health model. I help my clients improve their health through exercise, nutrition, emotional intelligence, pain management, stress reduction and solid sleep habits.

I put together this guide for you — to help you live a healthier life.

Breakfast — the most important meal of the day

“When you arise in the morning give thanks for the food and for the joy of living. If you see no reason for giving thanks, the fault lies only in yourself,” said Tecumseh, the great Shawnee Chief.

If you like to drink juice, now is the best time for it. Drink it first, before coffee or solid food. Juice gently stimulates your internal organs and prepares them for the day.

It's a good idea to take a multivitamin every day in order to insure that your body has what it needs to function properly.

Essential Fatty Acids (EFAs), B & C vitamins, magnesium, and vitamin D are the most common substances that Americans are lacking in their diet.

For my daily dose of vitamins I put one vitamin C packet in my aloe and apple juice. It has 1,000 mg of vitamin C and many other vitamins, minerals and electrolytes. It tastes great and helps my body and brain wake up!

Note: Your body can only process 1,000 mg of vitamin C at a time, so more is not better. You can have up to 3,000 mg a day, taken in separate doses.

Coffee or tea is fine unless you have medical restrictions. The warm liquid warms up your digestive tract and enhances blood flow. I skip the cream and sugar to avoid the extra calories. Coffee and tea improve mental cognition and alertness.

Studies show that you will have better weight control if you have protein in the morning.

Protein is also needed for the production of neurotransmitters like dopamine, norepinephrine and serotonin. Neurotransmitters are the communication chemicals that are vital to brain function.

Eggs have protein, choline and many vitamins and minerals — they're almost the perfect food. Don't separate out the yolks, they have a lot of nutritional value.

Oatmeal or Greek yogurt can be topped or mixed with fruit or nuts.

If you're in a hurry to get out the door grab a protein bar for a quick fix.

Exercise/Movement

"Training give us an outlet for suppressed energies created by stress and thus tones the spirit just as exercise conditions the body." Arnold Schwarzenegger

Move throughout the day, move whenever you can. Many people work out in the morning so they make sure to get it in no matter what. Warm up with some gentle stretching before you go all out, be kind to your body and help it last. Do a cool down.

If you're in an office all day you can still fit in some fitness. You could park a little further away so you can do a quick walk before work starts. Take the stairs instead of the elevator. Try not to sit for more than an hour, get up and stretch or walk around. Bring your lunch and snacks so you don't end up eating junk food.

Walking is great exercise. You already know how to do it and you can walk almost anywhere, anytime you can fit it in to your day.

Walking is a way to stimulate thinking because your arms and legs swing back and forth, this is called contralateral movement, or cross crawl, an early movement development pattern. You are stimulating both hemispheres of your brain and increasing blood flow throughout the body.

Many people have had great ideas while walking.

Walking also provides an opportunity to be out in the natural world. You can tune into the local environment by listening to the birds, watching the trees, looking out on the water, etc. This provides a great opportunity to practice mindfulness.

Play every day, with your spouse, partner, kids, pets, friends, etc. When you're having fun it doesn't feel like a grueling workout. Do something that brings you joy.

The goal is to get in 30 - 40 minutes of moderate to vigorous exercise every day.

NIH - Health benefits from regular exercise:

1. Improved sleep
2. Increased libido
3. Better endurance
4. Stress relief
5. Improvement in mood
6. Increased energy and stamina
7. Reduced tiredness that can increase mental alertness
8. Weight reduction
9. Reduced cholesterol
10. Improved cardiovascular fitness

Stress Reduction

Recognize and minimize your stress triggers, which are called stressors.

Stressors can be physical or mental.

Physical Stressors: HALT (hungry, angry, lonely, tired); injury or illness; pain

Mental Stressors: a thought, emotion, memory that bothers you; not having enough time or space; lacking control; overstimulation from too much sensory input; facing the unknown or major life events (birth, marriage, divorce, moving, death of a loved one)

Anticipation of stress can also be a stressor. Can cause a person to feel neurotic, anxious, paranoid or hostile.

Do Box Breathing: 4 second inhale, hold 4, 4 second exhale, hold 4, REPEAT 4X

Physical training conditions your body to handle stress better, and think clearly. This is one way to counteract the effects of chronic stress.

Meditation

Some people find meditation to be helpful in reducing stress. Sit quietly somewhere with a minimum of distractions. Try to remain focused on your breathing, which is slow, deep and steady. Tune into what you are feeling in your body and mind without getting distracted by your thoughts. Let them come and go without any attachment. Sit quietly and find the truth within.

Meditation has many benefits: decreases brain inflammation; decreases feelings of pain, stress, depression, anger, anxiety, confusion. Increases immunity, circulation, energy, emotional control, and calmness.

Quality Sleep Hygiene

- Spend at least 20 minutes outside every day
- Watch the sunrise or sunset
- Exercise or move frequently every day
- Take a nap when you need to, but keep it to 30 minutes
- Avoid caffeine past 2pm
- Avoid alcohol or nicotine just before bed
- Finish dinner 2-3 hours prior to bedtime
- Limit screen time an hour before sleeping
- Block blue light with glasses or device filters
- Create a calm, comfortable environment
- Have a comfortable bed that supports your back
- Have a comfortable pillow that supports your neck

Emotional Intelligence

Emotional intelligence refers to the ability to identify and manage one's own emotions and the emotions of others. This theory was popularized by Daniel Goleman, who referred to the theory as emotional quotient or EQ.

Aspects of Emotional Intelligence - emotional awareness, emotional regulation, empathy, social awareness, social influence

A person with high EQ:

1. is highly conscious of their emotions, is able to name each emotion; leads to realistic self-confidence
2. thinks before acting and is able to down-regulate strong emotions; can shift gears and lighten up
3. is sensitive to the emotional signals of other people; is “in tune with others”
4. is empathetic and supportive of others, and can match their mood as needed

A person who is emotionally mature is self-reflective, takes responsibility for his or her actions, and has a flexible mind and personality.

An emotionally mature person is able to manage their emotions.

Mental Fitness Tips

Plan ahead - If you know what activities, meetings and social events your day will include, it is easier to say no to the things that will simply be too much to take on that day.

Novelty - exposure to new things; staying playful and spontaneous; supports neuroplasticity.

Focus - stimulates beneficial brain chemicals to release; supports neuroplasticity. Weight training is good for focus. When you have a heavy weight over your head you pay attention.

Humor - promotes healthy brain growth and helps the body heal.

Listen to music - music soothes the savage beast! Keep ear buds or headphones handy for listening to your favorite music wherever you are. Music helps you get through a rough day and can really brighten your mood.

Control your inputs - limit your time watching the news or upsetting programs, scanning social media, etc. Limit your time with angry or anxious people. Avoid over stimulating situations.

Recharge each day - Make some time for yourself to read a book, or simply just relax on the couch. Recharge your batteries for a little while, it's okay.

Talk to a friend - Talking with an understanding friend always helps. This will make a huge difference and give you an opportunity to clear your head.

Spa time - visit a spa or a massage therapist. Hot tubs, saunas and massage are very effective stress-busters. If you can't get away, do some spa time at home with a hot bath and aromatherapy.

Get a hobby - find a hobby or activity that helps you relax. Fishing, gardening, camping, rock climbing, team sports, games, etc.

Seek counseling - you may want to consider counseling, especially if you have underlying trauma to work through. Psychotherapy and Cognitive Behavioral Therapy (CBT) can help you understand yourself and provide a new viewpoint.

Hire a Coach - find someone who has experience in the subject or skill that you want to learn. A coach will provide you with the guidance you need to reach your goals. For example, there are coaches that specialize in nutrition, business, health and fitness, etc.

Live in the present moment - if you're relating to a past event or fearing a future event, you're not living in the present moment. The present moment is the timeless state, the only time that you can influence with your words and actions. You can't change the past, and you can't predict the future, so make the most of the now.

Practice Mindful Awareness - practice awareness of present-moment experience, with intention and purpose, without grasping on to judgements. Breathe and observe without judgement. Traits of being mindful are having an open stance toward oneself and others, emotional equanimity, and the ability to describe the inner world of the mind.

Meditation - spend a few minutes each day meditating. Remove chaotic thoughts from your mind and replace them with mindfulness of the present moment. This can lower your heart rate and make you more present in the moment. Meditating every day helps with emotional regulation and helps you to be aware of the levels of stress in your body as you continue your day. Meditation has been shown to alleviate anxiety and depression.

Nutrition Guidance

The Mayo Clinic recommends food variety: fruits, vegetables, whole grains, low fat dairy, lean protein, beans, legumes, nuts, seeds and healthy fats.

Maximize whole foods that are fresh and local if possible. Organic or Farmer's Market are the best options. If you can't find fresh organic vegetables buy the flash frozen vegetables, they are picked at their peak ripeness and are minimally processed. Canned vegetables tend to have a lot of salt; avoid if you can but if you have no choice rinse them well.

Lean protein such as poultry or seafood is a healthy option. Lean beef is okay but can contribute to excess inflammation in the body. People need at least 50 grams a day for good health.

Strength training requires more protein. A good rule of thumb is one gram of protein for each pound of bodyweight, ex., a 150 pound person would need 150 grams of protein.

Many people have protein shakes to supplement their daily protein intake. Whey protein is a popular nutritional supplement used for a variety of reasons, including promoting muscle gain and providing a quick source of protein on the go. Whey protein powder, unflavored (no sugar) is the best one to select.

There are three main types of whey protein used to make protein powder supplements

- **Whey protein concentrate:** contains 25–89% protein
- **Whey protein isolate:** contains greater than 90% protein and is lower in carbs, fat, and lactose than whey protein concentrate
- **Whey protein hydrolysate:** is broken down to accelerate digestion and absorption rates

Creatine has also shown many benefits. Research indicates that creatine may boost brain function, fight certain neurological diseases, improve exercise performance, and accelerate muscle growth.

You can also supplement with Branch Chain Amino Acids (BCAAs). These are a group of three essential amino acids: leucine, isoleucine and valine. “Branched-chain” refers to the chemical structure of BCAAs, which are found in protein-rich foods such as eggs, meat and dairy products.

If these foods are a part of your regular diet you probably don't need this supplement. If you're on a plant-based diet you probably do.

If you are vegetarian or vegan you know about food combining. Make sure you stay on top of it and take in enough complete protein every day.

The Academy of Nutrition and Dietetics warns of the risk of vitamin B12 deficiencies in vegetarians and vegans. Vitamin B12 is found naturally only in animal products. A lack of vitamin B12 can lead to anemia and blindness. It can also cause muscle weakness, tingling, and numbness.

Try to keep your daily meal schedule consistent. Your body gets into a certain rhythm and will become unbalanced if you vary too much.

Have tea or soup to warm up the digestive tract. Minimize fluid intake during meal, you don't want to dilute the stomach's digestive juices. Sips of water are fine.

Chew your food thoroughly to maximize digestive surface area. Take time to savor and appreciate the food. It's okay to put down your fork when you're talking to somebody.

Don't have a dessert after every meal! This is very dangerous habit to have.

Watch out for the not so obvious sources of sugar, such as white bread, white rice and potatoes. Check all labels for High Fructose Corn Syrup.

High Fructose Corn Syrup is found in almost every soda and juice box. Also found in fruit snacks, kids cereal, salad dressings, jellies, etc. It's liquid sugar, stay away! Always check the labels!

Corn and grain can also spike sugar levels. Some people are allergic to corn and grain. If you experience bloating or any discomfort after eating you may be allergic.

Excess sugar gets converted to fat and causes protein glycation which contributes to premature aging.

Glycation alters properties of cells, causes something that looks like "rust" and has been shown to cause cataracts, age spots, wrinkles, arthritis, heart disease, impaired kidney function, and dementia.

Look for sources of "good fat" (which means it has Omega 3) such as avocados, grass-fed butter, deep water fish and cold pressed, extra virgin olive oil. These kinds of fats are needed for your nervous system, hormones and cell membranes. Many people are deficient in Omega 3.

Stay away from anything that says "low-fat" or has palm oil or trans-fats. Stay away from anything fried or cooked in hydrogenated oil.

You may need supplements to correct deficiencies revealed through blood work or DNA testing. Please check with your healthcare provider.

Drink Your Water!

Adequate daily fluid intake is:

15.5 cups (3.7 liters) of fluids a day for men.
11.5 cups (2.7 liters) of fluids a day for women

Watch your alcohol intake, alcohol converts to sugar and taxes the liver.
If you must, keep it to

men	2 drinks a day
women	1 drink a day

Respect your Gut Microbiome

Your have over 100 trillion bacteria in your gut! These organisms help your body process and digest food.

Gut Bacteria Functions:

- Prevent infection
- Produce vitamins
- Improve nutrient absorption
- Fights food poisoning
- Manufactures antibiotics

With poor nutrition gut bacteria can become unbalanced and certain bacteria can overgrow and cause problems.

With good nutrition, the gut microbiome stays balanced. Fermented foods like pickles, sauerkraut and kimchee feed the helpful bacteria.

Antibiotics kill off your gut biome and contribute to poor digestive health. For this reason you should only take antibiotics when absolutely necessary.

Brain Foods

Fatty Fish w Omega-3s: lean protein for neurotransmitters, B12 for NS

Free-Range or Farm-fresh Eggs: protein, B12, Omega-3s, tryptophan (serotonin), choline (acetylcholine); HDL booster

Berries: vitamins, fiber, phytonutrients, flavonoids (antioxidants); Blueberries (w flavonoids for improving memory and learning) BDNF boosters; anti-inflammatory, clears brain of toxic proteins, flavonoids chelate (remove) toxic metals; increase neuroplasticity; Berries are a source of resveratrol (youth), enhances brain function, memory and connectivity; freezing berries improves availability of antioxidants. Only organic strawberries (most pesticides)

Avocados: nutrient dense, classified a berry; source of HDL, supports acetylcholine production, full of vitamins (C, E, K, B complex), nutrient-booster (fat-soluble vitamins); high in tyrosine (dopamine precursor); improves brain circulation; anti-inflammatory

Kale: superstar, a “nutrition bomb”; one of the most nutrient-dense vegetables; high levels of antioxidants beta carotene, flavonoids, polyphenols; one serving = orange amount of C; boosts

serotonin levels, full of B vitamins, vitamin K, omega-3 source, tyrosine for dopamine and norepinephrine; Magnesium source

Kale substitutes: collards, broccoli, cauliflower, cabbage, Brussels sprouts, spinach, Swiss chard, turnip greens and mustard greens

Sea Vegetables: (nori, powdered dulse, kelp) very nutrient dense, contain 56 essential minerals, B12 (Nori), iodine, tyrosine (dopamine precursor), choline, B vitamins, inositol, taurine (GABA-nature's valium)

Dark Chocolate - 70% or higher: w over 1500 known chemical compounds: tryptophan, magnesium, anandamide (bliss molecule), phenylethylamine (love drug); endorphins, neuroprotective flavonoids

Walnuts: w protein, vitamins and minerals; omega-3s; best source of ALA; contain serotonin; polyphenol pedunculagin (antioxidant, anti-inflammatory); inhibits buildup of toxic beta-amyloid proteins (Alzheimers)

Turmeric - use w black pepper: anti-depressant, anti-Alzheimer's; has over 100 known compounds that are antioxidant, anti-inflammatory, neuroprotective; better than Prozac for depression; boosts BDNF; stimulates growth of new neurons

Olive Oil - heart healthy, HDL source, has over 30 phenolic compounds; vitamins E, K, boosts BDNF levels; raises nerve growth factor (NGF); has oleocanthal (anti-inflammatory); reduces Alzheimer's risk up to 40%; decreases risk of depression

Coconut Oil - instant brain energy: has high concentration of medium-chain triglycerides (MCTs) break down to ketones that feed the brain directly, promising treatment for Alzheimer's; patient's brain areas affected by Alzheimer's can't absorb glucose but will use ketones; coconut oil reduces beta-amyloid plaques. Has anti-stress and antidepressant properties; can delay brain aging; 1tsp 2-3X qd

Anti-Alzheimer's Trio - coconut oil, avocados, grass-fed beef. — David Perlmutter, MD, author of *Grain Brain*

Fermented Foods - for gut microbiome which makes over 30 neurotransmitters (serotonin, norepinephrine, acetylcholine, dopamine, GABA, etc).

Probiotic Sources: yogurt, kefir, sauerkraut, pickles, kimchi, tamari, tempeh, miso, mozzarella, cheddar cheese

Prebiotic Fiber Sources: apples, asparagus, artichokes, bamboo shoots, bananas, barley, beets, cocoa, chicory, flax seed, leeks, garlic, honey, jicama, lentils, mustard greens, oats, onions, rye, soybean, tomatoes, and wheat.

For More Information About Coaching with Bill

If you're interested in becoming the healthiest version of yourself please contact me. I want to help you increase your energy levels, think faster and function at your best.

Right now I'm offering a free 30 minute phone consultation, where we can explore how to improve your health right away.

What would you like to focus on? Mindset, Physical Fitness or Nutrition?

Let me help you clarify your goals and develop a plan to help you reach them.

You can book your free consultation through woodstownmassage.com

I'm also available for massage, and you can book your appointment through woodstownmassage.com

"The reason why love and compassion bring the greatest happiness is simply that our nature cherishes them above all else. The need for love lies at the very foundation of human existence. It results from the profound interdependence we all share with one another." — The Dalai Lama

