



# WHOLENESS

Your Complete Guide to All-Natural Holistic Wellness

# WHOLISTIC HEALTH: Your Complete Guide to All-Natural Holistic Wellness

## Cheat Sheet

**Step 1:** Understand what's involved in WHOLENESS: a new HOLISTIC approach to wellness

- ✓ holistic
- ✓ Wholistic: all of you not just a few parts : everything impacts each other
- ✓ Individualized : no one size fits all approach
- ✓ Self-sustaining : you can stick to it and it becomes part of your life
- ✓ Cohesive : it all fits together and strengthens each other
- ✓ Comprehensive

Compare Wholeness to traditional Western Medicine: Unitary Humans versus LAYER paradigm to human identity

Wholeness approach: different layers make up the complete man

- ✓ financial / intellectual / social / physical / nature exposure / etc
- ✓ These layers are not FREE FLOATING or disconnected from each other
- ✓ They flow into each other / influence / shape / mold / amplify or dampen
- ✓ Humans are like balloons: push on one corner and don't be surprised if it swells in another place – the problem? You don't know exactly which part will swell

**Step 2:** Be aware of your lifestyle and its many inputs

- \* Nutritional input
- \* Social inputs
- \* Work conditions
- \* Stress inputs (work / relationships)
- \* Mental focus (stress / what do you dwell on?)
- \* Financial input
- \* Spiritual aspirations

Remember: Lifestyle is always a choice

There are random and non-chosen parts of your wellness

- epigenetics
- genetic predisposition

BUT... you can always CHOOSE your lifestyle

- \* Can dampen effects of factors you can't choose
- \* More consistent
- \* More constant
- \* Impacts more parts of your life besides physical/medical

**Step 3:** Plan Your Personal WHOLENESS PROGRAM

- Personalized
- Customized to your environment and circumstances
- Lifestyle-based
- Sustainable
- All natural

ONLY YOU can formulate your Personal Wholeness Plan

- No one else can do it for you
- You have to listen to yourself
- You have to pay attention to the many different facets of your life
- This takes time but is absolutely necessary for optimal WHOLENESS

**Step 4:** Practice Preventive Medical Wholeness

- Adopt Proper Nutrition
  - \* More Plant-based
  - \* Whole foods
  - \* High Fiber / Low Salt / Low Fat / Starch-based with fiber
  - \* Rule of thumb about starch: processed/white starch = NO    starch with color/fiber = YES

Learn to say no to these:

- Drugs
- Tobacco
- Hard alcohol Alcohol

Learn to moderate these:

- Wine
- Caffeine
- Sugar replacers
- Synthetics

- Adopt Proper Exercise
  - \* No need to be a hero
  - \* Slow and Low is okay as long as it is consistent
  - \* Focus on consistency

- Get enough Rest
- \* Day of rest
- \* Mental relaxation – soothing music / quiet time / me time

### **Step 5:** Practice Environmental Wholeness

- Clean up your room/home's physical clutter
- \* cleans up mental clutter as well
  
- Recreate Nature in your areas of control
- \* Green space
- \* Nature pictures
  
- Get Proper Environmental inputs
- \* AIR
- \* LIGHT
- \* WATER
  
- Get in touch with Mother Nature... a lot
- \* Second home in the woods

### **Step 6:** Establish Mental Wholeness

Learn the concept of ENOUGH

- Instead of fixating on getting MORE, MORE, MORE

Stop Comparing yourself to Others

- Spoiler alert: you'll always come up short when you compare yourself to others
- You end up comparing your WORST to their BEST

Do a MENTAL AUDIT

- assumptions
- expectations
- social role

Be Clear on Your Values

Adopt Mindfulness

- Meditation
- Mindfulness

Adopt the RIGHT ROLE MODELS

Practice MENTAL hygiene

- let go of corrosive thoughts
- let go of toxic assumptions

Practice EMOTIONAL hygiene

Don't be afraid of your spiritual side

The Power of Balance

**Step 7:** Practice Social Wholeness

Understanding the BLACK HOLE of SELF

- Your self pulls everything in and demands that you view the world through the lens of self
- Everything becomes "all about you"

- This can be VERY CRIPPLING!

The Answer? SELFLESSNESS

Seek to UNDERSTAND OTHERS FIRST

- instead of always insisting to be understood first

Practice Compassion

- Feel their pain

Practice Empathy

- Step into their shoes

Stop constantly comparing yourself to others

Practice social relational hygiene

- No more Facebook
- Read news and tease out the GOOD

Practical Workarounds

- Volunteering
- Taking side jobs where you care for others
- Donating to charity
- Donating time

**Step 8:** Turn WHOLENESS into a HABIT

What is a habit?

- Trigger

- Action
- Reward

#### The Bad News

- You can't make these 2 go away
- The solution? Change your habitual action to get the same rewards

#### 21 days or 60 days?

- Just how long does it take to establish a habit
- No matter how long it takes- get started!