

KARMA HEALTH AND FITNESS

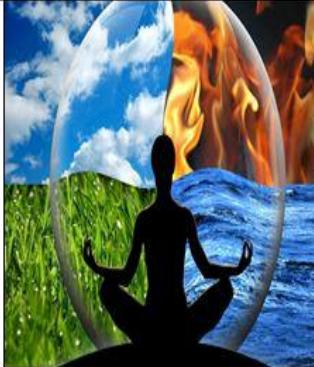
ADDRESSING THE CAUSES AND EFFECTS OF
PREVENTABLE HEALTH ISSUES



"You are what you eat; because what you eat makes you what you are"



"All you have to do is take control and care of yourself in the right ways and with a little dedication the rest happens like it was magic"



"Health is what's on the inside. No matter what your appearance, age, ability or occupation, you can be healthy and live a healthy life style"



"Your body is YOUR body. Your mind is YOUR mind. You can have all the advice in the world, but only you can make yourself healthy"



*"getting healthy is a short term action.
Being healthy is a way of life"*

ABOUT THE WRITER

Hi there! The names Peter Taylor and I'm a qualified personal trainer dedicated to helping individuals become healthier and develop a more positive wellbeing. I genuinely care for the welfare of all people and want to help increase the quality of peoples lives for the better. if its one thing I've noticed through experience its that very few people know how to be healthy, keep healthy and understand their own mind and emotions!

My aim is to help educate people using both my personal training knowledge and the understanding I've gained through personal experience and from studying ancient philosophy. So many people are becoming ill (physically and mentally) to diseases which they bring on themselves by not knowing how to live healthy in terms of both body and mind.

My efforts in writing this booklet comes from a deep heart felt place with a genuine wish to help people, help them to help themselves, and live happier, healthier and more fulfilling lives.

After all what's the point of living an unhappy, unhealthy, unfulfilling life? Life is what you make it! and its your choice whether you make it a miserable or a joyful experience! So if this can help to achieve that then it was definitely worth the effort!

All the best from the bottom of my heart

Peter Taylor, owner of Karma Health & Fitness.

AIMS OF THE BOOKLET

The aim of this booklet is to “enlighten” individuals on the preventable causes of health and well being issues. As well as show them a few ways in which they can overcome or significantly reduce these issues and cultivate better health and better wellbeing.

In our modern society filled with fast and stressful living, complex technology and advanced medicine its something to be noticed that a vast amount of the population are still developing poor health and negative mental-emotional complex's which greatly affect their lives and places a big strain on the health system.

Cases of cancers, diabetes and depression have risen due to a lack of knowledge, care, and informed conduct on the part of individuals (e.g. eating unhealthily/smoking). As well as unfortunately a lack of addressing the causes or providing information to help reduce the otherwise preventable health issues from society (e.g. removing chemicals from food). After all the best way to prevent illness is to not get ill in the first place. Also if people don't develop these issues due to many years of unhealthy actions the health service doesn't have to treat as many people. Meaning not as many people suffer the consequences and develop ill health (always a good thing) and the health service can use its money and resources in a more manageable and productive way.

This booklet is designed to do exactly that! To provide basic and important information to help a person to address the preventable causes of bad health and to help cultivate good health!

What is the point in living in misery when you can live in happiness by doing the right things? After all life is what you make it!

WHAT IS KARMA AND HOW DOES IT APPLY TO MY WELL BEING

Karma is better known as the law of cause and effect applied to a persons actions. It's a simple observation that "you reap what you sow" on all levels of existence. You cant reap watermelons if you plant corn seeds. Likewise you wont reap good health if you sow seeds of ill health (by performing actions which cause ill health).

Every action has an equal and opposite reaction and every cause has an effect. effects of actions are always caused by their causes. A good example of cause and effect is if someone feels hungry and then gets some food. The cause is the hungry feeling (impulse to eat) and the effect is going to get something to eat and eating it. Another example is of a typical cold whereby the virus or foreign body causes symptoms like a high temperature. The virus is the cause, the high temperature is the effect. Both go hand in hand. No virus = no high temperature caused by the virus!

A good term which also describes cause and effect in terms of health is "you are what you eat and what you do". If you eat a lot of fatty and sugary food and don't exercise your most likely going to be overweight and out of shape. The two tend to go together. In simple terms, positive causes have positive effects and negative causes have negative effects.

Now complete wellbeing is described as a state of predominantly mental, emotional and physical balance. Whereby the mind, emotions and body are harmonious. If there not harmonious it means their in conflict, and all conflicting mental states, emotions and physical conditions bring about reduced wellbeing and happiness, as well as affecting a persons physical health negatively.

An easy rule to apply to health and well being is "the opposite of what you don't want is what you do". If you don't want to be unhealthy, you don't do the things which make you unhealthy and you do the things which make you healthy. In principle its that simple. Obviously though you have to take into account the principle of balance as even too much of a good thing can be bad for you (e.g. over exercising, over sleeping, etc.). You can understand it as the reversing and moderation of all negative attributes which contribute to ill health. Helping a person to lead a healthy well balanced life.

On a deeper level the relative universe we experience is made from opposites (e.g. positive and negative, hot and cold, love and hate, happiness and sorrow, unhealthy and healthy, birth and death, growth and decay, etc.). You need to have both because they define each other. By applying this rule of thumb to your health you avoid what makes you unhealthy and only do what makes you healthy. so if you do that, in principle, you cant help but be healthier and have a better quality of life!

THE CAUSES OF PREVENTABLE NEGATIVE HEALTH ISSUES

When I say “preventable” negative health issues I’m generally referring to those issues and illnesses which can be prevented. Some cancers, hereditary predispositions, illnesses you’re born with, injuries from accidents and other illnesses can’t always be prevented or cured at the moment unfortunately. Although even some of the above can be made much better by doing the right things. All the rest can most certainly be prevented and made better, if not completely cured solely by doing the right things. The 4 main preventable causes which will be discussed are:

- ⦿ lack of physical activity
- ⦿ unhealthy diet
- ⦿ bad habits
- ⦿ stress

Almost all preventable health problems are caused by lack of physical activity, having a poor diet, entertaining bad habits (smoking, drinking, etc.), from being stressed (e.g. stress related illnesses) or by having negative mental states and negative emotions.

I will discuss these to help people understand them and their negative effects better!

LACK OF EXERCISE

There's an old phrase which states "moderation in everything"! Unfortunately this day and age people usually choose to do either too much or too little. With modern technological conveniences people are not being as active as they have in the past. They seem to of forgotten they have a body for near enough one reason, and that reason's to use it! In days gone by most people had no choice but to be active all day. This commonly meant that they were in much better physical condition. Nowadays the tables have turned and people are resting all day due to sedentary jobs (e.g. sitting at a computer) or not being able to find time in their busy schedule to go to a gym to exercise. Which usually means they don't want to drive half an hour to sit on a stationary bike for half an hour! This common predicament has caused a vast amount of the population to avoid using their body like it was designed to be and as a consequence they develop many problems which affect their health and well being. These range from:

Lack of mobility

Poor posture

Weight gain

Sciatica (from sitting all day)

Lack of strength and endurance

Reduced cardiovascular, nerve and respiratory function

And many more.

This is also not good for emotional or mental wellbeing and can take the enjoyment out of life. Unfortunately the only way to solve this issue is to do some activity. No matter how little. The minimum recommendation is 30mins of moderate activity everyday. Other options can be used though like being more active throughout the day (e.g. stretching and moving regularly, using the stairs).

All is not lost. Where there's a will there's a way. And where there's a need there's usually a nagging relative or doctor. Ask yourself the question. What's more important than my health and wellbeing?

DIET

There's a common phrase which states "you are what you eat because what you eat makes you what you are"! Now this doesn't mean if you eat burgers one day your going to wake up and become a burger. But it does imply that what elements you put into your body will become your body through the process of digestion and the bodies cell building processes.

Understanding this we can see that most human beings are a natural creature eating unnatural food. The majority of this food is riddled with preservatives, e-numbers, are too fatty or sugary and heavily processed!

Now if we gain insight into this we can see that as a natural creature, made by natural processes, and living within nature, anything which is not natural can either not be used for nutritional purposes as it offers nothing the body needs or has a negative effect on the natural structures of our body. Unfortunately most people eat poor quality foods because of its taste and not its nutritional content. Resulting in individuals partaking of foods which not only offer minimal (if any) nutrition, but more often than not have a negative effect on the body.

As its been stated "the best way to be healthy is to not get ill"! Eating foods which offer little nutrition causes our bodies to become malnourished and leads to illness. Eating foods which have chemicals, "bad fats" and too much refined sugar have a negative effect and lead more directly to becoming ill.

In order to be healthy you have to eat healthy. Because healthy food brings health and unhealthy food brings illness! Sounds a lot like basic cause and effect (karma). So many health conditions would be a thing of the past if people ate more appropriately to their bodies needs and not just to please their taste buds.

As Hippocrates said thousands of years ago "let food be thy medicine and medicine be thy food"!

BAD HABITS

Bad habits are exactly what they say they are. They are habits that are bad for you. Most notably they are addictions or behaviours relating to substances which cause harm to the body, emotions or mind. All habits as well as bad habits stem from repetitive psychological activity which becomes “normal” for a person to perform on a regular basis. They are more to do with the conditioning of the mind and the impact of the substances sensory effect on a persons insecure emotional nature than any real physical or mental necessity.

The most prominent bad habits that affect health are:

- ⦿ Smoking
- ⦿ Drinking alcohol
- ⦿ Drugs
- ⦿ Comfort eating/ overeating

When trying to attain any physical, mental or emotional goal anything which works contrary to that or which poses a threat to attaining such goals should ideally be removed. This prevents the likelihood of relapsing into previous habitual behaviours which are not for the persons own best interest or wellbeing. “The opposite of what you don’t want is what you do”, and no one in their right mind wants to entertain something which ultimately only ruins their health and hinders their progress to achieving a healthier body and a better quality of life.

STRESS

Stress! What is stress? Stress has been defined as an emotional or mental strain brought on by outside pressure from the environment or faulty/negative perceptions and attitudes of the individual.

Stress or an inability to deal with it in this day and age is a massive contributor to negative health problems. It affects a persons mental and emotional state as well as carries a knock on effect on the body due to heightened nervous system activity and production of stress hormones when they are not needed. Being continually in a stressful state wastes vitality which can lead to a weakened immune system and cause conflict within the hormonal system. Now where you have a conflicting hormonal system and weakened immune system, you nearly always find an illness of the body. So stress is no laughing matter! (although laughing would help the matter and relieve stress).

All too often we hear of stress related illnesses. Todays population seem as though they are always rushing from one place to another and trying to do more activities than they can fit in the day. Consequently they bite off more than they can chew and end up getting themselves in stressful situations. Although sometimes life has one of those days where everything happens at once and says "deal with it"! This is what is referred to as environmental stress.

Another form of stress comes from the inside. Unnecessary pressure or desire to succeed, high expectations, negative attitudes (anxiety, lazy, etc.) can cause pressure from within to build up in all situations! Even small ones like finding time to brush your teeth.

So as you can see stress comes from two angles, from the environment and from within. Unfortunately though, THAT'S LIFE! Unless you change it! There's never a task in life which cant be deemed stressful. Life has downs, but these downs come and go. They are never long lasting because time only moves forward and no problem can last forever. Especially if you manage it well.

Internal stress caused by faulty and negative attitudes and perceptions towards daily life always adds to the already existing pressures of life. If anyone is to even begin to have a chance at developing mental and emotional wellbeing these have to be relaxed.

The key phrase to stress is "tough times don't last, tough people do"! But not all times are as tough as some make out. If people can cultivate positive attitudes and correct their perspectives on life then they will find they can manage their environment better and when life does have one of those days, they are fully equipped to hang on in there without it affecting their health and well being. Finding ways to manage and relieve stress is vital for improving and maintaining health and wellbeing!

"There will always be woes, troubles and strife. But those who can suffer with a smile have mastered life"!

SUMMARY OF CAUSES

In summary of the causes of preventable health issues we can hopefully see that the majority of health problems which are brought on by these particular causes are indeed preventable.

Also I hope it is clear that all the causes are interdependent and NO element can be neglected as they all have an effect on a persons health and wellbeing.

There's one thing I would like to clear up however and that's the concept of "perfect" health. There is really no such thing as "perfect" health. Its just a man made concept. Unfortunately none of us are superhuman and immune from health problems or temporary afflictions. So for as long as we live we will always have a risk of having some kind of problem. Some may be luckier than others and have very little problems, while others may always have some kind of health issue. But if you manage the preventable causes well and to the best of your ability maintain a balanced state of physical, emotional and mental wellbeing as close to what's deemed "desirable" you will not only become healthier but you will feel better, enjoy life more and be a better more positive person.

Free your mind from all concepts of health. Its only human to ache now and again. After all that is what you are, **ONLY HUMAN!** It shows the bodies working the way it should and responding to the positive and negative influences of nature. Embrace the health you have, do your best to maintain and improve it, and most importantly enjoy the positive constructive things life has to offer. You will be much better for it all round!

AIMS OF PHYSICAL ACTIVITY/EXERCISE

There are many different aims and goals people wish to achieve from physical activity and exercise. Typical aims are:

- ◉ shaping the body and losing fat to look better
- ◉ Being healthier (e.g. lower cholesterol, improve cardiovascular system).
- ◉ Developing athletic ability (jumping/sprinting/agility/power, strength, balance, flexibility, etc.)
- ◉ Gaining muscle to look bigger
- ◉ To develop or maintain strength and mobility in old age to be more independent
- ◉ Developing better posture
- ◉ Injury prevention or rehabilitation
- ◉ Just to have fun
- ◉ To meet new people and try new things
- ◉ Improve confidence
- ◉ Reduce physical discomfort

ACTIVITY IDEAS

Below is a list of activities to give people some ideas about what kind of things they can fit into their day/week to be a bit more active in a productive way!

- ◉ Walking/jogging (preferably in a natural surrounding)
- ◉ Bicycling (mountain, road, any sort)
- ◉ Boot camps/circuits/other exercise classes
- ◉ The many various forms of dancing
- ◉ Martial arts
- ◉ Hiking, climbing, mountaineering
- ◉ Yoga and meditation
- ◉ Weight training
- ◉ Sports and games
- ◉ Multi activity clubs
- ◉ Stair walking
- ◉ Swimming/aqua aerobics
- ◉ Litter picking/dog walking/wild bird feeding
- ◉ Charity activities (race for life, etc.)

Obviously there are many more activities but these are just a few which may give some ideas or inspiration! As you can see with so many different options you could do different activities everyday if you wanted to. Who said exercise and activity has to be boring and repetitive!!!

THE BENEFITS OF PERSONAL TRAINING

Now being a personal training service and not highlighting the benefits of such a service would be very silly indeed! Why would personal training be of benefit to anyone?

A good analogy to use would be that of an artist. Now for a painter to create certain effects they have to use certain techniques and have to have the ability to perform them. Likewise when it comes to creating certain effects within the body, certain techniques and skills can be used and taught in order to bring about these desired effects. However the majority of people do not possess such knowledge or ability. Therefore having someone who can guide that person and use that knowledge to help someone achieve a desired goal would be beneficial in helping them achieve what they want to achieve! Like specific brush strokes and colours create specific effects on a canvas. Training and eating in specific ways creates specific bodily changes. The key is to know what techniques as well as when and how to use such techniques. A personal trainer can provide such information and offer great personal assistance to someone looking to achieve certain goals. Whether there image related, health related or lifestyle related, a good PT can help a person to achieve such things.

Also a PT can provide the necessary motivation needed for some people to keep active and become healthy. Having someone on hand who is solely dedicated to helping a person become better physically, mentally and emotionally can be of great assistance to someone who feels like they lack will power, motivation, or feels like they need such guidance. It is also useful for those who are not sure how to exercise properly. Having a PT can prevent weeks, months and even years of wasted effort and getting nowhere by providing the necessary information and guidance to help a person achieve their goals!

It definitely has its place in the health care community and can be a vital asset for anyone who feels like such a service would be beneficial for them!

REST

One area which causes confusion and breeds a lot of mistakes that a lot of people make when it comes getting fitter is the question of how much rest should I have?

Typically you've got two categories of people. On one side you've got the gym addicts who spend their life working out and hardly ever rest. Then on the other side you've got the couch potatoes who hardly exercise at all.

The key to how much rest you have is to determine how hard you've worked out, how active you are generally and how long it takes to recover from the type of exercise you have done. Like all good things rest should be done in moderation and in proportion to how active you are. The harder you work and more active you are the more you need to rest or relax.

A lot of people generally forget that your body grows and adapts to exercise when resting and recovering. When you exercise you create the causes and conditions for the muscles and body to grow or adapt, but the actual growing and adaptation happens when you're resting. So as you can see overdoing exercise and not having adequate time to rest or relax can lead to what they call overtraining or overreaching. Which in other words means a person has overdone it for too long and feels constantly fatigued. This can affect a person's vitality, wellbeing and mental state making exercise and life seem a chore.

Rest however does not necessarily mean doing nothing. In fact you can never do nothing because you're always breathing and your heart's always beating. True rest and relaxation is still an active process or occurs through attaining deep sleep. However it's vital to note that the body still needs to be used in daily life. Active rest like going for a light walk, meditation, and gentle mobility exercises help to keep the body and nervous system relaxed and well rested whilst keeping the body/nervous system active enough to heal the body appropriately (e.g. flush blood with oxygen and nutrients, remove toxins and ease nervous tension).

The main things to think about when resting are:

- Diet- am I giving my body what it needs to recover?
- Sleep- am I sleeping enough/ am I sleeping well enough?
- Recuperation- am I being active or stress free enough to get rid of built up toxins and promote a body environment suitable for recovery?

Here's some basic guidelines to improving rest and recovery:

- Sleep at least 7-8 hours each night
- Do some active mobility/ light exercise to aid healing
- Do some relaxation techniques or meditation to de-stress the nervous system
- Avoid using stimulants (e.g. caffeine)
- Avoid using electronic devices for too long because the electromagneticism can stimulate or semi hypnotize a person's mind leading to over stimulation, stress or lethargy.

THINGS TO ASK YOURSELF BEFORE EXERCISING

- ◉ Do I have the proper equipment to do my work out and proper attire to wear whilst working out?
- ◉ Do I know the proper technique of the exercises I'm going to perform?
- ◉ Do I have the proper mind set for working out? (inspiration/motivation).
- ◉ Do I have a plan of rest and know how to rest and aid my body to recover
- ◉ Have I come to terms with the fact that “Rome wasn't built in a day” and in order for me to achieve any kind of worthy result or maintain my results it takes hard work, effort and continuous persistence.
- ◉ Have I come to terms with the fact that quick schemes to get quick results are usually bad for me and never happen as they say they would! Mainly because there usually only designed to make money using flash marketing and empty promises! As well as recognising that it takes time for the body to adapt?

Hopefully you can say yes to all these questions and understand why!!!

HOW TO STAY MOTIVATED

Ask yourself the question “what motivates me?”. Is it health issues? A wanting for a more positive lifestyle? To fit into old jeans? To run a marathon? Only you have the answer to this and only you know what pushes your buttons to get those legs in gear. Look deeply!

The best way to stay motivated is to be your own motivation and recognise the benefits that the positive actions your taking will have on your mind, body and life.

As an individual some things are uniquely personal to you. Use that to add enjoyment to what you do. There should be no negativity in doing positive actions. Because if you feel any negativity about doing positive actions, (e.g. exercise is becoming a chore) your doing something wrong or perceiving it in a wrong way. Being healthy does not mean be boring and repetitive. It means to be persistent and have continuity in doing healthy things in a creative and personal way which suits you and adds positivity to your life. Maybe get friends involved for company and support. Do things which you enjoy in ways in which you enjoy doing them. Make a plan or be spontaneous. Get motivational posters or create something to remind you of your goals. do different activities everyday? Who knows! The sky's the limit as they say! BE YOU. After all that's all you can do.

“Life is what you make it! You have the ability to make life the way you want it to be!”

“To survive you have to be active. To truly live you have to be proactive in a positive way for yourself and for others!”

DIET: WHAT TO EAT & WHAT NOT TO EAT

Like it's been stated before human beings are a natural creature, made from the natural energies and elements in nature and made by the natural laws, processes and forces within nature. The human body is a part of nature and nature is a part of the human body! They're part of one and the same picture. Therefore all food should be as natural as possible and come from as natural a source as possible to provide sufficient nutrition for the body.

Nature provides everything our bodies need. However it also has the potential through man-made processes to provide everything our bodies don't need. Artificial man-made food products are a prime example of this.

To follow the "as natural as possible" principle should help people to recognise the foods they should or should not be eating.

However the next few pages give an overview of all to be consumed and all to be avoided. Hopefully you will see that there's plenty of room for countless food choices, recipes and food combinations which suit your own personal taste and personal needs (e.g. allergies, health problems). Variety is the spice of life after all!

One key note though however is to always check the food labels and learn how to read food labels and ingredient lists. Some foods may look healthy but may not always be so. Any ingredients you're not sure about on the labels I would advise to look up before purchasing.

BAD FOOD & DRINK LIST

- ◉ Artificially processed cheese
- ◉ Sweetened dairy products (e.g. milkshake)
- ◉ Sweets, chocolate, cakes, sugary biscuits
- ◉ Anything labelled with artificial or natural flavouring (both are artificial and not natural!!!)
- ◉ Anything with e-numbers and MSG (mono-sodium glutamate)
- ◉ Anything with sweeteners (aspartame, etc.)
- ◉ Fizzy and sugary drinks (e.g. diet or non diet cola)
- ◉ Processed meat and meat substitutes (e.g. turkey drummers, chicken nuggets)
- ◉ Anything with “trans fats” and refined sugars
- ◉ Synthetic margarines
- ◉ Microwave meals
- ◉ Low fat weight loss products
- ◉ Weight loss shakes and bars
- ◉ “Fast food” and unhealthy takeaways
- ◉ Refined breads, pasta’s and rice’s
- ◉ Foods with artificial preservatives
- ◉ Sugary cereals/cereal bars
- ◉ Anything with glucose syrup/fructose-corn syrup (e.g. some types of baked beans)
- ◉ Processed soya products
- ◉ Alcohol
- ◉ Processed honey/sugar products
- ◉ Foods with a lot of gluten

GOOD FOOD & DRINK LIST

- ◉ All types of edible vegetables and seaweeds
- ◉ All types of organic potatoes (new, jacket, sweet potato, etc.)
- ◉ Brown and whole grain rice's (not white or refined)
- ◉ buckwheat, wholemeal cous cous, quinoa
- ◉ Wholemeal cereals without additives (e.g. some Weetabix and muesli variations)
- ◉ Plain oatmeal
- ◉ Wholegrain organic breads (always check for unhealthy additives)
- ◉ Wholemeal organic pasta
- ◉ All edible legumes, pulses and beans (e.g. chick peas, lentils, etc.)
- ◉ Salad leaves and stir fry vegetables
- ◉ All edible fruits and berries
- ◉ All edible nuts and seeds
- ◉ Lean and well kept meats and fish
- ◉ Eggs
- ◉ Herbal tea's and green tea (without flavouring or additives)
- ◉ Natural unprocessed organic honey (e.g. manuka)
- ◉ Natural organic yogurt
- ◉ Herbs and spices
- ◉ Natural homemade fruit juice (not store bought)
- ◉ Water! 6 pints a day minimum
- ◉ cows milk is neither good or bad. But it has been shown to cause some problems in individuals and reduce calcium uptake.
- ◉ Organic cheese and butter is fine in small amounts

DIET: WHEN AND HOW TO EAT

Now that we know what to eat and what to avoid we are going to understand when to eat and how to eat the tasty & nutritious food we will be feeding our bodies with.

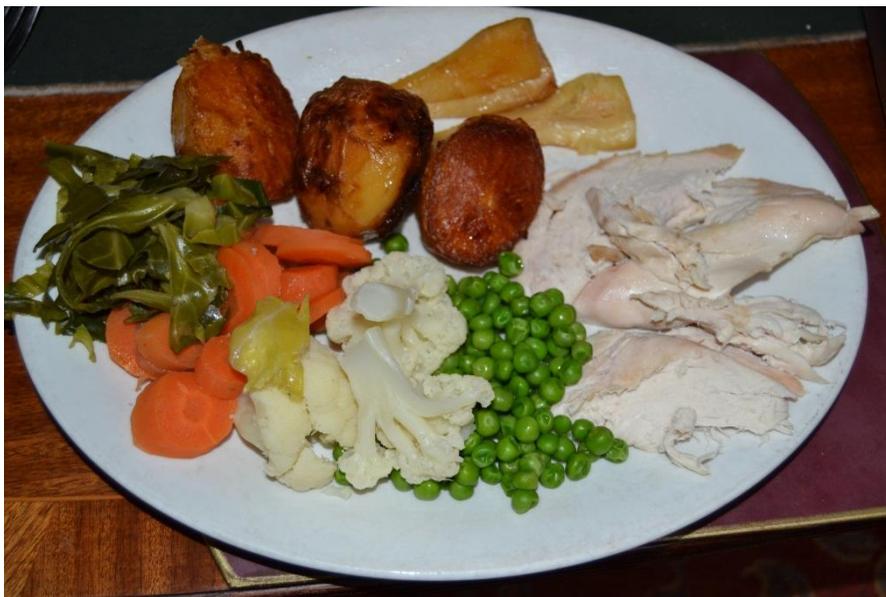
First and foremost the body has a limited ability to the amount of food it can effectively absorb and use every time we eat. If we over eat the excess food we consume either gets stored as fat or gets thrown out as waste products. Over eating is essentially wasteful and unproductive. Some people tend to eat more but less regularly only eating 1 or 2 large meals a day. However this slows the metabolism down and most of the food doesn't get properly used.

A better way to eat is to have moderate/small portions and eat more regularly (e.g. 4-5 times a day) so the body can breakdown all the food properly at each sitting and get the most nutrition out of the food it can. You want to eat roughly every 2 ½ to 4 hours to allow appropriate time to digest and absorb nutrients between meals.

Also a lot of people tend to eat their food way too quickly which overloads the digestive system. A better way is to take your time, chew properly and take anywhere from 20-60 minutes depending on the portion size to enjoy your food. This helps the digestive process in thoroughly absorbing the food you eat and prevents indigestion. Also eating slower produces hormones which monitor the feeling of hunger leading to decreased appetite and more control over the amount of food you feel you need to eat.

Think to yourself, what's nicer than enjoying a nice tasty and healthy meal in a relaxed way without a care in the world? Eating in this way can be a form of therapy if you do it properly! Not to mention the other benefits your healthy food has on your health and wellbeing!

PORTION SIZE



This picture of a roast dinner is to give a visual representation of the “ideal” ratio and portion size for a well balanced meal.

- $\frac{1}{4}$ protein (1 chicken breast)
- $\frac{1}{4}$ starchy carbohydrate (3 potatoes, 2 parsnips)
- $\frac{1}{2}$ vegetables (2 spoons of peas, 2-3 cauliflower florets, heaped spoon of carrots and a handful of cabbage)

Hopefully this gives a good idea of the kind of proportion your looking for in a well balanced meal. Not too much and not too little. This can be described as a “moderate” portion size.

HYDRATION

One of the most important aspects of health is hydration. The human body is said to be roughly 60-70% water. Water is used in nearly every function of the body and without sufficient hydration the bodies processes will break down and not be efficient. Proper hydration helps to maintain skin health, brain and nerve function, body temperature and is used to flush out waste. Its what our blood is mostly made of and no human being can survive or be alive without water. So as you can see water intake is of prime importance and should be taken seriously.

The minimum recommendation of fluid intake is said to be around 2.5-3 litres per day. However more fluid should be taken if you are doing a lot of physical activity (e.g. playing sports, manual labour) or if its a hot day to replace fluid lost through sweat! Which is not hard to do if you maintain even or regular drinking throughout the day!

Dehydration has also been shown to have a negative effect on emotions and mental ability and can make a person feel fatigued and uncomfortable in their own skin. So being adequately hydrated can also help to improve mental and emotional wellbeing and reduce stress.

DIET: DAILY EXAMPLE

Breakfast-8am) small bowl of oatmeal with a handful of nuts, half an avocado, apple and pear

Lunch-12 noon) small serving of wholemeal pasta twists with tuna and salad, other half of avocado, 2 pieces of fruit

Dinner-5pm) large chicken breast, small/medium sweet potato, 3 types of vegetables

Before bed snack-9pm) raw vegetables, handful of nuts and grapes

- A pint and a half of water sipped with every meal or 6 pints (3 litres) throughout the day
- Snack on healthy options like fruit, nuts, veg

Remember be creative with recipes and food selection but maintain eating only that which is natural and healthy for you! All of which has been outlined in the good food and drink list. HAPPY HEALTHY EATING

4 MEAL, 1 SNACK PLAN

This diet plan is made up of 4 meals and one light snack. 2 meals will be in a salad format. One at lunch and one in the evening. the other 2 meals will be a balanced breakfast and balanced dinner.

WHY SALAD?

A salad is a great way of combining different ingredients and flavours all in one meal. This is a fool proof way to make sure a person gets all the vitamins and minerals they need in a healthy and well balanced way. All salads must include a source of protein and the 2 other meals must include a complex carbohydrate source! Below are some examples....

Daily idea 1)

Meal 1, 8am)- 2 eggs in a large wholemeal granary roll, apple and pear, pint of water

Meal 2, 12noon (salad)- chicken breast, olives and feta cheese, 2 tomatoes, cucumber, salad leaves, handful of nuts, pint of water

Light snack, 3pm)- half an avocado, handful of grapes, Satsuma, pint of water

Meal 3, 5.30pm)- salmon steak, medium sweet potato, 3 types of veggies, pint of water

Meal 4, 8.30pm (salad)- can of tuna, 1 beetroot, sweet corn, peppers, salad leaves, sunflower seed mix, sprinkle of grated cheese, pint of water

Daily idea 2)

Meal 1, 8am) oatmeal with milk, pear, apple, pint of water

Meal 2, 12 noon, (salad)- chicken breast, chick peas, lentils, crushed walnuts, salad leaves, pint of water

Light snack, 3 pm) homemade melon & pineapple mix, some raw veg, pint of water

Meal 3, 5.30pm) moderate portion of wholemeal pasta with a can of tuna mixed with sweetcorn and 3 other types of vegetables. Pint of water

Meal 4, 9pm, (salad)- 2 eggs, cucumber, tomatoes, peppers, salad leaves, half an avocado, beetroot, pint of water

OTHER DIET GUIDELINES

- ◉ Try to eat at least 1 gram of protein per kilogram of body weight (e.g. a 70kg woman would eat 70g of protein per day)
- ◉ Make sure to eat at least 5 portions of fruit and veg per day (5 fruit and 5 veg).

e.g. 1 banana, 1 apple, 1 pear, 1 portion of grapes, 1 kiwi fruit.

And

Broccoli, cauliflower, potato, carrots, spinach

- ◉ Try to avoid all foods listed on the “bad foods list”
- ◉ Try to only use the foods listed on the “good foods list”
- ◉ The fresher and more natural the better
- ◉ Use “moderate” portion sizes to avoid over and under eating.
- ◉ Don’t be afraid of fat, just don’t eat too much saturated fat and try to obtain a good amount of omega 3, 6 and monounsaturated fats!
- ◉ Beware of trans fats and refined sugars
- ◉ Complex carbohydrates with a low glycaemic index are a preferable source of energy
- ◉ Fibre is a good thing. Try to eat natural foods with a lot of fibre in them.

DIET TIPS

- ◉ Prepare meals before hand
- ◉ Buy a lunch box and freezer packs to take homemade meals with you and keep them fresh
- ◉ Write down a HEALTHY shopping list and only buy those items
- ◉ Do not keep junk food in the house (replace with natural healthier options)
- ◉ Buy a variety of cooking books with healthy meal ideas
- ◉ Always read food labels and ingredients (if you don't know what's in it or unsure of the ingredients, don't buy it and research what they are)
- ◉ Take a fresh bottle of water wherever you go

STOPPING BAD HABITS

When it comes to breaking habits and cultivating good habits the golden rule can be described in one simple phrase!

IF YOU WANT TO STOP...THEN STOP! IF YOU WANT TO REPLACE...THEN REPLACE!

The rest is just a commentary.

The question is not whether to stop a bad habit and whether to replace it with something positive. Its more a question of how you are going to stop doing the habit and what are you going to replace it with?

Stopping a habit is by no means an easy task. Negative actions and patterns of doing things can be carried out repetitively for years upon years. Getting rid of those deep ingrained behavioural urges as a lot of people find out can be extremely hard and extremely daunting. However it never gets sorted if you don't try and if you don't persevere in making positive changes. Sometimes people need to wean themselves off of a bad habit by gradually lessening the amount they do it. However ultimately to stop something you have to stop it. There soon comes a time when will power has to kick in and you have to throw yourself in the water and try to swim against the emotional and behavioural energies and urges of your own bad habits. Whether you go cold turkey or build yourself up gradually depends on how strong you think your will power is at that moment. A bit of advice is don't try to be a superhero when your only human. If you need to take baby steps...take them. However just remember the sooner you overcome your bad habits the sooner you are back on track to being healthier. Some people like to use this as a test and do throw themselves in deep water. Fair play to these people. It is truly a test of character combating the negative aspects of your behaviour with the heart of lion. If you really want to prove to yourself what tough stuff your made off this is always an option. Who says you can't be successful?

Remember if you can do a bad habit for years upon years, you can not do a bad habit for years upon years. In fact its more effort to do something than to not something isn't it? You're the one choosing to do these things. Just don't choose to do them and stay firm with your perseverance.

REPLACING HABITS AND CULTIVATING GOOD HABITS

In taking the plunge to stop bad habits sometimes people need a bit of help. They need a bit of emotional support and they need something to take their minds off of the old urges which desperately try to pull a person back into their previous ways. One way in which a person can help themselves is by using a mental technique called "presence" or "just noticing". Every time you get an urge which tries to pull you back, take a step back mentally and just notice the urge. Don't act on it, don't get all worked up and frustrated, just notice that you have an urge. What you will notice by doing this is that these urges are exactly that...just urges. If you really wanted to smoke, drink, comfort eat, etc, you wouldn't be trying to stop doing them. In fact the thought to stop doing them probably wouldn't even occur to you. Just notice that this is not what you really want to do and that it's the problem of your mind being accustomed to doing the negative habit. That is all! These urges rise and fall like waves in the mind. Remember time only moves forward and there's never a minute in your life which is ever the same. Things come and go and so will these uncomfortable feelings, thoughts and urges. There only a problem if you cant detach yourself from them and recognise your mind isn't used to not doing the negative habit yet. Only perseverance and time can heal this issue unfortunately.

However there is one way to combat both the issue of stopping a bad habit and then replacing or cultivating good habits instead and that is when you feel a negative urge or after you've "just noticed" a negative urge, you then instantly do a good habit to replace the negative one. One thing I would say is too avoid replacing them with other bad habits. For example some smokers replace smoking with eating sweets and this ultimately leads to cultivating a sweet tooth which is another habitual impulse that has negative effects. So be careful with what you replace them with.

Personally I have found the best way is to replace these urges with is either some form of calm/deep breathing or meditation. Not only do these calm you and the negative urges down but they are good for you. For example a smoker when stressed goes outside and breathes in the poisonous chemicals to de-stress (even though it doesn't really work). So the positive opposite of that is going outside for a little walk to breathe deeply the fresh air filling your lungs with the oxygen it needs to be healthy and to help take the mind off of the negative urges.

Also you can just sit quietly, close your eyes, pay attention to your breathing and think of things which make you happy. Maybe you might think of the day when you look back in the mirror and notice all the positive accomplishments you've achieved. Or maybe think of other things which make you happy like loved ones or pets, to get your mind focusing on the positive things in life and not the false negative urges in your mind. Because that is all they are. Know that!!!

Just remember you can be in all the situations where you would usually do a bad habit and not do it. You always have that choice and are responsible for your own actions. So where possible choose to do positive healthy options and not the negative self destructive ones!

Good luck!

STRESS RELIEF

General stress relief

One of the most beneficial things anyone can do for their health is learning to calm down and find time to relieve themselves of all the stresses and strains that might build up due to daily living.

Here's something to try! imagine you need to get ready to go somewhere and are pressed for time to get there. Re-create the erratic movements and the tense feelings you may feel.

Now take 8 deep breaths and re-create the same situation at the same speed but with relaxed movements and calm, joyful feelings.

What you may sense is that you can do the same movements at the same speed without all the extra physical, mental and emotional tension. Why add more stress to a situation than you have to?

Other ways around this are planning ahead and making sure there's enough time to do what you need to do at your own leisure. Maybe leave earlier if you need to get somewhere. Maybe make a list of things you need to do that day so you make sure you have plenty of time to do them and don't forget. Ask yourself do you have to cram everything in at once? Could some things wait till another day so you don't have to rush? Maybe even go so far as making a flexible weekly routine which suits your individual schedule. Whatever works for you! Life can be stressful, but it can always be made less stressful.

Also remember your perception can also add to your stress levels. Negative perception of such chores or activities like washing the dishes can frustrate some people beyond belief to the point where they avoid them at all cost. However a fun way to do activities which you may not enjoy or want to do is to make a game out of them. A person who enjoys their work never works a day in their life. Who said such things cant be enjoyable? You? Why would you say that to yourself and make these things seem more difficult than they are?

And last but not least, always make time to wind down when needed! Either during or at the end of the day. Or both! Maybe run a bath, listen to some chill out music and its always a good idea to go to bed at a time which allows you at least 7-9 hours sleep. A good sleep is always a good start to a new day! It is vital to proper mental, emotional and physical health.

The key to maintaining low stress levels or achieving stress relief is to be relaxed! No one ever worried themselves into good health and happiness. So relax! It makes life more relaxing!

RELAXATION TECHNIQUES

Below is a short selection of relaxation techniques to help unwind:

- ◉ **Lying conscious sleep:** lie somewhere comfortable. On the floor or on a bed. You will have to have a flat back and neck! So not lying on a sofa or anything like that and no pillows under your head. Maybe use a soft towel if the floor is too hard. Either let your arms lay by you side or clasp them however you want and place them on your belly. Make sure your legs are fully stretched out and comfortable. Close your eyes and have a period of deep breathing until you feel relaxed. Let your body melt into the floor or bed. Or actively try to create the feeling of melting into them by letting go of all physical tension. Lightly pay attention to your natural breathing. Don't try to breath just let it happen naturally whilst lightly paying attention to it. And....that's it! Just persevere until you reach a deep state of relaxation and maintain that as long as you like.
- ◉ **Lying relaxation with music:** put on some relaxation music. Preferably with no words and soft soothing sounds. Lie down in a manner as I have described above. Have a period of deep breathing to relax. However this time lightly pay attention to the music mindfully whilst having half a smile.
- ◉ **Imagining you're a wave in the sea:** lie or sit in a comfy chair. Close your eyes and have a period of deep breathing. Once relaxed imagine you are the waves of the sea near a beach. As you breathe in long and gently imagine gently moving towards the shore. As you breathe out long and calmly you gently move back out to sea. Just let the movement of the water push you around gently. You are the water. There's no where to go and nothing do. Just flow. In and out like a gentle tide.
- ◉ **Imagining you're a lily floating on a pond:** like above get into a comfortable position have a period of deep breathing and then imagine you're a lily being gently moved around a pond.
- ◉ **Other imagination ideas are:** a leaf blowing in the breeze, a pebble sinking slowly in a deep river or lake, a snowflake falling and floating softly in the air, a flower embracing a summer breeze, or any other ideas of your own which you find particularly relaxing and soothing.

BREATHING

Another overlooked aspect which greatly affects our health is breathing. There's one fact about breathing which makes it possibly the most important thing in your life in terms of health, and that's if you stop...your either dying or already dead!

Apart from this obvious statement the body and nervous system needs to breathe in order not only be alive, but to maintain health and well being. Breathing properly helps strengthen the respiratory muscles and make them more efficient at obtaining oxygen and removing waste products. This is vital for health. If you don't get enough oxygen, your health suffers. If you don't remove waste products, your health suffers. Its that important.

Also the act of breathing properly can help calm and regulate the activity of the nervous system bringing a balanced state of mental, emotional and physical activity. This reduces stress and consequently improves wellbeing as well as physical function. Breathing properly can help reduce stress related illnesses. Its often noted that people who are stressed don't breathe as their body requires. This adds to the already existing imbalance caused by being stressed. So as you can see its very important to breathe properly.

Other issues with breathing are the air you breathe and breathing through the mouth. Unfortunately due to modern industrialization the air we breathe is commonly full of many kinds of pollutants which cant be avoided. Also a lot of people work or live in areas with poor air circulation and don't breathe in as much fresh air as they should. Both have issues with polluting the body. This however is also magnified by bad breathing habits like breathing through the mouth. The mouth has very little defence against air pollutants and breathing through the mouth causes a person to intake the majority of the pollutants in the air. Increasing the risk of serious illnesses. Breathing through the nose is much better as the hairs prevent most pollutants from entering the lungs.

One important note however is that when exercising this may be difficult. Breathing through the mouth is fine due to the amount of air you need to breathe in to fuel the body appropriately with oxygen. Still during light exercise and normal activity breathing through the nose is more beneficial for health.

PROPER BREATHING TECHNIQUE

Proper breathing or better known as full breathing utilizes the whole lung from the lower, middle, and upper portions of the lung. Most people only use the lower or the upper parts. Here we will use all the lung to increase the amount of oxygen we get, increasing the area size the gases exchange in which makes our breathing more efficient.

THE FULL BREATH

- ◉ Keep the mouth closed at all times.

Step 1) Breathe in air through the nose filling the abdomen! Do this with the action of breathing through the mouth whilst keeping the mouth closed. Filling the belly with air. The belly should extend out a little

Step 2) fill the middle portion of the lung by continued breathing

Step 3) fill the upper portion of the lung.

- ◉ As you do this the chest will rise and the belly will tuck in a little.

Step 4) exhale through the nose making sure the upper portion of the lung deflates first, then middle, then the air empties from the abdomen in that order.

Step 5) REPEAT

At first this may take a bit of practice and you may need to keep reminding yourself to breathe like this. But you will get used to it and eventually after a while you will naturally breathe like this. Its just a matter of perseverance.

The breath should last as long as feels most natural to you. It usually takes about 6-10 seconds each breath (3-5 seconds in, 3-5seconds out).

* Just to note this can be used as a deep breathing exercise where you breathe in for longer but in this context the length should be natural and not forced. just breathing normally as you would do throughout the day.

BREATHING EXERCISES

The first thing to think about before we start any breathing exercise is the posture we want to adopt. Ideally you want the spine neutral/straight to allow the lungs and diaphragm to move freely. You can do this by lying down with a straight back, sitting on a chair with the back away from the support or standing in a comfortable upright position. Your hands can either be by your sides, resting on your knees if sitting, or clasped in a way which feels comfortable and lightly touching your belly or resting in your lap. Which ever feels most comfortable to you.

EXERCISES: all are performed breathing through the nose with the mouth closed! Close your eyes or keep them open. Which ever you prefer! Experiment and see.

- ◉ **Extended full breath:** visit the page on full breathing to get an idea of technique. The extended full breath is exactly that, fully breathing but for an extended time. Anywhere between 8-20 seconds breathing in and the same amount of time breathing out. Or alternatively you may like to breathe out slightly longer. Just make sure to fill and empty the lungs as much as possible and with as much control and relaxation as possible.
- ◉ **Breathe in gently for as long as possible and sigh:** this is exactly as it says. Breathe in as gently and as lightly as possible for as long as possible until your lungs are full. Then with the greatest of ease let out a slow sigh of relief whilst keeping the mouth closed letting out all the air in the lungs. And the repeat for as long as you like.
- ◉ **Breathe out gently for as long as possible and let the air draw in:** this is the opposite of above. Start by taking a full breath and then as gently and lightly as possible breathe out for as long as you feel comfortable aiming to empty out all the air in the lungs with ease.
- ◉ **Breathing in time to music:** find a piece of music you like or find calming and breathe in time to the beat or in a harmonious way to the music. Try to keep in and out breaths equal length.
- ◉ **Breathing in time to steps whilst walking:** go for a calm walk and every 4-8 steps breathe in and every 4-8 steps breathe out. Breathe in time with the steps you take. keep in and out breaths equal (e.g. 4 steps each).
- ◉ **Breathe and step to music:** combine the last two together by stepping in time to the music and breathing to the timing of your steps. You can either walk or make it a little dance. Whatever makes you happiest or makes you calm.

Have fun breathing now!

OTHER STRESS RELIEF IDEAS

- ◉ Long slow walk in nature
- ◉ Being creative visually (e.g. arts, crafts, photography)
- ◉ Being creative aurally (e.g. playing musical instruments)
- ◉ The many variations of meditation and contemplation
- ◉ Tai Chi, Qi Gong, Yoga
- ◉ Reading a pleasant book (something nice and reassuring).
- ◉ Going on a relaxing day out (e.g. sight seeing)
- ◉ Reading inspiring or relaxing quotes
- ◉ Helping others in a kind and positive way

OVERALL SUMMARY AND PHILOSOPHY OF KARMA HEALTH & FITNESS

Inactivity, unhealthy diet, bad/self destructive habits, stress, and negative mental & emotional states are the main preventable causes of ill health, which also all contribute to lessening a person's overall quality of life!

“The opposite of negative is positive”

“The opposite of what you don't want is what you do”

“Every cause has an effect. negative causes have negative effects & positive causes have positive effects”

So to counteract those negative aspects and achieve a better quality of health and life, a person needs to do the opposite positive actions! That means to be active, eat healthily, entertain positive and constructive habits, find ways to manage and remove unnecessary stress, and develop positive mental and emotional states!

In doing so a person betters themselves and betters the quality of their own life in a positive way by removing negative causes leading to ill health and a poor quality of life and consciously replaces them with positive causes leading to better health and a better quality of life!

WISDOM QUOTES

“Some things rise to fall, some fall to rise. To embrace both positively is the mark of the truly wise. Day turns to night, night turns to day. To go with the flow is the most beneficial way”

“Life is a lesson, learn from it”

“Its not enough to think or want to do something! you must actually do it!”

“There’s always going to be things which can knock you down or get in the way. Whether they do or not is up to you”

“There will always be woes, troubles and strife. But those who can suffer with a smile have mastered life”

“If it cant be changed why worry about it?”

“Time only moves forward, so forward you need to move. You can either build better roads and bridges, or stay stuck in the same old groove”

“In between a rock and a hard place a pretty flower can still grow”

“You are a natural creature, made from the natural elements and energies in nature and made by the natural laws and forces in nature. So be natural. Be you. Its what nature intended you to do”

“Not only do you have a life, you are life”

“If you eat crap, your health will be crap and your craps will be even unhealthier”

“Effort costs nothing. But lack of effort can cost you everything”

“do or don’t there is no try”

“What goes around comes around”

“Keep your feet on the ground when your reaching for the stars. Otherwise you will forget the most precious thing you have, your true self”

“Life can be hard” ... “Compared to what?”

“Negative actions have negative effects. Positive actions have positive effects. The opposite of what you don’t want is what you do”

“You cant put fire out with fire. You need to use water. To combat stress just relax. Why stress about stress? that’s just more stress added to the already existing stress”

“In times of darkness there only brings the need for more light. So remember when the day comes. Everything will be alright”

“Happiness is a journey not a destination. Where are you walking to?”

“Every problem in life has a solution. But some solutions can be a problem. Are you solving the issue or merely comforting yourself?”

“SMILE! Its good for you”

“I choose to be happy because its good for my health”

“Will I succeed?” ... “who knows but you?”

“You reap what you sow, so sow what you want to reap! You keep what you maintain, so maintain what you want to keep!”

“To survive you have to be active. To truly live you have to be proactive for yourself and for others in a positive way”