



# WHOLENESS

Your Complete Guide to All-Natural Holistic Wellness

# Limited Special Offer

## WHOLENESS Video Course



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# 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

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- \* 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

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- 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

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\* 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

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- 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!

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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

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## 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!