



FIVE TO THRIVE

**5 DAILY HABITS TOP-ACHIEVERS
USE TO INCREASE ENERGY BY 30%**

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WHEN IT COMES TO INCREASING ENERGY, BEGIN WITH THE BASICS FOR THE BIGGEST RESULTS.



THE MOST EFFECTIVE WAY TO INCREASE ENERGY IS THE FIVE TO THRIVE METHOD. MY CLIENTS GET GREAT RESULTS WITH THESE 5 HABITS.

In fact, they're so effective that you'll feel an increase of energy by 30% within just 7 days!

I've included the most basic, but effective habits you need to include to feel more energy — to experience a renewed sense of confidence, excitement, and possibility in all areas of life.

The five habits I recommend in this guide:

1. Why Rest Gives You the Advantage
2. You Are What You Eat
3. Become a Zone Master
4. Increase Your Oxygen
5. The Elixir of Life

Introduction:

Have you heard the stories about the top-achievers who get up an hour early every day to accomplish more than most people do before 9:00am?

These are your colleagues and friends who always seem to score the highly coveted promotion and the cushy corner office, travel near and far with their families and enjoy beautiful home lives, while simultaneously planning their company's next big acquisition... effortlessly.

Instead of hitting snooze 5 times, they get to the gym before work without needing coffee to get their morning started!

Hal Elrod, author of the *Miracle Morning*, swears by his daily ritual, and gets up at 4am to ensure maximum productivity.

Motivational speaker, Tony Robbins starts his day with an "Hour of Power," where he incorporates, exercise, visualization and incantations to energize his body and his day.

Heck, even President Barack Obama has a morning ritual, including a workout out at 6:45am to maximize his energy and jumpstart his long days.

So what can you do to create more energy now, to be able to create a morning ritual, to reclaim your life?

The first and best steps to begin with, are basic healthy lifestyle practices that nourish you on a cellular level, so your body can produce the energy you need to up level your personal and professional life.

I offer you five basic practices for you to develop and consistently implement to achieve maximum energy every single day.

Since 2010 I've helped 100s of clients look and feel as healthy as they are successful. And I have proven that this high level of productivity is fairly easy to accomplish with my private clients and More Than A Detox students over and over again.

Let's get real: the modern lifestyle depletes your energy and therefore limits your potential.

This guide requires you to change devitalizing daily habits, and challenges you to make lifestyle changes that support you in achieving all that you want to achieve!

This guide only works if you work it. That means you need to take action every day with the suggestions I offer to reclaim the vital energy you want and need.

It's your time.

Let's do this!

1. Rest Gives You the Advantage

Most executives I work with say they feel lucky to get 5 hours of sleep a night. But that means their body and brain lost 2-3 hours of the rejuvenation they need for maximum energy, mental focus and peak productivity at the office the next day.

How long can you expect your energy to last into the day, without a fully charged battery, without proper sleep?

This is why watching TV and returning late-night emails from bed can interrupt your body's natural internal clock and the production cycles of the hormones melatonin and cortisol. This can cause unhealthy, interrupted, and poor sleep patterns.

Which is why it's so important to think about how you end your day, to set the stage for healthy sleep, to set the stage for an awesome next day.

Research shows that the light from computers and technology significantly lowers levels of melatonin, which regulates your sleep cycle.

So choose 'before-bed' activities that set you up for a healthy and restorative night of sleep, like reading, meditation (see below), and removing all technology from your bedroom.

Reduce stimulating activities 1 hour before bed, and aim for 7-9 hours of sleep every night, to reap the health benefits and energy a well restored body offers.

Healthy sleep will not only increase your energy, but it will help you better focus, feel more creative and be more productive.

2. You Are What You Eat

I get it, you're busy. Too busy to leave the office to get a salad, so you default to take-out and order pizza delivery. Then too tired to cook dinner, so you pick-up takeout again on your way home.

But, you might be missing out on one of the most crucial foods for lasting, natural energy: leafy greens.

Why green? Chlorophyll, the green pigment in plants shares the same molecular structure as hemoglobin, with the only difference being the center atom; magnesium is the center atom in chlorophyll, iron is the center atom in hemoglobin.

When you eat green plants, it helps the job of hemoglobin, like increase the number of red blood cells, which increases oxygen throughout your body, which increases energy, promotes healthy circulation and cleanses the cells and tissues.

Plus, leafy greens are more nutrient dense, pound for pound, than any other food. This is why my first recommendation to all my clients is to include the "Wholly Trinity" everyday.

The Wholly Trinity is my playful recommendation to include one green vegetable juice, one green smoothie and one meal-sized green salad in your diet every day, to maximize your nutrient intake and boost your natural energy levels.

- As you develop your palate for green juices, look for a local juice bar to explore combinations you like.
- Prepare smoothie ingredients the night before, so you can whip it up quick in the a.m.
- Prep salad ingredients on two separate days a week, so your ingredients are ready to put together for your lunch or dinner.

3. Become a Zone Master

I know how hard it can be to quiet your mind, you're so on fire with your career that you're constantly thinking of the next big project and how to get an advantage on the competition.

But if you want lasting energy far beyond the temporary and often harmful boost many quick-fix products promise, getting yourself in the 'zone' is your ticket!

As paradoxical as it may seem, just 5 minutes of meditation a day can increase your energy by reducing the stress and anxiety you experience by increasing the oxygen you take in, and reducing the cortisol production chronic stress causes by a whopping 50%!

Cortisol is the hormone your body produces when you're stressed, the 'fight or flight' hormone that is helpful in some situations, but not on a regular basis.

Less cortisol is better for stable and lasting energy throughout the day.

Meditation alone can effectively double your energy level and get you in your zone!

Plus, oxygen produces ATP, which acts like an energy battery in your cells.

Begin by meditating 5 minutes each day, and work up to 30 minutes 2x per day over time.

To meditate and get in the zone:

- Sit up tall, but relaxed, with back erect and chest up
- Close your eyes
- Breathe deeply. Watch your breath and focus on how it flows in and out of your nostrils, chest, or abdomen
- Practice, practice, practice

4. Increase Your Oxygen

It's so easy to skip the gym in favor of working a couple more hours to get ahead on the project, or making those few extra sales calls.

But research shows that the benefits of physical fitness is timeless -- **regular aerobic exercise can increase your energy by 20% and decreasing fatigue by as much as 65%.**

Even if you get to the gym for just a light aerobic workout after you leave the office, you will increase more available energy for your body to use.

If you are tired or inactive, developing a regular fitness routine increases the flow of blood and oxygen to your body to counter the lethargy you feel by providing the energy you need throughout the day.

If you are a new to exercise, begin with even just moderate physical activity, like a 10-15 minute walk, to increase your energy levels.

Group fitness is another great option, to motivate you in ways that you might not yet feel ready, but want more challenge beyond just walking.

Yoga is another fitness low-impact fitness option to consider, for group challenge and to connect with your breath to build on the whole mind/body connection. As you grow in aerobic strength, there are many more challenging options to choose from, like Vinyasa Flow or Hatha Yoga.

Begin in ways that feel doable and challenging, to increase your aerobic strength and energy.

5. The Elixir of Life

As much as my clients try to argue that coffee is made with water, so it counts — it doesn't! Coffee and energy drinks offer only temporary energy (and at a harmful long-term cost to your health).

Fatigue is actually one of the first signs of dehydration and your best, initial barometer to check when you're feeling run-down. Because your body is primarily water, even mild dehydration can cause you to feel tired and sluggish.

If you find yourself yawning in the middle of the Finance meeting regularly, consider you are dehydrated and get some water.

Get a travel, BPA-free water bottle to bring to work with you everyday. This will help you best track your water intake, assure proper hydration and ward off the midday slump.

To properly hydrate, drink half your body-weight in ounces of water every day. If you know you are dehydrated, sip on warm water throughout the day. Warm water will help you rehydrate your body faster than cold water.

Moving Beyond the Roadblocks

These tweaks to your day are relatively simple for all the energy they guarantee, right?

But, that doesn't mean there might not be a few roadblocks. Here's a quick list of things that could typically get in your way:

Cravings. Cravings are a sign of imbalance:

- **My first recommendation is never leave home without a green apple.** It will save you every time. Green apples are low in sugar, very portable, and will satisfy your sweet tooth
- Second, double check your sleep patterns. **When you are over-tired, your body produces a hormone called Grehlin, known as the hunger hormone.** If you are overtired, even if you are not hungry, you will want to eat.

Lack of Preparation:

- **Preparation is a game changer.** If you are not prepared with healthy food choices, it's more likely that you will eat foods that are not on your clean eating protocol, than if you were. Pack a few green apples, choose two days per week to prepare salad makings and soups, and prep your smoothie ingredients the night before, so it's an easy blend in the morning.

Mindset:

- Family, friends and co-workers often say things like 'everything in moderation,' but you know where that got you -- low energy! Plus, with marketing from fast-food nation this, or processed, sugary that everywhere you turn, eating and living healthfully is challenging. This is why getting clear on the benefits you will gain from creating healthy lifestyle habits, and the consequences you will get if you don't, will help you shift your mindset. **Create clarity.**
- **One of my favorite recommendations is to reframe your thoughts in a way that supports your goals.** For example, shift your thoughts from "I could never get up an hour early," to, "I love the quiet of the morning hours, and really look forward to getting to the things that really matter to me from getting up so early." Sound silly? Reframing is a classic personal development strategy that supports millions of people in shifting their mindset.

Next Steps

Just because these practices are simple, doesn't mean they are necessarily easy.

But I know you can do this! Because I did.

Here's the deal:

Several years back I got very sick. So sick, in fact, that sick became my identity.

I went from one doctor for this symptom, to another for that symptom. I spent what felt like a lifetime in examining rooms and depressing waiting rooms, and still my body continued to spiral downward with no relief from chronic symptoms.

I recognized that if I were ever going to get better, I'd have to find the solution myself.

So I did a classic deep-dive study into healing, while I went to school to earn my formal degrees. I continued with post-graduate certifications in nutrition, digestive health, detoxification and the study of human potential, with good old-fashioned trial and error to find the gold I needed to feel good again —> The realization that traditional medicine all but overlooks how food impacts upon our digestive health, and how a breakdown in any one of the digestive processes impacts upon our overall health and wellbeing.

For the past 25 years I've put health, healing, energy and vitality under a rigorous, probing lens. I learned that food matters. Healthy digestion matters. A clean body matters. And nothing good comes from anything less, personally and professionally. I've transformed my health and my life, and I'm going to help you transform yours. I got my sass back, and we're going to get yours back too.

If you commit to this journey of 5 to Thrive, I promise you'll never look back either.

But maybe you already know you rally best with support...



Maybe you already know low energy is affecting your life at work or home, and it's starting to freak you out because all you can think about is how tired you are, rather than that big project you just got... and no amount of coffee helps!

Maybe you already know that you promised you'd get to healthy habits 'today.' But today became tomorrow, tomorrow became the next day, and, damn... the next day became someday...

Someday when you have more time. Someday when you're not traveling as much. Someday when it's easier. Someday when your family and friends support you.

But you're tired. It's a problem. And you know it.

This does NOT have to be your experience.

Maybe you already know you like my help in creating more energy now.

I've got a program called MORE ENERGY NOW.

In this program, I help you identify exactly what you need to do to get your energy back, so you can focus on and accomplish everything that matters most to you! You'll feel as energized as you are successful, so you can enjoy all the perks you've earned in life, like that sweet promotion and cushy corner office you got!

In More Energy Now, you and I identify 4 simple actions you can take to increase your energy now.

You'll,

- Learn how to use what comes naturally to you to increase your energy
- Discover what your kryptonite is and how it leaves you feeling depleted and tired, like you're running on empty (it's not what you think it is).
- Identify what works for you, and what doesn't
- Find out that getting your swagger back is really super-easy!

Click here to see how I can help you feel energized all day, every day, in a personal 90-minute session!