

THE MAGIC BULLET:

THE 7 CORE PRINCIPLES TO LASTING HEALTH



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Wouldn't it be incredible if all the popular "health secrets" and "quick-fix solutions" to our health problems *really* worked? Wouldn't you buy them if they did? I would!

But in reality, they rarely do. The only thing these "magic bullets" ever seem to accomplish is leaving us high, dry and disheartened.

WHEN TACKLING CHRONIC ILLNESS, WE HAVE TO START THINKING IN A MULTI-DIMENSIONAL KIND OF WAY.

What these programs don't address is that our personal and cultural health problems are real, and in most cases, *chronic*. And when dealing with chronic issues, we have to *treat* them as such - from the inside out and from every angle. When tackling chronic illness, we have to start thinking in a multi-dimensional kind of way. Health has many facets, and each needs to be addressed if we want to heal ourselves fully and completely... for good. If any of these factors aren't taken into consideration, positive effects are usually temporary.

Take, for example, weight loss, which only has a five percent long-term success rate. Five percent! That's not a lot, considering how many people are on a diet. In most weight loss cases, it's not just about taking off weight. If the *underlying* reasons the weight came on in the first place weren't addressed, someone might initially lose some pounds, but gain it right back after a few weeks or a few months.

In my 15 years of separating the nutritional "wheat from the chafe", as they say, I've come to find that there are **seven core principles** that need to be adopted when digging our way out of ill-health. If we learn to make a lifestyle out of these principles -- a "healthstyle" so to speak -- we stand a better chance of regaining and maintaining the health we desire. In *our* case, the magic bullet is a healthy, integrated lifestyle. TM

THIS HEALTHY LIFESTYLE INCLUDES:

1. A METABOLIC TYPING® DIET
2. ELIMINATING YOUR HEALTH SABOTEURS
3. STRESSING LESS
4. 5-FOLD FITNESS
5. MINDFUL EATING
6. FEELING YOUR FEELINGS
7. ESTABLISHING YOUR HEALTH ALLIES

CORE PRINCIPLE #1: A METABOLIC TYPING® DIET

DID YOU KNOW...

THAT THE INFLUENCE OF DIET ON HEALTH DEPENDS ON AN INDIVIDUAL'S GENETIC MAKEUP AND METABOLISM?

According to a 2003 article published in the New York Times, unless a precisely tailored diet is employed, diet choices can cause gene expressions that nudge us toward chronic illness.^{1a, 1b}

We all know by now that what we eat is utterly important. But what most people *don't* know is that each of us has unique nutritional needs. Unfortunately, the USDA Food Pyramid lumps us all into one big category, without taking into consideration that we all have different genetics and metabolic rates, and require specific diets to match our coding. As it's been said, "one person's food is another's poison".



Metabolic Typing®, on the other hand, treats diet on an individual basis, depending upon a person's metabolism, lifestyle and current health conditions. This approach goes beyond "mass market" nutrition. It's for dedicated people who are serious about taking the reigns to their health, and who want to see long-term results, not quick, dead end "solutions".

In his book, *The Metabolic Typing Diet*, William Wolcott lists case after case of patients who were eating "healthy" foods, but who were *still* suffering from chronic diseases, digestive issues and fatigue. After putting these people on their patient-specific diets, their symptoms faded and health returned. Most notably, they were able to maintain that level of wellbeing long-term, not for just a few months.³

My *Body by Body Program* that incorporates the principles of Metabolic Typing® is available now! For more information, visit the Body by Body page on my web site at AntonNutrition.com/bodybybody and *don't miss the videos!*

CORE PRINCIPLE #2: ELIMINATING YOUR HEALTH SABOTEURS

DID YOU KNOW...
**THAT RECENT STUDIES
SUGGEST THAT CERTAIN
MICROBES IN OUR GUTS MAY BE
ASSOCIATED WITH OBESITY?⁶**

There are many saboteurs that can block us from enjoying optimal health. It's imperative that we identify these from the get-go (preferably with the help of a wellness professional) so that we can turn the tides to good health as soon as possible. Even low-grade manifestations of any of these can wreak havoc on a person's body, mind and emotional health.⁷

Here are a few saboteurs that are known to block health:

- Gut Dysbiosis (imbalance of gut flora, microbes, bacteria, parasites)
- Toxicity (from food, environment, emotions)
- Food Allergies
- Stress
- Brain Chemistry and Endocrine Imbalances
- Immune Dysregulation

Fortunately, the right diet, high-quality supplements and a healthy lifestyle can perform miracles over the course of several months. Sometimes though, ill-effects from these saboteurs weave a deeper, more chronic thread that may take several years to unravel. Diligence, patience and frequent care from a health professional may be necessary.

How to identify and eliminate these nasty saboteurs is revealed in my *Body by Body Program*. Find out more at: AntonNutrition.com/bodybybody



CORE PRINCIPLE #3: STRESSING LESS

**DID YOU KNOW...
THAT THERE ARE NOW OVER
2000 STUDIES THAT SHOW THE
CORRELATION BETWEEN STRESS
AND HEART DISEASE?⁸**

Stress is known to increase cortisol, a major player in the adrenal “fight or flight” response. Activated cortisol raises blood sugar, heart rate and nerve firing.⁹

A daily body-mind practice like meditation, yoga, Tai Chi or Qigong is a proven way to reduce stress:

In 2009, CNN reported on a mindfulness-based stress reduction study at West Virginia University. The participants were taught body-awareness practices such as meditation and breathing techniques. After eight weeks and a 3-month follow-up, researchers found those who received the mindfulness training “had significantly less psychological distress and significantly fewer medical symptoms – like lower blood pressure and fewer aches and pains”.¹⁰

At a 2003 conference on science and meditation held at MIT researchers described a growing body of research on the effects of meditation on the brain and body. The research showed that meditation can strengthen the immune system, reduce depression and ease stress by lowering cortisol levels.¹¹

You don’t have to be a monk to take up a daily meditation practice. Just 15 minutes a day can show results. But you *do* need to be consistent and dedicated. Meditation can be done sitting on a chair or cushion, lying down, or through meditative walking. I encourage students to use body-awareness exercise CDs or to take a class before going at in on their own.

Releiving external stress factors and body-awareness practices are covered in my program, *Food-Fu: The Internal and External Art of Mindful Eating*, coming again soon.

Identifying and eliminating internal stress factors are covered in the *Body by Body* course available now: AntonNutrition.com/bodybybody



CORE PRINCIPLE #4: 5-FOLD FITNESS

DID YOU KNOW... THAT THE WRONG EXERCISE PROGRAM COULD MAKE YOU FAT?

I'm a firm believer that we should all be exercising 3-5 days a week. But (and I *really* mean it) not to the extent that the workout is causing stress, exhaustion or obsession over our body and weight. We have to ask ourselves if our exercise plan is creating a healthy, balanced body for the long haul. If we find ourselves gritting our teeth, dreading our workout or feeling exhausted during or after, the exercise program may be causing more damage than good.

According to exercise and weight loss expert, JJ Virgin, duration cardio exercises can actually make you fatter. "This type of exercise raises your stress hormones, increases appetite and makes you a better fat storer."¹²

Exercise doesn't (and shouldn't) have to be a chore. Although resistance is natural on some days, the right routine should be one we look forward to and that makes us feel rejuvenated, rather than depleted. It's something that we actually *like* to do.

There are five areas of a good fitness routine to make sure we are covering all the bases without over-doing it. I call this "5-Fold Fitness":

1. Strength
2. Flexibility
3. Detoxification
4. Cardio Bursting
5. Balance

For definitions and examples of each of these, please review my article, *Mindful Fitness - Is Your Workout Covering All the Bases?*



CORE PRINCIPLE #5: MINDFUL EATING

DID YOU KNOW...
**THAT PEOPLE WHO EAT WHILE
WATCHING TV CONSUME 40
PERCENT MORE FOOD?***

Good nutrition is not just about what's on your fork; it's also about *how you eat* what's on your fork! Eating fast, or while working, driving, watching TV or multi-tasking doesn't give the body's "appetite control" enough time to send signals that we've had enough to eat.⁵ Mindful eating is a method I use to help S.L.O.W.™ the eating process, so we can beat food cravings, shed pounds and regain our power over our food decisions.

Mindful eating is not about starving ourselves from the foods we love. Quite the contrary: It's about *enjoying* and *savoring* the foods we eat, while paying attention to our hunger cues and to how the food effects us physically and emotionally. Not a "diet", mindful eating is a practice that we incorporate into our healthy lifestyle.

Daily mindful eating practices help us bust out of our love/hate relationship with food so we can once again feel good (not guilty or shameful) about eating. These practices are especially helpful for emotional eaters, binge eaters, stress eaters, and for people with chronic conditions such as diabetes, sugar cravings, blood sugar imbalances or weight issues.

My program, *Food-Fu: The Internal And External Art of Mindful Eating*, will make another appearance again in 2010! Stay tuned for details!

For more information on mindful eating practices, check out my articles in the Mindful Eating section on my home page.



CORE PRINCIPLE #6: FEELING YOUR FEELINGS

DID YOU KNOW... THAT THERE'S A POWERFUL RELATIONSHIP BETWEEN EMOTIONS, HEALTH AND MORTALITY?

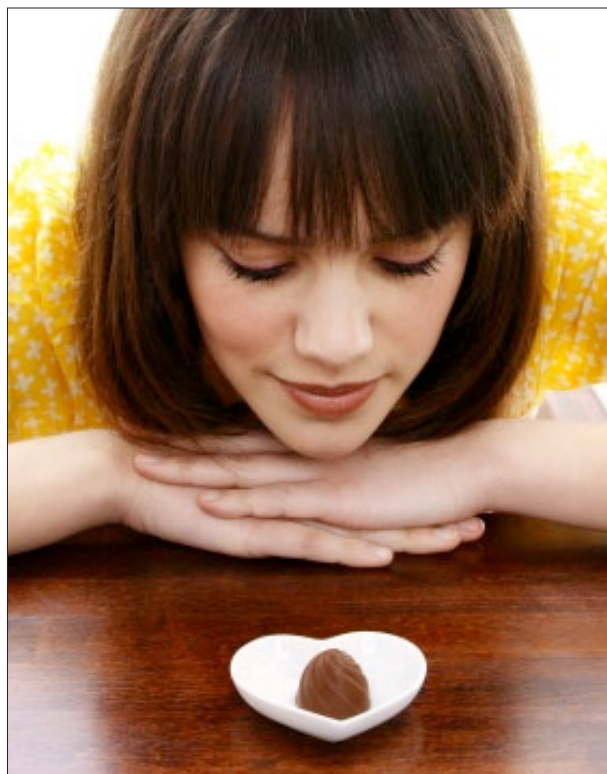
Good health requires more than just eating right and reducing stress. We also need to have a healthy view of emotions. Without a clear understanding (and acceptance) of how we are feeling at any given moment, turmoil and confusion may underlie our relationship with health, and every aspect of our lives.

According to a study of 17,421 adults by the Center for Disease Control and Kaiser Permanente, results show that there is a direct correlation between adverse childhood experiences and adult health.¹³ “This makes (childhood emotional experiences) one of the most important, if not *the* most important, determinants of the health and well-being of the nation”, says Vincent Felitti, MD, of the report.

Pioneers in the emotional health field, such as Ryke Geerd Hamer M.D., Deepak Chopra M.D., Steven Levine and Candace Pert Ph.D., to name a few, all report the necessity of balanced emotions in relation to good health.^{14, 15, 16, 17}

Diet and lifestyle play a significant role when it comes to emotional health. When we eat the right diet for our individual bodies, reduce stress and get adequate exercise, emotional health naturally follows suit.

But sometimes we need to “go in” further to get to the root of the really deep stuff. Psychotherapy and trauma release work can be beneficial. Working with emotions (from a body-mind perspective) is covered in my *Food-Fu Program*, coming again soon.



CORE PRINCIPLE #7: ESTABLISHING YOUR HEALTH ALLIES

DID YOU KNOW... SYSTOLIC BLOOD PRESSURE DROPS SIGNIFICANTLY IN INDIVIDUALS WHO RECEIVE MASSAGE THERAPY?¹⁸

There's no way that I could have gotten on a healthy life path (and *stayed* on it!) without first setting myself up with good, solid guidance and healing. Although the hard work is done by me and me alone, I still rely on outside help to point me in the right direction, hold me accountable and get me back on my feet when I'm at a low point.

I recommend establishing a relationship with 2-3 health practitioners that you can call upon when needed. These should be specialists that utilize different modalities, so that you have someone reliable at hand when specific ailments pop up, or for routine care while you are healing targeted areas of your body-mind.

For example, I see an acupuncturist like clockwork each week, a massage therapist once a month, and on occasion, when my back goes out, I schedule a visit with my chiropractor. The important thing is that I have an *established* relationship with these allies, so that when I need them the most, I don't have to jump through hoops to get in.

Other allies that I fall upon each and every day are my yoga and meditation teachers, subscriptions to online health newsletters, podcasts, and healthy recipe forums. I make my health a priority by enrolling myself in several health-related programs, weekend workshops or retreats each year.

When building your list of health allies, the first place to start is knowing what you need... and when. Then it's a matter of finding a practitioner in your area that meets those needs. Referrals from friends can often be the best sources, but doing a Google search also yields great results.



PURPOSE AND INTENTION

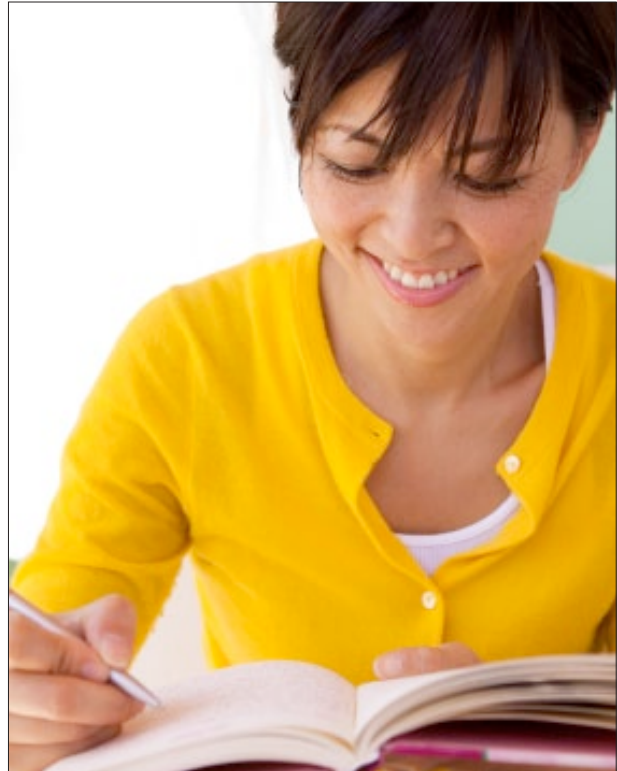
Although not officially on the list of my *7 Core Principles to Lasting Health*, setting intention is so important that it should probably be at the top.

I always have my students set their intentions, make goals and get clear on *why* they want good health (or weight loss, money, a happy relationship, etc.). Without a clear and lucid intention, we have no real drive, no solid reason to come back to our goals each and every day. If our deepest desires aren't imprinted into our conscious and subconscious minds, we are more likely to fall back into old patterns that don't serve us when faced with challenges, obstacles and tough emotions.

I see it time and time again: When people get in touch with their true aim in life, their inner purpose is exposed on a day-to-day basis. They *can't* forget it, and are able to stay on target because they remember how meaningful it is for them to be healthy.

Without this remembrance, a box of cookies may come before a green salad, or a sitcom may take precedence over a workout. Of course, these decisions are natural once in a while, but knowing the "whats and whys" of our inner purpose keeps us on track day-to-day.

After getting ultra-clear on what we want in regards to our health, the *7 Core Principles* have a chance to really root and take hold. It's these seven factors that create vital, long-lasting health. The integration of all of these into a healthy, enjoyable lifestyle is our "magic bullet". From here, we can set an intention of health that is mature and enjoyable, so that we can live a long, healthy life with vitality and purpose inherent to our being.



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