
WORKBOOK
HEALTHHEALINGLIFE.COM



Resetting Your Health Workbook

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We are thrilled that you have joined us for the Resetting Your Health Program.

This program comes with an enormous amount of love, dedication and care for your health. It has been designed to support you to not only take your health to the next level but also explore health in a whole new way. We have married the energetic and physical aspects of health to bring a powerful step-by-step exploration of topics that will support your health now and also into the future. This is an important time in your life and we encourage you to make the most of what is on offer here.

Take a moment to really feel why you joined up for this program. Your why. . . is an important instigating realisation that will support you to unfold a deeper awareness of your body. Did you know your body is magnificent? The intricacy of the cells and tissue, the purpose of each organ, and the way each part works together as a whole in wondrous precision and order, is a small insight into the magnificence that constitutes each body. We encourage you to bring a childhood wonderment and awe to this program as you take a deeper look at the many layers, systems, and details that go into supporting your health - one of your greatest assets.

Sounds great! We hope you are ready for a revealing and deeply beautiful 12 weeks.

Enjoy!

With love,

Rebecca, Sandi & Team

HOW TO USE THIS WORKBOOK

***This workbook was designed to be read, digested,
completed and re-read many times.***

This workbook is great to print out and place by your bedside table. The content in this workbook is best digested often so that you can take aspects of what you read and write and deepen them further through your daily life. Each paragraph is its own seed of wisdom waiting to take place and blossom in full within your life. In order to give each seed its space for growth, you are best served in engaging regularly with each module. You may even find that you will read the same paragraph or questions over and over again, sensing something new each time. As you fill out this book, it becomes a living resource for how you are unfolding truer health in life.



ACKNOWLEDGEMENT

We have been enriched, guided and supported by many people in our lives who have taught us the truth about health and the energetic aspects of life. We are hugely grateful for the support of our colleagues, the clinicians who have been brave enough to challenge the current status quo of healthcare, our clients who have taught us everything and Serge Benhayon the healer of healers whose dedication to energetic truth has shown us the way and inspired in us a greater care and generosity towards others.



WHAT IS YOUR BODY
TELLING YOU?

WELCOME TO MODULE 1

Are we truly *listening*?

No one likes to be ignored in life, in fact one of the most hurtful things we can experience is being dismissed. So are we truly listening to ourselves and our body? Our body is constantly providing us with clues to determine when we are going off track, living out of rhythm or needing more support. We need to make sure that we set our life up to allow enough space for us to check in with our body and notice what it is telling us. Every sign and symptom we experience tells its own story and provides clues for how we have been treating our body. We can consider listening closely to our body as part of the responsibility of truly taking care of ourselves.



LISTENING TO YOUR BODY

Question 1: How do you go listening to your body? Is this new to you, do you resist it? What things can you put into place to make it easier to listen more to what your body is telling you?

SIGNS AND SYMPTOMS

ASSOCIATED WITH VITAMIN & MINERAL DEFICIENCY

Do you EXPERIENCE ANY OF THE FOLLOWING...?

Acne

Anaemia

Bleeding gums

Brittle hair and nails

Cracks in the corner of your mouth

Dandruff

Dizziness

Hair loss

Heart palpitations

Mood changes

Mouth ulcers

Muscle cramps

Restless legs

Slow wound healing

LET'S EXAMINE OUR *Body*

One of the most useful tools we can use to check in with our body is to look, touch and feel for any changes. Being aware of your body and any changes that occur, supports us to understand how our choices affect our body and show us when we might need to get something further investigated. Start to build a weekly/monthly ritual where you can check in with your body.

NOTE: The intention of examining your body is to offer greater care for your body, it is not something to be undertaken with any criticism or anxiety. If you struggle to bring care to this, consider getting someone else, your partner, family member or practitioner to support you with this.

USE THE TABLE BELOW TO RECORD YOUR OBSERVATIONS

Skin/Hair	
Eyes/Mouth	
Head/neck	
Nose/Ears	
Chest/Breast	
Male Sexual organs	
Female sexual organs	
Nails	
Joints	
Muscles	
Emotions	

What your findings can tell you

EXAMPLES

FINDING	POSSIBLE NUTRITIONAL CAUSES
Paleness of your inner eyelids	IRON DEFICIENCY
Keratosis Pilaris – or those raised bumps on the backs of the arms or thighs or face	POSSIBLE GLUTEN/ DAIRY SENSITIVITY, OMEGA 3 DEFICIENCY, VITAMIN A DEFICIENCY GENETIC
Dry Skin, rough patches of skin or brittle nails	COULD BE OMEGA 3 DEFICIENCY
White spots on your nails	CALCIUM OR ZINC DEFICIENCY
Period pain	MAGNESIUM, ZINC OR OMEGA 3 DEFICIENCY, EXCESS PROSTAGLANDINS (INFLAMMATION)
Sleep disturbances	DEFICIENCY IN MAGNESIUM, CALCIUM, VIT B12, B6, MELATONIN OR TRYPTOPHAN
Metallic Taste in your mouth	IT COULD BE LOW B12 OR ZINC REFLUX OR GUT ISSUES EVEN MEDICATION SIDE EFFECTS
Anxiousness	IT COULD BE IRON, B12, B6, FOLATE, MAGNESIUM OR ZINC DEFICIENCY

Gut Health

LET'S EXPLORE OUR DIGESTION

Question 2: Do you have any mouth or throat problems that are affecting your digestion?

Question 3: Does your stomach (upper abdomen) digest your food easily? Do you get any stomach pain or other symptoms?

Question 4: How does your bowel (lower abdomen) feel during digestion?

Question 5: Do you experience any problems during defecation (pooping)?

Let's get detailed . . . with poo

ASSESSING YOUR BOWEL HEALTH

There is no better way to assess your bowel health but to stop and take a look. Remember when you're assessing your bowel health, details count! Stopping to pay attention to your bowel movements, the regularity (or lack of) and remembering to take a look before flushing offers so many clues to your digestive

DO YOU KNOW THE ANSWERS TO THE FOLLOWING QUESTIONS . . .

Question 6: How often do you empty your bowels?

Question 7: Is it easy to move your bowel or require you to push?

Question 8: Does it hurt to go or cause a strong pain when you move your bowel?

Question 9: Do you have a sense of being complete after you move your bowel? Or does it feel incomplete but nothing else will come out?

Question 10: What colour is your poo?








Question 11: Is there any undigested food in your poo?

Question 12: Is there any mucus or blood in your poo?

Question 13: Does your poo sink or float?

Bristol Poo Chart

Question 14: Take a look at the Bristol Poo Chart and what type of poo you usually have. Keeping in mind it's not uncommon to vary a little, but where would you sit most often?

type 1		looks like: rabbit droppings Separate hard lumps, like nuts (hard to pass)
type 2		looks like: bunch of grapes Sausage-shaped but lumpy
type 3		looks like: corn on the cob Like a sausage, but with cracks on the surface
type 4		looks like: sausage Like a sausage or snake, smooth and soft
type 5		looks like: chicken nuggets Soft blobs with clear-cut edges (passed easily)
type 6		looks like: porridge Soft blobs with clear-cut edges (passed easily)
type 7		looks like: gravy Watery, no solid pieces ENTIRELY LIQUID

If you have lots of inconsistent bowel symptoms or you are concerned about digestive health or food sensitivities, it might be helpful to keep a poo diary so you can more clearly work out patterns of what might be influencing your bowel movements.

What your poo is telling you

7 DAY FOOD / POO DIARY

POO TYPE / OBSERVATIONS	POSSIBLE FOOD / STRESS / LIFESTYLE CAUSES
<u>DAY 1</u>	
<u>DAY 2</u>	
<u>DAY 3</u>	
<u>DAY 4</u>	
<u>DAY 5</u>	
<u>DAY 6</u>	
<u>DAY 7</u>	
<u>NOTES</u>	

Clues from your family history

Your family history can give you some clues to possible genetic weaknesses or predispositions. These are not condemnations or foregone conclusions but rather areas to be aware of and provide extra support from your body. Our body's health is far more determined by our energetic make up and lifestyle factors than it is solely on our genetic history.

NOTE: you may want to get support from your parents, aunties, uncles or grandparents in filling this out.

FAMILY MEMBER	MEDICAL HISTORY
Mother	
Father	
Siblings	
Maternal Grandmother	
Maternal Grandfather	
Paternal Grandmother	
Paternal Grandfather	
Other Relatives	

Clues from your personal history

Taking a look at your personal medical history can give you some clues to possible weaknesses or predispositions with your future health. It's a type of stocktake that allows us to be more aware of what our body has experienced and more responsible in how we can take care of it going forward.

NOTE: you may want to get support from your parents or someone else who can support with details of when you were a child

TIME IN LIFE	HEALTH / MEDICAL HISTORY / ILLNESS / SURGERY / MEDICATION
In utero (from conception to your birth)	
0-5	
5-12	
12-18	
19-35	
36-50	
51-70	
71 +	

Putting it all together

Question 15: From your family history, are there any areas in your health you may need to be more watchful of?

Question 16: Have there been times you've felt resigned to a genetic destiny based on your family health history? Has that changed at all after this webinar?

Question 17: After learning about clues in your own personal history, are there any things for you to be more aware of?

To help with thinking through this you might recall in the webinar we mentioned these examples:

- **Gestational Diabetes or giving birth to a baby over 4kg (9pounds)** = Increased risk Type 2 Diabetes
- **Early menopause** = increased risk osteoporosis
- **Chronic high stress/adrenal imbalances** = endocrine disorders, less easy menopause
- **Menstrual disorders** = less easy transition to menopause or fertility problems. Possibly Osteoporosis too
- **Severe PMS and Zinc deficiencies** – post natal depression
- **Reflux** = increased risk oesophageal and laryngeal cancer.
- **Long term gut problems/IBS** = increased risk nutritional deficiencies, autoimmunity
- **Polyps in the colon** = increased risk of colon cancer
- **Coeliac Disease** = increased risk osteoporosis and multiple nutritional deficiencies/malnutrition, iron deficiency

Your Livingness . . . factors

There is so much more to health and wellbeing than eating well and exercising. Looking at your diet can be supportive – it's essential, but this is only one aspect of what this program offers. We can be our own health detectives and body nurturers. . . our role is to support our body and being to have optimal health and wellbeing through caring for and deeply nurturing ourselves. . . this approach is for people who want much more than to just manage their diseases.

Your Livingness is the physical and energetic nature of how you live. It not only incorporates what you do but how you do it. Livingness takes lifestyle factors that bit further by incorporating the energetic impact associated with everything we do.

Question 18: When it comes to lifestyle, are there any areas that may increase your health risks?

- Smoker
- Alcohol intake
- Dietary intake- refined food, fried foods, high sugar foods, additives
- Variety/amount of vegetables and plant foods in your diet
- Activity and exercise level
- Shift worker
- Stress level
- Sleep (quality and quantity)

Question 19: When it comes to your emotional / energetic health, are there any undealt with emotions that could be affecting your health?

Clues . . . with your pathology results

Perhaps you have noticed higher bilirubin on blood tests, but no one has ever mentioned it. Or it's been mentioned but they said it's no big deal. Maybe you can see some of your results are on the very bottom or very top of the reference range but are unsure if this means they are at the best level for your body to function optimally. Our pathology results can shed a lot of light into areas we may need more support in, and areas that may need to be investigated a little bit further.

Remember: we're aiming for optimal vs "not sick". Having a higher standard of health as our marker for what is normal also means we catch things when they are a smaller problem.

Question 20: What clues have your pathology results revealed so far about your health or areas needing support?

Question 21: After the webinar (or your Initial consultation), are there any areas you feel you might need further pathology screening?

Question 22: Are there any areas of your pathology that you would like to understand or learn more about?

Understanding your strengths & weaknesses

Question 23: What are your body's strengths? What do you feel your body does well?

Question 24: What are your body's weaknesses? Where do you feel your body needs more support?

Question 25: What do you feel is your first step in providing this support?

Question 26: Understanding your current symptoms, which areas may need more careful watching from you?

YOU ARE YOUR OWN BEST DOCTOR

Symptoms come about because of a disruption to harmony within the body, otherwise known as homeostasis, the body's inbuilt mechanism to return to a natural state of balance. However, over time and for a variety of reasons, including genetic, environmental and lifestyle factors, an imbalance can develop within a particular organ, or within or between body systems. The resulting symptoms and signs of imbalance do not necessarily produce clinically recognised conditions. In other words, if you know you don't feel quite right; you have dis-ease, not a medically diagnosed disease. You are the best person to know what is going on in your body and it is important you listen to your deeper sense, not giving your power away when current science does not have all the answers.

WHERE TO NEXT?

Write down your next steps with being able to listen more to your body.

MODULE 1 - CHECKLIST

- Watch Module 1 Video
- Complete Module 1 in the workbook
- Connect with your partner and make a regular time to chat
- Set your rhythm to support you to complete your module workbooks, audios & videos each week.