

BE HERE WELL

WEEK 3 GUIDELINES
WELCOME TO SPRING!!!!

Credits: In terms of nutrition, these guidelines make reference to and are adapted from the excellent program "Get Wildfit", created by Eric Edmeades. Refuel Renew Release serves as an excellent introduction and ideal stepping stone to the concepts taught in 90-day Get Wildfit program. If are interested to learn more or take the course, please visit <https://getwildfit.com/>. I also reference and credit Dr Mindy Pelz for fasting information. You can find her on Youtube by searching @DrMindyPelz

YOUR ASSIGNMENT THIS WEEK:

- Now is the time to steer clear of fruits, sweet veg, beans & honey.
- Increase your water intake to 12 glasses of water (3 litres) daily
- Start the Green Energiser Prime, daily
- Consider taking a holiday from alcohol and caffeine
- Consider doing a 24 hour fast
- Continue to avoid processed food, additives, preservatives, colouring
- Continue to avoid refined sugar, potatoes, bread (grains), pasta, rice.
- Continue with alternate breathing to reduce stress

- Continue with box breathing before bed
- Meditate for 15 minutes or more
- Energise your future vision and TAKE ACTION!

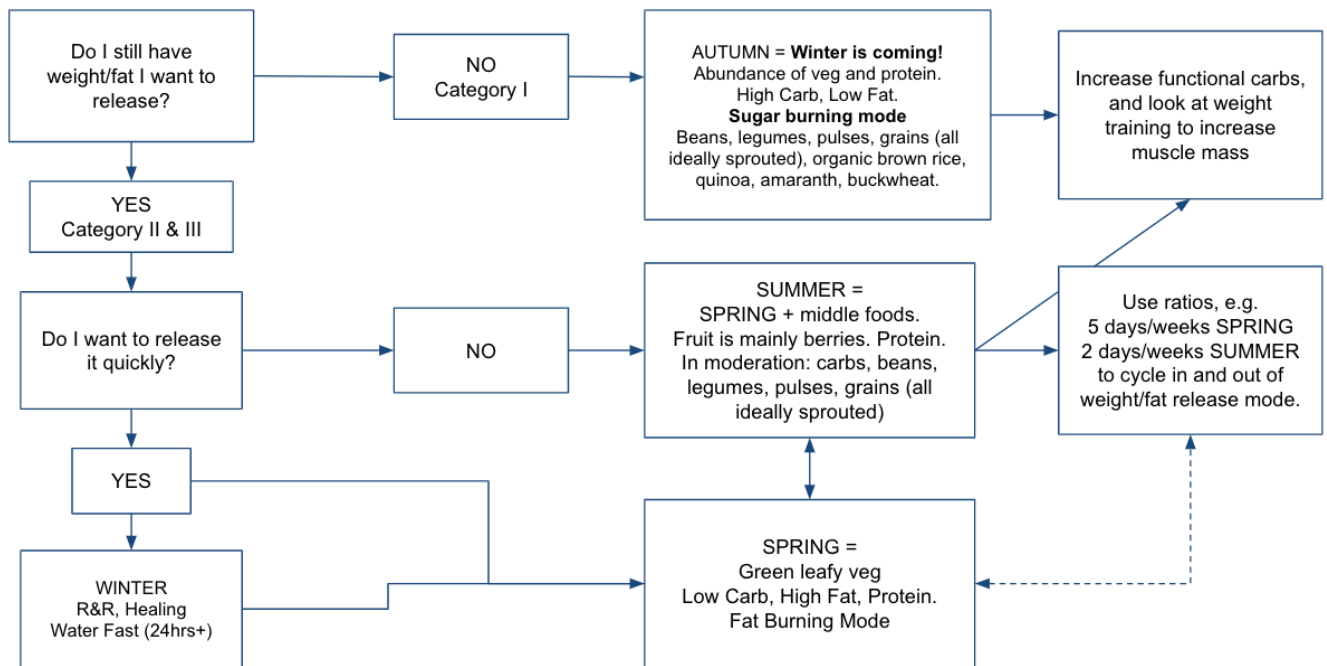
The human diet is cyclical; we evolved with the seasons. We are designed to get our nutritional requirements met over a period of time. Food should be eaten in variety over periods of time, or seasons.

The Seasons At A Glance

- **Autumn:** Abundance, variety, fruit, root vegetables, sugar burning mode. Burn what we need, store the excess as fat. **Winter is coming!**
- **Winter:** letting digestion take a break, fasting, R&R, bodies energy can go towards healing. Water fasting, liquids, herbal teas, bone broth, soups, juices, 12 hour + fasts, (17 hours best for autophagy).
- **Spring:** no fruits, no sugary vegetables, fat burning mode. When winter is over, the body wants to release the fat, we want to switch the fuel source so we can burn the fat and release it. Green leafy veg, water, lean protein, nuts. message is: winter is over and your body can go ahead and free the fat!
- **Summer:** As Spring, with some carbs in moderation, berries. Good for slow weight/fat release. **Sugar burning mode.**

Source: Wildfit

Category I:	Reached weight goals, maintain weight, gain weight.
Category II:	Little bit of weight/fat to release (fast? or slow-release?).
Category III:	A lot of weight/fat to release.



TIPS

1. This week, avoid all sweet-tasting food to communicate to the body we are in Spring. Remember this enhancement is just for now, not forever!
2. Ensure your filtered/Spring water contains minerals, and add a pinch of high-quality Himalayan salt or mineral drops to stay well hydrated
3. **Do not let yourself go hungry** - pay attention to your 6 Human Hungers
4. Be mindful of **reducing stress** as much as possible (remember your breathing exercises!)
5. Make sure sugar is not sneaking in
6. Make sure you are eating and drinking enough
7. Include some intentional movement: a daily brisk walk or hike, dancing, bike ride, yoga or swimming.

FURTHER TIPS FOR WHEN CRAVINGS STRIKE OR ENERGY IS LOW

1. Drink some water and wait 10 minutes
2. Take a brisk 20-minute walk
3. Keep checking which hunger might be driving your choices

4. Be prepared with Spring snacks (i.e., nuts, fat bombs, vegetable sticks, energiser, dried meat, boiled eggs, seaweed snacks, broth or soup)

This Week Available In Abundance

- GREEN LEAFY CRUIFEROUS Vegetables that are in season (see lists below for guidance)
- High-quality **fatty** animal protein. Wild-caught is the best option, then organic.
- Nuts and seeds. A handful a day is plenty. (Be sure to check your lists as some “nuts” are omitted - peanuts aren’t nuts, they’re legumes!)

Take A Break From This Week

- Fruit, Sweet Vegetables, Beans (most pulses and legumes)*
- Honey. Avoid any sweet taste.
- Peanuts (they’re legumes, not nuts)
- **Vegans may choose to have legumes pulses and beans in moderation (preferably soaked and sprouted to remove antinutrients and improve digestibility), sprouted bread or rye bread.*

Vegetables in season

Alfalfa sprouts	Cayenne pepper	Green beans	Olive
Amaranth Leaves/ Chinese Spinach	Celery - high in Nitrate	Green Onions	Onion - Red, Yellow
Anise	Chard - high in Nitrate		Oregano
Artichoke	Cucumber	Herbs and spices (no added sugar!!)	Paprika
Arugula/Rocket - high in Nitrate	Broccoli	Iceberg	Parsley
Asparagus	Chives	Jalapeño	Peppers - Cayene, Chipotle, Habanero, Serrano, Sport, Thai

Avocado	Coriander	Kale - high in Nitrate	Pickling Cucumbers
Bamboo Shoots	Spring greens	Kohlrabi Greens	Purslane
Basil	Cucumber	Lacinato	Radicchio
Bean sprouts	Daikon Radish	Leaf- Green, Red	Radish - high in Nitrate
Beet Greens	Dandelion	Leeks - high in Nitrate	Rapini
Belgian Endive	Greens	Lemongrass	Romaine
Bell Peppers - Green	Dill	Lettuce	Rosemary
Bitter Melon / Bitter Gourd	Edamame	Lotus Seed	Sage
Bok Choy	Elephant Garlic	Mangetout	Saltwater Sea Vegetables - Kelp, Kombu, and Nori
Broccoli	Endive	Marjoram	Thyme
Brussels Sprouts	Escarole	Mushrooms	Topinambur
Cabbage - Green, Purple - high in Nitrate	Fennel	Mustard greens	Turnip Greens - high in Nitrate
Calabrese	Garlic	Napa Cabbage	Spinach - high in Nitrate
Capers	Gherkin	Nettles	Watercress
Caraway	Ginger	New Zealand spinach	White radish
Cauliflower	Grape Leaves	Okra	Vegans only, in moderation: Legumes, Pulses and Beans, preferably sprouted

Source: Wildfit

Spices

Ginger, Turmeric, Herbs, Chilli (red/green)

Oils & Vinegars

Olive Oil (for low heat and dressing), Coconut Oil (for high heat), Avocado Oil (for high heat), Walnut oil, Almond oil, Small amount of vinegar.

Nuts - always organic wherever possible.

Walnuts, Almonds, Hazelnuts, Brazil nuts, Macadamia, Pecans, Pine Nuts
Seeds (sunflower, pumpkin, sesame, flax, chia, etc).

LIST OF VEGETABLES **NOT** IN SEASON

Baby Corn/Candle Corn	Hubbard squash	Parsley Root	Sugar snap peas
Banana squash	Jerusalem artichoke	Parsnip	Sunchokes
Beetroot	Jícama	Peas	Swede
Bell Peppers - Orange, Red, Yellow	Kidney beans	Pimento Pepper	Sweet Peas
Burdock Root/Gobo	Kohlrabi	Plantain	Sweet Potato
Carrot	Lentils (unsprouted)	Potato	Taro
Cassava/Yuca	Lima Beans	Pumpkin	Topinambur
Cayenne pepper	Lotus Seed	Root vegetables	Tubers
Celeriac	Maize	Rutabaga	Turnip
Chickpeas	Mangetout or Snap peas	Salsify	Wasabi
Corn	Mung beans (unsprouted)	Shallots	Yams
Galangal root	Nopales	Sweet Peas	Yuca
Horseradish	Ornamental	Split peas	

Source: Wildfit

LIST OF VEGETABLES/THINGS IN THE MIDDLE

You can have them in small quantities. If the switching isn't happening or you reached a plateau, then they may need to be removed.

Almond flour, Coconut flour – for sprinkling, not baking	Green peas
Almond Milk, Coconut Milk (it is best to make it from fresh)	Hearts of Palm
Aubergine	Lemon/Lime drops
Calabash	Lotus root
Celtuce	Marrow
Chayote	Peppers - Anaheim, Banana, Cherry, Fresno, Hungarian, New Mexico, Poblano, Sport, Cubanelle
Coconut Water	Rhubarb
Courgette	Tomatillo

Gem squash	Tomato
	Legumes, Pulses, Beans - preferably sprouted

Source: Wildfit

GREEN ENERGISER SMOOTHIE (PRIME)

Drink this in the morning, before meals.

This mix makes at least two x servings of 500ml.

(Make one and refrigerate one for tomorrow.)

- 5 stalks celery, no leaves
- Half a cucumber
- 2 handfuls of spinach
- 1 avocado
- A handful of spring greens
- A handful of kale
- A handful of coriander
- Few drops of lemon
- Water as needed
- ½ inch of fresh jalapeño pepper to taste



TIPS

- Best served cold! Can also be served hot as a soup.
- Chop all vegetables and blend (with a Vitamix, Nutribullet or Ninja etc) to get the consistency you want.
- You can mix with water or unsweetened coconut water.
- Have a minimum of 1 x 400-500ml serving a day, each morning.
- Can be used during the day to boost veg intake during Spring season.
- Feel free to include various greens, parsley, mint, rocket, chard, and use your choice of spice, pepper, ginger or none.
- Pre-make your batches and store them in the fridge/freezer in single-serve jars for convenience.

Source: Adapted from the Wildfit recipe "Alkagizer Prime"

Journaling Questions - Taking Inspired Action

If you know what your goals/desires/ideals are, and you know what has been stopping or blocking you from doing that, what action can you take to step closer to your goals or desires?

Imagine the future You that has achieved all you want. How does it feel to experience and have those dreams? List the positive emotions you feel in your journal.

Now, imagine your future vision. How does the future You, who has achieved all you want to achieve, behave, act, think or do?

Efficiency and success is the side-effect of mastering focus. So pick one thing in each area of your life, and make sure it is something you could measure/a tangible outcome that proves you have achieved it.

ONE THING that you could focus and take action on in each area of your life, in the next 24 hrs, or 7 days, to move you closer to you desires.

E.g. it could be walking 10k steps/day, drinking 12 glasses of water/day, phoning a friend to reconnect, or e-Mailing a potential business partner.

Whatever it is, make sure you know what outcome you're aiming for, and what order you're putting in, and take action! Don't let those voices in your head hold you back. Dream Big.

What is one action step you can take in each area of your life this week?

- Health and Wellness:
- Love, Connections and Relationships:
- Wealth and Career:
- Creative Expression:

	Buffer Zone						
Week 3	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Meditated							
Journalled							
Moved/Danced/Full Moon Yoga Flow							
Triangle or Alternate Nostril Breathing							
Box Breathing before bed							
Green Energizer Prime							
12 glasses of water (3 litres)							
Fasted (optional)							
SPRING food in abundance!							
Took inspired action!							