

BE HERE WELL

LIVING WELL GUIDELINES

Congratulations!

First of all, if you are reading this, you have completed the Refuel Renew Release Course! You have just spent three weeks re-evaluating your relationship with food, your body, your mind and your lifestyle.

The founding principle of this course is that self-care is multi-dimensional. Long-term optimal health & wellness comes from the way you feel, the way you think, the way you breathe, how you function, how you move, and how you live.

This course has given you a 21-day kick-start to living well, focusing on three paths:

1. How you function: nutrition & hydration
2. How you think: meditation & journaling
3. How you feel: breathing

And now, you might have some questions:

- Where do I go from here?
- How do I keep the weight off? How can I put weight back on?
- How do I know what to eat?
- How do I keep meditating?
- What breathing practice should I do?

This guide is designed to answer these questions and to give you some clear guidance about how to maintain your physical, mental, emotional and spiritual health into the future.

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*

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Refuel Renew Release - 21-Days At A Glance

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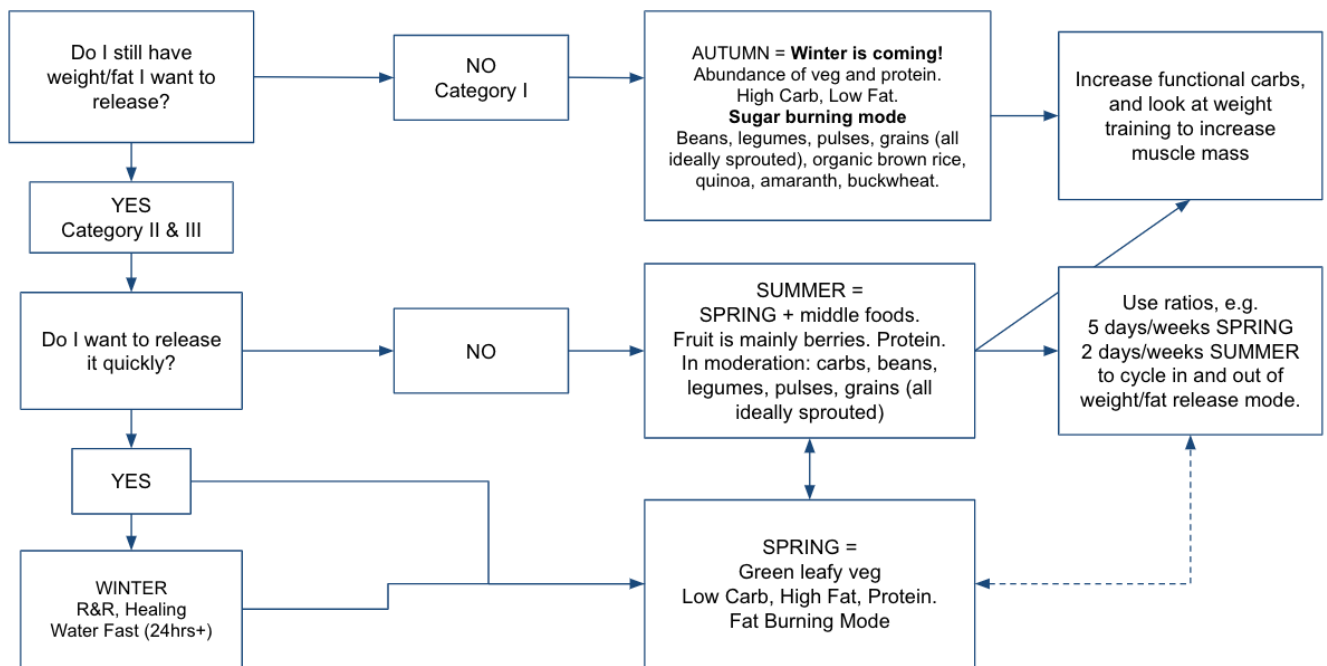
1. Let's start with how you function: nutrition and hydration

Use the chart below as a quick reference to help you choose the seasons that will form the basis of your nutritional path, based on your category/goals.

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.



Cycles & Seasons

The human species developed alongside natural cycles and seasons, indicating that our physical bodies, mental state, and metabolic functions are designed for and influenced by the changing seasons.

Crafting a lifestyle that draws inspiration from our evolutionary adaptation to the seasons, rather than rigidly adhering to the conventional Gregorian calendar, puts us in direct sync with nature. This means seeking diverse sources of nourishment and making food choices based on cyclical or seasonal patterns.

Many individuals fall short in attaining adequate dietary variety, particularly when it comes to incorporating plant-based foods. This deficiency can potentially contribute to:

- a) The accumulation of toxins that occur naturally or artificially in these foods.
- b) Insufficient intake of specific vitamins, minerals, and other essential nutrients that may not be readily available in such foods.

Seasons Explained

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.**

Reference: Wildfit

The Seasons are as follows:

Autumn: A season of abundance: high-quality protein and tonnes of fruit and veg availability. Lots of plant-based and/or **lean** meat proteins, vitamins, minerals, water, and healthy sugars.

The natural sugar consumption in this season may activate the body's "Winter is coming switch" and trigger the body to:

- (a) crave more sugar,
- (b) crave more food generally, and
- (c) store energy and water (fat) in preparation for Winter.

After having completed the 3-week RRR course (i.e. having already boosted your bodies nutrition levels with the green energiser), you could supplement this phase with the green energiser mild or prime (optional), but you could also take a break from the green energiser and focus on your fruit intake.

Winter: A season of scarcity. Low availability of plant and animal foods.

This particular season represents the culmination of a year-long preparation by our bodies during the Summer and Autumn periods.

Winter signifies a time for rest and rejuvenation, as well as an opportunity to cleanse and promote healing within the digestive system.

During Winter, the digestive system is granted respite. The process of digestion consumes significant resources, and incorporating fasts can serve as a beneficial method to purify both the body and the digestive system

There are three general types of fasting:

1. WATER FASTS. A period of time that one only consumes water.
2. GREEN FASTS. A period of time that one only consumes water and green smoothies and vegetables.
3. LIVE FOOD FASTS: A period of time that one only consumes water, greens and fresh fruit.

These fasts can be conducted as a one-off, occasional, or regularly scheduled fasts.

Options include:

- a. The 1:6 Fast. This is a habit wherein one day per week you undertake a 24-hour period doing one of the fasts described above.
- b. Multi-Day Fasts. These are fasts that may last for between 3 and 30 days. (Please do not fast longer than 3 days without consulting a medical advisor or attending a dedicated fasting clinic.)
- c. The 9-Day Cleanse. This fast begins with a 3-day water fast and is then followed by a 3-day green fast (i.e. green energiser prime), and then followed by a 3-day live-food fast.

While Winter *may* seem like the go-to season for weight release, it is not. Winter tells the body that food is scarce and, therefore, to be reluctant about releasing fat stores.

Winter is the season for cleansing and healing. It's *not* a functional choice for weight release. Healthy weight/body fat release comes in Spring.

Find out more about fasting by following Dr Mindy Pelz on YouTube.

N.B. low-calorie diets can **stress the body** and **make it worry about starving to death**. This may cause weight **gain, slowed weight loss**, and general lethargy or feelings of depression.

Spring: A season of abundance marked, generally, by heavy rainfall, abundant hunting, and lush plant-food options.

To simulate 'Spring,' the emphasis is on consuming top-notch vegetables, high-quality sources of fatty protein (such as steak, salmon, and tuna), and ensuring plentiful water intake.

By doing so, the body receives the signal that 'Winter has concluded' and that there is no longer a necessity to generate or retain energy and water stores (in the form of fat). This season presents an optimal opportunity for shedding weight and body fat.

To sustain 'Spring' (which might induce ketosis), it is advisable to increase the consumption of fatty, superior-quality proteins (including fish, meat, shellfish, and poultry), incorporate bitter green vegetables and water in larger quantities, while significantly reducing or eliminating the consumption of sweet foods (including artificial sweeteners) as well as sugar or carbohydrate-rich foods.

You can accompany this season with the green energiser prime (no fruit). This is an excellent season to do intermittent fasting, such as 17:7 or 16:8. Find out more with Dr. Mindy Pelz.

Summer: A season of abundance and an increase in carbohydrate-rich food sources, such as berries and middle foods, some root veg. In this season—a very good season for category I people to live in—high-quality lean protein, an abundance of Spring season vegetables with middle foods added in, occasional consumption of berries, and occasional consumption of legumes, pulses and beans, paying attention to how they effect your body.

This is an excellent season for strength training and exercise. You can accompany this season with the green energiser prime (no fruit).

Food Recommendations

We have evolved certain nutritional dependencies and certain food processing capabilities. The foods we eat lie at the intersection of these two things:

1. Our nutritional dependencies.
2. Our processing capacity.

This means we should classify foods into four categories:

1. Essential. Necessary foods.
2. Acceptable. Useful, but not necessary foods.
3. Rarely. Not ideal food; very occasional consumption if any.
4. Never. Toxic, addictive, or otherwise harmful.

Essential and Acceptable foods are the only ACTUAL foods; everything else is considered as a non-food and should be consumed only occasionally, if ever.

Eating non-foods creates a number of challenges:

1. Every non-food a person consumes probably replaces a needed food (i.e., Eat junk and have less room—and less desire—for veggies).
2. Non-foods are often very high in low-quality calories which cause both short-term and long-term blood sugar issues and may lead to the development of Type II Diabetes.
3. Non-foods are often absent of water content, which causes the body to use more of its existing water supply to process it—moving one closer to dehydration.
4. Non-foods generally contain substances or compounds that our bodies are not capable of processing effectively. This may cause the body to spend even more energy to process the foods and eject the unwanted substances. Non-foods may also trigger increased toxicity or even stress to the immune system.

Categorizing food into **Essential**, **Acceptable**, **Occasional**, and **Rarely** can be somewhat subjective. Each person has to choose how strictly they wish to adhere to these guidelines, and to choose food based on how they react with their bodies.

EXAMPLE FOOD CLASSIFICATION GUIDE

Essential	water, fruit*, leafy vegetables, root vegetables*, sea vegetables, nuts, wild meat (bison, venison, moose, etc.), wild fish, free range eggs, raw honey*, coconut water, coconut flesh
Acceptable	brown rice*, wild rice*, sweet potatoes*, avocados, almond milk, hemp milk, natural salt
Occasional	tomatoes, bell peppers*, squash, zucchini
Rarely	white rice*, potatoes*, oats*, maple syrup*, agave*, rice milk*, alcohol*, cashews*
Never	refined sugar*, dairy products, artificial sweeteners*, artificial flavors, food coloring, chemical additives, monosodium glutamate, caffeine, wheat, GMO foods, peanuts, deep-fried foods

Credit: Wildfit

* Items that contain sugar or are sweet-tasting should be avoided when in Spring.

Your Diet Constitution

Please use this template (or a fresh piece of paper) to create your personal Food Constitution:

Essential	
Acceptable	
Occasional	
Rarely	
Never	

2. How You Think: Meditation & Journaling

Meditation and journaling are two of the most effective tools for cultivating creativity, personal growth and change. Please make time in your daily life for reflection and contemplation, give yourself time and space to grow.

Benefits of Meditation

Meditation is the most powerful self-improvement, brain enhancement & stress-relief tool in the world for purifying the mind and the body, allowing us to reconnect with our essential self.

On average, we have 60-80k thoughts a day. Roughly 80% of those thoughts are the same thoughts we had yesterday.

Only 5% of those repeated thoughts happen at the conscious level, whilst the other 95% happens at the subconscious level. This means that your life is running on autopilot most of the time. Repeating old thinking patterns that can become outdated and hold us back, and sometimes in need of updating or even uninstalling.

Feeling disconnected from ourselves, our purpose and being confused about what we want in life is a result of not making the time to sit in communion with ourselves. To sit, ask for guidance and really hear our hearts response.

Studies have shown that meditating for 30 minutes a day, for 30 days, can reduce the part of your brain that causes fear and anxiety, and increase the part of your brain responsible for memory, creativity and coordination.

Meditation & journaling offer you the opportunity not only to change the landscape of your brain, but also the power to hear your hearts wisdom, boost creativity and memory, live less in fear, anxiety and more in peace and confidence, whilst also changing your thinking patterns and behaviours.

When to meditate

- Meditation is best practised twice daily.
- The first meditation is best done shortly after waking, whilst you are still in the alpha brain wave/hypnagogic state.
- The second meditation is best done late afternoon or early evening - right after your most productive part of the day.
- Avoid eating and heavy exercise immediately prior to meditating.
- It's best to avoid meditating too close to bedtime.
- The most important thing is to find a routine that works for you, stick to it for 21 days.

How long should I meditate for?

- If you're just starting out, 15 minutes once a day is good, twice a day is very good!
- As you progress, 30 minutes once a day is great, 30 minutes twice a day is EXCELLENT!
- Use the 30-minute meditations from Refuel Renew Release, or follow Jess on [Insight Timer](#), where you'll also find 1,000s of amazing meditations for free.

What should I meditate or journal on?

Make time for daily self-exploration and personal development practices/themes, such as:

- **MEDITATION:** building the internal relationship between the self and the cosmic self. This is the union of the mind.
- **MINDFULNESS:** staying present, purposeful, and powerful in the moment.
- **LANGUAGE:** practice using the power of your word for the highest good. Realise that each word you speak has the ability to create your world into existence. We inform our subconscious and the people in our lives by the words we choose to speak.

- **VISIONING:** practice two types of visioning; First, we ask our higher-self to deliver our vision. Second, we focus our mind, creating vision boards and mental pictures, and energising our vision with feelings.
- **INTUITION:** allow the highest guidance within to lead our way, being true to our heart, and taking the highest path.
- **AFFIRMATIONS:** state affirmations of truth and embody the consciousness
 - we desire to embody.
- **SERVICE:** give our love to the world through our time, talent or treasure.

3. How you feel: Breathwork, physiology and the nervous system.

Breathwork is the fastest and most effective way to switch your nervous system into manual. It's the bridge between Science and Spirituality.

The breathing patterns you have learned are designed to switch you from your sympathetic nervous system state (fight, flight, freeze) into the parasympathetic state (rest, digest, create).

BREATH TESTS

You can use these tests to assess what state your nervous system is in. Then you can use the breathwork you have learned to switch between the SNS and into the PNS.

Nasal Cycle Test

- Place your index finger under your nose > exhale sharply x 3
- Which nostril is dominant? Which nostril does the air pass more easily?
- Right nostril = sympathetic nervous system
- Left nostril = parasympathetic nervous system
- Best times to test: morning, before/after meals, before bed

Left Nostril Dominance

- Right brain activity / alpha brain wave
- Parasympathetic nervous system stimulated
- After eating
- Relaxed, tired, sleepy
- Love, empathy, emotional connect
- Feelings of calm and creativity



Right Nostril Dominance

- Left brain activity / beta brain wave
- Sympathetic nervous system stimulated
- Hunger
- Wakefulness / alert
- Prepped for physical activity / exercise
- Feelings of go-go-go, anxiety, action

Empty Breath Hold Test

- It's a good idea to do the empty breath hold test (EBHT) to see how coherent/toned your nervous system is.
- The EBHT is a measure of how comfortable you are with CO₂. The more comfortable and tolerant you are with CO₂, the better your ability to relax and calm down.
- This is NOT an inhale hold, it's an EXHALE hold - breath retention **after** the exhale.
- How to do it: take three normal breaths. After the last exhale, hold your breath out and try to relax your body as much as possible, start your stopwatch.
- Time yourself until your first feeling of breath hunger, the need to breathe.
- Don't push or strain, it should be natural and comfortable.
- Record your time. Around 25-30 is normal. If your number is below 25, it's a sign of strain or stress on the nervous system. You can increase this number by practicing the below breathing exercises.

Balancing Practices, switching on PNS:

1. Triangle breathing: 5x5x5 (reduce to 3x3x3 if necessary)
2. Alternate nostril breathing (with pranayama mudra): 5x5

Bedtime Practices, switching on PNS:

3. Box Breathing 4x4x4x4 (reduce to 2x2x2x2 if necessary)

When to breathe

- Breathing is best done 3 times per day - on waking, around lunchtime and before bed. This helps to really tone and balance the nervous system, reduce stress and improve sleep.
- Box Breathing and relaxation breathing techniques are best before bed
- Triangle breathing and alternate nostril breathing are great in the morning, before meditation, around lunchtime or before sitting down for focussed work.

Putting it into practice:

- If you want less stress, more focus and make better decisions, you need to switch on your PNS for rest, relaxation and creativity.
- Identify your triggers and make a plan:
- When things get on top of you - what can you do? You feel behind schedule, overwhelmed, worried - what will you do?
- Make a plan to do this, tack it onto something you are already doing.

How long should I breathe for?

- It doesn't matter how long you do it for, duration doesn't really matter, it's how often you are showing up that counts. It's about building up your reserves.
- You can breathe for as long as you like, and until you feel a shift. Practicing for 5 minutes a day is good. Practising for 5 minutes x 3 times a day (15 mins total) is excellent.

Setting your trajectory

You now have three paths you can repeat and follow again and again, in isolation or together, whenever you need to get yourself back on track mentally, physically, emotionally or spiritually.

You can see how these paths fit together in the summary framework below. Use this as well as the example practice diary as your guide to repeat the process as many times as you like.

You can also create your own 21-day practice that includes your own seasonal ratios, based on your goals and dreams. 21-days is a powerful timeline to create a new habit that will stick.

Master Your Mornings

There lies a window of opportunity to help you not only consistently enjoy your days, but also get consistent YOU time. Use your morning to create world-class existence and optimal health and wellness.

The key to leading productive, excellent, happy and meaningful lives begins with building a morning habit and rising earlier. Your creativity, productivity, as well as the quality of your life will transform as a result.

But it's not just rising early that makes this regime so powerful. It's what you do in the minutes after you wake up that makes this so game-changing.

In terms of mastering your mornings, there are three pockets for you to install and then practice:

One pocket requires that you Move.

Simply put, doing some movement first thing every morning will revolutionise the quality of your days. It cleanses cortisol, clears the lymphatic system, gets BDNF, dopamine and serotonin flowing, and boosts your metabolism.

This gives you more focus, energy and productivity, and reduces stress.

E.g. Hydrate, Breathe, Exercise, HIIT, Dance, Yoga

Another pocket encourages you to Reflect.

This segment is designed to help you re-access your natural power, boost self-awareness, dissolve your stress, fuel your happiness and restore your inner peace in an era of acute overstimulation and excessive activity. Boosts your gratitude, awareness, happiness, wisdom, serenity. You gain greater positivity, creativity and a richer life whilst decreasing your reactivity and negativity.

E.g. Meditate, Journal, Plan, Contemplate

The last pocket centres around Growth.

Whether that means investing some time reading a book or an article that will refine your professional prowess, listening to an audio session, or watching an educational video to deepen your spirituality. This is going to deepen your knowledge, acumen and confidence.

E.g. Read books, Learn, Study, Audiobooks, Podcasts, Online courses

Dedicate at least 20 minutes to each of these areas every morning to give you a power hour that will transform your life.

Refuel Renew Release - 21-Days At A Glance

Day	Week 1	Week 2	Week 3
Seasonal diet	Summer or Autumn	Summer or Autumn	Cat I: Autumn Cat II or III: Winter and/or Spring
Meditation	Goals & Desires 30 min at least once, if not daily / 5 min daily	Blocks & New Declarations 30 min at least once, if not daily / 10 min daily	Future Vision & Inspired Action 30 min at least once, if not daily / 15 min daily
Journaling	5 mins: Goals & Desires	10 mins: Blocks & New Declarations	15 mins: Future Vision & Inspired Action
Breathwork	Triangle Breathing for harmony	Box Breathing for sleep	Alt Nostril Breathing for harmony
Movement	-	Dancing!	Intentional Movement

Example 21-Day Practice Diary

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
Meditation																						
Journaling																						
Movement (to clear the lymphatic system)																						
Daytime breathing																						
Bedtime breathing																						
Green Energiser																						
3 litres of water																						
Seasonal diet																						