

HOLSITIC

Weight Loss

CONCEPTS

1

Dr Movement

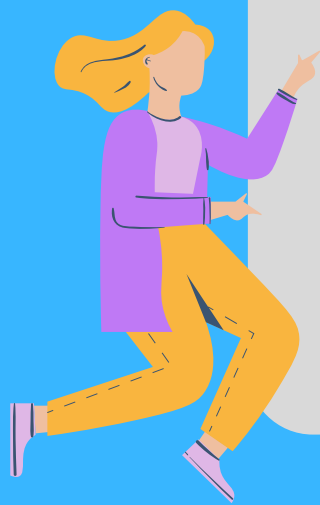
The purpose of exercise is to pump fluids through the body. This is necessary to eliminate waste products and toxins, as well as to move nutrients and medicine to the tissues for growth, healing & repair.
Dr Movement animates life!



2

Dr Diet

Nutrition begins in the soil.
Food is energy AND information.
Food is medicine when there is medicine in the food.
Dr Diet builds your temple



3

Dr Quiet

We need rest to digest – thoughts, feelings & food.
When & how you eat is just as important as what you eat.
Light regulates sleep, sleep regulates hormones, hormones regulate metabolism, metabolism regulates body fat.
Dr Quiet is energy accumulation



4

Dr Happiness

If you don't know where you are going, any road will get you there...
What do you love enough to change for?
Dr Happiness is the DREAMER



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5 Action Steps



Change is needed for change. If you want REAL, lasting results you must take responsibility for your choices and commit to healthier lifestyle behaviors

Start here and see what happens!

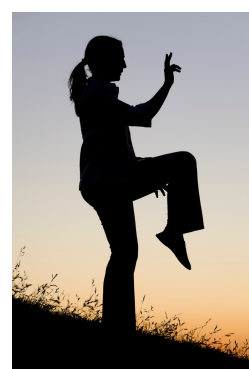
1. What is YOUR WHY?

Get crystal clear on WHY you want to lose weight. Then ask yourself why 6 more times. Get DEEP into your why. Then write this down as your goal, or your reminder of why you set that goal and post it where you can read it aloud everyday. This is your North star. This is the most important and most over looked aspect for any change process. Be honest with yourself ❤️



2. Get Outside & Move

Start a daily practice of walking or Tai Chi or stretching! Ideally outside before 9am but anytime is better than none! Daily movement is necessary for health. Natural morning daylight (even when cloudy or wintertime) on your skin and bare eyes is a powerful bonus to get while moving your body. Light regulates biological rhythms and thus hormones, digestion, sleep, metabolism, healing, emotions and more!



3. Quality over quantity

The importance of calories is vastly overrated. Instead focus on the quality of the food you eat. The information. The freshness. The wholeness (vs processed). The sourcing (local vs from the other side of the world). The methods used to farm the food (synthetic fertilizers & toxic pesticides vs organic compost and manure). Grow what you can & start shopping from local farmers/markets, join a CSA and buy healthy animal products in bulk, invest in a freezer.



4. Optimize Sleep

Proper, restful, restorative sleep is the single most powerful medicine we all have access to. Stop eating 2-3 hrs before bed, turn off your wi-fi, turn off your phone or place on airplane mode and ideally be asleep by 10:30pm at the latest every night - even on weekends. Get your bare eyes outside as close to sunrise as possible each morning for at least 3 min.



5. Support Your Organs

A common reason for excess body fat is a compensation mechanism our wise body has to store toxins the body can't clear fast enough or well enough. Start reducing your chemical exposure, it's a process. Start with food, choose organic as much as possible. Then move away from synthetic fragrances, parfums and parabens in soaps, body care products, detergents, air fresheners etc. Regular dry-brushing and weekly epsom salts baths are excellent for fat loss, detoxification & immunity!



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