

Everything you need to know to feel good

**Sally Walker's**

# **Little Red Book**

**about health and beauty**



Through the many years and via all the fantastic “people bodies” I have worked with and on, I have reached the conclusion that knowledge and understanding are the most important ingredients in the recipe of change.

If you are one of the many with weight, health or beauty challenges you will find that knowledge and a better understanding of how your body works is the logical place to start.

The purpose of my little red book is to give you a quick and easy overview of the mechanisms that keep us healthy, slim and beautiful and how the body should be looked after and cared for each and every day.

Enjoy

***Sally***

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## 1. Its all about signals and programs.

Hormones and neurotransmitters are the chemical molecules used by the body to communicate with and control the activities of its billions of cells.

The bodys function and form is a direct result of the messages theses cells receive.

Hormones and neurotransmitters can be regarded as the bodys software and in that way the body is comparable with a computer – the most prestige of all!

Just think about your

computer and consider this:

You are working in “word”, writing some kind of document., then get the urge to check your emails - what do you do?

Well you open your mail account of course.

Let me repeat that: You go out of the word-programmet and into your mail-program.

Well your body works in exactly the same way.

Your body has programs that store fat, breakdoan proteins, increases your need for sugar and

programs that do the complete opposite. I.e programs that burn fat, build proteins, etc.

When your body is being run by the program to store fat it is biochemically impossible at burn fat – this only happens when the body is run by another program.

Just like you only can read your mails when you are in Outlook, etc.

Programs are made of the different hormones and neurotransmitters, a human “office pack” if you will.

If you would like to know more about these programs I teach this as part of the Goodlife HealthConsultant edu-

cation and courses. Contact me on, [sw@sally-walker.com](mailto:sw@sally-walker.com). for a talk about the possibilities.

Otherwise short and sweet - when your body “feels or senses” that it is being threatened it produces stress-hormones.

Short term stress is healthy, infact motivating, while long term stress regardless of the reason is destructive for your body and turns on your “survival pack”, which amongst other things contains the programs that store fat, breakown proteins and increase your need/desire for sugar and other stimulants.

Just like with your computer, its you deciding which program you're working in – its you that presses the keys of life's keyboard. Not with your fingers but by the way you think, feel, eat, rest and move day in and day out.

### **Your habits**

The next small chapters in my little red book are all about these habits.

My hope is that you will establish which of oyour habits are responsible for igniting your "survival pack".

There are probably some surprises on the way



## 2. Shake your habits – (that is if you are dissatisfied with your results)

Remember the saying “more of the same gives more of the same”? Well the definition of madness is repeating the same thing and expecting a different result. So if you want a different result you must change something.

Your habits, i.e. the way you eat, train, sleep, think and feel about yourself and others, etc, are the the cause of your present results.

If you are not happy with your results, such as your weight, your level of fitness, your energy levels, your health, your job, etc then turn your habits upside down.

I recommend all my clients to do the complete opposite of that which they are doing right now.

On the next pages you will find examples of the habits I live after, which are the cause of my results of which I am proud.

I am positive that many of these examples are the complete opposite of your present thoughts, beliefs and opinions about what is healthy.

Remember if you are dissatisfied with your results or your habits are not getting you the results you want - try mine.



### 3. Breaking the Fast

The word “BreakFast” is quite descriptive of its obvious function, namely breaking the fast.

By morning you have “fasted” for several hours. Your last meal several hours earlier means that your body is now deficient in the necessary nutrients to put it into second gear and get cracking.

Breakfast wakes the whole system and ensures that both body and mind function optimally. Even more breakfast lays the foundation for stable energy and strength the whole day through.

Blood glucose, an

important nutrient is low first thing in the morning and low blood glucose has consequences for both the hormonal and nervous systems, not to mention your ability to control your need for sugary foods.

Lack of food intake leads to the release of the stress hormone Cortisol, which job it is to produce glucose from something, somewhere in the body. And it does this by breaking down the body’s protein, fx muscles.

Your body and brain don’t function well without a certain amount of sugar energy and your body has programs all

the way back to your stoneage grand-parents and beyond that ensure just that. The downside being that the hormones involved in the sugar hunt also prevent fat burning.

Your body interprets the lack of breakfast as a threat to your survival - possible starvation times brewing and to secure your survival it holds on to the fat.

In short: the absence of breakfast will leave you tired and not up for the day with poor concentration, weak muscles, fat storing and an uncontrollable need for sugar all day long. Read more about sugar in my

ebook "The Sweet Life" buy and download on [sally-walker.com](http://sally-walker.com)

My breakfast often contains 2 or more eggs, usually scrambled in organic butter (lots of it) together with some greens and peppers.

I look forward to my breakfast and enjoy every mouthful, feeling satisfied and ready for the day. In contrast to my previous breakfasts of toast and honey or yoghurt, which left me feeling tired and sugar craving.

If your appetite is small try some nuts/seeds and cottage cheese.

Always eat something with proteins and fats.

## 4. Nutrition is not something we do when we are being "good" - We eat every day

Start asking yourself do I feel good or bad after eating?

Believe me you can completely change your level of health and beauty just by improving your diet.

A satisfied body does not crave and the best way to satisfy your body is by giving it the nutrients it needs.

Your body needs fats, proteins, carbs, vitamins, minerals, fiber, enzymes, water and bacteria several times a day.

Combine proteins, fats and carbs in all meals.

Meals with a combination of the 3 major nutrients proteins, fats and carbs can also be a good source of the other nutrients, especially when selecting organic or biodynamic.

How much protein, fat and carbs you should be eating depends on your primal food type which is genetically controlled. Take a test to find your type on [sally-walker.com](http://sally-walker.com). Or download my ebook Goodlife Nutrition for the test and much more.

Which proteins, fats and carbs you chose is also of importance.

- Proteins should come from animals, poultry and fish that walk/run or swim freely, have a good life and eat their natural foods.
- Fat (this is where I go against the grain) eat ONLY saturated and mono unsaturated fats, i.e butter and olive oil. Butter must be organic and from pasture fed animals. Spreads are not butter. Olive oil must be first, cold pressed and organic.
- Carbs and sugar have the same affect on the body. I.e. regardless of their disguise they

both end as glucose or fructose.

Eat carbs that contain less grams of carbohydrate per gram weight, fx green vegetables and berries. They less affect blood sugar levels.

More info regarding sugar and carbs in my ebooks "The Sweet Life", and nutrition in general in "Goodlife Nutrition"

Still "in the dark" as to where you find your proteins, fat and carbs, then check the tabels on the following pages.

Many colours on your plate is also a good thing.

Rainbow colours:

- 
- red
  - orange
  - yellow
  - green
  - blue
  - indigo
  - violet

Contain many important nutrients, such as anti-oxidants and other phyto (plant) molecules, that are preventative against disease.

The body uses anti-oxidants to neutralise aggressive molecules called free radicals.

The amount of free radicals indicates the level of "oxidative stress", that means the amount of breakdown and aging the body is exposed to.

Science shows that high levels of oxidative stress (free radical) increase the risk of disease. So for optimal health and beauty we should exert ourselves to bring down oxidative stress levels.

**You can get your oxidative stress measured by me.**

The body produces free radicals as a byproduct of ATP production, which is cellular energy.

I.e. every time cells burn sugar, fats and proteins to produce energy (ATP) free radicals are produced.

Periods of fasting sink free radical production, which can be one of the reasons why fasting has a positive effect on the body.

Free radicals play an important role in our immune system. As long as there is a balance in free radicals and antioxidants then harm is kept at bay.

Antioxidants are found in the foods we eat in the forms of vitamins and minerals. Rainbow coloured foods are especially good.

The body builds some very effective molecules for fighting oxidative stress, such as glutathione, cysteine and Q10.

Supplementation of Q10 and NAC (N-acetylcysteine) are some of the best ways to neutralise attacks from free radicals.

# Macro nutrient labels

## Legumes

Serving size (cooked)		Gram protein	Gram carbohydrate	Gram fat
100 g	Chick peas	8	25	0
100 g	Black beans	9	24	1
100 g	Green peas	5	16	0
100 g	Green beans	2	8	0
100 g	Lentils	9	20	0
100 g	Red beans	9	22	0
100 g	Soy beans	10	9	5
100 g	Tofu	7	2	3
100 g	White beans	9	26	1

## Diverse

Serving size (cooked)		Gram protein	Gram carbohydrate	Gram fat
30 g	Chocolate	2	17	8
15 ml	Mayonnaise	0	0	12
5 g	Sugar (all types)	0	4	0
15 ml	Honey	0	19	0

# Macro nutrient tabels

## Beverages

Serving size (cooked)		Gram protein	Gram carbohydrate	Gram fat
350 ml	Beer	1	13	0
250 ml	Juice	0	33	0
30 ml	Spirits	0	0	0
250 ml	Rice milk	1	27	2
250 ml	Soft drinks (cola)	0	40	0
250 ml	Soy milk	9	11	5
250 ml	Vegetable juice	1	4	0
100 ml	Wine	0	3	0

## Whole grains

Serving size (cooked)		Gram protein	Gram carbohydrate	Gram fat
100 g	Barley	10	67	2
100 g	Buckwheat	10	58	3
100 g	Millet	3	21	1
100 g	Oats	12	50	5
100 g	Rice (all types)	2	25	0
100 g	Rye	13	55	1
100 g	Spelt	15	57	1
100 g	Wheat	11	57	1
100 g	Wild rice	3	18	0



# Macro nutrient tabels

## Bælgfrugter

Portion størrelse tilberedt		Gram protein	Gram Kulhydrat	Gram Fedt
100 g	Kikærter	8	25	0
100 g	Sorte bønner	9	24	1
100 g	Grønne ærter	5	16	0
100 g	Snitbønner	2	8	0
100 g	Linser	9	20	0
100 g	Røde bønner	9	22	0
100 g	Sojabønner	10	9	5
100 g	Tofu	7	2	3
100 g	Hvide bønner	9	26	1

## Diverse

Portion størrelse		Gram protein	Gram Kulhydrat	Gram Fedt
30 g	Chokolade	2	17	8
15 ml	Mayonnaise	0	0	12
5 g	Sukker (alle slags)	0	4	0
15 ml	Honning	0	19	0

# Macro nutrient tabels

## Drikkevarer

Portion størrelse	Gram protein	Gram Kulhydrat	Gram Fedt
350 ml Øl	1	13	0
250 ml Juice	0	33	0
30 ml Spiritus	0	0	0
250 ml Rismælk	1	27	2
250 ml Sodavand	0	40	0
250 ml Sojamælk	9	11	5
250 ml Grøntsagssaft	1	4	0
100 ml Vin	0	3	0

## Fuldkorn

Portion størrelse	Gram protein	Gram Kulhydrat	Gram Fedt
100 g Byg	10	67	2
100 g Boghvede	10	58	3
100 g Hirse	3	21	1
100 g Havre	12	50	5
100 g Ris (alle slags)	2	25	0
100 g Rug	13	55	1
100 g Spelt	15	57	1
100 g Hvede	11	57	1
100 g Vilde Ris	3	18	0

# Macro nutrient labels

## Fruit

Serving size (cooked)		Gram protein	Gram carbohydrate	Gram fat
100g	Apples	0	14	0
100g	Apricots (dried)	1	11	0
100g	Bananas	1	23	0
100g	Blackberries	1	10	0
100g	Blueberries	1	14	0
100g	Boysenberries	1	13	0
100g	Cantaloupe	1	8	0
100g	Honey melon	1	9	0
100g	Cherries	1	12	0
100g	Coconut	3	15	33
100g	Cranberries	0	12	0
100g	Dates (dried)	2	75	0
100g	Elderberries	1	18	0
100g	Figs (dried)	3	64	1
100g	Gooseberries	1	10	1
100g	Grapefruit	1	7	0
100g	Grapes	1	17	0
100g	Kiwis	1	15	1
100g	Lemons	1	9	0
100g	Lime	0	8	0
100g	Mango	1	17	0
100g	Nectarines	1	11	0
100g	Oranges	1	12	0
100g	Papaya	1	10	0

# Macro nutrient tabels

## Fruit

Serving size (cooked)		Gram protein	Gram carbohydrate	Gram fat
100g	Peaches	1	10	0
100g	Pears	1	11	0
100g	Pineapple	1	13	0
100g	Plums	1	11	0
100g	Pomegranates	1	17	0
100g	Prunes (dried)	2	64	0
100g	Raisins	3	79	0
100g	Raspberries	1	12	1
100g	Rhubarb	1	5	0
100g	Strawberries	1	8	0
100g	Tangerines	1	11	0
100g	Water melon	1	8	0

## Fats and Oils

Serving size (cooked)		Gram protein	Gram carbohydrate	Gram fat
15 g	All oils and butter	0	0	13
15 g	Margarine		0	8

# Macro nutrient tabels

## Dairy and Eggs

Serving size (cooked)		Gram protein	Gram carbohydrate	Gram fat
30 g	Blue cheese	6	1	8
30 g	Brie	6	0	8
30g	Camembert	6	0	7
30 g	Cheddar	7	0	9
100 g	Cottage cheese	14	3	5
100 g	Cottage cheese (light)	14	3	1
30 g	Cream cheese	2	1	10
30 g	Feta	4	1	8
30 g	Goat cheese	8	1	9
30 g	Gouda	7	1	8
30 g	Mozzarella	6	1	6
30 g	Parmesan	10	1	7
30 g	Ricotta	3	1	4
30 g	Roquefort	6	1	9
50 g	Ice cream	3	19	7
50 g	Sorbet	1	23	2
30 g	Cream	1	1	3
250 ml	Butter milk	10	13	5
250 ml	Milk (2%)	8	12	0
250 ml	Milk (skim)	8	11	5
250 ml	Milk (whole)	8	11	8
50 g	Sour cream	1	1	6
100 g	Yogurt	4	4	2
2	Egg, chicken (white)	8	0	0
2	Egg, chicken (yolk)	6	2	10
1	Duck egg	9	1	10

# Macro nutrient labels

## Nuts and Seeds

Serving size (cooked)		Gram protein	Gram carbohydrate	Gram fat
30 g	Almonds	6	6	14
30 g	Brazil nuts	4	3	19
30 g	Cashew nuts	4	9	13
30 g	Chestnuts	1	15	1
30 g	Hazelnuts	4	5	18
30 g	Walnuts	6	3	17
30 g	Peanuts	7	6	14
30 g	Pecan nuts	3	4	21
30 g	Pistachio nuts	6	8	13
3 g	Poppy seeds	1	1	1
30 g	Pine seeds	4	5	18
30 g	Pumpk seeds	5	15	6
3 g	Sesame seeds	1	1	1
30 g	Sunflower seeds	5	7	14

# Macro nutrient tabels

## Vegetables

Serving size (cooked)		Gram protein	Gram carbohydrate	Gram fat
100 g	Artichoke	3	11	0
100 g	Asparagus	2	4	0
100 g	Avocado	2	9	15
100 g	Bamboo	3	5	0
100 g	Beetroot	2	10	0
100 g	Broccoli	3	7	0
100 g	Brussel sprouts	3	9	0
100 g	Cabbage	1	6	0
100 g	Carrots	1	10	0
100 g	Cauliflower	2	5	0
100 g	Celery	1	3	0
100 g	Corn	3	19	1
100 g	Cucumber	1	4	0
100 g	Egg plant	1	6	0
100 g	Fennel	1	7	0
100 g	Garlic	0	1	0
100 g	Ginger	2	18	1
100 g	Jerusalem artichoke	2	17	0
100 g	Svede	2	6	0
100 g	Leeks	2	14	0
100 g	Mushrooms (all types)	3	3	0
100 g	Olives (all types)	1	6	11
100 g	Onion (all types)	1	10	0
100 g	Parsnip	1	18	0

# Macro nutrient tabels

## Vegetables

Serving size (cooked)		Gram protein	Gram carbohydrate	Gram fat
100 g	Vegetables	1	6	0
100 g	Peppers (all types)	22	9	0
100 g	Chili peppers (all types)	2	16	0
100 g	Potatoes (all types)	1	7	0
100 g	Pumpkin	1	3	0
100 g	Radishes	2	17	0
100 g	Shallots	1	6	0
100 g	Squash (all types)	1	28	0
100 g	Sweet potatoes	1	3	0
100 g	Tomatoes	1	6	0
100 g	Turnips	3	38	1
100 g	Water chestnuts	3	4	1
Greens				
100 g	Arugula	2	4	0
100 g	Beetroot leaves	2	6	0
100 g	Collard greens	1	3	0
100 g	Endive	3	10	1
100 g	Kale	1	3	0
100 g	Salad leaves (all types)	3	4	0
100 g	Spinach	4	4	1
100 g	Sprouts (all types)	2	1	0
Sea vegetables				
10 g	All types (dried)	0	1	0



## 5. Avoid processed foods

Processed foods are inappropriate because the body is never nutritionally satisfied.

Food from bags, boxes and tins, etc contain many chemicals, hidden sugars and minimal nutrients.

Wow, that sounds like a disaster cocktail.

Chemicals are broken down by your liver, and this requires energy (more sugar) and biochemical insight. Many of these chemicals are foreign, unknown, never seen before. This means that your liver probably doesn't have the recipe

for detoxification, which results in the storage of toxic waste in fat tissue, joints, etc.

Hidden sugars are hidden under many disguises and strange names (when was the last time you looked at the food label), and unless you have a degree in biochemistry you probably won't be able to understand the contents anyway.

That fact can lead to enormous consequences if your wish is to cut back sugar.

ecause of heating/boiling and other processing several nutrients are lost.

Poor memory is one of the consequences of a manutritonend body, not to mention sigar craving.

When you eat prcessed foods can you impossibly know what you eat - so if you are what you eat, my question is:

**"do you know who you are"?**



## 6. Water - more than just thirst quenching

Of the six fundamental nutrients— protein, carbohydrates, fat, vitamins, minerals and water—water is the most important

Approx. 55 – 70 % of your body weight is water. That means your body contains approx. 45 - 55 liter water.

The exact number of liters depends upon how much you weigh, how much of your weight is muscle as muscle tissue contains water.

Your brain contains approx. 80 % water and a 1 % deficiency reduces concentration.

Despite these numbers your body does not have

a bottomless water tank which you can tank from as you wish. It is necessary to fill the tank once in a while as water is constantly used in biochemical processes. Short and sweet - water makes you look and feel good.

1 liter from your reserve then you are thirsty. With 2 liters gone you are extremely thirsty even poorly, and if you lack 6 liters then your body and brain will be incapable of functioning and death will be near.

**Remember- you can only survive a few days without water.**

Water deficiency can result in tiredness, weakness, dizziness, constipation, dry skin, painful, stiff muscles, headache, poor memory and reduced concentration, and food/sugar craving.

Many under estimate the importance of water. They wake, eat and get started with their day, often with as little as a mouthful of water. Your body needs much more if health is your priority.

Here are a few simple tips.

1. Drink ionised water, with its higher pH as this water has many health benefits.

2. Drink a large glass of ionised water first thing in the morning, add a piece of lemon to balance the stomach and stimulate digestion.

3. Drink 4 – 6 mouthfuls every hour. To help you remember place a glass on your desk, kitchen top, etc.

4. Store water in a glass or rust free steel bottle.

5. Drink a glass of ionised water when you crave sugar.

6. If you don't have an ioniser then tap water is the next best (maybe filtered with charcoal). Many studies have shown that tap water is much safer than much

of the water bought in plastic bottles.

When plastic water bottles are stored in the sun, for example in the car, xeno estrogens leak from the plastic into the water. Xeno estrogens are chemical molecules that mimic the effects of the body's own estrogen. They are fat soluble which means they are stored in fat tissue. Many cancers are estrogen driven.

If you are one of those who thinks that water is boring then you can spice it up as follows:

- Add a little freshly pressed lemon, orange, or lime juice, or just a slice of the fruit gives a

fantastic taste.

- Add some mint leaves, basil leaves, etc.
- Add some cranberry (unsweetened)

To satisfy those with a sweet tooth can the more natural sweeteners, such as stevia or FOS be added (once in a while)

Though with that said, I am very much against any added sugar regardless of its naturalness. Addiction to a sweet taste is a habit and one you would be very wise to break. When your taste buds become accustomed to and satisfied by the natural sweetness of nature's vast buffet, you will be well on your way to sugar freedom.

## 7. Supplementation - yes or no?

Supplements are concentrated nutrients, that affect both body and mind. Nutrients are the foundation of all biochemical processes and nutrient deficiency is the most common, single cause of sickness and disease today.

The purpose of supplements is to supplement your food, and words such as bio-availability and enzymes are of an essence when we talk about supplementation.

**Bio-availability refers to whether or not your cells can absorb the supplements you eat.**

You have probably heard the expression, “you are what you eat”, though it more correct to say, “you are what you absorb” in other words- “you are what you don’t shit”.

Most of the supplements bought at chemists, supermarkets, even health stores have a very low bio-availability. This results in the fact that most of these supplements end in the toilet.

### **Enzymes mean life**

Enzymes are important catalysts, they start and stop biochemical processes. Over 2000 of the different enzymes the body uses are known,

and others are found in nature – such as in the foods we eat, that is if the food is “alive”, as in not processed in any way.

I have worked with health for many years and am always on the look out for products that contain many enzymes and high bio-availability.

Micro-alger products are systematic “allround” vital nutrient for dynamic people, where the natural treasure chest of vital nutrients are in the form of the micro-alger spirulina and chlorella.  
Spirulina and chlorella

belong to the first plants on the planet, are filled with enzymes, with their bio-availability of approx. 90 % hold many nutritional records:

300 % more calcium than milk  
300 % more iron than spinach  
900 % more beta carotin (A vit.) than carrots  
375 % more protein than tofu

Spirulina filled with all the important vitamins, minerals, enzymes, trace elements and essential amino acids (proteins) prepares the body for its daily needs, while

chlorella helps the body remove poisons and toxins.

**Read more about micro-alger on [www.microalger.info](http://www.microalger.info)**

Here is a list of minerals, and vitamins that often need topping up:

Magnesium  
Zinc  
Selenium  
Q10  
Vit B6  
Vit B12  
Folic acid (Vit B 9)  
Fish oils- EPA/DHA - preferably from Krill

**You can find supplements I recommend on [sw.nordicvms.com](http://sw.nordicvms.com)**

**[www.epigenetics-international.com](http://www.epigenetics-international.com), have minerals and vitamins with high bio-availability, and a selection herbs and spices in liquid form.**





## 8. Move every day – preferably outside

We are born to run after our dinner - or away from being someone else's dinner.

We are created to move, such as walk, climb, sprint, lift, drag and carry.

On the other hand we are not created to sit all day behind the computer, desk, TV etc.

Try to blend movement into your day, such as bike to work, get off the bus 2 or 3 busstops before your destination, park the car a few streets from your destination, take the stairs, turn off the TV and go for a walk, etc.

Daily movements massage your organs and can help with constipation. Daily movements creates neurochemical changes that lift your mood, increase control, joy and satisfaction.

Daily movements increases energy, healing and much more.

### What about training?

Intensity, amount and type of training, you go in for, is very individual and related to your general state of health. Training stresses the body, and if your body is already stressed due to poor lifestyle habits

then training can have a more negative than positive effect on the body.

Remember the body is controlled by its hormones and training, especially endurance training increases the production of cortisol, which is responsible for delivering the extra energy you need, but is also the biggest catabolic hormone the body has. By the way it also indirectly stores fat

So if fat burning and optimal health is your goal then H.I.T. – high intensity interval training max 15 – 30 minutes is your best friend.

For example 30 seconds max followed by 90 seconds slow down repeat 6 - 8 times.

I promise you a surprise. This kind of training increases the production of the hormones responsible for fat burning and building protein, such as muscle tissue.



## 9. Rest is a verb

Not getting enough rest and sleep can hinder the best planned diet and trainings regime.

For optimal function your body needs of a specific amount of rest every night.

How much is different from person to person, though most grown ups need approx. 8 hours sleep every night, to reconstitute and prepare for the morrows needs.

Many underestimate the importance of sleep and rest, some believe that sleep is a waste of time and cut down on sleep to make room for other activities.

Unfortunately this is the road to sugar and caffeine addiction, weight gain and much more.

Remember its all about hormones.

During sleep and rest the hormones that build and repair are at work.

It is also the time the body uses to sink blood sugar and insukin levels.

Sleep deprivation maintains the production of the stress hormone Cortisol, the function of which is to increase blood sugar.

Sugar in the blood sends insulin ti work, and one of insukins jobs is to store fat.

## Can you see the picture?

Sleep deficiency will eventually have a negative effect on your immune system, which can lead to sick days where you anyway miss out on several activities.

The nervous system also needs time to top up all the different neurotransmitters so it is ready in action for the next day.

This means that your ability to think clearly, remember and solve tasks, etc. is seriously reduced with sleep deficiency, not to mention your mood.

Endeavour to get 8 – 9 hours rest each day, e.g. 8 hours sleep and 1 hours rest (meditation/relaxation/breaks)



## Tips for a good nights sleep:

- Careful with caffeine after 12.00 noon.
- Careful with training after 6 pm.
- Dark and cool bedroom.
- Remove the TV, computer, and other electrical appliances from the bedroom, or at least turn off all wall contacts.
- Take a warm bath with relaxing oils.
- Spray lavender oils on your pillow or drops under your nose or behind your ears.
- Keep the same bed-times, also at week ends.
- Get to bed on time - best time from 10 pm.
- Empty your mind on a piece of paper - write down your thoughts before going to bed.
- Meditation.
- Breathing exercises.
- Get at least 30 minutes fresh air every day, preferable with sunlight.
- Don't go hungry to bed, though avoid eating a large meal just before bedtime.
- If you are up in the night to urinate avoid drinking water up to 2 hours before bedtime.

## 10. Your external you will always match your inner dialog

You, your health, your beauty, your wealth and much more is a result of your inner dialog

Negative thoughts produce stress-hormones.

A few things about stress hormones:

- increase weight
- increase blood pressure
- increases sugar cravings
- and very much more.

90 % of stress can be due to your mindset.

Thoughts are electromagnetic frequencies and not only do these

frequencies affect your body's biochemistry, they also affect your outside world. Have you heard of "The Law of Attraction", which explains that whatever you focus on you will attract (good or bad). So be careful what you wish for you probably will get it.

The more we focus on something the more convinced we become that it is true. Our beliefs have a way of coming true.

**What are you innermost convictions and beliefs?**

How we think is also habitual and most people can endure a thorough spring clean of this habit.

- Think about what you are capable of - not about shortcomings
- Think about all the things you have and are grateful for - not about all the things you don't have
- Think in solutions - not problems
- Think about your successes - not your failures
- Think about what you wish for - not what you don't wish for or are tired of

## Positive "self talk"

French psychologist Marcial Losada proposed that the ratio between positive and negative self talk is 3 : 1.

I.e. everytime (and it happens often) you think negatively such as:

- something you are afraid of
- something you are frustrated about
- something you are tired of

you must "FORCE" yourself to think about 3 positive things

- something you are happy about
- something you are good at

- something you are looking forward to

Here is an example  
GoodlifeHealth  
Consulent Corinn  
Pedersen's uses:

**I'm lucky**  
**I'm happy**  
**Im rich**

Negative thoughts  
create negative results.  
Positive thoughts create  
positive results.

Which do you prefer?

join one of my Mental-Fitness workshops if you would like to know more – see more at [www.sally-walker.com](http://www.sally-walker.com) or kontakt me [sw@sally-walker.com](mailto:sw@sally-walker.com)





## 11. Put a grin on your face

Laughing increases the production of endorphins.

People who smile, laugh and are generally happy have a stronger immune system, and are less sick.

This explains the use of hospital clowns. Back in time hospitals were build beside playhouses and theatres playing comedy

Did you know that grown-ups generally don't grin or laugh very often throughout a day. Most people practise the art of chuckling og smiling to them selves.

In contrast children laugh and laugh heartily up to 400 times a day.

## **12. If you don't plan you plan to fai**

Your present health and beauty results are a product of the way you presently live your life.

### **Do you plan your health and fitness?**

If not then your life is merely a collection of coincidences, without purpose and a bigger picture

Create a business plan for your health, fitness and beauty and follow it now.



I started my extensive career as a physiotherapist, subsequently expanding in the fields of nutrition, acupuncture, kinesiology, natural medicine, psychology, mental and emotional health and coaching, studying in the UK, US and DK. I have been self-employed since 1987 working with physical, mental and emotional health and beauty, specializing today in Holistic Stress (Goodlife) Coaching, what I call "From Stress to Goodlife 180 degrees".

"I am wild about knowledge and my deepest passion is communication". I am a well known motivator, even provoking in a language understood by all and naturally updated with the latest scientific information and data. I run talks, workshops and courses regarding nutrition, anti-aging, stress and mindset, and run 'Goodlife' weeks at Club La Santa, Lanzarote.

**My VISION** - to inform, inspire, and support people bridge the "knowing doing gap".

**MY GOAL** - to help everyone make the healthiest choices.

**My MOTTO** - 'Everything you need to know to feel good'



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