



ADVANCED FUNCTIONAL NUTRITION

As you begin your Simplexity Health journey, you will no doubt want to further explore the functional nutrition model. Understanding the difference between complementary and insulting choices in your diet and lifestyle is the key to optimizing the benefits from your Simplexity Health product purchases.

Complementary Habits To Help the Body Thrive

Begin gradually to activate, integrate, and more consistently practice these complementary habits and influences daily in the rest of your diet and lifestyle:

- Drink plenty of water for proper hydration
- Get enough quality sleep and rest
- Exercise appropriately
- Breathe properly
- Spend time outdoors
- Select and prepare more whole foods
- Chew each mouthful completely before swallowing
- Eat slowly and consciously at mealtimes

Insulting Habits That Make the Body Malfunction

At the same time that you are incorporating positive, health-promoting habits and influences, begin to minimize or avoid these insulting habits and influences:

- Processed foods and junk foods
- Artificial and synthetic foods and sweeteners
- Additives, preservatives, coloring agents, bleaching agents
- Foods containing antibiotics, growth hormones, and/or GMOs (genetically modified organisms)
- Excessive amounts of meat, dairy, caffeine, alcohol, and refined sugars
- Exposure to environmental toxins

The Impact of Your Choices

The choices you have been making with regard to diet and lifestyle have contributed to your current condition. Cultivating better habits and influences is the key to success in achieving a strong foundation of health, starting with the addition of Simplexity Health's nutritionals. Generally speaking, good health is the result of consistently practicing complementary habits in one's diet and lifestyle. Disease (or dis-ease, meaning "lack of ease") is a malfunctioning of the human body, which often happens when basic physiological needs are not being met. It is the result of consistently practicing various insulting habits in one's diet and lifestyle.

Take a moment to look at the lists below describing the "symptoms" of health and of dis-ease. What does your picture of health look like?

The Symptoms of Health

- Physical energy, stamina, endurance
- Mental clarity, concentration, better memory
- Ability to focus, prioritize, and organize
- Ability to get things done
- Less fatigue, less stress, fewer sick days
- Fewer colds and flu
- Better digestion, absorption, and assimilation of nutrients
- Bowel regularity
- Strong bones
- Flexibility and muscle tone

- Freedom from aches and pains
- Healthy teeth and gums
- Strong skin, hair, and nails
- Ability to heal quickly after illness or injury
- Ability to sleep easier, deeper, and more soundly
- Ability to gain or lose weight as needed
- Feelings of optimism about the future
- Feelings of confidence, courage, self-esteem
- Feelings of internal comfort, balance, satisfaction
- A responsive, functioning immune system
- Overall sense of health and well-being

The Symptoms of Dis-Ease

- Fatigue, lack of energy, general malaise
- Muscle and joint pain and discomfort
- Moodiness, focus and attention problems
- Mental confusion, fuzzy thinking, poor memory
- Anger, irritability, inflexibility
- Food cravings, binge eating
- Constant hunger
- Abdominal pain, bloating, discomfort
- Irregular bowel movements
- Poor exercise tolerance
- Shortness of breath upon minimal exertion
- Runny, stuffy nose, excess mucus formation
- Ringing, buzzing, or other strange sounds in the ear
- Watery or itchy eyes
- Blurred vision, eye floaters
- Sneezing, coughing, sore throat
- Dark circles under the eyes
- Dry skin, oily skin, itchy skin
- Brittle hair, fingernails, and toenails
- Excessive perspiration and body odor
- Halitosis (bad breath)

What To Do Next

It might be helpful to ask yourself a series of questions to evaluate your current situation and determine the goals you want to achieve with your health.

- Where am I right now in my own relationship to the Simplicity Health products and to my own diet and lifestyle?
- What is my current condition?
- How did I get to this point in my health?
- What are my health goals?
- What benefits and results am I seeking?
- What is my motivation for making a change?
- What will my life be like one year from now and five years from now if I do not make these positive changes?

The Power of Our Core Beliefs

“Beliefs determine our behavior. This is one of the great insights of all time. If you do not believe you are going to get well, you may not get well. If you do not believe that you deserve to get well, you may not get well. If you do not believe that your body wants to be healthy and vibrant and energetic, you may not experience these things. If you do not believe that your body requires your conscious cooperation in order to activate its miraculous self-healing capacities, you may not cooperate with it consistently enough to significantly improve the quality of your health, energy, and vitality. If you do not believe that your deepest feelings about these things matter, you may not summon up the desire and will to change your condition and circumstances. Beliefs determine our behavior. You must give yourself permission to choose new beliefs and re-examine old ones. You must determine which beliefs support your self-healing journey and which ones do not. You must consistently choose the beliefs that support you, and actively and aggressively weed out the ones that do not. You must keep cultivating the garden of your own life. You must keep choosing the habits and beliefs that nourish you best.”

—Russell Mariani

*Author of *Healing Digestive Illness**

There are some practical steps you can take to begin your journey to better nutrition.

1. Begin exploring *The Journey to Better Nutrition*, our comprehensive online nutritional training program.
2. Read the more extensive list of complementary and insulting habits posted online in *The Journey to Better Nutrition* ("Habits of Naturally Healthy People").
3. Make a list of your own insulting habits and what you are going to do about them.
4. Make a list of the complementary habits you are going to focus on.
5. Assess your current condition, and then after you get started using the products, keep track of your progress weekly using the Weekly Benefits Chart located on page 4.

The Miracle of the Human Body

Think about the necessary functions your body is performing right now without your having to consciously direct the show.

- Your brain is processing and interpreting the words your eyes are seeing.
- Your heart is beating.
- Blood sugar, blood pressure, and pH levels are being monitored and regulated.
- Digestive enzymes are being produced in your pancreas and liver.
- Hormones are being produced by your pineal, pituitary, thyroid, and adrenal glands.
- Lungs are taking in air, and oxygen is making its way into cells.
- Lungs are expelling toxic carbon dioxide waste.
- Metabolic and environmental toxins are being identified, neutralized, and eliminated by a bustling immune system.
- Your internal thermostat is maintaining a temperature of 98.6 degrees.

"Every human being is made up of approximately fifty trillion single cells. The better we understand single cells, the better we can understand the community of cells that comprise each human body. If single cells are controlled by their awareness of the environment, so too are we trillion-celled human beings. Just like a single cell, the character of our lives is determined not by our genes, but by our responses to the environmental signals that propel life."

—Bruce Lipton
Author of *The Biology of Belief*

And these are just a few of the many functions your body performs without your having to think about them. The human body really is a miracle, a masterful and complex network of interconnected organs and systems, all composed of trillions of cells. Give those cells the nutritional support they need in order to thrive—in other words, control their environment—and your body will respond with the optimum health you deserve!



Weekly Benefits Chart

“You can observe a lot by just looking!”
 –Yogi Berra

Please look at this chart at least once a week and write down what you observe. You may be pleasantly surprised as you begin to compare notes from one week to the next and one month to the next. The journey to better nutrition is a series of very practical and sometimes very measurable steps. And this step—observing and filling out your weekly benefits chart—could prove to be the key to your successful Simplicity Health experience. Have fun with this!

Use the Weekly Benefits Chart to track your progress from where you are right now to exactly where you would like to be. On a scale of 1 to 10, with 1 being the worst and 10 being the best, grade yourself in each of the following areas:

Benefit	Now	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Physical energy, stamina, endurance									
Physical strength and flexibility (neck, back, legs, arms, hands, skin, hair, nails)									
Appetite									
Digestion									
Weight									
Exercise									
Mental clarity, memory, creativity									
Moods and sleep cycles									
Attitude									
Senses (taste, smell, hearing, vision, touch)									

Please list any additional benefits you have observed: