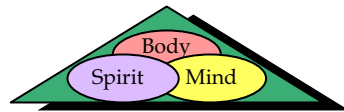


## Chapter 13. Mind & Spirit



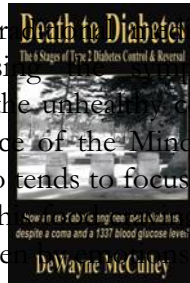
---

### Body, Mind & Spirit

---

Man is a trinity that is comprised of the Body (Physical), the Mind (Mental), and the Spirit (Spiritual). The Body, Mind and Spirit work in harmony to make you the best that you can be in this life. If one of these three elements is “sick” or out of balance with the other two, then, your entire being will be sick.

Unfortunately, most of traditional medicine focuses on the Body by addressing and suppressing symptoms and never fixing the underlying root cause of the unhealthy cells. Traditional medicine tends to overlook the importance of the Mind and the Spirit and its role in healing the Body. Man also tends to focus on the Body by taking drugs to relieve pain or by feeding himself to satisfy hormonal hunger – both of which may be driven by the Mind, such as depression.



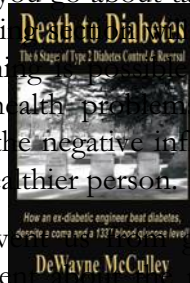
Consequently, there are psychological and psychosocial factors that may exert substantial influence on the biochemical control in diabetic patients. These factors have been shown to increase the risks of poor glycemic control, “brittle diabetes”, and diabetic ketoacidosis. Depression has been identified as one negative influence of poor glycemic control among pediatric and adolescent patients. And, depression has been observed to affect family members of patients with Type 2 diabetes and influence family dynamics toward the condition.

As with any disease, after several years of fighting the good fight, you can become physically drained because your physical body has continued to weaken despite everything that you’ve done to fight the disease.

Consequently, you also become emotionally and spiritually drained; and, as a result, you lose hope and “give in” to the fact that the best you can

do is to live with the disease – that you’ve done everything possible to fight the disease. This can be very disconcerting and difficult to overcome emotionally. Also, despite the support from your family and friends, you feel very alone and afraid at times. There are horror movies that can scare you, but I can truly tell you that there is nothing, absolutely nothing scarier than knowing that your doctor cannot help you and your time is limited. Only a strong belief in a power that is greater than yourself can give you the hope, the confidence and courage to fight for your life instead of giving in to the inevitable life of kidney failure/dialysis, amputation, and blindness.

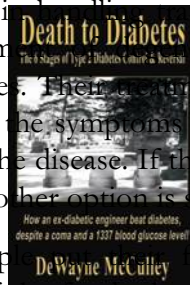
Once you accept the fact that we live in a spiritual universe and that we are all spiritual beings, you will find yourself equipped with an instrument through which you can exert influence over your body and your blood glucose control. But, how do you go about tapping into your inner spirit and belief system? The following give you some ideas to get started. Anything and everything if you have faith and you take responsibility of your health problem and follow up with the necessary actions; and, resist the negative influences that will discourage you from making yourself a healthier person.



How does food help or prevent getting to this inner spirit? There is no universal agreement on the relationship of food to the human body, mind or spirit. However, I believe that we can agree that “dead” food definitely harms the Body. And, since food can make us happy or console us when we’re sad, we can make the case that food also harms the Mind and the Spirit. Food is an ever-present reminder that there is more to life than just filling stomachs. Our minds and spirits crave for more meaning.

Now, we can conclude that the inverse of those statements is true -- that the Body, Mind and Spirit affect the food we select to eat. If you have a positive mental attitude and truly believe that food can help you improve your health, then, it will because you will acquire the knowledge to make better food choices. The following section provides some guidelines that will help you to build and use your Mind and Spirit to improve the health of your Body.

So, how did we get here with all these convenience and fast foods and such poor health? When it comes to food, the irony is that just at the time nutritional scientists were identifying vitamins, minerals, and other nutrients that support life, technologists were perfecting the refining processes to separate the nutrients from the food or to reconstitute them in synthetic forms. Refined white flour, “enriched” cereal, homogenized milk, bottled juices, soda, high fructose corn syrup, margarine (partially hydrogenated oil), and fast foods are examples that are devastating our health today. All of this was motivated by profit for the seller and convenience for the buyer, as the age of boxed mixes and prepackaged foods brought new freedom in the kitchen and profits to food packaging industries and grocery stores. Unfortunately, that new freedom has come at a high price, which many people are ignoring, hoping that, maybe medical science will develop a magic pill in the near future. Medical science is very successful in identifying the root cause of a disease, but not with their treatment. For example, in the case of trauma and emergency treatment, the standard protocol for these diseases is drug therapy to *suppress* the symptoms instead of *fixing* the underlying root cause and get rid of the disease. If the drug therapy doesn’t work or it stops working, the only other option is surgery.



Unfortunately, many people have faith in these drugs that were created by man instead of the foods that were created by God. And, as long as we continue to believe that man is smarter than God, we will be trapped with poor health and our dependency on these man-made foods and drugs. So, become a *victor* of wellness, instead of a *victim* of disease.

Spiritual health allows you to focus on your inner faith and the belief that you must respect and protect what you put into your body to maintain a healthy balance with the mind and spirit. This supports Apostle Paul’s requirement to glorify God in our body, as well as our spirit:

**“Know ye not that your body is the temple of the Holy Ghost . . . therefore glorify God in your body, and in your spirit, which are God’s.”** [1 Corinthians 6:19-20]

Discord between your Spirit and Mind usually leads to illogical behaviors and rationalizations. For example, as their reasoning for eating what they

like even if it is bad for their health, I am amazed at the number of people who have told me “Well, you gotta die of something.” This type of rationalization is due to a disconnect between that person’s spirit and unconscious mind, leading to a negative effect on their body. It is also a disconnect between the spirit and conscious mind that is created as a defense mechanism when the person can’t really explain why they’re doing something that they know is harming their body. Research has shown that a diabetic who is not healthy emotionally will not respond positively to treatment, even though they may have the best care and medicine. Discord between the mind and body is a critical factor. Diabetics know that if they worry too much their blood sugar will go “sky high” and stay high until they stop worrying.

Be wary of systemic societal prejudices (e.g. sexism, racism), which may decrease your exposure to knowledge/education while increasing the anxiety and stress in your life. It is very important. Do not neglect these problems and stress can actually be helpful. For example, the stress that an athlete feels can actually help to improve their performance if they know how to channel the stress and nervous energy. Someone like Magic Johnson or Michael Jordan handled stress well on a basketball court. But, you don’t need to be Magic or Michael. Embrace the challenge and don’t neglect the problem.



Neglect is like an infection -- left unchecked it will spread throughout your entire being. When you neglect your health (by not eating right and not exercising), this may cause you to feel guilty and guilt leads to an erosion of your self-confidence. As your self-confidence diminishes, so does your activity level (of trying to get healthy). And as your activity level diminishes, your results inevitably decline. And as your results suffer, your attitude begins to weaken. And as your attitude begins the gradual shift from positive to negative, your self-confidence diminishes even more . . . and this downward spiral continues as your health suffers.

Review the next section and *God’s Food for Thought* (page 385). Discuss options with your pastor or healthcare professional, and, if necessary, consider some type of relaxation therapy or other psychological support.

---

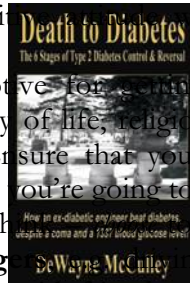
**Mind & Spirit Practices**


---

Review the following to help with your emotional and spiritual health.

**Self**

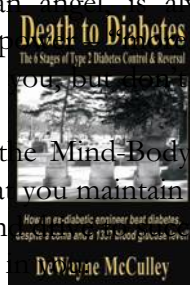
- Be selfish: Take care of Number One – You!
- You deserve the best – start treating yourself accordingly.
- Forgive others, but, more importantly forgive yourself.
- Love yourself – if you love yourself, you will take the time to prepare meals and find the time to exercise.
- Develop and maintain a positive attitude with life as well as an open mind to new ideas about health and nutrition. Don't hide behind the disease and look for sympathy from friends and relatives.
- Attitude is everything. Attitude is a choice. A person with a positive attitude will have a strong faith and belief in self, others, and in God. A person with a positive attitude will attract positive people and positive events.
- Identify a strong motive for getting healthy, e.g. financial, your children, family, quality of life, religion, disdain towards drugs, fear of a painful death. Ensure that your motive is strong enough to overcome the setbacks you're going to have during your journey.
- Change the way you think. Be healthy. More importantly, avoid your **food triggers** when you go past a fast food place, mall shopping, playing cards with friends.
- Become a *victor* of wellness, not a *victim* of disease and drugs.
- Be thankful, hopeful, cheerful, and prayerful. These attitudes produce the endorphins, which are merry hormones and happy chemicals that fight disease and promote a sense of well being.
- What you think you create. Therefore, change the talk-track in your head that tells you “dead” food is good for you because it taste good! Many of your favorite foods are poison to your body. Would you consume arsenic if it tastes good? These negative beliefs are powerful motivators that drive your fear and will actually cause you to repel getting healthy. Fear is driven by a lack of knowledge and a lot of misinformation from television and your doctors. Acquiring knowledge about nutrition and diabetes is very empowering and will set you free from the shackles of ignorance.
- State a daily self-affirmation to reinforce your positive attitude.



- You are not defined by being a diabetic. How you rise and face the adversity will define who you are.
- Be aware of societal “isms” that may affect your health.
- Embrace change and the adversity that you will face during your journey. Adversity will build your character or reveal it.
- “Listen to your inner voice, your true self: Get in touch with your true feelings, your calling, your purpose in life, your real passion – it’s not what you want to do, it’s what you want to be. It’s what you were meant to be. Use your personality (the essence of who you are) and everything you’ve learned throughout your life to serve your soul and drive your true passion.” [Oprah Winfrey]
- Share your knowledge, become an advocate in your community.

### Faith & Spirit

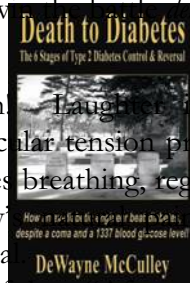
- Strengthen your belief system: Trust in divine power. Recognize that a divine being, a guardian angel, is always with you. Believe in something that is a higher power more powerful than thee.”
- Believe that God will help you. Do not sit around waiting for God – take action!
- Use your Spirit to make the Mind-Body connection and find your center. This will ensure that you maintain a positive attitude fueled by your internal motivation and you need no matter the odds.
- Walk with God for God is
  - o **G**iving: Learn to be a *giving* person by helping others, e.g. become a volunteer, join a support group. Say “thank you” with a smile to someone every day.
  - o **O**bservant: Learn to be *observant* and aware of your surroundings and community, and, you will find ways to help yourself, your family and others. Learn something new every week. Increase your awareness by increasing your knowledge.
  - o **D**iscipline: Use *discipline* to stop eating the addictive “dead” foods. Learn to use discipline to provide structure and guidelines for you and your family, especially your children. As a math tutor, I learned that children more than anything want discipline to help guide them and provide focus as they learn how to become productive adults.



- Connect to your inner spirit to change your state of mind and bring back the hope. You can't solve your problem (e.g. diabetes) with the same state of mind that created the problem in the first place.
- Change the way you look at things and things will change the way they look.
- No doctor, no herb, nor any medicine can cure you. It is the body that heals itself – with your help and with God's help.
- “Don't give up, don't ever give up.” Jim Valvano, basketball coach
- You can neutralize your fears by making your faith bigger than your fear – by cultivating your faith. And, faith breeds more faith.
- Do not underestimate the power of the human spirit – as demonstrated by events such as the Tsunami and Hurricane Katrina.
- There is a fine line between denial and faith: Denial is believing you can't win the battle against the disease because of all the facts. Faith is believing that you *can* win the battle *despite* all of the facts.

### Enjoyment

- Laugh! Laugh! Laugh! Laughing is a wonderful stress-reducer. Laughter relieves muscular tension providing a discharge of nervous excitement. It improves breathing, regulates the heartbeat and pumps endorphins (the body's natural pain killers) into the bloodstream. Smiling is also beneficial.
- Oprah, during one of her “After the Show” segments, said the following about passion and one's purpose in life: “Everybody has a calling, and your real job in life is to figure out what it is you're called to do; you use a job until you can figure out what the calling is . . . If you find your passion in life you will never get tired . . . because you're fueled by the passion and the energy . . . You know it's right when it feels right; you know it's right because it gives you your juice; you know it's right because you'd do it for nothing if you could . . . your passion is what gives your life purpose and meaning . . . listen to your inner voice . . . the Voice of God speaks through your heart, but you have to be still and very quiet to hear the Voice . . . don't look for God to speak to you like he did with Moses and the Burning Bush . . . he speaks to us everyday, if we just listen quietly . . .”



- “Try to do three things every day: laugh, cry and think. If you do, you will have had a full day.” Jim Valvano, college basketball coach who was successful with increasing the visibility of cancer.
- Let go of the anger, jealousy, hopelessness, and envy in your life. These negative emotions trigger the release of stress hormones and weaken the immune system, making you more susceptible to disease.
- Forgive others, but don’t expect anything in return.
- Participate in activities and with people that bring joy to your life.
- “Live each day with enthusiasm.” [Rev. Joel Osteen]

---

### How to Improve Rest & Relaxation

---

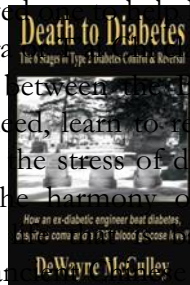
Relaxation is more than just sitting back, reading, or watching TV. It involves learning ways to calm and control your body and mind. Relaxation does not come easily, especially if you are ill. Some people find it difficult to relax. They don’t have time to practice it, or they don’t believe it will help them. Some people feel embarrassed or guilty for taking the time to relax. With practice, most people get some relief from relaxation.

There is no best way to learn how to relax. Everyone responds differently to different techniques. Try some of the following methods until you find one or two that work for you.

- Use deep breathing techniques. Try to breathe to slow down your heart rate by breathing in deeply, counting to 7 and breathing out, counting to 10; keep doing this until your heart rate slows down.
- Take a walk after dinner or during the day. If you live near a mall, walk around the mall with a friend a 3-4 times a week.
- Guided imagery uses your mind to focus on pleasant images. First, begin by breathing slowly and deeply. Think of yourself in a place where you feel comfortable, safe, and relaxed. This may be a favorite vacation spot, or a porch swing in your own backyard. Create all the details: the colors, sounds, smells, and how it feels. These images take your mind away from pain and focus it on something more pleasant. If necessary, obtain a couple of imagery video tapes.
- Prayer is very relaxing and comforting for some people. You may want to make a tape recording of a soothing inspirational message.



- Use prayer to talk to God, use meditation to listen to God.
- Biofeedback uses sensitive electrical equipment to help you to be more aware of your body's reaction to stress and pain, and to learn how to control your body's physical reactions. The equipment monitors your heart rate, blood pressure, skin temperature or muscle tension. These body signals are shown on a screen or gauge so you can see how your body is reacting. Biofeedback helps you learn how you feel when your muscles are tense or relaxed.
- Relaxation audio tapes help guide you through the relaxation process. These tapes provide directions for relaxation, so you don't have to concentrate on remembering the instructions.
- Use meditation to bring a sense of fullness and tranquility. Meditation increases self-discovery and awareness of the natural phenomena that is actually going on behind your own eyes.
- Hold the hand of a loved one to help him/her relieve their stress.
- Take a meditation, yoga or Tai Chi class. They are two excellent ways to establish harmony between the Body, Mind and Spirit, get the physical activity you need, learn to relax, and prepare the Body and Mind to better handle the stress of daily life. Yoga is a physical way of life emphasizing the harmony of the body and mind, and a philosophical way of life based on Eastern metaphysical beliefs. T'ai Chi is an art of exercise and self-defense with an emphasis on relaxation of tension, both physical and mental, which leads to developing internal strength. Through T'ai Chi practice, an individual can become a more willing participant in the process of change, understanding that it is inevitable anyway.




---

### How to Improve Sleep

---

Sleep is even more important than rest and relaxation. The purpose of sleep is to allow the body to repair and rejuvenate itself. Sleep also reduces fatigue and stress. There are five distinct stages of sleep. Stages 1 and 2 are considered light sleeping which takes place the majority of the night. Stages 3 and 4 are deep sleeping or “delta sleep” and rest and restoration. Stage 5 is the dream state, which helps to clear the nervous system and generally involves rapid eye movement or REM.

Patterns of sleep generally look like this: light sleep - deep sleep - REM - light sleep - deep sleep - rest and restoration, with the first period of light sleep lasting about 45 minutes.

In general, babies need 16 hours of sleep a day, teenagers perform best with 10 to 11 hours, older college students need about eight hours, and people between 45 and 60 often report that seven hours is enough. If you consistently rely on your alarm clock to wake up every morning, then, more than likely you are not getting enough quality sleep. An easy way to determine if you're getting enough quality sleep is to turn off your alarm clock and see how long you sleep before you wake up naturally. Then, make the necessary adjustments by going to bed a little earlier, if necessary.

In addition to how much sleep you get, it's important what type of sleep you're getting. For instance, memory, learning ability, and adaptability to change are all highly dependent on Stage 4 sleep, which is also important for maintaining physical health. Unfortunately, the amount of Stage 4 sleep declines as we age, when it would be nice if the body repaired itself more, not less. Many people, including some who have trouble sleeping (and especially in entering Stage 4), they don't stay physically active.



Insomnia problems include: you can't get to sleep; you wake up in the middle of the night, and can't go back to sleep; and, waking up too early, between 3:00 and 5:00 a.m., and you can't get back to sleep. Common causes of insomnia include poor eating habits, too much caffeine, too much alcohol, too much tobacco, nutritional deficiencies, blood glucose imbalances, physical pain, improper breathing, anxiety, stress, and the lack of exercise. To improve the quality (and quantity) of your sleep:

- Establish a consistent a regular daily routine and bedtime ritual, e.g. the same meal times, the same bedtime, the same pre-bed activities.
- Keep your bedroom cool and well ventilated. Maintain a relaxing atmosphere in the bedroom.

- Do not eat (especially processed grain and sugar carbohydrates) less than 2 hours before going to bed. These foods raise your blood glucose and inhibit sleep. Later, when your blood glucose drops too low, you may wake up and not be able to go back to sleep.
- Reduce your caffeine intake and avoid it altogether four to six hours before bedtime. Reduce your intake of alcohol, tobacco, and other stimulants especially in the evenings.
- Eat a handful of walnuts or drink a glass of warm milk or a cup of chamomile or fennel tea to soothe your nervous system 15-20 minutes before going to bed.
- Take a hot bath 2 hours before bedtime -- it increases your core body temperature, and when it abruptly drops when you get out of the bath, it signals your body that you are ready for sleep.
- Ensure you have a quality firm bed that properly supports your body's frame and a quality pillow to properly support your neck.
- Try to sleep in complete darkness as close as possible. When light hits the eyes, it disrupts the rhythm of the pineal gland and the production of melatonin.  
*Note:* The body operates on the 24-hour cycle (12 on, and 12 off), which is called "Circadian Rhythms". When it gets dark, the body clock stimulates the pineal gland, which produces melatonin to enable sleep. Bright light shuts off melatonin production and inhibits sleep, causing insomnia.
- Sleep on your back – it's the best position for relaxing, and allows all your internal organs to rest properly. If you must sleep on your side, do it on your right side, not your left. Sleeping on the left side causes your lungs, stomach and liver to press against your heart. If possible, do not sleep on your stomach. It causes pressure on all your internal organs including your lungs, which results in shallow breathing. It can also cause a stiff neck and upper back problems.
- Try to avoid watching too much TV just before going to bed. TV is too stimulating to the brain and it will take longer to fall asleep.
- Listen to calm music, or read something spiritual to help to relax. Do not read anything stimulating, such as a mystery or suspense novel.
- If possible, avoid using a loud alarm clock, which can be very stressful on the body when it is awoken suddenly. If you are getting enough sleep, an alarm clock should not be necessary.



Causes of chronic insomnia associated with psychological problems can be deeply rooted in stress, anxiety or depression. Insomnia associated with medical problems can be caused by a variety of factors including: iron deficiency anemia, breathing disorders, kidney dysfunction, diabetes, and medication side effects.

---

### Support Systems

---

There are several types of support groups to meet individual needs. Support groups may be led by a professional, such as a nurse, social worker, diabetes educator, psychologist or by other patients. These groups usually focus on providing key information and sharing their personal experiences, successes and failures, but they also provide hope and emotional support, so that members realize that they are not alone in their battle with diabetes. Because support groups can vary in approach, size and how often they meet, find a group that they are comfortable with and that meet their individual needs.

Sharing your feelings and experiences with a group that's struggling with the same disease you have can be very empowering and relaxing. A support group can make living with diabetes or any disease a lot easier in the short term. The basic goal of a support group is to give you a way to share and learn about your condition. A support group also helps you to feel understood, and can give you new ideas to help cope with problems. It can also help you feel good about yourself because you'll be helping others in the group.

*Author's Personal Note:* The American Diabetes Association (ADA), the ADA director and their local diabetic support were instrumental in my success. I personally found participating in a support group to be very relaxing, enjoyable and inspiring – you get to meet some real heroes. When I started facilitating a diabetic support group, I found it to be very invigorating and exciting because there was so much to learn and so much to share with people who were struggling with the same disease. However, be careful not to become lulled into accepting the disease and the drugs because most of the group will likely be in that situation.



Here are some tips that will help you to maximize your support system:

- Surround yourself with positive people that strengthen your hope.
- Join a local diabetic support group to learn how to help yourself and to help others. Join a diabetic support forum if you have a computer.
- Educate yourself about the science – this will prevent you from being misled by well-intentioned people in the support group or forum.
- Learn from others in the support group by being observant. This may sound a little crude, but you should observe what sick people do and do the opposite, that is don't do what sick people do.
- If you are married or have a significant other, share your diabetes management with them. Most diabetics have better glucose control, a better sex life and a better relationship when they openly communicate and share their diabetes management with their spouse or partner. For example, if your partner knows that you tend to get down or moody when your glucose is high or low glucose reading, then they will realize that it is because of the diabetes and that they did and, as a result, they may be able to help you to lift your spirits.
- Speak out and let other family members know that you're diabetic. Don't be embarrassed to share what is happening to you. For whatever reason, diseases like diabetes are not shared among family members. It's kept quiet and this increases the probability that someone else in the family will become diabetic, primarily because of the silence and the poor eating habits being passed down to each new generation.
- Design your own support team of family members, relatives, church members, friends, and others.
- Be wary of those who may become jealous once you start to feel and look healthy. Reach out to help them but if they don't want to be helped, don't allow them to drag you down. You must let them go until they are ready.
- Join a community or church group of some kind to help others in your local community. Become a community advocate. This will take your mind off the disease and bring hope to others.
- If necessary, consider some form of counseling. Many diabetics become depressed when they are initially diagnosed or after fighting the disease unsuccessfully for several years. Some diabetics feel so



bad they cannot sleep or eat. In these cases, therapy or counseling may help. Some people are afraid to admit they need help. They believe that others will think they are crazy if they talk to a professional about their problems. But it's smart to get help when you need it, especially if you have the symptoms of depression, e.g. poor sleep, changes in appetite, crying, sad thoughts, self-pity.

---

### Knowledge & Education

---

Knowledge can be very powerful. Educate yourself about nutritional science, the human body and disease. If you are sick and/or overweight, more than likely your current thinking about nutrition is seriously flawed. In order to think differently, you must educate yourself by acquiring knowledge from various reliable sources. Acquiring knowledge to educate yourself about diabetes brings back the hope and can be very empowering. The more you learn, you will see the real power of this book and other resources. The more you learn, the more confidence you will have in making the important decisions and taking actions that will improve your health. It is also scary because some of the knowledge that you acquire may conflict with your current knowledge base and belief system. For example, it was a while for me to believe that consuming more fat would improve my health! Once I realized that it was the type of fat that mattered, I was more comfortable with making the change. And, when my health actually improved, it gave me even more confidence to make more changes.



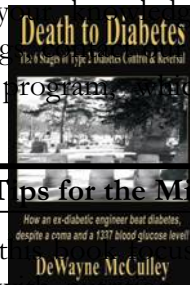
Consequently, be accountable and take responsibility for your health -- acquire the knowledge. Once you acquire the knowledge you will have the power to control your life. As someone once said, "With power comes great responsibility." *However*, that power is not realized unless you *take action* based upon that knowledge!

God said: **"My people perish for lack of knowledge."** Hosea 4:6. Educate yourself about the science – take some educational classes to learn more about diabetes and other related diseases. If you educate yourself about the science, you will feel more hopeful about making the necessary changes. When you *know* better, you *do* better.

*Author's Personal Note:* At various diabetic support group meetings, I was amazed at the knowledge that people had about food and drugs. Now, if only they had *applied* that knowledge and had *taken action* based upon that knowledge, they would be healthier today . . .

There are many resources that you can use as a starting point to acquire additional health-related information and knowledge. But, keep in mind that information in websites and books may be out of date or conflict with information in this book and other reference documents, especially when it comes to drug therapy and nutritional supplements. Also, keep in mind that many websites are trying to sell you one of their products, so buyer beware. The important point here is that the more knowledge that you have, the more empowered you feel and the more confident you will feel in making important health-related decisions.

*Note:* To help increase your knowledge about health and wellness, different diseases, and drug interactions, we have a wellness center concerning our new diabetes education program, which is gradually becoming the standard in diabetes care.




---

### Nutritional & Exercise Tips for the Mind & Spirit

---

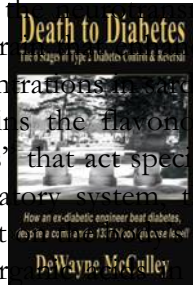
The previous chapters of this book focused on the Body portion of the Body-Mind-Spirit trinity, with nutrition, exercise and testing being the keys to optimize the health of the Body. Similarly, nutrition and exercise can also help to optimize the health of your Mind and Spirit.

Utilize the following nutritional and exercise tips to optimize your Mind and Spirit:

1. Utilize fun exercises and hobbies to free your Mind, lift your Spirit and help cleanse your Body.
2. Review the following nutrients and their descriptions to identify the nutrients that can support the health state of your Mind and Spirit. Ideally, try to find a wholefood supplement that contains the nutrients that you are not obtaining from your super meals.

*Important Note:* Ensure the supplements are certified as pure and free of toxins, pesticides, and other chemicals; and, do not conflict with your drug therapy.

- Ashwagandha: is known as “Winter Cherry”; and, has anti-inflammatory, anti-tumor, anti-stress, antioxidant, mind-boosting, immune-enhancing, and rejuvenating properties that improve the body’s ability to maintain physical effort and helps the body adapt to various types of stress. It works as an adaptogen, promoting the body’s ability to maintain homeostasis and resist stress; and, is especially beneficial in stress related disorders such as arthritis, hypertension, and diabetes.
- Cayenne: stimulates the flow of blood to the brain, and accelerates the delivery of other key nutrients to the brain such as ginkgo biloba.
- DMAE (dimethylaminoethanol): increases production of brain chemicals essential for short-term memory, concentration, and learning capacity. It is referred to as a “cholinergic” because it may increase levels of the neurotransmitter acetylcholine, one of the chemicals in the brain that enhances mental powers. DMAE is found in high concentrations in citrus fruits, avocados, and anchovies.
- Ginkgo biloba: contains the flavonoid compounds collectively known as “ginkgolides” that act specifically to dilate the smallest segment of the circulatory system, the micro-capillaries, which has a widespread effect on all organs, especially the brain. The flavonoids and other compounds in ginkgo biloba increase the oxygen content to the brain by improving the blood flow in the small cerebral capillaries to enhance memory, increase mental focus and clarity; and inhibit age related reduction in brain chemicals. Because ginkgo is a blood-thinning agent, check with your doctor, especially if you are taking Coumadin or aspirin.
- Ginseng: contains active compounds called ginsenosides, which boost stamina, energy, and fight fatigue by sparing glycogen while utilizing fatty acids as energy. It also contains flavonoids, a group of antioxidants common in plants that neutralize free radicals.
- Phosphatidyl serine (PS): assists in regulating membrane transfer of nutrients and neurotransmitters necessary for proper mental function. Therefore, it is essential for nerve cell function and the production and release of neurotransmitters. PS supports the integrity of nerve cell membranes and the formation of other



important phospholipids to improve the health of the brain and nervous system. PS has been shown in numerous studies to help support memory and overall cognitive function, positive mood, and concentration. It also helps support the body's natural response to certain forms of stress.

- L-Tyrosine: is an amino acid that relieves the stress that sometimes accompanies weight loss by boosting your brain's levels of mood-regulating neurotransmitters like dopamine. L-tyrosine can be converted by neurons in the brain to dopamine and norepinephrine (noradrenaline), hormones that are depleted by stress, overwork and certain drugs.
  - L-Phenylalanine: is an essential amino acid that can be converted to L-tyrosine by a complex biochemical process, which takes place in the liver. It aids and accelerates the production of L-tyrosine for optimum gainst anxiety and tension.
  - Rosemary: contains flavonoids, rosmarinic acid, and carnosic acid. Rosmarinic acid may relieve pain and have antioxidant and anti-inflammatory properties. Carnosic acid has antioxidant properties.
3. Utilize one or more of the following nutrients (within a wholefood supplement) to improve the state of your Mind and Spirit by helping to provide quality sleep:
- Melatonin: supports the body's natural sleep rhythm by helping it to relax and prepare for sleep, which is often difficult when dieting and exercising. It also helps you feel more alert and rested after a night's sleep. Melatonin is produced by the pineal gland, located in the center of the brain. It is a hormone that plays a vital role in aging, energy and sleep.
  - Melatonin-rich foods: include oats, barley, ginger, tomatoes, cherries, bananas, cucumber, beets and rice. If you're not sleeping well, increase your intake of melatonin-rich foods before resorting to a supplement; or, eat foods that raise your melatonin production, such as spirulina seaweed, soy nuts, cottage cheese, chicken, pumpkin seeds, turkey, and dried watermelon seeds. In addition, perform the following:

