



A NEW CALM

A STRATEGY FOR VITALITY

- Always
- Nourish
- Enjoy
- Cleanliness
- Air
- Lifestyle
- Movement

Read on if you want to change your life for the better ...



How to Create

A NEW CALM

Find the balance in
all areas of your life

**Feel Vibrant,
Energetic and
Healthy**

Start creating your
new lifestyle now...

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A NEW CALM
Create the Life You Want ...

A Little Background

So, why do we get down or unwell?

From my point of view there are several factors but put simply it's the way we are wired...

Our brains, from the moment we take our first breath, are wired to create associations. So, when we have an experience, our brains trawl through the previous experiences we have had and it looks to come to a conclusion about where you are how you are feeling and what are you going to do in the moment. After it has come to its conclusion you will move ahead either with ease, or not. This is called adaptation. We have two choices in any given moment, either we adapt because we have the information we need to adapt to our environment and the situation, or we don't.

If we don't have the information, then we have two options in our nervous system. We can either compensate for not being able to adapt, or we can suppress the information. Either of these two options can create some unpleasant consequences to our health and vitality.

As we are all different, and we all perceive our world differently, we have our own unique experiences that have brought us to where we are in our lives right now. Some of us may have been able to adapt better than others. Some of us have been able to make good choices, and some of us have been in compensation and not been able to do that.

My objective in this e-book is to give you some new and interesting information to allow you to find a new perspective on your life. This new information can provide the references to evoke change in your life for the better.

SO...

HERE WE GO...

Author – Sarah Hemetsberger (Sept 2016 v1.0)



ALWAYS

What does this mean?

Well, it doesn't mean stress yourself out trying to change everything in one go!!!

Always... make a deal with yourself. Just you, no one else, say to yourself ...

- "I am going to change my life for the better"
- "For me ... because I deserve it"
- "Because I am worth the time and the energy to make myself feel, look and sound better"



Yes, you may make a mistake and 'forget' or wander back into old habits. That's ok, because it's the mistakes we learn from the most! Allow yourself to make those mistakes. Allow yourself to learn from them. Get back on that horse and move on. Make it better this time. This could be time its sticks.

This is a promise to change for good, not for a week, or a month, but for good.

An interesting but little known fact. It takes around 90 days to change a habit that has been created in the body!!!

**MAKE A DEAL WITH YOURSELF
TO BE BETTER (ALWAYS)**

- *Be patient with yourself.*
- *Support yourself in your dreams and desires, like you would a young child.*
- *Encourage yourself each day by congratulating yourself on what you have done well.*
- *List the mistakes you made and what you could do about changing them for the better.*
- *Gradually work on those as you begin to forge this new you!*

NOURISH

So, what is nourishment? We nourish ourselves with food, of course. We also nourish ourselves with our thoughts, our feelings. The people we spend our time with nourish us. The time we spend in nature nourishes us. The internal dialogue we have with ourselves nourishes us. Or it is deficient. Think about the foods you eat. Think about the people you spend time with. Think about the things you say to yourself (in your head).

Nourishing Your Body ...

Roughly, as a percentage, how much of the food you eat comes out of a packet, a tin or a bottle? Does this food really nourish you?

Nutrition has been taken a little out of perspective in my view. We buy foods because we are told they have extra iron or are full of vitamin C or because the packet says it has real fruit in it! Well you know what ... real fruit **is** real fruit! It hasn't got real fruit in it. **It is the fruit.** Why not just eat that?



An orange doesn't just have a good amount of Vitamin C in it. It has thousands of nutrients, minerals, and other beneficial chemicals for our bodies and minds. If we had space to list all of them it would take up at least another couple of pages!!! We don't need to know what's in it, we just know it's good for us. There is no chance of traces of peanuts on it because it hasn't been through a factory. In fact, we could just plant an orange tree in our back yard and just have them at our fingertips whenever we fancy. Virtually no ongoing cost!

Why have we made food so complicated? Maybe because it is a multi-billion dollar industry, advertising, sponsorship, marketing, packaging, people, profits, shareholders, the list goes on!

In fact, it is all really very simple.

To nourish our bodies we should eat a variety of foods. Like, let's see if we can eat the rainbow. Red, Yellow, Pink, Green, Purple, Orange and Blue ...

Think about the color of the foods you eat.

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If most of it is brown, or white then all the wonderful vitamins and minerals in these colorful foods are missing from your diet and could be impacting not just your physical well-being and energy levels but your thoughts and how you feel?

Colours can have a huge impact on us.



Think how you feel if you spend a long time in a grey dreary room?

Then think how you feel in a bright, coloured vibrant restaurant or bar for example.

Can you feel or see the difference? Same with foods, if you just eat dreary foods, you get dreary energy from them.

Meats have the lowest energy, your system has to work doubly hard to process meat protein with less energy output than carbohydrate or fat.

I am not saying, change your whole diet on day 1 for the rest of your life. Make a deal with yourself to ditch one bad food and bring in one good food. I am saying, take it slowly... Add a new food once a week, or fortnight. Take away 1 food you want to stop having once a month. Give yourself a time frame. Stick to it. Make your deal realistic for you, make it achievable for you, make it specific too, name the foods you are going to substitute. Take it slowly, don't do more than 3 a week.

Food is where we get our energy from. If our food is low in energy, we will have low energy and very often that will affect our quality of life.

I mentioned earlier about nourishing your soul too.

The people you spend your time with are very important in nourishing your soul. If you are spending a lot of your time with negative and miserable people, it may be difficult for you to be upbeat and happy. As these are the references you are logging in your brain and depending on what conclusion you are coming to about the situation may well be affecting you.

Nourishing Your Soul

Make a resolution to find some new friends:

- Contact that person that you met at the school a while ago that you just haven't got around to phoning.
- Find that person that you lost contact with years ago that you got on really well with. Find a group of like-minded people.
- Join a walking group or a reading club or a meditation group.
- Change the circle of people that you mix with and you will begin to make new references and take on new behaviors from these new people.

NOURISH YOUR MIND, BODY AND SOUL

You will be surprised how different you can feel in the company of a different person.

If you struggle with stress and don't relax easily, practice relaxing and doing nothing. It takes some effort if you haven't done it for a while. Make yourself sit and just be. Try 5 minutes first. Then a bit longer, 8 minutes, then 15. Enjoy the sounds you hear in that moment. Just listen, relax, with each noise you can become more relaxed, more at ease. Let your thoughts run through your mind, notice them but don't react. Have a go at this a few times a week.

Get a really great book to read. When was the last time you had a chance to sit and enjoy a good book. Maybe you like romances, or thrillers, or personal development titles, whatever it is go get that book, enjoy yourself, expand your mind, use your brain.

Nourish your Mind

Think about how you talk to yourself. When you look in the mirror in the morning, what's the first thing you think of when you look at yourself? Do you like what you see? If not, find something about yourself that you do like. Your hair, your eyes, your smile, your teeth. Whatever it is. Concentrate on that thing and enjoy that moment. Think about what you did well yesterday. Congratulate yourself on what you have achieved in your life up until now. Change the way you speak to yourself. Imagine you are a young child and listen to what you say to yourself. Be your own parent and support yourself.

Do what you feel is achievable for you. Remember this is a promise to yourself. You are in control. By the time 3 months has gone by you may have made a huge change to your nourishment by just doing a few of these little steps each week.

ENJOY

Find joy in the simple things in your life:

- A sunny day
- Your child's laughter
- A bird's song
- Your partner's bed hair
- A friend's joke
- Your dog's wagging tail
- A stranger's smile
- A flower in your garden.

Whatever, it is that you are experiencing. Find something to focus on that brings you joy. Learn how to create joy out of the times when we are doing the mundane.

You are doing your weekly shop, something you have to do but you are tired and forgot the list you made out. You are mentally kicking yourself about it. Find enjoyment is challenging yourself to remember what you wrote down. Smile at yourself and see if you can visualize your list. Take a deep breath in and wander the aisles browsing the shelves calmly to see if anything triggers your memory.

Or, you are hurrying to work, you just got off the train, rushing down the street. Head to the floor eyes fixed on hurrying up the road. Stop! Take a breath, slow down, and notice the birds, the trees the flowers, the people. Drop a smile to a passer by and notice their reaction. You may well make their day.

Spend time on something you are passionate about. Drawing, photography, yoga, gardening, making something, painting something, fixing something. Whatever it is, if you love it, do it!

If we only ever do the things we have to do we don't release important ions that energize us. So spend some time on something you love to do.

Walk the beach, tend your garden, listen to some music, play games

with your partner or your children. Make time to enjoy the important people in your life. Make time to do the things you love, after all isn't that why we work. So we can enjoy the life we want.





WATER

Water is probably one of the most important factors in our health and vitality. If we are dehydrated it affects us in many ways. Our thoughts can become clouded and we can find it difficult to focus. Our organs in our bodies are put under pressure to utilize the nutrients we are digesting and at a cellular level we are unable to rid ourselves of the toxins released in the course of normal cellular functioning.

*DRINK PLENTY OF GOOD
QUALITY WATER*

Drinking a good amount of water throughout your day is vital for a healthy, vibrant and focused mind and an effective and clean functioning body.

Good quality water is also very important. There is a great documentary on water called “water – the great mystery”. I highly recommend you watch this. It gives you a simple and cost free way of ‘energizing’ your own water’ and has some amazing information on the properties of water and what affects it.

Did you know, water is the only element on our planet that can turn from a solid, to a liquid, to a gas and each time it does so, it purifies itself! How cool is that?

Take care not to drink too much water before or during a meal. A small amount is good but too much can affect your ability to digest your food properly. If you have digestive issues, have a go at drinking an hour or so before your meals and see if it makes a difference.

We are composed of 70-90% water. Think about it. If we don’t take in good amounts of good clean water, what’s happening to the water we have in our system? Makes sense that if we take in good amounts of good clean water our body’s purifying and cleansing mechanisms don’t have to work so hard.

CLEANLINESS

So, what do I mean by cleanliness?

No, I don’t mean have wash twice a day!

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Cleanliness links in with your nourishment. If you are eating low energy foods, this can impact how 'clean' your body is. If you are also lacking in water and are dehydrated this compounds the problem, not only are you ingesting toxins but you are also less able to get rid of them. So, you can benefit hugely by just doing those two things. Drink more water and eat a healthier diet.

What else?

- What products do you use in your home and on your skin?
- What chemicals do they have in them?
- Do you have plug-in air fresheners, aerosol cans?
- Essential oil burners, anti-bacterial sprays for the kitchen and bathroom?
- Shampoos, conditioners, body lotions, hand lotions, hand sanitizers, oven cleaners, pool chemicals, insecticides.
- What chemicals are contained in these products, do you know?
- What affect are they having on us and our families?

*CLEAN UP YOUR LIFE, YOUR
HOME, YOUR BODY*



Every time we spray an insect repellent or anti-bacterial spray it goes into the air we are breathing. Same with air fresheners, etc.

The shower gels, creams, toothpastes etc. that we use that are put onto our skin and in our mouths all contain chemicals. What are these chemicals doing in our bodies once we absorb them?

There are some very inexpensive and effective cleaners that don't contain harmful chemicals that we can use every day to keep ourselves and our homes clean and safe.

Find one thing in your home that you dislike using and take some time to find a more suitable alternative. Remember, even some of the so-called 'natural' products on the market are harmful to us. Remember ... Snake venom is natural, but not great for us!!! Bee stings are natural but don't make us feel great! Sulphur occurs naturally near volcanoes, but its not good for us!!!

Ordinary white vinegar, lemon juice and bicarbonate of soda are three great products that can be used very effectively in the home for cleaning. You can add a small amount of an essential oil of tea-tree for anti-viral, anti-bacterial, anti-fungal properties if you like.

There is a great website called Wellness Mama. They have some great recipes for cleaning up your home from harsh chemicals. <http://wellnessmama.com/>

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Lemon is great for cleaning showers, de-calcifying kettles, removing stains on kitchen surfaces and so much more and it smells great. If you happen to have a lemon tree in your yard or you know someone who does then you are onto a winner. Free cleaning products!!!

A good friend of mine told me about these Soap Berries. They are a substitute for washing powder. They are produced in Nepal and are contributing to the safekeeping of their forests. If we use and buy these products we are ensuring the Nepalese people keep their forests but also make money from them too!

Try this website for this great substitute: <http://www.thatredhouse.com.au/buy-soapberries.html>

AIR



This is about the air we breathe. A little known fact is that our nervous system is constantly monitoring the air we breathe. Analyzing it and reacting to our environment. Remember we talked about adaption. If we have been in an environment before and not been able to adapt, there's a chance if we experience that air again, we can be having a 'reaction' to it.

Get out in the fresh air as much as possible. If you work in an air conditioned office, make an effort to get out at lunch time for some fresh air at least once a day. In fact, why not go for a walk and kill a few birds with one stone so as to speak. Take a drink of water with you and tick off a whole load of benefits in one go. We'll talk about movement later but fresh air is so important. Oxygen allows our

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bodies to break down toxins. If our blood doesn't have a good level of oxygen then we can get a buildup of toxins and this can then lead to irritation.

Getting out in the fresh air and walking for a good 20 to 40 mins each day has so many beneficial factors. Fresh air that is moving or flowing is ionized. These ions energize our bodies. We get energy from this air through our lungs. If you are feeling low or sluggish, get out in the fresh air and take some deep breaths, go for a walk and re-energize your body.

If you can't get out in the fresh air the next best way to ionize your air is to put on a fan. Ceiling fans are great for moving the air inside a room. The dirt that builds up on the blades shows how the ions attract dust and dirt in the air to 'clean it'. Rather than use your air conditioner, put your ceiling fan on if you have one and enjoy ionized air inside your home/work too.

GET OUT IN THE FRESH AIR

LIFESTYLE

- What is your lifestyle like?
- Would you say you have good work/life balance?
- How much time do you spend working, how much time do you spend doing life?
- How much time do you spend relaxing?

Relaxation is important to give the body and mind time for recuperation. Time for it to catch up on all the processes that it can't do when you are 'doing'.

- Are you a person who pushes through the pain?
- Do you ignore those headaches, pop a pill and carry on?
- Can you take time off work or can they not do without you?
- Do you have time to take a holiday or have you just got too much to do? Really?

Ask yourself this...

Why do I work?



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Is it to provide for your family?

To pay for the mortgage, the car, the boat, the school fees etc. etc.?

All of the decisions you have made up until now, where you live, what house you live in, what car you drive, where your kids go to school, what clothes you wear, how much you spend on going out are all keeping you in the lifestyle that you currently have. They can all be changed if you want to?

Think about the demands you put on yourself because of the 'things' you think you need to have.

Do you really need all these 'things' to be happy?

Be honest with yourself. Above all else, what in the world makes you happy?

It will be different for everyone.

If you don't know the answer to this question, think back to the last time you felt really happy. Where were you? Who were you with? What were you doing? Now, can you bring some of that into your life right now? Think about how you could do that?

We all have commitments, we mostly all have to work to put food on the table and to pay the bills. The luxuries we have are down to our choices. The more of these luxuries we think we need, the more pressure we put on ourselves to achieve a certain type of lifestyle.

Think about what is most important to you in your life. What do you value the most? Is it family? Is it money? Is it honesty? Is it your health? Whatever it is. Are you able to fulfill your need for that

value? Are you headed in the wrong direction? If your highest value is family. Do you get to spend time with them, or are you working all the hours to provide for them? This is a very different thing and can bring up some conflict for people. They miss out on family because of the feeling that they need to give them everything except for their time?

Whatever lifestyle dilemma you have. Take time out to think about



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what is most important to you and check to see if you are in fact fulfilling the need you have in valuing it. If you aren't. Think about how you can change it.

MOVEMENT

Let's get out there, and let's get moving. This goes hand in hand with Air. It is important for our bodies and mind to move. We need to move our muscles in order for our lymph to flow. Our lymph does many things in our bodies and one of them is to remove the

*EXERCISE AND MOVE YOUR BODY,
GET OUT IN THE SUN*



build-up of toxins from our tissues that is produced during the course of normal living. Getting the heart pumping and the lungs working makes us feel alive. It oxygenates our blood, works our muscles.

Working out in the gym is good, but getting out in the sun is important for our absorption of Vitamin D which in turn affects our bile production, which in turn affects the absorption of food and supplements. Vitamin D can only be absorbed by going out in the sun without sunscreen. If you do this be mindful of the time of day that you are in the sun, don't submit your skin to full sun in the middle of the day if you don't usually do this. Start slow and go earlier or later in the day. Ease your skin into the sun. Only 20 mins of sun each day in can provide enough Vitamin D for your needs and build stores to last you when the weather is bad.

If you are going out in the sun for more than 20 mins ensure you cover up and protect your skin. Prolonged exposure to strong sun can have damaging effects to the skin and the body.

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Whatever your situation, if you are housebound, wheelchair bound, whatever. You can still move your hand, your arms, wiggle your toes, lift your legs. Walk into your garden or out onto your balcony.

If you are not moving, the littlest movement will help and you can build from there. As with everything, take it slow, be kind to yourself. Listen to your body. If you haven't used your muscles for a while, they make ache afterwards, even a few days afterwards. This is normal. Pace yourself. Start with just a few minutes each day and build up to a few minutes a few times a day, then increase by a few minutes each week. Before you know where you are you are moving more than you have in a long time.



MY PHILOSOPHY FOR A LONG HAPPY AND HEALTHY LIFE ...

- Make a deal with yourself to be better (**Always**)
- **Enjoy** the simple things in life
- **Nourish** your mind, body and soul
- Drink plenty of good quality **water**
- **Clean** up your life, your home, your body
- Get out in the fresh **air**
- Balance your **life** between work and play
- Exercise and **move** your body

Enjoy the new you.

It only takes a few simple changes over a relatively short time to transform yourself for the better and be better, and better and better, keep changing and moving and adapting.

The information contained in this e-book is based on my personal experience, insight and research and is intended for educational and informational purposes only. It is not in any way a substitute for advice from your doctor or other healthcare provider. Please consult your own doctor or healthcare professional if you experience any difficulties.

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