

WELLNESS



happy

MADE ~~SIMPLE~~



CONGRATULATIONS on choosing to uplevel yourself and your health!

Your body, mind and spirit is a system that cannot be separated, therefore what is going on with one affects the others. These three parts of you are so intertwined that it's impossible to only focus on one and achieve overall good health. Wellness is a result of the body, mind, and spirit overlapping and existing together in a harmonious state.

I've organized the information you'll need to keep your body-mind-spirit well into easy to understand categories and I hope you'll keep coming back and referring to them often, until your new healthy habits stick and have become ingrained!

Let's get started!

*A healthy body is a gift. Don't take it for granted.
Don't treat it like a cheap one-night stand.
Treat it with respect and tenderness, and
most of all, gratitude.* J.T. GEISSINGER



LOOK IN



At the end of each section, you'll find questions to reflect on. As you read them, take a moment to write down your first response.

Honest self-assessment is powerful, so don't sugarcoat or downplay what comes to mind. Facing the truth and journaling about your feelings can help you process emotions and gain clarity about what's really going on.

For your life and health to improve, you must change the way you think and act. You can't simply layer new habits and mindsets over old ones—letting go of outdated ways is necessary to fully embrace the new.

Change can be challenging, but when it leads to the results you desire, uncomfortable change is absolutely worth it. That's exactly what this course is here to help you with.

The goal is to inspire and motivate you to make epic changes so you can truly upgrade your mindset, daily habits, and health!

DO IT



The Do-It List is where you get real about what's been going on—it's your homework.

These pages will help you evaluate your habits, identify what's no longer serving you, and create a plan for meaningful change. Revisit them anytime you need a reset or a fresh start.

Facing the facts isn't always easy, especially when the truth feels uncomfortable. But if you truly want things to improve, it begins with an honest assessment of where you are right now.

The more effort you put into confronting yourself head-on and crafting a thoughtful, actionable plan for moving forward, the faster you'll experience positive change.

Commit to taking better care of yourself, give it your whole heart, and the rewards will follow!



TRACK IT

This tracker is designed to help you take intentional steps toward better health, one day at a time. By focusing on small, consistent actions, you can support your body at a cellular level and create lasting change. Here's how to use it:

- **Set Your Intentions:** Before you start, take a moment to reflect on your wellness goals. Ask yourself: What do I want to improve? How do I want to feel?
- **Track Daily Actions:** Each day, record your efforts to nourish, cleanse, and care for your body. Be honest and kind to yourself—progress, not perfection, is the goal.
- **Reflect Weekly:** Use the reflection questions to celebrate your wins and identify areas for improvement. Adjust your focus as needed to stay aligned with your wellness journey.
- **Celebrate Your Progress:** Acknowledge the small steps you're taking to honor your body. Reward yourself in ways that support your health and well-being.

Remember, your body is incredibly resilient and capable of healing. By taking care of your cells, you're investing in your health for years to come.

JOURNAL



Make your journal your wellness companion—use it to record your impressions, takeaways, goals, and progress as you go. Write in it often, celebrate your wins, and let it guide and motivate you on your journey to better health!

Once a week, take a moment to pause and reflect on your journey:

What Did You Learn?

- What new habits worked well for you?
- What surprised you about your body's response to these changes?

What Will You Keep?

- Which practices made you feel the best?
- How can you make those habits a permanent part of your lifestyle?

What's Next?

- What's one new thing you'd like to try to deepen your wellness journey?
- How will you continue to support your body, mind, and spirit?

This tracker isn't just about recording actions; it's about building awareness, celebrating progress, and recommitting to your health. You've already taken the first step—keep going!

DIS-EASE

Health is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity. WORLD HEALTH ORGANIZATION, 1948

Disease (dis-ease) is not a normal condition or a random occurrence. It is a sign that the body is stressed and not at ease. Dis-ease indicates that the body is out of alignment, and taking a pill won't fix the problem or truly heal anything. Medications can relieve pain and lessen symptoms, but they cannot heal the body. Healing doesn't come from band-aiding symptoms—it simply can't.

The only way to heal disease is to address and clean up what caused it in the first place. You must eliminate the stressors that are creating the imbalance and take the necessary steps to bring your body back into alignment with its divine programming. The word for being in alignment is homeostasis—another way to describe it is being at ease.

When the body is in homeostasis, it can self-heal and remain well, just as it was designed to do, even well into old age.



CELLULAR DEGENERATION

The secret is in getting your body so chemically "unloaded" and "nutrient primed" that it heals itself. The challenge is that all chemicals are inorganic in nature and the body, by itself, can only metabolize material that is organic. We need help, and nature itself has provided an answer. Nature has within it some phenomenal, organic nutrients that have high chemical detoxifying properties that are also very powerful mineralizers, oxygenators, antioxidants and immune boosters, as well as, very powerful bioavailable nutrition.

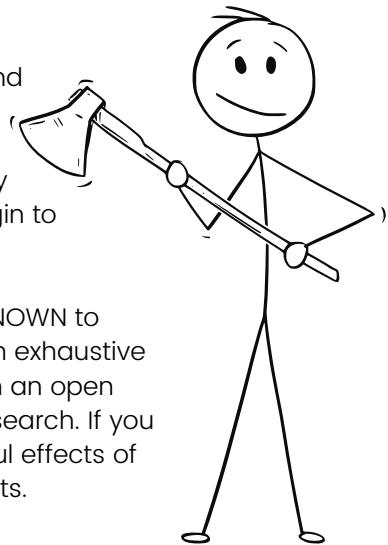
SHERRY A ROGERS, MD



I know there are a lot of differing opinions about what's good for you and what isn't, and it can be confusing to figure out what to believe! But when you're truly looking for truth, it has a way of standing out and making itself known.

There are certain substances, mindsets, and activities that are widely recognized to create weakness and imbalance in the body. Over time, these can cause the body to break down to the point where cells begin to malfunction and divide improperly.

In this book, I've included things that are KNOWN to cause cells to break down—but this isn't an exhaustive list. I encourage you to read through it with an open mind and take the time to do your own research. If you have questions, a quick search like "harmful effects of _____" can lead you to valuable insights.



BODY TALK

Your body is constantly communicating with you. Its signals—whether subtle or loud—are messages designed to guide you toward balance and well-being. I invite you to listen. If something stands out as a problem, don't discount or dismiss it.

Even if you've always believed something was good for you, and changing your mind feels difficult, take a moment to step out of your head and simply tune in. Your body holds an inner wisdom far more intuitive than any external advice. Pay attention to how you feel after eating certain foods or engaging in specific habits. Do you feel energized, sluggish, or unwell? These responses are your body's way of guiding you.

- Notice patterns: Is there a food or habit that consistently leaves you feeling less than your best?
- Be mindful of signals: Energy levels, digestion, and even mood swings are powerful indicators of how your body is responding to what you consume or how you live.
- Pause and reflect: Take a moment each day to ask yourself, "What is my body trying to tell me today?"

Your heart and gut also carry valuable wisdom. Science even acknowledges the "gut-brain connection" as a critical link to physical and emotional health. Trust your instincts—literally! Your gut feelings often have more accuracy than you realize.



What to Expect

Cleansing is the ultimate reset for your body. In this section, we'll dive into how cleansing helps eliminate toxins, refresh your system, and restore balance.

Cleansing isn't just about physical detoxification—it's about creating space for energy, vitality, and clarity to thrive. It's an essential step to feeling renewed from the inside out.

What You'll Discover:

- The importance of cleansing for overall health and well-being.
- Different types of cleanses and how to choose the one that suits you best.
- Simple tips to prepare for and succeed in your cleanse.

Why It Matters:

A clean, nourished body is the foundation for sustained health and wellness. Cleansing gives your body the opportunity to heal and renew itself, leaving you feeling lighter, clearer, and more energized.

When you make cleansing a regular part of your routine, you create an environment where your health can flourish.

EASY TO DO EVERY DAY!

LEMON AIDE TIP

Take 10-14 drops of doTERRA CPTG® lemon essential oil internally in a capsule or water every day for gentle cleansing and immune building support. Only doTERRA lemon is guaranteed one hundred percent pure and safe to take internally.



When you take the time to cleanse your physical body of accumulated stress and toxicity, you are rewarded with increased vitality and optimal health.

DEBBIE FORD

WHAT YOU CAN EAT

SOME FRUIT

Incorporate plenty of organic fruits like grapefruits, lemons, limes, and berries, especially wild blueberries. You can also enjoy organic raw papaya, pineapple, and apples. Frozen berries are a safer option than store-bought fresh berries, as fresh berries can develop mold quickly.

MOST VEGETABLES

Eat lots of organic green leafy vegetables, as they promote oxygenation, which helps eliminate yeast. Include veggies like cucumbers, squash, pumpkin, sweet potatoes, and yams, but consume these in moderation. You can have unlimited amounts of:

- Alfalfa and radish sprouts
- Celery
- Onions and garlic
- Fresh herbs

Make sure to eat at least one big green salad every day for optimal benefits.

NUTS & SEEDS

Enjoy raw nuts, especially soaked almonds, and unsweetened almond butter. Since nuts are prone to mold, add 1 teaspoon of colloidal silver or Silver Shield to every cup of soaking water to kill any spores. You can also eat raw pumpkin seeds and drink unsweetened almond milk, though it's best to avoid store-bought options with additives. Homemade almond milk is the best choice, and it's easy to make at home.

HOW TO KNOW IT'S SAFE

To safeguard your health, get in the habit of checking produce stickers before putting items in your cart. Look for codes starting with 9—and ensure the words "Apeel" are nowhere to be found.

WHAT THE PRODUCE CODES MEAN

- Codes with 4 numbers: These indicate the produce was conventionally grown. It may contain pesticides but is not GMO.
- Codes with 5 numbers starting with 9: This means the produce is organically grown and is free of GMOs and pesticides. These are the safest options.
- Codes with 5 numbers starting with 8: These are GMO products and should be avoided.

BEWARE OF GM SEEDS

Most seeds sold in stores are GMOs. To avoid this:

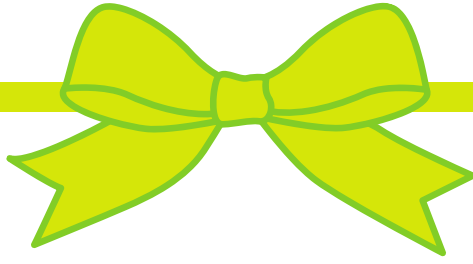
- Grow your own food using heirloom seeds.
- Support local organic farmers by buying their produce.

BEST PRACTICE!

Praying over your food adds a powerful layer of protection. Blessing your food and giving thanks fosters a sense of gratitude and studies have also shown it changes its molecular structure, making it more harmonious with your body. Prayer can positively impact the energy of food, enhancing its alignment with your body and overall well-being.

Get into the habit of:

- Thanking God for your food.
- Asking Him to bless it and make it optimally beneficial for your health.



HEALING FOODS

There's nothing like a diet that includes a wide-variety of god-made fresh and wholesome plant foods to nourish your body, give you a radiantly healthy glow, and put a youthful spring in your step!

In case you think that eating a high-quality organic plant-based diet is too expensive, just consider the long-term cost of eating cheap junk food. When you mainly eat organically grown fresh produce your body gets the nutrients it needs, and eating an abundance of wholesome real food will cause you to be satisfied with eating less! And you'll avoid harmful chemicals and fillers and significantly decrease your risk of strokes, heart attacks, diabetes, and cancer, etc.

Many organic fruits, vegetables, grains, and nuts are actually quite inexpensive, especially when they're in season and bought in bulk. As long as they're GMO and chemical-free, all plant foods are nutritious superstars.

INGREDIENTS

When it comes to food, here are some key principles to keep in mind:

FRESH AND ORGANIC IS BEST

The closer food is to its original God-created form, the better. Look for chemical-free, unaltered options that haven't been tampered with.

FEWER INGREDIENTS ARE BETTER

Get in the habit of reading labels. Aim for foods with short, simple ingredient lists—less is more.

AVOID WHAT YOU CAN'T PRONOUNCE

Steer clear of foods with ingredients you can't pronounce. These are often man-made chemicals that can harm your body.

IF A FOOD SEEMS TOO CHEAP, THINK TWICE

Inexpensive food is usually made with cheap, harmful fillers and ingredients. Remember, you often get what you pay for when it comes to quality.

Quality, quality, quality: never waver from it, even when you don't see how you can afford to keep it up. When you compromise, you become a commodity and then you die.

GARY HIRSHBERG

PH OF FOODS



None must not forget that recovery is brought about not by the physician, but by the sick man himself. He heals himself, by his own power, exactly as he walks by means of his own power, or eats, or thinks, breathes or sleeps.

GEORG GRODDECK, 1923

Being vibrantly healthy is so much more than just avoiding illness—it means having a clear mind, abundant energy, and a radiant glow. Achieving this vitality begins with maintaining the proper pH balance in your body.

Your body's pH is crucial because it reflects the cleanliness or toxicity of your internal environment. Think of it like the water in a fish tank. If the water becomes too polluted, the pH gets thrown off, and the fish become sick—or worse, they die.

Similarly, the human body needs the right pH to thrive. While we're much bigger than fish and have more room for fluctuation, an imbalanced pH over time can lead to diseases that may eventually become life-threatening.

The pH scale acts like a thermometer, measuring the levels of acidity and alkalinity in your body's fluids and tissues. Keeping this balance in check is key to vibrant health.



On the other hand, herbs are plants created by God, growing naturally and indigenously across the world. They've existed since the beginning of time, long before modern medicine, and have been used successfully throughout history to treat ailments and diseases. Herbs have always been a natural choice for healing because they are easy to access, highly effective, and free of harmful side effects.

★ Throughout history, people have successfully used herbs to treat ailments and diseases. Herbs have always been a natural choice for healing because they are readily available, effective, and free from harmful side effects.

★ Pure essential oils are derived from herbs and other healing plants. These oils are incredibly concentrated—50 to 70 times more potent than the herbs themselves. In their organic and unaltered forms, both herbs and essential oils are completely safe, highly effective, versatile, and far superior to man-made pharmaceuticals.

Herbs and essential oils can also be altered and polluted so make sure to buy them from trusted companies.

A halved avocado is centered in the image, showing its green flesh and brown pit. Overlaid on the avocado is the text "HEALTHY HABITS MADE SIMPLE" in a bold, pink, sans-serif font. The text is arranged in four lines: "HEALTHY" and "HABITS" on the top two lines, and "MADE" and "SIMPLE" on the bottom two lines. The background is a light, solid color.

**HEALTHY
HABITS
MADE
SIMPLE**

SUPPLEMENTS

All those vitamins aren't to keep death at bay; they're to keep deterioration at bay. JEANNE MOREAUN

Your body and brain require a proper balance of vitamins, minerals, enzymes, amino acids, and antioxidants to perform at their best. Achieving this balance means prioritizing a diet rich in organic, whole foods alongside well-formulated, high-quality daily supplements.

However, when it comes to nutritional supplements, you don't always get what you pay for. Independent lab testing has revealed that the majority of supplements on the market—including some that are highly priced and marketed as “the best of the best”—don't contain everything listed on their labels. This widespread issue undermines their effectiveness and leaves consumers paying for products that fail to deliver.

One reason for this is a common industry practice known as “fairy dusting.” Fairy dusting involves using cheap fillers and including only trace amounts of key vitamins and minerals—just enough to list them on the label but not enough to make a real difference in your health. This deceptive practice is why so many supplements fall short of expectations and highlights the importance of doing your research and choosing brands with integrity and proven quality.



CAPSICUM

Commonly known as cayenne pepper or chili pepper, capsicum is a powerful spice celebrated for its medicinal and culinary uses. Its active compound, capsaicin, is renowned for boosting metabolism, aiding weight loss, and promoting cardiovascular health by improving circulation and reducing blood pressure. Capsicum also supports digestion by stimulating the production of digestive enzymes and relieving symptoms like bloating and gas. Known for its anti-inflammatory and pain-relieving properties, capsaicin is frequently used in topical creams to alleviate muscle and joint pain.

SLIPPERY ELM

This is derived from the inner bark of the elm tree (*Ulmus rubra*) and has been a trusted natural remedy for centuries, especially in soothing digestive and respiratory issues. Its primary strength lies in its mucilage content, a gel-like substance that coats and soothes irritated mucous membranes. This makes it particularly effective for conditions like acid reflux, ulcers, gastritis, and irritable bowel syndrome (IBS). Slippery elm also supports throat health, often used to relieve sore throats, coughs, and laryngitis. Additionally, its gentle, soothing properties can ease inflammation in the urinary tract and promote healthy elimination by reducing constipation.





Therapeutic-grade oils undergo stringent testing processes, including Gas Chromatography-Mass Spectrometry (GC-MS) testing, which ensures the oil's purity and chemical composition match the plant from which it was derived. Newer, more expensive GC-MS equipment and libraries with accurate, fully stocked plant-data standards will detect the presence of synthetic constituents, even the tiniest, microscopic traces.

Synthetic oils go through a cheap chemical-distillation process that makes them more harmful to the body than beneficial.

Labs today are sophisticated and can closely replicate a “smell,” but they cannot make synthetic oils taste zesty, fresh, and potent like the plants they come from. Even the most advanced labs can't replicate the taste or smell of real, high-quality essential oils.

You can often identify poor-quality essential oils by their sticky, rancid, stale, or overly perfumey nature. They can also taste unnatural and bitter.

When an essential oil is priced unreasonably low—like \$15.00 for a bottle of Melissa, Frankincense, or Helichrysum—it's a strong indicator the oil is synthetic and impure. Similarly, if an essential oil label warns against internal consumption for an ingestible oil, like peppermint or lemon, you can bet the oil is a synthetic knockoff. It's not the real thing, nor is it therapeutic or pure, no matter what the label claims.

I only use and recommend doTERRA essential oils because they're the only brand extensively tested and guaranteed to be 100% safe for internal use. I know, from years of experience and comparisons, they're the best.

LEMON

This is a versatile and refreshing oil known for its cleansing and uplifting properties. Extracted from the peel of fresh lemons, it is rich in d-limonene, a powerful antioxidant that supports detoxification and boosts the immune system. Lemon oil can promote healthy digestion, improve respiratory function, and purify surfaces and the air. Its bright, citrusy aroma enhances mood, reduces feelings of stress, and creates a cheerful environment when diffused. Additionally, it is an excellent natural cleaner, effectively removing grease, grime, and odors from surfaces.



LIME

This is a bright, zesty oil celebrated for its invigorating aroma and cleansing properties. Extracted from the peel of fresh limes, it is rich in antioxidants and supports a healthy immune system, making it a valuable tool for overall wellness. Lime oil is often used to enhance mood, reduce feelings of stress, and promote emotional balance with its uplifting and energizing scent. It also supports healthy digestion, purifies the air, and can be added to water or recipes for a refreshing citrus flavor (if labeled for safe internal use). Additionally, Lime Essential Oil is a natural cleaner, effectively cutting through grease and grime on surfaces.



SLEEP

Sleep is that golden chain that ties health and our bodies together. THOMAS DEKKER

Getting a good night's sleep on a regular basis is an essential part of maintaining homeostasis. Sleep is such a vitally important aspect of wellness that chronic sleep deprivation can lead to serious health problems, including depression, nervous fatigue, weight gain, and cellular breakdown.

There are differing opinions about how much sleep is "enough," but most sleep experts agree it's around 7-8 hours a night. While you are sleeping, your body is hard at work detoxifying, repairing damaged cells, recharging, and resetting your heart and cardiovascular system. Sleep also plays a crucial role in boosting your immunity.

During a "sleep cycle," there are two recurring phases, both of which are important. In the NREM (non-REM) phase, hormones are released, rejuvenating and recharging your body's energy. This is also when tissue repair occurs.

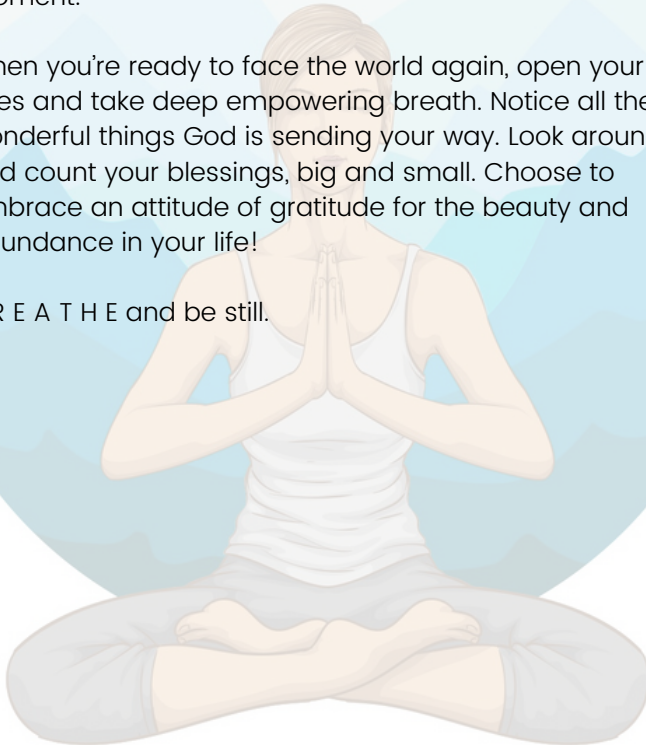
The REM cycle (Rapid Eye Movement) is when you dream and process emotions and memories. REM sleep is critically important for stimulating the parts of the brain responsible for learning and developing new skills. It typically accounts for up to twenty-five percent of your total sleep time.

Picture a thick cord of light running through you, connecting you to heaven, earth, and all the goodness and wisdom the universe has to offer. Envision heavenly angels surrounding you, anxiously waiting to help and protect you. Feel their love, and silently thank them for continually serving and supporting you.

Offer a silent prayer of gratitude for the blessing of being alive. Ask God to be with you and to guide you in making the most of your day. Breathe in light and love, and picture it swirling all around you. Feel that light and love filling every part of your body, energizing and uplifting you. Relish in the feeling of being alive and present in the moment.

When you're ready to face the world again, open your eyes and take deep empowering breath. Notice all the wonderful things God is sending your way. Look around and count your blessings, big and small. Choose to embrace an attitude of gratitude for the beauty and abundance in your life!

B R E A T H E and be still.



Nowhere can man find a quieter or more untroubled retreat than in his own soul.

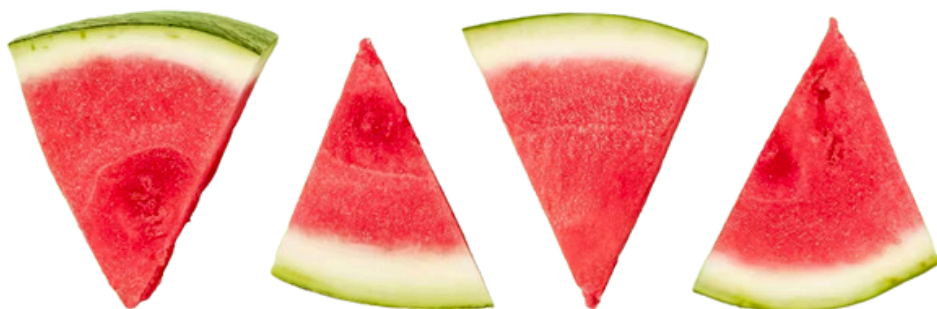
MARCUS AURELIUS

ENGAGE

There comes a time when you ought to start doing what you want. Take a job that you love. You will jump out of bed in the morning. I think you are out of your mind if you keep taking jobs that you don't like because you think it will look good on your resume. Isn't that a little like saving up sex for your old age? WARREN BUFFET

Today is the first day of the rest of your life, and you've got what it takes to make your life beautiful! Take it one day at a time, and do what you can with what you've got. Don't waste time looking back and kicking yourself over the past—choose to take action now and switch things up.

Do one little thing today that will bring you closer to the results you want. Start now, and aim to do one thing better than you did yesterday. Record your progress, and don't forget to celebrate each step forward. Every small action counts, and those consistent little efforts will add up and create big, beautiful changes!



A decorative pink floral border with intricate scrollwork and leaf patterns surrounds the central text and list.

Habit Upgrade

Choose one habit to focus on this week. Write it down, track your progress, and reflect on how it's improving your wellness.

- What's one habit you want to create or improve?
- Why is this habit important to you?
- What's one small action you can take today to start?
- What went well today?
- Did you face any challenges? How will you overcome them?
- What's one thing you can do tomorrow to stay on track?
- Keep going: Remember, consistency is the key to success. Celebrate your wins, no matter how small!

Give yourself permission to dream big and imagine yourself experiencing those dreams. Pretend you're living your dreams every single day—make them real in your mind. There's incredible power in this!

You can live a rewarding and fulfilling life, but first, you must let go of the draining beliefs, toxic mindsets, and relationships or situations that are dragging you down and holding you back. You must choose to release the past, take charge of your future, and put your dreams into motion. Only you can do that for yourself.

You were not born to be a victim or a martyr. You have the God-given power within you to massively upgrade your life and create one that feels truly fulfilling. All you have to do is determine to start!

Your job is to do what it takes to make your life feel good. Here's how to start:

Figure out how to get out of dead-end situations and relationships—let go of heavy stuff and toxic people. Get comfortable with saying no to what your gut says you need to let go of.

Look around and ask yourself: What can I do with what I already have? Plan something that excites you—and follow through with doing it. Start small by doing one rewarding thing a week, then keep adding in more of what lights you up. It's amazing how quickly your life will change when you decide to take charge of yourself and direct your future!

LIVE so you won't look back with regrets. Start today by doing something that makes you feel ALIVE—and then take a moment to celebrate the fact that you are truly LIVING!



BODY BANK

The patient should be made to understand that he or she must take charge of his own life. Don't take your body to the doctor as if he were a repair shop.

QUENTIN REGISTEIN

Have you ever noticed how some people with obviously poor habits live well into old age without having any serious health issues, while others can't get away with unhealthy practices without paying a steep price? I used to wonder why some people have a higher tolerance for junk food and other poor habits, until I learned about "reserves" and what I call the body bank. That's when it all started to make sense.

From the beginning, our bodies are built differently. Some babies are born into strong, healthy bodies, while others come into the world with bodies that are weaker and more prone to illness. Put another way, some babies inherit body bank balances that are robust and overflowing, while others start life with alarmingly low reserves.

A major determining factor is the DNA and habits of the parents and ancestors. Parents with depleted reserves don't have as much to contribute to their unborn child's body bank account, and as a result, babies born into these circumstances often start life with deficient balances, making them more susceptible to weakness and disease.

You have the power to switch to healthier practices and experience freedom from harmful substances and chemicals—and the many problems they cause.

Imagine the peace that comes from pulling back and embracing a simpler, healthier lifestyle.

I want that for you!

Take good care of your body, and you'll be rewarded.

You can do it, and I'm cheering for you every step of the way!

it's a choice!



Later, when the doctor who referred Janet to the specialist learned what had been recommended, he shook his head and admitted it didn't make any sense to him either.

Today, Janet continues to use essential oils, take nutritional and herbal supplements, and invest in energy work and massages. She sees her medical doctor once a year for check-ups, and she remains cancer-free!



My purpose in sharing these stories is to offer you hope. I understand there are situations that can feel hopeless, and sometimes nothing can change the outcome. But **OFTEN, IT CAN!**

I believe in staying in the game and giving it your all for as long as you have breath to give!

For me, giving it my all means investing in myself. For more than three decades, I've been committed to working on my health and well-being. I've spent countless hours and dollars on organic food, nutritional supplements, herbs, essential oils, bodywork, and personal development. I'm always working on caring for and improving myself.

Over the years, I've made a lot of daily deposits into my body bank account, and as a result, I've built a strong and solid foundation.

I don't do things perfectly, but I do enough of the good stuff to keep my body, mind, and spirit well and strong. And that's what it's all about!

