

THE 60 DAY RESTORE



EASTWEST
HEALTH



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If you look back at the previous 120 days in your Accelerate Wellness journey, what are you most proud of in your accomplishments?

Years ago, I put a Picasso magnet on the side of my fridge that says, "It takes a long time to become young again." Picasso is my reminder to discover new ways to restore youthful energy back into everything I do and into the way that I think. Your 60-Day Restore phase is a reminder that you can create the life and health that you want over again, and "become young again" by taking advantage of the resources that are in this phase of care.

"Be Your Future Self Now" by Dr. Benjamin Hardy, is a book that will be helpful to read in these next 60-days. In his book, Ben will give you the science behind rapid self-transformations so that you don't have to wait any longer to enjoy the future upgrades of yourself. Here's an exercise to kickstart your self-discovery engine.

Imagine you are in the final decade of your life. What will your energy levels be like? Will you still be mentally sharp, inquisitive, and excited about things? What adventures will you have with your friends, family, business partners, and loved ones?

How do you want to look? (The 97-year-old body builder, Charles Eugster believed that vanity is an attribute that can reverse aging faster than anything.) What will your physical fitness levels be like? Will you still have your quirky sense of humor and fashion? Do you still know how to have fun at this age?



"The more you own the power of your own decision-making, the more your life and outcomes will be within your control. - Dr. Benjamin Hardy"

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How will your business be performing? What freedoms will you be enjoying most? What will you be doing to bring meaning and purpose to your life? How will you be adding value to the people you love most and to society?

Now bring your imagination back to decades of your past. When was it that you started taking your health seriously? For me, it was the age of 13. My mom got me a book that she wanted my dad to give to me called Inner Athlete by Dan Millman who opened my mind to the power of visualization. I learned that the way I saw a future performance in my mind, made the difference between having a great game vs. a mediocre one. As sports were my free pass from farm work, I applied what I learned immediately so that I always had a spot on the team.

When was your pivotal moment? How old or young were you when you started to become aware of your health? What were your most enjoyable activities?



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Restoring your memories of the past and reframing them to capture more meaning in your life is one of the most useful capabilities you have. You are always making up the future, why not rework your past so that you can accelerate your thinking which in turn will accelerate your health?

Your next 60-Day phase in your Accelerate Wellness program is designed around the concept of restoring your health reserves for the healthiest future of your life.

1

Fitness 50 at Age 100 Benchmarks: now is the time to put some fire back into your belly. The Fitness 50 concept was created by my mentor, Dan Sullivan. His goal to live to be 156 always catches people by surprise. "What if you don't make it Dan, won't you be disappointed?" Dan replies, "Well, I won't be around to be disappointed." What Dan does realize is that by keeping his physical body improving at the age of 78, he needs benchmarks that set the stage for age 100, and so do you. Test yourself once per week on each of these Fitness 50 Benchmarks and see if you can go from Fit to Fitter to Fittest.

2

Eating Fat Without Getting Fat: clear cellular communication depends on healthy fats. Avocados, wild fish, wild game meats, offal, butter, olives, and olive oil all make a bland meal better because of the fat in those foods. Your brain soaks it up and without fat, you aren't as sharp mentally, you crave more sugar, and aren't satiated. Aim for 80-100 grams of healthy fats every day. Contrary to popular belief these fats will not make you fat, they won't raise cholesterol, and they will give your brain and heart a happy boost.

3

Resistant Starches: when you eat, your food gets digested twice, once for you, and then again for your bacteria who love to fill their belly with starches from yams, sweet potatoes, rice, plantains, green bananas, cassava, Kamut, and oats. The "resistance" means that the starch is resistant to digestion and so instead of your body absorbing the starches in your stomach and small intestine, now your bacteria can enjoy feasting on them in the large intestine. You will want to aim for 100-250 grams per day. If you're looking to optimize thyroid and hormone function, don't skip out on these healthy carbs.

4

Unique Physical Abilities: as you become friends again with your flexibility, strength, power, and endurance, you are, as Dan Sullivan likes to say, "giving death no assistance" you are putting gas back into the tank. You've got a mean machine, but it may still need some maintenance and repairs. Stop procrastinating. Get rid of inflamed and degenerative areas in your body so that you can step onto your yoga mat with confidence. Every day: stretch, lift something heavy (60 minutes of resistance training per week lowers mortality risk by 27%), run or move fast, and then get your 10,000 steps per day in. Get close to your maximum heart rate. How do you know what that is? Take the number 220 and minus your age-that's your maximum heart rate. If you are 60, your maximum heart rate is roughly 160 beats per minute.

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5

Timed Eating: if you've read the book *Circadian Code* by Satchin Panda you will instantly see that eating in a 12-hour or less window accelerates your body's health and reverses disease without changing much at all. Insulin resistance gets better, muscle strength and endurance improve, and best of all-sleep in deeper when you are in a fasting state. What's the best way to do timed eating? Simply note the time that you consume your first gram of fat, carbohydrate, or protein and give yourself 12 hours maximum before the kitchen is closed until the next morning. If you eat at 7 am, then stop eating at 7 pm. For those of you with hypoglycemia, don't worry about extending your fasting window just yet, but for the rest of you feel free to extend the fasting window to 14 or even 16 hours per day-just make sure you stay hydrated and get in your protein, fats, and resistant starches.

6

Your Gratitude Muscle: the most important muscle that you can build is your gratitude muscle. Researchers agree that people who feel and express more gratitude also enjoy greater levels of happiness, deeper relationships, and higher levels of accomplishment than those who don't. Try to feel grateful and angry at the same time did it work? When in your life were you the most grateful? How often are you working on your gratitude muscle? Restoring all things health also relates to mindsets. Before you go to bed at night, think of 3 things that you are grateful for that happened that day. Your brain will release serotonin, GABA, and dopamine which will lull you right to sleep. During your mindset morning, reflect on the thoughts you had before drifting off to sleep.

Total Points Possible 360

Your Score:

CONGRATULATIONS

Even if you scored 1-point, you made progress and that's all this is for. There isn't a "best score" until you compare your results over the next 60-Days. The 6 Essentials will feel incredibly rejuvenating and rewarding the more you practice them, and they are intended to continue as part of your new lifestyle. The Residual Results that will benefit you for years to come. The research shows by improving 1% on these habits every day, you will have improved over 37x this year. Like compounding interest, these small things yield big results and when coupled with your treatments, they will help resolve your pain for good and save you hundreds of thousands of dollars and years of chronic disease by implementing them into your life.