



i AM

Discover your

WOMAN

health and beauty from the inside out

WORKBOOK

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i AM WOMAN

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DEDICATION

I dedicate this workbook to my family who encouraged me and cheered me on as “i AM WOMAN” was unfolding. A special thanks to Felicia Beavers for always being in my corner and being my “yes” person.

I’d also like to dedicate this workbook to each woman whose life is in the process of being transformed. With each word written I had you in thought. Always keeping in mind the word given to me; “I am preparing you for a people and preparing a people for you”. And I believe that you are one of those people.

Enjoy discovering your health and beauty from the inside out!



FORWARD

In scripture, Jesus refers to our bodies as the living temples of God. Zina's "i AM WOMAN" workbook addresses the topic of helping our temples to become healthy and whole! Zina sheds light on the issues of fast food, unhealthy eating, work stress and relational issues that cause many to become weighed down due to poor health and unhealthy lifestyles. I recommend to you this significant publication written by a dedicated woman of God that will help you live life to the fullest!

-Glenn Burris, Jr., President, The Foursquare Church

When I first met Zina nearly twenty years ago, it was quite obvious that she was a vivacious and compassionate young lady. But, little did I realize what a tremendous blessing she would soon become as she fully embraced the Hallelujah Diet and Lifestyle and began ministering to the needs of others.

Not only does she have a passion for the Lord, but also for her fellow believers and those women around her that struggle with health, happiness and everyday life in a world gone array. She draws on her personal research, experience with her own family, and communications with struggling women to bring to you an invaluable resource in *i AM WOMAN*.

Throughout the past nearly forty years I've talked to hundreds of women who knew they needed to take responsibility not only of their own health (physically and emotionally) but that of their entire family. They struggled with fundamental principles of health and overall wellness, lacking understanding in the seven areas of life discussed by Zina.

Now, with *i AM WOMAN*, you can be empowered with a fundamental understanding of simply lifestyle and nutritional principles based upon solid scientific studies and biblical principles, as found in Genesis 1:29 that will enable you to take responsibility for your own and your family's health. You will now be able to adopt good dietary and lifestyle habits that you will take throughout the rest of your life.

You will learn step by step the fundamental needs of the body in terms of not only physical health, but spiritual and emotional health as well.

Zina has put together more than a workbook. This is a resource manual you will value for years to come. It will equip and empower you with the knowledge to truly take charge of your own wellbeing and to lead your family on a journey of wellness few will ever experience due to being blinded to the truth.

George Malkmus, Lit.D.
Founder Health Hallelujah Acres®
and The Hallelujah Diet®

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INTRODUCTION

Welcome to “i AM WOMAN.” This workbook will help to reinforce what you have already learned from the video and mp3 teachings. It will help you to continually have a written resource to refer to. Also, there will be tests to confirm that you know what you know. That you KNOW IT!

My hopes are that you will be freed up in every area of your life. That “i AM WOMAN” will be used to provide direction, confirmation and resources. Equipping you to make decisions concerning your personal health and well being. Not because I tell you what to do but because you have personally applied the principles and have decided what you will choose to do with and for yourself.

If you're a woman who has been frustrated or bound by sickness, chronic illness and disease, focused on food: what to eat, what not to eat? My desire is that you will soon be on the road to your healing. This is very important to me, because so many women are not living life with joy. Many are confused and unsure of what to do next; how to get out of their predicament. Woman for you personally, I want to say, “The answers are there and your joy awaits you.” I'm excited about the day that you will proclaim, “i AM WOMAN!”

We will delve into 7 areas of our life. As we do, you will see that by taking a look at the inside of you, that there is a healthy beautiful “you” waiting to reveal herself for everyone on the outside to behold. Let's begin the journey of what it is to discover your health and beauty from the inside out.



WHO ARE WE?

History, philosophy and science support a basic understanding that we are made up of three elements and functions; namely the mind, body and spirit.

Webster's Dictionary provides the following meanings to these three components of who we are.

1. Mind/Soul

Complex of elements in an individual that perceives, thinks, wills, reasons and understands

2. Body

The physical aspects of what you are

3. Spirit

A supernatural being or a person's total self

As the body typically does the will of the spirit and mind, the spirit is often conceived as controlling both motor and mental process; having the greatest influence over who we are.

If we conclude that this is who we are, then we will be able to discover and maintain more balance for the whole you. When we ignore that our emotions and spirit affect our physical being, we oftentimes find ourselves in painful circumstances. If you look at the abuse that over consumption of alcohol, drugs and harmful foods have had on many today, you might agree that it is not the body that ran to these things, but the spirit and mind that worked together to ultimately lead that individual to over consumption. Again, the body only follows what the spirit suggests and what the mind has willed it to do. As the chapters progress we will discuss this further. Let's talk briefly about the spirit

or as Webster's says, "your total self." In order to do that, we must ask this question: "Have I been created or did my mind, body and spirit evolve from nothing into something?" The amazing wonder about the mind is that it has the ability to choose, to conclude whatever it wants. Be it right or wrong, it has this ability. What your mind decides will inevitably be what your body will reveal. Your lifestyle will function around what you believe. If you believe that you were created by a specific designer, then you will go to the designer to ask how to live.

You've never seen a watch act like a car. Nor have you ever seen a cow act like a bird. No, these things were created with intent, to do and be exactly what they were created for. A watch reveals to you, the time. A car takes you from one place to another, hopefully in a safe manner. A cow eats cud and birds fly. You never, nor will you ever, see any of these doing anything other than what they were designed to do. Can the same be said for women? No! Women have been given the ability to choose. With that, we see us women choosing all sorts of modalities to live by. Most do not want to look like what they were created to look like nor function as they were designed. We have curly hair, we want it straight. We have brown eyes, we want blue. So for years and years we spend endless amounts of time and money, trying to become something we really are not. A lot can be said about this topic. We will talk more about this as you progress through your workbook. But for now, you can see that by coming to choose whether you believe you exist or were created, will establish the foundation by which you make your choices. I have total confidence that you have been created, created by God. That He has a plan for your life; plans to give you hope and a future. He knows exactly what you need and is willing to show you how to live life, life abundantly.

You know that you know:

WHO ARE WE?

1. What three functions are we made up of?
2. What does Webster's dictionary define the meaning of these functions?
3. What happens when we ignore that our emotions and spirit affect our physical being?
4. Do you believe that your mind affects your body or vice versa? Give an example.

5. In all creation who has been given the ability to choose?

6. Why is it important that we come to choose whether we believe we exist or have been created?

7. What plans does God have for your life?



WHAT ARE WE?

We saw in Webster's Dictionary the meaning to the three components believed to be who you are; namely, mind, body and spirit. We also talked about who you are being quite different from what you are. What are you? You are a union of some 70-100 trillion cells dying off and replacing themselves at a rate of approximately 300 million cells per minute, everyday of your life. Each cell designed to carry out specific functions. Confirming that your body is not just some random mix of chemicals but a created, predesigned, extremely organized living organism. Creationists and evolutionists agree that scientifically it takes just two cells (an egg and a sperm) joined together and approximately 9 months later we behold human kind. Amazing to see two seemingly innocent cells, duplicate to four, four to six and so on and so on. Then behold, life is completely formed. If all of the cells within this process were healthy vital cells, then we are introduced to a healthy vibrant infant. Having 10 fingers and ten toes; one of the first things us moms look for upon the birth of our children. How can one not marvel that there must be a God? A God who with great intelligence and wonder created us; us women. Specifically, YOU! There is no doubt that you have been fearfully and wonderfully made. The DNA of your cells has already been established. And from that point forward your body will continue to replace each dying cell with a new one. What you provide each of these new living cells will determine the health and vitality of your whole body. Your entire cellular system will completely regenerate within approximately 9-12 months time. This time next year can you say, "Here I am, the new and improved me"? I believe you can. And "i AM WOMAN" is here to encourage you to take the steps to reveal the "new you" from the inside out.

Most of the human body is made up of water, H₂O, with cells consisting of 60-80% water by weight. Therefore, it isn't surprising that most of a human

body's mass is oxygen. Carbon, the basic unit for organic molecules, comes in second. Ninety nine percent of the mass of the human body is made up of just six elements: oxygen, carbon, hydrogen, nitrogen, calcium, and phosphorus. And our cells, their outer membranes, and their communication receptors, are literally made of fats, sugars, and proteins.

But with all that said, in laypersons terms; what equates to health? To give you a very simple answer would be to say, "Healthy cells, healthy body."

We are going to introduce an equation as a model for all 7 areas of your health. It will help you to make healthy decisions to bring health into your body that needs to be healthy in order to live. See the equation below:

What equates health? $\text{Nutrients} - \text{Toxins} = \text{HEALTH}$. This is worth repeating.
What equates health? $\text{Nutrients} - \text{Toxins} = \text{HEALTH}$.

A cell is the most fundamental unit of biological life. All known life, except for viruses, is made up of cells. Cells are also the smallest metabolically functional unit of life. Meaning the smallest unit that can take nutrients in from the bloodstream, convert them into energy, perform useful functions, and excrete waste. Taking in nutrients (+) getting rid of the toxins (-), to equate (=) health.

So as we begin to look into the 7 areas of our life, we are going to apply this model. $\text{Nutrients} - \text{Toxins} = \text{Health}$. Or "Good stuff in, bad stuff out."

These 7 areas of our life are what I believe to be the key components that make up everything that we need for abundant life and health.

They are: Air, Water, Food, Exercise, Sunlight, Rest & Relationships. Let's begin to discover your health and beauty, from the inside out.

You know that you know:

WHAT ARE WE?

1. Approximately how many cells is your body made up of?
2. How often are your cells dying off and replacing themselves? At what rate?
3. What you provide each of these new living cells will determine _____.
4. Approximately how long does it take for your entire cellular system to regenerate?

5. Most of the human body is made up of what?

6. Creationists and evolutionists agree on what?

7. What equates health?



AIR

Knowing who you are and what you are (literally) will be the foundation for how you care for you. You will continue to build on this until you have reached the healthy you; discovering your health and beauty from the inside out. The health equation of **Nutrients (+) minus Toxins (-) equals (=) Health** will continue to be the model that you can use to gauge your progression as well as keep you on the path towards ultimate health. As we delve into the seven (7) areas of who and what you are, you will be given 7 “How To’s” to catapult you towards health. Begin to apply each of these “how to’s” and you will behold the transformation begin. Although listed in a particular order please know that each of these seven (7) are all equally important to one another. Working together in harmony so that you can be the best you; ever. Let’s get started.

Oxygen: you’ve got to have it; period. All that needs to be done to see the importance of oxygen is to cut off its supply for just a few minutes. Life can remain without food for a few weeks, without water for a few days, but only a few minutes without oxygen. There is a continual process of taking in air. Filling our trillions of cells with life, and then breathing out carbon dioxide. Thus, removing toxins from our oxygenated body. The length of human life depends on the quality of air that is breathed in. Air can determine the level of health that is attained throughout life. Air is the number one commodity of the human body. Air is a mixture of invisible, odorless, tasteless gases that surround the earth.

The decrease of oxygen to at least one body part is known as hypoxia. The total lack of oxygen is known as anoxia. Brain cells are destroyed after 4 to 6 minutes without oxygen. When the flow of oxygen to the brain is completely cut off, a person will lose consciousness within 10 seconds. Extended hypoxia leads to brain damage and ultimately, death.

Oxygen is the third most abundant element of the universe and makes up nearly 21% of the earth's atmosphere. Oxygen accounts for nearly half of the mass of the earth's crust, two thirds of the mass of the human body and nine tenths of the mass of water.

Endurance building activities are often referred to as aerobic exercise. Aerobic literally means "with oxygen." A few examples of aerobic exercise, which can be sustained are: walking, bike riding, jogging, dance, jumping rope, etc. These forms of exercise circulate blood to the muscles, along with oxygen, to produce energy to perform a physical task, as well as burn fat.

Deep breathing is also a key factor to bringing plenty of air into the lungs. Sadly, most adults breathe quite shallowly. Tight clothing, sitting hunched over, sitting sedentary and being under stress produce shallow breathing. However, this can be reversed.

The 7 "How To's" of Air:

1. Squeeze and relax each and every muscle from the soles of your feet to the top of your head. Hold each flex or contraction for approximately 3 seconds, release and go to the next body part. Squeezing your muscles helps to detoxify your body. Do this either standing or lying down. The blood will circulate and drive oxygen throughout your entire body.
2. Count out loud to 5, take a deep breath then to 4, take a deep breath then to 3, etc. Then count to 50 in one deep breath. This will allow you to fill your lungs full of air, as well as releasing all of your non usable air on the exhale. Repeat this pattern 3 times.
3. Bring air into your everyday environment. Your home, office, car, etc. Most of your day may be spent indoors; shut in from air circulation. Begin opening up the windows around you. Outdoor air in most cases is the best air for you to fill your lungs with. Air is the number one commodity of the human body. It's free and all around you. Get the best air available.
4. Deep breathing: Improper breathing causes oxygen deficiency. Use the full capacity of your lungs by expanding both the chest and lower abdomen. Practice deep breathing for a few minutes every day. This is even better if you are out of doors where there is better air quality. You want to begin

breathing from your diaphragm. Keep your shoulders pressed away from your ears and breathe in deeply enough to where you feel your lower rib cage expand. It should pinch just a bit. Now your lungs are fully expanded. When exhaling, use your stomach muscles again. Push the air out as if you are pulling your belly button to the back of your spine. You want to eliminate all of the air from your lungs before taking in your next breath. Do this 5 times.

5. Aerobic exercise increases the capacity of the heart to pump blood and increases the capacity of the lungs. It doesn't matter what aerobic exercise you do. No matter what it is, try to start from 5 minutes up to 15 to 20 minute intervals. Just have fun, breathing in and out. Giving your body the number one need that it has: air!
6. Eat smaller nutrient-dense meals. Overeating causes oxygen deficiency. Consume meals that are easy to digest, not engorging yourself. You will find that you are not taxing your body and exhausting your oxygen, as your body tries to process your meal.
7. Avoid carbon monoxide. Simply put; bad stinky air is of no value to your body. Car exhaust, cigarette smoke, refinery fumes and the like should be avoided when at all possible.

You know that you know:

Air

1. What is the number one commodity of the human body?
2. What does the length of human life depend on?
3. How quickly are brain cells destroyed from the lack of oxygen?
4. What does Aerobic mean?

5. What does oxygenating the body help to burn?

6. What can be done to bring an abundant amount of oxygen into the body?

7. How do most adults breathe?



WATER

Water is the second most important need of the human body. Without it, a person would die within 4 days. On average a normal healthy body, within a balanced climate would find their body shutting down within a 4 day period. The organs of the body would not function properly with the lack of water and the body would simply die. Water, H₂O, is two parts hydrogen and one part oxygen. Simply put, water is a vital key to our existence and the function of our body. By definition, water is the liquid that descends from the clouds as rain. It is a major constituent of all living matter; pure, odorless and tasteless. A very slightly compressible liquid oxide of hydrogen, H₂O freezes at 0° C and boils at 100° C. Water is known as a liquid mineral, like a stone. It is the only substance that can exist as a liquid, solid or a gas and maintains its same chemical makeup. Without that property, we would not exist. We live in exactly the right spot on earth. If we were placed in the universe even a fraction over, we would not exist. Three quarters of the earth is covered by water. Water is moving all around the earth all the time. It's the hydrological cycle. Water, evaporation, rain, springs, etc.

Not only is water all around us, we ourselves are made up of water. Water accounts for more than half of the weight of the human body. The brain is made up of 75% water; blood is 83% and lungs 90%. A mere 2% drop in our body's water supply can trigger signs of dehydration: fuzzy short-term memory, trouble with basic reasoning and difficulty focusing on smaller print, such as reading. Mild dehydration is also one of the most common causes of daytime fatigue. An estimated seventy-five percent of Americans have mild, chronic dehydration. This may mean they are simply not drinking enough water; a sad statistic for a developed country where water is easily accessed through the faucet or bottle.

Water serves as a lubricant, forms the base for saliva, and forms the fluids that surround the joints. It regulates body temperature as the cooling and heating is distributed through perspiration. Carbohydrates and proteins that our bodies use for food are metabolized and transported by water in the bloodstream, regulating metabolism. Water is also in lymph, a fluid that is part of your immune system, which helps you fight off illness. Water helps to digest your food and get rid of waste too. Water is needed for digestive juices, urine, fecal matter, breath and perspiration. All of which are the avenues used for detoxification. Since water is such an important component to our physiology, it would make sense that the quality of the water should be just as important as the quantity. Drinking water should always be clean and free of contaminants to ensure proper health and wellness.

Nowadays we hear more and more reports that most tap and well water is not safe for drinking due to heavy industrial and environmental pollution. Toxic bacteria, chemicals and heavy metals routinely penetrate and pollute our natural water sources making people sick while exposing them to long term health problems such as liver damage, cancer and other physical ailments. We have reached the place where all sources of our drinking water, including Municipal water systems as well as natural water resources, contain some level of contamination. Even some brands of bottled water are found to contain high levels of contaminants in addition to plastics, causing chemicals to leach from the bottle. Applying the simple principle of **Nutrients (+) minus Toxins (-) equals (=) Health** will help to ensure that you are replacing any lost water from your body with pure H₂O. There are many different types of filtration systems available to help you remove contaminants from your water; filtration, oxidation and distillation. There are a few schools of thought facing each of these methods. Whatever source you choose to use, you want to get as close to as pure water source as possible. When you think of water, you may already see that you have asked these questions. Is this water clean? Are there chemicals in it? These are good questions to ask. Because they will direct your steps to keeping the second most important need of your body provided for.

So we know we want to get fresh water into our bodies, but how much? Remember, this is going to depend upon your personal conditions (heat, exercise, pregnancy, etc). Following this simple water rule will help to ensure proper water intake.

“Water Rule”

Take your weight (in pounds) and divide it by two:

__ lbs. / 2 = ___ ounces a day

For example take a 120 lb female. Divide her weight by two and you have 60 ounces of water a day. Keep in mind that this is total water intake, and there are many foods with a high water concentration. To be safe, you should drink eighty percent of this in pure water. Using our female example again, 80 percent of 60 ounces is 48 ounces, or six eight-ounce glasses of water per day. Now we know the vital importance of water and the purity of the water. So let's apply the 7 “How To's” of Water.

The 7 “How To's” of Water:

1. Drink on average six (6) 8 oz. glasses of water daily (follow the “water rule”).
2. Drink fresh vegetable and fruit juices.
3. Eat fresh vegetables every day.
4. Replace water you have lost through exercise and natural excretion.
5. Use a good water purification system and avoid water that has contaminants.
6. Avoid too much processed food.
7. Avoid soda, coffee, tea and other liquids that are not primarily pure water.

You know that you know:

Water

1. Without water, a person would die in approximately _____ days.
2. By definition what is water?
3. What is the hydrological cycle?
4. A drop in our body's water supply can trigger _____.

5. List 5 benefits water provides for healthy body functions.

6. To ensure proper health & wellness water should be free of _____.

7. What is the “water rule”?



FOOD

You need to know this: You may not be special to most, but you are definitely special to many. Think of the relationships surrounding your life. Have you ever heard them speak of their concerns for your health and well-being? Of course you have. The people who you are special to want you to live an abundant, healthy life. It's not just for your benefit but theirs, too. So let's start now. Let's begin to discuss the third most important need of the human body; food. Now is the time for you to begin to educate yourself. You will become like a practicing physician and you will become your dearest and most faithful patient. Your life or death depends on it.

What is the purpose and definition of food? Food is a vital source which nourishes, sustains, and supplies energy and life to the body. It is material consisting essentially of proteins, carbohydrates, and fats used in the body of an organism to sustain growth, repair damage, and maintain vital processes and to furnish energy. It also contains supplementary substances, such as minerals, vitamins, and condiments.

Without food a person would perish sometime shortly after 40 days. You will want to apply the **“Nutrients - Toxins = Health”** principle when addressing food. Understanding that if foods are alive or dead will help you in understanding that if it is “live” food then it is a nutrient. If it is “dead” food then it is a toxin. If a food can be stored on a shelf for indefinite periods of time then it can be considered dead food. Basically, most of the nutrients have been depleted by the food having been removed from its life force for long periods of time, through being exposed to air, denatured by heating, adding preservatives or other such conditions. The evidence for a living food will show itself quite rapidly by change in color, becoming odorous and showing signs of rotting or putrefying. For example, if you take a 16 oz. steak and place it on your kitchen countertop

in a room at about 98.6 degrees (like the temperature of our bodies) and leave it there for only 4-8 hours, what do you think will happen to this piece of meat? To its color; its odor? This meat will begin to putrefy quickly because the heat is killing the living cells and it will begin to give off a wretched odor. Yet, if you take a living food that has been processed and then given preservatives these preservatives do not necessarily lock in the life of the nutrient, but merely preserve to lock in shelf life.

We want to provide our bodies with the Nutrient (+) side of our equation and provide our bodies with living foods. Also known as Raw foods: fruits, vegetables, nuts, seeds, grains, etc. having come from the ground can be identified as living raw plant food. These fresh uncooked foods have not been heated above 106 degrees Fahrenheit and have not been denatured through the cooking process. When cooking, the protein molecule breaks down at 150 degrees. At 160 degrees, it is totally degenerated. Like with your own body, if your temperature goes beyond 106 degrees, the enzymes of your cells will begin to die off, thus you begin to die. Keep in mind just as temperature affects your living body, it in the same way affects your food.

When I first began to educate myself about foods that were dead or alive, I thought I really had a handle on what healthy, nutritious foods were. I, like most people tried to follow the Food Pyramid given to us by the USDA (United States Department of Agriculture). The primary purpose of the USDA is to make sure that all American food that is manufactured and consumed is safe, nutritious and sustainable. The USDA thus establishes and enforces regulations about food handling, preparation and manufacturing. It seeks to find ways to make crops healthier, such as growing certain hybrids or reducing pesticide use. It also works with farmers to develop techniques that enable the farmers to produce crops without injury in an efficient and renewable way. I tried eating my foods by the standard that the Pyramid guidelines informed Americans, were the most nutritious way to eat. However, I discovered that in less than 20 years this Pyramid had changed more than 3 to 4 times. It caused me to be confused and ask myself; "If the USDA is not sure which food to eat and in which order, then who does?" My next step was to go to my physician. There too, I discovered that my primary care physician had less education towards foods and how they affected the health of my body. He was trained to look at the body from a biological or chemical perspective verses a physiological perspective and educated on how to give a prescribed drug for symptoms described by a patient. Not necessarily to look at the root of what may be causing

the ailment in order to find a cure, in order for it not to return. I felt that many medications manipulate the body instead of cooperate with the body. These revelations fueled my need to discover how to really care for my body and for my over-all health. That it was my responsibility to gain as much knowledge as I could, practice what I was learning and to see if these applications really were substantial to my health. I found that many of the answers had been around for years but we have simply not been educated towards taking our own health in to our hands. Somewhere we have given permission to the medical industry to tell us that when our bodies are in any sort of discomfort that we should drink this liquid, swallow that tablet or inhale this vapor to make ourselves feel better. Yet, there are answers for you that will get you to a place that you will never have to lean on such things to have a great sense of well-being. You will be walking in good health, not having to worry about your weight, blood pressure, diabetes, heart disease and even cancers. If you care for your body then your body will care for you; it's that simple.

We want to avoid the pharmacy by getting nutrients into our body at the cellular level. Juicing is one great way to begin this process. Nutrients are extracted from the fiber when we juice, allowing you to get nutrients into your body in a very short amount of time. Through this process the juice bypasses the digestive system and goes immediately in to the blood stream at the cellular level. Remember, it's about feeding your cells with living cell building materials. If you want to talk about being 'juiced;' now this is the way to get there. If your budget will support purchasing a masticating juicer; this will provide you with the highest yield of nutrients. With just a little prep time, juicing can be done quickly, in a short amount of time and with only minimal clean up.

Detoxifying the body is of equal importance so eating fibrous foods within the living foods family will help to keep your colon functioning properly in order to assimilate the nutrients that you are providing it. All the while you are getting rid of the unusable materials that lie within you. Maybe you will want to paint your own imaginary picture of how nutrients are placed into the body, how they are assimilated and then how they are disposed. The visuals can really help. Those gondolas of Venice filled with nutrients and removing toxic waste, have many times been just what I needed to make a choice towards choosing a living food versus a dead food; toward giving myself a nutrient instead of a toxin. Now you too, will get to choose.

Don't forget, what is that little recorder in your head playing over and over again? Let your visual aids partner with catch phrases like; "You're worth every

penny you spend on YOU,” “Raw, Raw, Raw,” “Juiced for life,” “I’m discovering my health and beauty from the inside out and things are looking pretty good and so am I.” You are receiving new tools that you can pull from to get you to a place that your mind has been renewed. The old way of thinking that led you to a place of discontentment and down a road of self-destruction has now been renovated. You can now say, “i AM WOMAN”. You’ll really mean it you’ll really believe it and your life will reflect it. It’s not as much about the foods as you may really think it is. It’s not as much about what you are eating and how it affects your body. You are going to begin to see that it is truly more about whom you are and how your mind, body and spirit work together as one complete YOU!

Here’s yet another tool that is going to be a tremendous aid to you as you discover your health and beauty from the inside out: Journaling is a sure method to track what living or dead foods you are eating on a daily basis. As you begin making the changes towards nutrient intake write down daily what you are consuming. Also, to get a great over-all picture of where you are emotionally in relationship to eating, write down how you were feeling at the time that you ate whatever it is that you consumed. You may be surprised at how your emotions play a strong role in what you choose to eat. You will receive some amazing revelation as to why you choose to eat what you do. We should always go back to the foundation of who we are. When our mind, spirit and body are working together we will eat well. When we are having those internal struggles we will often find ourselves making poor choices simply because we are not at peace with ourselves. Get a journal and start out with 5 daily reflections. Each day, for 5 days, you will begin to see that you will start to change the ratio of living food choices over dead food. You can set up personal goals or challenges to see the different ways you can increase your nutrient intake to a more living food regimen. In no time at all you will find yourself at the 80/20 platform; possibly beyond. A platform of eating an average of 80% living whole foods and 20% cooked foods of your choice. Eaten more so for personal preference and not so much for nutrient intake.

Creating a support team around you will also help you in progressing towards discovering your health and beauty from the inside out. It never helps to have people around you that criticize your efforts towards making personal life style changes. Discovering those “Yes People” will be yet another key to your success.

The 7 “How To’s” of Food:

1. Examine-recognize your emotions and begin to ask yourself why you are having them in relationship to your eating routine.
2. Keep fruit out where you can see it. You’ll be far more likely to reach for it instead of other less nutritious foods.
3. Get creative. Variety is the key to a healthy diet and lifestyle. Try some new fruits and vegetables. Go for dark leafy greens and reach for foods in bright yellow, orange and red. You’ll be glad you did.
4. Start out a meal with a large fresh vegetable salad.
5. Begin a juicing regime.
6. Make a meal where the vegetables take center stage, such as a broccoli carrot salad or cucumber and beet medley.
7. Journal and begin tracking your nutrient intake.

You know that you know:

Food

1. What is the purpose and definition of food?
2. What is the health equation/principle?
3. What is the purpose of the U.S.D.A?
4. What method can we use to get nutrients at the cellular level?

5. What foods can be considered living/raw foods?

6. What two tools can you pull from to help you get your mind renewed?

7. What kind of people are your support team?



EXERCISE

After having discussed food, most will assume that the natural progression would be to discuss exercise. After eating a delicious healthy meal you're ready to discover why the 4th most important need of the body is, indeed, exercise. Food is given for the body to provide fuel for it. Just as if our bodies are a high performance machine; food is provided to help it create energy to function properly. I am amazed at how the body has been designed. Each and every cell of the human body has a particular function or task, if you will. We (our spirits) live within this amazing tapestry of living cells, willing to keep us living life abundantly. If we provide the body proper cell building materials, as you learned earlier, then it will function in a strong and healthy manner. Remember, we are responsible to care for and maintain what we are, in order to care for who we are. One of the key elements to taking proper care of your self is through physical activity. The questions that may arise are why and how?

Years and years ago men and woman would get out into the fields and farms to plant, grow and harvest their food. The physical activity that was involved was laborious, to say the least. These folks would get out into the open air of the early morning hours and work until the sun went down; with the exception of a lunch break and maybe a midday siesta. Most of us today have come a long way beyond those days. And I'm sure that many young people are happy to have been born in the 21st century. But is this for the best? This is a question only you can answer, but let's take a look at where we are today and you can decide for yourself.

We now live in a day and age of technological advancement. Technology, like our food choices, has been "supersized" and we are moving at warp speed. This has made our lives easier on many fronts. In only the last 50 years we have seen the inventions of the remote control, microwave oven, jet airliners, industrial

robots, personal computers, the world wide web, GPS, cell phones, color televisions, 3 D video games and yes of course; Google. Our cars are designed for convenience during travel and we have great public transportation. We have created machines to clean our clothes, our dishes, our floors, our carpets, our cars and even our teeth. We use a shopping cart to place our groceries in to sail down the aisles with ease. Boxes, cans, jars, bags, bottles and containers of pre-cooked and processed foods have been designed for our convenience as well. Much of our entertainment is spent in front of our television or computer screens. In years past, we would walk or jump on our bicycles to go and visit our friends and family but not nowadays. You can use technology to bring you face to face, no matter the distance. With all of the social media advancements you can connect to an endless amount of people all at one time which keeps you in touch; right at the ends of your fingertips. I can only hope to say that with all of these advancements that we never forget the immense value of face to face communication and the ability to touch one another both emotionally and physically.

As an industrialized “forward thinking” people, we’ve gained some tremendous advantages in order to live a convenient and comfortable life style. Although unintended, from the wonderment of technology has now grown a culture of sedentary people. You’ve heard the term “Couch Potato.” This was birthed in the early 80’s as we saw our culture’s ever increasing inactivity and much too much television viewing. Simply put, we no longer expel as much energy as we did before. We find ourselves sitting stationary for hours on end, walking short distances, having very little physical movement and then we are off to bed for 6-9 hours of sleep. I sometimes say that you can be a couch potato in the area of around 40 years before the body will show signs of dysfunction or breaking down, if you will. Inactivity is now claimed by the Department of Health as one of the “silent killers.” A sedentary lifestyle is now attributing to such diseases as heart disease, stroke, diabetes, weight gain and obesity; which are some of the highest causes leading to death in our modern society. In years gone by the lifestyle of the people included much physical activity. Today we as a people must increase physical activity within our lifestyles.

You may be one who has read the books, bought the videos and even gone to the seminars; yet there’s not been much change. It’s left you feeling numb and stuck. As you have learned that you are a woman of mind, body and spirit now is the time to have that internal conversation with you. You are a woman with a spirit. The spirit is living and ever expanding, wanting to contribute and always

giving. As the spirit casts the vision your way towards the total “healthy” you; you begin to gaze into the future. You’re inspired and you know it’s possible for you to live this as a reality. Then your mind begins to engage and rationalize this metamorphosis. This is where dreams and reality meet face to face. This too is where you must embrace this moment. Wrap your whole heart around it; truly embrace it. Because the rational understanding is that it is going to take some time and some work in order to get you to where you envision. It’s not going to happen as you lie there looking at what could be; no that is called fantasizing. At this moment, possibly in the past, you have become paralyzed. The beauty of engaging the mind and the spirit is that if you spend enough time in this personal internal dialogue, a strategy will arise. At one point you may feel that you don’t have what it takes; the knowledge or the skills. But when the mind and spirit work together you will be equipped and prepared for when doubt and fear rise up. Your body will follow what your mind and your spirit have concluded to be the direction you will go; given your new action strategies.

As you walk in the inspiration of taking steps towards health, let me share with you a few very good reasons to allow physical activity to become an essential part of your new lifestyle. Here are some recent statistics attributed to regular physical activity:

- Up to 30% lower risk of depression
- Up to 20% lower risk of breast cancer
- Up to 30% lower risk of early death
- Up to 30% lower risk of dementia
- Up to 35% lower risk of heart disease and stroke
- Up to 50% lower risk of osteoarthritis
- Up to 50% lower risk of type 2 diabetes
- Increases sleep quality
- Increases mood
- Increases sex drive
- Increases self-esteem

This is incredible news and if followed as prescribed you can have all that you ever imagined and maybe even more. A better quality of life and an opportunity to actually do the physical activities you've only watched others do. To fit in to the clothes that you've envied others prancing around in. And having the confidence that you don't need to be self conscious and constantly comparing yourself or thinking about what others might think of you. Those days can be behind you. But even knowing this you are going to have to make a choice for change.

I take a risk at offending people, but this is a question that must be asked and you have to answer it honestly. Have you really grown tired of all of this, are you really crying out for help or are you negotiating? "I know I'm overweight, this diabetes is too much to bear, and I can't stop drinking so much soda." Blah, blah, blah! I had these same internal dialogues with myself in years past. I relate to you in more ways than you will ever know. I used every excuse I could until I finally just gave in and really looked at me, all of me. I tired of hearing that recording playing the same old tune over and over again in my head. I knew that wasn't me and I decided I was DONE!

Are you at the point of giving up, are you thinking I've tried it all and I've done all that "they" told me to do. Or are you really saying, "I want this, but I don't know the answer." How badly do we really want to try to do things differently? Where I see people fail is where we try to follow a program or do something just because someone told us to do it. If you get one thing from this section of "i AM WOMAN," please get this: Let's stop trying to stop doing this or that or doing this or that. Let's start trying to learn about our body. Yes, learn about your body. If you do this, then you will have a new lease on life. It will help you discover you for you. You will now be able to make educated choices about your health; not based on emotion or following someone else's plan.

To equip you towards physical activity, remember your aid, the simple principle **Nutrients (+) minus Toxins (-) equals (=) Health** applies to exercise as well. Obviously you can assess that the physical activities themselves are indeed the Nutrient (+) side of the equation. You gain strength, stamina and increased health through physical activity. As you partake in physical activity this too begins the process of removing Toxins (-); as you sweat and increase oxygen and blood circulation. Both of these two components work together to equal (=) health. Just remember that it's all about doing something fun and that you enjoy in lengths of time spanning approximately 20-60 minutes in duration. There

are exceptions to this but in the beginning this will be part of your strategy; just make it fun.

While you're busy having all that fun keep in mind that each week you want to keep a balance of the "6 Essentials." They are: cardio, circles, strengthening, abs, toning and stretching. As you incorporate different activities in to your life you will see how many of them naturally will cover all 6 essentials. Those that don't you can still enjoy them for the sake of your own personal pleasure. If you are doing something active your body is reaping the benefits of it to some extent; so enjoy!

The physical benefits that you will reap from the "6 essentials" are as follows:

Cardio:

Also know as aerobic exercise; a focal point for most fitness activities. Through aerobic exercise you will breathe faster and more deeply; which increases the oxygen in your blood. This increases the use of your lungs, heart and blood vessels to work together to provide what is needed to complete vigorous activity.

Circles:

With sufficient blood flow flowing through the body, circles will help to keep the access channels open for each of the extended body parts. This is key to a wide range of motion and prevention of injury when participating in physical activities. Taking only a few moments to perform, circles are a must for over all physical longevity.

Strengthening for both upper & lower body:

The health of your muscles are key to not only increasing bone strength but providing energy for your body to maintain throughout physical activities to any degree. You want to burn energy stored in fat cells yet maintain muscle density during any attempt at weight loss.

Abs:

Also known as the core; helps to support and protect your back as it is related to upper and lower body movements. A strong set of abs will enable you to partake in almost any activity with strength as well as remain injury free.

Toning & Sculpting:

Essential to creating a balanced looking physic. Strengthening and enhancing the shape of the body to allow it to function as designed.

Stretching:

Stretching is vital to any physical activity. Not only for a greater range of motion but for recovery of the muscles and joints given over to stress during physical activity. Stretching is great either before or after physical activity. Great to do as a “cool down” after a time spent in physical activity.

The 7 “How To’s” of Exercise:

Obviously the mechanics of physical activity or exercise is something that cannot be shown or explained in enough detail through a workbook. The DVD on exercise has been provided for you to get the visual that you may need to do the exercises offered as suggestions towards your physical fitness. I’ve provided 7+ exercises to get you started. Watch the videos to learn how to do each of the movements for each exercise. Return to the workbook to help you build or design your personal routine throughout the week. The bonus is the breakaway

cards that you can take with you when you work out, either in your home, the gym or wherever it is that you choose to build your own body. They're there to help you remember what to do and provide you different ways to mix it up each time you are taking care of YOU! Remember you want to keep the 'Body Shock' effect going on, as shared in the mp3; to keep your body guessing. Now go for it and remember - Have Fun!

Build your own Body

From each category you build your own body by mixing it up each and every time you start to work on YOU!

Cardio warm up:

Jogging: 5-15 min.

Jump rope: 5-15 min.

Jumping Jacks: 30-100X's

Push Kicks: 20 L&R side (up to 5 sets)

High knee walk: L&R side (up to 100)

1-2 Punch: 30-45 seconds (3 sets)

4 Punch Combination: 20X's (up to 5 sets)

Circles:

(Circle 5 X's each): Wrists, Elbows, Arms, Waist, Hips, Knees. Ankles, Hands on knee circles, Open feet shoulder width touching knees circles, Foot into ground ankle circles, Head, Shrug shoulder (All circles are done forward/backward/Right & Left sides)

Strengthening upper body:

Shoulder press-nose facing feet: 30-100X's

Wall ups: 30-100

Push-ups: 10 (3 sets)

Triangles: diamonds/wide/military: 10-30X's

Up dog/ Down dog: 10-20X's (w/double pulse)

Up dog/Down dog w/plank: 10-30X's

Tricep dips: 10X's (up 3 sets)(w/ or w/o chair)

Lower body:

Stationary lunges: 10-20X's (L & R legs)

Reverse lunges: 10-20X's (L & R legs)

Calf raises: 30-50X's (w/double pulse)

Lungie hops: 10-20X's (up to 3 sets)(L&R)

Birdie lunges: 10-20X's (up to 3 sets)(L&R)

Reach for Heaven: 10-20X's (up to 2 sets)

Frog squat hops: 10-20X's (up to 2 sets)
Chair raises: 10-20X's (up to 3 sets)(using a chair)

Abs:

Straight on leg raises: 20-40X's (w/double pulse)
Pulsies: 20-40X's (w/double pulse)
5 minute tummy routine: 20-40X's in each posture (w/double pulse)
Knees to chest: 20-100X's (using chair)
Circuit Abs: 5-20X's (in each posture)
Plank: 10-20 seconds (3 sets)
Side crunchies: 20 (L&R)

Body toning & sculpting:

Obliques: 20-40X's (R&L)
Thigh burners: toe up/down/flat (40-60X's) leg swing/inner thigh (10-20X's)
Hip swings: 10-20X's (R&L)
Fire Hydrants: 30-60X's (R&L)
Rear Kicks: 30-60X's (R&L)
Buns in the oven: 50-100X's
Toe taps: 30-50X's (w/double pulse)

Stretch:

Forearm/Bicep
Chest/Back/Shoulder
Tricep stretch
Chicken wing
Chinese splits
American splits
Spinal stretch
Upward spinal stretch
Spinal release
Up dog/Down dog
Gravity stretch

With each posture-breathe deeply 2-3X's

You know that you know:

Exercise

1. What is the 4th most important need of the body?
2. What has the wonderment and growth of technology caused?
3. How was the term “Couch Potato” birthed?
4. If you allow the mind and spirit to have a personal internal dialogue what will arise?

5. What is one thing that we should start learning?

6. What are the “6 Essentials?”

7. What is it called when you do different activities to keep your body guessing?



SUNLIGHT

We need sunlight; without it there is no life. It is the source to everything that lives, breathes or has its being. If this is truly a stated fact, then why not enjoy the sun. The sun and its light play such a major role to our existence that even the ancient Greeks and Romans worshipped the sun. So esteemed is the sun that it was given its own day, namely the first day of the week; Sunday. I fear we have become too advanced in our thinking that we cannot learn from history and remain humble in our learning. I am aware that the function of our sun has not changed, yet our modern culture has affected the atmosphere that dances with the sun, if you will. Thus, there may be some things to consider about how much time we actually spend dancing with the source of light that keeps alive all things that exist upon the earth; including us women. We won't ignore some of the dangers that we know the sun poses but let's take a look at the benefits that this amazing source of energy provides. This is why I believe the sun is the fifth most important need of the human body.

The sun provides vitamin D which helps to strengthen our immune system. Which when strong, wards off viruses, bacteria, germs and the like. It decreases the activity of radical cells by producing antioxidants, thus helping to reduce inflammation. Inflammation by the way is part of all aging diseases. The sun lets off three different types of UV rays, being A, B and C. When the UVB rays have direct contact with our skin, a biochemical reaction in the cells, produce huge amounts of vitamin D. Prolonged exposure to the sun will cause tanning which works as a natural sunscreen. When we have a deep tan it reduces the vitamin D from being produced, thus preventing an overdose. Again, keep in mind the consistency of your sun exposure, as you never want to burn your skin. Be mindful of the time of day you get out into the sunlight. The sun's rays are more powerful between 10:00am.-3:00pm. If you are out during this time

consider the amount of time you remain in direct sunlight. Be prepared to have clothes for covering yourself and possibly a natural sunscreen if needed.

Many cells throughout the body depend on vitamin D in order for them to carry out their created tasks. Vitamin D is essential to our overall health. Here is a list of just a few things that sunlight helps provide, by giving us vitamin D. Keep in mind that all vitamins, minerals, oxygen, water, sunlight and a few other components, when working together, bring about the overall health of the human body.

Vitamin D helps to prevent and improve arthritis, autoimmune disease, type I diabetes, inflammatory bowel disease, healthy skin and hair growth. Helps to regulate cell growth and prevent various cancers. It is even effective towards heart health, mental clarity and deters depression. One great aid is by drinking fresh carrot juice, providing us ‘nature’s sun block,’ which can offer some natural resources to aid against any possibilities of damage the sun may cause.

With all that said, sunlight is something that we don’t want to avoid, we just need to use sound judgment, based on the knowledge you have gained about the benefits and risk of sunlight. Now let’s take a look at the seven (7) “How To’s” of sunlight.

The 7 “How To’s” of Sunlight:

1. When the sun is shining (preferably in the earlier morning hours to start) expose your body to 10-15 minutes of direct sunlight. Expose as much of your skin as possible, as this will allow your body to naturally produce more Vitamin D.
2. Avoid over extended periods of time in the sun, especially on large portions of your body. If you know that you will be in the sun for long periods of time, prepare clothing to stay covered.
3. Avoid direct sunlight between the hours of 10:00 am-3:00pm. Until you have a tan (which is part of nature’s sun screen). The sun’s rays are the strongest between these hours. Exposure for short periods of time are okay, but not for extended periods, without protection.
4. Avoid getting a sun burn. This does more than just age the skin.
5. Avoid chemical based sunscreens. Remember many of these chemicals are considered toxins and not part of our healthy equation.
6. Drink fresh carrot juice, coupled with sunlight to aid the body in producing healthy Vitamin D.
7. Use “sun sense.” If you feel you’ve had too much sun, you probably have. Drink lots of water when in the sun, stay hydrated (remember the second most important need of the human body; water)

You know that you know:

Sunlight

1. What are the three different Ultra Violet (UV) rays sunlight has?
2. What vitamin does sunlight help to produce?
3. During what hours of the day is the sunlight the strongest?
4. If applying a sun screen, what type should you use?

5. Does sunlight help with depression? Why/Why Not?

6. What day was given in honor of the sun?

7. List 5 benefits of sunlight.



REST

When we look at our lifestyles nowadays, most would agree there just isn't enough time in the day to accomplish all that we desire. We find ourselves frustrated, exhausted, emotional and often times in ill health. We keep trying to keep up with the demands of achieving our dreams for financial freedom, a good life and good health. Of all of the factors that we believe are essential to good health, rest is floating around somewhere towards the bottom. However, rest and especially sleep play a major role in your overall health and wellbeing. We have learned that air, water, food, exercise and sunlight are vital to discovering our health and beauty from the inside out. Now we will learn why sleep is the 6th most important need for your body. Sleep isn't merely a time when you "shut off." On the contrary, when you begin to rest or sleep your brain begins a myriad of functions, overseeing a variety of biological tasks that refresh and restore your body and mind. Not only is the number of hours you sleep vital, but the quality within those hours is equally as important. Sleep consists of a series of distinct cycles and stages functioning within your internal 24-hour sleep-wake cycle. We often hear this being called your "biological clock" or "circadian rhythm." It is regulated by processes in the brain that respond to how long you've been awake and the changes between light and dark. At night your body responds to the loss of daylight by producing melatonin, a hormone that makes you sleepy. During the day sunlight triggers the brain to inhibit melatonin production so you feel awake and alert. Body temperature cycles are also regulated by the circadian rhythm. During your sleep there are two types of sleep cycles. The first cycle is the NREM (Non REM), which has four stages of sleep within it; each deeper than the last. The second sleep cycle is the REM (Rapid Eye Movement).

Stage 1: Transition to sleep-Your muscles begin to relax and your heart rate will begin to slow down. During this time you are still somewhat conscious and can be woken up easily. This lasts about 5 to 10 minutes

Stage 2: Light sleep-Your body temperature will begin to decrease and your eye movement stops. However you can still be woken up during this time. If you heard someone drop something or heard a loud voice, you may jump up quickly and alert. This is the first stage of true sleep, lasting about 10 to 15 minutes

Stage 3: Slow Wave sleep-At this stage you are in a deeper state of sleep. Your blood pressure will begin to drop. You are unaware of temperature or anything about your surroundings. Your blood flow is directed away from your brain and towards the muscles. If you were to be awoken during this time you would more than likely feel disoriented and groggy. This lasts from 20 to 25 minutes

Stage 4: Deep Sleep-During this time you are now in the deepest stages of sleep. It would be very difficult to wake you up during this stage. This last from 30 to 40 minutes

REM (Dream sleep) – About 70 to 90 minutes after falling asleep you enter in to REM. Your eyes move rapidly, breathing is shallow, heart rate and blood pressure increase. Arm and leg muscles are paralyzed. During this time your body is processing the events of your day. Taking in the nutrients (+) and getting rid of the toxins (-) of life's events that day. These stages will repeat themselves many times throughout the night as the body processes, distributes and restores its self while you lie in slumber.

During the REM cycle, your body now moves on to restoring your mind. This is the stage where we dream. Dreams take place to recycle your life's experiences. God is highly involved in this whole process, as part of how He designed you at creation. There's a physical, emotional and spiritual phenomenon taking place that scientists do not fully understand. At one time sleep was considered to be a passive state of being. Now sleep is known as a physiological process affecting mind, body and spirit. Although the amount of hours you sleep is important, the quality of those hours is monumental. Deep Sleep and REM are key to a healthful night's sleep. Here are a few benefits:

Deep Sleep:

- Rebuilds energy stores
- Maintains health
- Stimulates growth and development
- Repairs muscles & tissues
- Boosts immune system
- Releases growth hormones
- Increased production of proteins

REM:

- Balances Emotions
- Increases memory retention & creativity
- Process life events

To underestimate the importance of sleep would be a disservice to your mind, body and spirit. We can see clearly the benefits of great sleep. The myth of catching up on lost sleep is just that; a myth. Trying to “sleep in” or “catch up on zzz’s,” just isn’t enough! Trying to regain lost sleep by sleeping in or having a night or two of great sleep cannot gain back the sleep you have lost. You may feel good Saturday morning after sleeping in for a couple of extra hours. However, your energy will decrease as the day moves on.

This is what you have to look forward to with lack of sleep:

- Memory loss
- Irritability
- Lack of concentration and an inability to learn
- Impaired judgment (you see things differently than you normally do)
- Decreased efficiency and productivity; everything seems to require more effort

- Weakened immune system
- Increased feelings of depression, apathy, irritability or aggression
- Delayed reaction time
- Exhaustion, delusions, paranoia, and hallucinations over a prolonged period of sleep deprivation

It is now determined that a grown adult requires on average 7-8 hours of quality sleep. Through the different stages of growth from birth to adulthood, the body requires varying amounts of sleep. This may vary depending on the overall health of the individual. Is a person ill? They may require additional sleep for the body to heal. Is a person on medication? Medications can affect healthy sleep by either increasing or decreasing it.

See below:

Age	Hours
Newborns (0-2 months)	12 - 18
Infants (3 months-1 year)	14 - 15
Toddlers (1-3 years)	12 - 14
Preschoolers (3-5 years)	11 - 13
School-aged children (5-12 years)	10 - 11
Teens and preteens (12-18 years)	8.5 - 10
Adults (18+)	7 - 8

Now let's take a look at the seven (7) "How To's" of rest.

The 7 “How To’s” of Rest:

1. Make sleep a priority. Just as you schedule time for work and other commitments, schedule enough time for sleep instead of cutting back on sleep in order to tackle the rest of your daily tasks.
2. Establish a relaxing evening routine. Listening to relaxing music or reading is a great way to unwind after a long day at work.
3. Avoid TV, computers and phones an hour or so before bedtime.
4. Don't wait until bedtime to start thinking about or discussing problems. Deal with anything that is worrying you or causing anxiety early on in the day. That way you won't spend time thinking about it as you're trying to drift asleep.
5. Avoid the use of caffeine, sodas, drugs, and alcohol because they can disrupt your sleep patterns.
6. Make your last meal of the day light. If your last meal is light, you will digest it more easily. Large meals take much longer to digest and can prevent you from sleeping properly. Nighttime digestion will pull much needed blood away from your brain. That blood is needed for the brain processing that happens while you sleep.
7. Keep your bedroom dark and as quiet as possible. A quiet, dark room is best for sleeping.

You know that you know:

Rest

1. At what stage of the sleep cycle do you dream?
2. What two sleep cycles are there?
3. Will you regain sleep by sleeping in?
4. During the REM cycle, the _____ is being restored.

5. What is the average amount of sleep required for the average adult?
6. When you sleep do your body and brain shut off?
7. During the deep sleep stage of NREM, the _____ is being restored.



RELATIONSHIPS

Relationships play a major role in the health of our body. Yet few see a correlation between health and relationships. Relationships, both positive and negative have an impact on our emotions, which then send physiological signals throughout our body. Our body then responds to these impulses either as a benefit (+) or a detriment (-) to our health. You may find some of these findings to be shocking, but let's take a look at how certain emotions cause a literal response within your body.

Happiness

Happiness is quite subjective and different for every person. For one person happiness is defined as sitting at the piano pounding away on those ivory keys and singing for hours on end. For another it may be reading a book or hanging out with the kids at the park. Whatever the person's example of happiness, it leaves that person with a sense of wellbeing. A woman with an over-all sense of wellbeing carries a positive outlook on life. These women are less likely to get sick and when they are ill, recover quite quickly. Most happy women find themselves with a boosted immune system, normal blood pressure and a target heart rate.

Sex and Marriage

Sex is a natural and basic need for women. Sex causes us to produce endorphins that help us to relax and experience the "feel good" hormone. Sex and touch help to support and secure relationship within your marriage. Many people who are committed to one another through marriage find support from having a life partner to share in life's ups and downs. Studies find those who are married produce less cortisol from stress and simply live longer.

Religion

Women who have a religious or faith based belief system often times navigate through relationships with a more positive attitude and apply knowledge given to their circumstances through their religious practice.

Parenting

Mothering a child or children finds most women filled with great emotion. Their attentions are placed on their children. This gives them a sense of accomplishment, pride in their offspring, and thankfulness. They are also humbled and tremendously blessed in knowing that their children look up to them for direction, support and encouragement.

Your body responds to how you feel. When your relationships are providing you happiness you will, most times, find yourself with a strong sense of wellbeing which supports you to walk in total health. When your relationships are challenged and you begin to experience negative emotions for long periods of time, if these feelings are left unaddressed they will begin to take a toll on your body.

We will see that feelings like sadness, depression, rejection, hopelessness, bitterness and anger do affect our health. Anger, in particular is the one emotion that drives some of the most self-destructive behavior and is the cause for chronic illness and disease in the body. It has been said that, "Anger and resentment are like drinking poison and then hoping it will kill your enemies." Is there some truth to this? When you are angry the blood in your body turns acidic. An acidic body in time will become a sick, ill and diseased body. A diseased body cannot live for a long period of time. We must deal with these emotions that surround our relationships.

Nelson Mandela, a man jailed for 27 years, upon release said, "As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness and hatred behind, I'd still be in prison." During the process of creating this workbook, Nelson Mandela at 95 years of age passed over to the other side. Up to this point he was a man in good health and a striving activist for civil rights. He understood the principle of facing the turmoil that comes from relationships and how if negative emotions are not dealt with, not only are you emotionally bound and imprisoned, but even your body will bear the effects of emotional incarceration. Anger and its counterparts have been known to take over a woman's health without her even knowing it. Having this knowledge is one of the first steps in understanding why healthy relationships are the 7th most important need of the human body.

When you are not living with healthy relationships and your emotional health declines; so does the body's immune system. This makes you vulnerable to colds and the flu during those stressful times. Your mood becomes tempered and you may find yourself less motivated to eat well, exercise and access who you are as a whole woman: mind, body and spirit. When in this oppressed or depressed state, you may then find yourself even becoming self-destructive by abusing foods, tobacco, alcohol, drugs and the like. Here are a few physical responses the body often gives when we harbor these feelings.

Heart Smart

When we are stressed the body releases cortisol, part of the “fight or flight” reaction to danger. It is an indicator of how stressed you may feel. During these moments adrenaline is released, your heart rate and breathing increases, giving a rush of energy. Blood pressure rises and your blood vessels constrict. Higher levels of glucose are found in the blood as well as fat globules within the blood vessels. This becomes cardio toxic and after long periods of repeat “fight or flight” experiences, it causes wear and tear on the heart and cardiovascular system. Speeding up the process of atherosclerosis, where fatty plaques build up in the arteries, causing damage to the artery walls. These effects are shown to be as serious as smoking cigarettes.

Tough Guts

The GI Tract is the processing center to our digestive system. The place our body extracts, processes and directs vital vitamins, minerals as well removing waste. Pent up emotion can often times cause you to feel pain in the gut. The process allowing digestion and elimination can be disrupted by shutting down or releasing acids strong enough to lead to constipation, cramping, diarrhea, acid reflux and even ulcers.

Muscle Madness

Our muscles respond to stress and will uncontrollably contract. Pent up emotion can often times be bound within the musculoskeletal system resulting in tight and sore muscles, producing muscles spasms. This can create pain throughout the entire body, with the individual completely unaware that it has anything to do with holding in unhealthy emotion.

Mind and Body Center

Our central nervous system reacts very systematical to the thalamus and hypothalamus output in the brain. This area of the brain is the nerve center of, amongst many other things, our emotions. If emotions are suppressed it

becomes like a volcano needing to erupt. From this our central nervous system will respond with symptoms such as headaches including debilitating migraines, heart palpitations that may result in the affliction known as mitral valve prolapse (this causes dizziness, claustrophobia and panic attacks), and tingling in the hands and feet.

Tilting the scale

It may appear obvious that when women are under stress they tend to reach out for comfort foods to ease their tension. They reach out for foods to give them feelings and sensations of euphoria, taking them momentarily, emotionally out of the present. Thus, a natural response would appear to be weight gain. There are some truths to this but there is also the physical stimulation that comes in response to their stress receptor. When the mind is challenged the body will try to support itself by releasing the stress hormone cortisol. When these cortisol levels remain elevated fatty deposits are placed within the abdomen. Coupling comfort foods high in sugars and fats only increase the chance for increased weight gain. It's a "no win" for us women.

“i AM WOMAN” clearly addresses the whole woman: mind, body and spirit. If you try to ignore even one area of who you are, surely you have ignored YOU!

Let's identify and define what a relationship is. A relationship is an emotional connection, association, or involvement with another individual. Within these relationships there are varying degrees of emotional connection or commitments that we make to one another that cause us to be affected by those we interact and engage with. Keep in mind that our mind, body and spirit are interconnected at all times and our emotions are triggered by circumstances, which constantly challenge our spirit. Your spirit is the one who convinces you of who you really are. What your mind rationalizes and agrees with will ultimately be what you will reflect through your lifestyle. For example, if you are asked to come in to your boss's office for a job review, your emotions will immediately begin to rise up as you have that internal dialogue with yourself between your mind and spirit. If you are convinced that you have been a good employee and a benefit to your company you will walk in to the office with an air of confidence, smiling and awaiting to hear the good news about your performance. On the other hand, if you feel threatened in any way by the upcoming conversation you will find yourself begin to feel a case of "the nerves" as you start to sweat and maybe even experience shortness of breath. You will walk in to the meeting cautiously

and possibly with a look of fear. If the meeting is postponed until the end of the day you may have lost your appetite for lunch and maybe have a pounding headache in anticipation of the unknown. It's so vital that we get to know who we are as a whole woman from the inside out. So that when our relationships are challenged, as they are sure to be, we are a chord of three that cannot be broken. A woman of mind, body and spirit, working together to enjoy this life and each person placed within it. And that our body will reflect what our mind and spirit have agreed upon. We have more control over our bodies than we really imagine. And when you take the time to address all of who you are, you will find that you can walk in total health and beauty from the inside out. Let's begin to apply the seven (7) "How To's" of Relationships.

The 7 "How To's" of Relationships:

1. **Examine:** Recognize your emotions and begin to ask yourself why you are having them in relationship to your circumstances.
2. **Speak:** Express your feelings in an appropriate manner. Don't avoid the initial onset of emotions, as they will trigger other emotions if left unaddressed. Communicate your thoughts around your emotions. This will help to keep your emotions balanced.
3. **Laugh:** Laughter boosts the immune system, decreases stress hormones, increases blood circulations, and relieves tension and stress. It increases immune cells and infection-fighting antibodies.
4. **Meditate:** Have those inner voice conversations. Allow your mind and spirit to engage with one another. Your spirit will never lead you wrong as it is the voice of truth and reason.
5. **Keep a journal:** Write down your thoughts and feelings. Use this as a resource that you can go back to in order to address emotions that you may have ignored. It is a great tool to have as you can express yourself without doing anyone harm. You can return to the journal to discover new ways of communicating in a positive manner.
6. **Exercise:** Physical activities help you to feel better about yourself, improve your mood and give you a better outlook on life and relationships.

7. Serve: When you are helping others your attention is given to them and not to yourself. You are removed from the emotion of your own personal “drama.” Discover circumstances and relationships to be thankful for. And a reason to fight for the emotional health of each relationship placed within your life.

You know that you know:

Relationships

1. Is our health affected by our emotions? Why or why not?
2. Our _____, _____, & _____ are interconnected at all times.
3. Endorphins are known as the “_____” hormone.
4. What one emotion drives some of the most self-destructive behavior leading to chronic illness and disease?

5. What happens to your blood when you are angry?

6. Define the word relationship?

7. During what time do we experience “fight or flight”?



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If you're a woman who has been frustrated or bound by continuous weight issues. Focused on food; what to eat, what not to eat. In fear of sickness, chronic illness and disease. My desire is that you will soon be on the road to your healing. This is very important to me, because so many women are not living life with joy. Many are confused, unsure of what to do next and how to get out

of their predicament. To you personally; I want to say, "The answers are near and your joy awaits you." I'm excited about the day that you will proclaim, "i AM WOMAN!"

Within the pages of this workbook you'll discover that being 'stuck' is only temporary. You've been given keys that will unlock the doors to you discovering your health and beauty from the inside out.



The road to health and wellness did not come to Zina from a desire to understand nutrition or the health of the human body. In fact, it came through just the opposite. It came from years of sickness and ill health that plague and are common place, to most. Suffering from headaches, migraines, stomach and digestive issues, flu's, hypoglycemia, heart palpitations, and the like. With a family history of illness and disease; Zina assumed that this was her lot in life and that these genetic traits were hereditary and must simply be accepted.

However, she discovered that through making some simple diet and lifestyle changes her health could be restored. Had she finally found the cure all to most, if not all of her health concerns? Today, after 20+ years of applying principles that she learned and continues to apply to her life, she has yet to take as much as an aspirin and walks in total health.

Her greatest reward has been to walk side by side with people who struggle with health and lifestyle choices. And to watch their lives transform as they apply her teachings to gain a new lease on life.

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