

LIVE LIFE POWERFULLY

BY WAYLON PEE PAHONA PERSONAL TRAINER/YOGA INSTRUCTOR

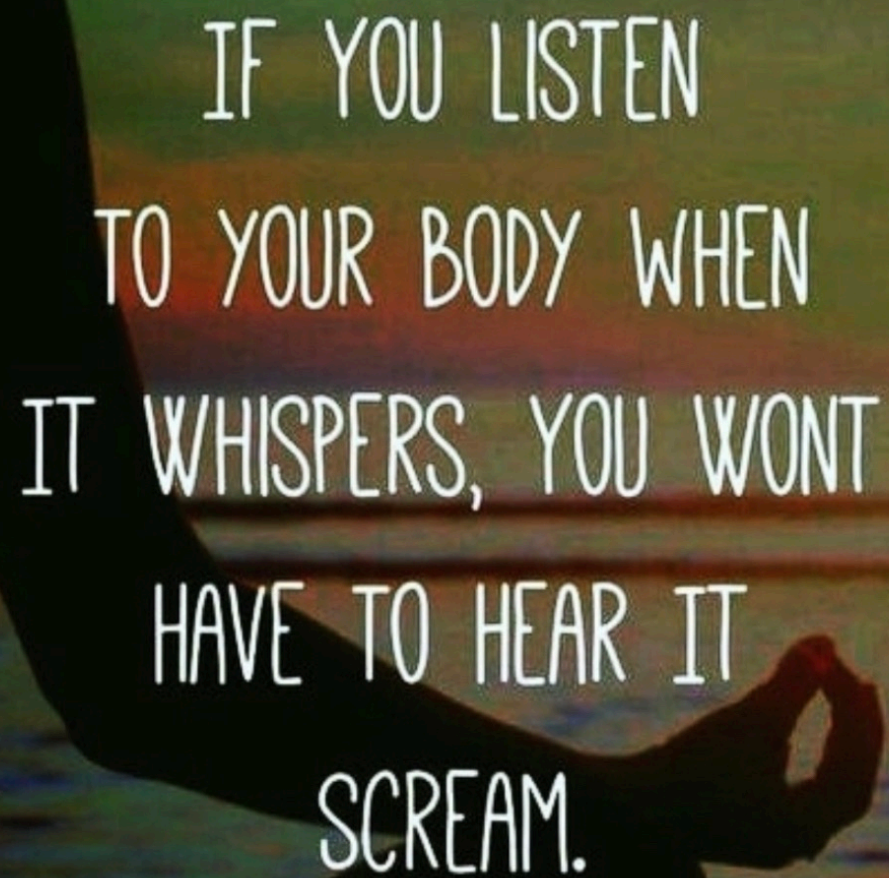
JOHANNA CORPENO YOGA INSTRUCTOR/ HOLISTIC NUTRITIONIST



THE WORK WE DO WITH OUR BROTHERS AND SISTER



**You are being presented
with two choices:
Evolve or repeat.**

A person is shown in silhouette, sitting in a meditative pose (likely a lotus or similar) on a beach or near water. The background is a soft, hazy sunset or sunrise over a body of water, with colors ranging from light blue to warm orange and yellow. The person's hands are resting on their knees in a mudra. The overall mood is peaceful and contemplative.

IF YOU LISTEN
TO YOUR BODY WHEN
IT WHISPERS, YOU WONT
HAVE TO HEAR IT
SCREAM.

Food is not just calories, it is information. It talks to your DNA and tells it what to do. The most powerful tool to change your health, environment and entire world is your fork.

- Dr. Mark Hyman

9 TOP FOODS FOR GUT HEALTH

The Natural Therapy Shop

1. Garlic



- Prebiotic
- Antiviral
- Antifungal

2. Leeks



- Prebiotic
- Antioxidant

3. Onions



- Prebiotic
- Antioxidant

4. Jicama



- Prebiotic

5. Kale



- Prebiotic
- Antioxidant

6. Sunchokes



- Prebiotic

7. Bone broth



- Healing

8. Turmeric



- Antioxidant

9. Capers



- Prebiotic
- Antioxidant

YOUR DIET IS NOT ONLY WHAT YOU EAT

IT'S WHAT YOU WATCH,
WHAT YOU LISTEN TO,
WHAT YOU READ, THE PEOPLE
YOU HANG AROUND.

BE MINDFUL OF THE THINGS
YOU PUT INTO YOUR BODY-
EMOTIONALLY, SPIRITUALLY,
AND PHYSICALLY.

You Have 3 Brains



The Head

The seat of logic and intellect. However, the unconscious mind directs around 90% of our behaviors.



The Gut

90% of the body's serotonin, involved in mood and management, is produced in the gut.
Eat well to feel well.



The Heart

There are more neural pathways running from the heart to the head brain than from the head brain to the heart.

11 WAYS TO STIMULATE YOUR VAGUS NERVE AT HOME



HUGGING



EXERCISE



PROBIOTICS



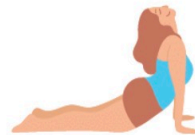
MEDITATION



INTERMITTENT FASTING



OMEGA-3'S



YOGA



SINGING



MASSAGES



BREATHWORK



SPLASHING COLD WATER

SUGAR SUBSTITUTES, RANKED



Honey

Known to have antifungal & antioxidant properties, honey also may contain some vitamins and trace elements such as zinc and selenium.

30% glucose & 40 % fructose, plus several other more complex sugars in the mix.



Maple Syrup

Like honey, maple syrup is rich in antioxidant minerals such as manganese and zinc, which can contribute to a healthy immune system.

Has sugar content of about 60%.



Coconut Sugar

Coconut sugar provides the same calories as regular cane sugar does. However, coconut sugar is around 75% sucrose and only about 5% fructose.



Agave Nectar

Agave nectar is made from the starchy root of the agave plant and has an extremely high fructose content (up to 70%). While fructose doesn't affect the blood sugar in the same way as glucose does, it can contribute to insulin resistance and other health issues.



Date Syrup

100g dates contains roughly 265 calories, about 90% of which is sugar, mostly in the form of glucose & fructose. In their whole form dates are especially rich in soluble fiber, which is the kind that helps maintain healthy blood cholesterol & stabilize blood sugar levels.



Stevia

Considered a zero-calorie sweetener because at the quantities typically used it is all but free from calories. Unlike zero-calorie sweeteners, such as aspartame, stevia is derived from a plant, which means that it can be marketed as

RETHINK YOUR DRINK



LESS
THAN
350°F

NO / LOW HEAT

Dressings, Sauces, Dips

OLIVE OIL

FLAX OIL

HEMP OIL

PUMPKIN SEED OIL

WALNUT OIL

LESS
THAN
400°F

MEDIUM HEAT

Sautee, Baking + Roasting

COCONUT OIL

GRASS-FED BUTTER

ANIMAL FAT (LARD, TALLOW)

LESS
THAN
450°F

MEDIUM-HIGH HEAT

Frying + Stir-Frying

GRASS-FED GHEE (CLARIFIED
BUTTER)

SESAME OIL

DUCK FAT

LESS
THAN
500°F

HIGH HEAT

Deep Frying + Searing

AVOCADO OIL

HOW IS THE SMARTPHONE DAMAGING YOUR NECK

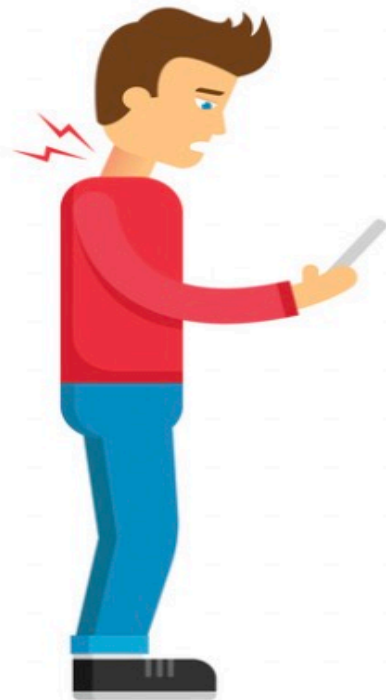
0 degrees
10-12 lbs



15 degrees
27 lbs



30 degrees
40 lbs



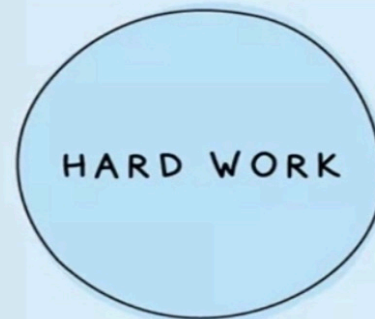
45 degrees
49 lbs



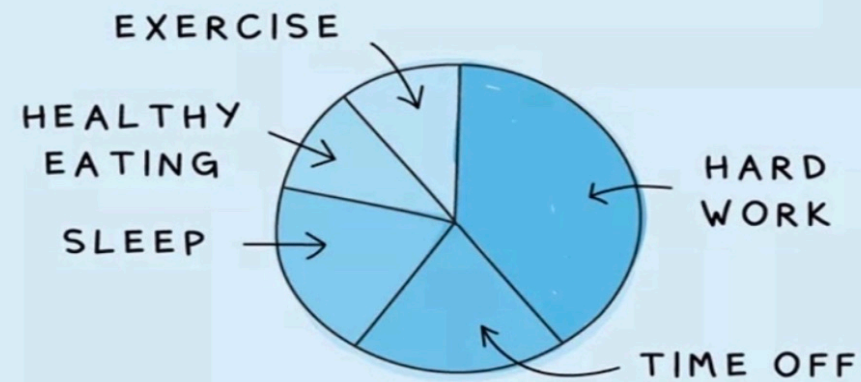
60 degrees
60 lbs



WHAT I THOUGHT WOULD MAKE ME PRODUCTIVE



WHAT ACTUALLY DOES



OUT OF MY CONTROL

The actions of others

The outcome of my efforts

IN MY CONTROL

The future

Being present in this moment

Past mistakes

My words

How I speak to myself

My mindset

What I give my energy to

The opinions of others

How I spend my free time

How I move on from failure

Other people's boundaries

The boundaries I set

What happens around me

What other people think of me



Stop for just a moment

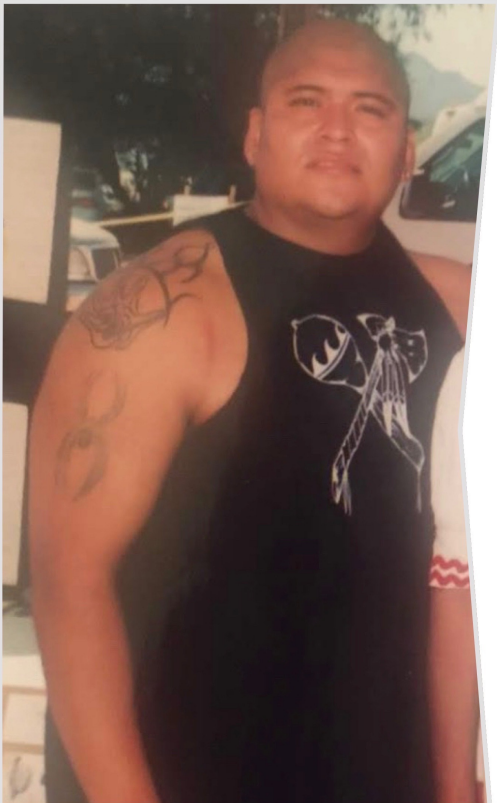
Take a breath

Observe your experience

Proceed



LIVING IN MY TRAUMA!



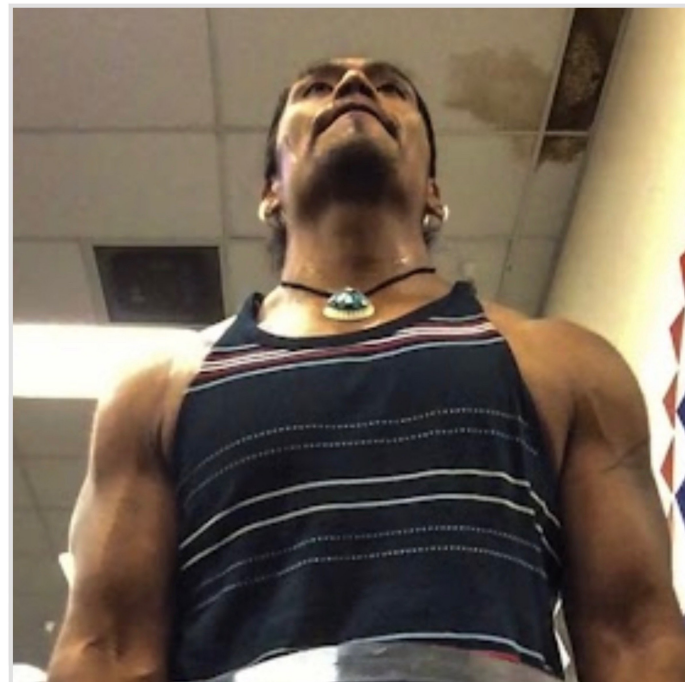
GROWTH AND SHARING
MY TRAUMA!



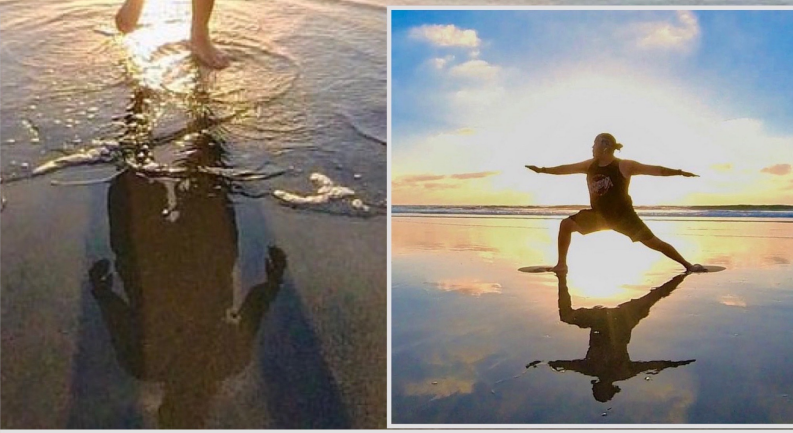
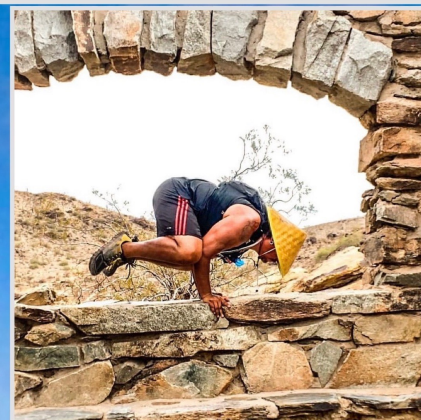
MY JOURNEY TO WELLNESS!



HIDING BEHIND MY PHYSICAL SELF



THE JOURNEY TO LIVE AND
LOVE MY BEAUTIFUL LIFE!



THE JOURNEY TO LIVE AND LOVE A BEAUTIFUL LIFE!



The Four Agreements

1 BE IMPECCABLE WITH YOUR WORD

1

- a. Speak with integrity.
- b. Say only what you mean.
- c. Avoid using the Word to speak against yourself or to gossip about others.
- d. Use the power of your Word in the direction of truth and love.

2 DON'T TAKE ANYTHING PERSONALLY

2

- a. Nothing others do is because of you.
- b. What others say and do is a projection of their own reality, their own dream.
- c. When you are immune to the options and actions of others, you won't be the victim of needless suffering.

3 DON'T MAKE ASSUMPTIONS

3

- a. Find the courage to ask questions and to express what you really want.
- b. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama.
- c. With just this one agreement, you can completely transform your life.

4 ALWAYS DO YOUR BEST

4

- a. Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick.
- b. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.

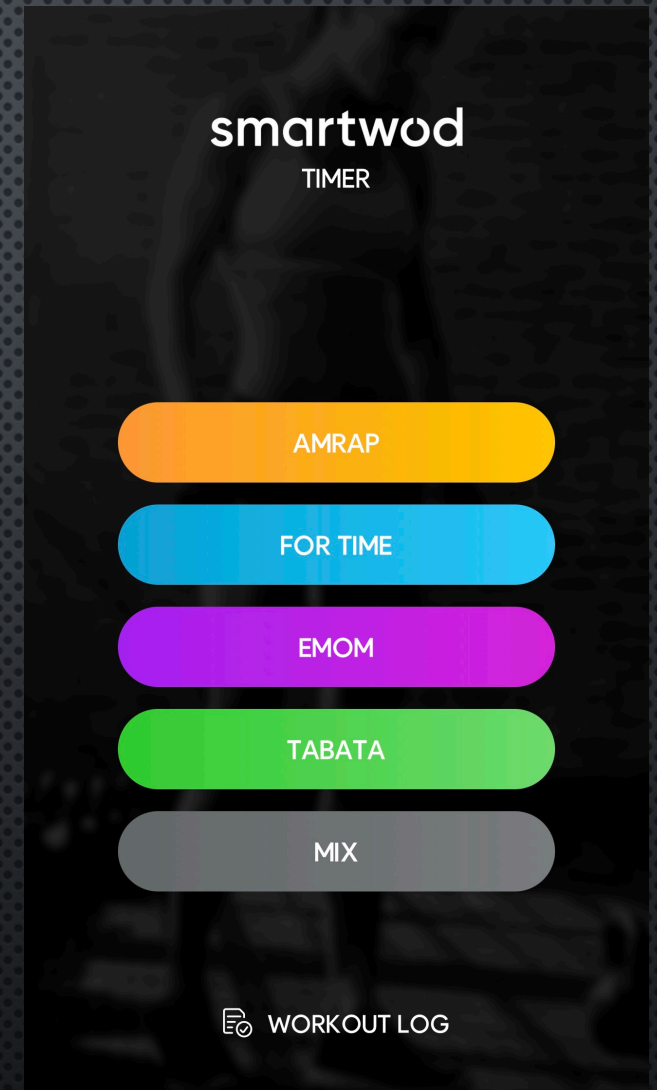
MOVEMENT IS MEDICINE



QUICK AND EASY!

Tabata

Tabata interval training style was developed by Dr. Tabata in 1996. The individual works at maximum intensity for 20 seconds, followed by 10 seconds of rest for 8 rounds.



LET'S GET MOVING!!

- ARM CIRCLES FORWARD
- ARM CIRCLES BACK
- SHOULDER SHRUGS FORWARD AND BACK
- STANDING MARCHES IN PLACE
- SINGLE LEG LIFT R
- SINGLE LEG LIFT L
- SIDE JACKS
- SQUATS
- RESISTANCE BAND CHEST PRESS/WALL PUSH UPS
- STAR TAP L
- STAR TAP R
- STANDING BICYCLES
- ARM OPENERS WITH OR WALL REACH
- SINGLE LEG BALANCE L
- SINGLE LEG BALANCE R
- PUNCHES

CONTACT US!



Warrior Woman

