

🔥🔥🔥 Day 4 Notes 🔥🔥🔥

🔥 God doesn't call on the qualified, He qualifies the called.

Dean Graziosi

🔥 When it comes to your vision and business map. You have to be honest with yourself about where you are at this very moment.

🔥 When you know where you are, find the capabilities to grow.

🔥 Replace the question of HOW with the question of WHO and you can remove the overwhelm and move forward to get to where you want to go.

🔥 There are two times to plant a tree.... 30 years ago... and today!

🔥 When one door closes, another one opens.

🔥 No one is coming to save us, we need to take responsibility for ourselves, our success and our failures.

🔥 The plight of the human race is knowing we have potential and not using it. Dale Carnegie

🔥 Marketing is about loving your client and coming from a place of service.

🔥 Get or create a roadmap. When you have a roadmap, everything changes.

🔥 Two types of cancer

Can surrender

Can survive!

🔥 If you can't have it, it's about what you CAN have!

🔥 Disease is due to a deficiency of force.

🔥 Optimism means you have more options.

🔥 The quality of my life comes down to the quality of my cells.

How to Produce what you really want?

🔥 Organizing Principles

🔥 Actions

🔥 Results

🔥 What would be the ideal source to study if you wanted to become healthy?

The 12 Core Questions of a Vital Life

🔥 The Philosophy of Health

🔥 “There are two ways to slide easily through life: to believe everything or to doubt everything; both ways save us from thinking” Alfred Korzbski

🔥 When is the last time your spent time to think through your philosophy of health?

🔥 How did you develop your beliefs about what causes disease much less what creates optimal vitality?

🔥 What is the basis of your strategy for creating heath?

Question 1

🔥 What are the primary beliefs that our society has conditioned most of us to believe about what it takes to avoid disease and experience health?

🔥 The Power Of Beliefs

🔥 “All truth goes through three steps: first it is ridiculed. Second it is violently opposed. Finally, it is accepted as self-evident” Arthur Schipenhaur

Question 2

🔥 What are two of the most limiting and empowering beliefs you have had about your health that have helped you?

🔥 What is Health?

Question 3

🔥 If we want to study health to become health, lets start by asking urselves what is health in the first place? How do you define it?

Question 4

Where does energy come from?

🔥 Your Cells

Question 5

🔥 What do cells need to survive and thrive?

🔥 Oxygen, Water, Eliminate Waste

Question 6

🔥 How do we know that a cell needs oxygen, water, nutrients, and ability to eliminate waste?

🔥 Experiments have demonstrated it

Question 7

🔥 If cells can live forever, what causes them to die?

🔥 Lack of oxygen

🔥 Disturbances to the electrical fields

🔥 Physical rupture

Question 8

🔥 What is the primary medium that delivers oxygen and nutrients to the body?

🔥 Blood is the river of life. It transports oxygen and nutrients to the body's tissues and eliminates waste.

Question 9

🔥 What is the primary medium for eliminating wastes?

🔥 The lymph system works closely with the circulatory system as it cleans and returns tissue fluid to the blood and destroys toxins that enter the body. Your body has three more times lymph than blood.

Question 10

🔥 What is the true source of disease?

🔥 The accumulation of toxins in your bloodstream.

Question 11

🔥 Aren't our bodies designed to eliminate toxins from the bloodstream?

🔥 Disease is the body's attempt to cure itself. Disease is the cure due to a deficiency of force.

🔥 Body Response to Toxins

There are four avenues to eliminate toxins

🔥 Skin

🔥 Lungs/respiratory tract

🔥 Bowels

🔥 Urinary Tract

🔥 Three causes for toxins to build up in the bloodstream

🔥 Taking more than you can eliminate

🔥 Biochemical Additives

🔥 Overly Acidic Diet

🔥 The cause of my pain is rarely the source

Five Sources of Disease

🔥 Auto Intoxication

🔥 Chemical Poisoning

🔥 Never Impingement

🔥 Physical Rupture

🔥 Destructive Mindset and Negative Thoughts

Question 12

🔥 What does the medical profession teach today?

🔥 One etiologic agent to one disease.

The 12 Master Principles of a Vital Life

The 8 Gifts

🔥 1 → Vital Breathing

🔥 2 → Living Water & Live Foods

🔥 3 → Essential Oils

🔥 4 → Alkalinity

🔥 5 → Aerobic Energy

🔥 6 → Maximum Nutrition

🔥 7 → Structural Alignment & Maximum Strength

🔥 8 → Directed Mind & Heart

The 4 Poisons

🔥 1 → Processed Fats

🔥 2 → Animal Flesh

🔥 3 → Dairy Products

🔥 4 → Acid Addictions

Your Vital Life Action Steps

🔥 Gift 1

🔥 → Take 3 power breaths 3 times a day

Gift 2

🔥 → Drink Half your body weight in ounces daily

🔥 → Eat water-rich foods

🔥 Gift 3

🔥 → Eat foods that contain unprocessed fats in their natural state:

🔥 → Avocados, nuts, seeds, etc

🔥 Gift 4

🔥 → Eat more greens

🔥 Gift 5

🔥 → Exercise 3 times a week

🔥 → Walk more

🔥 Gift 6

🔥 → Eat nutritious and health foods

🔥 Gift 7

🔥 → Move more and stay active

🔥 → Stretch and balance

🔥 Gift 8

🔥 → Break negative emotional patterns and limiting beliefs systems

🔥 Shift focus (mind, breath, emotion) into your heart and away from your mind

🔥 Flood yourself with positive memories, future visions and moments of gratitude.

🔥 Poison 1

🔥 → Avoid processed foods

🔥 Poison 2

🔥 → Reduce animal flesh

🔥 Poison 3

🔥 → Reduce Dairy Products

🔥 Poison 4

🔥 → Reduce Acid Addictions (Sugars)

3 Classic Experiments Demonstrate What Cells Need

🔥 1 → Cell respiration

🔥 2 → Lack of oxygen destroys cells

🔥 3 → Cells can live forever

🔥 1. Cell respiration – Dr. Otto Warburg

🔥 Winner of the 1931 Nobel Prize for his studies in cell respiration, Dr. Warburg believed that there is a direct correlation between a person's health and the level of oxygen in his or her bloodstream. To test his theory, he put rat cells in bell jars with both normal and 60% below normal oxygen levels. In the jars with lower oxygen levels, some cells weakened or died, while others mutated.

🔥 2. Lack of oxygen destroys cells – Dr. Harry Goldblatt

🔥 His studies at the Rockefeller Institute supported the hypothesis that a lack of oxygen destroys cells. He duplicated Dr. Warburg's experiment, then reinserted the cells back into the rats. The rats who got oxygenated cells survived; those who received under-oxygenated cells developed cancer.

🔥 3. Cells can live forever – Dr. Alexis Carrel

🔥 A two-time Nobel Prize winner for his work at the Rockefeller Institute, Dr. Carrel achieved startling results with chicken cells that he kept alive indefinitely in petri dishes, proving his theory that "cells will live forever" if they're given their basic needs and are not poisoned by their own environment.

Core Question 7

3 WAYS HEALTHY CELLS CAN DIE

🔥 If cells live forever, what causes them to die?

- 🔥 1. The most common killer is a lack of .
- 🔥 2. Any disturbance to the of cells can kill them.
- 🔥 3. Any physical in cells can also kill them.

The 6 Basic Causes of Cellular Atrophy

6 Causes of Cellular Atrophy

- 🔥 1 → Decreased Workload
- 🔥 2 → Environment
- 🔥 3 → Diminished Blood Supply
- 🔥 4 → Inadequate Nutrition
- 🔥 5 → Loss of Endocrine Stimulation*
- 🔥 6 → Aging

🔥 The Endocrine System*

*The hormones produced by this system affect growth, development, rate of metabolism, functioning of the reproductive organs, sexual characteristics, personality development, higher nervous functions, the ability of the body to meet conditions of stress, and resistance to disease. The glands included in the endocrine system are the pituitary, pineal, thyroid, parathyroid, adrenal, gonadal, and hypothalamus. Endocrine hormones are released into the blood or the lymph and circulated throughout the body. Endocrine disorders include: acromegaly, abnormal sex development, absorption of bone, diabetes, dwarfism, gigantism, goiter, tumors.

There Are 3 Causes for These Toxins to Build Up in the Bloodstream

- 🔥 1 → Taking in more than you can . This can occur as
a result of being in a state of diminished nerve energy from making constant
demands on the body without allowing it to fully recover.
- 🔥 2 → and/or waste and animal
products – substances your body cannot use.
- 🔥 3 → An overly acidic that allow the micro-organisms

🔥 Water is an essential and major component of all living matter. It is the largest single component of the body:

🔥 Our brains are 76% water, our lungs are 90% water, our blood is 84% water, and blood plasma is 98% water.

🔥 Critical processes such as digestion, circulation, and excretion cannot occur without it. It carries nutrients to all vital body substances, plays a crucial role in maintaining body temperature, and serves as building material for growth and repair of the body.

🔥 Drink 1/2 Your Body Weight in Ounces Daily!

🔥 If you weigh 200 pounds, you should drink 100 ounces

🔥🔥🔥 Nick Santonastasso 🔥🔥🔥

🔥 Confidence is a skill.

🔥 Confidence is a muscle.

🔥 Confidence is something we build up over time.

🔥 Every time we commit to something and we break that commitment we diminish our relationship with ourselves.

🔥 Create non-negotiables for yourself.

🔥 Things you can do that help you know at the end of the day, you moved the needle forward.

🔥 If don't have health, you don't get to do the things you want to do.

🔥 What are you willing to sacrifice to be successful?

🔥 What are you willing to sacrifice to go to the next level?

🔥 What are the very things in your life that you need to cut off that aren't serving you?

🔥 What limiting beliefs aren't serving you?

🔥 What are the people in your life you need to cut that aren't serving you?

🔥 Love your family and friends, choose your peer group.

🔥 Sometimes it's our closest family and friends that may not align with our vision and that's okay, that's when we do what's called loving from afar, because proximity is power and it can either sink you or elevate you.

🔥 The suffering stops when we serve something greater than ourselves.

🔥 So many of us are seeking validation from external sources when the only person you should be seeking validation from ourselves.

🔥 You don't need permission from ANYONE to take your life to the next level.

🔥 You will NEVER make more than you think you're worth!!!

🔥 Everything you want is on the other side of feeling like you're worth it.

🔥 As humans, we get caught up in this pattern of saying "I have to" ... but in reality ... we GET TO! ... we have to FREEDOM to do so! These are all privileges.

🔥 When you switch your HAVE TO's to your GET TO's ... your life will change in that moment!!

🔥 You NEED to build a FOUNDATION if you want to build a MASSIVE EMPIRE and your foundation is your HEALTH!!

🔥 Today, if you take ANY action at all, create some NON-NEGOTIABLES for yourself.

🔥 It's NOT the physical body that holds you back, but the BIGGEST disability you can have is a bad mindset.

🔥🔥🔥 Brian Bradley Egoscue 🔥🔥🔥

🔥 So many people are tensing their lower ab muscles thinking they're going to get nicer abs, but they're not, they're making things worse.

🔥 The psoasm muscle is the circuit breaker to your house and nothing works without the circuit breaker.

🔥 If you can target and turn on the psoasm muscle you can really make a difference in your body.

Just like brushing your teeth daily keeps them clean, move your joints properly they will get cleaner.

(ie. The psoas major muscle attaches to the T12-L4 vertebral bodies and the L1-L5 transverse processes at its origin. Its primary role is to flex the hip, but it also plays a role in sidebending the spine.)