

Join the Personalised Health Revolution!

**Special Edition**



Includes  
Tips, Techniques &  
Resources to help you  
Make your Health  
Personal!

Making  
**Your**  
Health  
**Personal**  
GUIDEBOOK

A Beginner's Guide to  
Personalised Health

**MATT RIEMANN & REBEKAH MORRISON**

another book from the exciting health series

For anyone who has ever thought that  
they need to be somebody else.

Special thanks to our  
unwavering support, endless patience,  
heartfelt clarifications and  
unconditional love.

Many thanks also to  
Alberto and the beautiful  
Daniella for your wisdom,  
friendship & support.

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# Chapter 1

## What is Personalised Health and why is it so powerful?

Personalised health is all about you – about getting you into peak condition so that you can live your optimal life! Now this doesn't mean that you have to run marathons or become a vegan Yogi. On the contrary, it means finding out who you are and what is right for your body, right at this point in your life.

We all remember when our mother's used to say we were special, and unique – and we all thought that was just MUM. Well, let me tell you, Mum is always right. We are all unique. And now, it's scientifically proven to be true!

And therein lies the quandary. When we are all unique, it is nigh impossible to prescribe the same diet to each one of us, or the same medication to our symptoms. When we understand that we are unique, then we understand ourselves as a whole. We can't just look at our bodies and and fix something – we need to look at our whole microcosm – our entire daily ecosystem to see what the cause of illness or imbalance is and then address the cause to fix the problem.

Sometimes the problem is not huge – sometimes the problem is not entirely apparent but we can make our lives, our health and our futures so much

more empowered and fulfilling by living as our body intended.

I personally am naturally thin, with low muscle mass and thin bones – if I had to hold any amount of weight – at the gym, in the grocery store – I would more than likely snap. I simply don't have the body for it. And other people do. Others could very happily lift heavy items and, in fact, find much satisfaction in doing so. It's time to start understanding that each of us has a fantastic, unique body and when we use it in the right way, life becomes easy.

That's what Personalised health is about. It's about finding out who you are and what's right for you – in all aspects of your life so that you can continue into your future in optimal health, at ease and doing what comes naturally for you. In the end, it all boils down to simply: being happy!

Ancient medicine was based on personalisation. Over the course of centuries, with the industrial revolution, we have taken the focus off the individual and onto what we can do for the masses. Unfortunately, it doesn't work like that and we are seeing much of this in society today – we have protocols for illness, drugs for collective symptoms and our disease states are at an all time high.

So how do we fix it? How do we make it personalised again? Well finally technology is becoming our friend. Now, powerful resources can harness the wisdom of centuries of scientific and medical research and provide you with access to personalised health and wellness options – almost unbelievably at the touch of a button.

But it all comes down to you – the individual. If you are not ready to embrace yourself as unique, then your journey to health will continue down it's current path – along with many of the population today. However if you are ready to make it personal, and ready to live in your optimal body and mind, then congratulations, you are taking your first steps!

# Chapter 2

## The areas of your life you can personalise.

So is it that simple to live in a state of personalisation? Well, it becomes all about you. That may seem a little self righteous, or selfish, but actually if you are not living in your optimal state, you can't help others to do the same. If our bodies and minds are working to their full potential, then our output increases, our perspective changes and life becomes easy. I'm not saying we should all spend years looking deep within ourselves to find the answer. I'm saying use the tools that exist to find out what's right for you – and put it into practice so you can be who you are here to be! Before we connect to others, we need to connect to ourselves. Isn't that why they say to put your own oxygen mask on first in case of an airplane crash – so that you can help the person next to you. You're not going to be much help to anyone in a crash or in life if you've already passed out because you didn't look after yourself first!

We all want to be our best, and do our best, because when we do, we feel our best. So if there are small changes you can make in your life to help you do that – why wouldn't you?

So what areas of your life can you personalise? Everything that you come into contact with – from your friends, to the colours of your cushions, what

you do for a living to the foods that you eat. Little changes or even small realisations can have powerful effects on your daily life and your health.

To make it easy, I've broken this book into 6 sections. In each section you'll find some great information about the topic, some great stories from people I have worked with who have made changes in their lives by personalising their health and some excellent tips for you to get you started.

The one important thing I need to stress is that everyone is different – and what worked for people in this book, may not work for you. It is simply about making your health personal. I urge you to find out what is right for you so you can live in optimal health now and into the future.

# Chapter 3

## Are Superfoods good for everyone?

Hippocrates, the ancient Greek physician regarded as the father of Western medicine had it right around 400 BC when he said: “Let food be thy medicine and medicine be thy food.”

The trick is getting it right for you. Many diets and fads have surfaced over the years, however we know now that not one food plan fits all. The concept of personalizing diet to your individual needs is far from new. The ancient medical practices of the East and West (Ayurveda, Traditional Chinese, and Hippocratic medicine) all introduced dietary changes as a strategic component of restoring wellness.

Based on your body measurements, age, gender, allergies, fat to muscle ratio, diseases, exposure to medications, your environment, and your caloric needs (which naturally change over time), there are specific foods you should add to your diet or avoid. This is to make sure your body has the nutritional, energetic, and physical results that you want and need.

Everything in your life—from the environment in which you grew up, the unique stressors you experience on a daily basis, and the way your body produces hormones and enzymes—influences how your body processes



food and nutrients.

The most current research on eating the right foods for your genetic blueprint shows that people's bodies each digest and handle foods uniquely. Scientists now know that different genetic profiles respond distinctly to an array of foods and there is no 'One size fits all' diet for everyone.

*I always thought I ate healthily – it was what everyone was talking about wherever I did my research – online, from magazines, books and seminars. My favourite healthy kick was my green smoothie in the morning to really get me going. The only problem I had was my skin – I had a severe case of rosacea on my face. My cheeks, forehead and chin were covered in blemishes, 6 times my skin totally peeled off from my face. My whole face was red and often covered with pustules.*

*I'm pretty determined and outgoing so it didn't stop me from my every day self, but it was frustrating, disappointing and I started to get really self conscious – something that I hadn't encountered much before.*

*No-one that I tried – doctor, nutritionist, naturopath seemed to offer me any help until I finally discovered the concept of personalised health and that my body is different to everyone else's.*

*In my case the culprit was greens – especially the Kale – the 'superfood' that I was eating every day, thinking it was keeping me healthy! I found out that my body is naturally high in salicylates and by adding more to my diet, I was putting my body way out of balance.*

*As soon as I stopped the green smoothies, my skin cleared up – it took less than a week and now my skin is soft, clear and beautiful.*

*I would never have thought that something that's touted as a superfood all over the internet and today's literature could have such a negative effect on me!*

*Diane, San Francisco, CA*

Two people with distinct genetic blueprints may react entirely differently to a wide host of foods, from red meats to coffee to garlic. Why?

Let's take a look at those three foods in particular.

Red meats are full of iron, selenium, vitamins A, B12 and folic acid, nutrients that are either not present in plant derived food or have poor bioavailability. People who are low in energy, anaemic or low in red blood cell counts and muscle tissues can benefit from the consumption of red meats such as beef.

However, people with fatty liver, high cholesterol and symptoms of cardiovascular diseases should reduce their consumption of animal fats. People who suffer from iron dysmetabolism, arthritis, or other inflammatory diseases may also benefit from avoiding iron-rich foods such as beef.

Coffee is known for its caffeine content, which gives us energy and can help us think more clearly. This is because it increases norepinephrine and dopamine levels in the brain and makes our neurons fire more. This increased neural activity is also reflected in the body: Studies show that caffeine can speed up metabolism and help burn fat by increasing epinephrine (adrenaline) levels in the blood. This makes it helpful for people needing to lose weight or suffering from diabetes. Caffeine's antioxidant capacity and increased insulin sensitivity has also been shown to help prevent neurodegenerative diseases, and its transaminase enzymes helps with liver cirrhosis. Coffee drinking (regular or decaffeinated) can also lower serum urate levels as well as the risk of gout.

But if you have high blood pressure, anxiety or stress, coffee consumption should be reduced. Coffee drinking releases the hormones cortisol, epinephrine and norepinephrine, which increase your heart rate, blood pressure and tension levels. Caffeine is also known to interfere with GABA metabolism, a neurotransmitter involved in regulating mood and stress levels to help us relax. Moreover, if you suffer from ulcers, gastritis, IBS or Crohn's disease, the various acids found in coffee beans can irritate your stomach and the lining of your small intestine. Coffee also negatively affects iron absorption and reduces the ability of the kidneys to retain calcium,

zinc, magnesium and other important minerals.

Garlic has been studied extensively and found to have the ability to reduce cholesterol, inhibit platelet aggregation, and reduce blood pressure. Garlic is a natural antioxidant, anti-inflammatory, and anti-microbial. There is a long list of well-researched ways in which garlic can be used to treat a wide variety of ailments and diseases. So why isn't garlic great for everyone? Well, because garlic is a natural anti-coagulant, it should not be taken in high doses by anyone taking blood pressure medications or with low blood pressure. Also, because of its natural anti-platelet effects, it should not be consumed in high doses by women at risk for bleeding or anyone planning to have surgery or dental work, or who has a bleeding disorder.

Your hormonal levels affect your metabolic capacity and your digestive processes. For example, endocrinological studies show that levels of hormones like serotonin and thyroxine are important for regulating eating habits and fat distribution. And eating the right foods can help to regulate both your hormones and your digestion.

Making changes to your diet can be daunting, but with the right information and level of support around you, you can make the process easier for you than ever before.

Here are some ideas:

1. Print out your list of foods to eat and those to avoid, or keep it handy on your smart phone, tablet, or mobile device.
2. When you eat out, choose options that reflect those foods that are good for you, and steer away from foods you know you should avoid whenever possible.
3. Don't buy items that are no good for you when you shop! You'll eventually forget about them if they are not in sight.
4. Keep a good supply of foods that are right for you for the week, so that you have them conveniently within reach in your fridge and pantry.
5. If personalized health suggests to avoid foods that you frequently

eat, experiment with eliminating one or two of these foods. Commit to doing so for a week or two, and notice the differences in how you feel.

6. If you're busy during the week, pre-make your personalized meals over the weekend and freeze them for convenience.
7. Make sure you add drinking water to your daily routine to keep your body hydrated.
8. Buy organic and pesticide-free foods whenever possible.
9. Ask your friends and family to support you on your path to personal health—you just may find they want to join you!

Notice the difference a day, a week, or a month of eating foods recommended just for you makes to the way that you feel. As you begin to feel differences, remember that your body is actually changing. Realise that Personalising you health is about you - now. And when you change, it's about you - then. What worked as your diet 20 years ago won't work the same way today. Likewise, if your body changes over the next two weeks – in shape, hormone production, neurotransmitter function or many other ways, what is right for you today may not be right for you in two weeks. The important thing is to stay up to date and in the know. These days it's as simple as answering a few questions and keeping your smartphone on you!

You may be surprised with how quickly you see results, especially if you commit to minimizing the foods to avoid and maximizing those foods suggested for your Body Profile.

# Getting your FOODS organised!

## Part 1: Knowing what's good & what's not!

List the 10 top foods that are right for you that you will eat over the next 2 weeks:

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....

List the 3 foods that you will avoid completely over the next 2 weeks because they are *not* right for you at this time:

1. ....
2. ....
3. ....

## Part 2: Finding Substitutes

If you find something that is on your foods to avoid list that you really love, complete the exercise below to give yourself the opportunity to substitute that food with something that is right for you!

**A.** Choose an item on your list.

**B.** Why do you love or enjoy it?

*Ask yourself: What do you like about it...? Is it the feeling it gives you? The flavour? The texture? The physical act of eating (chewing, crunching, etc.)? The smell? Does it cure your boredom? Make you not think about something else? Find out WHY you enjoy it so much and write it down.*

**C.** What other things in your life give you the same feeling?

**D.** What could you do instead?

For example:

**A. Choose an item on your list.**

*Red wine*

**B. Why do you love or enjoy it?**

*Just a way to relax when I get home at the end of the day, makes me feel all warm and happy.*

**C. What other things in your life give you the same feeling?**

*A hot bath, a massage, smelling some aromatherapy oils, laying on the grass, warm spiced apple juice, cuddles, standing in the sun, playing cards*

**D. What could you do instead?**

*Consume a different drink, do some self massage, take a 5 minute break to stand in the sun or lay on the grass, set aside time for a hot bath, start a vaporiser with some aromatherapy oils as soon as I get home, have cards handy...*

**Start with 3 items below:**

**Item 1**

A. Choose an item on your list.

B. Why do you love or enjoy it?

C. What other things in your life give you the same feeling?

D. What could you do instead?

**Item 2**

A. Choose an item on your list.

B. Why do you love or enjoy it?

C. What other things in your life give you the same feeling?

D. What could you do instead?

**Item 3**

A. Choose an item on your list.

B. Why do you love or enjoy it?

C. What other things in your life give you the same feeling?

D. What could you do instead?



### **Part 3: Making it easy on yourself!**

Are you someone who can look at a tempting food and not eat it?

If yes, skip to Part 4, If no, continue below...

The best way to avoid foods that are not right for you is to not have them within reach, or even sometimes in sight!

Trawl through your cupboards and REMOVE everything that is on your foods to avoid list so you can:

1. Give them all to friends or family
2. Donate to charity or a soup kitchen
3. Pack them into a sealed box to keep out of sight for later

Some of the items on your foods to avoid list may actually be on another person's foods to eat - so please don't waste food - give it to someone that will find it useful!

#### **Make your plan here:**

How are you going to remove your foods to avoid?

What are you going to do with them?

When are you going to do it?

## **Part 4: Use a Shopping List**

Create a shopping list every time you go shopping. Only buy the items that are on your shopping list! If it's not on the list, it doesn't go into the cart!

If you can, try to shop once a week and get everything that you need in one go - you'll straight away have less temptation to buy from your foods to avoid because you won't have access to the shop!

### **How to create a shopping list**

Some easy ways to create a shopping list are:

- Plan the meals you'll have for breakfast, lunch and dinner and then write down all the ingredients you need to buy.
- Write down your top 20 foods to eat and use that as your shopping list (then you'll have to be creative making your meals during the week!).
- Write down what you normally have for meals in a week and then substitute all the foods you would be better off to avoid with the foods that are right for you now.
- Write down your top twenty foods to eat right now and 10 different meals you like and throw them each into a hat. Pull out 2 foods and 1 meal at a time to create your menu, i.e. Foods: potato, spinach; Meal: Roast.
- Make writing your shopping list fun - turn on some music, get a friend to do theirs at the same time, go outside with your notepad, etc.

## Part 5: Find your way to make the right foods enjoyable

We all enjoy different things - and if foods are not enjoyable to you, find out a way to make them enjoyable! List 5 every-day things you REALLY LOVE to do and then how could you incorporate the foods that are right for you into each one.

For example:

*5 every-day things that I love:*

1. Reading novels about a specific time period

*Search for recipes of that time period and re-create them with foods that are right for me*

2. Spending time chatting with my friends

*Invite friends around to create meals that are good for each one of us*

3. Listening to my favourite music

*Play my favourite music writing my list, preparing, cooking and eating my meals*

4. Doing exercise at the gym

*Talk to my smart phone and dictate a shopping list while I work out*

5. Playing board games

*Cut out pictures of my top foods and place them all onto a calendar 'board' until I create my menu plan for the week, or play games at meal times*

List 5 things you really enjoy and how you can incorporate them below:

1. ....  
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2. ....  
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3. ....  
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4. ....  
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5. ....  
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# Chapter 4

## One person's fun is often the next person's torture.

Physical fitness is a key component to health. Humans are not meant to be sedentary but we're also each best suited to certain types and amounts of physical exercise. Even Hippocrates, who is often referred to as the father of Western medicine, understood in 400 B.C. that, "If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health."

Every group of people and society throughout history has developed a unique style of fitness that is distinctly suited to that ethnicity's physical composition and environment. The Greeks, with their muscular build, wrestled. The Polynesians, with their flexible bodies, practiced hula dance. Many of the Kalenjin people of Kenya, with their long, lean limbs, are some of the world's best runners.

Today as we see the spread of multiculturalism, we have people with ethnic backgrounds hailing from all over the world who may be inclined to a wide variety of exercises. So what does this mean for you? Who your ancestors are and the environment in which you live can determine a lot about the kind of exercise that will most benefit your body—inside and out.

We each face unique stressors and physical and lifestyle demands that make a generalized workout (spinning! yoga! Cross Fit! the Barre Method!) inappropriate to prescribe universally. In a workout, as in every other arena of your life, personalization is paramount.

Every Body Profile has different fitness needs and will respond uniquely to distinct exercises. This means that while heavy weight lifting may be right for some, it could be disastrous—both musculoskeletally and internally—for others.

It's time to exercise the way your DNA intended you to.

Because the way your body is shaped, your specific health considerations and needs, and the composition of your bones, muscles, joints, and tissues all change the way your body responds to exercise. Integrating this research with biomechanics—the way you respond to mechanical stress according to your physical shape and environment—is the only way to access information that is personalized specifically for your body, in your current stage of life.

The key is to implement a personalized program and training regime that takes into account your unique body structure and epigenetic demands. Some people are built for speed and agility, some for delicacy and flow, and some for power and brute force. Understanding these inherent qualities can help determine your best role on a team, position on the field, or natural skill sets.

This insight can provide critical information about the best days to train, and at what time, length and intensity. It can also help you understand what exercises will be most effective, and how best to recover and heal your body.

For example, an individual whose lower limb mechanics are not suited to intense or repetitive weight bearing will suffer from activities like running, jogging, and weight loaded squats. In this case, simple upper body and abdominal exercises along with easy-on-the-joints cardio will produce the fastest results. Depending on peripheral vascular resistance, different exercises will increase cardiac output and help burn more calories faster

for different people. Exercise can also be beneficial for internal organs. For those with digestive issues, for example, core strengthening activity can not only help mobilize the nerves, tissues, and joints of the upper body and trunk, but can also improve digestive function and metabolism.

Physical activity not only affects your muscles, tissues, and skeletal system, but also your neurotransmitters and hormonal responses. Your shape is a function of your hormones; if you change your hormonal levels, then the shape of your body may also change.

Doing the activities that are personalised for you will activate a chain of reactions in the muscles and fascial tissue that tone your muscles, stimulate organ function, and support hormonal balance, strengthening your metabolic system.

*I've always struggled with exercise – I don't like to do strenuous stuff, I can't stand someone like a personal trainer telling me what to do and I get bored doing the same thing over and over again. I'd tried a whole bunch of different things – only to give up after a few attempts because it was too hard, or it made me too sore, or I couldn't afford the fees...*

*I wondered what was wrong with me because all my friends had so much motivation to go for their runs or into the gym every day or play sport a few times a week. It was pretty frustrating because I felt puffed when I walked up the stairs – my legs and arms were flabby and I was just feeling uncomfortable and restless from not doing enough activity.*

*So I tried running – and it worked for a couple of weeks – I pushed through the first ten minutes hating every second, every time because I could hear myself panting (over the ipod) and thinking I was about to collapse... but after about the sixth run I started to find other things that were far more important to do at the time I was scheduled to be running – like, for instance, reading a book.*

*I finally realised that all I had to do was find the right exercise – that there wasn't something wrong with me – my body is just built to do different things –*

*which means that I'll find different activities easier and more engaging – leading to a greater sense of satisfaction and, I found out, a huge dopamine release too!*

*So what did I learn? Using my brain is important for me in activities. I tried a step aerobics class – I don't know if you've ever done one of those, but you have to follow an instructor, paying careful attention to their steps, their words and coordinating your limbs at the same time to get anywhere during the class! I loved it! I wouldn't even realise that my shirt was covered in sweat until I'd finished – I had been far too busy concentrating on getting the routine right during the class – and of course, in that last round when you put it all together and you get every step - whoosh! Dopamine release like nothing else! For me, it's a total feeling of accomplishment, achievement and success – after 45 minutes of exercise. I'd be on a natural high for hours afterwards. And seriously, I couldn't believe that exercise could make me feel like that. Needless to say I try not to miss a class. My legs are nice and firm, my arms don't sag and I feel great!*

*Rebecca, Adelaide, SA*

If the exercises suggested are done in the right sequence, performed properly, and with the right frequency, then you will experience not only a change in your body, but also a change in your brain. These hormonal changes will help to regulate metabolism, even as an increase in endorphins supports feelings of well-being!

These are some fast and easy tips to put your fitness plan into action on a daily basis:

1. Put your workout clothes and shoes on, and don't take them off until you've exercised.
2. Work out with a friend that has a similar exercise regime to keep you motivated!
3. Contact a Trainer or an Exercise Physiologist if you need instruction on how to complete exercises at the gym or on your own.
4. Putting your workout shoes on can sometimes be the hardest part—get yourself a pair of awesome shoes that you can't wait to



put on!

5. Put together a playlist of your favourite songs to keep you pumped through the duration of your workout.
6. Find a place to exercise where you love to be, whether at the beach, in an inspiring gym setting, or at home.
7. If you don't like an exercise that you're doing, research another one that can achieve the same goal in a different way.
8. Take a water bottle and towel with you when you work out so you can stay hydrated and keep the equipment sweat-free!
9. Pick one or two exercises and commit to implementing them into your daily routine for a week.
10. Exercises if done in the right sequence, performed correctly and with the right frequency, may be a catalyst for changes both in your body and your mind.
11. Know the difference between good pain and bad pain. "Feeling the burn" is very different from a burning sensation that won't go away.
12. Don't compare your efforts or program to the person next to you! Remember—they are completely unique too, making comparison pointless.

# Getting your FITNESS happening!

## Part 1: Defining your goals

When you have a goal to achieve it's much easier to stay on track.

List 3 goals you would like to achieve over the coming short while. Make sure your goals are realistic and achievable but still challenging enough to warrant a reward once you get there.

What will warrant a reward? Well, it differs for everyone but perhaps for the purpose of these fitness goals, consider it something that you may not have achieved otherwise, had you not written these goals out..!

For example, you might like to lose 10lbs, or increase your fitness index by 30%, perhaps it's simply making an hour a week to solely focus on giving your body the activity it wants to stay healthy.

And your rewards - well, that's coming up soon! :)

List your 3 goals below to achieve in the upcoming period:

1. ....  
.....  
.....
2. ....  
.....  
.....
3. ....  
.....  
.....

## Part 2: Knowing what's good & what's not!

What activities are right for your body today?

List 5 activities you could do today that are the right type for you - think outside the box, maybe you could add chopping wood, picking fruit, dancing, gym classes, throwing a frisbee, hopscotch, tai chi, team sports, lots of things will get your body moving in the way that suits it best!

1. ....  
.....  
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2. ....  
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3. ....  
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4. ....  
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5. ....  
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### Part 3: Schedule it in!

Let's face it - physical activity does take up some of your time. If you don't allocate time for activity, you may find it difficult to achieve your goals - something else will come up, or you'll simply run out of that precious commodity! Use the table below to schedule in the times when you will enjoy your physical activity over the coming week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am - 7am							
7am - 8am							
8am - 9am							
9am - 10am							
10am - 11am							
11am - 12pm							
12pm - 1pm							
1pm - 2pm							
2pm - 3pm							
3pm - 4pm							
4pm - 5pm							
5pm - 6pm							
6pm - 7pm							



# Chapter 5

## Can everyone be alone and not lonely?

“Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity” –World Health Organization  
At our very core, we are social beings. And the ways that we laugh, play, converse, argue and love the people we spend time with influence every aspect of our wellness. Understanding the brain and hormonal processes that affect how you socialize can illuminate the interactions that may help you stay well, and those that may drain your precious energy.

Over the past decades, we have learned to attune ourselves to each other’s EQ (emotional quotient), anxieties, feelings, and tendencies to introversion and extroversion. But how much do we really understand about what lies beneath these strengths and challenges?

Studies show that your body’s unique hormonal levels and predominating brain activity may reveal a tendency towards introversion or extroversion. Hormones like oxytocin, prolactin and testosterone will influence the ways in which we relate to our colleagues, friends, and family. These same hormone levels may also influence our tendency to be trusting, caring, risk-taking, or aggressive, among many other behavioral qualities.

Understanding who you are as a social animal will help you strengthen and deepen those relationships that are most meaningful to you.

Different Body Profiles have unique ways of regulating mood, aggressiveness, and even introversion and extroversion—all determined by your hormone levels and distinct constitution. Various hormones are related to a variety of social interactions, such as oxytocin with trust, and norepinephrine with risk taking

On a fundamental level, even being able identify whether you are an introvert or an extrovert may lead you to the social conditions that will be most soothing and energizing for you. Introversion and extroversion can be assessed according to dominant brain region(s), hormone levels, neurotransmitter activity, your body's natural rhythms, cerebral blood flow, body temperature, and your unique Body Profile. Introverts may become agitated when they are around too many people, whereas extroverts need a great deal of external stimulation in order to activate their brains adequately. Understanding your own needs can help you balance your mind and your body.

*I grew up in a very quiet home. My Dad an accountant and my Mum an artist. We had immigrated to our new country when I was young – to the other kids at school I talked funny, looked funny and was a great target for bullying. My family was quiet and reserved at home – and I always got in trouble for making too much noise.*

*I've always envied people with large groups of friends but never saw myself in their position. And I've never liked being alone – whenever I can, I'll have someone with me – someone to talk to or hang out with – I just feel better when there's someone there. I always thought that was a downfall – needing people around, when surely I should be able to enjoy my own company, or at least just kick the feeling of really wanting someone else around. I know plenty of people who enjoy and sometimes prefer being on their own or doing things quietly by themselves and I always thought I was missing something – some key that would make me happy being alone.*

*I'd always thought I was an introvert because I thought I was naturally reserved. Then, through using personalised health I realised I was actually an extrovert. The natural tendency of my body is to be with people – being stimulated all the time, chatting, working with teams, seeing new people or having lots of variety. I thought that was wrong at first – but then I realised it really was what I enjoyed the most, and what I found really easy and natural to do. It was only because of my circumstances growing up that I was alone a lot.*

*It took me almost thirty years to realise I wasn't meant to be alone, I'm not meant to be quiet and I'm certainly not meant to do the same thing all the time. I need the variety and I need the company. Once I realised this - I couldn't believe how liberated I felt. How exulted to find that being with other people was natural for me – there was nothing wrong with me – I didn't have to reason why I didn't want to be alone or feel like a failure because I needed to have company around. Now that I know that I'm naturally an extrovert, I have a whole new perspective on my life – there's just so many people that I need to meet!*

*Katrina, Sydney, NSW*

Learning how you best socialize and communicate will help you make choices that boost your overall sense of wellbeing and balance your “feel good” hormones and neurotransmitters. Positive social interactions can have a positive effect on your sleep, weight management, and many other aspects of your life.

Our overall social preferences and the way we get along with different people is largely determined by our bodies.

Here are some suggestions:

1. Take note of the characteristics in other people that you tend to avoid or spend time with.
2. Join a group, take a class, or go to a location where the types of people that you want to be around would be.



3. Sort through your friends and acquaintances to source people already in your sphere who may support your social needs.
4. Notice your own social habits of withdrawal and engagement: How can you make choices that support your own needs, rather than drain your energy?
5. Schedule time with people who will energize you.
6. Encourage your friends to make their health personalised so they can also optimize their social time.

Make sure you take the time to notice changes in your relationships at home and at work. Recognizing the progress you've made has profound, positive effects on both your mental and physical health! And most importantly, it motivates you to continue making changes in the direction of your goals.

# Your perfect SOCIAL environment!

## Part 1: Choosing who to spend your time with

When you know the characteristics of people that will drain you or help you to thrive, choosing where you spend your time is a simple yet very important practical application.

Make a list of the people in your life who fall into the categories of those you should spend more time with and those you should spend less time with. Include your friends, family, work colleagues, and other people you see during your day like in sports teams or at the gym.

Spend MORE time with..	Spend LESS time with..

## Part 2: Share with your support group

Now that you have decided who it is that will help you to thrive and who you will spend less time with, it's time to get clear about why.

Have a conversation with yourself about each of the people on your list and write down the answers to the questions below for each and every person.

You may find by completing this exercise, you begin to see clearly what you are expecting from other people, and what you can give in return to help each other to thrive.

- What do you want to get from the time you spend with this person?
- Why is this important to you?
- How do you want them to help?
- What can you offer that may help them?

For example:

Person: Joan D

What do you want to get from the time you spend with this person?

*Meaningful conversations that expand my knowledge*

Why is this important to you?

*For personal growth and understanding*

How do you want them to help?

*By ignoring small talk and getting to the point*

What can you offer that may help them?

*Someone to share great conversation about topics that sometimes get forgotten in chitchat*

**Start with the 3 people you really want to spend more time with here:**

**Person 1:**

What do you want to get from the time you spend with this person?

Why is this important to you?

How do you want them to help?

What can you offer that may help them?

**Person 2:**

What do you want to get from the time you spend with this person?

Why is this important to you?

How do you want them to help?

What can you offer that may help them?

**Person 3:**

What do you want to get from the time you spend with this person?

Why is this important to you?

How do you want them to help?

What can you offer that may help them?

### **Part 3: Create good habits online**

Social media is often a great way to get some social interaction when we can't physically be near someone or chat over the phone. However we can sometimes fall into bad habits or ways that are not truly helpful for our social needs when we are surfing our social media sites.

#### **Which Social Media sites do you really enjoy using?**

#### **How much time do you spend using them?**

If your online social life takes more of your time than your offline social life, repeat Parts 1 and 2 of this section with your social media friends to make sure you're getting the right interaction for you online.

#### **How do you feel when you access your social media?**

*You might feel happy, doubtful, cynical, rebellious, inspired, ashamed, sad, angry, cautious, etc.*

#### **Is this feeling part of what helps you thrive in social situations?**

If so - Great! If not, perhaps take a look at your contacts and the organisations or individuals that you follow and:

- Remove the ones that have the same characteristics as the people you should spend less time with
- Search for those that will provide you with the elements that will help you thrive as you spend more time with them
- Remove those that leave you with a negative emotion where you don't require it
- Add those who will provide you with support or inspiration for your own journey or those who are interested in the same things as you

## Part 4: Gather a support base

If you are looking to change your health - and your life, sometimes a support network can really help. This can be friends, family, clubs, or anyone that you interact with.

Talk with your support network and let them know:

- WHAT you're doing - your goals, what you hope to achieve
- WHY you're doing it
- ASK for their support on your journey

To make it super clear that you are in fact totally in control of your journey, outline what you might say to them below:

WHAT you're doing in your journey to optimal health:

WHY are you doing it?

How would you ASK for their support? What do you need or want to help you to succeed?

## **Part 5: Get some face-time in!**

Try to get at least a little in-person time with people that you should spend more time with.

There's nothing better than connecting with someone who inspires or motivates you to achieve your full potential in real life. Sometimes we don't already have these people in our social circles - so how do we find them?

One way to do this is to join community groups or meetups to find people with the same interests.

**Write below the words that describe the people you want to spend more time with:**

Now search for meetups or local community groups who describe themselves using those words.

Or maybe ask your current social circle if they know anyone who would be the right type of person to meet.





# Chapter 6

Just like plants, we need  
the right environment to thrive.

Ever wonder where the best place for you to live or vacation might be? Whether you are experiencing the negative effects of pollution or the positive effects of taking a walk in nature, you know how profoundly your environment affects your physical and mental health and well-being. And different Body Profiles respond uniquely to different kinds of environments.

The expression of your genes—your phenotype—can provide you with insight about the environments and situations in which you will thrive. To illustrate this, pretend for a moment that instead of a person, you're a car. And that when you're born as a car, there are infinite types of vehicles you could be.

First imagine that you are born as a 4×4 truck. You love climbing mountains, driving over dirt roads and splashing in the mud. It's very important that you warm up before doing anything, and sometimes it's crucial that you go slowly, or you might get stuck. Given these qualities, it would make sense for you to live in a cooler climate so your engine didn't overheat, and if you lived where there were mountains to explore and rocks to climb over, you'd be using your body optimally. It would be even better if you spent time in an environment with others who understood how you worked and what you

were meant to do—and why you took a little bit longer to get going in the morning!

On the other hand, if you were born as a Smart Car, your ultimate destination would be the city. In this environment, you could move quickly, fit easily into parking spaces, and make changes frequently. Given these qualities, it would be best for you to live in an urban environment with stimulation and access to a variety of activities. You might feel trapped if you aren't able to move at a faster pace, and you would do best if you were allowed to zip around as freely as you liked.

Now imagine a 4x4 trying to navigate the same city streets and park in the same spots as a Smart Car. Or a Smart Car attempting to make its way over a 4WD course. Both scenarios are likely to end quite badly!

In the same way, certain Body Profiles are better oriented to cool, dry climates or hot humid climates, urban hustle or rural terrain. Knowing what environments help you thrive can change not just your physical health, but your entire sense of well-being.

*I've always loved to ski and living in Idaho's gorgeous Sun Valley amidst the pine trees, magnificent scenery and exhilarating ski slopes was my ideal situation.*

*I'm 49 years old. I've been healthy my whole life with no health issues, appropriate weight and only a few grey hairs. But shortly after I moved to the town of my dreams I started noticing that I was getting some aches and pains that I'd never experienced before. It wasn't anything I couldn't handle, but as time went by, the symptoms got worse. After a couple of years I found that I had muscle weakness, joint pain, memory loss, mental fog, ringing in my head, sinus issues, shingles, fatigue and constant heart palpitations. I was waking up with nosebleeds, my hands were literally white & rough with dry skin and severe headaches often rendered me totally debilitated.*

*I went to several doctors, naturopaths, specialists, and almost any health professional I could lay my hands on to no avail. No-one could tell me what was*

*going on with my body or why I felt 40 years older than I was. And then a friend of mine - who knew I had tried everything suggested I get more personalised with my health. I'd already tried everything I could research and everything I knew, so one more go couldn't hurt!*

*What really amazed me was that the first thing I found out about my particular body was that it shouldn't live at an altitude over 5,000 feet, nor around too many negative ions (you know, the kind that waterfalls and pine trees give off!) nor cold winds. I had to shake my head at that at first – surely if it was that simple, one of my doctors would have picked it up. But the more I thought about it, the more it seemed to make sense. When I visited my daughter at less than 3,000 feet, I seemed to have no problems and all of the symptoms I was having had started shortly after moving to my the mountains and had become worse as I stayed there.*

*So I tried it. I went to stay with my daughter - away from the mountains, the pine trees and the cold winds. And lo and behold, after nearly 3 weeks, all of my symptoms had gone. I literally could not believe it. My hands were soft, my joints didn't ache, no nosebleeds or headaches at all. I felt like a completely new woman! My journey has been quite extreme but I am thankful that I found out the right things and the wrong things for my body when I did!*

*Diana, Boise, ID*

Geomedicine, the study of the effects of the environment on health, is an area that can suggest an environment that fits your unique Body Profile. Environmental factors can actually change the expression of your genes, and different Body Profiles are better suited for different environments in order to be at their healthiest.

Your ideal environment even include the quantity of light exposure and particular environmental temperature that will most support your unique Body Profile. Different Body Profiles are predisposed to react differently to the stimulation of light, which in turn regulates sleep, sexuality, and other

hormonal functions. Each person will also react distinctly to changes in temperature, which can affect the production of various hormones.

For example, people with low levels of melatonin may need more light, making it important that they live in an environment that is. Individuals who have low levels of water in their bodies may struggle in hot, humid climates that make them even further dehydrated. And people with low blood circulation may find cold, dry climates aggravating to their health.

Understanding more about your body's environmental needs will improve every arena of your well-being.

Here are a few suggestions:

1. Don't hesitate to implement small changes—they make a big difference over time.
2. To create a personal space, experiment with setting up an area of your home in a way that suits you best.
3. Experiment with colour. Try adding a decorative item like a pillow, lamp, or piece of artwork in a colour that resonates with you.
4. If you have little room to create personal space, try creating a shelf or corner where you can focus your attention and feel supported.
5. Start by making simple modifications in your home or workplace to adapt your environment to your body, rather than the other way around.

Once you start to make changes to your environment, remember that your personal health needs change as your body changes – with age, hormones and many other factors so be sure to stay updated with the latest information for your body.

# Putting you in your PLACE!

## Part 1: Recognizing the difference

It's not everyday that we can up-and-change our living arrangements or our immediate environment but we can make small changes to improve what we currently have if it is not ideal. Firstly, list the differences between your ideal environment and what you currently have in the table below:

	<b>Current Environment</b>	<b>Ideal Environment</b>
HOME		
WORK		
OTHER		

## Part 2: Making small changes

List 3 small changes you can make for each area in the previous table. These can be as small as moving a piece of furniture to face a window if it will help you to thrive by viewing nature, adding a touch of colour to your decor, or moving a desk to be away from a direct breeze...

### HOME

1. ....  
.....
2. ....  
.....
3. ....  
.....  
.....

### WORK

1. ....  
.....
2. ....  
.....
3. ....  
.....  
.....

### OTHER

1. ....  
.....
2. ....  
.....
3. ....  
.....  
.....

### **Part 3: Visualizing the ideal**

When the ideal is too far away or too far from reality, try creating the experience of your optimal environment in your imagination. Your mind can be a powerful tool in helping your body believe that it is actually experiencing something

#### **Take 5 minutes to imagine as realistically as possible:**

The ideal environment for you.

- What do you see?
- How does it make you feel?
- What fragrances do you smell in the air?
- What clothes do you have on your body and shoes on your feet?
- How does your skin feel?
- How does it feel to run your hand across the surface near you?
- What do you hear in the background of your ideal setting?



## **Part 4: Keeping it nearby**

Draw a quick sketch or paste some images that represent your ideal space below so you can return to your optimal environment through your imagination at any time. You might also like to create a vision board or a corner in your home that represents your ideal location.

**Part 5: Vacation time!**

Just as there is a certain time of year to fertilise plants for optimal growth, so too is there a certain time of year that your body responds to treatment most effectively. Taking this into account when you vacation allows you to recharge your body and mind efficiently or the year ahead.

List 3 places where you might vacation that encompass your ideal environment:

- 1. ....
- 2. ....
- 3. ....

What are the most refreshing and rejuvenating activities for you to do?

.....  
.....

When is your best time to rejuvenate and vacation?

.....

Which of the places listed above remains ideal at your ideal time of year and offers the activities ideal to rejuvenate your body and mind?

.....  
.....

Planning a vacation may be a glorious reward for achieving your personal health goals! Keep this location in mind for other special occasions like health retreats, weddings and work conferences too!



# Chapter 7

## Working with your natural talents.

“There is a vitality, a life force, an energy, a quickening, that is translated through you into action, and because there is only one of you in all time, this expression is unique.” — Martha Graham, choreographer, recipient of the Presidential Medal of Freedom, named Dancer of the Century by Time magazine.

Many of us have a general sense of what we’re good at, but choosing a career path can be daunting. Imagine if you had a job that you loved because you were working with your natural talents rather than against them? It would make work feel more like play, and your hours on the job pass by with ease.

More than anything, we all long for a sense of purpose—a way to express the uniqueness of our individuality in the world. This doesn’t mean that we all have to chase after our childhood dreams of being movie stars, astronauts, basketball players, and presidents. But it does mean that we can learn how to tap into the talents we inherently have, and exercise them on a daily basis.

Using the insights of personalized health and wellness, this is finally possible.

*I'm a hairstylist and I was really lacking clarity and direction in my career. There are so many things that I can do, but I was just overwhelmed and had no idea where to start. My family kept telling me that I should just get a new job, my boyfriends – they were just never interested in what I was doing, and I'd felt so trapped in the job that I had, that I'd quit and so had no job, no boyfriend and was living on my own as my housemate had also recently moved out.*

*If I actually looked at the situation, I suppose I could have seen that things needed to change! But I was struggling along until I discovered the idea that everyone is unique and that things that work for one person may not work for another. Simple, yes, but something I'd never actually stopped to think about.*

*So I decided to look into this personalisation stuff and I can tell you honestly, I've never looked back! For starters, I confirmed to myself that I actually am a very much a people person. I like to live with other people, I like to chat and socialise, I like to be doing something all the time. And if I don't get that in my day, then I feel down, confused and frustrated.*

*Once I sorted out my living space, and found a new boyfriend, I thought I'd have a go at making over my career. I learned that repetition was good for me and that I'm not best friends with detail. These were both things that I know – but knowing that it's natural for me allows me to rest assured and not compare myself to other people. These are strengths that I have so why wouldn't I concentrate on them!*

*The key decision makers for my career came down to this: I am good at and enjoy doing repetitive tasks, seeing lots of people and I'm not so into the details. All at once, I knew what was right for me.*

*Now I have my own business. I specialise in cutting Men's hair. It's repetitive, I'm great at it and I'm totally in my zone! I choose the direction that I want the business to go in and I've found a great team that look after the details for me so that I can do what I'm best at: chatting, selling and giving great cuts. I have so much freedom and love getting up to go to work! I am so happy that I've listened to what my body is actually good at – I make sure I do everything that comes*

*naturally to me now, rather than pounding away at something that someone else thinks I should do..!*

*Ashley, Los Angeles, CA*

Your Body Profile correlates with a complex system of neurotransmitters, hormones, and epigenetic factors that contribute to and inform your natural talents. How?

Your physical measurements may indicate hormonal status and neurotransmitter function—such as noradrenaline (which affects planning and taking action) and prolactin (which affects patience, tolerance, and care for others). Understanding the levels of these hormones will inform the kinds of activities to which your unique Body Profile is naturally oriented.

Moreover, we are naturally programmed to respond to light, and the type of light you are exposed to on a daily basis may affect your physical and mental performance. Understanding the best type of workplace setting for you may help you to thrive in what you do, in any type of career.

For example, people with high levels of testosterone may thrive in jobs that require manual labour. Someone with naturally high levels of prolactin may be more inclined to jobs that allow you to care for others. And if your body is inclined to low dopamine, you may have difficulty taking on leadership positions.

Understanding how you may do best in the workplace will help you reach new levels of success—on your own terms.

Understanding what your Body Profile may naturally be inclined towards professionally may provide you with an increased sense of direction and purpose. It doesn't mean that you have to change careers. Instead, it may provide insight about how you can enjoy and excel in what you already do.

Here are a few ways to begin:

1. Find out what you're naturally good at! If you've never done it before, don't hesitate to try it out—you might discover a new interest or passion.
2. Pick one or two of your natural talents that most resonate with or intrigue you, and commit to implementing them into your daily routine every day for a week.
3. Take note of moments where you feel out of sync in your work. When you are out of sync with your career or particular work responsibilities, you may cause your body, mind, and emotional being undue stress.
4. See if there is an opportunity to modify your current work to reflect more of your natural talents – for example if you are naturally good with communication, see if you can find more opportunities to communicate to increase productivity during your day.
5. If you feel like your place of work is not the right fit for you, it may be that you're in a position that doesn't suit you. Before making any radical moves, see if you can juggle some tasks to concentrate on what you're naturally good at.
6. Try scheduling your time according to your talents, using the tasks that are easiest to complete as a reward for finishing tasks that are more difficult or unpleasant for you.
7. Make sure you schedule time to do those things at which you are naturally skilled.
8. Make your workspace an environment that you look forward to going to.
9. Consider where in your life can you begin to say yes to things that feel good to you and start saying no to things that don't feel good to you.

As you develop a new perspective on how your work could start to feel like play, you may naturally begin to gravitate to the inherent talents you have. Think about new ways you might arrange your schedule, desk, or meetings in order to reflect what's best for you!

# Living your golden CAREER

## Part 1: Discerning your talents

Your natural talents are the things that come easily to you, that you enjoy doing, do well without too much effort, and with effort you do them exceptionally well. Fill the table below with these talents of yours. Use your Body Profile to help clarify exactly what these talents are too!

<b>My Natural Talents</b>



## **Part 2: Recognising your weaknesses**

We all have weaknesses, and spending time on them can sometimes be frustrating, cause us stress and make us miserable.

Finish the sentence below with your weaknesses or the tasks that don't come easily to you.

*The things that don't come naturally to me are:*

### Part 3: Tailoring your career

Does your current career rely mostly on your natural talents or the things that don't come naturally to you?

List the tasks that make up your current career below and tick **YES** if they come naturally and easily to you or **NO** if you find them frustrating or stressful.

Tasks that make up my current career	YES	NO

If you have more ticks in the YES column - congratulations, you're on the right track! If not - don't worry, there's still hope! :)

## Part 4: Creating a career you love

When you love what you do, you never work a day in your life. Let's create that for you now!

There are 3 easy solutions for you below and you can use all three or one at a time, depending on your current circumstances:

### 1. Tailor your current career

List the aspects of your career below that you do naturally and those that do not come easily to you and cause you stress.

Naturally easy	Stressful

Now that you are clear on these:

- a) Ask your boss if you can do more of the things that come naturally and less of those that do not come easily
  
- b) Arrange your day so that the tasks that cause you stress are:
  - Sandwiched between those that you enjoy; or
  - Done first thing in the morning to get them over and done with; or
  - Completed at the time of the day when they seem easiest for you; or
  - Any other way that helps you to feel good while you are doing them, or makes them easier without needing to change the task

## **2. Choose a different career**

Research the careers in which you know you will thrive. Use your Body Profile to filter through roles that you are naturally good at and will give you a sense of satisfaction.

Write below all of the words that repeat though the career section of your body profile. This may give you some clarity and direction if you are struggling to find your way.

## **3. Choose to see your current career with a new perspective**

Our perspective can be a valuable tool when there is no way to change what we currently do.

Try heading into work one day, seeing at all afresh:

- Concentrate on the positives
- Excel at and thoroughly enjoy the things that you do naturally well
- Inspire your colleagues to do the same

You may even find that your current career doesn't seem that bad after all when you change perspective!



# Chapter 8

## It's all in your mind..?

Physical concepts are free creations of the human mind, and are not, however it may seem, uniquely determined by the external world. –Albert Einstein

Your mind can be both your greatest ally and your worst enemy, all depending on how well you are able to understand and balance your brain's processes. Out of balance, the mind can wreak havoc on your productivity, memory, and well-being. In balance, your brain can motivate you towards realizing your greatest dreams.

For thousands of years, philosophers and neurologists alike have sought to understand what lies behind peace of mind, happiness, and motivation. Most people find that the biggest barrier to following a diet, fitness, or lifestyle program isn't eliminating foods or following new workouts, but staying motivated. Motivation can be influenced by a number of factors, including the release of hormones like dopamine, which can be triggered by a number of lifestyle components.

So the next time you want to know why you can't seem to make the changes you desire in your life and your self, look no further than your very own brain. Understanding its inherent challenges and inclinations will help you

transform every other part of your world.

The brain is governed by a complex cascade of neurotransmitters and hormones, and—with the right tools—can easily be trained. In particular, specific hormones and neurotransmitters are linked to certain behaviors, such as dopamine to motivation, testosterone to aggression, prolactin to caretaking, serotonin to happiness, and many more.

Moreover, each unique Body Profile tends to use one particular part of the brain more than the others, as determined by correlations of anthropometry and endocrinology. The particular cerebral lobe that is most activated for your Profile will influence the way you think, the way you perceive the world, and the way you experience yourself and others.

*I never realised that understanding how I thought would have such an impact on my life. And it really is just the little things that you do or think every day that can make a difference.*

*I've always been really interested in self help and personal development, type-ing myself, following protocols and learning about systems to help my own growth is something I really enjoy.*

*It wasn't until I looked at my own brain that I found out why. And when I found out why, I finally started to understand the way that I am. I know that sounds a little too philosophical so here's an example. I was at Disneyland recently (great place!) and I kept seeing people walking around with Minnie Mouse ears that were decorated like the Little Mermaid, or Alice in Wonderland or even Maleficent. And I kept thinking – why would you wear that – or even buy it? It just doesn't make sense! Surely there would be a better way to represent the Little Mermaid and Alice other than on Minnie's ears – they just don't go together. The little Mermaid was exactly that, and Alice was human – neither were a mouse!*

*I kept seeing people walking past with them, and it didn't make me angry as such, but I was a little agitated – I didn't understand why they would want to*

*wear them and in my mind, there was a much better way to do it!*

*It wasn't until I realised how my brain was working that it all made sense. My brain likes to categorise things and if they are not in their proper category, then my body physically doesn't like it – doesn't understand and has an automatic physical reaction! Once I realised that it was just naturally the way that I think and that other people think differently to me, don't have the same wiring as me, then I had a good chuckle to myself. Any agitation I felt was dissolved.*

*I've managed to use the same principals on many occasion since – when I notice that something is not categorised correctly – there is no reason for me to become agitated about it, I can now simply understand that my brain likes to work that way and I can move on straight away. That's just one example I can give you. It's almost unbelievable how much stress I've avoided in my everyday life by understanding some little things about my brain!*

*Rebekah, Brisbane, QLD*

Making simple lifestyle changes can actually help to increase your motivation, shifting the chemical balance in your brain. This, in turn, may encourage you to make progress with the healthy habits you're setting in place.

Knowing more about how your mind works, what influences thought and motivation, and the parts of your brain that are most active, the power to change is in your hands.

The real secret is how you implement this information into your life. Here are some ideas:

1. Find out how your brain works! Then pick one or two of the explanations that most resonate with you, and brainstorm a few small changes to your everyday life that reflect the needs outlined.
2. For example, if it's suggested that you thrive as a planner, make



sure you have the opportunity to plan your schedule for the day, the week, or the year—and then notice any changes in well-being as you give yourself the time and space to do what feels most natural to you!

3. If it is suggested that you are more introverted or more extroverted, you might reflect on ways in which you support these tendencies or detract from your natural rhythms.
4. Consider how your social, professional, and personal interactions affect your mental state and stress levels, and how you might create greater balance internally.

As you become more familiar with the way your brain works, start to notice how changes you make to your diet, exercise, environment, and social and professional spheres affect your mind state. This is the true power of personalized health!

# Discovering your MIND

## Part 1: Who are you?

Make a list of the words that describe you in your body profile below and then elaborate on how they affect your life.

For example:

**Described as:** *Courageous*

**How that relates to me:** *I'll have a go where other people may not be confident to try.*

**Described as:**

**How that relates to me:**

**Described as:**

**How that relates to me:**

**Described as:**

**How that relates to me:**

**Described as:**

**How that relates to me:**

## **Part 2: How does your mind work?**

Choose 3 statements from your body profile MIND section and give an example where you remember that you have shown this tendency in your every day life.

### **Statement 1**

*Example from every day life:*

### **Statement 2**

*Example from every day life:*

### **Statement 3**

*Example from every day life:*

### **Part 3: Applying it all**

Choose 1 of the statements from Part 2 and answer the questions below:

Does everyone you know react/think/process in this same way?

Give an example of someone else you know and discuss how they would respond differently.

How does recognising that you have different responses/reactions/mental processes affect the way you would communicate with that person?

Describe a time where knowing that this is your natural tendency would help you relieve a stressful situation.

Continue through your MIND insights until you have completed this process for all the statements listed about you and your body right now.



# Chapter 9

## Making your health personal.

Making it personal is paramount when we talk about living in optimal health.

Yes, it's a paradigm shift for many health practitioners. We will find many people resistant to the shift but we cannot go on any longer with generalised health care, and putting individuals into situations for which they are clearly not suited.

Looking at foods by their nutrient content and how that reacts with your individual body is indeed very different to the standard carbs, fats and proteins view that we see commonly in dietetics schools, but it makes sense.

Our bodies are a complex piece of machinery and perfectly aligned to what they are here to do. How we treat our bodies is paramount to our health. You wouldn't add oil to the fuel tank of your car, so why create havoc with wrong foods, activities, interactions and environments for your body?

Sometimes it doesn't take a genius to figure out what is right for you – and sometimes it does. Luckily for us, many geniuses around the world have been working for decades on a way to bring personalised health information to every individual. And with today's technology, we are finally seeing results.

If you want to get started and make your health personal, I recommend using [ph360.me](https://ph360.me) to find out all the basics of who you are and what is right for you. When you have the information at hand, you can then choose the how your health proceeds into your future.

All I want to say to finish is believe in yourself. You have all you need to be able to make your dreams come true. But think of what your dreams actually are. Do you want to raise a family? Do you want to lead a country? Do you want to make people happy? Your purpose is what you are here to do. There is no purpose that is greater or more important than another. Believe in yourself and that you are here for a reason. Letting your body and mind live in optimal health are the catalysts to living your dream and your purpose. It's time to make it personal.

# Making Your Health Personal

A Beginner's Guide to  
Personalised Health

Have you ever wondered why a diet works for your best friend but not for you? Or why you want to go on vacation to the snow and others will only ever book a tropical island resort? Have you heard the term Personalised Health and not quite understood what it means?

A logical and passionate discussion about the basics of Personalised Health, **Making your Health Personal** will show you how you can go from the widespread generic health options to a personalised plan, created specifically for your body in your current stage of life.

The foods we eat, the exercise we do are only a part of what affects our health. There are so many more aspects that we can change that will influence the future direction of our health and the fulfilment we get out of life.

- ✓ Unlock the secrets of Personalised Health
- ✓ Discover areas of your life you can personalise now
- ✓ Inspiring, real-life success stories
- ✓ Motivation to get you started
- ✓ Tips & Techniques to keep you going
- ✓ And much more!



**MATT RIEMANN** is a social entrepreneur in the fields of personalized health and future medicine. A heart-centred visionary, Matt is focussed on changing the health trajectory of the human race. He orchestrates a global collaborative vision to revolutionize the concept of health as we know it and facilitate personalized, predictive and preventative health change around the world.

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another book from the exciting health series

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