

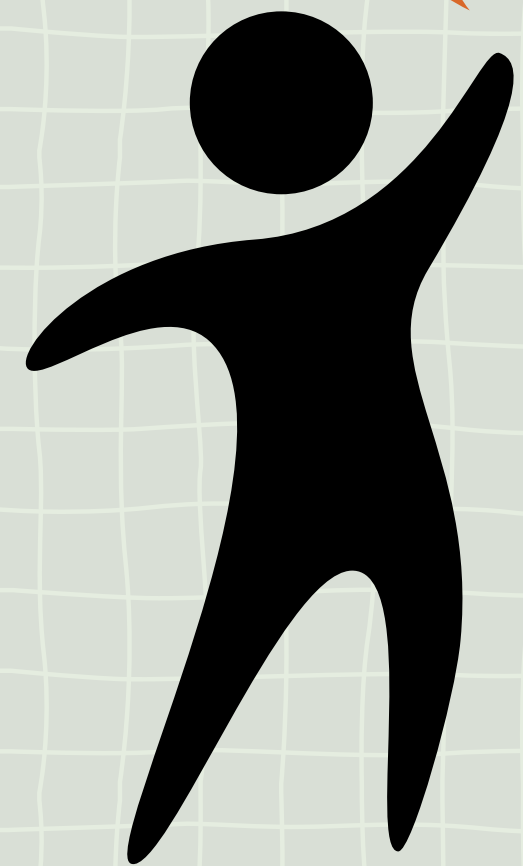
TOTAL
HEALTH
CONNECTION

Wellness Challenge

#4

You're A

WINNER!



+



=



“Recap”

Toxic Times

CHRONIC ILLNESS - OBESITY - POOR HEALTH - PREMATURE DEATH

PROCESSED FOODS

LACKING NUTRIENTS - PREVENT NUTRIENTS - PRESERVATIVES - THICKENERS - STABILISERS - COLOURS - FLAVOUR ENHANCERS ETC.

INDUSTRIAL FARMING

PESTICIDES - HERBICIDES - GMO'S. ALL TOXIC - CHRONIC ILLNESS - CANCER

PLASTICS

ENDOCRINE DISRUPTORS (HORMONAL IMBALANCES) MICRO- PARTICLES ENTERING OUR FOOD CHAIN)

PERSONAL CARE PRODUCTS

PARABINES - ENHANCERS - CARCINOGENIC INGREDIENTS CANCER CAUSING

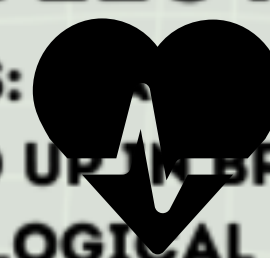
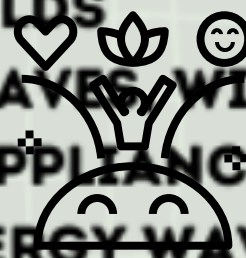
E.M.F.

ELECTRIC AND MAGNETIC FIELDS

POWER LINES, CELL TOWERS, MICROWAVES, WI-FI ROUTERS, COMPUTERS AND OTHER APPLIANCES SEND OUT A STREAM OF INVISIBLE ENERGY WAVES

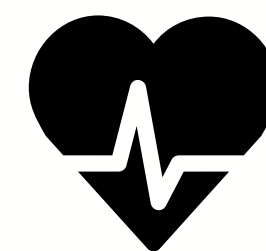
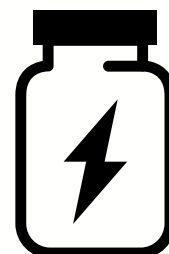
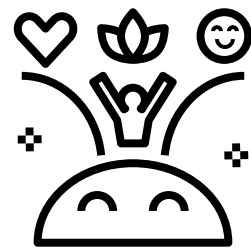
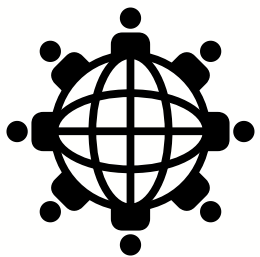
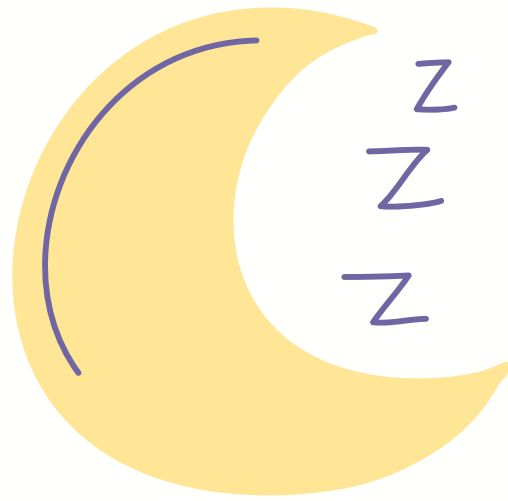
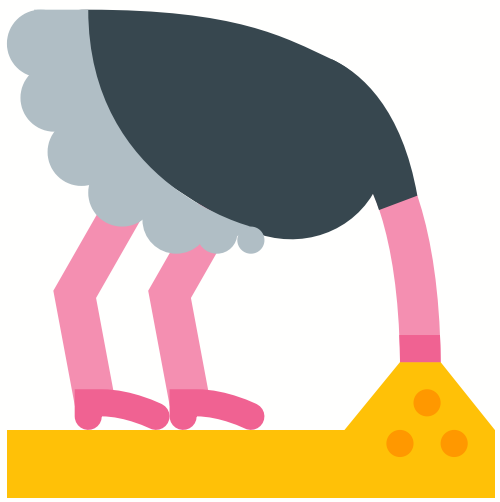
POLLUTION

HEAVY METALS: CADMIUM ARSENIC ETC...BUILD UP IN BRAIN TO CAUSE NEUROLOGICAL PROBLEMS.



Topics Covered

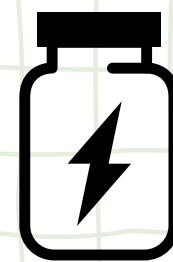
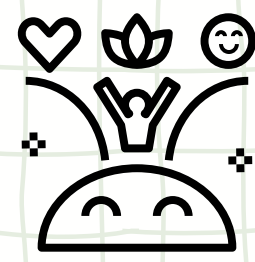
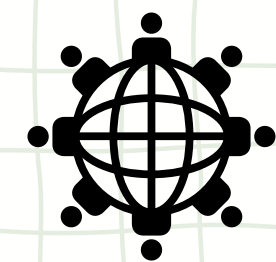
- **Total Health Connection Strategy
(Developing Your Why (Y) + Creating Healthy Daily Practises)**
- **Importance Of Macronutrient Dense Foods**
- **Cold Exposure & Breathwork**
- **TRE & Fasting**



HEALTHY LIFESTYLE CHOICES

A healthy lifestyle can be characterised as a **“Balanced Life”** By making **“Wise choices”** we can create **“Healthy Living”** the steps, actions and strategies we take will allow us to achieve

Total Health



Go PALEO



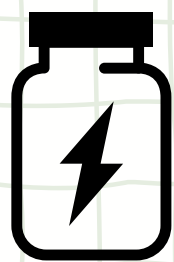
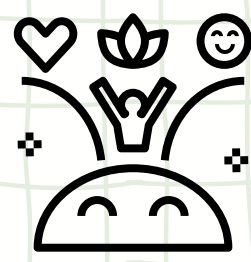
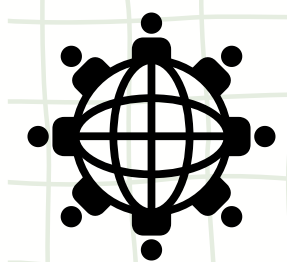
↑UPGRADE

Eating Plans

The Paleolithic diet, Paleo diet, caveman diet, or stone-age diet is a modern diet comprising of foods thought to mirror those eaten by humans during the Paleolithic era.

Paleo is higher in protein, which is an important nutrient to build and maintain muscle.

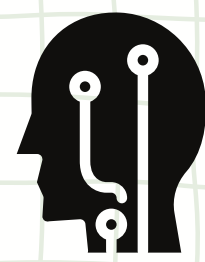
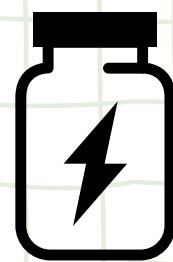
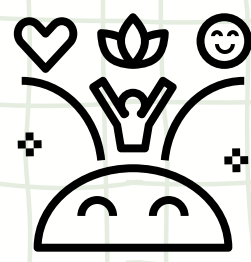
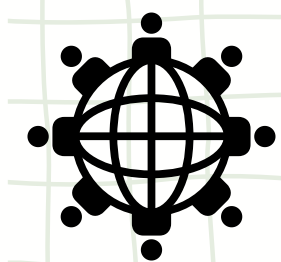
The amount of carbohydrates may be inadequate for athletes. The diet does allow some carbohydrates, but it is still fairly restrictive.





Eating Plans

A plant-based diet or a plant-rich diet is a diet consisting mostly or entirely of plant-based foods. Plant-based foods are foods derived from plants with no animal-source foods or artificial ingredients. While a plant-based diet avoids or has limited animal products, it is not necessarily vegan.



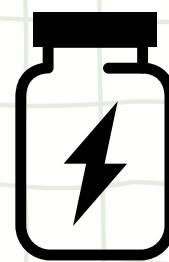
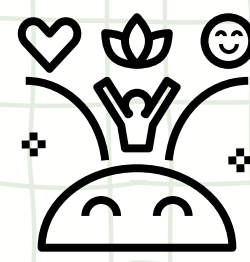
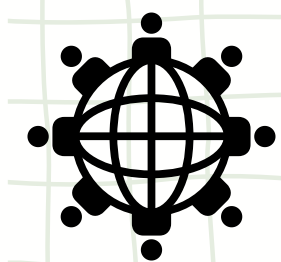
Go KETO



↑UPGRADE

Eating Plans

The ketogenic diet is a high-fat, adequate-protein, low-carbohydrate mainstream dietary therapy that in medicine is used mainly to treat hard-to-control (refractory) epilepsy in children. The diet forces the body to burn fats rather than carbohydrates.



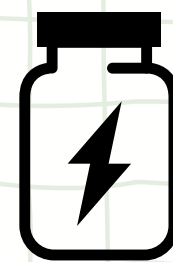
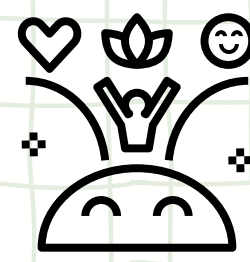
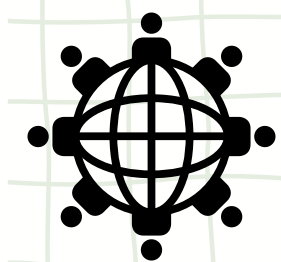
Go LOW-CARB



UPGRADE

Eating Plans

Definition. A low-carb diet limits carbohydrates — such as those found in grains, starchy vegetables and fruit — and emphasizes foods high in protein and fat. Many types of low-carb diets exist. Each diet has varying restrictions on the types and amounts of carbohydrates you can eat.



What Is Right For Me?

Go PALEO



↑UPGRADE

Go KETO



↑UPGRADE

Go PLANT BASED

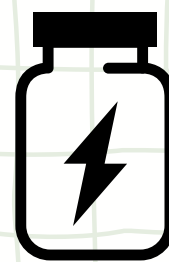
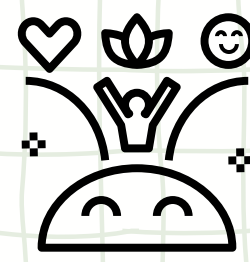
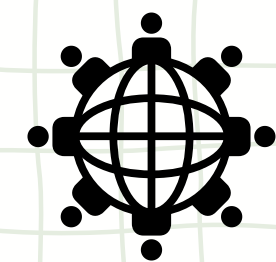
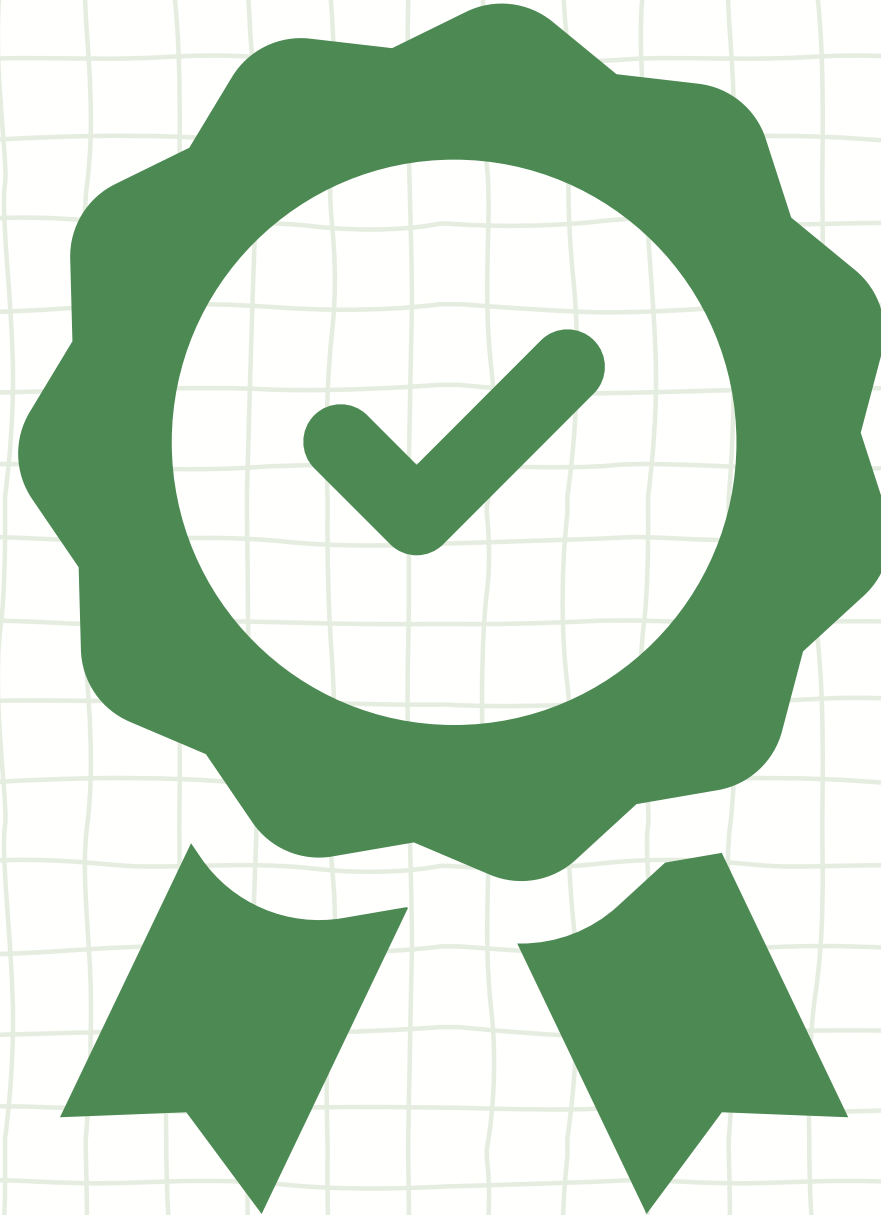


↑UPGRADE

Go LOW-CARB



↑UPGRADE



Watermill Wellness Challenge

Total Health Connection

In Addition To A New Positive Habit OR Goal achievement:

Bronze £10

Silver £15

Gold £20

