

## The Perfect Day

Imagine a perfectly scheduled day, a day in which you know how you are going to take care of your body as soon as you open your eyes.

**6:00 a.m.** – Take your pulse. Get out of bed. It's important to start the day on-time. Drink a cup of hot water to start your digestion to get your bowels going right away. If you want you can make a thermos of hot water and have it ready for the morning.

**6:15 a.m.** – Wake up your body with 20 minutes of brisk exercise. After you are comfortable with this, start interval surge training by jogging for one minute and walking for two minutes. As you progress, add interval surge training to your routine. At this point, you are just getting used to the idea of getting up and getting moving first.

**6:45 a.m.** – Incorporate a five minute meditation or prayer time. Work up to a 15 minute meditation time. This will set your emotional equilibrium for the day.

**7:15 a.m.** – Eat a light breakfast. Choose between something simple like oatmeal, protein smoothie or eggs with steamed vegetables. Finish your meal by 8:30 a.m. and plan to eat nothing (not even coffee) until noon. Keep breakfast light and healthy. Take your pulse after each meal. This will give you a sense of how your body responds to the food you eat. You are listening to your heartbeat, but you are also listening to your body's response to different meals.

**8:30 a.m.** – Finish drinking your coffee or tea and set your intention not to snack. Drink only water or herbal tea until lunch.

**10:00 a.m.** – Get up and move around a little. Try to get outside for natural light.

**12:00 p.m.** – Eat a substantial lunch near the noon hour but be sure to eat at the same time every day. After a week, your appetite will naturally match your mealtime. This is your first sign your body is matching your circadian rhythm. Your body is most hungry at the time of day it most needs calories. Set the alarm on your phone if you need a reminder until you have reprogrammed your rhythm. This should be the largest meal of your day. Remember to check your pulse before and after you eat and to eat healthy, vegetable based options. Avoid heavy, flour based foods. (Advanced Plan)

**12:30 p.m.** – Try to take a short walk after lunch or spend some time outside to get natural light. This isn't exercise per se, but rather a gentle movement that will aid your digestion. Sit by a window if you can't get outside.

**1:00 p.m.** – Reset your intention to avoid snacks in the afternoon. By giving your body a break from food for five or six hours, you are allowing your digestive tract to rest and reset its circadian rhythm. This is an important step to healing the brain-gut axis. It allows your body to prepare for a light evening meal. Refill your water bottle. Plan to drink two to three glasses of water or cups of herbal tea. Make sure you are hydrating your body. It will give you a healthy glow.

**3:00 p.m.** – Get up and move around again. Do a little bit of stretching at your desk or walk around the block. This will give you more energy to power through the workday and will give you more natural light.



**6:30 p.m.** - Eat a light dinner. Focus on vegetables and a small portion of protein, if any. Over time you will become used to eating a lighter evening meal and finding it satisfying. If you eat now, you will have twelve hours of natural fasting before breakfast, which allows your digestive system to repair itself. This will make your breakfast more satisfying and help your bowels to recover overnight. Avoid rice, bread, simple sugars. Look to consume about 500 calories for this meal. If you are still at work, you can eat a light dinner there. If your dinner is delayed because of commute, remember to reduce your dinner portion accordingly. The later you eat, the smaller the meal should be. Last call for any food is **8:00 p.m.** You need at least two hours after dinner to prepare for sleep.

**8:30 p.m.** – Send your last texts and emails of the evening and joyfully shut off your computer and the T.V., knowing the best part of your day has started. (DVR your favorite shows for tomorrow if you need to.) Begin this phase with a short meditation for as little as five minutes or as much as 15 minutes. This will do wonders for your sleep and your emotional clarity the next day. Ask yourself three questions: What did I do for my body today? What did I do for my mind today? What did I do for my spirit today? Reflect on how you nourished your body with experiences, how you supported your mind with new ideas, and how you uplifted your spirit with meditation, prayer and reflection. This begins your evening routine of reading, meditating, taking a bath, journaling, or whatever else you want to do. It may also include family time, making plans for the future or just time for your brain to think and reflect. This is your time to relax and be calm as you become present with yourself and your loved ones, and to reflect on your goals.

**10:30 p.m.** - Turn out the lights for an effortless, deep restorative sleep. Take your pulse. Even if you have trouble falling asleep right away the first couple of nights, you can breathe deeply and relax as you wait.

**First 7-10 Days** – You should notice you start to feel sleepy at your new bedtime. You may also begin to notice you aren't as hungry for your evening meal. You should also be waking up more naturally. Your body should start to feel lighter and have better bowel movements. Look at your stool first thing in the morning. How have your bowel movements changed during the days when you have been keeping a healthy schedule? With more fiber and water in your diet, your colon may be thanking you more each day.

Look at your tongue each morning. You should notice that the coating on your tongue has changed color. It has become lighter as the toxins leave your body.

During this phase you should pay attention to food cravings. You should notice that you are getting hungrier at the right time. Each time you go to the grocery store you want to choose freshly made foods and turn away from packaged foods. (See Advanced Plan Cheat Sheet.) During this phase you will begin to see true health benefits from putting your body's needs first. You may begin to feel hungrier first thing in the morning and it will make it easier to resist coffee. At lunch you will have a real appetite, and don't be afraid to satisfy it. This is your most substantial meal of the day so choose healthier. Don't forget about your water.

#### **Keys:**

- Take your pulse several times per day. You are not listening for the pattern. Just appreciate your heartbeat and notice your body.
- Close your eyes and take 10 deep box breaths when you feel stressed. Discharging stress makes it easier to resist reaching out for distractions, including junk food or your phone. It calms your mind and resets your body.
- Ask yourself how your body feels after every meal.
- Pick one day a week to give up the evening meal.
- People often pay more attention to their eating habits than to their bowel movements. You cannot just pay attention to what goes into your system. You need to be producing something on the other end. Your intake and output are both measures of good health. Studies show that 70% of people are deficient in magnesium, and most people don't get enough of this vital nutrient from diet alone. You can take a



magnesium supplement to support digestion, reduce cramping, and ease constipation. Magnesium citrate naturally eases elimination and prevents recurrences of constipation problems. The laxative effect of magnesium is achieved through one of two pathways:

- **Stool softening:** Magnesium helps draw water into the intestines, working as a natural osmotic laxative. This prompts bowel movements and makes stools easier to pass.
- **Relaxation of muscles:** Magnesium relaxes the muscles in the intestines, leading to a smoother flow as stool moves through the bowels.

Max GI

Max Fit

Daily Detox

You may take up to two weeks to three months to fine tune your schedule. Remember: you are building your schedule around your body's needs- not your work and old habits. You will notice if something disrupts your schedule; you will feel a difference right away. You will begin to feel happy, lose weight, gain focus and be able to sleep well at night. Initially you will have excitement and over time will start to see results, and the results bring their own challenges. Maintaining your new schedule is boring and your mind will play tricks telling you that you can give up on your schedule if you have to write a few emails or the newest season of your favorite show came out on Netflix. Your brain may tell you that you feasting at night won't hurt anything. Remember that most times when you fall off your routine, it is a destructive form of stress management. You have to move away from seeing your lifestyle of eating well as nourishment, not punishment, and your morning exercise as a punishment for being out of shape. Your new lifestyle has nothing to do with suffering; it's about giving your body what it needs so you can get more out of life.

# NOTES

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