

Knowledge is power. Inspiration when acted upon can be life transformational. I find the books, articles, website and video references below to provide both inspiration and knowledge for your listening and reading preferences. I look forward to discussing those references of your choosing.

Nourishing a Mindfulness lifestyle

Arizona Center for Integrative Medicine has a instructional 4-7-8 Breath – Relaxation Exercise. <https://www.cordem.org/globalassets/files/academic-assembly/2017-aa/handouts/day-three/biofeedback-exercises-for-stress-2---fernances-j.pdf>

This link includes more detail on the benefits and “how to “ perform the 4-7-8 breathing techniques. This YouTube link provides Dr. Andrew Weil the founder of Arizona Center for Integrative Medicine. This is a must watch to practice the breath along with Dr. Weil. Weil, A. M.D. https://youtu.be/_C_VNM1Vd0

Dr. Bruce Lipton was a Biologist and has turned his attention on the mind, specifically how to influence our subconscious minds. If you want to go deeper into making your mind matter, this is the YouTube interview for you. The Best Way to Reprogram Your Mind. <https://www.youtube.com/watch?v=xpGsAgE3TkA&feature=youtu.be>

Understanding the meditation benefits is a motivator to meditate. Article quotes Harvard – “meditation fosters clearer thinking, reduces stress and increases our capacity for compassion and empathy”. Shankar, G. (n.d.). The Benefits of Meditation. <https://www.artofliving.org/us-en/meditation/meditation-for-you/benefits-of-meditation>

This site includes a free meditation course and guided meditation at the bottom of the 30 tips. The Art of Living. Meditation for Beginners. Retrieved on July 8, 2018 from <https://www.artofliving.org/us-en/8-tips-get-started-meditation>

Books for healthy lifestyle

As the name implies this book includes chapter by chapter activities to manage your stress. It also includes MP3 audios for practicing the mindfulness activities. **A Mindfulness-Based Stress Reduction Workbook.** Bob Stahl, PH.D. and Elisha Goldstein, PH.D. New Harbinger Publishing

Dr. Dispenza’s previous work included Breaking the Habit of Being Yourself. If we choose to maximize the power of our thoughts, Dr. Joe’s work has actionable methods of doing so, including meditation. Dr. Joe Dispenza. **Your Are the Placebo,** Hay House, Inc.

This book is written to learn more about why and how to create time for inner work. Borysenko, J. PhD. **Inner Peace for Busy People.** Hay House Inc.

In this book, Vietnamese Zen Master and Peace Activist reveals his thoughts on inner peace. Hanh, T.N. **Touching Peace.** Parallax Press

This book includes breathing techniques and mental exercises for an immediate sense of calm and well being. Anness Publishing Limited. Hudson, **Instant Meditation for Stress Relief**

Everything you should know about herbs from growing, to storing and uses for health. **The Herb Bible.** Peter McHoy and Pamela Westland, Barnes and Noble Books.

What to eat can be very confusing because various physicians and scientists have differing opinions. Dr. Hyman writes based on his clinical results and studies during his 30 year career. **What the Heck Should I Eat?** Dr. Mark Hyman Hyman Enterprises, LLC

Dr. Amen's practice in neuroscience and psychiatry provides an "actionable roadmap" to enhance brain health. He has taken brain scans to prove before and after images proving how lifestyle can improve various brain and mental functions. **Change You Brain Change Your Life.** Daniel G. Amen, M.D. Harmony Books.

The healthy food lifestyle links

This April 2019 released study describes the advantages of avoiding a high red meat diet and concentrating on quality protein sources such as beans, nuts, and healthier meat choices. The study reviewed risk factors of cardiovascular disease and concluded a healthier non red meat diet brought the health markers to less risky levels. The study's research scientist authors also state the study is in agreement with epidemiologic studies that also conclude heart attacks are related to red meat diets.

<https://www.hsph.harvard.edu/news/press-releases/substituting-healthy-plant-proteins-for-red-meat-lowers-risk-for-heart-disease/>

Did you know the current rate of our children having chronic health issues is 25%? This video discusses our industrialize food supply and the negative health effects. John Robbins (of the Baskin Robbins family) is an activist for cleaning up our food supply. He refers to it as a "Food Revolution". Learn how "Crave-ability Experts" have high jacked our taste buds. The last few minutes of this video discusses a series that can be purchased to support the nonprofit efforts of the foodrevolution.org

<https://www.youtube.com/watch?v=x5gnkJGEmP4&feature=youtu.be>

The Environmental Working Group (EWG) is a nonprofit organization dedicated to informing people how to live healthy lives in a healthy environment. The EWG produces a report based on analysis of annual test data from the federal Department of Agriculture. The report referred to as "The Shopper's Guide to Pesticide in Produce, studies vegetables and fruits and their toxic load. It publishes what EWR calls the "Dirty Dozen" or high contamination from pesticides. The lists of dirty dozen food produce can be found in the links below. The list of produce having the least chemicals or "Clean 15" is also included in the third link.

<https://www.ewg.org/foodnews/summary.php>

<https://www.ewg.org/foodnews/dirty-dozen.php>

<https://www.ewg.org/foodnews/clean-fifteen.php>

The power of excellent nutrition in this 2013 TEDx Charlottesville is discussed by Joel Fuhrman, MD. Based on Dr. Fuhrman's clinical work and book reader results, he wholeheartedly believes the toxic food we are eating is destroying our health. Dr. Fuhrman feels our diet is "dramatically nutritionally deficient". Dr. Fuhrman describes what he calls a nutritarian diet rich in nutrients that prolong our life. He claims 55% of our U.S. diet is from processed food.

<https://www.youtube.com/watch?v=E4katnfHzXA>

Mark Hyman M.D has a private practice called the UltraWellness Center in Massachusetts and he is also the Medical Director of the Cleveland Clinic's Center for Functional Medicine. Dr. Hyman refers to his practice as "a new way to heal". The web site link below has nourishing articles, blogs and pod cast links to various topics of lifestyle and functional medicine.

<https://drhyman.com/>

The Harvard T.H. Chan School of Public Health is dedicated to research and education of health leaders. Part of that focus is to provide Nutrition Source updates for knowledge of how to eat healthy. The second and third links below are to the site's Healthy Eating Plate and Pyramid. They both provide images for creating healthy balanced eating by macro type of food and portion size. Print out and enjoy this inspirational knowledge.

<https://www.hsph.harvard.edu/>

<https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>

<https://www.hsph.harvard.edu/nutritionsource/healthy-eating-pyramid/>

The American college of Lifestyle Medicine states it is revolutionizing the way our healthcare system treats patients. It is common knowledge medical schools do not focus on lifestyle or food as medicine in their curriculum. This site has a subscription; however, you do not need to register to learn from the site. It includes case studies from its member MDs, PhDs and other medical practitioners. Their case studies detail how they apply the principles of root cause medicine.

<https://www.lifestylemedicine.org/ACLM/Home/ACLM/Default.aspx?hkey=a39dc6f4-1e03-4c51-b838-992f45cfc385>

The greenmedinfo.com web site has over 10,000 evidence-based research articles about natural medicine. The site educates health professionals and consumer about the value of vitamins, minerals, herbs and foods. It also alerts us to the harm of over the counter chemicals and other environmental issues. As an example, a recent article deals with 250 plus natural remedies referred to as safer and more effective than pharmaceutical drugs (see second link below).

<http://www.greenmedinfo.com/page/about-us>

http://www.greenmedinfo.com/blog/250-examples-natural-remedies-beating-pharmaceuticals?mc_cid=fb55d0b888&mc_eid=ec21918576

This site is amazing as the founder, Michael Greger, M.D. takes the time every week to understand in depth the evidence-based nutrition studies. He then, through the web site, does brief video reports on the many scientific studies dealing with health, disease and nutritious foods. You can listen to his library of over 1,000 videos and learn about the latest scientific studies and stay current with food for best health including recipes and other supportive knowledge based on Dr Greger's insight.

<https://nutritionfacts.org/> The sites states "The goal of this website is to present you and your doctor with the results of the latest in peer-reviewed nutrition and health research, presented in a way that is easy to understand".

This recent 2019 article discusses the value of nourishing food along with health physical activity.

https://www.health.harvard.edu/staying-healthy/a-risky-combination-healthy-weight-but-unhealthy-activity-level?utm_source=delivra&utm_medium=email&utm_campaign=WR20190426-WorkoutWB&utm_id=1328329&dlv-ga-memberid=63722108&mid=63722108&ml=1328329