



Three Keys

TO OPTIMAL WELLNESS



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Fully Revised and Updated

Introduction:

The FUN formula

Who thought 3rd grade health class was fun? Learning about the food groups, exercise, and taking care of your body?

A few of you? Cool! Me, too, but most people found it pretty dull – unless maybe they happened to be sitting in class next to some one really cute.

As adults, most of us do actually know what we are supposed to be doing to take care of our bodies. We're educated people. Most of us also have trouble doing it. At least sometimes. Today I'm going to share with you about Three Keys to Wellness. Who thought third grade health class was fun learning about the food groups exercise and taking
As working people, we might also know that:

The connection between wealth and health has been understood since ancient times. Modern research backs that up. Those with better health and longer lives tend to earn more.

As fun loving women and men, we also know that, to quote the good Dr. TP Chia,

“Success begins with hard work. Happiness begins with good health.” ((Slide))

So...why aren't we doing what we know we are supposed to? Is it because we are lazy or lack self control? At the end of today, I bet all of you in the room will have done several things that you were supposed to do today already, even if you weren't thrilled about doing them. That took some self control. So you've got some self control

One reason for the state of our health as a society is that there are multiple industries dedicated to addicting us to substances that don't exactly make us healthier

Can you think of an example?

- Convenience and fast food
- Alcohol
- Tobacco - Ads from cigarette companies are reappearing on race cars, television and public billboards, as well as social media, often promoting “safer tobacco” products like vaping.
- Drug companies pushing short term fixes with long term damage.

The truth is that you can blunt the impact of these messages and turn up the volume on your own internal voice on behalf of your health.

We're going to talk about how you can do that today. But first, let me tell you about

myself, and why I am so passionate about this subject.

My name Amber Currie. I am a health and wellness coach as well as a board certified classical homeopath. I help people improve their health naturally.

Before I could start helping others improve their own health, I had to learn some things about myself and about health – sometimes the hard way.

I'm going to be vulnerable with you all now and show you something I've been hiding for decades – it's not a bad tattoo. I have a scar that runs the length of my back. I'm told it's a heck of a thing. It goes from almost shoulder to hip level.

My delightful husband calls it my tiger stripe. He's so cute. That scar is a reminder of the reason for what I do today.

When I was 12 years old, I had an experimental spine surgery at the hospital for crippled children to correct my severe scoliosis.

Long story short, it didn't work out as hoped. In short, did not straighten my spine, but it did fuse it. And now I've got my tiger stripe, too. That was the first time conventional medicine let me down. Hard. I was hoping the docs could just fix me, and I wouldn't have to do it.

In part because of that experience, I became someone profoundly interested in looking at alternatives in health care and self care. Is there a better way? I asked. Over. And Over. For decades.

By the time I hit my late 20s I was laid up every few months with my now surgically fused spine in such severe pain that I could only crawl from the bed to the bathroom. I also had recurrent, painful bladder infections, chronic eczema, and a handful of other generally cruddy health conditions.

Today things are very different.

I am proud to tell you I celebrated a very healthy 53rd birthday last year by riding across the finish line of an almost 500 mile bicycle ride.

In my 50s my health is actually better than it was in my 20s in just about every way. None of those issues are problems for me today, and I'm quite a bit older. I do not at all believe that getting older means gradually losing our health or quality of life. There is another way.

So how did I change the trajectory of my health? One thing was that I did a lot of research and even went back to school a few times.

And knowledge is power, right? ((Pause)) I think we all know that is not true. Taking action

on what you know is what gives you power....And Usually we know what we need to do long before we do that.

In the meantime:

- Many of us are in a routine of beating ourselves up for not doing what we know we should do for our health.
- Many of us feel we don't have enough self-discipline.
- A whole lot of us are frustrated and feeling disempowered when it comes to our goals.
- All of us want to be fit, flourishing and feeling good.

Today I am going to share with you...3 keys to wellness, strategies for helping you step into your version of fit, flourishing and feeling good. Maybe you'll even be able to get healthier while you get older. At the end of this presentation, if this resonates with you I will have an opportunity for us to connect further.

I call it the F-U-N formula, the FUN formula. You have a handouts to take notes on this formula and to follow along. I encourage you to hand to take notes with a pen help you remember and get maximum benefit from this talk. Research says we remember better when we do it that way.

Wellness Key 1: F stands for the Future

This wellness key is about looking out for FUTURE YOU. Ya know the future is coming! What you do this year, is going to generate the body and the health that you have in 10 years. It's not sci-fi! Future you needs YOU to take care of her now. Nobody else can do the job a fraction as well as you can, because you are making decisions on behalf of FUTURE you all day, every day.

It hasn't gone so great for a lot of people.

In the U.S. more than two-thirds of older adults in the US are living with two or more chronic diseases according to the CDC. I am sure you know and love some of these people. Is it just part of getting older? No. Sadly, more than 40% of children in America also have a diagnosis of at least one chronic health issue, too. That's tragic, but it is clear that the issue isn't strictly about age.

Why is it this way? It's complicated, but I'm going to circle back around to the fact, there are multiple industries dedicated to addicting us to things that are bad for us.

There are teams of well trained scientists studying how to hook us with just the right formulas and flavors. Crave-ability of food ingredients are studied and marketed to us relentlessly.

Can we avoid this trap by sticking with food that only have natural flavors? Not at all. Let's talk about what a "natural flavor" legally is.

American biotech company Senomyx /Sin – Oh' -Mix/ defines a "natural flavors" as a term that includes over eight hundred thousand artificial and natural ingredients.

I'll say it again that's 800 THOUSAND artificial and natural ingredients. Did you know there were that many flavors? Not in my spice cabinet!

I'll share a few words from their company literature:

Senomyx uses "proprietary taste science technologies to discover, develop, and commercialize novel flavor ingredients"¹⁷ and analyzes "millions of potential flavor ingredients annually."¹⁸

So that's amazing. Then there's the myriad ways we are enticed to eat these amazing, amazingly designed foods, spend more time on the couch, drink more non-water drinks, sleep less and generally disregard FUTURE YOU.

There's no need to spend a lot of time on how brilliant and effective the marketing of these things can be. We've all been caught in that net from time to time. Those guys are good.

The thing is that I don't think all of this has been done necessarily with bad intentions -- just to make more money for these industries. That's why corporations exist – to generate wealth. However, modern food science and marketing have made it more challenging for people who want to embrace healthy lifestyle

But... there's some really great news, too.

Here it is: current research in functional and lifestyle medicine shows that 80 percent or more of chronic diseases can be prevented and in some cases even reversed through lifestyle. Did I just say 80%? Yes, I did! This means the odds are kind of on your side. ((slides of studies))

I'd love to hear more of this in the news!

The daily and weekly lifestyle choice can help you avoid the vast majority of health problems that plague Americans. You can set up Future You for the win when you know this.

That's the first part of the formula in my 3 keys to wellness plan.

The next letter in the F-U-N formula: is U. U is for Unite

None of us are doing this life alone, even though it can seem that way sometimes.

Intentionally joining with others to achieve a specific goal, such as a healthy FUTURE YOU, for example, can make a real difference not only in your success but also with your experience and enjoyment while pursuing that success.

There is a theory of how humans learn and continue behaviors called Cognitive Behavior Theory. Basically, it holds that the way humans learn is by observing and copying what we see others around us doing. Consider the way that babies and children learn to walk, talk, interact with other, learn table manners, you name it. Adults do this, too, and throughout life.

You can leverage this hard wired aspect of the human mind to connect to acquire and continue desirable behaviors. We can do this by strategically connecting to people and groups who are modeling behavior that we ACTUALLY WANT.

Perhaps you already do this in some areas of your life. For example, many of you are here at this event to spend time with other (successful business owner, powerful women, thoughtful parents, etc.)

Creating a group where we support each other doing the things we want to do can make all the difference. One example where research has especially show this is helpful is in peer group weight loss program. ((slide))

It's not the only place it is useful though.

A few years ago I worked with a woman who joined one of my group nutrition programs. She ran a successful business, had a close extended family, and was at an ideal weight. I asked her why she joined the group and what she would like to have improve. It turned out her digestion was just a wreck. Every single meal she ate sent her running to the bathroom with severe distress. Not surprisingly, because of this she did not want to eat very often. She knew there would be a painful price every time she did.

Instead of looking at what she should be avoiding, we used the Metabolic Balance Program to discover what she should be eating for her unique body. Within two weeks, she completely stopped the old pattern of pain. She discovered the pleasure of food again – food that she could enjoy while she was eating the meals as well as afterward. She met with the group weekly to offer inspiration and receive it from others who were doing similar work on themselves. Getting support made a the difference in using what she learned about her body and applying it to her life.

The third letter in the FUN formula is N. N is for now.

When's the best time time to start taking care of yourself in a loving, kind and healthy way? Twenty years ago! Second best? Now.

Taking care of future YOU is best done today. Unfortunately, the 80% of of chronic illnesses

that you can avoid or resolve with lifestyle choices ... These tend to start small and get worse over time, issues like high blood pressure and diabetes.

I had another client who came to me for individualized coaching.

His family included several members with severe diabetes up to and including limb amputation due to diabetes, and he wanted to avoid that. Already, he had joint pain, headaches and increasing problems with self esteem as he watched his previously highly trained body turn into something he did not choose.

His main goal was weight loss. Interestingly, he told me he actually already knew how to lose weight. He had done it many times over the years for military weigh ins. However, now that he was a busy professional and father of a large family, that strategy did not work anymore.

What he needed was a healthy lifestyle for lasting change. We focused on eating the right things and learning how to listen to his body's signals in order to change his health trajectory.

At the end of those three months, he had lost 25 pounds and gotten rid of his headaches and joint pain. When he took his family on vacation to Hawaii, he really enjoyed not having to be self conscious without a shirt. He started lifting weights again, too.

His wife was a fan. In fact, she was a powerful support for him and came to most of his coaching sessions with her own questions. Because of the choices he made, the future looked brighter for their family.

So don't wait to start showing some love to you your body. There are simple things you can literally do today. Here are a few research-backed examples:

- When you eat your next meal, slow down and really focus on the flavor and experience of the meal. Your digestion will improve. You'll be more likely to stop when you first start to feel satisfied. Researchers have found that this alone can help you lose some weight.
- Take a short, two to five minute walk after you eat. That short amount of time will lower your blood sugar and improve gut motility.
- Do some deep, slow breathing today. It can improve your mood and your ability to pay focused attention. Of course, it has also been found to strengthen the lungs and respiratory function. In fact let's take a few deep breaths together right now. (Demo)

There's a one more thing I will invite you to do today.

Let me know if you'd also like to connect for a free 15 minute call.

And if you have a group, organization or business where I can share this message and that books speakers, let me know.

Every day we get to make choices for ourselves that will effect our future health, the quality of our lives now, and how much fun we get to have being in our bodies. That's the reason for the FUN formula.

While the mainstream food culture is against you, I want to encourage you and to tell you that you absolutely can step into your power. You can use what you know now.

You can use what we know about how to make changes into habits, and how we work TOGETHER to help you actually do what you know you should be doing.

How does that sound?

I invite you to stand up wherever you are. Put your hand on your heart, and say

1. I choose to do what I should be doing for myself.
2. I choose a healthy future.
3. I choose me.