

Handbook for Reference

GETTING OLD is a fact.
GROWING HEALTHY is a choice.

स्वास्थ्य रसोई से आता है दवा की दुकान से नहीं

CqMyOE

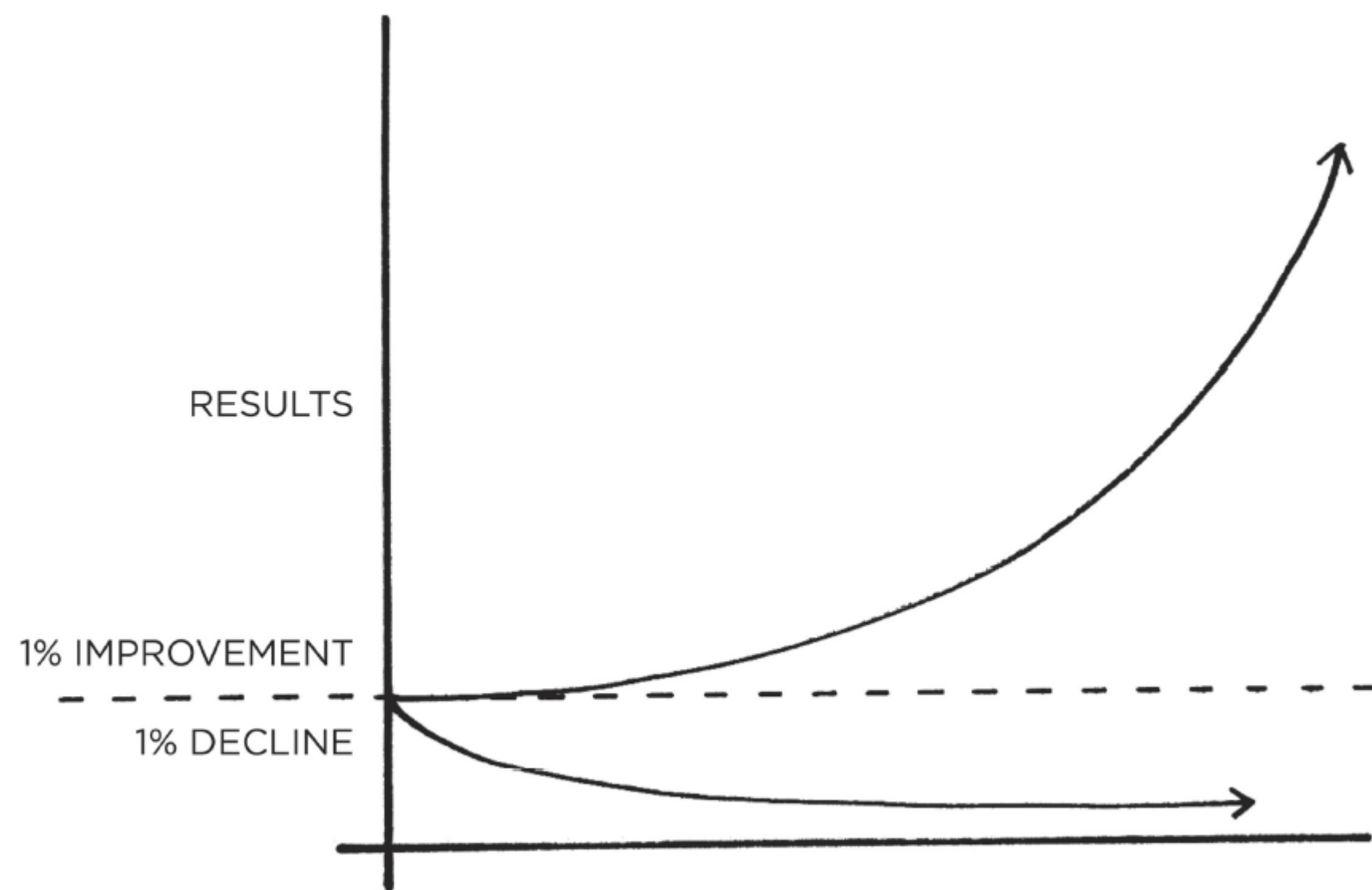
Conquering My Own Everest - Nutrition Program



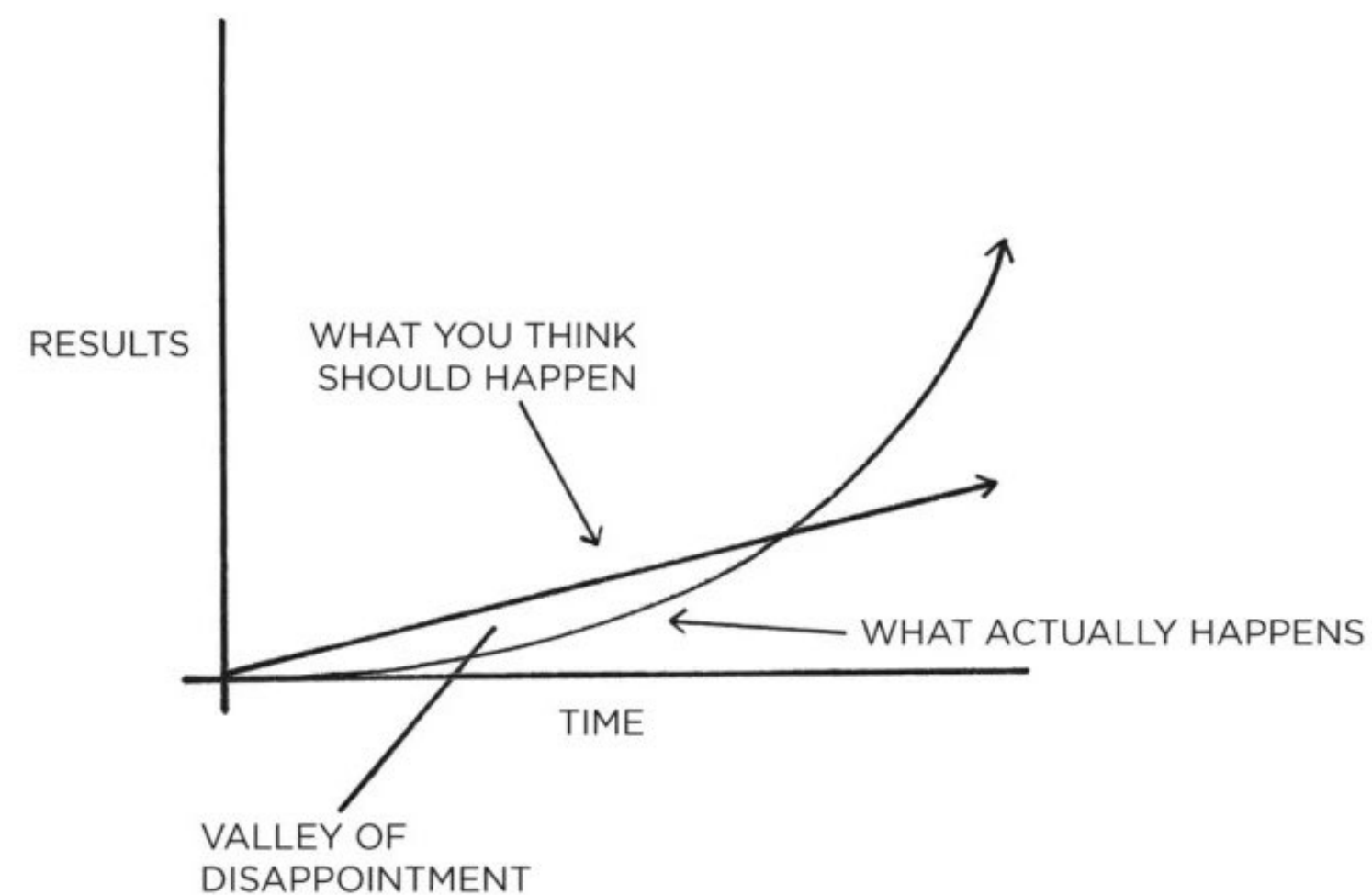
1% BETTER EVERY DAY

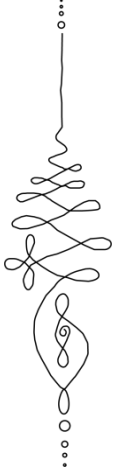
1% worse every day for one year. $0.99^{365} = 00.03$

1% better every day for one year. $1.01^{365} = 37.78$

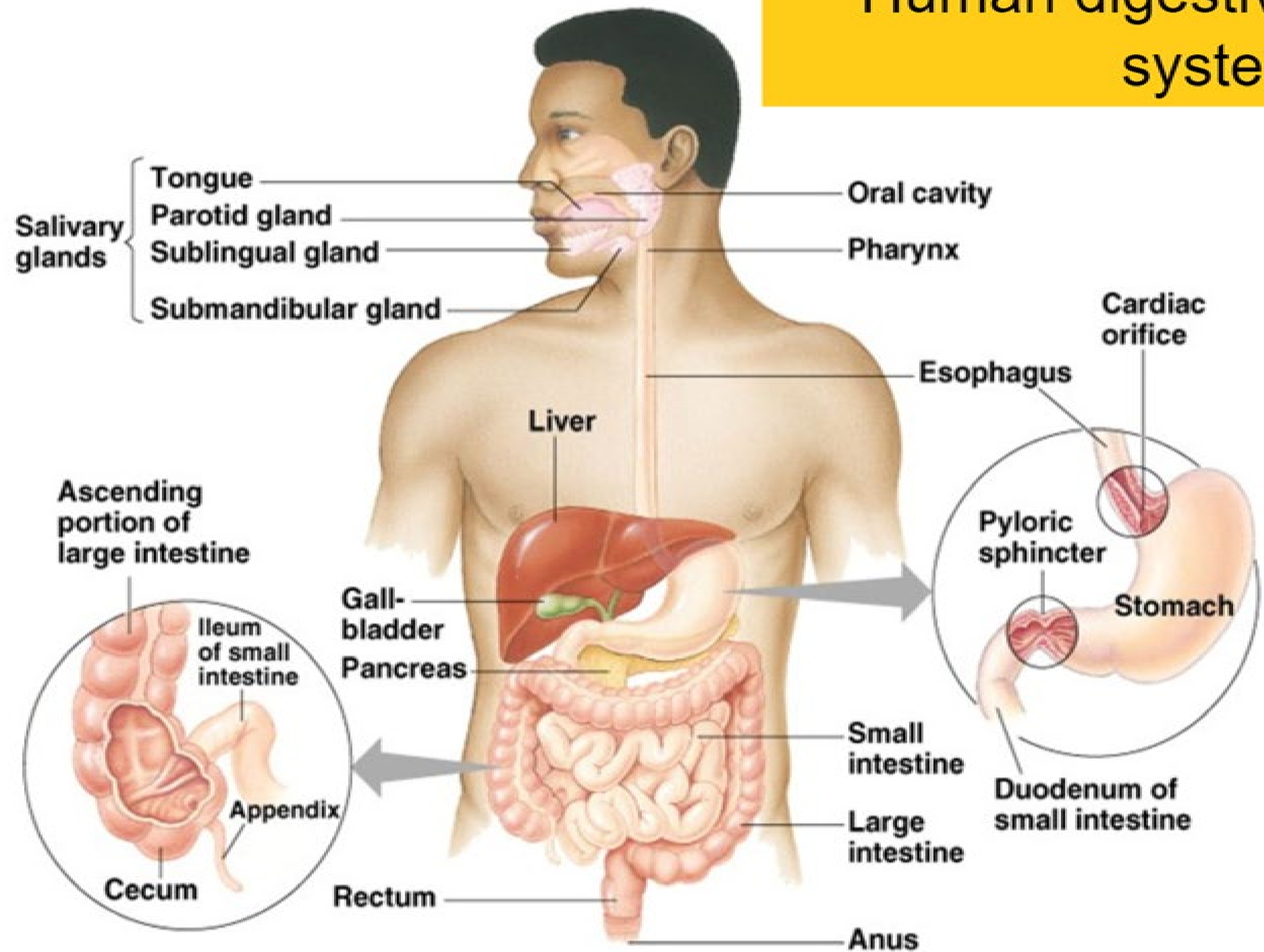


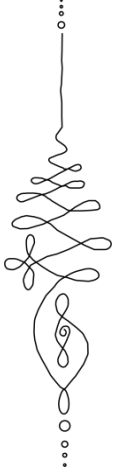
THE PLATEAU OF LATENT POTENTIAL



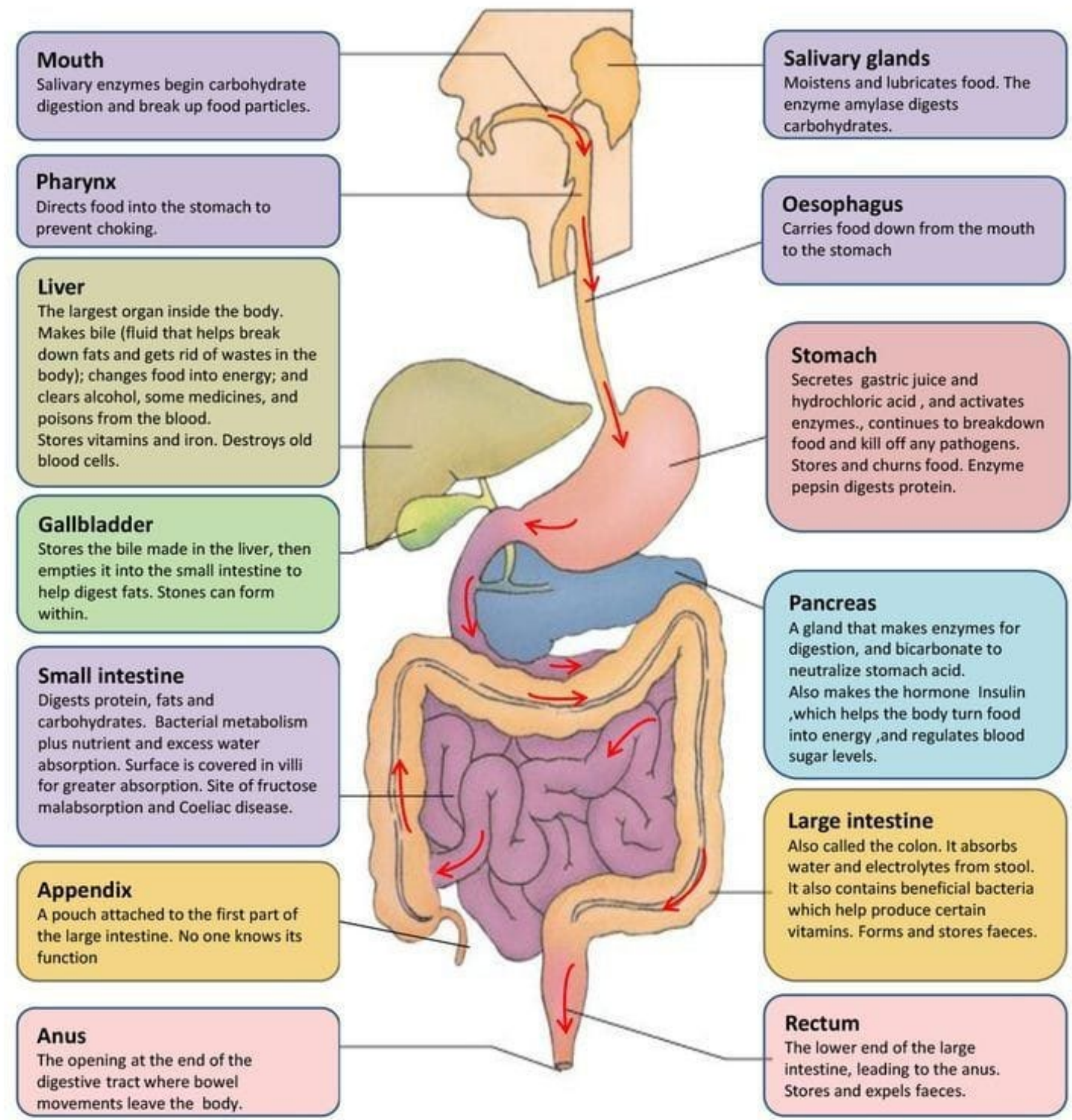


Human digestive system





Digestive System



HPA AXIS

AKA YOUR STRESS RESPONDERS

HYPOTHALAMUS

part of the brain that initiates stress response

AMYGDALA

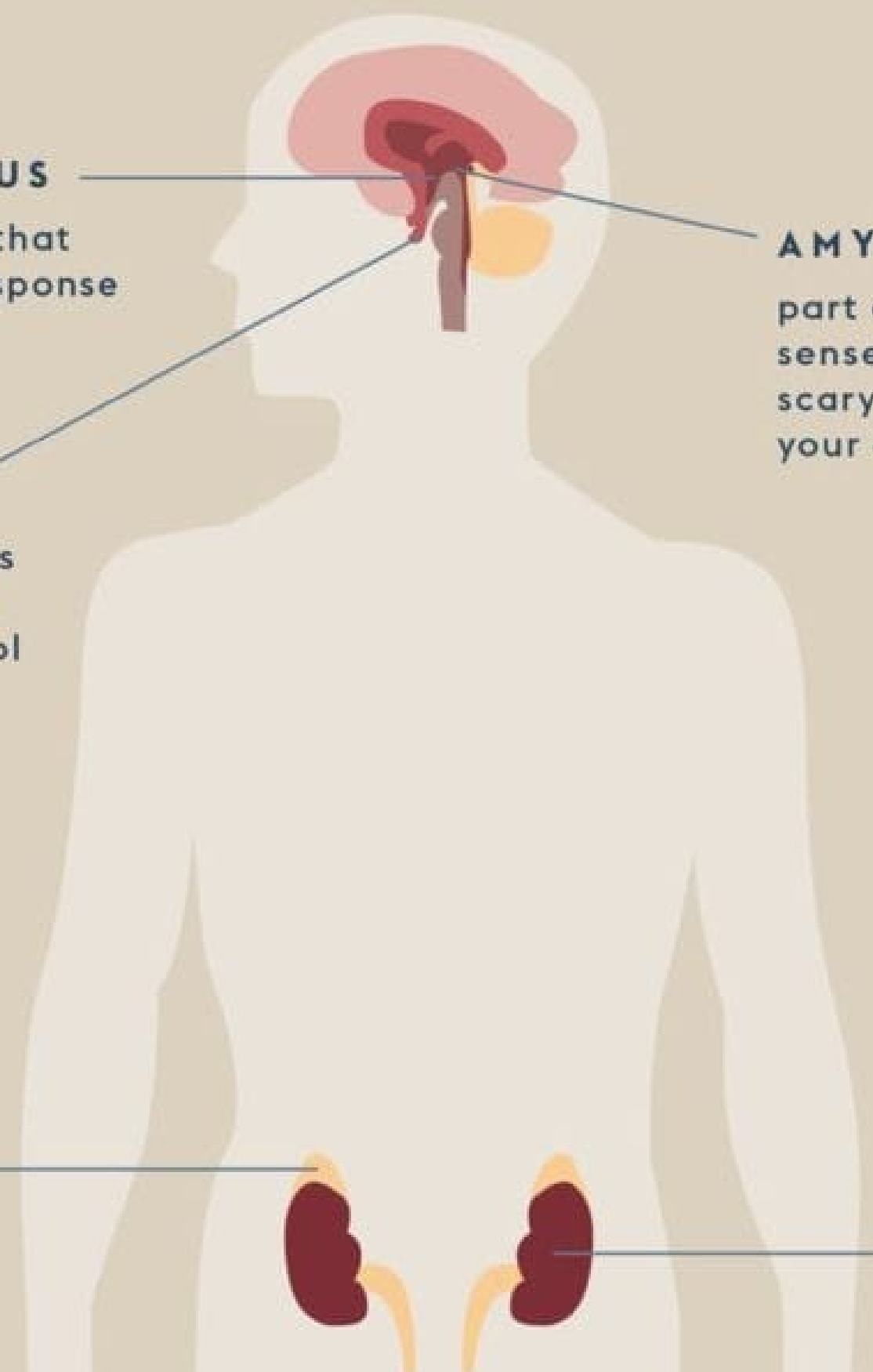
part of the brain that senses something scary or stressful in your environment

PITUITARY

releases hormones that tell adrenals to produce cortisol (stress hormone)

ADRENAL GLANDS

KIDNEYS



High Cortisol

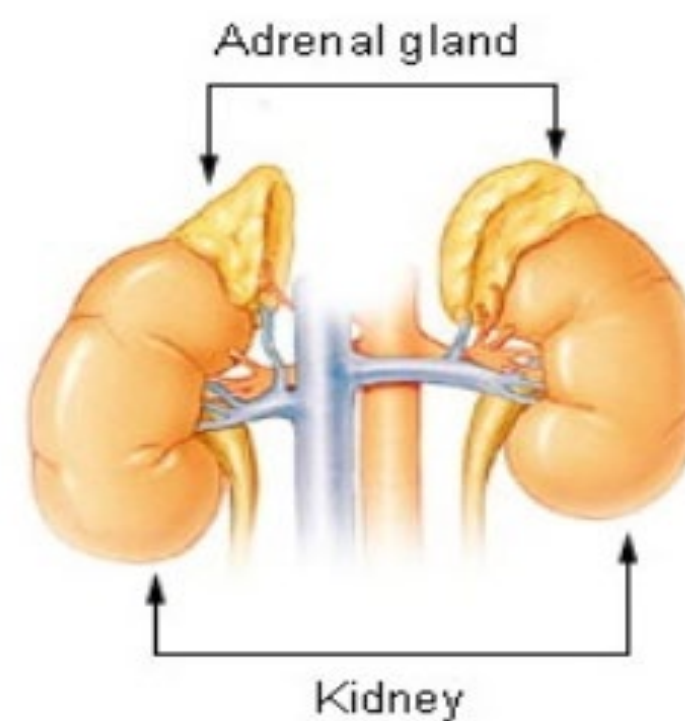
Activates Sympathetic Nervous System
(Fight/flight mode)

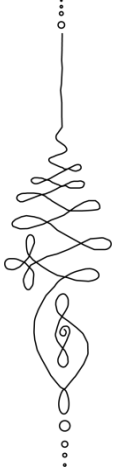


- High Blood pressure
- Heightened awareness
- Switch to sugar burning metabolism

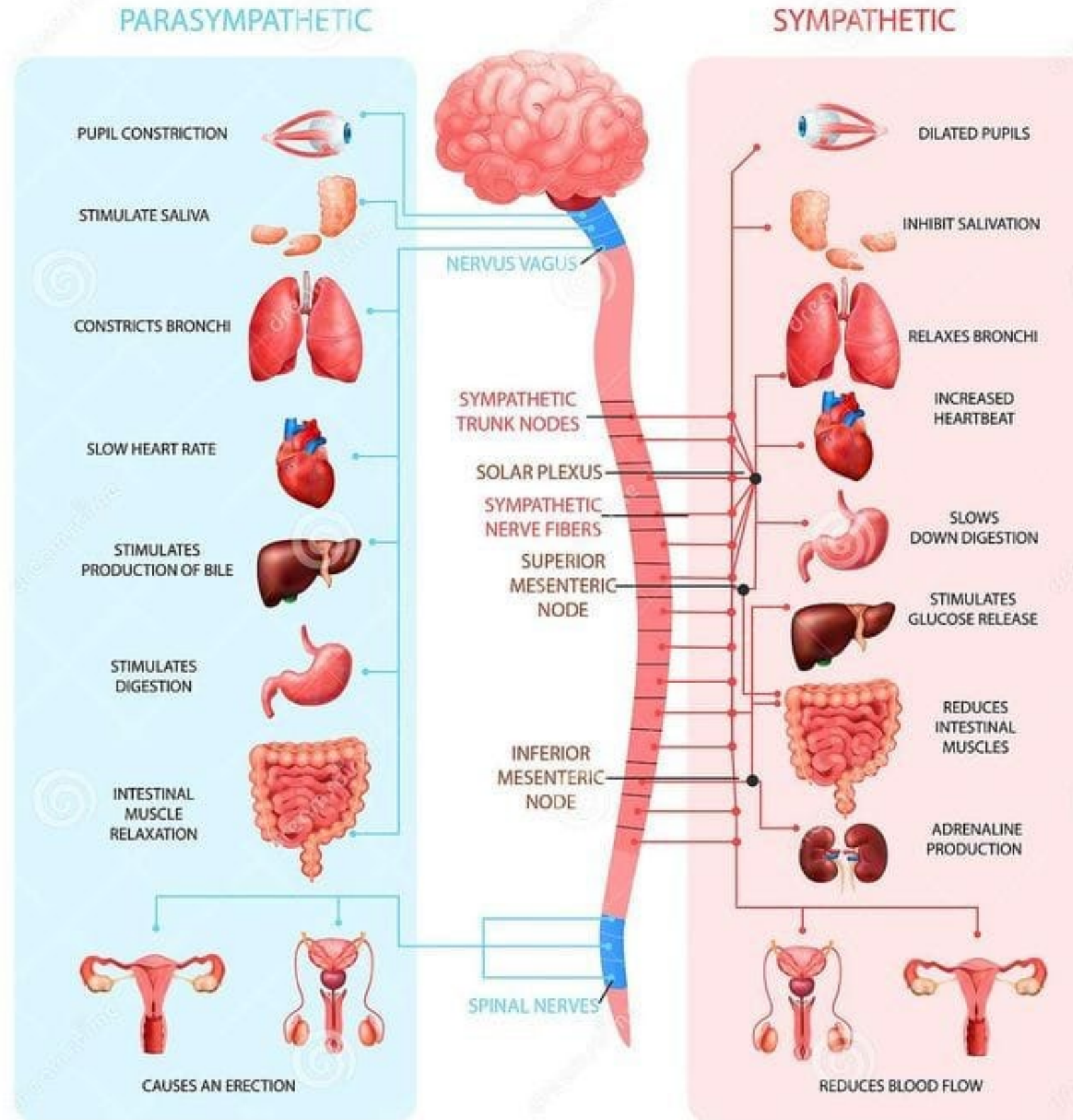


- Suppresses immune system
- Lowers sex hormone
- Suppresses digestive system
- Less saliva production





PERIPHERAL AUTONOMIC NERVOUS SYSTEM

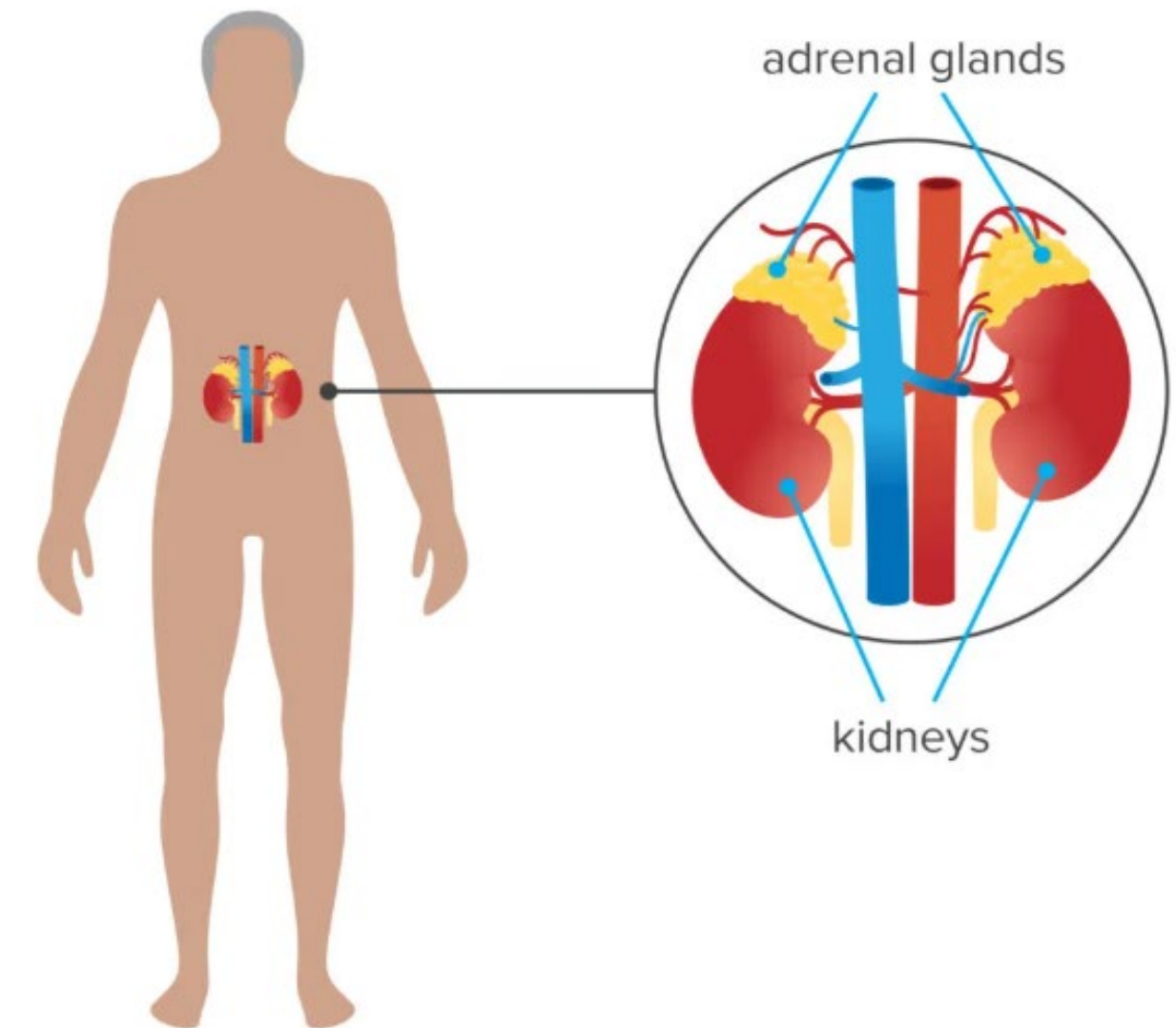


MAINTAINS HOMEOSTASIS

MOBILIZES RESERVES UNDER STRESS

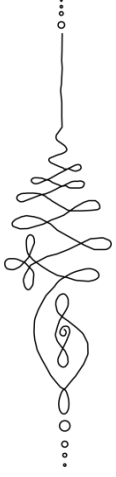
Symptoms of High Cortisol

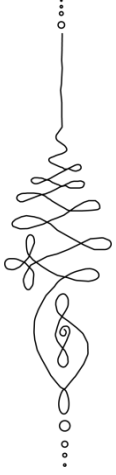
1. Inflammation, reddish skin
2. Allergies
3. Asthma
4. Skin problems
5. Autoimmune diseases
6. Belly fat
7. Loss of memory
8. Loss of alertness in long term



How to reduce high cortisol levels in body

- ✓ Rest and sleep (Helps in activating growth hormone)
- ✓ Lesser frequency of eating (Helps in insulin like growth factor IGF)
- ✓ Sunlight
- ✓ Nutrients like potassium, calcium, vitamin B1
- ✓ Leisure walks
- ✓ Acupressure
- ✓ Yog and Dhyaan
- ✓ Avoid negative people
- ✓ Deep Breathing





Call at +91 9358462419
Visit www.cqmyoe.com

Level up your
Happy Hormones

**CONQUERING MY
OWN EVEREST**
via Habits



Serotonin



Smile, laugh, spend time in sunlight and nature, do light exercise

Set small targets and achieve them like 3 min Scientific Yog

Dopamine



Relationship hormone, keep meeting and talking to people

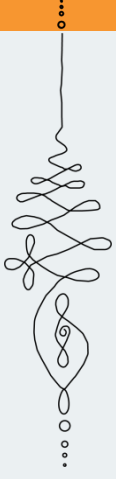
Oxytocin



Endorphins



Discover adventures for yourself, can be as simple as 16h Intermittent fasting



***FOOD: (n) that which is eaten to sustain life,
provide energy, and promote the growth and repair
of tissues; nourishment.***

We eat food in order to:

- **Provide energy (fuel)**
- **Nourish the body (meaning to provide nutrients)**

Components of our Nutrition



Carbohydrates

- Contains : 4 cal/gm
- Converts to glucose
- Instant source of energy
- Gives insulin spikes
- Reserves up to 2,000 cal in the body



Fats

- Contains : 9 cal/gm
- Converts to ketones
- Slow source of energy
- Doesn't spike insulin
- Reserves of up to 70,000 cal in the body



Proteins

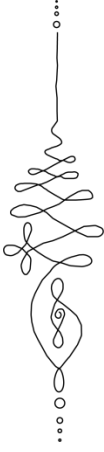
- Contains: 4 cal/gm
- Converts to amino acids
- Spikes insulin
- Building block of bones, muscles, skin and cells



Micronutrients

- Provides essential vitamins and minerals
- Rich in fiber
- Doesn't spike insulin
- Low in calories
- Supports vital body functions





Best composition of diet?

A diet consisting of the right amount of fats, protein and carbohydrates with essential micronutrients.

Most people with a sedentary lifestyle need to consume between 1,700 and 2,100 total calories per day to get all the required nutrients, depending on the body size

Sugar

If your blood sugar is normal, it means you have roughly one (heaping) teaspoon of sugar in your blood. An average person has about 5 liters of blood in their body.

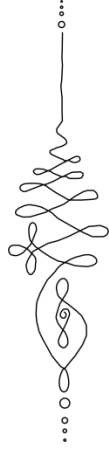
When you get your blood sugar level tested, the normal range is between 80 mg/dl (4 mmol/L) and 100 mg/dl (5.4 mmol/L)

What do these numbers mean?

As you can see, we barely need any sugar at all, right? That 1 teaspoon of sugar can even come from non-carbohydrate sources, like protein. We have said that the **average person in the India consumes 14 teaspoons of sugar** (31 teaspoons in the US) every day.

Just imagine how hard insulin has to work to remove this massively excessive amount of sugar from the blood! It has to work 14 times harder. That's insane.

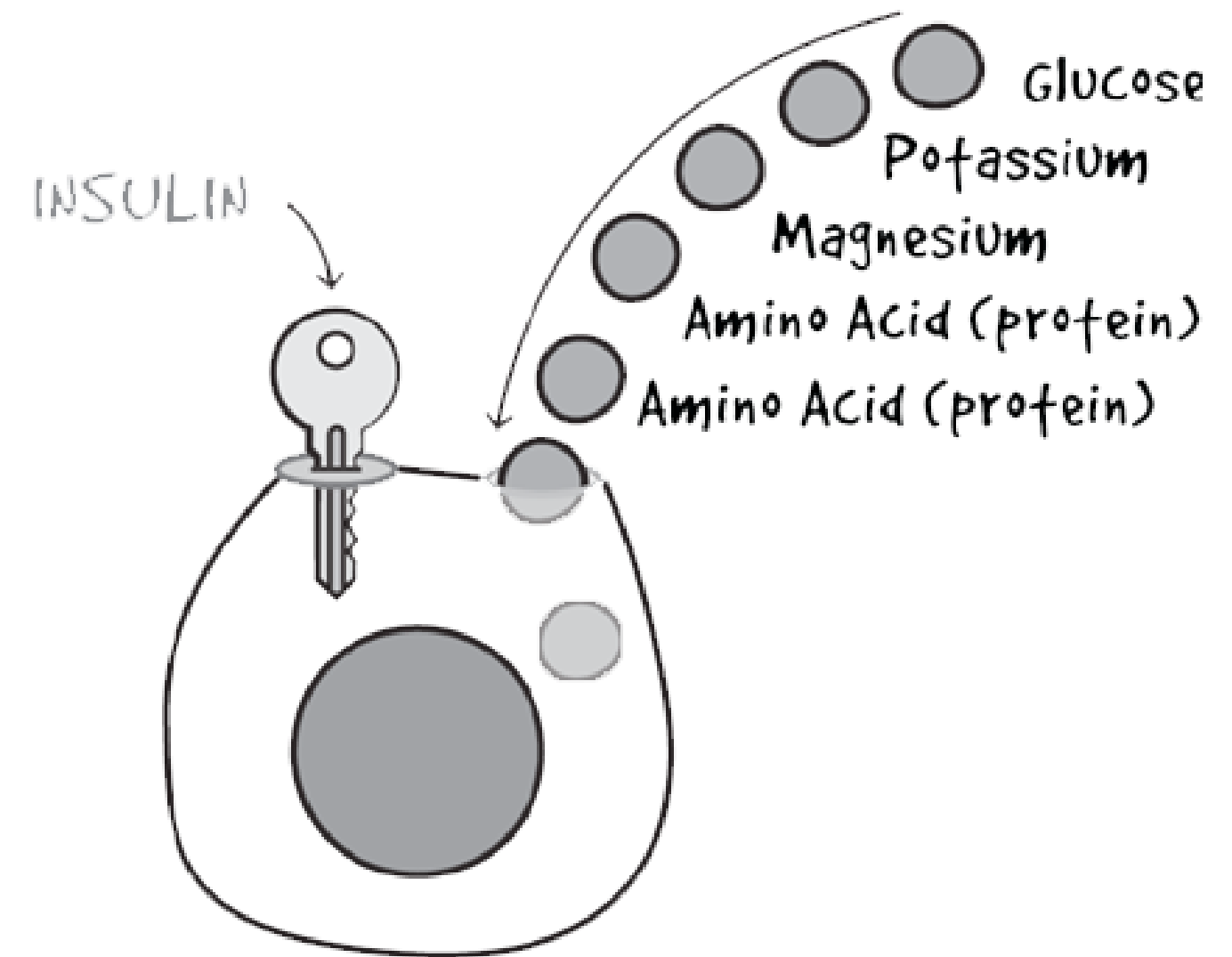




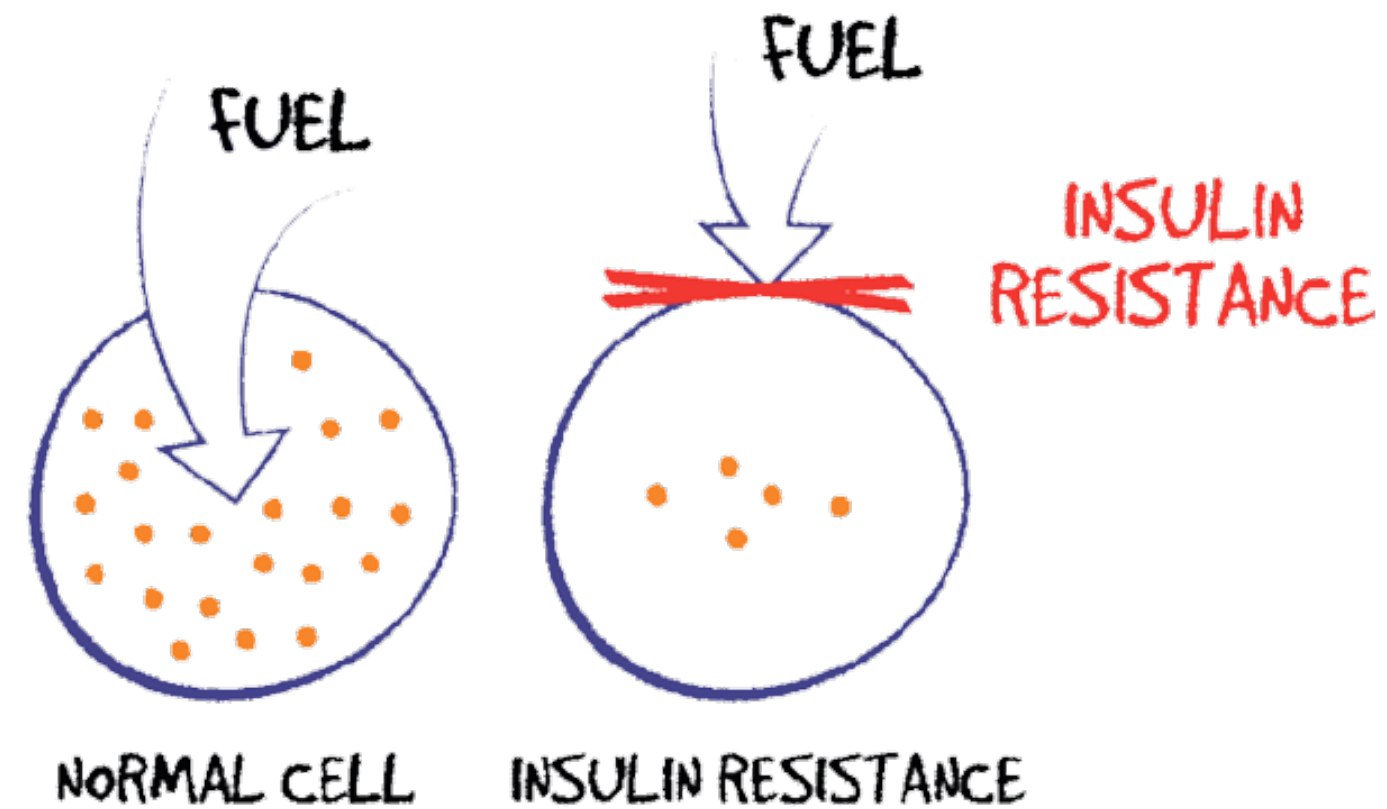
Insulin is a key that allows sugar (glucose) into your cells.

Role of Insulin

1. Acts as a key to open the door, allowing cells to get sugar fuel
1. Lowers excess sugar in the blood after eating
1. Stores sugars in the liver and muscles
1. Converts excess sugar to fat (especially around the belly) and cholesterol
1. Allows minerals, especially potassium, into the cell

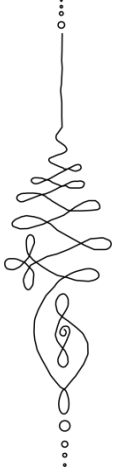


What happens when there is excess sugar?

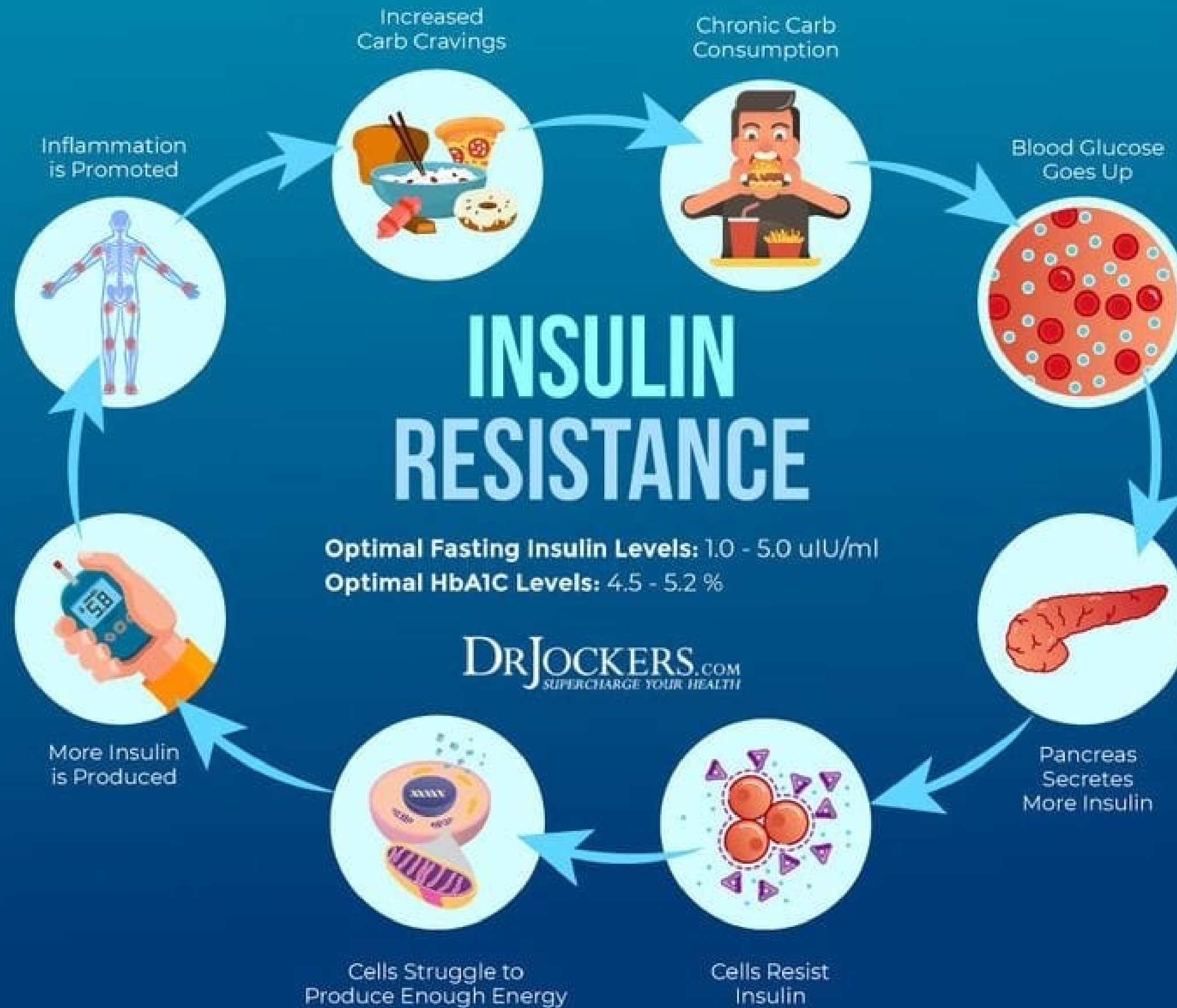


When you consume lots of sugar and have higher levels of insulin on a continuing basis, your cells try to protect you and eventually start resisting or ignoring insulin. Remember, insulin is the key that allows glucose into the cell.

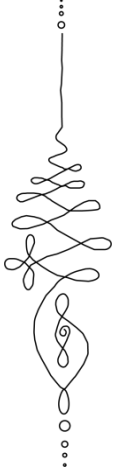
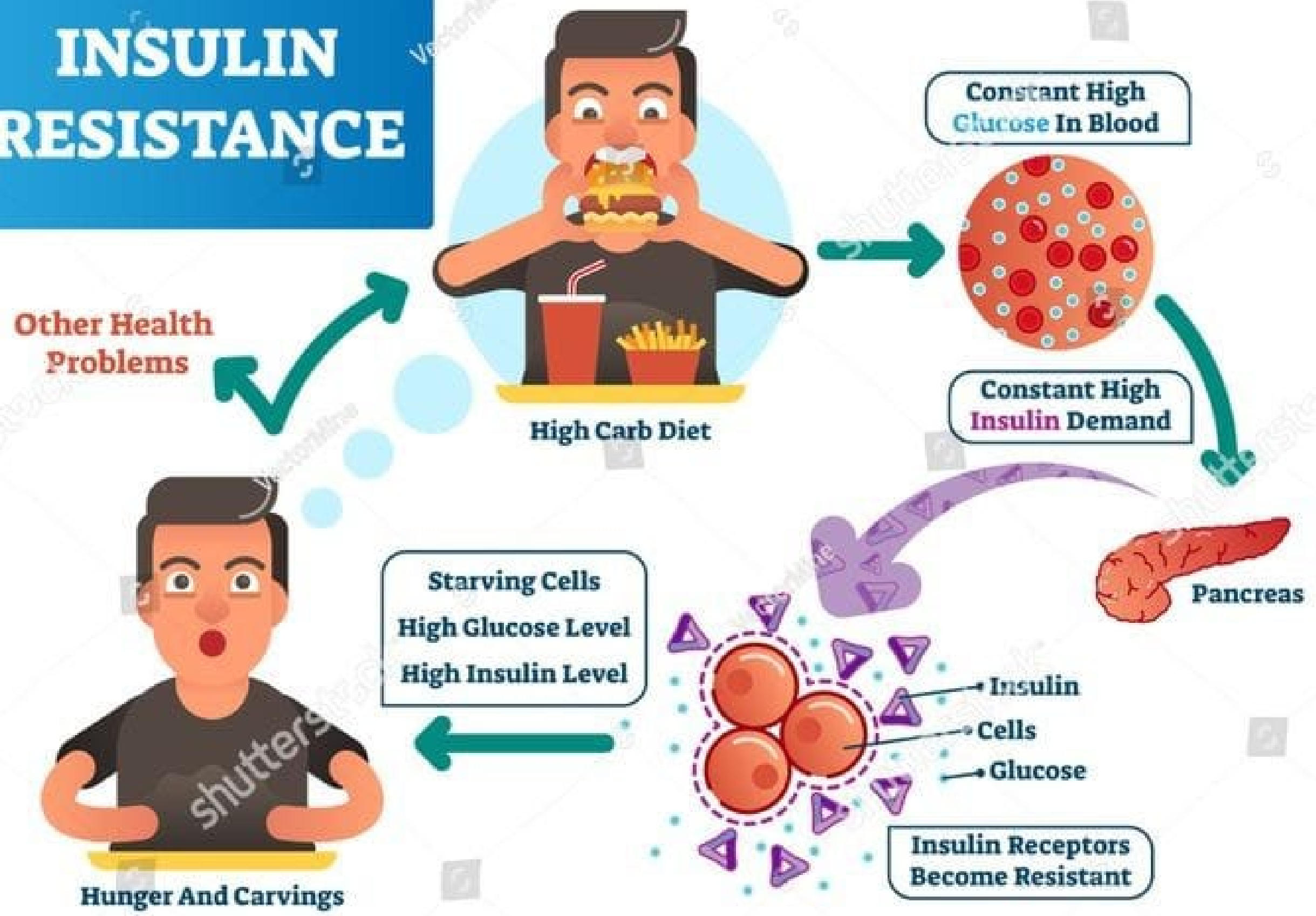
This is called insulin resistance, a protective mechanism. Over time, elevated blood sugar and insulin level causes your cells to block or resist insulin. Your body considers sugar to be toxic and will protect you by stopping it from entering your cells. It causes the problem of your cells becoming deprived of glucose fuel. They stay hungry and crave carbs—and so do you.



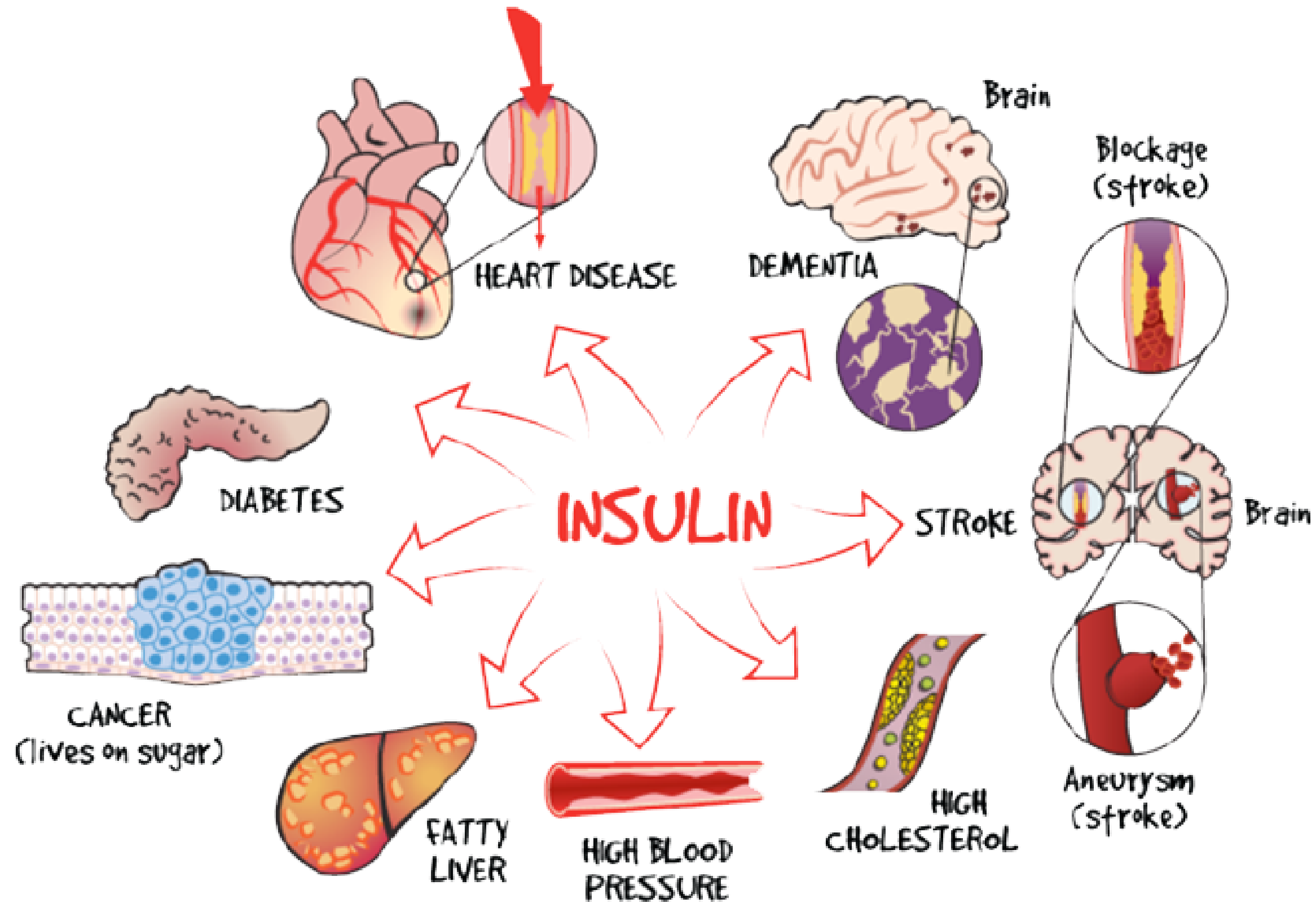
WHAT IS INSULIN RESISTANCE

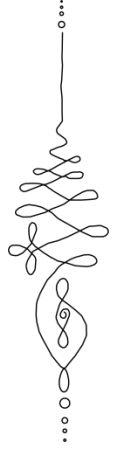


INSULIN RESISTANCE

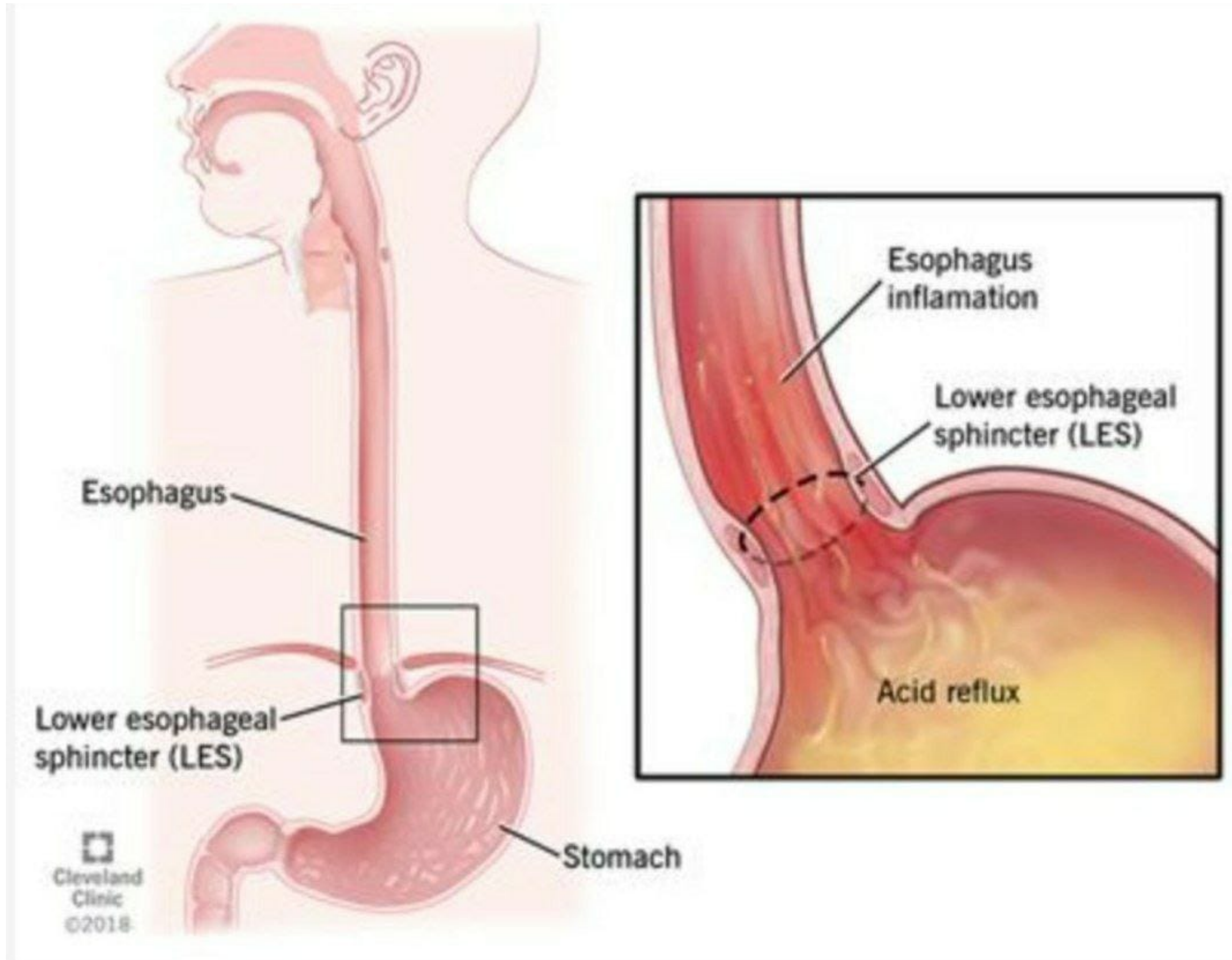


Problems caused by chronic high levels of insulin



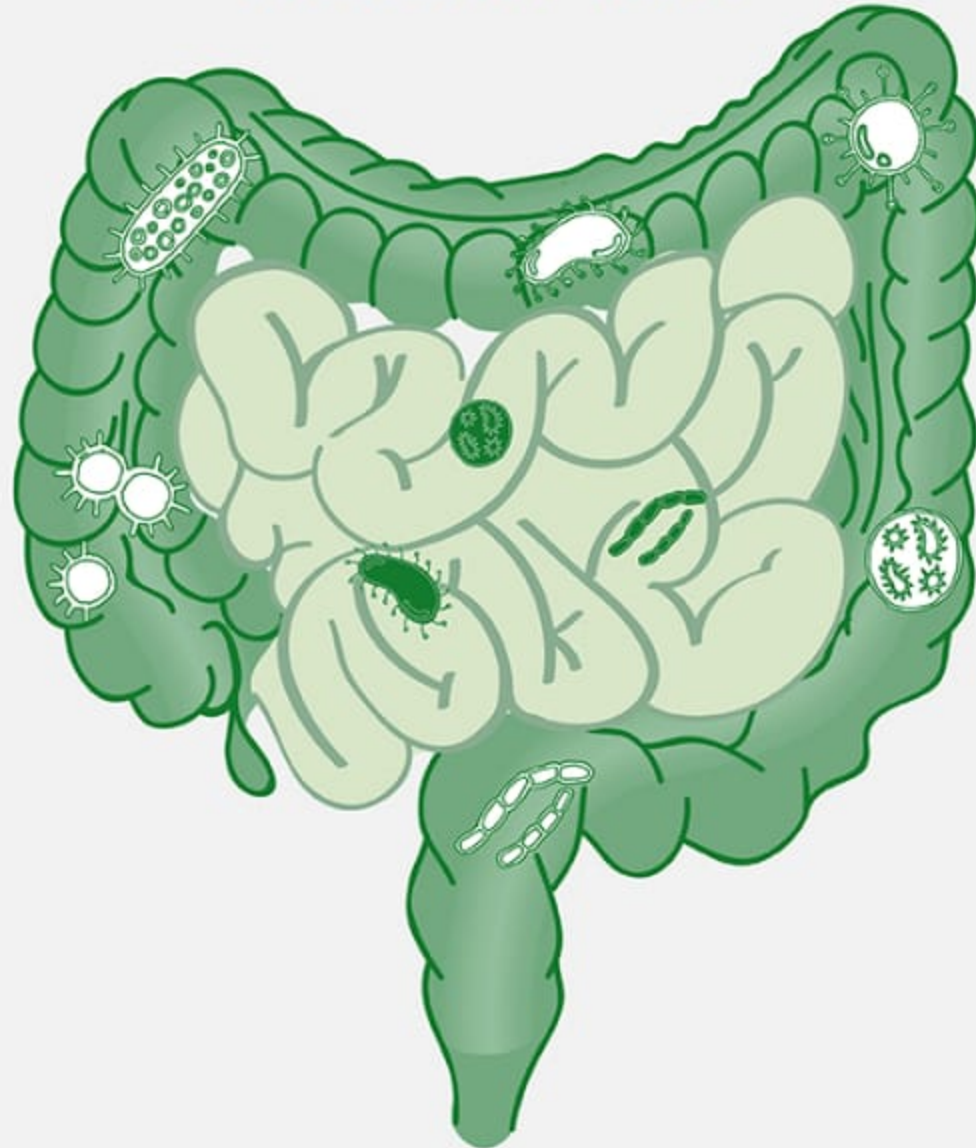


Acid Reflux

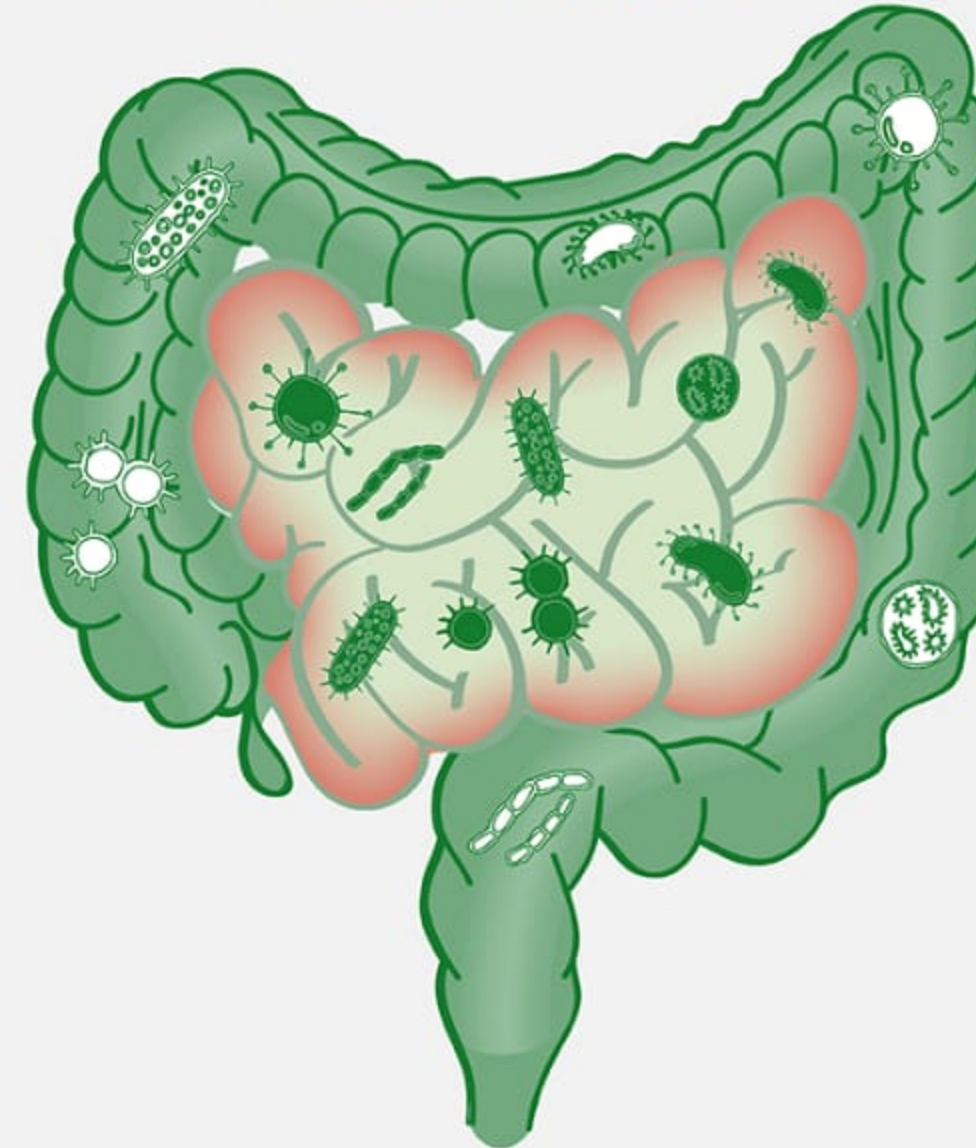


SIBO is Small Intestine Bacterial Overgrowth

**Healthy
intestinal tract**

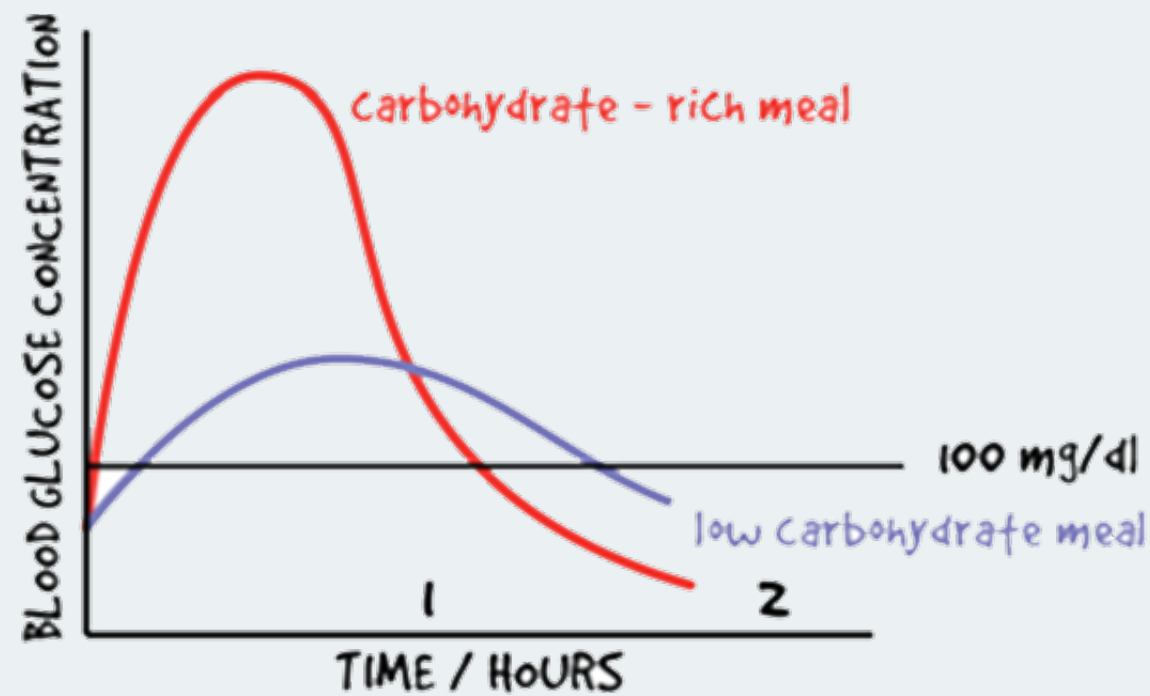
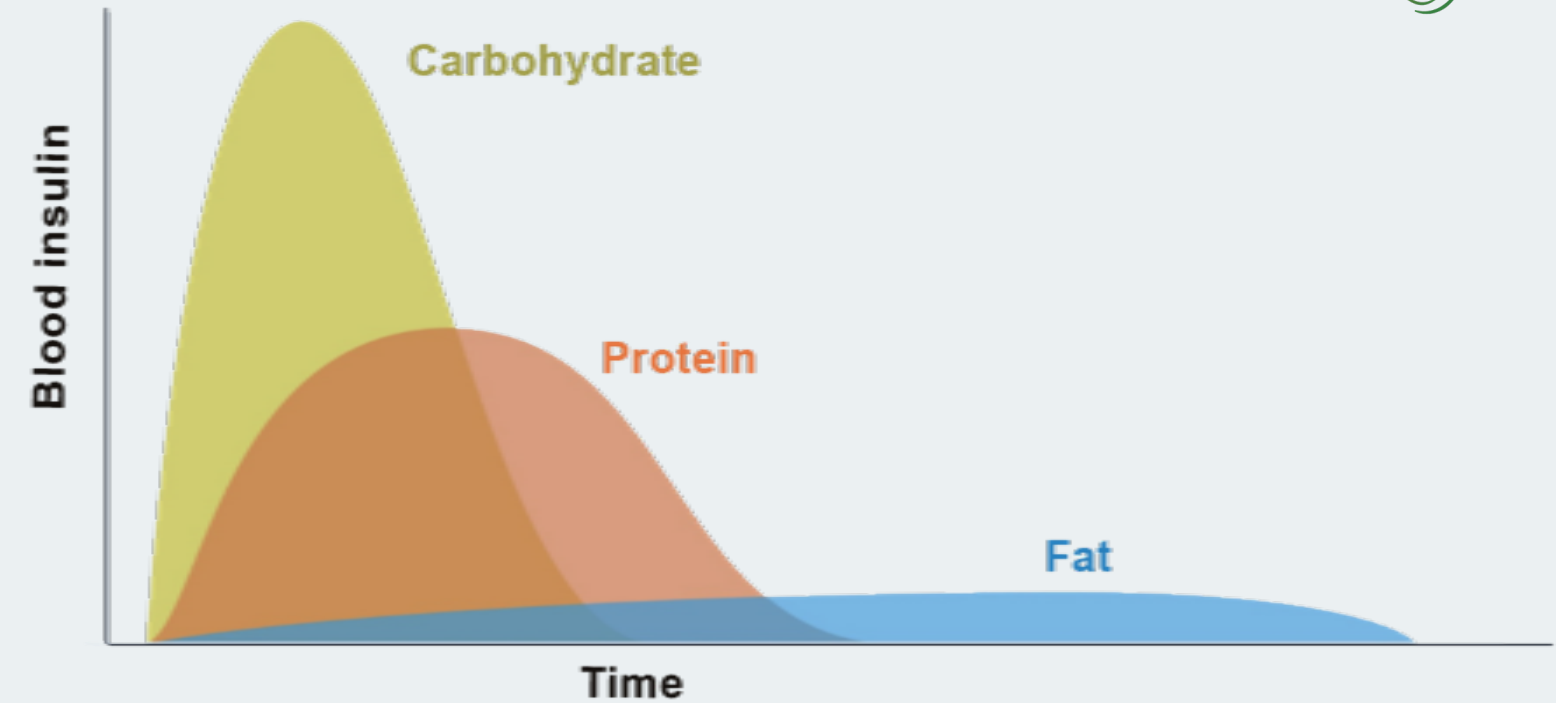


**SIBO infected
intestinal tract**



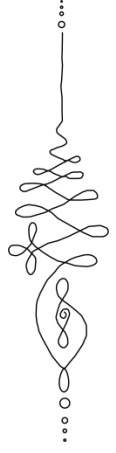
Glycemic Index (GI)

A numeric score to a food based on how drastically it makes your blood sugar rise. Foods are ranked on a scale of 0 to 100, with pure glucose (sugar) given a value of 100. The lower a food's glycemic index, the slower blood sugar rises after eating that food.



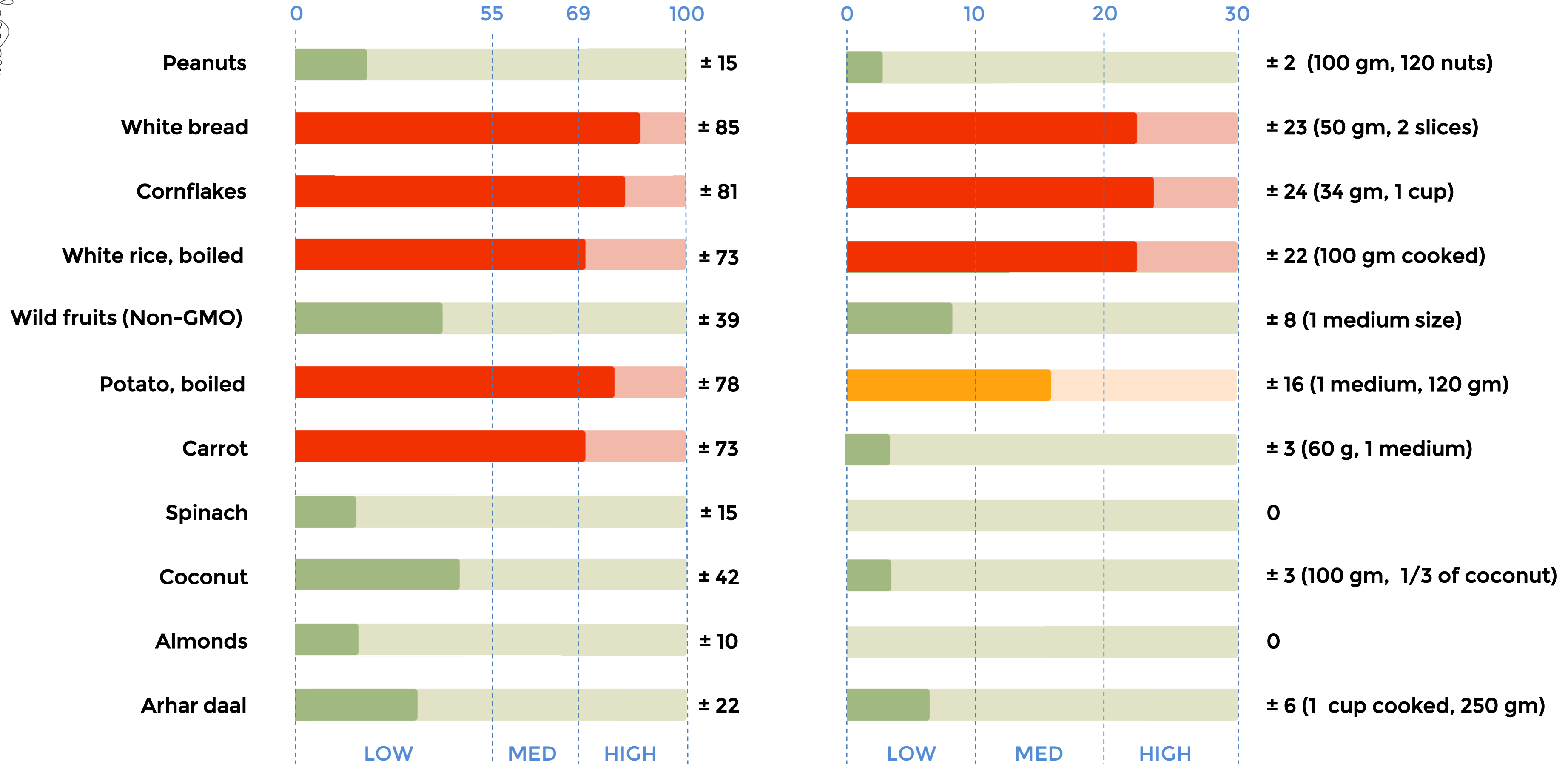
Glycemic Load (GL)

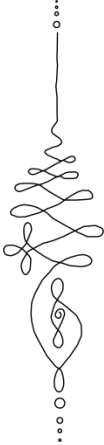
Glycemic load is how high your blood sugar could go when you actually eat the food. It gives a more complete picture of a food's complete effect on blood sugar, by taking into consideration both how quickly it makes glucose after it enters the bloodstream and how much glucose per serving it can deliver.



Glycemic Index

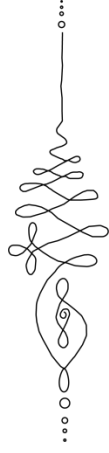
Glycemic Load



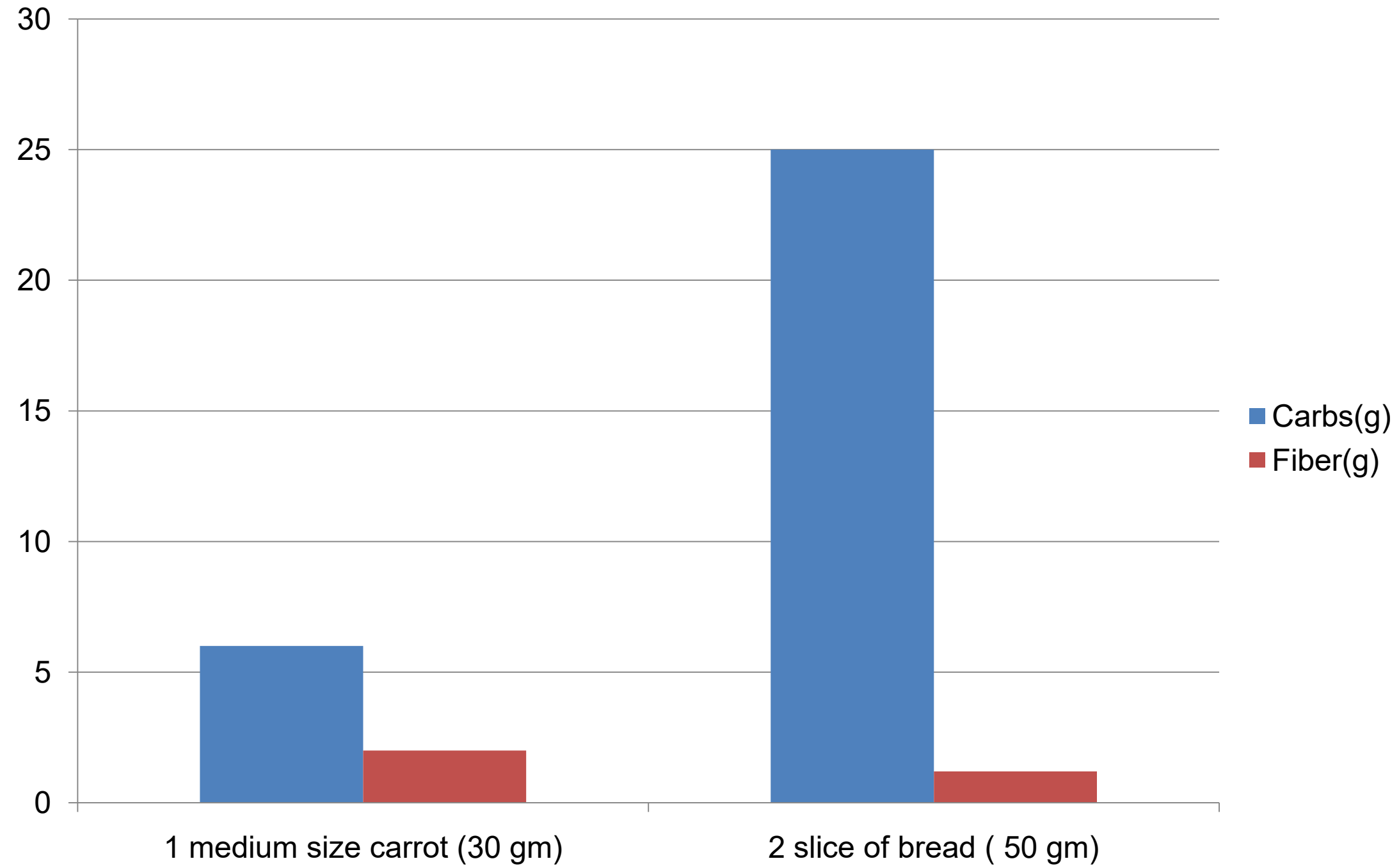


Glycemic Load = Glycemic Index x Net Carbs/100

Net Carbs = Total Carbs – Fiber



Carbs vs Fiber in Carrot and Bread



Good Carbs vs. Bad Carbs

SLOW/COMPLEX CARBS = GOOD

- Rich in fibers
- Rich in vitamins and minerals
- Release energy over a longer time
- Harder to digest for the body
- May or may not raise insulin

Non Starchy Vegetables



Spinach



Mushrooms

Asparagus



Green Beans



Broccoli

Fruit & Berries



Beans



Lentils

GLUTEN/REFINED CARBS = BAD

- Generally processed carbs, forms of sugar
- Gets quickly digested in our body
- Gets converted to fat if not used immediately
- Quick source of energy
- Raises insulin levels

Soft Drinks



Sweeteners



Candy

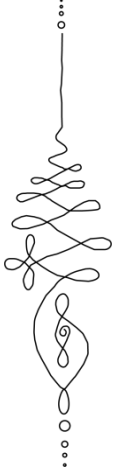


White or Wheat Bread



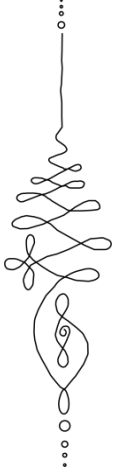
Baked Goods



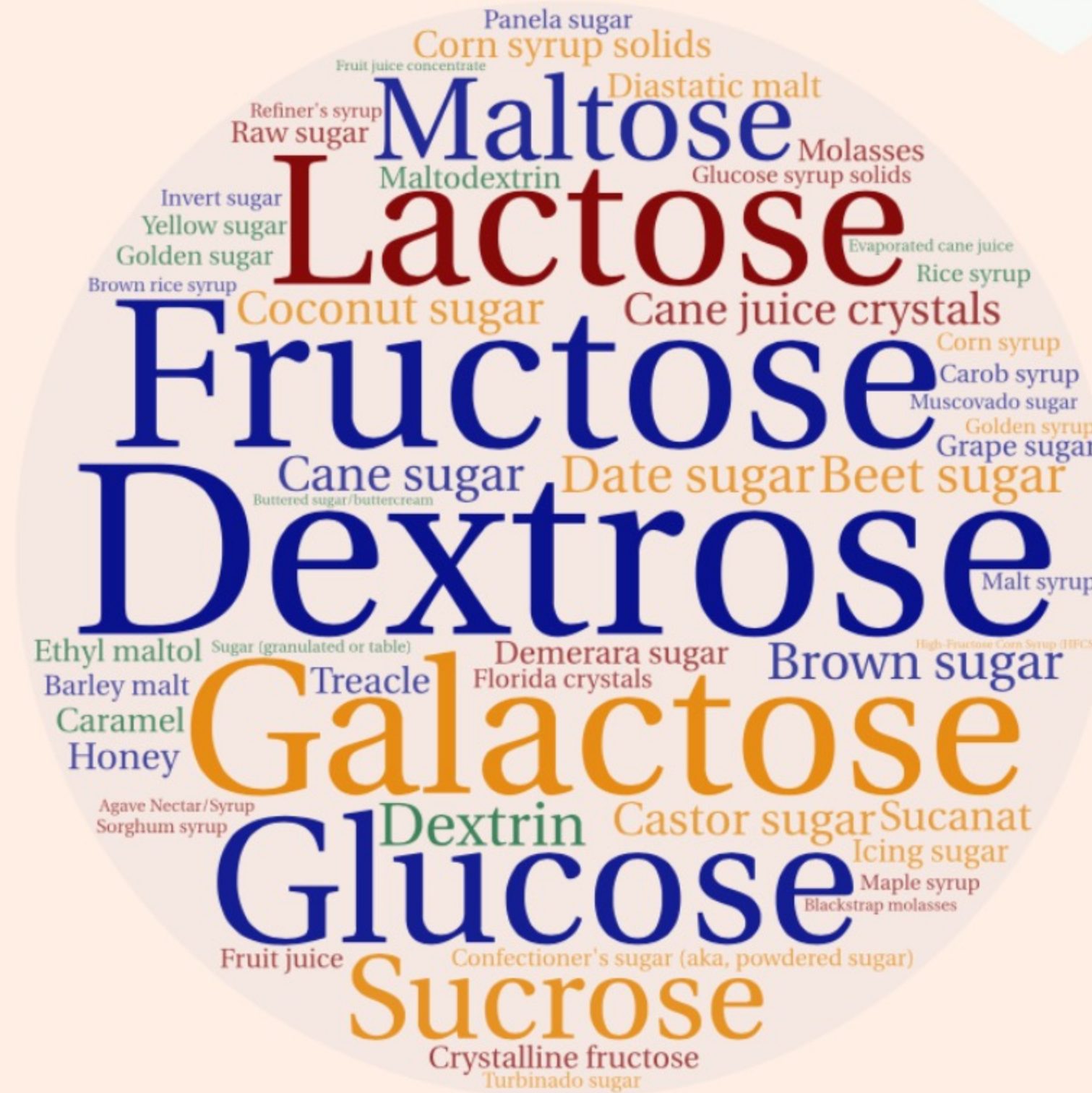


Gluten/Refined Carb





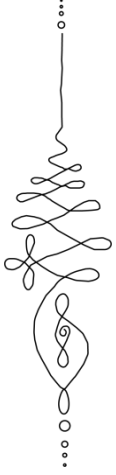
56 NAMES OF SUGAR



Green Carbohydrate



**Excellent sources of fibers, folate, vitamin k and vitamin C.
Also, minerals such as potassium, magnesium, iron and calcium.**



The Importance of the **MICROBIOME** by the Numbers



90%

Up to 90% of all disease can be traced in some way back to the gut and health of the microbiome



10-100 trillion

Number of symbiotic microbial cells harbored by each person, primarily bacteria in the gut, that make up the human microbiota

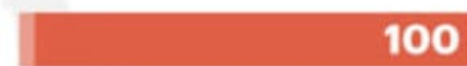
>10,000

Number of different microbe species researchers have identified living in the human body



10X

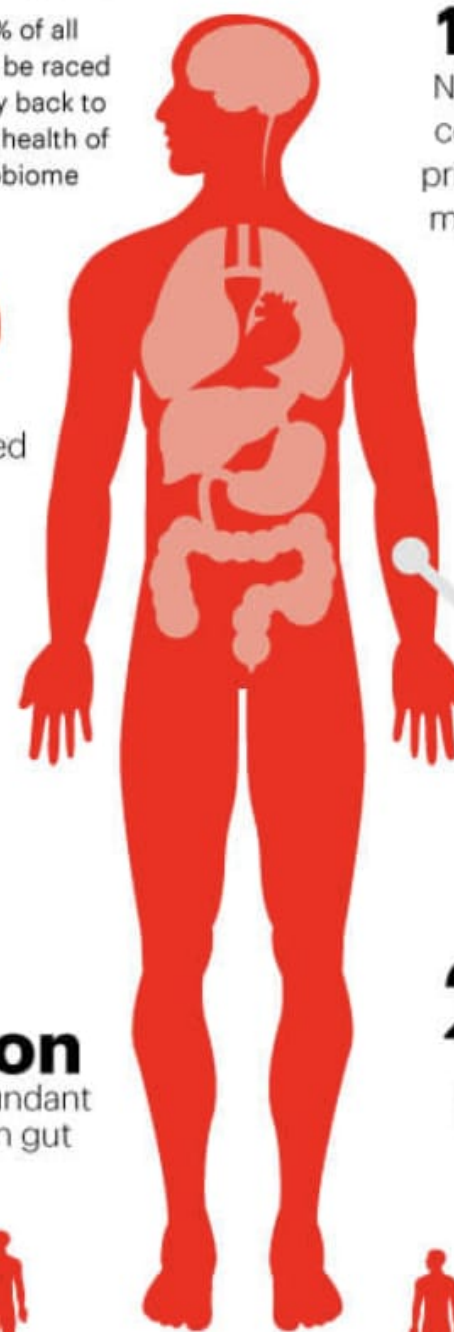
There are 10 times as many outside organisms as there are human cells in the human body



100

100 to 1

The genes in our microbiome outnumber the genes in our genome by about 100 to 1



3.3 million

Number of non-redundant genes in the human gut microbiome



22,000

Approximate number genes in the human gene catalog



99.9%

Percentage individual humans are identical to one another in terms of host genome

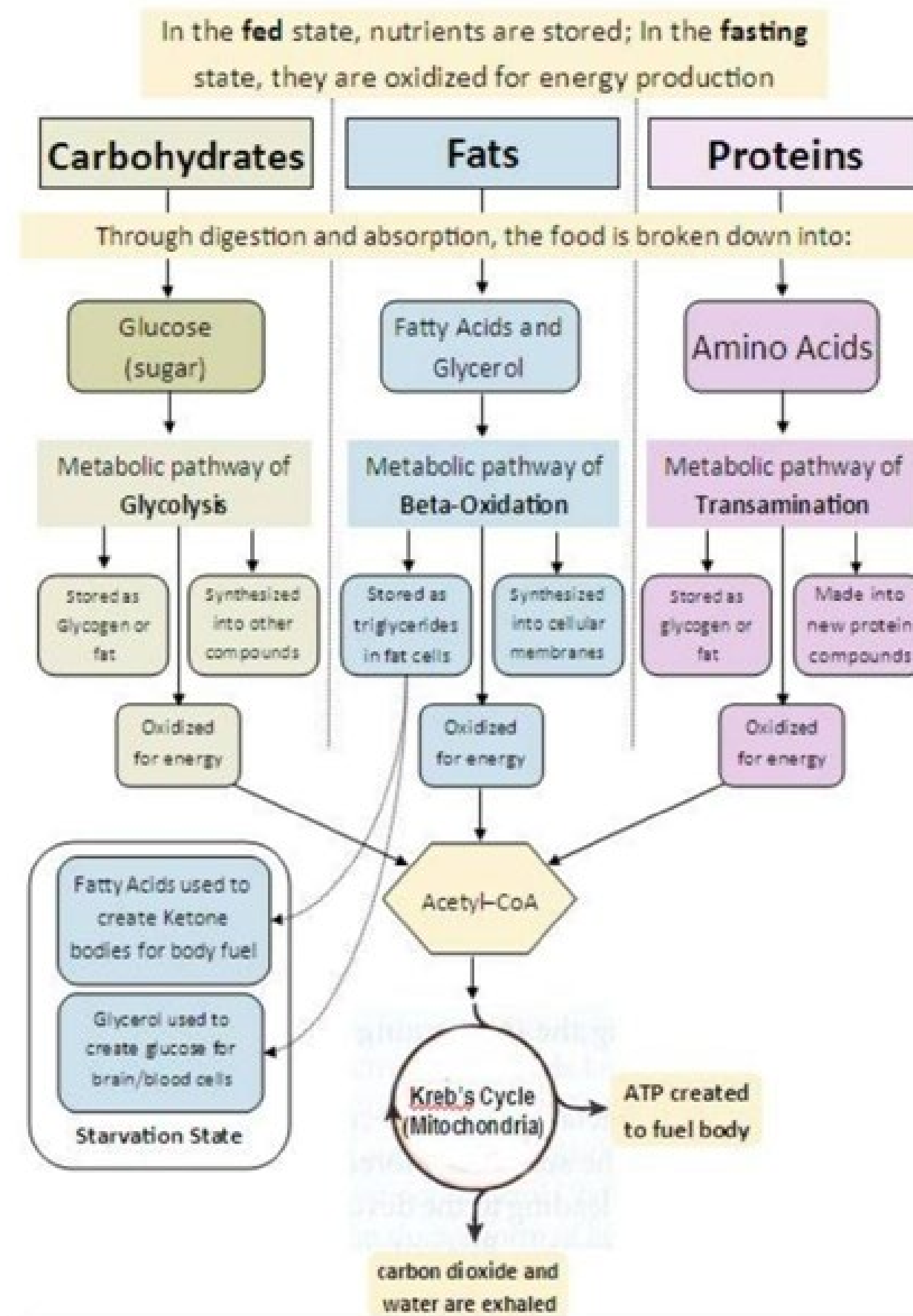


80%-90%

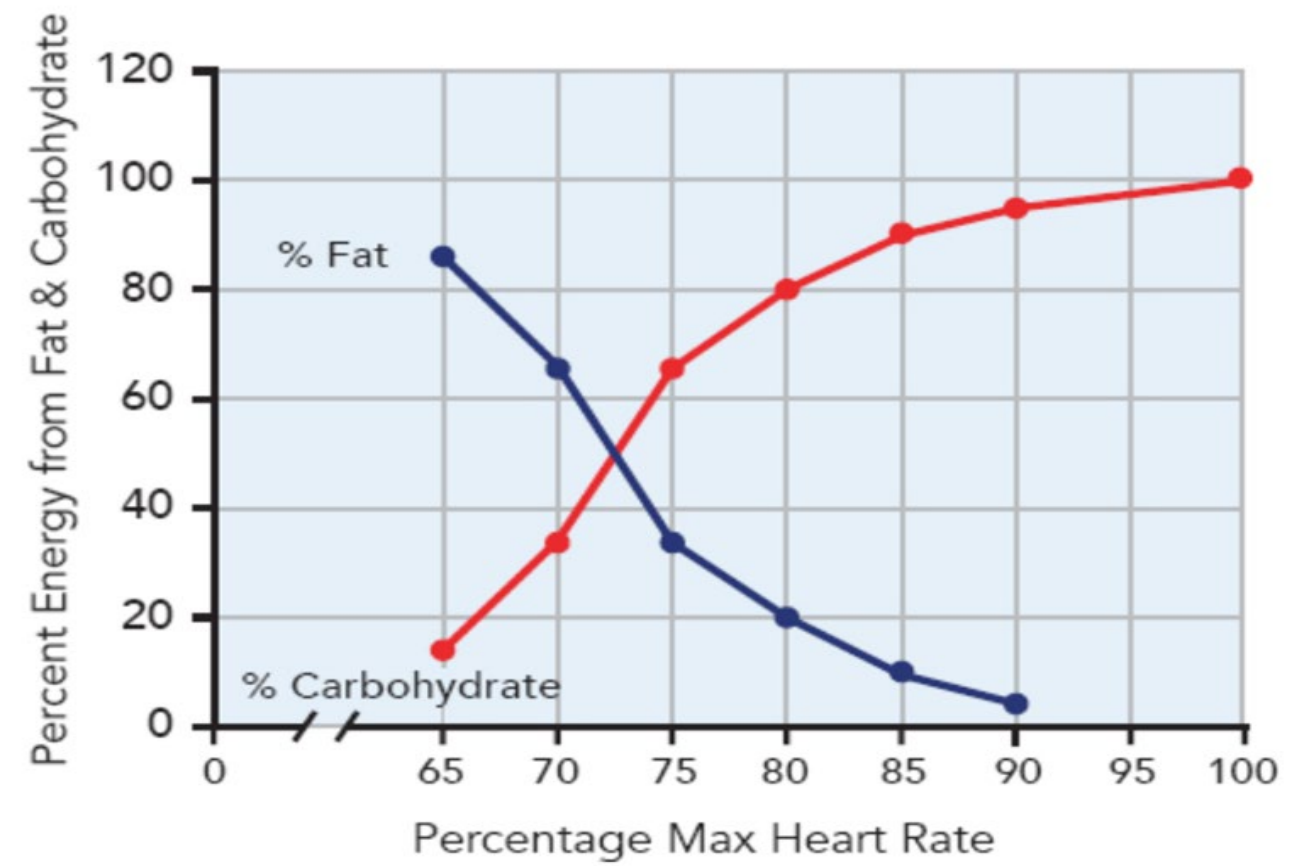
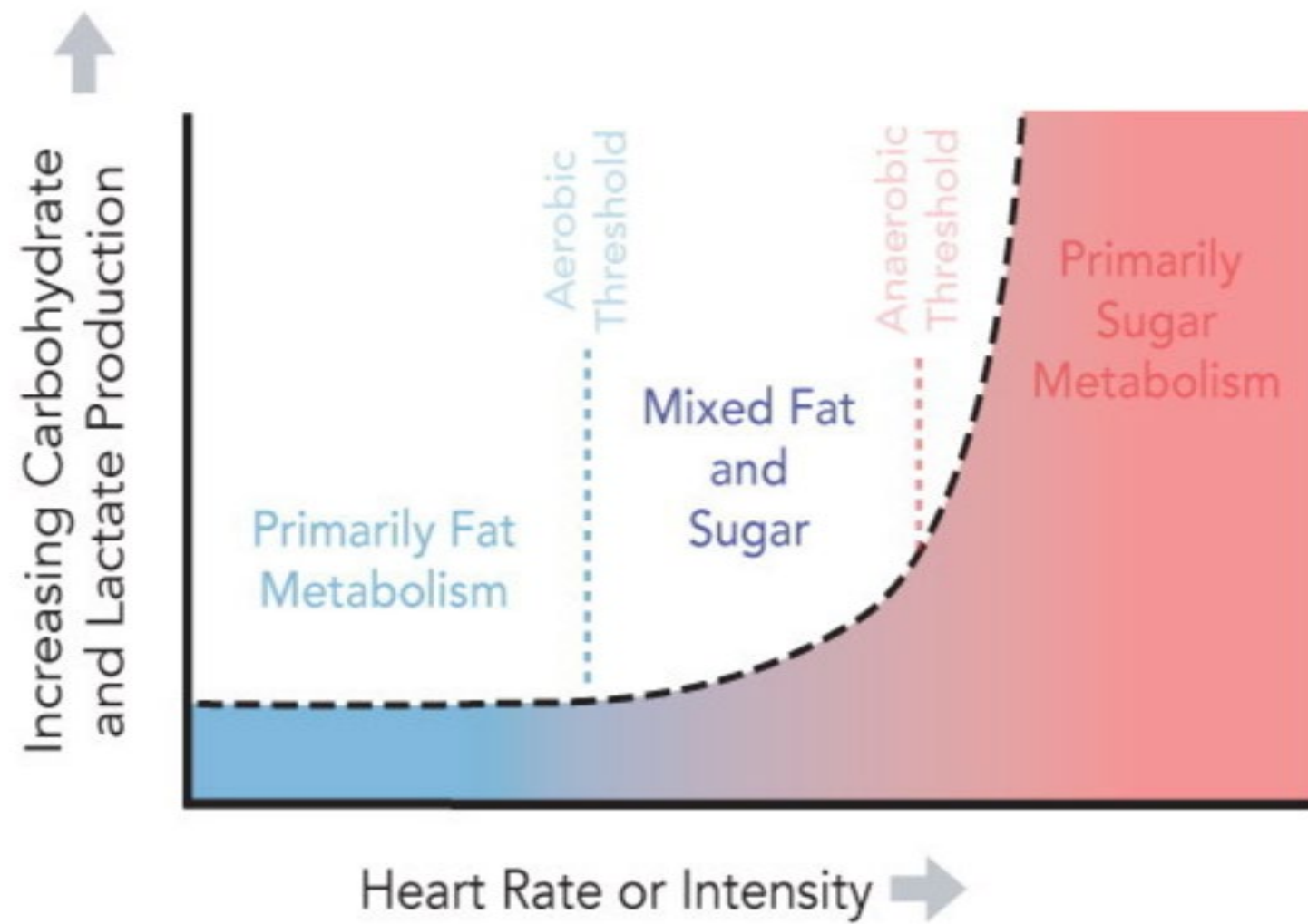
Percentage individual humans are different from one another in terms of the microbiome

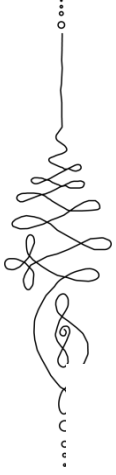


How Your Metabolic Pathways Work When Food is Available

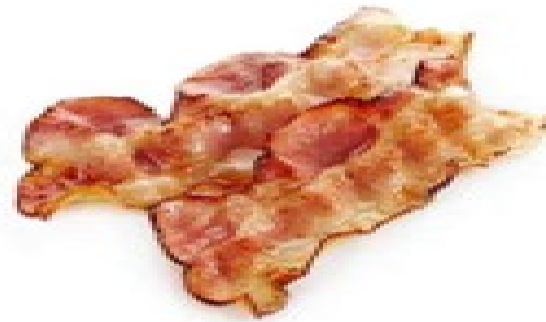


Shift in metabolism with intensity of work





Fat



SIGNS & CAUSES OF HIGH TRIGLYCERIDES

The National Cholesterol Education Program labels triglyceride levels in the following way:

NORMAL	less than 150 mg/dl
BORDERLINE HIGH	150–199 mg/dl
HIGH	200–499 mg/dL
VERY HIGH	500 mg/dl

CAUSES



obesity



eating more calories than are being burned/used for energy



lack of exercise/sedentary lifestyle



type 2 diabetes



hypothyroidism (underactive thyroid)



kidney disease



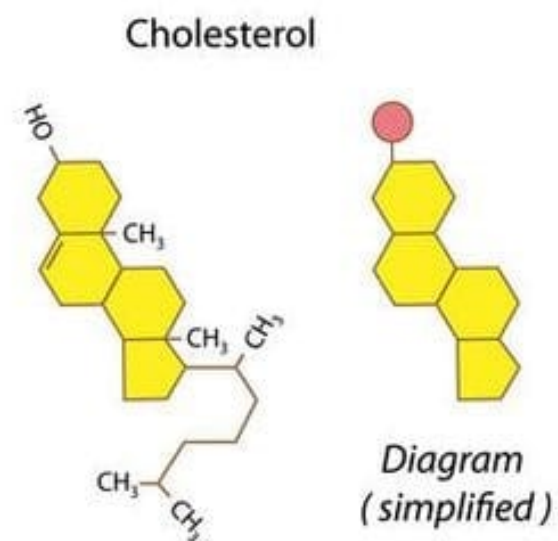
excessive alcohol consumption



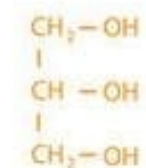
smoking



medication side effects



Glycerol



Fatty acids

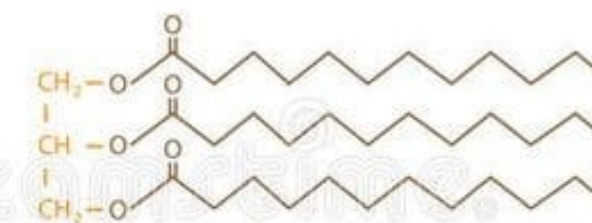


Saturated



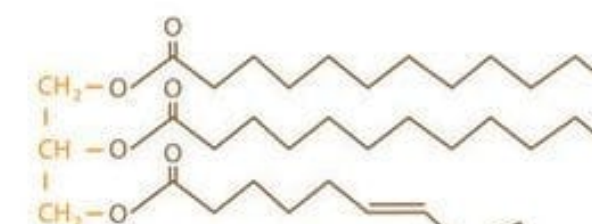
Unsaturated

Triglycerides

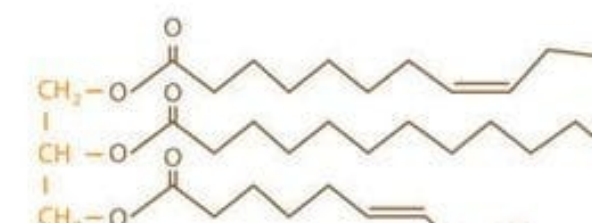


Saturated

Glycerol + 3 fatty acids



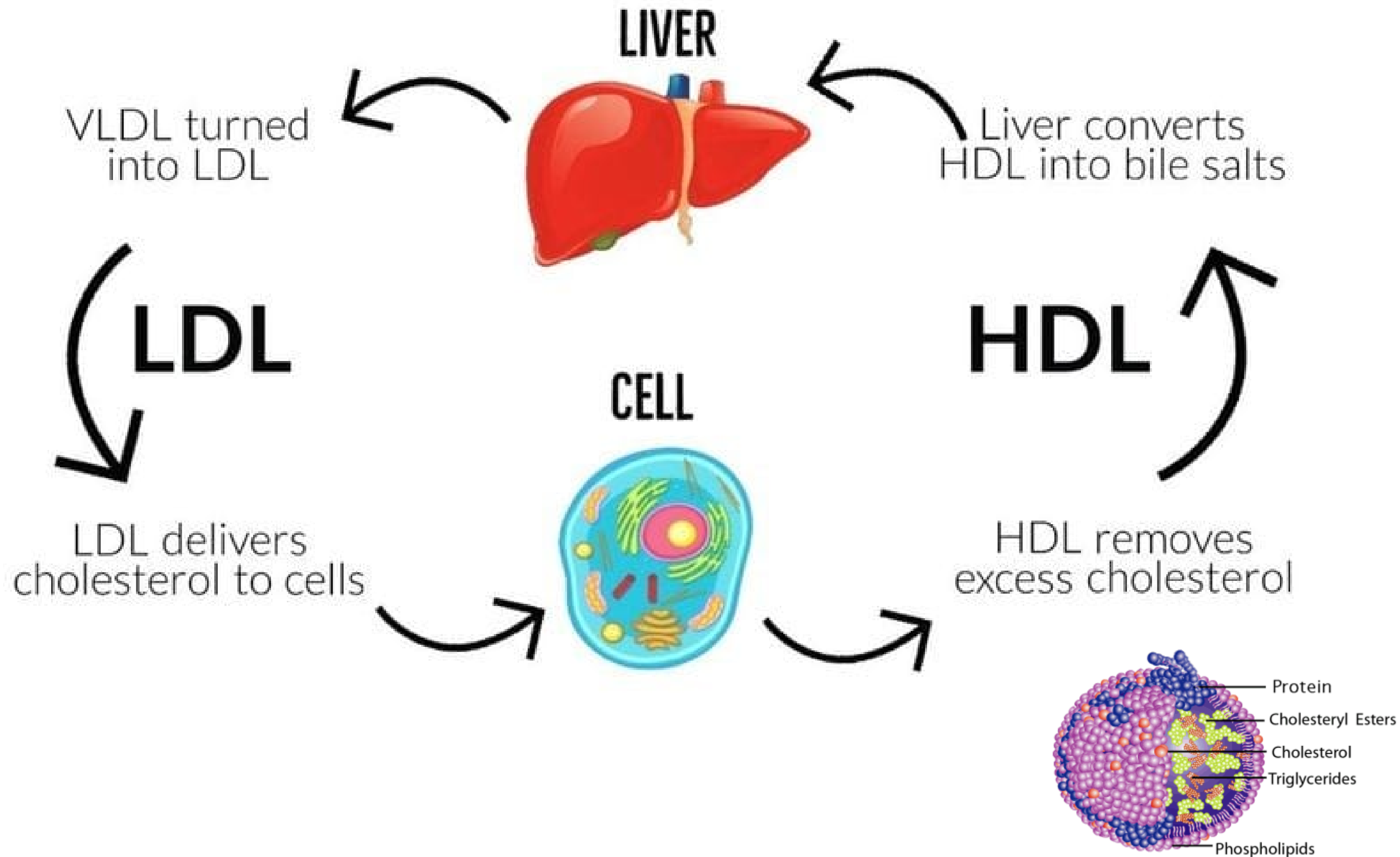
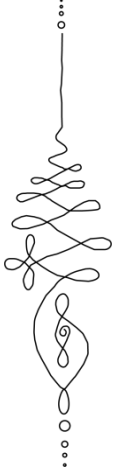
Monounsaturated

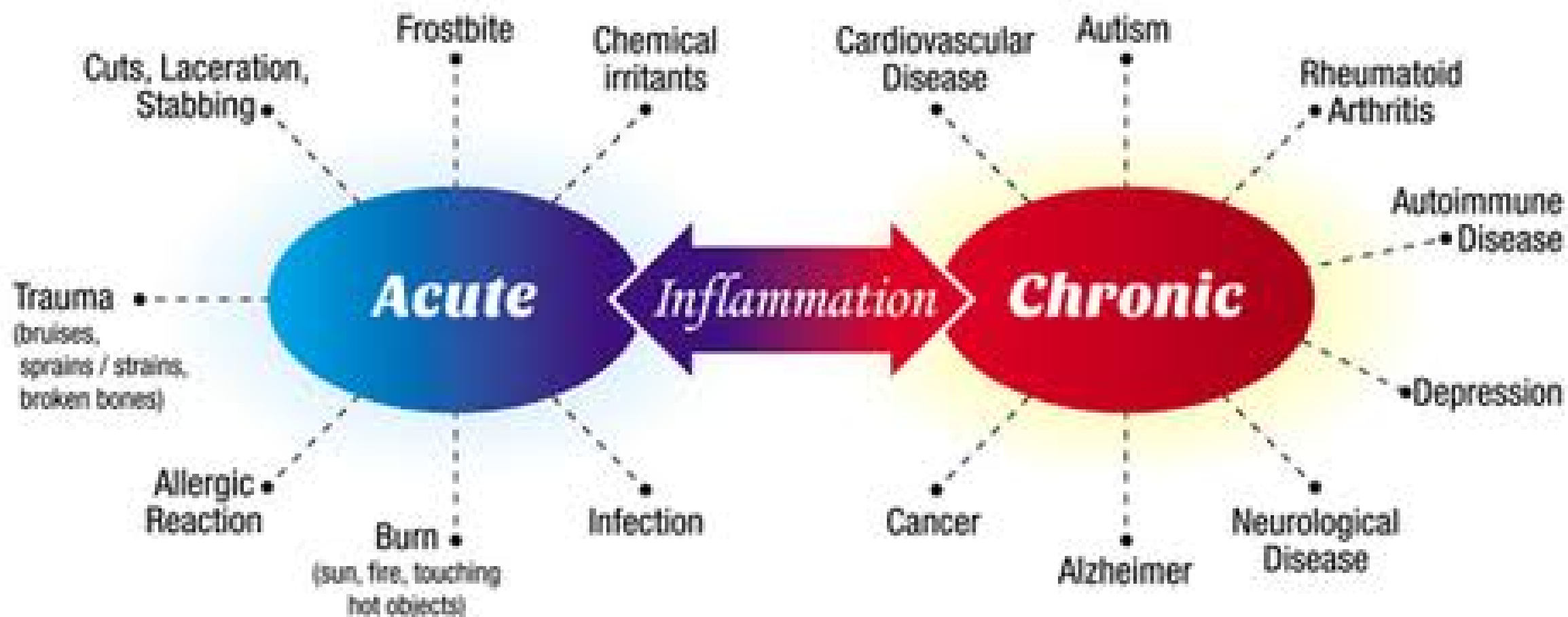
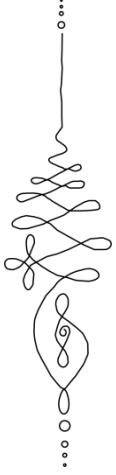


Polyunsaturated

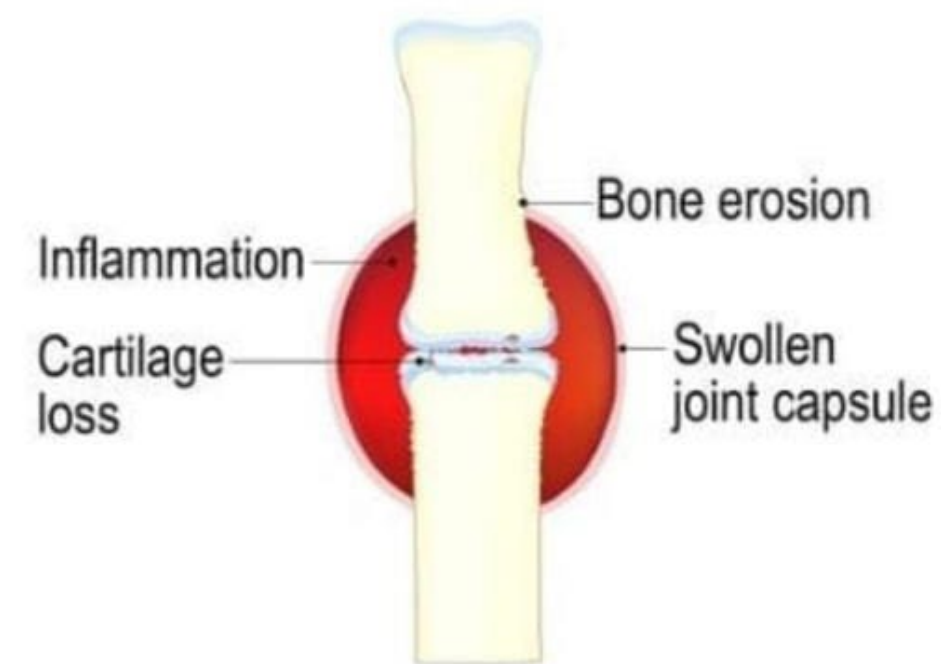
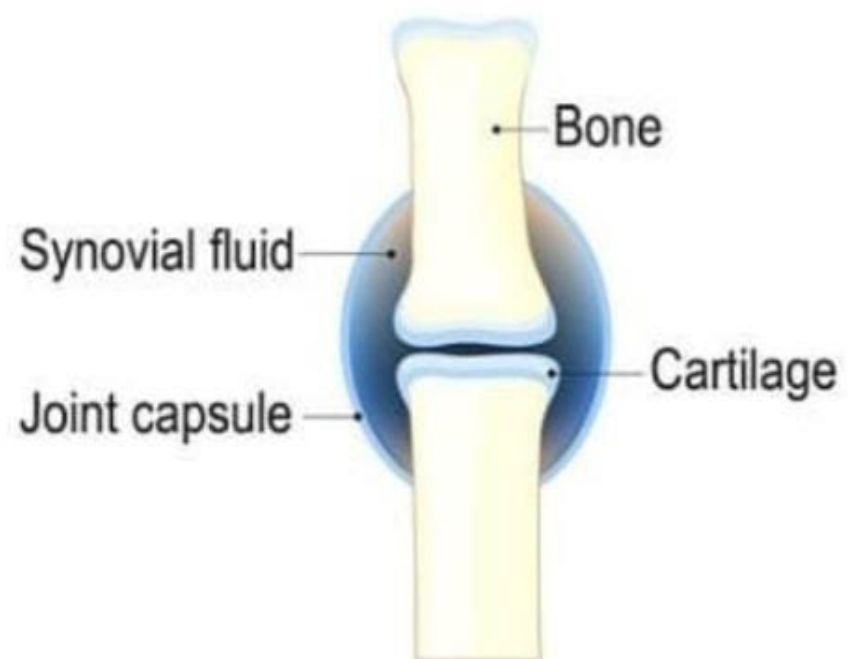


Diagram (simplified)





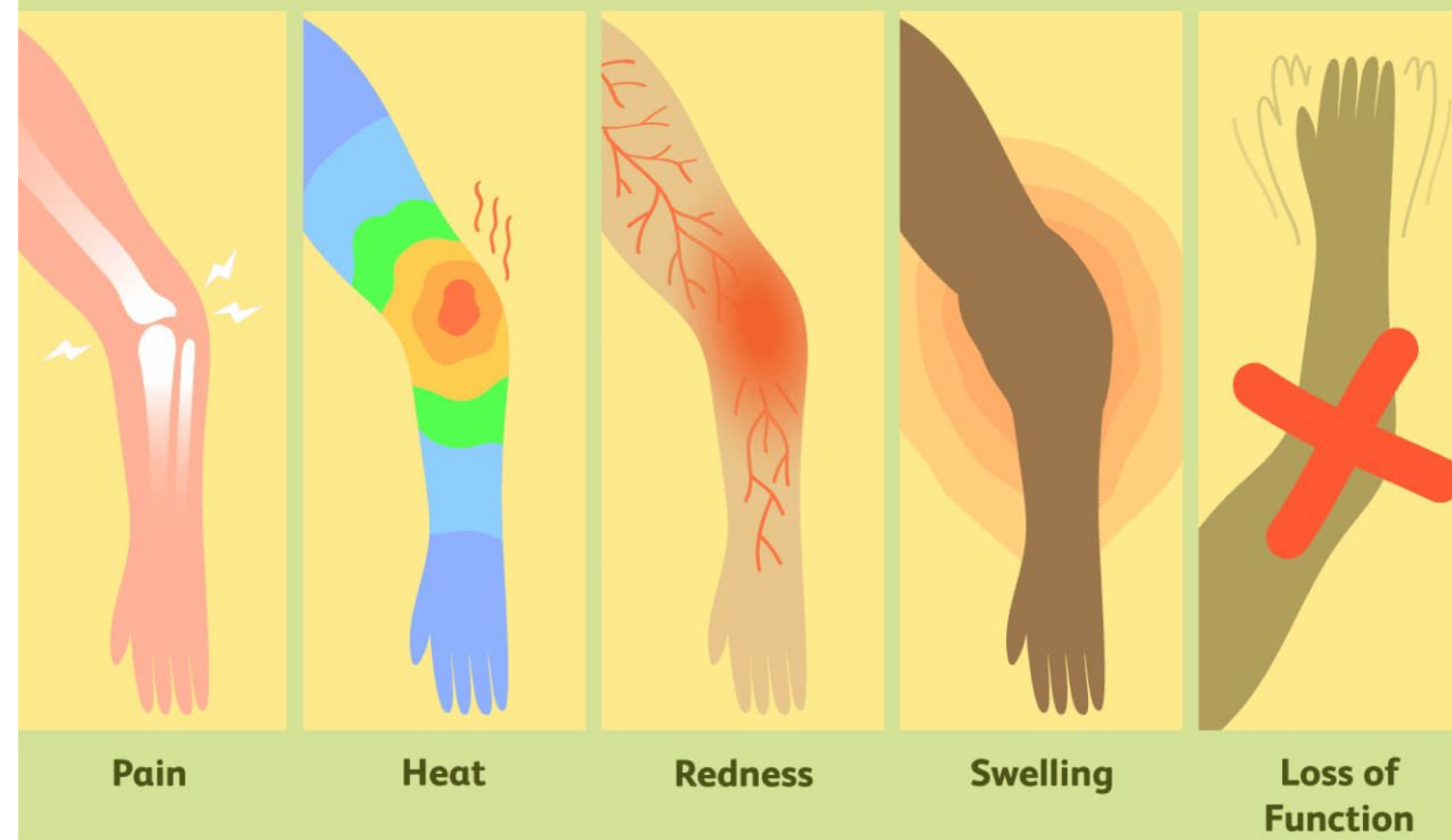
HEALTHY JOINT

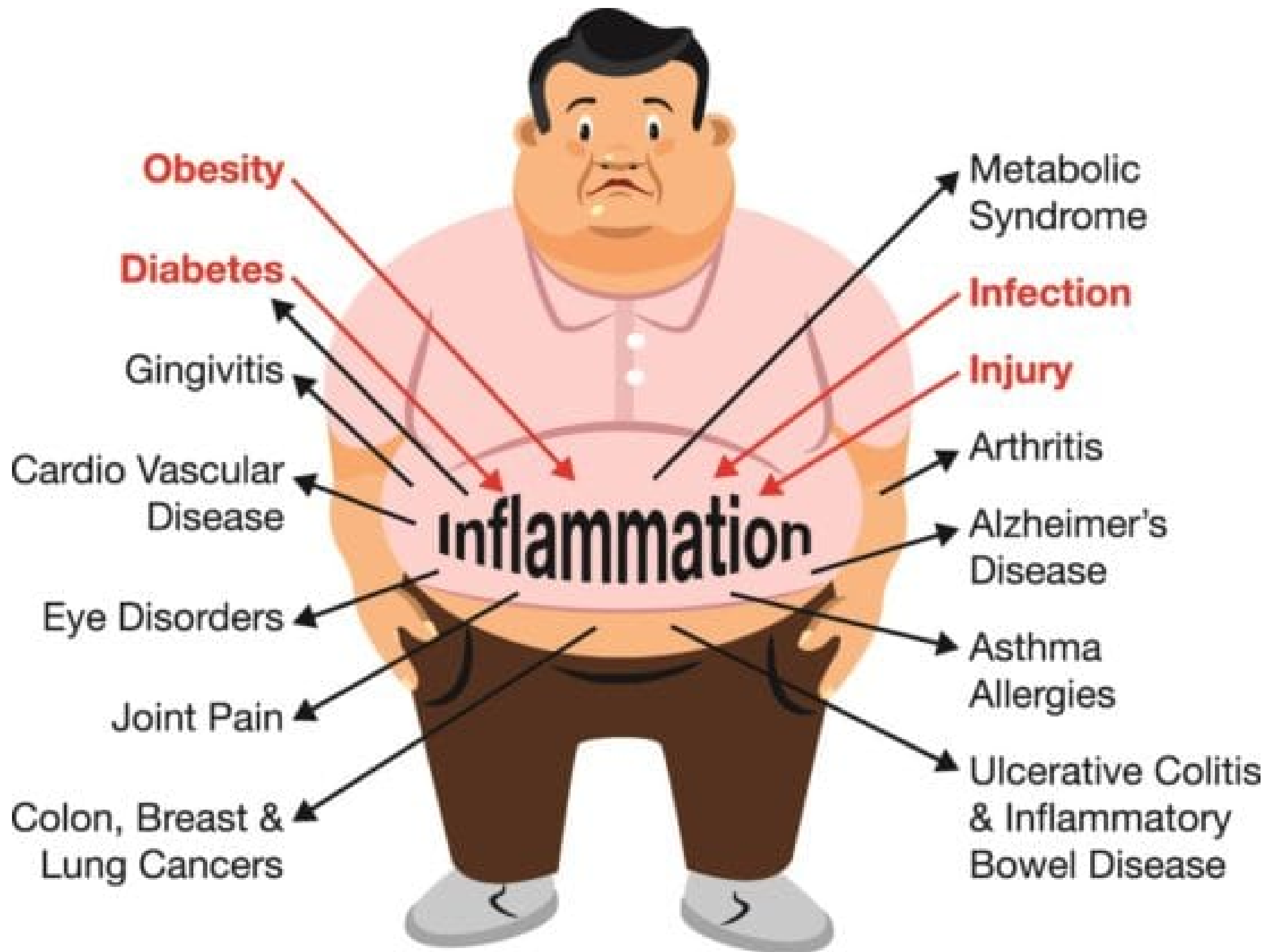
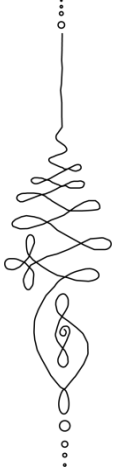


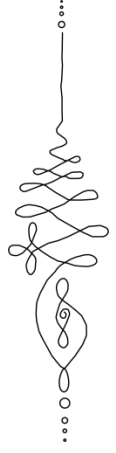
RHEUMATOID ARTHRITIS



5 Cardinal Signs of Inflammation



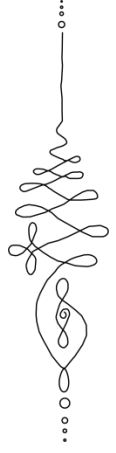




Uses of Fat

1. Clean source of energy. Gives 9 cal/gm
2. Assists in cell growth and the production of hormones,
3. Improve blood cholesterol levels.
4. Reduce inflammation
5. Vital in the absorption of fat-soluble vitamins (A, D, E & K).
6. Reduce hunger levels and snacking

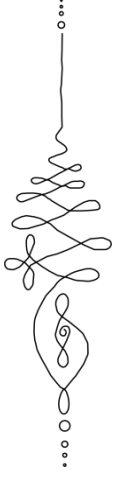




Current consumption of fat



PROTEIN	FATS	CARBS	FIBRE
	Total fats consumed 76.0g / 21.3g		356.7%
	Butter Paratha 2 paratha	390 Cal	22.5 g
	Bread Butter 2 slice	214 Cal	13.9 g
	Ghee Roti 3 piece	317 Cal	11.4 g
	Kheer 1 katori	304 Cal	11.2 g
	Mathri 2 mathri	189 Cal	10.7 g
	Lays Max Potato Chips 20 piece	104 Cal	6.2 g



Vegetarian Fat Options

Saturated fats:

Ghee

Coconut

Coconut oil

Lard

Butter

Coconut butter

MCT oil

Cream

Mono-unsaturated fats:

Almond oil

Avacado oil

Mustard oil

Olive oil

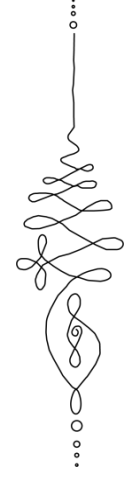
Poly-unsaturated fats:

Walnut oil

Refined oils

Vegetable oil

Seed oils



The Benefits of Omega 3 Fatty Acids

Omega 3s are essential fatty acids crucial for human nutrition. They play many roles in the body including fighting inflammation and supporting cardiovascular health.

Protect Against



Support Proper



Rich Sources of Omega 3s



Chia seeds and flaxseed, soybean, and canola oils



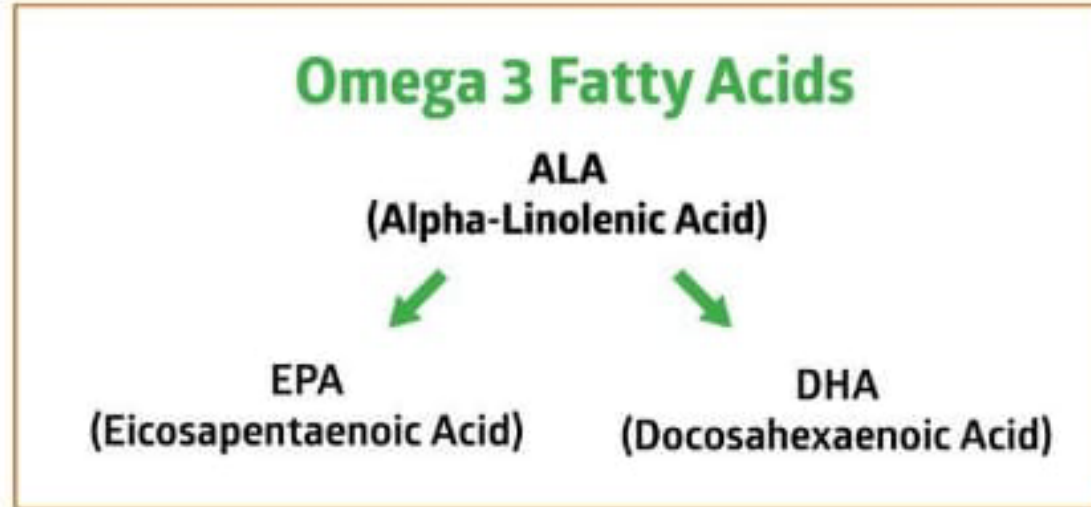
Cold-water fatty fish like salmon, mackerel, and tuna



Triple Power Omega 3 Fish Oil

The Omega 3 Fatty Acid Family

The omega 3 fatty acid family is composed of a "parent" and two "children". The children, EPA and DHA, are the forms that provide you with numerous health benefits.



What's the Recommended Intake for Omega 3s?

There's currently no recommended dietary allowance (RDA) for omega 3s. But research tells us, to gain the optimal health benefits of omega 3 fatty acids, you should consume 2.6 to 3 g combined of EPA and DHA per day!

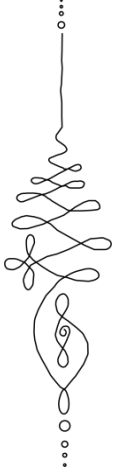
Safety of Omega 3 Supplementation

The FDA recommends not exceeding 3 g of omega 3 fatty acids a day. That said, some clinical trials do exceed these levels. And, according to the European Food Safety Authority, a dose of around 5 g per day is safe. However, exceeding these amounts may cause mild side effects like heartburn, nausea, and headache.

AlgaeCal

Sources

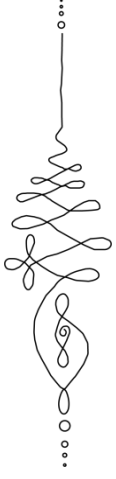
<https://ods.od.nih.gov/factsheets/Omega3FattyAcids-HealthProfessional/>
http://scielo.jscii.es/scielo.php?script=sci_arttext&pid=S0212-16112011000200013



Protein



Notice that in nature Protein is found mixed with fats and that is the right way to have it.



List of Essential & Nonessential Amino Acid

Essential

Histidine

Isoleucine

Leucine

Lysine

Methionine

Phenylalanine

Threonine

Tryptophan

Valine

Arginine

Nonessential

Alanine

Aspartate

Cysteine

Glutamate

Glutamine

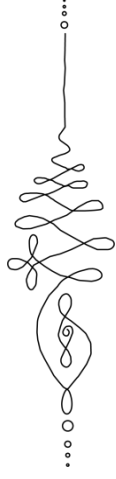
Glycine

Proline

Serine

Tyrosine

Asparagine



Vegetarian Protein Options

Cheese

Mushrooms

Paneer

Seed butters

Sprouted beans

Protein powder (pea, hemp)

Tofu/tempe (non-GMO) (organic fermented)

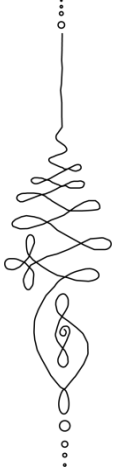
Seeds (sunflower, sesame, pumpkin)

Hummus

Nut butters


Lentils


Nutritional Yeast





Easy way to consume 40 gm of protein

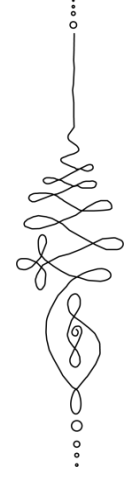


PROTEIN	FATS	CARBS	FIBRE
 Total protein consumed 47.7g / 19.1g			250.6%
Uncooked Paneer 100 grams		265 Cal	18.3 g
Dal 1 katori		139 Cal	9.1 g
Milk 1 glass		168 Cal	8.0 g
Coconut 100 grams		444 Cal	4.5 g
Mixed Seeds 2 tablespoon		131 Cal	4.0 g
Almonds 10 almond		79 Cal	2.5 g
Walnut 2 walnut		58 Cal	1.3 g

PROTEIN	FATS	CARBS	FIBRE
 Total protein consumed 40.2g / 19.1g			211.2%
Boiled Egg 3 egg		259 Cal	21.1 g
Milk 1 glass		168 Cal	8.0 g
Coconut 100 grams		444 Cal	4.5 g
Mixed Seeds 2 tablespoon		131 Cal	4.0 g
Almonds 10 almond		79 Cal	2.5 g
Walnut 2 walnut		58 Cal	1.3 g

PROTEIN	FATS	CARBS	FIBRE
 Total protein consumed 48.9g / 71.5g			68.4%
Uncooked Paneer 50 grams		133 Cal	9.2 g
Milk 1 glass		168 Cal	8.0 g
Cheese slice 2 slice		124 Cal	8.0 g
Roasted Peanuts 30 grams		171 Cal	7.9 g
Rajma Curry 1 katori		116 Cal	5.8 g
Mixed Seeds 2 tablespoon		131 Cal	4.0 g
Almonds 10 almond		79 Cal	2.5 g
Coconut 50 grams		222 Cal	2.3 g
Walnut 2 walnut		58 Cal	1.3 g

PROTEIN	FATS	CARBS	FIBRE
 Total protein consumed 48.7g / 71.5g			68.2%
Uncooked Paneer 50 grams		133 Cal	9.2 g
Milk 1 glass		168 Cal	8.0 g
Cheese slice 2 slice		124 Cal	8.0 g
Roasted Peanuts 30 grams		171 Cal	7.9 g
Chana Masala 1 katori		188 Cal	5.7 g
Mixed Seeds 2 tablespoon		131 Cal	4.0 g
Almonds 10 almond		79 Cal	2.5 g
Coconut 50 grams		222 Cal	2.3 g
Walnut 2 walnut		58 Cal	1.3 g



Non-Vegetarian Protein Options

Bacon

Bison

Cottage cheese

Elk

Hot dogs

Pepperoni

Pork rinds

Salami

Turkey

Beef

Cheese

Deer

Goat

Lamb

Pheasant

Quail

Rabbit

Wild boar

Beef jerky

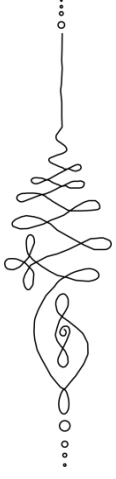
Chicken

Duck

Goose

Moose

Pork



Nuts and Seeds

(Mixed Source of fat and protein)

Almonds

Hazelnuts

Peanuts

Pistachios

Sesame seeds

Walnuts

Brazil nuts

Hemp seeds

Pecans

Pumpkin seeds

Sunflower seeds

Chia seeds

Macadamia nuts

Pine nuts

Nut butters

Tahini (sesame butter)

Green Cruciferous vegetables



Spinach



Lettuce



Kale



Cabbage



Broccoli



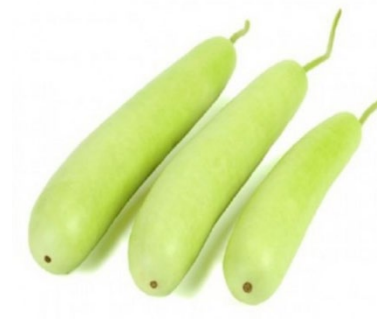
Beet tops



Zucchini



Arbi leaves



Lauki



Torai



Tinda



Indian saag



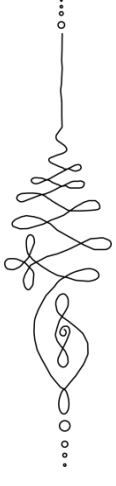
Cauliflower



Capsicum

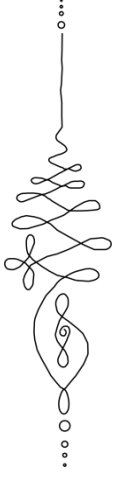


Pumpkin



Vegetable Options

Artichokes	Arugula	Asparagus	Parsley	Peppers (all kinds)
Beet greens	Bitter Gourd	Bottle gourd	Pumpkin	Radicchio
Bok choy	Broccoli	Brussels sprouts	Radish leaves	Rhubarb
Butterhead lettuce	Cabbage	Carrots	Romaine Lettuce	Sauerkraut
Cauliflower	Celery	Chard	Seaweed (all sea vegetables)	Spinach
Cucumber	Dandelion greens	Eggplant	Spaghetti squash	Turnip greens
Endives	Fennel	Fenugreek leaves	Tomatoes	Zucchini
Green mustard	Green onion	Jackfruit	Wild Spinach	Shallots
Jicama	Kale	Kimchi	Pointed gourd	Swiss chard
Kohlrabi	Leeks	Lotus	Radish	Watercress
cucumber	Mushrooms (all kinds)	Mustard greens	Ridge gourd	
Okra	Olive	Onions	Scallions	



Berries and Fruit Options

Avocado

Cranberry

Lime

Raspberry

Blackberry

Indian goseberry

Natal plum

Strawberry

Blueberry

Lemon

Olive

Liquids and Beverages

Almond milk

Club soda

Herbal teas

Seltzer water

Unsweetened coffee

Broth (chicken, beef, bone)

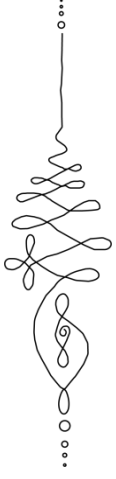
Coconut milk

Lemon and lime juice (small amounts)

Sparkling mineral water

Unsweetened tea

Water



Herbs

All spice

Cayenne pepper

Cinnamon

Curry leaves

Garlic

Nutmeg

Parsley

Sage

Basil

Chili powder

Cloves

Curry powder

Ginger

Oregano

Peppermint

Thyme

Cardamom

Cilantro/Coriander

Cumin

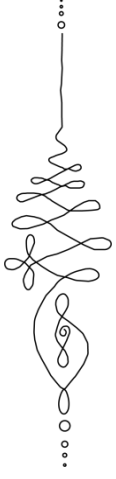
Dill

Italian seasoning

Paprika

Rosemary

Turmeric



Additional

Almond flour/meal

Cacao nibs

Coconut flour

Eggs (of any animal)

Fish sauce

Monk fruit / Lo han guo

Mustard

Stevia

Coconut aminos

Dark chocolate 100%

Fermented vegetables

Gluten-free tamari sauce

Shredded coconut

Vinegars

Mayonnaise (made with good oils - see list of fats)

Hot sauce (no sugar)

Pickles

Vanilla extract

Cacao powder

Cod liver oil (fish oil)

Gelatin

Calculations to get started with:

Carbohydrates: $150\text{gm} \times 4\text{kcal/gm} = 600 \text{ kcal}$

Fat: $(80-100)\text{gm} \times 9 \text{ kcal/gm} = (720-900) \text{ kcal}$

Protein: $70 \text{ gm} \times 4 \text{ kcal/gm} = 280 \text{ kcal}$

Total calories = $(1600-1780) \text{ Kcal}$

To begin with target GL 50-70

Combinations of different foods:

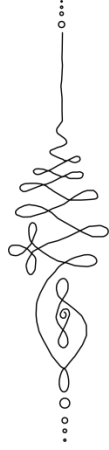
Green + Fat : No Problem

Fat + Protein : No Problem

Protein + Carbs : Problem

Fat + Carbs : Big Problem

Protein + Sugar : Big Problem



Minimum Calories - 1800

Maximum depends upon physical activity



IF



Fat



Carbohydrates



Protein



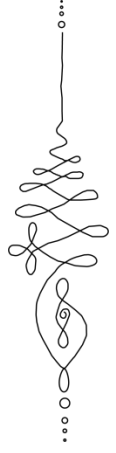
Green vegetable



Sugar

	IF	Fat	Carbohydrates	Protein	Green vegetable	Sugar
Expert After getting fat adapted	14 hours +	more than 140 gm* 70% of total cal	< 20 gm* 5% of total cal	90 gm	8-10 Cups	Zero
Moderate For 3 months at least	12-14 hours	90-100 gm* 45-50% of total cal	< 90 gm* 15-20% of total cal	70-80 gm	5-7 Cups	< 2 teaspoons
To Get Started For 21 days at least	9-12 hours	Aware Intake	Half of current intake	In moderation	5 Cups	< 2 teaspoons

* Amount in gram is calculated for 1800 cal

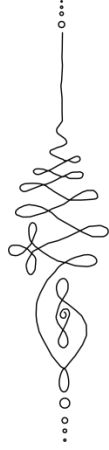


Normal Food Plate



How new plate can look like?

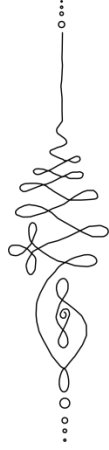




Essential Water Soluble Vitamins

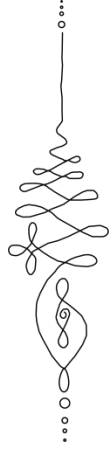


Name	Sources	Function
Vitamin B ₁	Nuts, seeds, legumes	Breaking down glucose, making fatty acid, the formation of certain neurotransmitters.
Vitamin B ₂	Curd, milk, mushroom, egg white, paneer	Helps the body in producing energy from food, converting Vitamin B-6 into a usable form, and in maintaining skin health.
Vitamin B ₃	Legumes, and animal-based foods.	Converting energy from carbohydrates, fats, and protein into a usable form that the body can use.
Vitamin B ₆	Animal meat, leafy vegetables	Supports the immune system, brain development, and amino acid metabolism.
Folate	Leafy vegetables, seeds, and citrus fruits.	Used in DNA synthesis, cell growth, and formation of RBCs
Biotin	Liver, egg yolk	Used in fats and amino acids metabolism, regulation of DNA, and breaking down of fat, carbohydrates, and proteins.
Vitamin B12	Mostly in meat and animal products	Works with folate (Vitamin B-9) to make RBCs, and maintain the myelin layer that surrounds the cells of the nervous system.
Vitamin C	Vegetables, citrus fruits	Strengthening blood vessels and giving skin its elasticity, anti-oxidant function and iron absorption.



Essential Minerals

Name	Sources	Function
Calcium	dairy products like yogurt, cheese and milk	Healthy teeth and bones.
Potassium	Leafy green vegetables like spinach and beet tops	regulate fluid balance, muscle contractions and nerve signals.
Magnesium	Almonds, spinach, peanuts, avocado	muscle and nerve function, regulating blood pressure, and supporting the immune system.
Chromium	Fresh vegetables and herbs,	Glucose function – making sure every cell in your body gets energy as and when needed.
Iron	Soybeans, cereal, pumpkin seeds, beans, lentils and spinach	Building muscles naturally and maintaining healthy blood.
Zinc	Sea foods like oysters, spinach, cashews, beans	Immunity, growth and fertility.



Add-ons (SOS)



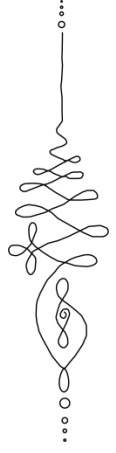
**Oregano Oil
(anti-biotic, anti-microbial)**



**Castor oil
(for constipation)**



**Kitchen weighing
Machine(Optional)**



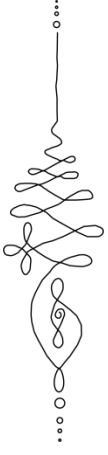
Daily use add-ons



Apple Cider Vinegar
(With mother or filtered)



**Wheat grass powder/
Wheat grass juice powder/
Wheat grass**



Sugar substitutes for mild usage



Xylitol



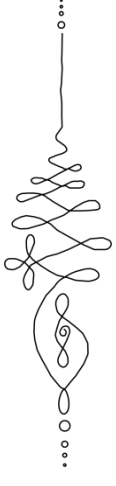
Stevia



Erythritol



Monk fruit sugar



Omega 3



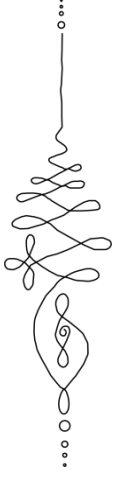
Cod Liver Oil



Flax Seed Oil



EPA/DHA



Calcium

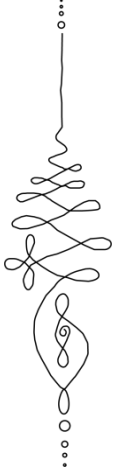
Natural Sources:

**Milk, cheese and other
dairy foods**
Green leafy vegetables

Supplement form:



Calcium Lactate



Vitamin B

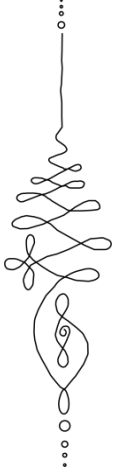
Natural Sources:

**Found in animal products like meat, eggs etc.
Or
In Milk for the Vegetarians**

Supplement form:



Nutritional Yeast



Vitamin D3 & K2

Natural Sources:

Vitamin D3:

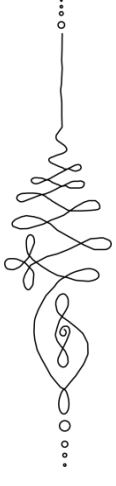
**Sun,
Fatty Fish,
Fish Liver Oils**

Vitamin K2:

**High-fat dairy products,
Fermented foods,
Egg yolk,
Liver**

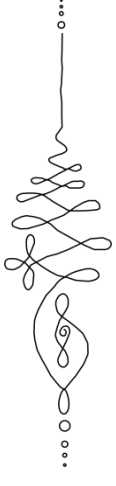
Supplement form:





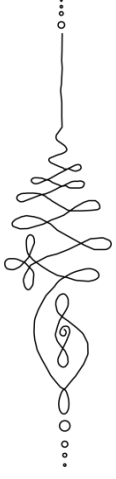
Pink salt and Black salt





Lemon/Amla (2/day)





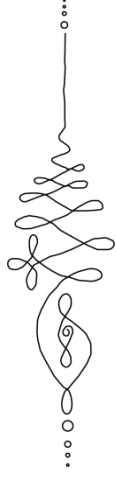
Nuts and Seeds



Almonds, walnuts, pistachio, macadamia, chilgosa,
Pecans
Not more than 20 nuts a day and 10 can be walnuts for
omega 3. Also overnight soaked germinated or roasted

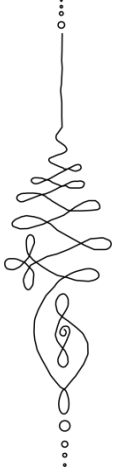


Flax seed, sesame seed, Pumpkin seed, Sunflower
seed, melon seed, Watermelon seed, Cucumber
seed, Poppy seed, Chia seed, Chironji.
(Not to be taken more than 2 heaped tablespoon/day.
Take roasted or soaked)

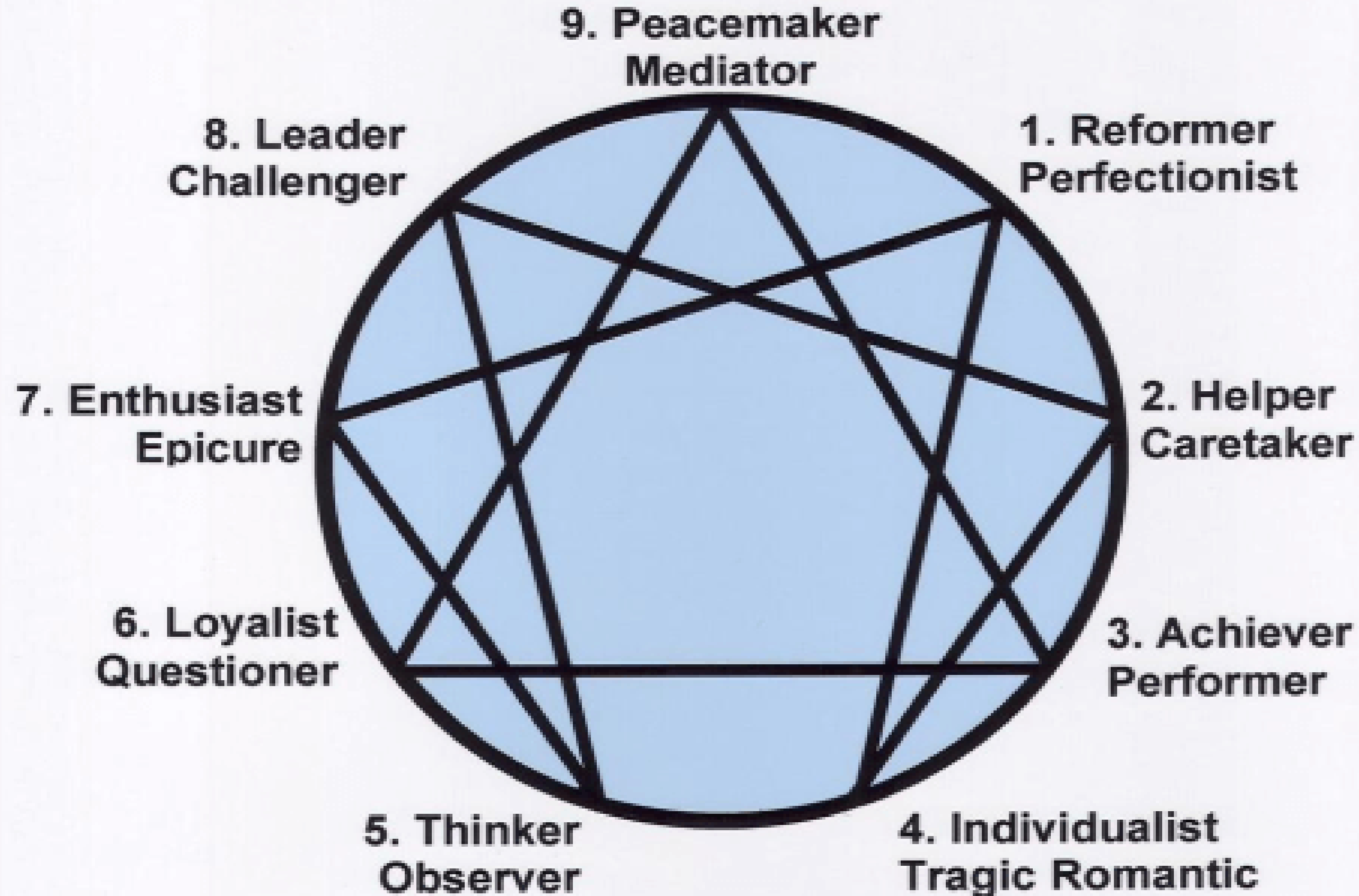


Short description of Nine Enneagram types

- The One, the Reformer, is rational, principled, orderly, and self-righteous.
- The Two, the Helper, is caring, generous, possessive, and manipulative.
- The Three, the Motivator, is adaptable, ambitious, image-oriented, and hostile.
- The Four, the Artist, is intuitive, individualistic, self-absorbed, and depressive.
- The Five, the Thinker, is perceptive, original, provocative, and eccentric.
- The Six, the Loyalist, is engaging, responsible, defensive, and anxious.
- The Seven, the Generalist, is enthusiastic, accomplished, excessive, and manic.
- The Eight, the Leader, is self-confident, decisive, dominating, and combative.
- The Nine, the Peacemaker, is receptive, optimistic, complacent, and disengaged.



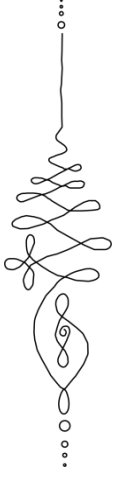
The Enneagram



Thank you

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links and documents, visit:

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