Take Ten

Ten Simple Steps: Ten Short Minutes

Insightful Nourishing Practices to Feed Body and Soul with Gentle Movement, Mind Body Nutrition, Divine Stillness and Happiness to Awaken Your Vibrant Health and Inner Glow!

“A calm and undisturbed mind and heart are the life and health of the body.” Proverbs 14:30

Movement

10/10 (Take Ten) has its roots in ancient Greece and their concept of looking at a person’s diet, rest and happiness to cure what is ailing them. In today’s society, Movement, must also be looked at. Movement is very different today compared to your grandma’s age. Think back to how much energy she expended doing daily household tasks like washing clothes or baking bread and it is easy to assume she got in her exercise!

“Our bodies are designed for at least 3 ½ hours of Movement in fluctuating intensity every day!”

When we get enough, our body’s many systems are supported as are our mental and emotional well-being. You may be thinking Movement means exercise and Amy, “I’m just too tired and too busy for that, let’s move on”. Think instead of movement as working-in vs. working out.

Typically we go to the gym for the following arrangement of reasons:

- Get more energy
- Reshape ones bodies
- Address aches and pains
- Achieve higher level of fitness to compete in marathons or accomplish specific activities.
How has that worked for you in the past? Does your body feel drained during some part of the day?

Natalie came to my office one day after hearing me speak on overwhelm and fatigue. She understood that the woman I was describing in my talk was her. With dark circles under her eyes, she explained she was being treated for high blood pressure, low thyroid, insomnia and peri-menopausal symptoms by medical doctors with no avail. She was anxious, depressed, and angry with no answers in sight.

To make matters worse, she was a business owner close to retirement that got caught in the down-turn. Feeling financially strapped and sleep deprived, she lost her drive to work but not to work out. She pushed herself to eat right and stay on the treadmill, no matter what. She thought she was doing everything “right” but still had all these medical complications.

“I felt lost and every aspect of my ‘being’ felt foreign to me.” – Natalie

Natalie was living in chronic stress and it was fatiguing her entire being. Sadly, by sticking with her vigorous exercise routine, she was actually adding physical stress to her body which was literally draining her vitality! Her work out was exercising the resources right out of her body, putting her in energy DEBT. If this is you, a working “in” program will get you better, faster results.
Chronic Stress fatigue in today’s society

There are more and more women suffering from chronic stress fatigue today and don’t realize it. Dr. Mark Hyman, family physician and five-time New York Times best-selling author notes, “Ninety five percent of disease is either caused by or worsened by stress.” Things such as:

- Fatigue
- Depression
- Anxiety
- Poor digestion
- Aches and Pains
- Emotional Eating
- Low Sex Drive
- Imbalanced Blood Sugars
- Unexplained Weight Gain
- Irregular Menstrual Cycles
- Difficulty Falling A Sleep
- Constipation to name a few!

You can get a variety of medical treatments for each symptom sited. The reality is that most mainstream doctors don’t look for the source of your body’s increased stress responses, gradual progression in the adrenal gland. This is where the stress enters the body and where the brain modulates emotion and behavior. For our sake, this is a very simplistic depiction of the brain and stress. It’s basic, but I think you get it. Your response to stress via a hormonal control system called the hypothalamic-pituitary-adrenal axis or HPA, sets off a chain reaction of fight or flight responses.
The book *The Hormone Cure* says it best:

“*The HPA axis is like the public announcement system in high school. The principal (your hypothalamus) tells the assistant principal (your pituitary, the boss of your adrenals), to make an announcement through the PA system (your adrenals) that goes out to all the students (your cells which interact with cortisol and other mediators of stress.) Yes, the clunky, antiquated system determines how you deal with stress. Indeed, it's a bit of a shocker to learn that such an old-school method regulates such a crucial task as digestion, immune function, sex-drive, energy use/storage, and how you cope with emotions, moods—both your own and that of others.*” *Dr. Sara Gottfried*

10/10 (Take Ten) can help you cultivate Nourishing Practices that help you get quality movement, nutrition, rest, sleep, and play, the needed tools to diminish and alleviate these symptoms.

**Back to Natalie...**

Chronic Stress Fatigue was triggering her fight or flight response all day long, like the constant drip from a leaky faucet. Natalie had deadlines to make, projects to complete and endless financial responsibilities to meet. In addition, she was a caretaker for her mother-in-law who suffered from Alzheimer’s. In short, her chronic stress had become a daily draining grind...drip, drip, drip.
In reality, like Natalie, we are not moving much, we just think we are. Thinking and stressing about all the things that we have to get done in a day. Things somehow get done: We manage, but it takes a toll on us and our entire being.

**A thought on thoughts…**

When you are in the grind, our thoughts (around 60,000 per day) lead us to a feeling and our feelings causes a hormonal sequence to run through our bodies. So, as we are thinking all this up: deadlines, projects, after-school activities, meetings and oh yes getting a healthy supper on the table, there is a hormonal reaction occurring, a constant drip, drip, drip. Without taking time to nourish within, we active our fight or flight response all day long when we are neither fighting or running away from some ancient predator like a large saber tooth tiger.

*“Our 'Thought Life', is the cause of 87% of Health Ailments!”*

So what does working-in do? It switches off our fight or flight triggers and switches on your rest and recovery system! Low intensity movement helps your physically move nutrients more effectively and assist the heart, brain, and intestines to interact with one another in synergistic harmony.

“Working–in” exercises include: Performing normal breathing during exercise, ensuring your mouth does not go dry while exercising, and relaxing your mind. If you are thinking too much, it hogs your energy!

**Nourishing Practices for Movement:**

- Yoga – 10–minute sun salutation
- Slow Walk–in nature: Quiet the mind by listening to the sounds of nature, relaxing, taking in the fresh air, and going at an easy pace.
- Tai Chi or Qigong – very effective in lowering stress response and increasing the body's vitality.
Natalie’s Nourishing Practices Goals for Movement were:

- Do three simple exercises for adrenal health.
- Slow down on her treadmill, walking at a ‘work-in’ pace.
- Conclude with one yoga pose for her thyroid.

Now I would like to tell you about Wendy. When I met Wendy she was a partner in a consulting firm, a single mom, community volunteer and owner of a dog grooming business. Her schedule left her with no time for herself. She knew she needed to exercise but could not seem to do it consistently.

She was overwhelmed, exhausted and overweight. She had chronic colds, ate poorly, and drank coffee to wake herself up and energy drinks to keep her going. She was in no place to start an exercise routine. That would only be another “To do” on her list, which would cause more guilt and stress on her adrenals.

Wendy’s lifestyle was causing to accrue an energy debt. Being overweight, feeling fatigued, and having a poor immune system were her most pronounced symptoms of this debt. Her first step to vibrant health was to walk me through what her life entailed and how each part of it made her feel.

“I realized I was on autopilot and I had created a schedule that hand no time for me.”–Wendy
*Wendy did not know her authentic self any longer.* I suggested she step back and truly view what she was spending her time and energy on that was not serving her.

**Here are a few common mental stressors:**

- Feeling rushed, memory worsened, creativity diminished
- Eating on the run, not tasting food, chasing one diet after another
- Pains in stomach, knees, back and head
- Loss sense of satiety, rushing meals, less able to enjoy the food you love
- Mind racing, bad dreams, shortness of temper
- Feeling stuck in work, relationships, like your body is clogged
- Dependence on coffee, diet colas or sugary foods to get through the day
- Saying things like “I would never make it through a day without exercise!”
- Constant need of a nap
- Weight gain
- Engaging in extreme work ethic, creating drams to keep juices flowing

I can relate, can you? Basically overspending your **Vital Energy or VE** is depleting your adrenals, leading to physical, mental, emotional and spiritual fatigue!

So what is **Vital Energy**? It is an electrical energy that powers every part of your body. It is powered by your HR, your cells, your life force: some call it CHI. It is generated in our brains and spinal cord when we recuperate. This energy is our **LONGEVITY**. **The function of our whole self depends on this energy.**
When VE is low, everything else is low too. That is why Wendy could never get well long enough before another cold came on and why she felt so run down! Her body would forgive her and give her the energy she needed, but at a price, a debt against her longevity which eventually landed her in the hospital.

As Natalie and Wendy’s VE debt took hold, soon it became exhausting just to think about the long-term goals and dreams. So, they put them on the back burner, something for later. As with them, this debt causes you also to start believing that your dreams will never happen and that this is as good as life will ever get – justifying your thoughts by a well-practiced “I’m too busy” or “it’s just not the right time.”

Living a fulfilling, enjoyable, nourished life with endless energy includes learning the art of energy management. There is only one way to recoup your Vital Energy. It is through Sleep, Rest, Recuperation and Rejuvenation.

Quiet

The average hours of sleep roughly 90–we got 100 hormones are rising and setting of the sun. The rising sun triggers wake up hormones: setting sun rest and repair.
Various studies have explored the idea that when a person goes to bed after 10 p.m., they start cutting into their body’s natural repair cycle. I’ve seen this with my own clients. Your repair cycle runs its course roughly from 10 to 2 p.m. attending to your muscles, joints, bones, and organs. After 2 p.m., your psychogenic repair cycle begins, attending to the nervous and hormonal systems. When you are awake, that means all of your body’s systems are left on. In short, you’re going to create an energy deficiency. So when Natalie was deprived of sleep, she awoke craving sugar. When Wendy awoke fatigued, she was in need of a quick jolt of caffeine.

Once they applied Nourishing Practices, Natalie noticed her sugar craving decreased and she was able to recognize her binge eating triggers: Wendy was able to get rid of her coffee crutch.

As blood sugars and caffeine kicks in, guess what, stress hormones are released in response to the over stimulation, a classic fight or flight scenario. This triggered a sequence of events is a way for the body to quickly access sugar when they need to, for example get–away from an approaching saber tooth tiger. It is the way our fight and flight response chemically works in the body.

So when both Natalie and Wendy filled their bodies with sugar and caffeine in the form of their morning muffin, sugared cereal and cup of Joe, they were forcing their body to release insulin to break up the excess sugar, causing them to later crash later: tired, wired and hungry! The kicker with insulin release is the resulting drop in energy and increase of hunger which then signals the body to start the process all over again. No wonder Wendy was struggling with weight and illness: Natalie with low thyroid and sleep deprivation.

Wendy’s Nourishing Practices for Quiet
• Uncluttering her mind nightly by journaling a “To do” list before she went to bed so she could truly let go and know she had everything in place for the next day.
• No electronics in her Bedroom! She needed a quiet sanctuary: a place of solace.
• Cut down on coffee
• Bed by 10 p.m. to allow for recovery and repair
• Take periodic “Spa Breaks”: active and passive rest throughout the day
• Do not start and exercise program yet!

Your choice Nourishing Practices for Quiet

• Achieve Total Rest: in bed by 10 p.m. nightly: no electronics! Total rest is the foundation for your recovery and repair cycle. Deep sleep is essential. (A day completely off from work or other stresses qualifies!)
• Create Active Rest: reduce your work load, complete goals less intensely
• Practice Passive Rest: Relax your mind. Your brain needs rest just like your muscles do! Passive resting options: listing to music, take a short quiet walk, do deep breathing exercises, read, do ‘alternative nostril breathing’ mediation ANB.

ANB does four main things: lower pulse, reduce blood pressure, raise the efficiency of your breathing, and raise your ability to solve problems.

Here’s how: Sit comfortably at your desk with both feet planted on the floor or yourself seated on the floor. Cover your right nostril with your right thumb, and inhale through your left nostril while counting slowly to ten. This will activate your parasympathetic nervous system, the part of you that relaxes you!

Then hold your breath for ten seconds, notice what is going on within you as you hold this breath inside you. Notice sensations in your lower lungs, belly and what thoughts come to mind especially as you reach the higher numbers. Sit up straight, but keep your core soft. Move your right finger to cover your left nostril, release your thumb to uncover the right nostril, and exhale through the right nostril for a count of ten. (This activates the sympathetic
nervous system) is the movement of the air through the right nostril as smooth as it was through the left. Move your thumb back to cover your right nostril and exhale through your left. Repeat for as many rounds as you like but no less than three. Do this whenever you need a serenity boost.

**Exercise your health not your body:** When you are healthy, the body will naturally follow!

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**Intuitive Eating**

Women today who want to do better for their health are inundated with all kinds of juicy nutritional information that doesn’t quite add up.

*Nutritional confusion is the new eating disorder!*

The simple solution I suggest is to gather all the information you have and using this info with understanding, compassion and trust that what is there may benefit you and may not.

*Wisdom is defined as the place “where knowledge and intuition come together to give you a direct path.”*

I remind my daughters, clients and myself, everyone needs to become your own personal health detective on how your body responds to food and exercise, as well as mental and emotional capacity each day over the course of a week and month. Using knowledge and intuition you can find your path to good nutrition and vibrant health by aligning your sacred metabolism, energizing exercise and stunning inner glow to produce a thriving
whole human being.

No one else knows exactly how your feel after you eat a substance that is no longer right for your system. That goes for me too. Recently I had a great week. Things aligned perfectly all week and I was on an emotional high. I wanted to celebrate. After wrapping up my day and picking up youngest, and told we were going to a treat. He wanted to go to the bakery, a place we never went. So I said, ‘why not’ and then I decided to go all out and ordered a Bismarck, remembering how its smooth texture and sweat pudding would feel so good in my mouth.

“It was so yummy, until that night when I bloated up like I was not three months but four months pregnant.”

I had expected the bloat, but the interesting thing that happened after playing detective on myself was my overwhelming feeling of anger and loss of patience that accompanied it. That night, my kids could do no right. I was explosive. This is what I noticed when I made the choice to have gluten with sugar together and more than my body could digest. I was aware of the physical symptoms associated with my choice, but now I had connected the emotional ones too.

So become your own best detective, use your wisdom, and follow your own innate guidance. Sometimes you will just want that food you know is not the best choice; that is when you need to practice compassion for yourself and understand there is no perfection when it comes to nutrition.

“Wisdom is tapping into the intelligence of your own body. Wisdom is living out your own unique metabolic destiny. Each meal is to feast on our own greatness and serve it to the world.” Mark David.

Good nutrition is meant to set you in motion and propel you forward to your highest peak. For Wendy, she wanted to work on emotional eating and nothing to do with diets. She was tired of feeling like a diet failure and was relieved when I said we don’t do diets with intuitive eating. She had the intuition and knowledge, but was not applying it because she did not know there were any other options out there! Ever feel like that? Wendy just needed to identify her emotional stressors.
Emotional Eating Stressors can be:

- Overwhelm: being sad, impatient with no peace inside
- Reactive, excess and binge eating with a loss sense of hunger
- Finding solace in food and not people
- Less ability to be compassionate of self and others
- Fidgeting, nervous movement
- Less ability to share yourself with others
- Loss of love for self, nature and others

For Wendy Nourishing Practices for Emotional Eating was to ask herself to every time she went to eat, if she was really hungry. She also needed to quit skipping breakfast; eat every 3–4 hours; and stop eating three hours before bedtime so her blood sugar sequence would not kick in and disrupt her rest and recovery cycle during the night.

Your choices for Nourishing Practices for Emotional Eating Support

- Ask your two questions before you eat:
  Are you hungry and next, what are you feeling? Where in your body do you feel those feelings? Take note of your observation and answer
- What do I need? What didn’t I get? Pause and listen for your answers.
- After each meal practice slow movement and relaxed breathing to aid digestion and elimination
- Trust/forgive/love – These relaxation responses are like switches in the brain to relax and stop the fight or flight response from being dominant.

*For me this was like trying to nurse my children when I was tense, tired and cranky. The milk just would not flow. I had to take time to visualize my children’s smiles, their laughter and their tiny hands on my breast.*
These were loving thoughts that turned off my fight or flight response and turned on the milk. Today I still use loving thoughts to turn off my hormonal responses to a stressful day or deadline at work. This lets my body digest, enjoy sex, and burn fat! Do you trust in God, life and relationships?

Do you forgive or is there unforgiveness lingering in your heart which can be a biological stress response if not worked on! When you have faith, fun and intimate moments, you relax and literally empower your metabolism to be at its natural best.

So look into your heart at its love/trust/forgiveness issues.

**Happiness**

Ok, I want all of you to know a few things: Perfectionism is not the same things a striving to be your best, nor is it self–improvement. It is a SHIELD to against and way to avoid pain, shame, blame and judgment. Wow that was blunt! But blunt can be good. It gets to the “meat” or heart of the matter without having to lose clarity and time dancing around an issue.

_The thing that is really hard and really amazing, is giving up on being perfect and beginning the work of becoming yourself.” Anna Quindlen_

Lisa, for example, came to me for help with emotional eating. Along the way, we discovered the reasons for perfectionism, which was about her fear of being judged and her feelings of shame associated with being molested. This drove up her SHIELD to protect herself from further hurt and avoid unwanted judgment. However, she couldn’t eat strict enough without–having a binge afterward; she couldn’t go fast enough on the treadmill to keep her figure where she wanted it and she couldn’t do her work more perfectly to ever satisfy her goals. No one could in this situation.

One of Lisa’s Nourishing Practices was to say “no” and not to have to feel like she had to always please others and be perfect. She needed to acknowledge her
imperfectionisms with self-compassion and tender honesty, being mindful of both her positive and negative feelings without ignoring her pain and dousing herself in self-criticism.

“A moment of self-compassion can change your entire day. A string of such moments can change the course of your life.”

Christopher k. Gremer

Your Choice of Nourishing Practices for Happiness

- Wake up each morning and say, “I choose to believe that showing up is enough!”
- Choose to say “no” to someone or something because saying “yes” would be all about them and getting someone’s approval rather desiring to do what is in your heart.
- Acknowledge everyday moments: picking up kids from school, saying a prayer, the smile on your husband’s face, sunrises/sunsets, flowers, smelling the spices you put in your food and a glass of wine with friends.

Go Green

Work-in exercises are counter all of the inactive or overly

Nourishing Practices

specifically designed to effects of living an stressful lifestyle.

for Nutrition
• Have a green smoothie every day
• Eliminate food intolerances or allergies
• Look within at beliefs that are no longer serving you and release them,
• Practice Spirituality

“Spirituality is recognizing and celebration that we are all inextricably connected to each other by a power greater than all of us, and that our own connection to that power and to one another is grounded in love compassion. Practicing spirituality brings a sense of perspective, meaning and purpose to our lives.”

Brene’ Brown

I personally connect with God through prayer and saying the rosary. I journal and like to take walks through nature. It is through this silence that I receive His guidance. For others, though, it can be bible studies, personal reflection, reading, music, or volunteering in the community. You get the idea. It is where your heart lies and you feel the most inspired.

“For where your treasure is, there your heart will be also.”
Matthew 6:21

I believe from personal experience and the gaining of knowledge is where your answers lie. I can understand why it is difficult to find that quiet time when everything seems to be moving at the speed of light due to technology. But practicing spirituality adds perspective, meaning and purpose to our lives. Isn’t that why we are here?

It is the endless feelings of ‘not enough’, either, ‘I don’t make enough, have enough or feel enough” that are our undoing. Get comfortable being uncomfortable! That is where our body/spirit/mind heals and transcend.
“True wellness, great health and having THAT inner glow where your eyes sparkle with joy and your heart warms with gratitude needs “all of you” to be present and willing to make gentle shifts, little by little, one by one, connecting the gap between mind, body and soul. It is a beautiful Soulful Nurturing Practice!”

Amy Lundberg

Summary of Take Ten:
Nourishing Practices To Feed Body Mind and Soul

In summary here are Nourishing Practices for you to try out! As you may have noticed I have more than 10 here and more is listed throughout the report. They are options for you to try and see what feels best for you. My suggestion is to try on 2 from every section, this will give you your 10/10. Whichever ones you choose to start with just take 10 minutes or less and enjoy the results!

Namaste,

Amy

Nourishing Practices for Movement:
• Yoga – 10-minute sun salutation
• Slow Walk – in nature: Quiet the mind by listening to the sounds of nature, relaxing, taking in the fresh air, and going at an easy pace.
• Tai Chi or Qigong – very effective in lowering stress response and increasing the body’s vitality.

**Nourishing Practices for Quiet**

• Uncluttering mind nightly by journaling a “To do” list before bed to allow yourself to truly let go and know everything in place for the next day.
• **No electronics in Bedroom!** Prepare a quiet sanctuary: a place of solace.
• Cut down on coffee… *if this feels impossible start by switching to organic coffee*
• Bed by 10 p.m. to allow for recovery and repair
• Take periodic “Spa Breaks” : active and passive rest throughout the day

**Nourishing Practices for Happiness**

• Wake up each morning and say, “I choose to believe that showing up is enough!”
• Choose to say “no” to someone or something because saying “yes” would be all about them and getting someone’s approval rather desiring to do what is in your heart.
• Acknowledge everyday moments: picking up kids from school, saying a prayer, the smile on your husband’s face, sunrises/sunsets, enjoying the flowers, smelling the spices you put in your food and a glass of wine with friends.

**Nourishing Practices for Intuitive Eating**

• Ask your two questions before you eat:
Are you hungry and next, what are you feeling? Where in your body do you feel those feelings? Take note of your observation and answer

- Look within at beliefs that are no longer serving you and release them
- Trust/forgive/love – These relaxation responses are like switches in the brain to relax and stop the fight or flight response from being dominant.
  - Want to truly break away from emotional eating? Click on for a Free Discovery Session to see what is the best fit for you!

**Nourishing Practices for Nutrition**

- Have one green smoothie every day (green smoothie recipes on my blog)
- Eliminate food in-tolerations or allergies (In my Power-Hour Session we go over food in-tolerations, sluggish glands and organs you have that need attention too…may be cause of your slow metabolism, muffin top, low energy, constipation etc)
- After each meal practice slow movement and relaxed breathing to aid digestion and elimination

So are you DONE with feeling flat, frustrated and overcommitted?

Have a super strong desire to rev up your metabolism and revitalize your soul?

Ready to shift towards a holistic supportive approach that fills the GAP between what you want to feel, and what conventional medicine offers?
If you are feeling a strong pull in your heart and quiet voice that is asking for connection, support and wise healing then click here for a Free Re-Ignite Your Inner Spark Discovery Session, and let's have a meaningful conversation that reignites you!

Don’t waste another minute...
When you’re feeling overwhelmed and overtired, one minute can easily turn into never. But if you have an honest desire to work within to heal your body, calm your mind, find your heart and nourish your soul so you can live a life of abundant energy, vitality and joy... you don’t have to wait anymore.

Your Complimentary “Reignite Your Inner Spark” Discovery Session is available to you today!

Your journey starts here... let’s get started!

Empowering You,

Amy Lundberg
Your holistic lifestyle fitness coach, “work–in” to reach your ultimate health and happiness!

P.S.
The YOU you used to know...she’s still in there. Click for your Complimentary “Reignite Your Inner Spark” Discovery Session, and let’s find her!