

**How to Feel Hot
and Healthy in
Your Body**

365
Days a Year

Amanda Moxley

Holistic Nutrition And Life Balance Expert

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**Hot and Healthy
365 Days a Year**

How to Feel Hot and Healthy in Your Body 365 Days a Year

First Edition

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Hot and Healthy 365 Days a Year!

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Chapter One

Introduction

I created the “How to Feel Hot and Healthy in Your Body 365 Days a Year” e-book because everyone I know (including my clients, friends, family and myself) desire to live a healthy, happy, high quality life in which they feel confident and radiant in their bodies.

What you are holding in your hands or reading on your computer (to save trees) is a time tested, systematic program that I have created after working with hundreds of clients just like you. This e-book can help you change your life if you are open to it.

A note before we start: this guide is power packed with a ton of information. However, you will not get the maximum benefit unless you actually try the experiments and recommendations, tips and recipes that are spelled out for you here.

Your journey has begun; by purchasing this e-book you have made a commitment on some level to yourself, your health and your future self.

Congratulations!

“A journey of a thousand miles begins with the first step.”

Disclaimer

Please note that the information in this guide is presented for educational purposes only. This information is not intended as a substitute for diagnosis and treatment by a physician. If you have any questions about whether the advice presented in this guide is suitable to you, please check with your doctor. If something in this guide doesn't sound right for you or your body, then don't do it. It is your responsibility to decide how to use this information.

I am including this timeless poem about Commitment here now because in order to be successful you must commit to your dreams, goals and visions for yourself and then as the poem says "Providence Moves Too." I love this poem because a little angel I met while traveling on a train from France to Switzerland gave it to me several years ago when I was lost and confused as to what to do with my life. After reading this powerful poem I followed my heart and here I am today writing an e-book for you!

Commitment, focus, desire, passion, faith, love and unwavering determination are all you need to begin your journey. However small your faith, it can be the size of a mustard seed, is all you need. Plant your seed, create your vision and water your garden every day.

Commitment Poem

Until one is committed,
There is hesitancy,
The chance to draw back,
always ineffectiveness

Concerning all acts of initiative and creation
There is one elementary truth,
the ignorance of which kills countless ideas and
splendid plans:

That the moment one definitely commits oneself,
then Providence moves too.

All sorts of things occur to help one that would never
otherwise occur to help one that would never otherwise have
occurred.

A whole stream of unforeseen incidents
and meetings and material assistance,
which not many could have dreamed would have come
his way. I have learned a deep respect for one of Goethe's
couplets:

**Whatever you can do,
or dream you can,
begin it.**

**Boldness has genius
power and magic in it.**

Quotation from The Scottish Himalaya Expedition
By W.H. Murray

Chapter Two

Set Your Intentions

An intention is a goal you intend to achieve. Think of it like a tiny tomato seed planted in your garden in the spring. With consistent, daily watering and faithful tending throughout the growing season, on one fine summer day your one tomato seed has transformed into a beautiful, healthy plant full of fat, juicy, delicious home grown tomatoes! Now that is the power of intention!

Writing and speaking about your intentions is an amazing, powerful and positive way to create your ideal body and the life of your dreams.

Imagine yourself as an architect, creating and sculpting your body and your life with the use of your intentions.

You have taken your first step in feeling Hot and Healthy in Your Body 365 Days a Year by committing yourself to your success, the next step is to clearly define your intentions over the next 365 days.

Here are some examples of intentions:

I intend to prepare and enjoy delicious and nutritious food.

I intend to ride my bike three days this week.

I intend to walk my dog everyday for at least 20 minutes.

I intend to get off of the sugar/ caffeine rollercoaster.

I intend to let go of eating sugar every day.

My highest and utmost intention is to have my ideal body.

I intend to feel confident, radiant, strong and thin in my body.

I intend to remember to write my intentions!

My highest and utmost intention is to do my very best every day.
I intend to feel hot and healthy 365 days a year!

Another way of relating to the power of intention is thinking of it as the equivalent to placing your hands on the steering wheel of your life. When you create your intentions you are consciously co-creating your life. When you do not intend your life you are acting and living by default. Chances are you have lived most of your life by default and that is why you have not received the mind and body results you desire. When you consciously create your life by writing your intentions, you are reprogramming or retraining your subconscious mind to what you truly want. Isn't this exciting? I can feel your smile right now!

Please use this e-book to write your intentions. (Or even better, get your very own personal journal or notebook and begin to create your life by using the power of intention!) I like to write my intentions in my journal and on four by six note cards I keep in my purse and car to read whenever I have a few minutes.

My Intentions for the next 365 days are: (Dream BIG)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

My intentions for this week are:

1. _____

2. _____

3. _____

Each day write your daily intentions here (or in a journal:)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

Chapter Three

Recognize Your Uniqueness

"You are what you eat!" The third step in Feeling Hot and Healthy in Your Body 365 Days a Year is you have to eat well to feel well! It is very simple and I know you can do it if you have the right information. Stock up on delicious and nutritious whole foods. Think of your body as a beautiful friend that you love and adore. Feed your body the very best food you can buy. Treat yourself as a precious lover whom you adore. Do everything to make your life more loving, healthy, happy and creative. Fulfill yourself completely!

In this day and age, figuring out what is healthy and what's not is unbearably confusing. Believe me I know! Luckily you have come to the right place to get the real scoop on what healthy eating is all about.

First and foremost, contrary to what the diet gurus want you to believe, there is no right diet or way of eating for every body on the planet.

You are as unique as a tiny, perfect, magical snowflake. There is no one else exactly like you. You are a beautiful, magnificent, radiant divine being.

Do you realize how amazing you are?

Your needs, wants, cravings, likes and dislikes are unique to you and only you. You are rare, precious and divine. Because of your uniqueness and bio-individuality, you have the luxury and ability to create your own way of eating, living and being that is your way and only your way!

Liberating isn't it?

It's safe to ditch the chains of dieting and deprivation and to discover your unique way of eating.

It makes you just want to jump up and down like a school girl doesn't it? You are free!



Chapter Four

Rock Solid Holistic Nutrition Principles

Now let's get serious! Following are a few of the rock solid holistic nutrition principles I try to live by every day.

- ❖ Do your very best to buy organic food
- ❖ Do your very best to eat locally grown food. I recommend joining a CSA (Attend your local farmer's market, befriend a farmer, pay them a small fee for seed money in the spring and enjoy fresh, local produce throughout the growing season) or grow your own food
- ❖ Drink 60 to 100 ounces of fresh, filtered water every day. (Bless and thank your water before each sip.)
- ❖ Begin a mind, body, spirit practice such as yoga, chi-gong or tai chi for mental clarity, improved flexibility, circulation, strength and balance
- ❖ Enjoy two to three servings of organic dark green leafy vegetables such as kale, collard greens, spinach, rainbow chard, mustard greens, or dark romaine lettuce every day
- ❖ Enjoy whole grains several times a week such as quinoa, oatmeal, brown rice, millet or amaranth
- ❖ Eat only organic, grass fed meat opposed to commercially grown meat
- ❖ Consume less meat, sugar, dairy, alcohol, caffeine and artificial, chemicalized junk food

Chapter Five

Why eat organic?

Organic farming is sustainable, supports the earth and tastes better! The average conventionally-grown apple harbors 20 to 30 artificial poisons on its skin, even after rinsing. And did you know that strawberries have more pesticides on them than almost any other type of produce? Fresh, organic produce contains, on average, 50 percent more vitamins, minerals, enzymes and other micronutrients than conventionally farmed produce. Organic fruit and vegetables are much more flavorful. And keep in mind that organic food is not really more expensive than conventionally farmed foods, as we pay for conventional foods with taxes. We also spend billions of dollars every year cleaning up damage to our water supply caused by agrochemicals.

Originally, all foods were “organic” – grown and prepared without pesticides, herbicides, chemical fertilizers, hormones, irradiation to prevent spoilage, microwave cooking, etc. They were also unrefined, whole foods, or with at most minimal refinements. Since World War II and the advent of chemical farming and food processing, soils and foods around the world have been depleted of minerals and other nutrients.

As a result, food of both vegetable and animal origin is not only deficient in nutrients, but also full of pollutants and chemicals. The modern denaturing of foods through massive refining and chemical treatment deeply affects their life force, making them unable to foster equilibrium and health.

Pesticides, which have been shown to cause cancer as well as liver, kidney and blood disease, must be dealt with by the immune system. As pesticides accumulate in our tissues, the immune system becomes weakened, allowing other carcinogens and pathogens to affect our health.

How do you feel about buying organic food now?

The Dirty Dozen

“The Dirty Dozen:” The top 12 foods to buy and eat organic are:



1. Apples
2. Bell Peppers
3. Celery
4. Cherries
5. Grapes (imported)
6. Nectarines
7. Peaches
8. Pears
9. Potatoes
10. Red Raspberries
11. Spinach
12. Strawberries

The following conventionally-grown fruits and vegetables have the least amount of pesticide residue:



Asparagus
Avocados
Bananas
Broccoli
Cauliflower
Corn
Kiwi
Mangoes
Onions
Papaya

Source: Environmental Working Group's "Shopper's Guide to Pesticides in Produce." More information available at:
<http://www.foodnews.org/reportcard.php>.

Chapter Six

Enjoy Greens!

Eat more leafy green vegetables. Greens are very high in calcium, magnesium, iron, potassium, phosphorous and zinc; are a powerhouse for vitamins A, C, E, and K; and aid in purifying blood, strengthening the immune system, improving liver, gall bladder and kidney function, fighting depression, clearing congestion, improving circulation and keeping your skin clear and blemish free.

There are many ways to eat greens, too! Try juicing, steaming or eating greens raw. Some great examples of greens are kale, collard greens, swiss chard, mustard greens, arugula, dandelion greens, broccoli rabe, watercress, beet greens, bok choy, nappa cabbage, red or green cabbage, wheat grass, spinach and broccoli. You can also check out my [website](#) for awesome recipes.

Try some of my favorite recipes!

Kale with Raisins and Toasted Pine Nuts

Adapted from Greens Glorious Greens by Johnna Albi & Catherine Walthers

Serves 4-6

¼ cup toasted pine nuts
¾ pound kale (about 6 cups chopped)
2 cups water
2 teaspoons extra virgin olive oil
2 garlic cloves, minced
1/3 cup of raisins
sea salt to taste

1) Toast pine nuts in a dry skillet stirring frequently so not to burn or place in a 325 degree oven for five minutes or until golden. Set aside.

2) Strip the leaves off the kale stalks. Discard stalks and roughly chop kale.

Bring the water to a boil in a large skillet that has a tight fitting lid. Add the kale and cook, covered over high heat, stirring occasionally, until tender, approximately five minutes.

3) Rinse out and dry the skillet, then use it to heat the olive oil over medium heat, lifting and tilting the pan to coat.

Add garlic and sauté for 15 seconds.

Add raisins and sauté for 30 seconds to one minute, stirring constantly to prevent browning or burning.

Raisins should be glossy and slightly puffed.

4) Add greens and stir to combine.

Season with salt to taste and cover for a minute until greens are heated through.

Serve hot, garnished with toasted pine nuts.

Kale with Marinated Onions

Adapted from the Institute of Integrative Nutrition

Serves 4

2 bunches of Kale
1 cup finely diced yellow onion
5 teaspoons fresh lemon juice
2 teaspoons rice wine vinegar
1 teaspoon sugar
dash of salt

Directions:

- 1) Combine lemon juice, vinegar, sugar and salt. Toss with onions, set aside.
- 2) Wash kale. Cut leaves across the stem in 1 1/2-inch strips. Place kale in steamer basket over 1 inch of water.
- 3) Cover pot, place over high heat.
- 4) Cook 10 minutes or until tender. Place kale in a serving bowl, toss with onions and marinade, and serve.

Swiss Chard with Tomato, Feta and Pine Nuts

Adapted from the Institute of Integrative Nutrition

Serves 4

1 small onion
1 tomato, chopped
1 or 2 cloves minced garlic
1 tablespoon extra virgin olive oil
sea salt, to taste ground pepper, to taste
2 tablespoons chicken broth, vegetable broth, or water
1 bunch Swiss chard (red or white) washed and chopped with stems removed and chopped
2 ounces crumbled feta cheese
2 tablespoons lightly toasted pine nuts

Directions:

- 1) Sauté onion, tomato, garlic, and chard stems in oil over low to medium heat, stirring often for five minutes.
- 2) Cover and continue cooking over low for five more minutes. Add the leaves, salt, pepper and broth.
- 3) Cover and cook for five to eight minutes more or until greens are bright green and tender enough to chew. Remove from heat.
- 4) Add feta and pine nuts.
- 5) Cover a minute more to allow the cheese to melt.

Chapter Seven

Sugar Blues

If you are like me than you have used sugar or chocolate to improve your mood, give you energy or comfort you. Many of us are aware that our blood sugar level goes up, then down after a sugar high, but you may not realize the emotional roller coaster ride that accompanies that sweet seductive flavor. At first we feel happy, energetic and psyched and then unexplainably, we're tired, cranky and emotional.

The first sugar refinery in the United States was built in 1689. Within 10 years individual consumption was four pounds a year. Now, 319 years later estimates show that on average each of us consumes more than 150 pounds a year! You may be thinking "there is no way that I eat 150 lbs. of sugar per year!" But did you know that sugar is hidden everywhere. You can find it in the obvious -children's cereals, soda, cakes, cookies and desserts-to the not so obvious canned vegetables, baby food, bread and tomato sauce. Sugar is disguised under names like corn syrup, dextrose, maltose, glucose, turbinado, fructose, carob syrup, organic evaporated cane juice, sucanat, florida crystals, fructose, cane, beet or brown sugar.

Not only is sugar hidden everywhere it is highly addictive, how else did we go from consuming 4 pounds a year in 1689 to 150 pounds a year in 2008? Sugar qualifies as an addictive substance for two reasons, 1) eating even a small amount creates a desire for more; 2) suddenly quitting it causes withdrawal symptoms such as headaches, mood swings, cravings and fatigue.

Refined sweets and the sad American diet can lead to diabetes, hypoglycemia, obesity, acne, arthritis, kidney stones, tooth decay, mineral deficiency, ulcers, a weakened immune system, PMS, fatigue, food cravings, insomnia, mood swings, eczema and muscle pain.

Eating refined sugar robs your body of vitamins, minerals and fiber, depleting your body of its own stores of minerals and enzymes to absorb it properly. For this reason, sugar is described as an empty calorie. Instead of providing the body with nutrition, the result is deficiency.

So what can you do? First and foremost read every food label that you consume. A good rule of thumb is if there are more than 5-6 ingredients listed don't buy it. Notice how many grams of sugar are in one serving. For the record, four grams of sugar equals one teaspoon of sugar.

So let's say for example, you are going to have a glass of Cranberry-Juice Cocktail. Read the label and you will see that there are 41 grams of sugar in one serving (8-oz). Then, divide four grams into 41 grams which equals 10 teaspoons of sugar in one 8-oz glass of juice. Now that is a lot of sugar! Try this experiment for a month to educate and empower yourself: read every food label in your pantry and be especially diligent when you go to the grocery store to shop.

The USDA recommends limiting sugars to 24 grams a day (six teaspoons.) Look for foods that contain three grams or less of sugar per serving.

I recommend avoiding artificial sweeteners like the plague. Even if they were the last thing on earth I wouldn't eat them!

Aspartame is the technical name for the brand names, NutraSweet, Equal, Spoonful and Equal-Measure. Aspartame is made up of three chemicals: Aspartic acid, phenylalanine, and methanol.

Splenda, also known as sucralose, is an artificial sweetener which is a **chlorinated** sucrose derivative.

Try Agave Nectar as a sweet alternative it is made from the juice of the agave cactus and is low on the glycemic index. I like it because it doesn't give me the "sugar high" and it is the perfect way to sweeten your morning oatmeal. You can buy it at your local health food store.

Over the next 365 days begin to educate yourself, read food labels and notice how sugar affects you and when you crave it. Your cravings are your body's way of communicating with you. Listen to them and seek to unravel the deeper meaning. Ask yourself what am I really hungry for?

It's ok to eat some sweets. When choosing a sweetener think about your Great Grammy and ask yourself "what did she eat?" Here are some old time sweeteners Grams may have enjoyed.

Honey

Everyone seems to love honey, one of the oldest natural sweeteners on the market. Honey is sweeter than sugar, with different flavors depending on the plant source. Some honeys are very dark and intensely flavored. Raw honey contains small amounts of enzymes, minerals and vitamins. When replacing sugar with honey in a recipe, reduce the amounts of other liquids.

Maple Syrup

Maple syrup adds a nice flavor to foods, but is probably not a good idea to replace all sweeteners in a recipe with maple syrup. Make sure you buy 100 percent pure maple syrup, not maple-flavored corn syrup. Organic varieties are best.

Molasses

Organic molasses is probably the most nutritious sweetener derived from sugar cane. Different types of molasses have different flavors, but most of them impart a very distinctive taste. Use less molasses than you would sugar.

Chapter Eight

Eat Whole Grains for Sustained Energy

Whole grains have been a central element of the human diet since the beginning of civilization, when people stopped being hunter-gatherers and settled down in agrarian communities. People living in these communities, in all continents, had lean, strong bodies until very recently. In the Americas, corn was the staple grain people ate. In India and Asia, it was rice. African peoples ate sorghum. In the Middle East, pita bread, tabouli and couscous were diet staples. In Europe, corn, millet, wheat, rice, pasta, dark breads and even beer were considered health-providing foods. In Scotland, it was oats. In Russia, they had buckwheat or kasha. Very few people were overweight.

Whole grains are some of the best sources of nutritional support, containing high levels of dietary fiber and B vitamins. And, because the body absorbs them slowly, grains provide long-lasting energy.



The quickest way to create great grains easily is to experiment until you find what works for you. Following are the basic steps for preparing most whole grains:

1. Measure the grain and check for bugs or unwanted material and rinse in cold water.
2. At this point, you have the option to soak your grains for one to eight hours, which will soften them and make them more digestible as well as eliminate phytic acid. Drain the grains and discard the soaking water.
3. Add grains to recommended amount of water and bring to a boil.
4. A pinch of sea salt may be added to grains to help the cooking process with the exception of kamut, amaranth and spelt (it interferes with cooking time).
5. Reduce heat, cover and simmer for the recommended time.

How to Cook Grains

1 cup grains	Water	Cooking time
common grains:		
brown rice	2 cups	60 minutes
buckwheat (kasha)*	2 cups	20 minutes
Millet	2 cups	30 minutes
oatmeal (rolled oats)	3 cups	20 minutes
Quinoa	2 cups	30 minutes
misc. grains:		
Amaranth	2 cups	20 minutes
barley (pearled)	2-3 cups	60 minutes
barley (hulled)	2-3 cups	90 minutes
Bulgur	2 cups	20 minutes
cornmeal (polenta)	3 cups	15 minutes
Couscous	1 cup	5 minutes
Kamut	3 cups	90 minutes
oats (whole groats)	3 cups	90 minutes
rye berries	3 cups	2 hours
Spelt	3 cups	2 hours
wheat berries	3 cups	60 minutes
wild rice	2 cups	60 minutes

All liquid measures and times are approximate. Cooking times depend a lot on how strong the heat is. It's a good idea, especially for beginners, to lift the lid and check the water level halfway through cooking and towards the end, and also to taste the grains to see if they are fully cooked or starting to burn.

*You can change the texture of grains by boiling the water before you add the grains. This will keep the grains more separate and less mushy. This is the only way to cook kasha. Do not add kasha to cold water, it will not cook properly. For a softer, more porridge-like consistency, boil grain and liquid together.

Cooked grains keep very well. Busy people can prepare larger amount of grains and simply reheat with little oil or water later in the week.

(Adapted from the Institute of Integrative Nutrition)

Try some of my favorite grain recipes!

QUINOA WITH PINE NUTS AND DRIED FRUIT

Adapted from the Institute of Integrative Nutrition

Serves 4

1 1/3 cup quinoa or 3 cups cooked

Lime-Cumin Vinaigrette

1 yellow bell pepper, very finely diced

6 dried apricots, finely chopped

3 tbs. golden raisins

2 tbs. currants

1/4 cup pine nuts, toasted in a small skillet

2 tbs. chopped cilantro or chives

sea salt to taste

Perfect whole lettuce or radicchio leaves

Cook quinoa – two cups water to one cup quinoa 20 minutes. Toss the cooked grain with 1/4 cup of the dressing or more to taste, add the remaining ingredients except sea salt and lettuce and toss again.

Taste and sea with salt.

Serve cradled in nicely formed lettuce leaves

Brown Basmati Pilaf

Adapted from the Institute of Integrative Nutrition

Prep Time: 5 minutes

Cooking Time: 30-40 minutes

Yield: 4 servings

Ingredients:

1 cup brown basmati rice

1/2 cup dried cranberries

1/2 cup walnut pieces

1/2 cup fresh parsley, chopped

2 cups water

pinch of salt

Directions:

1. Rinse rice in fine mesh strainer until the water runs clear.
2. Boil the water and add rice and salt. Cover and reduce heat.
3. After 15 minutes add cranberries and walnuts on top, do not stir.
4. Cook 15-25 more minutes, until all the liquid is absorbed.
5. Remove from heat, add parsley and fluff with fork. Cover and let sit for three to five minutes before serving.

Orange and Walnut Quinoa

Adapted from the Institute of Integrative Nutrition

Prep Time: 5 minutes

Cooking Time: 20 minutes

Yield: 4 servings

Ingredients:

1 1/2 cups dry-roasted quinoa

2 navel oranges, zested

1/2 cup chopped toasted walnuts

2 1/2 cups veggie broth

2 tablespoons flat leaf parsley, chopped

1 tablespoon extra virgin olive oil

Directions:

1. Rinse quinoa in a fine mesh strainer.
2. Combine broth, oil and quinoa, bring to a boil.
3. Cover and lower heat to low, cooking for 12 minutes.
4. Remove from heat and let stand for five minutes.
5. Fluff with a fork and toss in orange zest, parsley and toasted walnuts.

Variations:

Slice zested oranges and serve them after dinner.

Chapter Nine

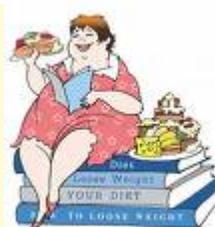
Pantry Makeover

In order to Feel Hot and Healthy in Your Body 365 Days a Year make sure your kitchen area is clear of temptations and toxic, chemicalized and artificial junk foods.

Step 1: Go into your kitchen pantry and refrigerator, pull out all of the food and place everything on a table. Have several boxes or bags ready. Read all of the ingredient labels on your packaged and prepared foods.



Step 2: Look for added sweeteners **like sugar (including cane crystals, evaporated cane juice, demarara, turbinado, brown sugar, cane syrup), high fructose corn syrup, corn syrup, dextrose, glucose, sucrose, cyclamate, saccharin, sucralose or aspartame**. Put those foods in the "I am ready to let go of these foods and make a change for my health" pile.



Step 3: Look for **sodium, sodium nitrate, salt, MSG or lard, citric acid, put those items in the "I am ready to let go of these foods and make a change for my health" pile**. Sodium nitrite is linked to causing cancer, it's found in **processed meats like hot dogs,**

bacon, and sausage. Used to make meats appear red (a color fixer chemical.)



Step 4: Look for **hydrogenated or partially-hydrogenated oils, high fructose corn syrup, MSG, corn starch, enriched wheat and enriched flour. Hydrogenated oils** (Trans fat) are linked to causing heart disease, nutritional deficiencies, general deterioration of cellular health, and much more. Found in **cookies, crackers, margarine and many "manufactured" foods.** Trans fats are used to make oils stay in the food to extend shelf life. Sometimes also called "plastic fat."



Step 5: Look for **excitotoxins** -- aspartame, monosodium glutamate and others. These neurotoxic chemical additives directly harm nerve cells, over- exciting them to the point of cell death, according to Dr. Russell Blaylock. They're found in **diet soda, canned soup, salad dressing, breakfast sausage and even many manufactured vegetarian foods.** They're used to add flavor to over-processed foods.



REMEMBER: ALWAYS READ THE INGREDIENT LIST. **If you need a chemistry degree to pronounce the list, it's not real food.**

Most boxed food is "fast" food or "convenient" food. Mashed potatoes, chips, macaroni and cheese, pasta, instant rice, muffin and cake mix, stuffing, cereal, crackers and cookies.

This type of packaged food robs your body of real nutrients. Buy packaged foods that sound like you could make them yourself, with ingredients you could buy easily.

Step 6: What to do with the "I am ready to let go of these foods and make a change for my health" pile? You have two choices: you can donate the "food" to a local food pantry or you can throw it away.

Chapter Ten

Conscious Breathing

I know you are thinking... "This is easy, duh I breathe." Well you may breathe but are you a conscious breather? Are you completely aware of your breath at all times? Are you aware of the times when you forget to breathe? Most of us breathe very shallowly with our mouth open. This upper respiratory breathing is a fight-flight precursor and not conducive to relaxation. Strive for long, slow, even breaths, in through your nose and out through your nose.

You may be familiar with breathing through your nose and out of your mouth. I am suggesting that you breathe in and out through your nose this way you use 100 percent of your lungs. You can feel your lungs expand and contract with each in and out breathe. When you learn to breathe you will feel connected to your mind, body and soul!

Right now as you are reading this stop, sit down, put your hands on your lap, close your eyes and take one very long, slow deep breath all the way up to your collar bones, hold it for half a second and then slowly exhale all the way emptying your lungs completely. Take a second long, slow deep breath all the way up to your collar bones, hold it for half a second and then slowly exhale all the way emptying your lungs completely. Repeat this ten more times, remember to relax your belly, your shoulders, jaw, eyebrows and face as you breathe.

How do you feel?

Calm, relaxed, quiet, centered, and connected to your body, mellow, awake, peaceful and happy?

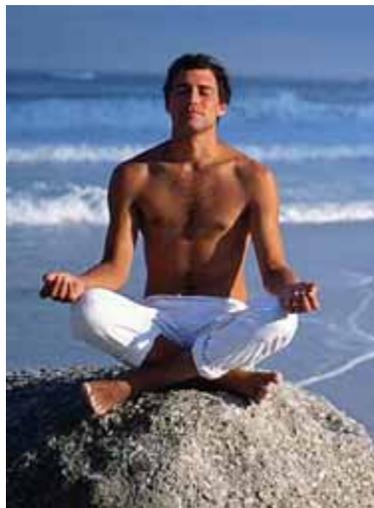
In order to feel Hot and Healthy in Your Body 365 Days a Year, you must learn to consciously breathe, to get into your body, to slow down and be in the present moment.

I recommend that you practice this conscious breathing exercise at the very least once a day.

Write your intention

here: _____

I plan to practice deep breathing for _____ minutes every day at _____ time each day.



Chapter Eleven

Water

Why is water so important? Our bodies are 70 percent water, 83 percent of our blood is composed of water, and nearly 98 percent of intestinal, gastric, salivary and pancreatic juices are also composed of water. Being a vital component of all bodily fluids, tissues, cells, lymph, blood and glandular secretions, you can see how water plays an important role in basic survival.

To remain healthy, an adult must consume approximately eight ounces of pure water (not chlorinated tap water) for every other waking hour per day. Thus an average 16 hour day requires a minimum of eight or nine 8 oz. glasses of water.

Many people believe that drinking lots of fluids (coffee, tea, sodas, etc) is the same as drinking water. However, water is processed by your body differently than any other liquid. Only 45 seconds after drinking water, the water leaves your stomach and begins a path through your brain, central nervous system, vital organs, and finally into the blood where it helps to lower blood pressure.

It is a good practice to offer a blessing or a thought of gratitude before drinking your water. Imagine each sip nourishing you, hydrating your cells, increasing your energy and improving your quality of life.

Hot Tip:

Read my favorite book on water: *The Hidden Messages in Water* by Masuro Emoto

Chapter Twelve

Exercise

You may have heard the phrase “use it or lose it” before. Your body craves exercise. Exercise increases your confidence, makes you stronger, increases your metabolism and gives your mind a break. Try yoga, swimming, hiking, kayaking, rock climbing, parasailing, rollerblading, running, flying a kite, walking, etc.

An exercise I have always wanted to try is:

My exercise plan for this week is:

Think about exercise as a joyful way to move your body instead of something that you have to do. Ask your body how it wants to move and then follow its brilliant wisdom and guidance.

If you live in Utah please come to one of my Bikram yoga classes. I have been teaching Bikram for six years and have totally transformed my body, mind and spirit with this practice. Check out www.bikramyogaslc.com and www.bikramyogasandy.com for more details. See you in the “hot room”.

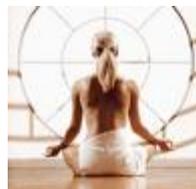
Chapter Thirteen

Positive Mental Attitude

It's hard to be totally positive and to love and appreciate yourself every day of your life. But it is the most essential part of being a human being. Napoleon Hill wrote in his classic book, *Think and Grow Rich ...*

You have absolute control over but one thing, and that is your thoughts. This divine prerogative is the sole means by which you may control your own destiny. If you fail to control your own mind, you may be sure you will control nothing else. Your mind is your spiritual real estate! Protect it and use it with care to which divine royalty is entitled.

Visualize Your Ideal Body and Ideal Way of Living and Eating



The first step in manifesting the body and life you desire is to become crystal clear on exactly what you want to manifest. Below are some questions to help you become **crystal clear** on what you desire for your body and your life.

1. What is it that I really, really, really want for myself? (For example, I want to feel really strong and thin in my body and I want to feel like I can do anything that I want to do.) Now write yours:

2. Describe exactly what you desire your body to look like (Have fun and use your imagination and remember anything and everything is possible.):

My legs are:

My hips are:

My belly is:

My chest is:

My arms are:

My face is:

3. You must get into a feeling mode and actually feel and sense what this body feels like. Close your eyes, take a few deep breaths, let go and relax, it is safe to let go and breathe and imagine. Imagine you are walking around your house in this body. You are at the beach swimming in the ocean in this beautiful body. How does it feel? Imagine you are playing your favorite sport in this body. How does it feel? Keep breathing and letting go. Imagine you are with your lover/spouse in this beautiful body. How does your body feel? How do you feel? Imagine going about your normal day in this body. Keep breathing and feeling. Now write down exactly how you felt in this body.

4. Have you ever had this body that you now desire? Was there a time in your life when you felt totally balanced, healthy, radiant, happy and free? If yes, where were you?

What were you doing in your life when you felt so good in your body?: _____

5. How did you lose this body or how did you get off track (for example: I started a stressful job, had a baby, got married, was in an unhealthy relationship, etc):

6. A really important step in manifesting anything you desire is to visualize what you really want. Your assignment is to go home and find a picture of yourself that you totally love. This picture can be of a time/place when you felt really balanced, healthy, confident, radiant and free. If you do not have a picture you can find a meaningful picture from a magazine that represents the body and feeling you desire. Once you have your picture put it in a place where you will look at it everyday.

7. Visualization is the key to your success. Everyday for the next 365 days take 5-7 minutes to visualize the body and life you desire. You can do this first thing in the morning when you wake up and again right before you go to bed. Close your eyes breathe and relax. Visualize the body you desire and then really get into the feeling of having this body. Do this everyday and watch the magic happen!

Positive Affirmations



I am a huge believer in Affirmations and really believe in the power of speaking your life into existence. You are a magnet; whatever you focus on, you attract. When you use affirmations, you reprogram your mind to attract positive things in your life. Here are some examples of affirmations that I use: I love myself, I am beautiful, I am in perfect health, thank you for my Healing, I am now willing to see my own beauty and magnificence, I love my hips, I love my body. Write seven to ten affirmations below. (Always write affirmations in the present tense and in the positive.)

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❖ _____

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My favorite books on affirmations are:

You Can Heal Your Life by Louise Hay

The Power of Intention by Wayne Dyer

About the Author



How to Feel Hot and Healthy in Your Body 365 days a Year was written by Amanda Moxley, a Certified Holistic Health Counselor accredited by the American Association of Drugless Practitioners. Amanda received her certification from the Institute for Integrative Nutrition in New York City. She also holds a Master's degree in Social Work from the University of Utah and a Bachelor of Arts in Communication Studies from the University of Montana, as well as a minor in French from the Sorbonne in Paris, France.

After struggling with sugar addiction, emotional eating, being overweight and uncomfortable in her body and utterly confused about what to eat. Amanda embarked on a lifelong journey to learn and study everything about holistic health, nutrition, spirituality and yoga.

With over 15 years of personal experience of eating whole foods and walking her talk, Amanda has been teaching, writing and coaching professionally on holistic nutrition and life balance for more than six years.

Through her passion and zest for healthy radiant living spanning over the past decade or so, Amanda has developed two unique programs to assist people reach their highest potential in radiant health and life balance. These steps are taught in her hugely popular monthly 30 days to Radiant Health Program and her 30 day Whole Body and Mind Cleansing Program, and are explained in detail in her forthcoming book, [Get Over Your Food Issues and Play Big](#) scheduled to be released in December 2008.

Please don't hesitate to contact Amanda by email (Amanda@RadiantHealthCoach.com). To read more about Amanda's 30 day programs and to get more FREE tips, tools and recipes, please visit <http://www.RadiantHealthCoach.com>.

