

Re-balancing Your Diet With Bio-dynamic Lifestyle



Sample Copy

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A practical and informative guide to changing your eating habits from the mind-body perspective and using bio-dynamic principles to connect to your body's internal and external rhythms. Includes realistic recipes to prepare in our busy lifestyle and step by step guides to help you see progress and purpose in changing your diet for a healthier life.

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About this book

One day whilst I was driving my six year old son to school he asked “Mum if you could breathe **in** but you could not breathe **out** would you survive?” The answer was obvious and I proceeded to explain to him why you could not possibly survive. As I did I realised this is happening to many people but with regard to food. Our culture has got out of balance with the ingestion (breathing in) and lost the elimination phase (breathing out). This is now causing us many different illnesses. However it is a slow and hidden process and people just do not realise that this could be the cause of their ill health.

The Mind-Body Process of Changing your Diet

My main profession is not a nutritionist but an Alexander Technique teacher, this is someone who teaches people a mind-body process to help change habits. One of the biggest hurdles is realising our sensory perception, what we think we are receiving through our sensory system, is not always what is **actually** happening.

Our Unreliable Sensory Perception

As I read my book in bed, winding down from the day, I put an eye patch over one eye and read with a torch with the other. The eye with the patch on develops night vision and the reading eye's pupil is reduced to accommodate the bright light from the torch. When I am ready to fall asleep I turn the torch off and remove the eye patch. I then see just darkness with the eye that has been reading but the eye which had the eye patch on, **has** the night vision and gives me a view of the room even in darkness. However, and this is the main point, I also get a **stimulus** on the skin round my eye that has been reading that **feels** as if I now have an eye patch on as I cannot see anything with this eye! When I first did this I put my hand on that eye to remove what I thought was the “eye patch” as the stimulus was that strong! Each night I do this and each night I get this stimulus but less and less. It is amazing what we really do sense and raises the question, what is reality?

How We Get A More Reliable Sensory Perception with Food

In order for us to see what is **really** happening with our diets we need to **rest** the **ingestion** phase. This is very challenging in our hectic lifestyles and our toxic environment. But we can do it **gradually**, and we can do it with the support of our **biorhythms**. This is what the **Re-balance** day is all about, a 24 hour period, just **once** a week, where you reduce and minimise the ingestion phase and connect to your body's biorhythms. When we start to see the positive effects and have a program of progression and purpose, we then get the **motivation** and **perseverance** to continue on this journey of improved health. Not only can these health conditions begin to subside but our energy and vitality can start to increase, with a stronger immune system. We then begin to finally breathe out with respect to our digestion.

About this book

What constitutes healthy food is a big debate, however, after reading this book you will be equipped with a sort of **'compass'** to navigate through the **maze** of which foods to eat, a rescue guide to help you through the hurdles and a progress plan to help you maintain **purpose** and **achievement** in improving your diet and health in the **long** term, just like an exercise plan. Woven into the book are the mind-body responses, case studies and comments from people who have applied this program, supporting you through this process. There is:

- No total exclusion of foods—just **timings** of when to eat them
- No supplements or products just wonderful **food**
- No X day plan to follow but a **regular routine** to build into your life style.

This **weekly** routine can help you re-balance your diet to enable you to:

- Discover your own body's **wisdom**
- **Harmonise** with the daily/monthly and yearly patterns of your body
- Utilise the **power** of nature of elimination

Here are some comments from people who have experienced this program:

Karen after her second rebalance:

"Since starting the course I have noticed that my stomach no longer feels bloated/uncomfortable after eating meals."

Patricia after 4 weeks of the re-balance program:

"The eczema type rashes on my hands have gone, my complexion looks brighter and I feel less bloated"

Phil after three sessions of the re-balance program:

"My energy levels are back up and I am sleeping a lot better. Even my partner noticed"

Yvonne after 3 weeks on the program:

"When I first contacted Alison I was really worried about the eating pattern I was in. I was addicted to sugar and eating vast amounts of chocolate. I now drink 2 litres of water a day, my appetite has reduced and I no longer crave a sugar fix. I am continuing to drink more water throughout the day and eating only when I feel hungry. Thank you for your help and I am glad this was something I tried."

Annabel – after 4 sessions over 3 months :

"Alison has helped me after a year of stress and bereavement, to be able to take control of my diet and life style. She has helped with breathing exercises and learning to take time to adjust my daily life. I now feel much more energised and in control of my feelings and my family have noticed I am nearly back to my normal self."

Patricia – after 6 months

"I have always wanted to do a detox but it never felt right, but after meeting Alison I finally decided to have a go. I lost 1 stone gradually over 6 months and feel a lot better with more energy."

Disclaimer

The decision to follow any information in this book is at the sole discretion of the reader, who does so of their own free will and assumes full responsibility for any or all consequences arising from such a decision. The author is not responsible for any specific health or allergy needs that may require medical supervision and is not liable for any loss, damages, or negative consequences that might arise directly or indirectly from the use, application or interpretation of the material in this book.

Why Re-Balance Your Diet?

Re-balancing your diet by eating less and drinking more water gives your body the chance to rest not just external activity, but internally too, something we do not do enough of in our lifestyle today. It allows the whole digestive tract to cleanse and rest, ready for **effective** absorption. It also helps clear out the unhelpful bacteria and promote the good bacteria.

During your re-balancing period you are eating alkaline forming foods with low GI (glycemic index), drinking water and establishing eating routines at particular times to get back into balance with our internal organs. What exactly is the best formula for you is what this course is all about! It is like starting exercise after a long break – you build it up slowly, step by step.

Aims and Objectives

In this book I aim to help you find a new routine and relationship with food to help you re-balance on a daily, weekly and/or monthly basis. We will achieve this together by finding out about your body's natural rhythms and your unique body's tendencies which will be dynamic, changing with your internal and external environment. Over time you will be more familiar with your internal 'weather' of your digestion system, helping you eat intuitively with your body's wisdom.

Diets

Diets have a bad reputation as people do not seem to be able to stick to them! Some people go on a diet to lose weight but end up putting weight on!

Some diets are designed to bring something back into balance and are not intended to be followed all the time! Diets can bring about a yoyo effect and in extreme cases can cause more harm than good. The re-balance plan that I am suggesting is not a diet as such. It is a way of bringing back the yin and yang of eating, the rhythm of absorption and elimination. We have just got out of balance with absorbing all the time and not giving our bodies the chance to eliminate! Life is about oscillation. We have the day and night, the seasons, the moon phases. We need to return back to the oscillation of absorption and elimination. We often have problems absorbing because we have not allowed the elimination phase its time. This program brings this balance back into play and can improve the absorption process.

My Story

I have been following a re-balance routine for several years and now eat half the amount of food that I used to eat, have more energy and have lost weight. I put this down to eating lighter meals which are food combined (no carbohydrates with protein) this has improved my digestion and so I have more energy. The energy has given me the inspiration to exercise so I lost weight too. My re-balance routine helped me see where I could make adjustments to my **daily** routines in a realistic step by step process. I have used this re-balance program to recover from various conditions (miscarriage, skin conditions and to help me through the transitional period of the menopause). I now use it to strengthen my immune system and maintain a clear digestion.

The Bio Dynamics of Digestion

Daily Rhythm of our Organs

This is an exciting subject to get into when re-balancing your diet. It helps the process immensely. The schedule 'Daily Rhythms of Your Organs' shown in the appendix, lists all the daily rhythms of our internal organs. The key points to make are:

The pancreas reaches its peak at 11am and then starts its low phase. Most people feel a drop in energy at this time. The heart then comes into its peak phase. If we do some light exercise here we raise our blood sugar level **without** taking in food and increase the level of oxygen, helping brain functioning. Try to follow this as best you can when on your re-balance day.

The liver reaches its low phase at night, so making your evening meal light supports your liver to do its other job of cellular regeneration and takes the burden away of digesting food late at night.

The bladder reaches its peak time 3-5pm so drink plenty of **water** in the afternoon to support your bladder (and kidney). This helps reduce the food cravings in the evening when we often think we are hungry when in fact we are thirsty.

Just doing these three practices makes the difference between riding a wave and missing the wave when surfing! It may take a few practice runs before you get the hang of it. Sometimes when you are out of balance changing habits can seem unsettling. You may feel like you are drinking when you do not feel like it, but this could be only because you are changing your routine. Stick with it. Eventually the new routine will feel more in rhythm with your body.

My Story

When I first started applying this new routine drinking in the afternoon felt a bit weird, but I realised the benefits in the evening when I did not feel hungry. After a few months of applying this new re-balancing routine for 24 hours every week I found that I wanted to do this daily not just on my re-balance days. This is just one example of how having a weekly re-balance day shows you what your body really wants. It gives you the contrast for you to see more clearly.

Monthly Rhythms of our Bodies

The moon dictates the peaks of eliminating and absorbing. When we are on a **full** moon our bodies are at the peak of **absorption**. Taking in fluids is easiest on a full moon. On a **new** moon (no visible moon in the sky) we are at our peak of **eliminating**, If we ride this wave then it all gets easier.

During the **waning** moon, that is when the moon is travelling from full to new, there is a **detoxifying** effect on the body and it reaches a peak at the **new** moon.

On the **waxing** moon, that is when the moon is travelling from new moon to full moon, there is a building up and **absorption** effect on the body.

You may get different reactions to your re-balance day depending on the phase of the moon (and time of year). See how you react with the different phases, it may help you understand a lot more if you are wondering why you are reacting differently (more energy, harder work, more hunger or no hunger etc).

The Lawn Mower Analogy

Now you have the *knowledge* and maybe even *some* wisdom on this new lifestyle nutrition, it is up to you to apply it. Just like when you buy a lawn mower you know you have to use it in order for the lawn to be cut. And you understand that if you do not use the lawn mower, the grass does not get cut. **Use** this process to help re-balance your diet and gain the wisdom to find the foods that benefit **you** the most with the changing tides of the day, month, year and the phases in life.

If you find you do not get the chance to cut the lawn you can employ a gardener to do it for you. This is where my courses come in where I prepare all the food and you just take it home and eat it or come to one of my day events with the company of other like minded people. Alternatively you could come on a residential course and enjoy the peace and quiet away from your busy schedule.

You may find yourself not needing the lawn mower during the winter, and so you may find this is the case with your re-balance day but then find it difficult to get back into the swing of things in the spring. You can come on a seasonal re-balance course to get you kick started again.

Whatever your reason, if you need some extra help then please do contact me at

www.integratinghealth.com

Transforming your habits into a healthier lifestyle



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