
Detox
workbook



Phase 1

KNOW *your body*



Welcome to Your 28-Day Detox!

Where you get to re-set, re-boot and detox your body!

We LOVE the detox program.

This format has been a game-changer when it comes to the results you can get in such a short timeframe.

People often tell us they get 12 months of work done in 28 days!

When you combine this accelerated “get-it-done” approach with your plan to re-set and re-boot your body, you have a plan and a team where you are putting yourself in the best possible position to make a massive difference in your life. By the end of this detox, you will see and feel the difference.

Over the next 28-days together, my team and I will share all our best learning, education, strategies, frameworks and tips to help you create a massively successful Plan to get you to re-set and re-boot your mind and body.

Let's get started!

Jo Formosa

Ayurvedic Chinese Medicine
Practitioner, Neurostragist,
Creator of Health Dynamics 360
Co-creator of Health Dynamics
Clinical Director of Back2Health



Your "28-Day Detox" Mantra

The word mantra is derived from the Sanskrit verb root "man" & "mental", meaning "to meditate".

"Take Massive Action" - Health is a journey not a destination

Why is this an important mantra for you to keep saying to yourself as we go through the "28 Day Detoxification" Program?

There are going to be times when getting back to your family, your work, your friends that could push you outside your comfort zone.

You might second guess yourself or feel like you have to get off track and have fallen off the wagon but come back to this Mantra.

And there may be times when that self-doubt kicks in or your inner perfectionist want to hold back and wait until everything is just right before you can get your plan going

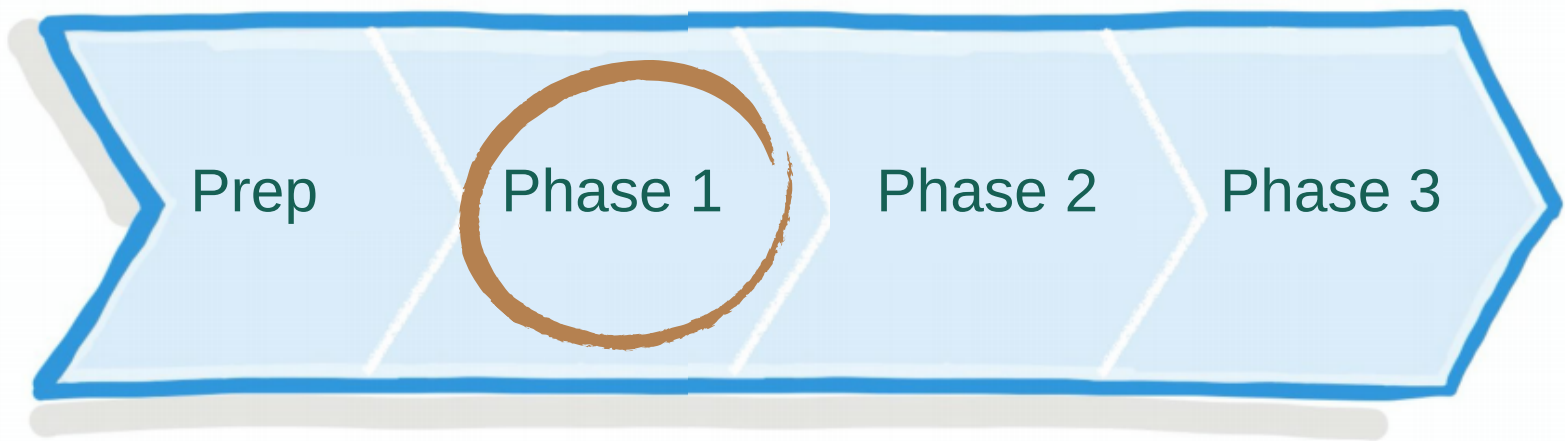
Again - these are all times for you to remember just take "massive ACTION" health is a journey, not a destination, and whom do I have in my life.

That's right... It doesn't have to be perfect.

WAY better to get it going.

To take action and learn as you go...

4 Phases of your “28-day Detox Journey”



Let's Go! Virtual Table Shares...

We are going to dive right in!

We are going to dive right in!

At an in person event you would get to share with the people sitting at your table.

At this virtual event, we still want to give you lots of opportunities to share with fellow detoxers... so it's time for a Breakout Session.

Think of this like a Virtual Table Share!

Each person gets a chance to share (look for the prompts top of screen in your Breakout Room to move to the next person).

And here's a quick summary of what each person will share:

1. Your name and where are you from.

2. What do you do?

3. What is a surprising thing you learned from the prep-week call and doing your homework?

4. For me, really nailing my 28-day detox, what would that mean to you.

You can make any notes here:

What is Ayurveda:

Ayurveda so get ready for an exciting ride!

Ayurveda is a science that is widely acknowledged to be the world's oldest system of healthcare.

The World Health Organisation recognises the antiquity of Ayurveda, regarding it as "the world's most ancient, scientific, holistic, complete, natural system of health care".

Ayurveda is not just a healthcare system but a complete approach to living. It offers a rich and comprehensive concept of life and health that considers all parts of human existence, from its most abstract, transcendental value to its most concrete expressions in human physiology.

The ten Health Dynamics' body types are based on this ancient science of Ayurveda. Dating back over five thousand years, Ayurveda is one of the few spiritual traditions that has maintained an unbroken development throughout history.

"Ayus" means "life", and "Veda" means "knowledge". "Ayurveda" means "the knowledge of life".

Ayurveda treats the root cause of a health issue, not just the symptoms. It can improve your metabolism and digestion; treat obesity and reduce water retention; reduce blood-sugar and cholesterol levels; and control blood pressure.

By asking you to listen inwardly and become more aware of how your environment interacts with your body, Ayurveda can increase your power to self-care, maintain and improve your health.

Ayurveda is a remarkably individualized system of ancient medicine. Traditionally rooted in the idea that each of us is born with a completely personal blueprint for optimum health, you receive a reference point from birth onward. This is like a constitution that, in many ways, defines who you are. As no two constitutions are exactly alike, no two human beings can have precisely the same expression of ideal health.

In Ayurvedic teaching, everything has the potential to be both medicine and poison; which means that what is beneficial to you could harm someone else, and vice versa. It all depends on who you are, and the patterns which are currently at play in your particular system.

Ayurveda is fundamentally opposed to one-size-fits-all remedies. It focuses firmly on you. This is why your Health Dynamics Profile and report, an assessment of your blueprint at birth, your current state of balance, and your set of personalised recommendations to support you in your journey towards optimal health – are such empowering resources.

Re-set your body - 6 SECRET INGREDIENTS

Your detox plan needs to tick all the following.

Knowing - to know is not to know	Doing - to take action is to know
<p>The Health Spectrum.</p> <p>(please add a checkbox to each)</p> <p>Learn the 9 levels of health: When you take the Health Spectrum test, you will find out which level you are currently at, and the steps you need to take to move up to the next level. You need to know where you are at before you can start on a journey.</p>	<p>Moving UP:</p> <p>What is keeping you from moving up the level:</p> <p>Prevention has always been the first and major goal of ayurveda. According to the most ancient ayurvedic text, Charaka Samhita, only when the physician has failed in that first goal does he or she need to resort to the second goal – which is cure.</p>
<p>Know your Body Type:</p> <p>The ten Health Dynamics profiles are combinations of the three Ayurvedic body types, which we refer to as “dosha”: vata, pitta, and kapha. Each of them embodies a particular combination of elements and qualities to create a functional entity—an energetic force of nature.</p>	<p>Strengths and weakness:</p> <p>Imagine if we knew what our body specifically needs in order to feel extraordinary. Imagine if we knew how to use our mind and our natural talents to operate at our full potential. What are you strengths and weakness of your body type.</p>
<p>Know your Mind Type:</p> <p>There are eight Wealth Dynamics mind types. When you combine these, with the ten body types, that creates a total of eighty different mind-body combinations, and thus eighty different paths to health.</p>	<p>IN FLOW:</p> <p>When we are in flow we are floating on air. Or like a leaf in a river that flows over everything there is no resistance. The Wealth Dynamics profiles fit around the square, each with a different balance of how they most naturally think and act. You will find that everyone has a profile and a natural path to success.</p>

Let's take a deep dive into your body Type

Your Get back into SHAPE plan needs to tick all the following

1. Vata Dosha = Air & Ether



2. Pitta Dosha = Fire and Water



3. Kapha Dosha = water & Earth



The Ten Health Dynamics profiles

are combinations of the three Ayurvedic body types, which we refer to as “dosha”: vata, pitta, and kapha. Each of them embodies a particular combination of elements and qualities to create a functional entity—an energetic force of nature.

We all have a combination of the three doshas, but we all have them in different proportions. Usually, we have one primary dosha, which shows predominantly over others. All three doshas are necessary to facilitate important physiological functions. If an imbalance occurs and they accumulate beyond healthy limits, this in



Who wants the Science:

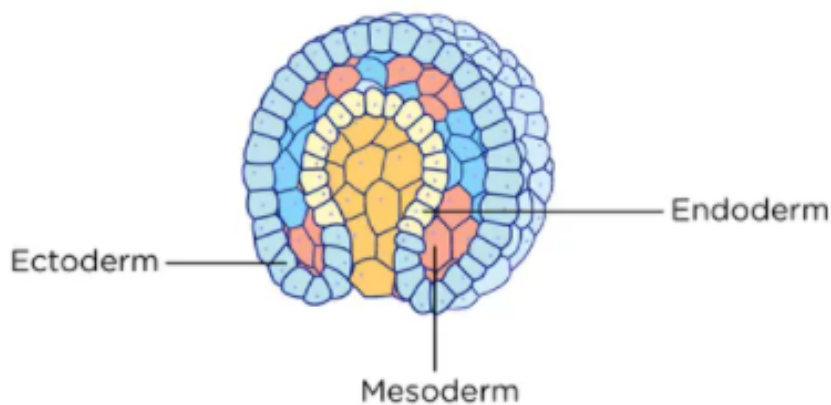
Scientific context then moves forward to compare them to the Ayurvedic mind-body types, giving you both Western and Eastern perspectives to understand your unique physiology.

We all have ectodermal, mesodermal and endodermal tissues... but not in the same amounts. Some of us have more development in our ectodermal layer, while others in our mesodermal and others in our endodermal. This will greatly impact our entire physiology. We will carry fat in different ways, digest food in different ways, gain muscles in various amounts, all dependent on the natural tendency of our body.

Imagine you were born with a deck of cards. This is your physiology. Are you better able to play cards when you know your deck or are playing completely blind-handed? Surely you can get by, eating the way you are told or according to what others around you are eating, but is that really what your body needs?

Just like no two people look or sound the same, no two people's genetic makeup is the same. Ayurveda goes very in-depth about discovering the unique nuances of our individual physical and mental characteristics. However, sports science also categorizes people in three main archetypes, based on their body type. Though this is just scratching the surface, it gives us more of an idea of what our natural tendencies are. By discovering our unique physiology, we are better able to eat correctly for our needs.

Ectodermal = Vata



Some of us have increased development of the ectodermal layer, contributing to a more active nervous system and faster catabolism (the breakdown of muscle tissue.) This makes us more naturally thin, full of thoughts, sensitive to our surroundings and sweat minimally. Exactly like a Vata.

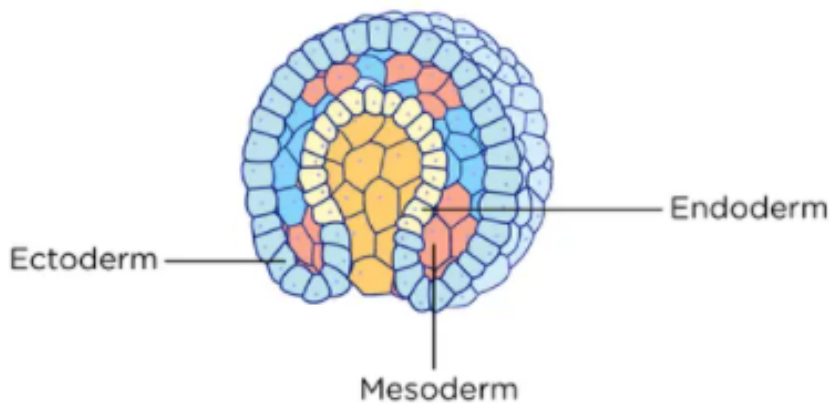
If you are an Ectomorph/Vata, then eat more warming, grounding foods like soups, stews and proteins. Avoid too much cold, raw food, which will cool down your already weak digestive fire. Make sure you stretch your body to prevent it from getting stiff and practice strength-training exercises. Practice more mindfulness.

Vata is regulated by Ether and Air energy, regulating the nervous system as well. Vatas are small-boned, dry-skinned, bold-bodied, hypersensitive to their surroundings and imaginative. When they're off balance, they can become anxious or anemic. I often compare Vata to the Fall wind-cool, dry, creative and a little bit all over the place.

Ectoderm

- Epidermis of skin and its derivatives (including sweat glands, hair follicles)
- Epithelial lining of mouth and anus
- Cornea and lens of eye
- Nervous system
- Sensory receptors in epidermis
- Adrenal medulla
- Tooth enamel
- Epithelium of pineal and pituitary glands

Mesodermal=Pitta



Others of us have increased development of the mesodermal layer. We're naturally more muscular, prone to stress, with strong bones and appetites. Just like a Pitta.

Pittas are naturally athletic, high-achieving people with strong work ethics... and appetites. When they're off balance, they can become impatient, overheated or agitated. I often compare Pitta to the summer-hot, fiery and passionate!

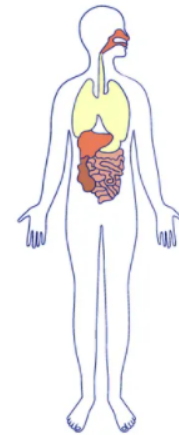
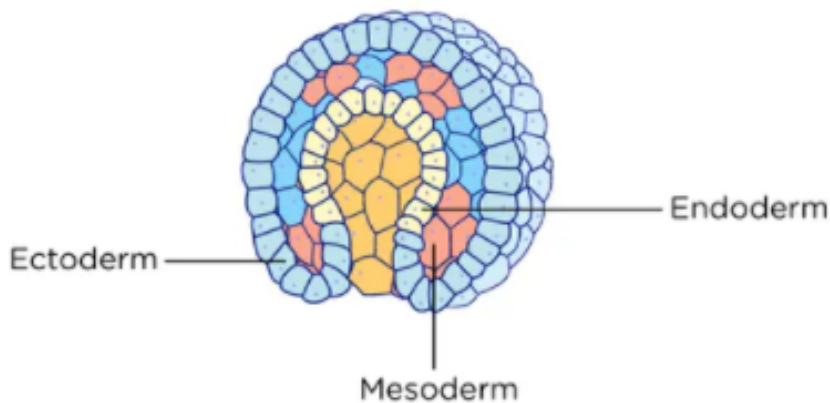
If you are a Mesomorph/Pitta, consume cooling, hydrating foods like fresh fruit and leafy greens. Avoid spicy food, caffeine and chocolate, which are all too stimulating heat-inducing for your already hot system. Be careful not to overexert yourself and become overly competitive. Practice yin yoga and meditation regularly.

Pitta is comprised of Fire and Water energy, controlling transformation—metabolism, digestion, assimilation and muscle development.

Mesoderm

- Notochord
- Skeletal system
- Muscular layer of stomach and intestine
- Excretory system
- Circulatory and lymphatic systems
- Reproductive system (except germ cells)
- Dermis of skin
- Lining of body cavity
- Adrenal cortex

Endodermal=Kapha



And there are those of us with increased development of the endodermal layer. We may have slower metabolisms and digestions and are prone towards respiratory issues. Exactly like the Kapha Dosha.

When out of balance, however, they can easily become overweight, catch colds and become lazy. I like to compare Kaphas to the Spring—cool, wet and dense.

If you're an Endomorph/Kapha, favor light, stimulating foods like steamed vegetables and spices. Avoid sweet, cool and creamy foods like ice cream or pasta, which will make your sluggish digestive system even slower. Make sure you break a sweat everyday to prevent yourself from becoming lethargic. Try something new everyday.

Kapha is comprised of Earth and Water energy, regulating structure, body tissue and bone structure. Kaphas are peaceful, easy-going, good-natured people.

Endoderm

- Epithelial lining of digestive tract
- Epithelial lining of respiratory system
- Lining of urethra, urinary bladder, and reproductive system
- Liver
- Pancreas
- Thymus
- Thyroid and parathyroid glands

Connecting the Dots

The characteristics we have are not just incidental. Every little piece of our body is connected to the larger whole, helping us unravel another piece of the puzzle for perfect health. The smallest thing from the way you digest food actually can say everything about you. By learning about your body type, you are better able to nourish it with the foods it needs to become your healthiest self.

Your Body type is called Prakruti



(Body Natures According to Ayurveda)

Definition: Prakriti is an inherent nature of an individual determined at the time of your birth, which can not be changed during your lifetime.

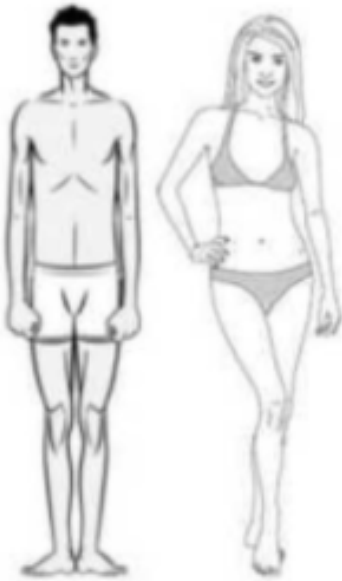
You are born this way !

Embrace it ...

Qualities of your BODY Type

1. Vata Dosha = Air & Ether

Vata



A person with a Vata dosha - where air meets ether. A person with a vata dosha - are flexible, mentally agile, fast and lively, full of joy and enthusiasm..

They are creative, quick to learn and grasp new knowledge, but also quick to forget. Their body is slim, tall and often they are fast-walkers with a tendency towards changeable moods and irregular daily routine. They have high energy in short bursts and tend to tire easily and to overexert.

Unbalanced, they have a tendency to feel stress with fear, worry, and anxiety.

Their skin is pale and cool, usually with a small and thin body type. Generally they have dry skin and dry hair and don't perspire much.

Vata people have a tendency to feel cold, as the combination of elements of air and ether tend to dry out and cool down the body.

Famous people with a Vata Dosha: Woody Allen, Audrey Hepburn, Sarah Jessica Parker

(Body Natures According to Ayurveda)

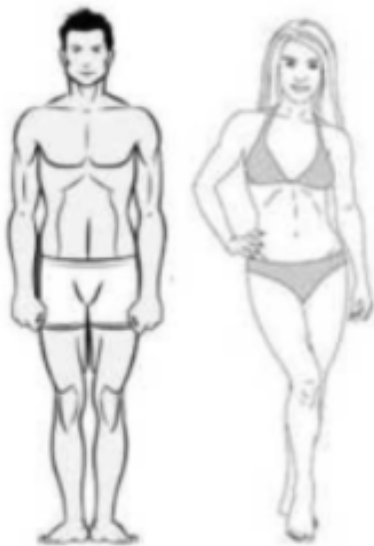
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You are born this way !

Embrace it ...

2. Pitta Dosha = Fire and Water

Pitta



A person with a Pitta dosha - where fire meets water, creating steam and thus a lot of pressure - are very energetic and can burn out more quickly than others.

If in balance, they are leaders with a quick intellect. They have a sharp mind and good concentration powers. They are orderly and self-confident, and entrepreneurial when at their best. They are courageous, with a lot of passion. They have rosy skin and bright sharp eyes. They are competitive, enjoy challenges, and are passionate and romantic.

If unbalanced, anger and rage present in this type. They can be demanding, impatient and pushy.

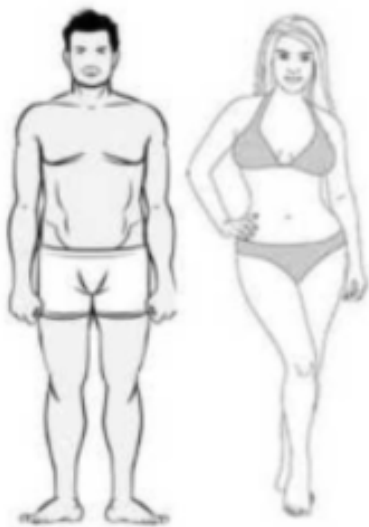
Their body is of medium physique, strong, and well-built. They have strong digestion, a strong appetite, and get irritated if they have to miss or wait for a meal. Their skin is fair or reddish, often with freckles which sunburns easily.

Typical physical problems include rashes or inflammations of the skin, acne, boils, skin cancer, ulcers, heartburn, acid stomach, insomnia, dry or burning eyes.

Famous people with a Pitta Dosha: Sting, Nicole Kidman, Tom Cruise, John F. Kennedy

3. Kapha Dosha = water & Earth

Kapha



This is the dosha of form and stability. The typical Kapha person is where earth meets water, calm and loving, with a stable grounded quality. They are slower to react, but are very reliable. They are peacemakers. They are affectionate and loving. Generally, they have a non-judgmental nature and are stable, reliable and faithful. They are slower to learn, but have outstanding long-term memory.

Out of balance they can become obese, their groundedness can turn into stubbornness and they are unforgiving. They are people who have never changed and fall into depression easier than others.

They are physically strong, with a sturdy, heavier build. They have the most energy of all constitutions. The energy is steady and enduring. Their hair and skin are soft and they also have tendency to have large "soft" eyes and a low, soft voice. They might be naturally overweight and may suffer from sluggish digestion.

Generally, their health is excellent, with a good immune system. They tend to be possessive and hold onto things. They don't like cold, damp weather.

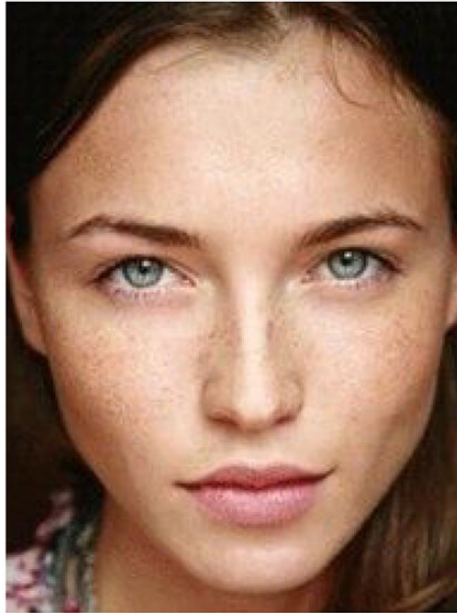
Physical problems include colds and congestion, sinus headaches, respiratory problems including asthma, allergies, and atherosclerosis (hardening of the arteries).

Famous people with a Kapha Dosha: Oprah Winfrey, Arnold Schwarzenegger, Rev. Martin Luther King,

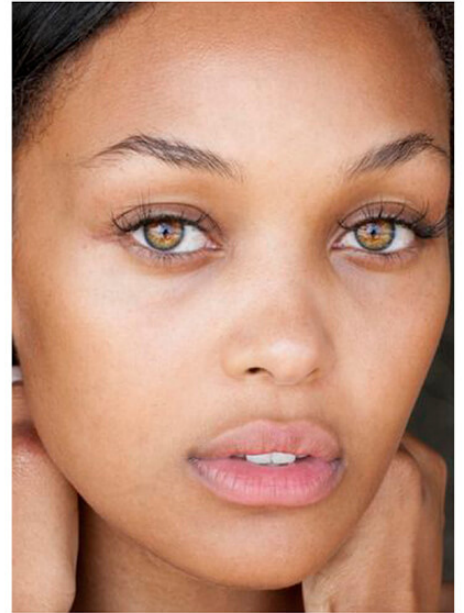
How can you see this with a real person



Vata



Pitta



Kapha

The main principle in Ayurveda is that good health is when the three doshas are in balance:

- Vata creates all movement and is dry, cold and light
- Pitta creates the digestive fire and is hot, moist and liquid
- Kapha creates all moisture and nourishment and is soft, slow and heavy

Each of the 10 Health Profiles have a different natural mix of doshas and so each needs a different path to maintain balance and avoid imbalance. These same principles of creating balance through how you eat, exercise and energise can also be found in the equally ancient practice of Chinese Medicine. Here are how the three different doshas compare to each other:

Discover Your Body Type

The attributes of the doshas show up as expressions of the inherent genetic makeup of the individual.

These attributes can be seen at the:

- Physical level (each dosha expresses differently)
- observed at the emotional,
- Mental and behavioural levels of an individual.

The Three Doshas (Frequencies) (see table on page 15 of the HD reports)

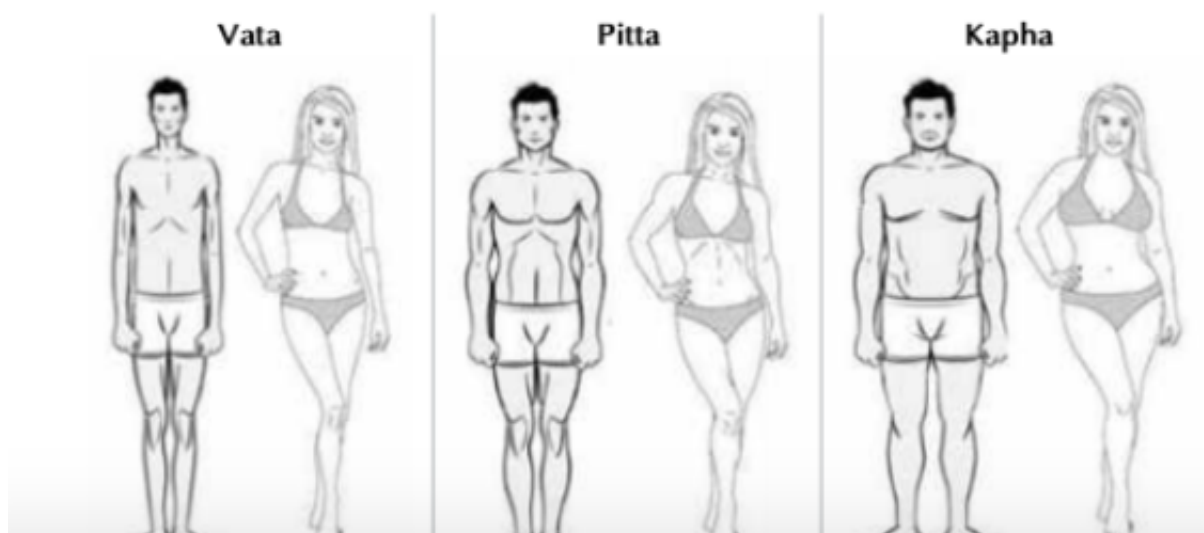
	Vata	Pitta	Kapha
Ayurveda	Vata	Pitta	Kapha
Elements	Air / Ether	Fire / Water	Earth / Water
Body Shape	Slim	Medium	Broad
Weight Gain / Loss	Hard to gain weight	Balanced	Hard to lose weight
Skin	Dry, cold, rough, thin, dark, cold hands and feet, especially in winter	Moist, warm, smooth, oily, rosy, freckles, easily irritated, ruddy, pink red	Soft, cool, wet, thick, pale, white, moist, oily
Appetite	Irregular. Like to graze all day. Eats quickly/skip meals	Regular. Eats to a routine. Eats anything strong appetite	Steady. Low appetite can skip meals. Eats emotionally
General health	Energetic, Imaginative creative	Passionate, Decisive, ambitious, Intelligent	Happy, blissful, stable and profound
Under stress	Anxious, worried, nervousness	Irritable, aggressive, frustrated	Withdrawn, reclusive, sad
Sleep	Light	Good	Deep
Endurance	Fair	Good	Excellent
Speed	Fast	Medium	Slow
Famous examples	Mick Jagger, Kate Moss, Bill Gates, Angelina Jolie	Tom Cruise, Madonna, Gordon Ramsay, Martha Stewart	George Clooney, Oprah Winfrey, Warren Buffett, Adele

The following chart summarises these observations. These patterns can be observed in the different doshic predominance of an individual and should be mastered as pattern recognition.

IDENTIFYING PRAKRUTI: PHYSICAL CHARACTERISTICS

	Vata	Pitta	Kapha
Shape of face Jaw Line	Thin, Bony, Plain looking, elongated	Oval, angular, medium fullness	Round, square. Full, Attractive, broad jawline
Nose	Narrow, Deviated Nasal septum	Straight, hooked, Flared, upturned nostrils	Broad, bulbous, wide nostrils
Eyes	Close together or far apart. Small Sparrow like, deepset thin, scanty eyelashes	Sharp, intense, penetrating Brown, blonde or coppery eyelashes	Large attractive and full "Doe like" Long thick lashes
Sclera	Grey and dark yellow	Reddish or glossy	White, milky
Facial Skin Texture and Complexion	Thin, dry, rough cracked or scaly veins often visible dark complexion	Moist, slightly oily, freckles, "pock-marked" from previous inflammation, acne Coppery or ruddy complexion	Pale, oily, soft, smooth
Hair Colour Texture	Thin, coarse, dry, wiry Darker in color, scaly	Thin, fine, soft blonde or red early greying, early balding	Thick, glossy, firmly rooted Wavy and black
Neck	Thin, prominent veins, arterial pulsations visible	moderate thickness, muscular	Thickest, well covered, Stump like
Musculoskeletal	Thin bones, little muscle bulk little subcutaneous fat	Moderate bone structure, good muscle bulk intermediate subcutaneous fat	Dense, thick bones Great muscle bulk Great subcutaneous fat
Tendons and Veins	Prominent	Neither hidden nor Prominent	Deep and hidden
Antero-Posterior Diameter of Chest	Narrow Reduced cardio respiratory reserve	Intermediate good cardio respiratory reserve	Wide Great cardio respiratory Reserve
Joints	Pronounced, loose or rigid crack and pop	Smooth flexible, well knit	Strong, well covered

Health Dynamics - The Genius Guide to your Path to Health



Now it is your turn ..

Let's Go! look at your qualities below and make a tick in the box – that you fit into and post on FB with a photo – with any questions

Let's have some practice of knowing each other and this will help your body type come to life.

Fill in the following tables below

	Vata	Pitta	Kapha
Shape of face Jaw line			
Nose			
Sclera			
Facial skin Texture and Complexion			
Hair colour and Texture			
Hair colour and Texture			
Neck			
Musculoskeletal			
Tendons and veins			
Antero posterior Diameter of chest			
Joints			

Your Health Model – The Success Path

We've taken over 25 yrs of clinical experience and my own practical experience and the results of literally hundreds of thousands of our clients and DISTILLED the pathway to health and wellness upleveling success to these few steps.

This is THE pathway we've used to support and heal thousands of our clients from scratch who might have a few symptoms of chronic and life threatening ailments.

And it is THE pathway our MOST successful clients have used to go from ill Health to up-leveling their Health to wellness and having a body to be proud of and a mind that can handle any life condition. Our Business clients have also made millions of dollars as their vibration energy has grown and results happen.

The Success Path features the "Core Four" which is the way to go from ill health to your best and sustainable health ever. This is the foundation of a successful, long term Health where you focus on...

- **Know your body and mind and the imbalances**
- **Toxins - where are the issues coming from**
- **Deficiency - How is this affecting your body**
- **Psychology - How is your mind derailing your health? Manage the mind**
- **Wellness - How you can keep this and manage any challenge coming into your body**

Once you have that solid foundation you Optimise and Maximise to go from where you are now to having a body and mind that is in the best SHAPE.

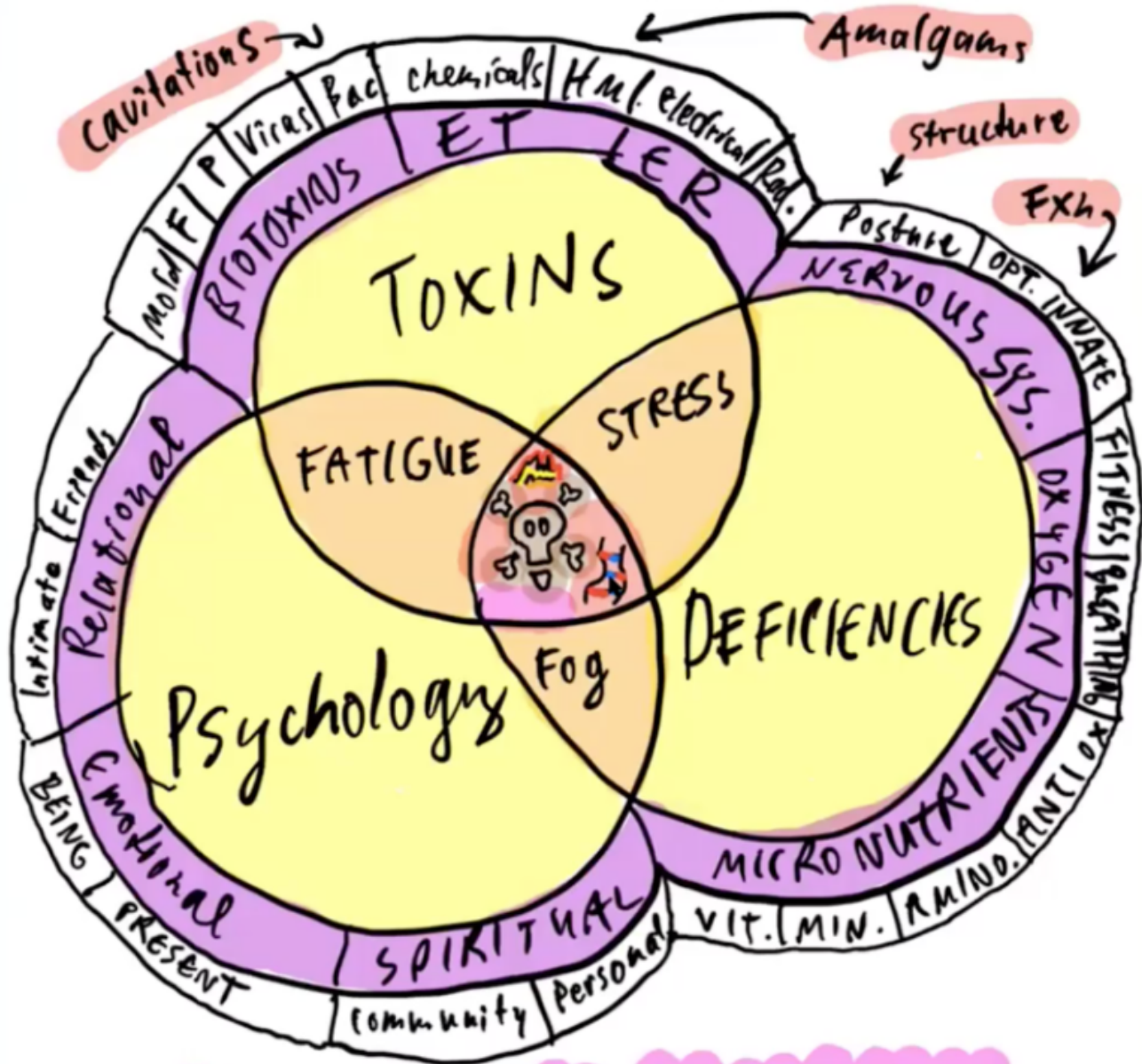
We've used this process with thousands of clients around the world.

Stop all other distractions that are pulling you in different directions and focus on your Success Path.

GOALS



Let's look at all the components we review when we set up a Health Program



At the CENTER is Dis-ease (Inflam. & epigenetic triggering), Disease & Death.

How your BODY goes out of balance

What is AMA

Ama is the food which remains in the gastrointestinal tract in undigested or semi digested form. This is a sticky residue of incomplete metabolism and is not quickly burned up by the digestive fire, it will accumulate in the gastrointestinal tract. Then it starts spreading into the body and this results in a weakened immune system that makes the body susceptible to infection and degenerative disease.

This is the 1st stage of DISEASE.



What Is Agni

The Digestive Fire

Digestion in Ayurveda is regarded as the key to health. Ayurveda offers an elaborate and detailed description of the body's metabolic functions and their relationship to organ and tissue formation. It confirms the importance of efficient food conversion to supply the nutrients which enable each dhatu to perform its function.

If metabolic conversion of food is incomplete, it can produce sluggishness or low energy. The undigested food material also becomes the source of degenerative diseases.

Agni regulates appetite and a strong appetite. The purpose of a good appetite is to signal that the digestive system is ready for new food intake.

An appetite that is consistently variable, weak or excessive, or one that experiences abnormal cravings, indicates that something is wrong with the digestive agni.

Appetite is intended to guide us to eat what we need in suitable quantities and at those times when the body can derive optimum benefit from it. Eating when there is no hunger signal burdens digestion.

Waiting for the hunger signal to appear before eating enables the agni to regain its strength to digest what has already been eaten and to neutralise (digest) ama which has formed

Improving Digestion:

- Drink ginger tea
- Avoid solid foods
- Take only liquids for 12 hours
- Start to take the medicated water
- Exercise (not too strenuous)

Strength of the flame
= Digestive Enzymes



Fuel = Food
The Seat of Health or Disease

What Weakens Digestion

- Iced Beverages
- Eating when emotionally upset or stressed
- Pungent spicy foods overactive digestion = ineffective
- Eating too little (prolonged fasting)
- Eating too much
- Quality of food (heavy, oily, leftovers)

CCF Tea – medicated water

Ingredients:

- Cumin
- Coriander
- Fennel

How it's made:

Add 1 litre water to 1 teaspoon of cumin, 1 teaspoon of coriander and 1 teaspoon of fennel seeds and boil for 10 minutes on the stove, then place in a thermos and drink during the day. You can mix it up at home or buy it here.



Toxicity

How Toxicity Works

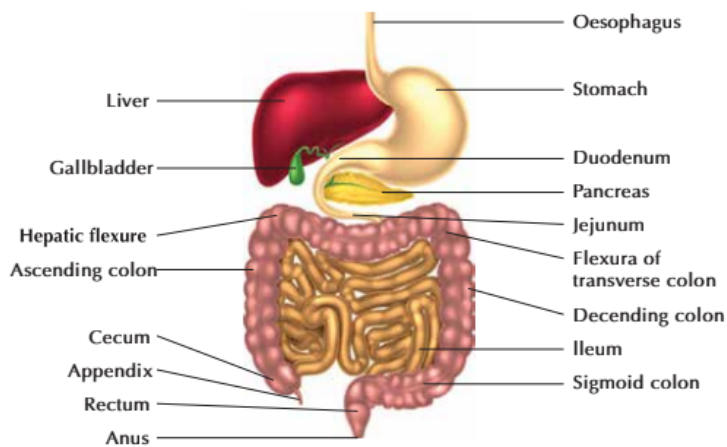
Your stomach is the first part of your digestive system and where the first stage of imbalance or toxicity starts. You may be eating toxic food or food that is toxic to your particular body type. This could be highly processed food or eating when you are highly emotional.

When the body can't process this food it turns it into toxins or 'ama'. The digestive fire or 'agni' cannot be lit. When your digestion is working properly, your eyes will be bright, you will have a lot of energy and generally feel alive. Without agni, the food is not properly digested or 'cooked'.

If there is not enough agni, the food will sit in the stomach, undigested. Over time, the stomach will become sluggish and as the food moves slowly into the lower intestine, it doesn't get digested properly. As the food moves down through the large intestine, the toxins are not able to be removed and begin to build up and become 'sticky'. This will lead to constipation, bloating or diarrhea.

This first level of toxicity could then lead to the toxins being overloaded into other parts of the body. This will lead to symptoms of heaviness, feeling sluggish, and low in energy.

If you don't eliminate these toxins then it goes into deeper parts of the body such as joint tissue. Therefore it is very important to deal with toxins as they first enter the body at the digestive level or by eliminating them from your diet in the first place.



Take the Toxicity Test [HERE](#):

What is your Toxicity level?

Was this a surprise?

What is Vikruti

Vikruti means the imbalance which obscures the natural, optimum relationship of the doshas, or “out of nature” – deviated from nature.

Vikruti arises when there is a predominance of one or more doshas that is not natural to our constitution.

When this improper relationship exists among doshas, ama (toxins) begins to form which damages the dhatus (tissues) and impairs elimination of the malas (metabolic waste).

Vikruti is a condition which arises from an incorrect relationship with our environment (living outside the laws of nature / pragya aparadha. The mistake of the intellect

What is your Vikruti score?

From Last week call – if you did not do this. Please do the test on the next page.

V

P

K

FEATURES OF DOSHIK VIKRUTI



Vata Mental Indications

- Worsening worry and anxiety
- Impatience
- Overactivity of the mind
- Loss of mental focus
- Short attention span that worsens
- Bipolar depression
- Psychosis

Vata Behavioural Indications

- Insomnia
- Fatigue
- Inability to relax
- Restlessness
- Low appetite
- Impulsiveness

Vata Physical Indications

- Constipation
- Dry or rough skin
- Low stamina & energy
- Intestinal gas
- Flatulence / bloating
- Loss of muscle mass
- Intolerance to cold & wind
- Aching joints / bones
- Muscle spasms
- Tension headaches
- Severe menstrual cramps
- Non-traumatic lower back pain
- Seizures
- Acute nerve pain / neuropathy
- Hypertension
- Dry lips

TOTAL VATA _____

Pitta Mental Indications

- Anger, hostility
- Self-criticism
- Irritability
- Extreme Impatience
- Resentment

Pitta Behavioural Indications

- Insomnia – difficult in falling asleep
- Outbursts of temper
- Criticism of others
- Argumentative stance
- Tyrannical behaviour
- Intolerance of delays

Pitta Physical Indications

- Skin inflammations, boils, rashes
- Acne
- Excessive hunger or thirst
- Halitosis (bad breath)
- Hot flushes
- Rectal burning
- Heartburn, acid stomach, gastritis
- Ulcers
- Foetid body odour
- Extremely smelly stool
- Itchy, burning haemorrhoids (piles)

TOTAL PITTA _____

Kapha Mental Indications

- Dullness/mental inertia
- Lassitude / lethargy
- Stupor
- Depression (endogenous)
- Over attachment
- Possessiveness

Kapha Behavioural Indications

- Procrastination
- Inability to accept change
- Inability to adapt
- Greed
- Hesitancy
- Slow, deliberate movements
- Oversleeping
- Drowsiness

Kapha Physical Indications

- Weight gain
- Sinus congestion
- Chest congestion
- Fluid retention in tissues
- Skin pallor
- Intolerance of cold and damp
- Runny nose/nasal congestion
- Phlegmy cough
- Sore throat
- Frequent colds
- Asthma
- High cholesterol
- Diabetes
- Cysts and other growth

TOTAL KAPHA _____

NAME: _____

VIKRUTI: _____

The value of knowing your health level

By knowing your health level, identifying the next steps to improve your health becomes far simpler. Most of us are taking the wrong steps in the wrong order, and that is why we don't get the results we are seeking.

The Health Spectrum sets out nine levels from chronic disease up to ultimate health. The levels link together the medical industry (which is focused at the lowest levels), the wellness community (which focuses at the middle levels) and the mindfulness industry (which focuses at the top levels).

These levels synthesise 5,000 years of history in Chinese Medicine, Ayurveda, Meditation and Yoga. They link to your energy and stress levels, your state of health, fitness, diet, emotions and mental clarity.



The Nine Health levels

Here is a summary in a story of the nine levels, starting from good health:

I have often heard stories of a person who has gone to the doctor, telling the doctor that he or she “just doesn’t feel well.” The person may explain that they have been feeling more tired than usual, and having feelings of depression. The doctor’s physical examination doesn’t reveal anything. The blood tests are normal. The patient is told to eat better, do more exercise and try to remove stress from their lives.

But then, a year or so later, the patient tests positive for a condition, such as Type II diabetes. This is a common experience - the disease can’t actually be a diagnosis until the patient has specific symptoms or pathology comes back within parameters which marry up with a diagnosis. By that stage, often much time has been lost in which the person could have taken preventative steps to try and ward off the disease.

Ayurveda has the distinct advance of identifying imbalances before they manifest as disease. This means, the ayurvedic practitioner can help the patient take remedial action, seeking to reverse the imbalance, before they emerge as a full blown disease.

The Health Spectrum gives us this insight early - it helps us identify where we are on the health spectrum, and to trigger us to take remedial steps before it is too late. . You can do this test as many times as you like to keep your health on track.

Do the Health Spectrum Test [HERE](#).

What is your Health Spectrum level & was this a surprise to you?

Prevention is the Key

Prevention has always been the first and major goal of ayurveda. According to the most ancient ayurvedic text, Charaka Samhita, only when the physician has failed in that first goal does he or she need to resort to the second goal – which is cure.

"How disease develops, the field called pathogenesis, is an important area of Ayurveda," the six stages in the development of disease. In the first two stages, symptoms start to show themselves. In the third, they do, but in a non-specific way, for example, as fatigue and general malaise. By the fourth stage, the symptoms are more pronounced, and in the fifth stage, they manifest as symptoms specific to disease.

Conventional medicine is certainly able to detect disease after there is a physical manifestation. For example, blood tests, X-rays, MRI's and CT scans, are able to detect physical symptomatology. By this stage, the patient is in the fourth or fifth stage of the disease process.

As said above, the spectrum test aims to detect the commencement of the pathway to disease at a much earlier stage - to seek to then ward it off. In the scenario of the patient referred to above, Ayurveda would have sought to identify the imbalance causing the patient to not feel as well as usual, at that early stage, with a view to taking steps to ward off the manifestation of disease later forming. Early intervention will not only save you time and money, it can offer you a far greater quality of life than you would otherwise have.



What is Ojas

Ojas (OH-JUS) is a Sanskrit term that means 'vigour' or 'vitality'. Ojas is the good stuff we are all after. It's the essence in our body that gives us a spring in our step and a sparkle in our eye.

Doing the detox give your body the best ability to build more OJAS

Ojas is one of the three subtle forces in our body. Think of ojas as the container that holds your abundant energy. It is the ultimate energy reserve of the body and mind. It is the purest essence of kapha, and physically, it is related to reproductive, hormonal, and cerebrospinal fluids.

Healthy Ojas is needed in the body to reduce signs of aging and protect against disease.

A person with “good” Ojas:

- Have a healthy luminous glow
- Patient
- Compassionate
- Rarely become sick.

How can you get more OJAS -

Regular yoga and exercise balances the body-mind connection and builds ojas. Yoga breathing called pranayama increases immunity, nourishes all the dhatus (elements) and keeps the tridoshas in balance.(you will learn more in phase 2) Calm your mind and senses with meditation. Spend quality time in nature outdoors.

Ojas is built when we are spending time rejuvenating (the Ayurvedic term is known as (rasayana) rather than pushing ourselves and going, going, going, as many yogis do. “Rasa” means juice or essence, and “ayana” means path rasayana is the “the path of juicing up”. This is what you are doing in the DETOX

Ojas is the essence, like honey created by the essence of flowers, and is related to vitality and immunity.

The honey is stored in the honeycomb, which in our body is like ojas, the pure essence of our dhatus, or bodily tissues. Ojas is considered to be generated from the original essence of para ojas in the heart, which then circulates via the heart and throughout the body for support.

What causes low OJAS

- Physical trauma (i.e. car accident, injury)
- Emotional trauma (i.e. break-up, loss of a loved one)
- Poor sleep habits
- Selfishness
- Nervousness
- Anger
- Stress
- Overworking
- Excessive orgasms
- Chronic diseases such as diabetes, asthma, arthritis, cancer, TB and ulcerative colitis
- Chronic pain
- Resistance to “what is”
- Excessive travel, High Vata in the system, ...Aging (50+)

Ojas and strong immunity are dependent upon robust agni, a healthy diet, a supportive lifestyle, and a balanced nervous system. This is why basic self-care is so vitally important. This is why your DETOX is so profound.

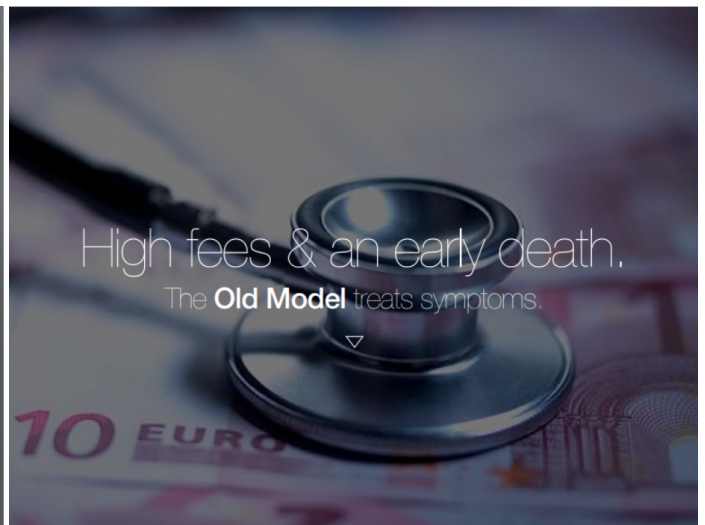
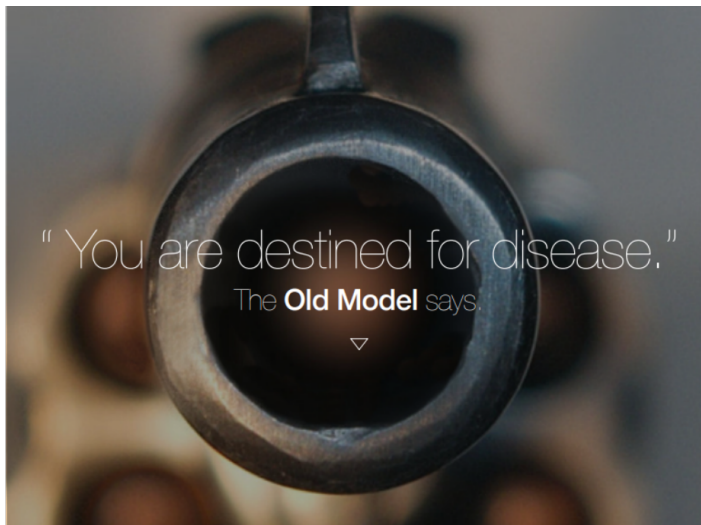
A person who has
good Ojas rarely
becomes sick...



What is your health costing you?

The average cost per patient per year.

- Heart Disease: \$21,995 (\$ 338K)
- Cancer: 6,199 (52K)
- Diabetes: \$16,752 (\$327B)
- Chronic Pain: \$6,000
- Depression: \$14,189
- Alzheimer's: \$42, 641



How to balance your mind and transform your thinking

Did you know we have 60,000 thoughts per day that control our health and success in life?
Do you spend a lot of time in your head?

A well-managed mind is the most incredible gift you can give yourself. Our brain is the most powerful tool on the planet, and when we learn to manage it correctly, we gain access to so much of our own power that is left unused when we leave our minds in default mode.

This learning pathway is designed to walk you through the steps you need to take and the tools you need to use to get your mind out of default mode and into a mind that can take you further than you ever imagined.

Your mind has a very powerful influence on your overall health and well-being.

Imbalances in the mind can manifest as physical disease.

For example, unresolved anger can accumulate in the liver and impair its functioning, unprocessed grief can disturb the lungs, and chronic anxiety can upset the colon's health.

Stress, anxiety, and Depression are ever-growing in the world and affect the body through disease and pain.

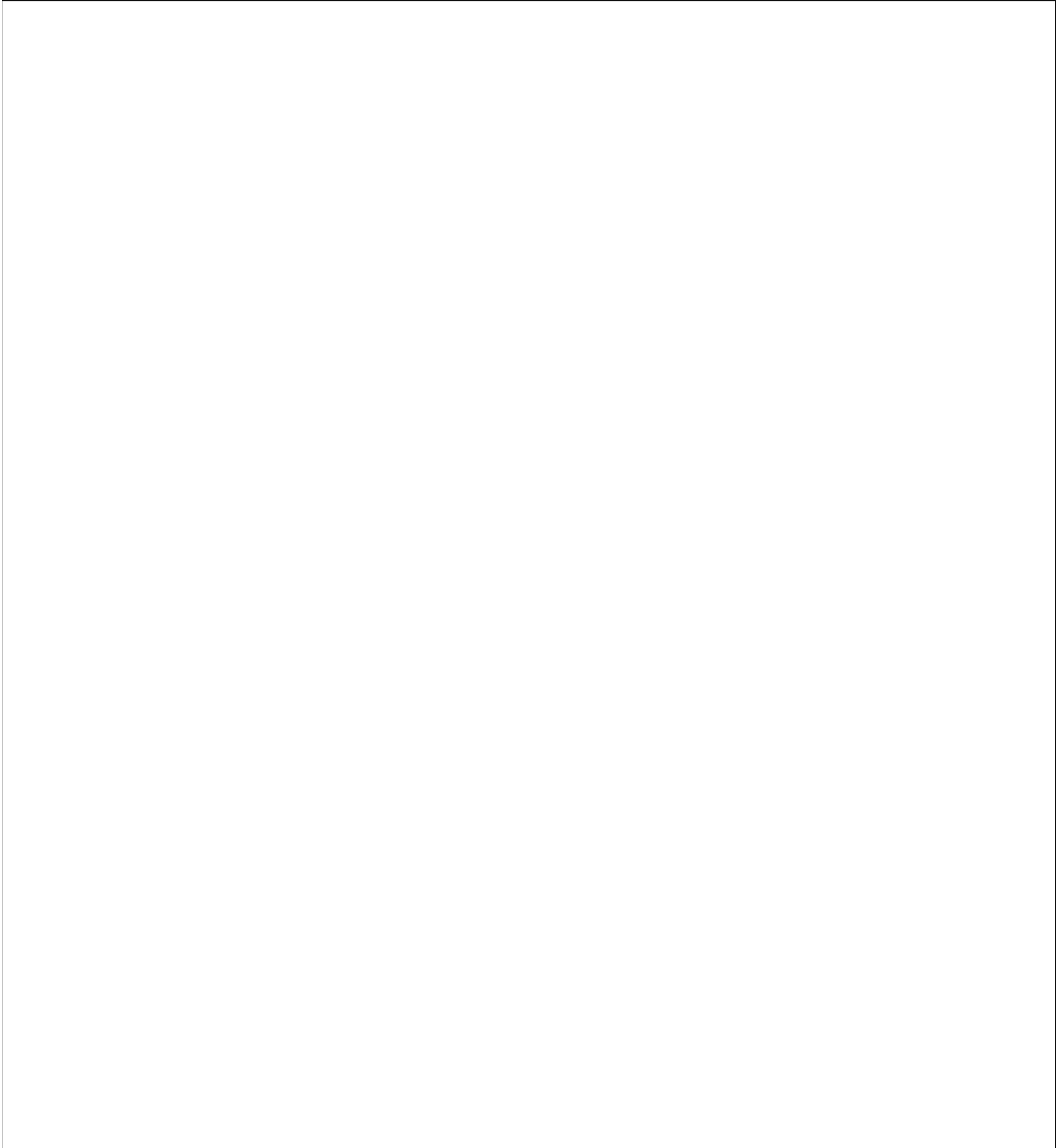
When your mind is balanced, you feel at peace, relaxed, and can handle any situation that comes your way.

Learn how to encourage thriving mental and emotional health by doing the exercise below.



Do a thought **DOWNLOAD**

1. Pick one area of your life that you want to focus on and be as specific as possible. Spend 5-10 minutes writing down all the thoughts in your head. Do not judge, edit, or censor them. Keep writing until you fill the entire page.

A large, empty rectangular box with a thin black border, intended for the user to write their thoughts during the 'thought download' exercise.

2. Now put this now into a Model from what you learnt in today session

C - Circumstance (this is factual)

T - Thoughts

F - The feeling you have when you think this thought

A - The action you take when you feel this way

R - What result do you get when you do these actions

3. Write yours here:

C -

T -

F -


A -

R -

4. Go to the Next Level. What is another thought that will be more empowering for your future Identity. (That is Positive, Future and Self)

He is an example in ACTION from one of the previous detox clients.



 **Christopher John Brown** ▸ Health Dynamics 360
Body Restoration Program
September 26, 2020 · 🌍

I've had a few days to work on The Model as a part of detoxing my mind as well as my body. It's been a real challenge for my busy emo-brain to come to some clarity. But I had a moment while sand-boarding that helped bring some revelation so I thought I'd share.

CIRCUMSTANCE
I crashed a lot while having my fist ever go at sand-boarding.

THOUGHT
I'm useless and too fat to do this.

FEELING
Embarrassed, incompetent, worthless and angry.

ACTION
I gave up and was very tempted to fall asleep under a tree right there on the dune.

RESULT
I would have suppressed the angry feelings if I slept but missed the opportunity to learn something new and have fun with others.

CHANGED THOUGHTS
This is my first time sand-boarding ever. I should give myself leeway to not be able to do it really well straight away. I should enjoy what I CAN do and that I'm getting better as I learn. It takes time. What an awesome and beautiful place this is. I can see whales in the ocean from the top of the dune.

NEW FEELINGS
I feel relaxed, fortunate and playful.

NEW ACTION
Didn't sleep. Tried a bunch more times. Had fun having a laugh at falling over - did an Eddie the Eagle dance (see video).

RESULT
Had a positive experience of a challenging physical activity. Want to do again. People around enjoyed doing it with me.

Let's bring it all together

Your Homework

Name

What is your BODY Type?

What are the 3 strengths of your body type?

1.	2.	3.
----	----	----

What are your 3 weaknesses body type?

1.	2.	3.
----	----	----

What is your Health Spectrum level? And Why.

What if you vikruti score

V-
P-
K-

What is your toxicity score?

How much is your Health costing you on a yearly basis?

Where are you in the Health success pathway?

Now that you know more about the body-type what is the main action you would take.
(Food, Agni, AMA, OJAS, Daily routines)

What food should you eat more of for your body type?

What is the part in your body type that you are rejecting and why?

What do you want to say to yourself now you have the knowledge from today?

What's Next?

You have all you need to be fully prepped and ready to roll at the 28-day detox journey.

We are REALLY looking forward to seeing you there!

Post YOUR COMPLETED HOMEWORK in the
Facebook Group for your 28-Day Detox
Journey

Your Access Link Will Be Supplied Via Email Prior To The Event

SEE YOU THERE!