



energy  
breakthrough  
programme



a body mind energetics training

level 1

# About energy!

- your energy level determines how you think and feel
- how you think and feel determines how effectively you use your time
- how effectively you use your time determines how successful you are
- how successful you are determines how you live your life
- how you live your life determines how much energy you have

**NB** people with low energy are more prone to depression, mental sluggishness, apathy and reduced initiative

**NB** people with high energy are more likely to experience optimism, ambition, drive and enthusiasm

## normal versus average

A cell in the human body working **normally** is working 100%, that is, perfectly. Contrary to popular belief, there is no such thing as a cell working in super-duper fashion. Its either working **normally** or it isn't.

If that cell in its role of being part of the energy production cycles of the body is working normally, you get energy, and lots of it. If that cell is part of your brain and is working normally you get to think clearly, your mood is good and your memory and concentration are good.

However, what's becoming clear is that, as more and more people allow themselves to fall victim to fatigue and stress related illness, functioning normally isn't the 'norm.' Rather, people are 'making do' with functioning at about 50 - 70% of their capability which is, well, just **average**.

## a return to the natural order

Your energy is produced in the cells of your body. Think of your cells as little factory units working tirelessly on your behalf. You have billions of them! How much energy you have is dependant on the following :

- cellular efficiency
- adrenal and thyroid gland efficiency
- digestive and detoxification efficiency
- blood sugar balance
- how you run your nervous system

a return to the natural order of things means getting your body back to working the way for which it was designed.



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**the body – mind connection**

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**• YOU and YOUR ENERGY**

what is energy? | how your body makes energy | the seven energy zones | the seven laws of rejuvenation | about fatigue | about stress | more on burn-out syndrome

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**• FULL SYSTEM SUPPORT**

**• OVERCOMING THE 5 MAJOR ENERGY DRAINS**

the energy and vitality cycle | mental stress | adrenal stress | thyroid stress | blood sugar stress | nervous stress | digestive and detoxification stress

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**• DEVELOPING THE IDEAL MINDSET**

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**• THE ENERGY DIET FOR OPTIMAL PHYSICAL and MENTAL PERFORMANCE**

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