



South East Self Defence



HEALTH CHALLENGE: Mind and Body

Lesson 4:

SEEING IS BELIEVING or is it BELIEVING IS SEEING

In this Mind Health lesson

We're focusing on VISUALISATION. Visualisation is your ability to create an image in your mind of an outcome you are trying to achieve. Visualisation is a powerful tool for managing how you approach the world. In fact most people are using it daily but not always constructively. Quite often we use it to make ourselves fearful or hesitant. Sometimes we use it to create positive fanciful types of images as well.

Understanding Visualisation can change how resourceful you are. Your mind thinks in pictures so when you create images in your mind you talk directly to your subconscious mind. Once your subconscious mind becomes aware of these images it begins to look out for opportunities related to these images. That's why when things are going wrong it's almost as if nothing can go right and you might find yourself in what appears to be a convoy of a particular type car once you own one.

I have seen this in practice many times on the mat. I have seen someone's physiology completely change in front of me just by changing the way they were seeing an event in their minds eye.

Time to change: Take some time to sit quietly each day and work on your internal pictures. Just 5 minutes in the beginning. Imagine things exactly as you would like them to be. Leave out no detail. The more detail you put in, the more real it feels and the more likely you are going to take action on it.

BODY HEALTH: HOW GOOD IS YOUR GUT

Some people may be afraid to have a gut. My father was quite proud of his and I am trying to reshape mine but this isn't the gut I'm talking about. Your Gut is the part of your body that starts at your mouth and ends, well, where everything exits the body. If you were to lay it out, it would be around 9meters long. That is amazing to me. This part of your body is for digesting food and breaking it down to the nutrient components we can use. In your gut is around 1.5 kg of bacteria (Flora) which is responsible for breaking this food down. Unfortunately if our diet is full of processed food and saturated fat then these bacteria die and are replaced by a very nasty gang of destructive bacteria. These destructive bacteria can not only affect your health but also your mood and mental alertness. For this reason some people call the Gut the second brain and medical scientists are taking more of an interest in this area of the body lately.

Usually our diet is quite narrow especially if we are busy but it doesn't have to be that way. You don't have to have a cupboard full of quick snacks in fact eating healthy doesn't have to take too much time but it does need some preparation.

Getting those amazingly good Flora in your gut is not too hard. Doing this can really help with tiredness, mental fog, and many other ailments that are caused when your immune system is running low, including some nasty ones.

For 2 weeks cut out processed foods, grains, pulses, beans, caffeine, alcohol, dairy
And absolutely sugar.

Replace it with 7 plant items and unprocessed lean protein that has been slow cooked.

A plant portion is a cup so 5 cups of vegetable or salad and 2 pieces of fruit a day. Slow cooked meat is much easier to digest so that is important. Over the week you will try to eat at least 20 different types of plants including fruit. This will provide a wider diet for your flora and promote more of them. Plenty of water and lots of chewing will also help. I have done this and it is not difficult in fact Tuesdays are now called "stewsdays" in our house. (The left overs make great quick meals)

See how you go. I will let you know what you can do for the next 2 weeks after that. This can be used with kids as well.

This week's FAMILY CHALLENGE is to work on visualisation techniques and eat more plant based foods.

Family Health Challenge 4

Know your weaknesses: What negative images do you consistently make when things are tough

1. _____ 2. _____

Mind Guards: Spend 2 minutes each day working on creating positive images and stories in your mind to counteract this.

Body Guard: Identify how many different plants (vegetable and fruit) you eat each day.

List 2 things you could easily take out of your diet to replace it with more of these.

1. _____
2. _____

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