



Fitness Frontline



How to relieve Headaches



Hi, I'm John Miller. Thanks for downloading the **How to Relieve Headaches** ebook.

Headaches are the number one personally-generated body system dysfunction in the Western world, stimulating more visits to the doctor and more sales of tablets than any other dysfunction. They have reached epidemic proportions.

The usual treatment is to take a tablet. In fact in Australia there are 80 million packets of paracetamol sold over the counter each year. This country is awash with headache suppressants to the point where they have become the fifth highest genre of drugs used in this country after sugar, caffeine, alcohol and nicotine.

But guess what, headaches aren't caused by a lack of paracetamol!

The thrust of this book is to direct your attention to a broad picture of what constitutes good health, fitness and wellbeing.

I have taken the view that in a significant proportion of cases it's likely that headaches are neither a medical nor pharmacological problem, they're a personally-generated fitness, diet, environmental and stress-related problem. And being personally-generated there is a high likelihood they can be personally 'ungenerated'.

In **How to Relieve Headaches** I'll get you to examine just **some** of the reasons why people get headaches and what *you*, yourself can do to relieve them.

Keep in mind that the cause may lie somewhere deep in 'the metabolic health system' and finding out where in this system can be a tough and long drawn out assignment.

Having provided a range of suggestions, I accept that headaches are a difficult issue to deal with and that I may have only scratched the surface. For that I apologise.

Headaches can be caused by all manner of things, other than those I've outlined:

- | | |
|---|---|
| ▪ Low blood sugar | ▪ Lack of sleep |
| ▪ High blood pressure | ▪ Vision problems |
| ▪ Infections (sinus, flu, cold, meningitis) | ▪ Hormonal changes (especially in women) |
| ▪ Poor posture | ▪ Certain foods (e.g., aged cheese, chocolate, processed meats) |
| ▪ Muscle tension in neck and shoulders | ▪ Alcohol or caffeine (too much or withdrawal) |
| ▪ Eye strain (e.g., from screens) | ▪ Hypothalamus activation |
| ▪ Fatigue | ▪ Temporomandibular joint (TMJ) disorders |
| ▪ Head injury or trauma | ▪ Brain tumours or structural issues (rare) |

How to Relieve Headaches

© John Miller, BA, Dip PhysEd, Dip Teaching, RFP
Miller Health Pty Ltd
john.miller@millerhealth.com.au
7 Salvado Place Stirling ACT, Australia 2611
Ph (61) 424 391 749
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**You, the individual,
can do more for
your own health
and wellbeing than
any doctor, any
drug, any exotic
medical advice.**

US Surgeon General 1979

1. INTRODUCTION

One of the principles of education is to tell people what you're going to tell them, tell them and then tell them what you told them.

Over the course of the next 5 or so pages what I'm going to tell you what you can do to track down some of the likely non-medical) causes of your headaches and what you can do to either relieve or rid yourself of them. Here's the synopsis:

1. Change your diet. Reduce the intake of the foods to which *you* are intolerant or allergic (and the poisons). This means eat natural, wholesome food and only drink water, fruit and vegetable juice you've blended yourself (or green tea). In particular stop eating flour and stop drinking cola, coffee and alcohol.

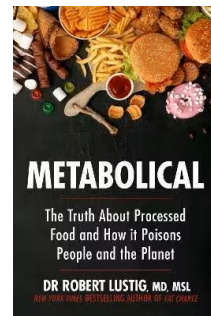
I highly recommend Robert Lustig's book, 'Metabolical'. In it Lustig gets serious:

'If *you* do not fix *your* food, you continue to court chronic disease and death.'

'What's important is the alchemy of how food has become poison.' '... it's what's been done to the food that counts.'

'Protect the liver, feed the gut.'

'The brain is not immune to the effects of processed foods.'



2. Stimulate the process of eliminating the waste products of a toxic environment and the waste products of your own metabolism. Headaches could be a symptom of a poor elimination system, particularly of a liver that's struggling to eliminate the poisons in your system.
3. Improve your aerobic fitness. Aerobic fitness is the key to getting your metabolic system back into good health. Good health means fewer headaches. The big benefit of an aerobic fitness program is you'll feel better. That in itself will be your greatest reward. But as well as that it will 'defrag' your metabolic system. That's the other big benefit. You can't subcontract out the 'defragging' of your metabolic system.
4. Make sure the bones in your neck are in good alignment and the muscles of your neck and shoulders strong enough to keep your head firmly and in good postural alignment on the top of your shoulders. If your head is out of alignment, ligaments, tendons and muscles will be stretched beyond their pain threshold. You could end up with a headache.
5. Lower your blood pressure. High blood pressure and headaches go hand in hand.
6. Get a good night's sleep. The headaches you're getting could be nature's way of telling you that you don't get enough good sleep. Coming down with a headache could be your body's way of telling you to go and have a sleep right NOW.
7. Manage the stress of your life. That means managing the stress of your health, your family, your career and your finances. Muck out the Augean stables! Clean up your act.

If the pressure is getting to you, whistle. In a barely audible way. It's the best way I know of to let go of tension. Music gets your mind off the situation, and the act of whistling melts the tension out of your body.

Fuzzy Zoeller

2. HEADACHES – A SYMPTOM

UNIVERSAL LAWS OF A PERSONALLY-GENERATED BODY SYSTEM DYSFUNCTION

The normal healthy state of a human body is not to have headaches.

Headaches are one of many symptoms of a body that is not in good working order. As Bill Clinton might have said, 'It's the system, stupid!' And that being the case it's more likely than not that the cause of the pain is not at the site of the pain.

If you have frequent headaches treat them as one of the many 'wake-up calls' telling you to get the key body systems

- metabolic
- musculo-skeletal and
- mental

... back into better condition.

If you go to your doctor, ask to be sent for a range of pathology tests to determine whether your metabolic health system is ticking over nicely. Make sure you include a couple of liver function tests - insulin and Alanine transaminase (ALT).

You'll have your blood pressure taken. Your blood pressure is key indicator of the status of your metabolic (and mental) health. Get your own blood pressure machine. You might find that at home your blood pressure is a lot lower than in the surgery. (White coat syndrome!)

Unfortunately, rarely if ever will anyone measure your aerobic fitness – a fundamental measure of metabolic health status. Visit the <https://myfitnessrecord.com.au/> website and put yourself through the test: how many 20m laps can you complete in 5 minutes?

It's also unfortunate that rarely will you be given a stress assessment. It's no wonder that some people are getting frequent headaches when you look at how stressed they are. Most people who are stressed aren't doing the things that unstressed people do. Go to the <https://myfitnessrecord.com.au/> website and complete the Health Climate Survey and the fitness, stress, career satisfaction and family profiles.

In one of the following chapters there is a suite of health, fitness and wellbeing assessments that you can complete to give you an idea of ticking over nicely.

It's frequently the case that in any body system dysfunction the cause of the pain is not at the site of the pain. In the case of back pain this idea leads us to think that the cause of the pain is at the site of the pain – when it's usually tight muscles attached to the pelvis that are the underlying cause.

With headaches we immediately think that the cause of the pain must be somewhere inside our head. The problem with this idea is that with the exception of a brain tumour there's probably not a lot that can go wrong 'inside the head'. (Not many people who get frequent headaches have a brain tumour.) Adopting this logic means that the best we can do is dull the pain with an analgesic. However pain dulled is not problem solved.

There is another exception and that is that if the 'thinking centre' of the brain is under pressure, for instance you're 'stressed out of your brain', then the symptom may be a headache. Once again pain can be dulled with an analgesic. For people who are both acutely and chronically stressed, dulling the pain means they can continue to plough on, leading to a further decline in health status.

Of course the best thing for people who have a headache caused by a lack of sleep is to go and have a sleep. In fact, one of the first thoughts that ought to come into our heads when we have a headache is to go and have a sleep. Even a short sleep, say half an hour or an hour might be enough to get rid of the headache. If it happens at work, most people won't give themselves permission to go and have a sleep, so, once again they dull the pain and plough on.

Where I come from, the practice of taking medicine to mask the symptom is known as junk medicine.

It's a strange behaviour that has us stop and fix our machines when they break down and not do the same to ourselves. Would you continue to ride a bike with a puncture? Would you continue to bang on the photocopier if pages were failing to come out or coming out crumpled?

In the world of heavy machinery, it would be world's worst practice not to monitor temperature, pressure and vibration and just wait until the machinery came to a grinding halt. Lao Tzu said something to the effect that large problems could have been solved easily when they were small problems.

Based on this principle, it would be unwise not to take any notice of symptoms of pain, whether in your body or your head - and then do something to fix rather than just mask the symptom. The pain is the body's way of telling you that something, somewhere in the system is not working properly.

Persistent headaches are most likely a sign that there are deeper metabolic, musculo-skeletal and mental health issues that need to be dealt with.

Are you going to ignore the symptoms of body system dysfunction or wait until the 'machine' has a major breakdown/

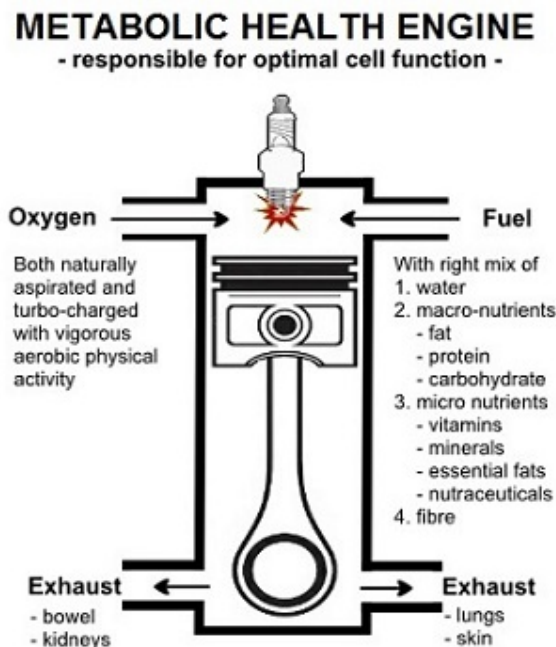
The headaches are a call from your brain to search for the cause elsewhere in your body and find a way to treat it.

Whether you are getting nagging headaches or thumping headaches, the treatment starts with searching for the cause. It may well be multi-factorial.

In this treatise I treat headaches as a symptom relating to all three major body system dysfunctions, metabolic, musculo-skeletal and mental.

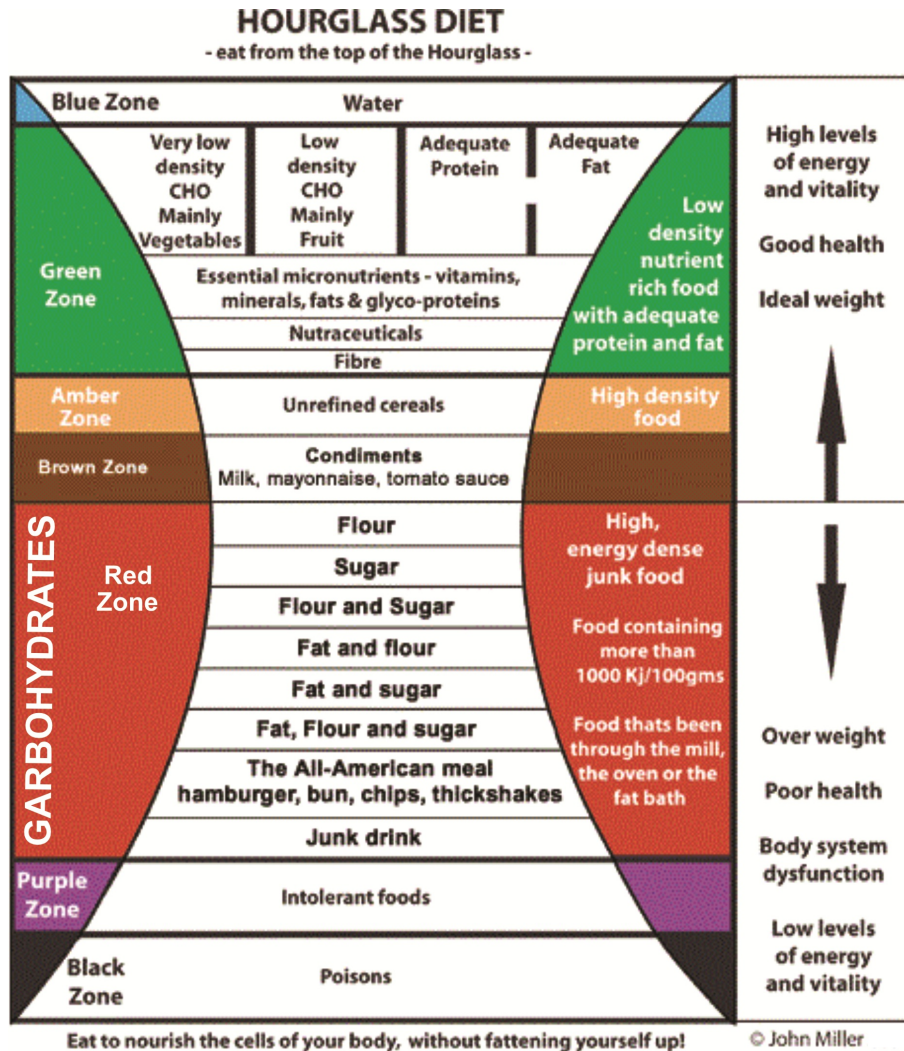
A conventional way of looking at headaches is to presume that the cause of the pain must be at the site of the pain. As already mentioned, in the case of a brain tumour that would definitely be the case. It may be caused by extreme mental tension or a lack of sleep.

But in most cases it's my thesis that the cause of the pain lies elsewhere in the body.



3. CHANGE YOUR DIET - eat from the top of the Hourglass

hourglass Diet



A significant number of headaches are due to food and drink which you are intolerant or allergic (or which is poison), excess refined food in the diet, dehydration and a poor elimination system.

I recommend you adopt the principles outlined in the Hourglass Diet.

FOOD GENERATED BODY SYSTEM DYSFUNCTION

There is an epidemic of food-related body-system dysfunctions, the symptoms of which are legion - headaches, joint and muscle pain, tiredness, depression, crook guts, getting fatter ...

No amount of pharmaceuticals can do for your body what the right food can. Feel crook? Plagued by headaches? Putting on weight? Modify your diet. Eat from the top of the Hourglass. Eat plenty of raw fruit and vegetables.

Once you've tried out the Hourglass Diet way of eating you will be in a good position to decide exactly how to eat wisely for the rest of your life. For most people this means becoming very circumspect about the amount of flour and sugar in their diet, and getting the right amount of fat, protein, micronutrients and fibre.

THE MODEL

In a nutshell, it's good food at the top and junk down the bottom.

The essential aspect of good nutritional guidelines is that they encourage you to

- eat to nourish the cells of your body
- satisfy your hunger and
- maintain an ideal weight
- support good metabolic, musculo-skeletal and psychological health.

Couple the Hourglass Diet with regular vigorous exercise and you'll certainly be rewarded with better health.

If you're not in good health and you find it easy to put on weight, change your eating habits and eat from the top of the Hourglass.

- Eat adequate amounts of vegetables and fruit.
- Eat adequate protein and fat.
- Eat less of the high density refined carbohydrates, the cereal-based foods like bread, pasta, breakfast biscuits, biscuits and cake..., along with eating less sugar.
- Eliminate the foods to which you are intolerant and allergic – and the poisons.

BENEFITS OF EATING FROM THE TOP OF THE HOURGLASS

- You'll be eating to nourish the cells of your body and not just fill up your stomach.
- You'll feel better, have more energy and vitality
- You'll have less headaches.
- You'll have less body fat. That means you'll get closer to your ideal weight.
- There's a fair chance your blood pressure will decrease.
- You'll have a more efficient elimination system.
- You'll have better control of your blood sugar and cholesterol levels.
- You'll have lower incidence of bowel disease, constipation and piles. You'll be getting rid of the waste products of your own metabolism and the waste products of a toxic environment with ease.
- You'll have better mental acuity and concentration - and less likelihood of becoming depressed. Few people realize that aspects of depression are physiologically generated.

- You'll have a musculo-skeletal system that functions better. If you get enough of the omega 3 fats you're less at risk of becoming arthritic. If you've got arthritis you'd be a mug not to load up on omega 3 fats, turmeric and glucosamine.
- You'll have a stronger immune system

AN ADEQUATE DIET

The Hourglass Diet is an adequate diet: -

- adequate water
- adequate macro-nutrients
 - fat
 - protein
 - carbohydrate
- adequate micro-nutrients
 - vitamins
 - minerals
 - essential fats and
- adequate 'octane' boosting nutraceuticals
- adequate fibre
- adequate unrefined cereals.

It is not a no-carbohydrate diet. In fact it contains plenty of carbohydrate in the form of

- raw fruit and vegetables, all low energy density, high water content, high vitamin and mineral rich food and
- unrefined cereals, high in fibre and energy.

It makes the distinction between low density and high density carbohydrates.

GARBOHYDRATES

It introduces a new concept, the 'garbohydrate' (yep that's a 'g' not a 'c') which is food made from flour and/or sugar and/or mixed with fat.

It doesn't make a pariah out of fat but instead recognises that the body needs 20% or so of its daily energy intake in the form of fat if it is to function optimally. Eat from the top of the Hourglass and you'll be nourishing the cells of your body and not just filling up your stomach. You'll feel better.

JUNK FOOD

Based on my observation, we need to focus on 22 food groups spread over 7 food zones (and not the usual half a dozen) if we are to attain and then maintain an ideal weight and cope with the epidemic of metabolic, musculo-skeletal and psychological dysfunctions.

We need to be able to clearly identify the difference between good food and junk (manufactured) food.

The Hourglass model identifies the food that's junk, along with food that causes food allergies and is toxic.

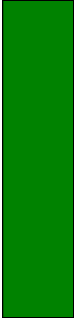
The essence of junk food is that it's food that's been through a manufacturing process.

1. It's been through the mill the oven or in the case of the rissole, the piece of fish and diced potato) the fat bath.
2. It's refined flour that contains over 1,000Kj/100gms. Immediately that captures the carbohydrates; - bread, pasta, breakfast biscuits, sweet biscuits, dry biscuits, cake, ice cream and chips.
3. It's food that has been denatured and lacks living enzymes. That's why rats will eat the box first!
4. It's food containing empty calories, calories that fill up the stomach but fail to nourish the cells of the body.
5. It's food loaded to the gunnels with food additives – preservatives, flavourings, colourings, emulsifiers, surfactants, thickeners ... At last count there were over 4000 additives in our food.
6. It's food loaded with extra fat - to appeal to the fat tooth. That's one of the reasons you like chocolate, ice-cream, biscuits and cake. It gives food a soft texture - the difference between a Jatz cracker biscuit and a Ritz cracker biscuit.
7. It's food loaded with extra flour which acts as a filler. Conduct an experiment and stop eating flour. A lot of people did and felt a lot better – and had fewer headaches.
8. It's food with added sugar, designed to increase consumption through an appeal to the sweet tooth. That's another reason why you like chocolate, it contains over 50% sugar; it's why we're getting fatter. Love the taste, eat more.
9. It's food that contains artificial sweeteners.
10. It's food that comes in gaudy packets and wrappers, in bottles, tins, cardboard boxes, cellophane and plastic bags. Yellow and red seem to be all the go.
11. It's food that comes with the endorsements of world famous sports nutritionists like Pat Rafter, Lisbeth Trickett, David Beckham, Ian Thorpe and a host of sports stars as long as your arm.
12. It's food which through the strategic use of imagery and colour, along with a manufacturing process, marketed to fools and children as being nutritious and wholesome.
13. It's food that is promoted by association with children's comic figures; including such luminaries of the nutrition world as Bart Simpson, Coco the Monkey, Toucan Sam, Garfield the cat and Snap, Crackle and Pop.
14. It's food which is less important in the eyes of the manufacturer than the brand.
15. It's food of doubtful quality that's marketed in association with wholesome activities, particularly physical activity and other healthful pastimes.
16. It's food that's euphemistically labelled 'convenience food'. Convenience food, fast food, junk food - all pretty much the same. Strange that you never hear a piece of fresh fruit referred to as a convenience food! It's in the manufacturing process that the distinction is created.
17. It's carbonated soft drink, containing bubbles, caffeine, sugar and aspartame, the most popular of which is the cold brown syrup containing over 10% sugar.
18. It's the hot brown syrup; coffee, with milk, caffeine and sugar.
19. It's the booze, beloved of sporting associations and sports stars.

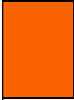


ZONES IN THE HOURGLASS DIET

There are 7 major zones in the Hourglass Diet.

-  The **blue zone** at the top of the Hourglass contains water. The children of our affluent culture has just about lost the art of drinking out of a tap, instead, substituting water with junk drinks, and mimicking their parents who only drink junk drinks; tea, coffee, cola, fruit juice, flavoured milk and alcoholic beverages.
-  If you eat from the **green zone** at the top of the Hourglass there is a good chance you will start to lose fat from your body, particularly if you have a high density exercise program. You won't have to count calories or points, you won't have to prepare exotic meals and you won't have to wade through stacks of recipe books.

Stick with meals that consistently have plenty of vegetables and fruit mixed with protein. The fat will look after itself.

No-one ever said you had to eat breakfast out of a cardboard box. No-one ever said you had to have a sandwich for lunch and pasta for dinner.
-  The foods in the **amber zone** are the unrefined cereals. They're good for you, they contain plenty of fibre, they're cheap, but need to be eaten circumspectly because they contain around 1,500 Kj per 100 gms. They are high density foods.
-  The **brown zone** contains foods that you have a bit of every now and then - the condiments. Life would be dull without a bit of gravy, tomato sauce, milk or mayonnaise. Just don't overdo it.
-  The foods in the **red zone** are the convenience and junk foods, the carbohydrates, comprised largely of flour mixed with sugar and fat. I bet you never thought you'd see bread and butter (fat and starch) listed as a junk food, along with some of the breakfast biscuits which are just flour baked up, on its own or with up to 40% added sugar.
-  The foods in the **purple zone** are the foods to which large numbers of people are intolerant or allergic. These are the foods that make you feel horrible, bring out rashes, cause headaches and extreme lack of energy, bloating, abdominal pain ...
-  The substances (you can hardly call them foods) in the **black zone** are the poisons that reduce the efficiency of a host of body system functions, drain vitality from your immune system and which you have to fight on a daily basis to remove from your body.

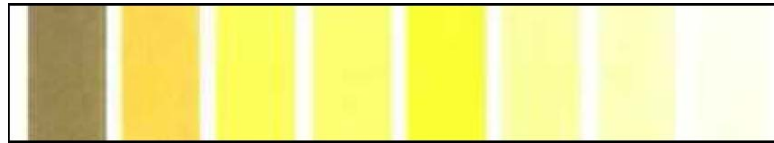
Within each of those zones are sub-sections.

**If you want to know more about the Hourglass Diet,
grab yourself a copy of the Hourglass Diet booklet.**

DRINK MORE WATER

If you get frequent headaches you may be dehydrated.

They say that drinking 8 - 10 glasses of water a day is highly supportive of body system function. I'm not sure whether that is true or not. The best measure of how hydrated you are is to check the colour of your urine. If it's a dark colour you need more water.



Dehydrated

Hydrated

Sufficient water is necessary for both the healthy function of the cells of the body and the elimination from the body of the waste products of metabolism and the waste products of a toxic environment.

Water has just about been eliminated from our diets, such is the power of advertising. It's all part of the Cocacolonization and coffication of the world. We seem compelled to drink anything that is flavoured and coloured, rather than just plain, ordinary, common or garden, every day water out of a tap.

It seems crazy to me that people pay \$3 for a bottle of water when they can get it for nothing out of a tap. Schools even sell the stuff, that's how affluent our children are. Just about every drink advertised in the market has 10% sugar in it, whether it be flavoured milk, carbonated drinks or fruit juice.

The four deadliest sins of the junk drink manufacturers are to:

1. put caffeine in the drinks. This is a dreadful practice, considering the size of some of the children who drink the stuff and the effect it must have on their small bodies.
2. load the drinks up with sugar - 16 tea spoons in a can of Coke, so I'm told.
3. if they don't load it up with sugar they stick aspartame in it, which may (or may not) interfere with gut bacteria.
4. sanitize their unhealthy product by attaching it to the healthy image of sport.

All four of them are shining examples of dreadful nutrition practice. It makes you wonder how the nutrition technologists employed by the junk drink companies can lie straight in bed at night.

If you want to learn more about the illhealth effects of sugar and aspartame, use the search mechanism on the Joseph Mercola website, www.mercola.com.

A final word on artificial sweeteners; have you noticed that only fat people drink Diet Coke? I understand that the chance of losing wight by drinking artificially flavoured drinks I quite remote.

Drink water; 'cool, clear, water'.

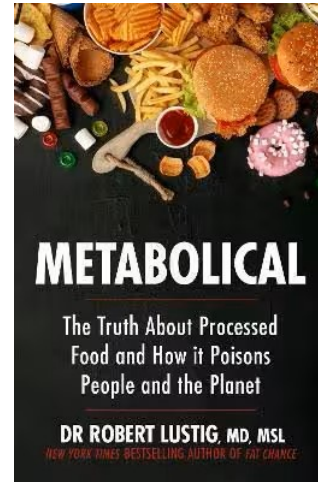
Books like this usually have a statement at the front saying that before you embark on a diet and exercise program you should first see a doctor. You can do that, but if your doctor has already advised you to eat more bread and pasta and failed to give you a fitness test or an exercise prescription, it's unlikely that they'll be madly enthusiastic about the Hourglass Diet way of eating.

YOU CAN'T EXERCISE OUT A BAD DIET

We've reached a crisis point in health, aggravated by high intakes of processed food and sugar. The food manufacturing industry is running amok with the mass production of '**garbohydrates**' (yep that's a 'g,' not a 'c') - containing various combinations of fat, flour, sugar, salt, hydrocolloids, antioxidants, acidity regulators, aspartame, preservatives, colourings, artificial flavouring, emulsifiers, acidity regulators, glutamates, thickeners, raising agents ... This ain't real food!

Dr Robert Lustig, a paediatric neuro-endocrinologist, uses the term '**metabolic dysfunction**' to refer to a state where the body's cells are not functioning properly due to a combination of factors - including poor diet (where the liver becomes dysfunctional and gut bacteria are starved of essential nutrients and poisoned by food additives), stress, and lack of physical activity.

Lustig proclaims the necessity of eating **real food** – food that comes from out of the ground, the sea, an animal or off a tree, vine or bush, is fresh, doesn't contain additives and doesn't have a label of contents.



According to Lustig, **Metabolic dysfunction**: encompasses a broad range of issues affecting the body's ability to process and use nutrients, hormones, and energy. He highlights a cluster of conditions, including high blood pressure, high blood sugar, excess abdominal fat, and abnormal cholesterol levels, that increase the risk of heart disease, stroke, and type 2 diabetes, that are directly linked to a 'poisonous' diet – in particular processed foods, sugar, refined carbohydrates, preservatives, flavourings and colourings.

Sedentary lifestyles and chronic stress, particularly affecting the adrenal glands and the sympathetic nervous system, can lead to visceral fat accumulation and insulin resistance. The liver plays a central role in glucose metabolism and insulin sensitivity. When the liver becomes insulin resistant, it can lead to a cascade of metabolic problems.

Fat located in the liver and around the abdominal organs, produces hormones that can contribute to insulin resistance and inflammation. An estimated two thirds of Australian adults are overweight, with a third being obese. If American standards are used as a guideline, it's estimated that 25% have non-alcoholic fatty livers.

There are (at least) six issues for the Commonwealth Government to work on:

- changing the dietary habits of those people who neither care about their health nor what they put in their mouth. This will entail the constant mass-media promotion of 'real food' and the banning of mass advertisements of manufactured 'garbohydrates'. (Mass consumption of the 'garbohydrates' causes more illhealth than smoking.)
- encouraging doctors to get serious and persistently hound their clients about their diet, their weight and physical activity, working closely with the fitness industry to track their percent body fat and levels of fitness. The relationship with the fitness industry needs to be as cosy as the one with the pathology, radiology, physiotherapy and pharmaceutical industries.
- supporting the fitness industry in stepping up to take on the national responsibility for the prescription, measurement, management and monitoring of fitness assessments and fitness programs for 'regular' folks
- **legislating the gradual (10 year) reduction of sugar** in beverages, confectionary, biscuits, cake and other processed food. Reducing the sugar content in chocolate (currently between 40 and 60 percent) would make it unpalatable. The definition of 'low sugar'? a sugar content of less than 3% - or better still, an awareness of how many teaspoons of sugar are contained in the food or beverage packet/box/bottle.
- revising the dietary standards, with the aim being to reduce the 'garbohydrates' and high energy-density manufactured food in peoples' diets.

- reducing sugar content in manufactured food and beverages. By gradually reducing the percentage of sugar over a ten year period, people will hardly notice the difference, that is until they go to America!

The great triumph of modern food manufacturing and marketing has been to combine fat, flour and sugar to make a sweet but deadly concoction. It messes up your insulin system. It's the root of most of the metabolic dysfunctions and maybe some of the psychological dysfunctions.

The epidemic of metabolic dysfunction sweeping across the face of the world has in turn stimulated the greatest challenge of the medical and pharmaceutical industries - the invention of pills to overcome the epidemic of metabolic (and psychological) dysfunction caused by the sustained ingestion of massive amounts of flour and sugar.

To date, many of the most common pills that have been invented only mask the symptoms. Plus treating the symptom diverts people's attention away from cleaning up their lifestyle, particularly their diet.

Hippocrates said, 'Make food your medicine.' Big Pharma is hell bent on making medicine your food.



Modern medicine is not the solution to the problem, modern medicine is the problem.

It is an axiom that Modern Medicine works to keep people healthy. The thought process goes – people live longer than 100 years ago and healthy people live longer, so people today must be healthy. But is that really the case?

Academics and clinicians nationwide stand by both Modern Medicine and our healthcare system. They feel that investing in areas and technologies ... that 'cure' people diagnosed with cancer, cardio-vascular or neurological diseases will ultimately yield better long-term results than focusing on public health measures.

This conclusion is wrong, both at the individual and societal levels. We spend 97.5% of our healthcare budget on individual treatment and only 2.5% on prevention. Not a very good bang for the buck.

Ask yourself, which is better, to be cured of cancer or not to get cancer in the first place.

Only 13% of baby boomers report that they're in excellent health.

42% of adult Americans are affected by 2 or more chronic diseases.

Robert Lustig 'Metabolics' 2021

THE CONFECTED SOCIETY

Sugar, sugar everywhere, and spoonful's of it to eat.

The table below outlines the confectioned sugar content of a selected group of breakfast 'biscuits' masquerading as wholesome breakfast cereals. Why you'd want to break your fast with flour and sugar passeth all nutritional understanding. The great tragedy is that the marketing of sugar-coated breakfast 'biscuits' looks suspiciously like it is aimed at addicting children to sugar. Just look at the design of packets.

BREAKFAST FOOD SUGAR CONTENT LEAGUE TABLE

	Products	Manufacturer	Sugar content gms/100gms	Heaped teaspoons of sugar/100gms
	Vitabrits	Nabisco	0.6	0
	Rolled oats	Nestle	1	0
	Weetbix	Sanitarium	3	0
	Wheaties	General Mills	4.2	.5
	Rice Bubbles	Kelloggs	8.4	1
	Cornflakes	Kelloggs	8.9	1
	Special K	Kelloggs	13.9	2
	Milo	Nestle	24	3
	Nutrigrain	Kelloggs	24	3
	Coco Pops	Kelloggs	32	4.5
	Froot Loops	Kelloggs	39	5
	Frosties	Kelloggs	41	6

Figures rounded up

1 heaped teaspoon contains 7 gms of sugar.



In my classification, if a manufactured product has more than 3% added sugar it's a confectionery. As for chocolate – it contains between 50% and 60% sugar. A popular brand of chocolate contains 55gms of sugar per 100gms of chocolate. This means a 200gm block contains a staggering **16 heaped teaspoons of sugar** – plus 60gms of fat. Based on Lustig's classification, it's a poison.

Join the Feeling Great low sugar campaign.



Here's a thought. Lower the sugar content down to below 4% over 10 years. No one would notice the difference – that is until they went to America.

A 1.25L bottle of Coca Cola contains 19 heaped teaspoons of sugar - 360 Calories. It would be a much better drink with just 2 teaspoons of sugar or no sugar at all.

4. STIMULATE YOUR ELIMINATION SYSTEM



Headaches could be a symptom of a poor elimination system, particularly of a liver that's struggling to eliminate the waste products and poisons in your system. Having read the Hourglass Diet chapter you'll know just how much poison there is in the food we consume.

The principle mechanisms for the elimination of toxic waste in your body are your bowel, kidneys, lungs and skin. You can stimulate elimination through your lungs and skin with vigorous, sweat-producing aerobic fitness activity.

You can stimulate the release of toxic waste through your kidneys by drinking copious amounts of water. To eliminate toxic waste from your bowel you need a breakfast that's high in fibre and vegetable and fruit juices.

Throughout the ages people have recommended fasting, or juice fasting. It's a good idea for a number of reasons:

- providing you're using organic fruit and vegetables you're stopping the process of taking in the foods that are poisonous and the foods to which you are allergic and intolerant.
- you're giving your gut a rest. If anything consider it as a flush. Certainly you're giving your liver a rest. One of its jobs is breaking down and eliminating poisons. Give it a break.
- with natural fruit and vegetables you're loading up your body with more of the essential vitamins and minerals and retaining the nutrients that are lost through cooking.

So how long should you fast for? Well a day would be a good start, though to notice a big difference two or three days is recommended. Being on juices you will neither starve nor die!

It may well be a paradox, but if you go on a juice fast you may find that your headaches intensify. That in itself is a sure sign you're on the right track. In a way it's something most addicts have to go through when they stop taking their poison of choice. They get massive withdrawal headaches. Caffeine addicts take note

Stimulating the elimination system brings us to the value of aerobic physical activity.

I've never met a healthy person who worried much about his health, or a good person who worried much about his soul. John B.S. Haldane

5. IMPROVE YOUR AEROBIC FITNESS



Headaches are a symptom of a lack of aerobic fitness. One of the key benefits of a good aerobic fitness training program is that it stimulates elimination. It gets out of your body the fight and flight chemicals, the chemicals of a toxic environment and the waste products of your own metabolism. It gets into your body more oxygen.

To date, the medical and fitness industries have not been able to come up with a universal aerobic fitness test, neither have they been able to come up with a clear and unambiguous aerobic fitness prescription.

The medical industry will prescribe everything but the aerobic fitness prescription, a pill to mask a symptom being the usual course of action. Poor function is not restored to good.

Various heart health charities have come up with a vague and indeterminate prescription, like; 'Walk around the block for ten minutes, three times a day' - or - 'Walk for 10,000 steps a day'.

The walk for ten minutes, three times a day prescription is well-nigh useless. Nobody ever improved their aerobic fitness or their metabolic health to a meaningful level with so little exercise; plus the dosage is missing an essential ingredient - effort, matched against heart rate.

Between 5,000 and 10,000 steps a day is a good program, but you could keep walking 10,000 steps until the cows come home without getting yourself into exceptionally good shape. That's because you could do each of those steps at an amble. Much better to do them briskly or as a shuffle, jog or run and get your heart rate up into the aerobic fitness training zone. That way you'll reap the full extent of the metabolic benefits.

But how do you define 'briskly' without a heart rate dosage? Enter the Fitbit aerobic fitness prescription.

FITBIT ACTIVE ZONE MINUTES

- where time meets effort – rated against heart rate

Trying to improve your aerobic fitness without an exercise prescription that includes **frequency**, **duration** and **intensity** is like taking a pill that comes without an active dosage and without instructions on how often to take it.

Without a definition of intensity, based on time and heart rate, the exercise guidelines recommended by the American College of Sports Medicine are most unscientific, particularly when wearable technology is readily available.

They claim, 'All healthy adults aged 18–65 yr should participate in moderate intensity aerobic physical activity for a minimum of 30 min on five days per week, or vigorous intensity aerobic activity for a minimum of 20 min on three days per week.'

But they don't define the meaning of 'moderate' and 'vigorous'. My moderate might be someone else's vigorous.

This sort of prescribing routine is one of the root causes of the inability of the medical industry to prescribe aerobic exercise with a scientific basis. They don't prescribe medicine without a specific dosage of the active ingredients.

Plus, why exclude children and adolescents and why end the 'prescription' at age 65. Don't youth and people over 65 need exercise?



A good aerobic fitness program requires a dosage involving **frequency** (times a week), **duration** (length of each session) and **intensity of effort** (based on heart rate). This rule forms the basis of the **Fitbit Aerobic Fitness Zone System**.

If you're serious about becoming aerobically fitter, merely recording time, steps or distance is not pointless, but intensity of effort also needs to be taken into account.

Zone Points	=	Duration	x	Intensity of effort
		(in minutes)		(on a scale where points per minute are matched against heart rate)

Fitbit calculates the number of zone points you've accumulated using a formula based the actual duration of the exercise session (D) in minutes, maximum heart rate, resting heart rate and heart rate reserve. On the next page is a rough guide, based on percentage of maximum heart rate. It's a close estimation of how Fitbit calculates the Fitbit zones.

Fitbit has two aerobic fitness training zones:

- **Zone 1:** if you get your heart rate over (circa) 65% of your (estimated) age-related maximum heart rate (220 minus age) you get 1 point per minute.
- **Zone 2:** if you get your heart rate over (circa) 75% of your maximum heart rate you get 2 points per minute.

The prescription

A medical, fitness, or allied health practitioner can prescribe a certain number of points a day to improve metabolic and mental health. 40 zone points a day sounds about right for someone wanting to see an improvement in their health.

Monitoring and managing the prescription

On a visit (or by phone or Zoom) to the practitioner, the client can present the results on their Fitbit phone app and receive appropriate encouragement.



Fitbit zone points per minute- based on % of age-related maximum heart rate.										
Effort	Light	Moderate				Vigorous				
Pts/min	0	1				2				
% MHR	55%	60%	65%	70%	75%	80%	85%	90%	95%	100%
Age										
20	105	114	124	133	143	152	162	171	190	200
25	102	111	120	130	139	148	157	167	185	195
30	99	108	120	130	140	150	160	170	180	190
35	96	105	114	123	131	140	149	158	175	185
40	99	108	117	126	135	144	153	162	180	180
45	94	103	111	120	128	137	145	154	171	175
50	89	97	105	113	121	129	137	145	161	170
55	89	97	105	113	121	129	137	145	161	165
60	86	94	102	110	118	126	133	141	157	160
65	81	88	96	103	110	118	125	132	147	155
70	79	86	93	100	107	114	122	129	143	150
75	76	83	90	97	104	110	117	124	138	145
80	73	80	86	93	100	106	113	120	133	140
85	70	77	83	90	96	102	109	115	128	135
90	68	74	81	87	93	99	105	112	124	130

6. RE-ALIGN THE BONES - and strengthen your neck muscles



Headaches are a symptom of a body that's weak, tight and out of alignment, particularly in the neck region. The solution? Get your pelvis and the bones in your neck back into better alignment.

For some people, particularly women the problem may be a lack of neck strength.

I'm going to give you two things

1. information about the likely causes of neck pain.
2. some of the key exercises you need to do to get your neck back into good shape.

I have this belief that for 80% of people there's an 80% chance they can get their neck back to 80% of good condition in 80 days if they're diligent.

There are four main contributors to neck dysfunction:

- tight muscles attached to the pelvis - front, back and sides - that tilt the pelvis back and the head and shoulders forward. The situation is aggravated further up the spine if the pelvis rotates or one side drops.
- The muscles designed to keep your head on top of your shoulders are not strong enough to do the job.
- The muscles of your neck are too tight.
- trauma

If you do the right strength and flexibility exercises there's a good chance your body will get back into better alignment. That's the secret to fixing your neck pain – and maybe your headaches.

THE DISTINCTION

From the outset it's important to make a number of distinctions: -

- between pain caused in the twinkling of an eye by a traumatic incident/accident and pain which is personally generated over a long period of time.

People are much more likely to experience pain due to personally-generated misalignment than they are due to accidental injury. Neck pain seems to fall into this category.

- between the pain and the problem. The pain is not the problem. The pain is a symptom of the problem.
- between injury and dysfunction. Injuries are caused by events that are external to us - falls, accidents ... The dysfunctions are caused by misalignment and a lack of strength and flexibility.
- between prehab and rehab. If you have a regular and systematic strength and flexibility training program there is a good chance that you can avoid the pain that comes with musculo-skeletal dysfunction. Generally speaking, if you are experiencing pain, then a good strength and flexibility training program is the key to restoring poor function to good.

- between what you can do for yourself and what others can do for you. Therapy may speed up the rehab process but it won't take the place of the exercises you need to do for yourself. It's usually a big ask expecting to get better just having someone do something to you.
- between cure and palliation. A hot pad may temporarily relieve pain but it won't get you back into better alignment.
- between 'health' and 'medicine'. Musculo-skeletal dysfunction is not a medical condition. Trying to solve it with a medical solution is another big ask. As likely as not, the medical solution will not deal with the cause of the problem.

CAUSES OF NECK PAIN

You get neck pain. Maybe it came out of the blue or you just cricked it while you were asleep. Maybe it's been creeping up on you over the years. Maybe it was generated by trauma and won't get better. Much of it is personally generated.

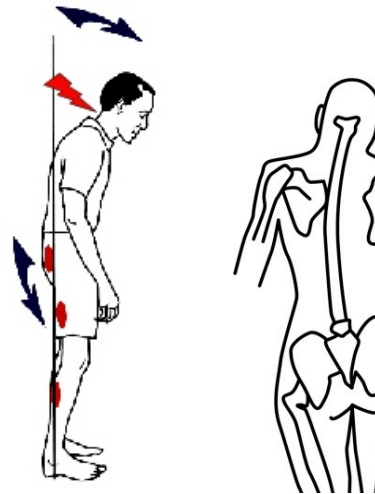
Tight calf, hamstring and buttock muscles

Neck pain is frequently a symptom of a pelvis that is out of alignment.

When calf, hamstring and buttock muscles are too tight, the pelvis is pulled down and back, twisted and rotated. The top half of the body compensates by leaning forward. Muscles, tendons and ligaments in the upper part of your back, neck and shoulders are stretched beyond their pain threshold.

Sooner or later the bones of the upper part of the back get out of alignment, discs are squeezed and the whole integrity of the upper part of the back, neck and shoulders is compromised.

You experience pain. The pain is telling to get yourself back in alignment. Tightness of the muscles on the back-side of the lower part of the body is rarely recognised as a key cause of neck dysfunction, but it is in accord with the principle that says the cause of the pain is rarely at the site of the pain.



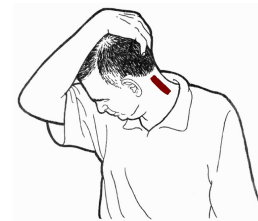
Simply pulling your chin in or getting your neck rubbed, heated, vibrated and crunched, without getting the foundation (the pelvis) squared off and stable means that a few weeks later you have to get it rubbed, heated, vibrated and crunched again.

What this means is that if you're going to fix your neck pain, you're going to have to do many of the exercises for the lower part of the body that I recommended in the back care program.

You'll know if your head is too far in front of your shoulders if the muscles at the back of your neck are tight. Try the pull-your-head-in exercise. Pull your head in with one hand and massage the back of your neck with the thumb of the other.

If it's painful, there's a good chance your head is too far forward most of the time.

Tight muscles at the back of your neck maybe giving you headaches.



There's a good chance When you put your back and head against the wall, without looking up toward the ceiling, you'll know your calf, hamstring and buttock muscles are too tight.

Rarely will anyone stand you up against the wall to see whether you can get your head and shoulders back against the wall and still look down at the skirting on the wall on the other side of the room.



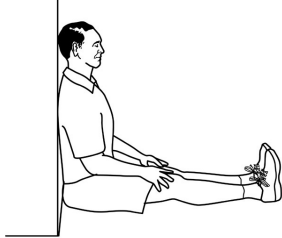
Head in good position.



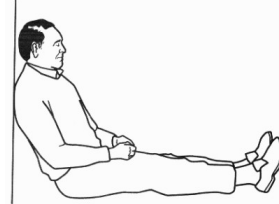
Head 10cms too far forward when standing upright

Rarely will anyone give you any flexibility exercises for your calf, hamstring and buttock muscles. Your calf, hamstring and buttock muscles are too tight. Here are some body positions, which will provide you with a diagnosis of what's wrong.

The wall-sit exercise.



Ideally you should be able to sit up straight against a wall, bottom pressing in tight to the wall.

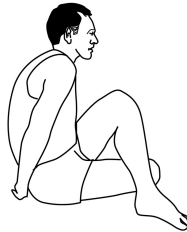


If you've got tight calf and hamstring muscles you won't be able to sit in close to a wall. You'll look like this. The tight muscles are dragging your pelvis backwards. The collateral damage is a 'C' shaped spine. You get a crook back, stiff neck and frozen shoulders

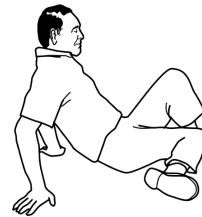
The sit-up-straight exercise.



Ideally you should be able to sit up straight with one leg crossed over the other and hands folded behind your back.



If you can't sit up straight in this position, it's because your buttock muscles are too tight. Being overweight doesn't help. Tight buttock muscles are dragging your pelvis backwards. The collateral damage is a 'C' shaped spine. You get a crook back, stiff neck and frozen shoulders.



One side is probably tighter than the other, a sure sign that your pelvis is twisted. This twist continues up your spine.

Lack of neck muscle flexibility and mobility

If you don't have a regular and systematic neck flexibility training program, over the weeks, the months, the years and the decades the neck muscles lose their flexibility and mobility.

You can't turn to look around without it feeling like you've got a squid jig ripping into the back of your neck. One side is tighter than the other.

Lack of flexibility and a head too far forward appear to be the major causes of neck pain in men.



The muscles of your neck are too weak.

You don't have a regular and systematic strength training program for the muscles designed to keep your head on the top of your shoulders.



You have trouble lifting your head up.



You have trouble taking your ear over to your shoulder.



You have trouble turning your head to look over your shoulder.

No one checks to see whether it's easier to turn your head one way than the other while lying on the floor doing these exercises.

The muscles are not strong enough to stop the bones from being pulled out of alignment.

The head weighs 5 or 6 kg. A head that's out of alignment keeps pulling on the muscles, tendons and ligaments surrounding the neck. If they aren't equal to the task, they get stretched beyond their pain threshold. Discs get squeezed. The symptom? PAIN. Another symptom could be headaches.

Few people in the therapeutic chain will measure how strong your neck muscles are. Few will give you a comprehensive set of neck strengthening exercises.

You've still got a crook neck.

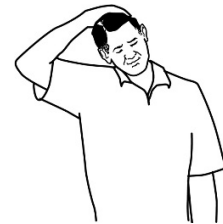
Lack of strength appears to be a major cause of neck pain in women.

Two popular treatments are the 'chook' and the 'sideways neck stretch'.

You'll be told to pull your chin in (like a chook). It's a useful exercise but nowhere near sufficient to restore poor neck function to good.



The chook



Sideways neck stretch

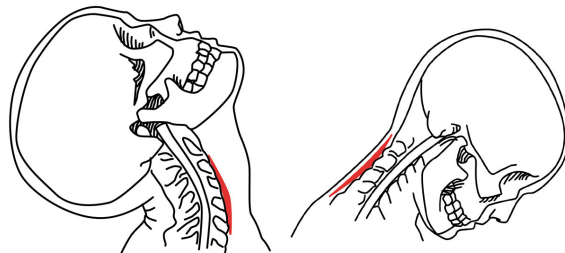
You'll be told to pull your head to one side.

You need to do it for at least minute for the muscles to get the message it's safe to loosen off. The isometric exercises I'll introduce you to later in this section are much more effective in strengthening and loosening your neck muscles.

But just working on the flexibility of muscles around the neck isn't the complete answer. It's necessary but not sufficient. You've got to strengthen those muscles.

Trauma

Maybe you've had a whiplash accident or maybe you've had one of those incidents that get featured every week on Funny Home Videos. I see lots of people who've experienced these injuries and they never seem to get better, despite all the therapeutic treatment they receive. For some of the reasons keep reading.



The esoteric cause.

The esoteric interpretation of neck pain is someone - and maybe it's yourself - is giving you a pain in the neck. Think about that.

3. STRAIGHTEN YOUR PELVIS UP

It's frequently the case that neck pain starts a long way away from the Neck.

The starting point for reducing neck pain is getting yourself into better alignment. That means getting your head sitting where it's meant to be on the top of your shoulders.

To do this you're going to have to do square your pelvis up by doing some of the key flexibility exercises that I recommend for back pain.



From this.



To this.

Here are some of the key exercises you need to do to square up your pelvis.

Static back - 20 minutes



Supine groin - 20 minutes each side.



Hip crossover - 40 minutes Build up to five minutes each side.



Wall sit



Buttock Stretch



Super hamstring, hip and butt stretch



GENERAL STRENGTH TRAINING EXERCISES

First up it's essential that you strengthen your shoulders. They are one of the foundations for the strength of the muscles further up.

Pressups on the toes

King of shoulder strengthening exercises.

Starting position: fingers facing forward, thumbs shoulder width apart and body straight. Lower body to the floor so the front of the trouser, shirt and nose almost touch the floor. Then push up. Aim for 25 in 30 seconds. When you can do 40, report back! This is an exercise you need to do at least every second day.



Pressups on knees

Queen of shoulder strengthening exercises.

Starting position: fingers facing forward, thumbs shoulder width apart, lower part of the body resting on the front of your thigh, (not your kneecaps) and body straight.

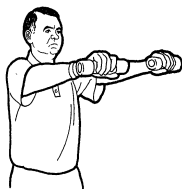
Keep the knees, bottom and shoulders in a straight line. Lower body to the floor so the front of the trouser, shirt and nose almost touch the floor. Then push up. Aim for 25 in 30 seconds. When you can do 40, report back! This is an exercise you need to do at least every second day.



One minute arm and shoulder exercise

Select a weight that you can comfortably use. For women start with .5kg in each hand. Over time, as your arms and shoulders get stronger you'll be able to move up to using 3 kg with each hand. For men, start with, say 2Kg in each hand and aim to increase the weight to 4 Kg in each hand.

Arms to the front



4 repetitions

Arms to the side



4 repetitions

Arms above the head



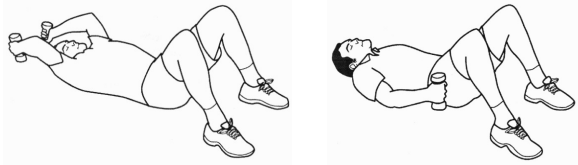
8 repetitions

The aim is to build the exercise up to 4 sets of 4 repetitions to the front, 4 to the side and 8 up above your head. It should take about 1 minute to do all 64 repetitions. Gradually build up the amount of weight you use.

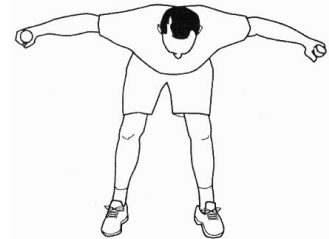
Dumbbell overs and unders – back over your head, and down (under) to thighs.

Do three sets, each of 10 repetitions. One repetition is taking the hands back to the floor over your head and down to the floor by your thighs.

Start with the same weights as for the one minute shoulder exercise. Over time, increase the weights.



Flys – chest and upper back



Strengthens pectoral muscles (at the top of your chest) and shoulder muscles.

Strengthens muscles of the upper back and shoulders.

Curls

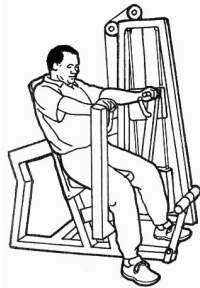


Overhead dumbbell press



3 sets of 10. Start with a set of 10 curls and then go straight into a set of 10 overhead presses with the same weight. Increase the weight with each set.

Essential exercises in the gym

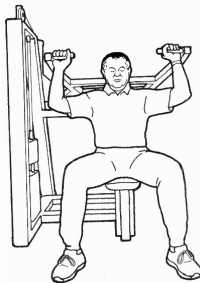


Bench press - push out

Chest and upper back



Seated row - pull back



Shoulder press - push up

Shoulders and lats



Lat pull down - pull down

SPECIFIC NECK STRENGTH AND FLEXIBILITY EXERCISES

Neck isometric exercises

The beauty of these exercises is that they strengthen and loosen the neck at the same time. The strengthening takes part on the side where your hand is. It's an isometric strength exercise. The other side has to relax while this is happening, and when you stop pushing, it loosens off.



Turn your head to the side. Place the hand on the cheek and then push the head and the hand firmly together for 7 seconds. Relax and turn the head further behind. Do three repetitions on each side



Flop your head to the right. Place the right hand under the head but above the ear and push the head and the hand firmly against each other for 7 seconds. Relax and let the head flop down toward your shoulder. Do three repetitions on each side.

Pull your head in



Pull your head in towards your armpit. Vigorously massage the muscle at the back of your neck with the thumb of your free hand.

Push head back



Push your head back against the floor for 10 seconds x 3

Push head up



Lift head a centimetre above the floor and then push against hands placed on your forehead. 10 seconds x 3.

For many of the common lifestyle related and personally generated body system dysfunctions the most popular prescription from a surgery has become a drug which masks symptoms and does not restore poor function to good.

7. LOWER YOUR BLOOD PRESSURE



For some people as soon as their blood pressure gets past a certain limit they get a headache.

Blood pressure is a universal indicator of metabolic function. That's why just about every time you go to the doctor he or she will measure it. The big problem is that that is about all they'll measure. They may get you to stand on the scales, but not ones that will measure your percent body fat so you can see exactly how over weight you are. Rarely will they take you out the back for an aerobic fitness test. Nor will you be sent off to the pathologist to see whether you're lacking in certain vitamins or minerals or to check your levels of homocysteine and C-reactive protein. You won't be given a stress inventory to complete.

According to the USA National Heart Lung and Blood Institute (NHLBI), most people with high blood pressure have '*primary or essential hypertension*', which the Institute describes as, '*... high blood pressure for no specific reason*'. i.e. it comes from out of the blue, just like the medical institutes think lower back pain comes from out of the blue.

Of course that's bunkum. If your blood pressure is high then there's definitely a reason for it being high.

What the NHLBI might have said is that for around 90% of people, high blood pressure is not the result of a serious underlying dysfunction medical condition, it's just a reflection of poor health generally.

That being the case we can define high blood pressure as a symptom of personally-generated metabolic dysfunction and being personally generated we have the capacity to personally 'ungenerated' it by modifying our lifestyle.

Nevertheless, to be on the safe side, if you have high blood pressure you need to get yourself checked out by a physician to eliminate any of the catastrophic medical causes.

BLOOD PRESSURE GUIDELINES

	Category	Systolic	Diastolic
	Normal	<120	< 80
	Pre-Hypertension	121-139 OR	80-89
	Hypertension Stage I	140-159	90-99
	Hypertension Stage II	> 160	>100

The highest blood pressure I've ever measured was 240/120.

DISEASE OR DYSFUNCTION?

High blood pressure comes at the end of a long line of metabolic dysfunctions; it is not a first cause. It's not a disease. You don't 'catch it'. It's a performance indicator of how well a range of body systems are supporting healthy cellular function. It's a symptom of poor metabolic health, a symptom of a body that hasn't been kept in good working order, hasn't been regularly serviced, whose performance is degraded.

Likely as not it's a general malaise with more than one part of the body being dysfunctional, which is why you need to take a system-wide approach for restoring poor function to good.

Taking a medication to lower your blood pressure may be necessary, but it is pretty much like cutting the wire to one of the warning lights on your car dashboard. (A lot of people seized up and came to a halt because they didn't take any notice of the warning light.)

Masking the symptom of poor metabolic health with a tablet usually means you've turned a blind eye toward addressing the problem to which the high blood pressure is alerting you. In short you've shot the messenger.

With respect to the car, if the 'motor' isn't serviced regularly it just chugs along making more and more 'noise', giving off a lot of 'smoke', losing 'power', chewing up gas', working inefficiently and eventually grinding to a halt. We recognize this decline in performance as headaches, poor sleep, lack of energy, crook gut, getting fatter, type 2 diabetes ... and high blood pressure.

As a culture we're obsessed with measuring blood pressure for its own sake. If it's high, likely as not we'll take the most expedient route to lowering it, rather than attending to the reasons why it's high. However high blood pressure is not caused by a lack of ACE inhibitor, diuretic or beta blocker.

If you search the medical literature for 'diagnose high blood pressure', all you'll find is a description of how to measure it. Well, everyone knows how to do that. All you need is a blood pressure machine. You don't even need to go to the doctor. Why spend \$85 at the surgery when you can buy a machine for that much and measure it whenever you like?

Of course what the clinical guidelines don't mention is how to diagnose the cause(s) of high blood pressure.

Well once again, you don't have to be a genius to do that.

Blood pressure is just one of many indicators of a body under stress and in poor condition. The Gran Turismo has turned into a clunker.

There are a host of other measures. Lack of aerobic fitness is the prime one, as are being stressed out of your brain and overweight.

Other symptoms of metabolic dysfunction include:

- elevated cholesterol level
- elevated blood glucose levels
- elevated level of homocysteine
- elevated C-reactive protein - a marker of inflammation related to heart health
- elevated triglycerides
- depression. Whilst it is not widely known, aspects of depression are related to the physiological impact of low levels of aerobic fitness, disrupted gut culture and essential vitamins and minerals – especially omega 3 fats - and meditation.
- elevated levels of stress and anxiety.

But needless to say, high blood pressure is just one of many symptoms of a body that's not in good running order.

The Causes of High Blood Pressure

The short answer to the most common cause of high blood pressure is trying to pump the same volume of blood through a blood vessel that has been constricted. Smaller pipe, higher pressure, it's as simple as that. So one of the great health quests for maintaining a normal, healthy blood pressure is to stop the bore of your blood vessels from getting smaller.



Arteries can become constricted due to

- nervous tension
- systemic failure of key organs of the body
- dysfunction within the endocrine system - particularly the thyroid gland
- a build-up of plaque on the blood vessel walls.

If the volume of blood increases, or the extent of the arterial network becomes greater (as in when people become fatter), the pressure will go up as well

A DYSFUNCTIONAL AUTONOMIC NERVOUS SYSTEM

The autonomic nervous system is that part of the brain that runs sub-consciously the essential processes of your body, particularly respiration and digestion. For example, you don't have to think about taking the next breath, or where your breakfast is going. It just happens, automatically.

It has two branches of nerves that go deep into the core organs of your body

- the sympathetic nervous system and
- the parasympathetic nervous system

High on the list of body system dysfunctions that lead to high blood pressure is an **over-stimulated sympathetic nervous system** which causes blood vessels constrict and muscles contract to the very core of your body.

You can 'cool down' an over-stimulated sympathetic nervous system by washing out of your system the chemicals that fire you up - adrenalin and cortisol. You do that with vigorous physical activity.

High blood pressure is also associated with an **under-stimulated parasympathetic nervous system**. You can warm it up with meditation and relaxing exercise like yoga and tai chi.

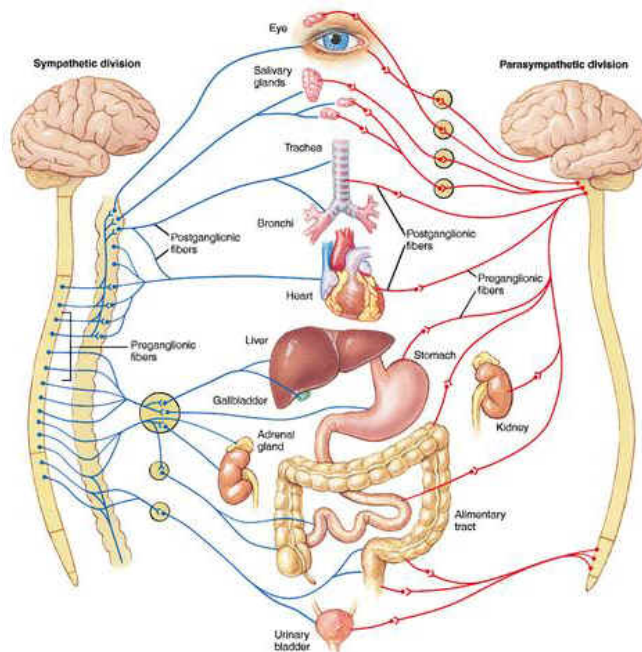
If the sympathetic nervous system is over-stimulated and the parasympathetic nervous system is under-stimulated you can expect a wide range of stress symptoms to start appearing in your body, as per the following diagram. High blood pressure is just one of them.

Sympathetic nervous system

The sympathetic nervous system is designed to help you cope with anxiety, and when stimulated is associated with the fight and flight reflex.

For example, if a tiger were to suddenly come in through your door you'd want to get stimulated very quickly, to prepare yourself for fight or flight. The brain would register the emergency and signal the adrenal glands to squirt adrenalin into the system. The effect of the adrenalin would be to stimulate respiration. Muscles would contract and blood vessels constrict. Blood would flow from your head and your gut out to the skeletal muscles preparing them for fight or flight. The contracting of the muscles and constricting of blood vessels sends blood pressure up.

Under normal conditions, once the emergency has died down, internal body functions should return to normal.



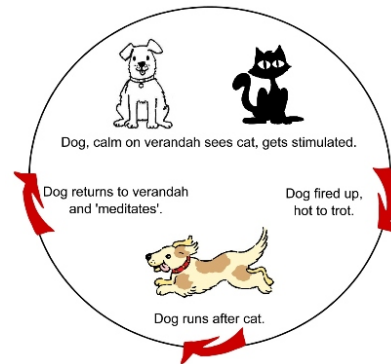
Whilst in animals, the fight and flight response time is usually quite short, humans can maintain the fight and flight response for days, weeks, months, years and decades - with disastrous results for their health.

Here's how the system works for dogs. A dog sees a cat, becomes stimulated, runs after cat and then has a lie down.

The running helps wash out of the dog's system the chemicals that prepare the body for fight and flight. The lie down after it's all over stimulates parasympathetic nervous system so the original balance within the autonomic nervous system is restored.

In the main, people with high blood pressure have an over-stimulated sympathetic nervous system.

Not that many years ago the only medical remedy for extremely high blood pressure was to cut the vagus nerve. Now the medical remedy is a tablet.



Parasympathetic nervous system

The parasympathetic nervous system is designed to relax the body.

In the main, people with high blood pressure have an under stimulated parasympathetic nervous system. It becomes stimulated when we relax, for instance when we meditate, take a holiday, do tai chi or yoga or take a walk at lunch time. Under these conditions, muscles relax and blood vessels dilate. Blood pressure comes down.

When the dog has a lie down he stimulates the parasympathetic nervous system. For us human beings there is a compelling reason to have a siesta, just to stimulate parasympathetic nervous system during the day.

To feel what the effect of stimulating the parasympathetic nervous system has on your body, try this exercise.

Take your blood pressure. Then sit in a chair for ten minutes with your eyes closed, breathing slowly, deeply and rhythmically, using stomach breathing and consciously relaxing the major muscles of your body.

At the end of ten minutes take your blood pressure again. It is highly likely that it will have dropped.

High Blood Pressure and the Autonomic Nervous System

The problem for humans is fourfold.

1. We can create the fight and flight response just by thinking about something. We don't have to see the cat to get stimulated.
2. It is not tigers coming through the door that tend to over-stimulate our sympathetic nervous system, it's the tension we generate from within ourselves, every minute, every hour, every day, every week, every month and every year. We're wound up for too much of the time.
3. We don't stimulate those mechanisms which are designed to cool down an over-stimulated sympathetic nervous system. Vigorous exercise is far and away the most effective remedy. (To do this you're going to have to get over 200 Fitbit zone points of aerobic exercise a week.)
4. We don't stimulate the mechanism designed to warm up and under-stimulated parasympathetic nervous system. Meditation is one of the most effective mechanisms for helping to restore the balance.

In humans we get anxious and upset about something and then sit down and stew on it. The fight and flight chemicals remain within the system. We continue to be upset and uptight. Muscles stay contracted. Blood vessels stay constricted. Blood pressure remains elevated.

In the end we're in a constant state of stress. We get headaches.

OTHER CAUSES OF HIGH BLOOD PRESSURE

Other systems likely to be involved are the organs associated with elimination generally, the bowel, liver, kidneys, blood, heart, lungs, lymph and skin.

Having a high blood insulin level

High on the list of causes is an elevated level of insulin in your body. Your liver is toxic. Stop eating the [garbohydrates](#) (flour and sugar - on their own, mixed or combined with fat) and you may well find your blood pressure comes down. – and less headaches.

Being over fat

As a general rule (but certainly not in all cases), the fatter you get the higher your blood pressure, as the heart has to work harder getting blood through the new capillaries feeding the fat cells.

Being over fat is a symptom of unhealthy living, of poor adaptation to an environment where the garbohydrates are cheap and readily available, of an elimination system that can't get rid of the extra fuel being taken on board, every meal, every day, every week. The fuel is stored on the outside of the body as flab and the inside as visceral fat. Add to that 'fatty liver'!

Actually, when you think about it, it's a marvellously engineered system. You can carry a store of food around your body and take it with you everywhere you go, just in case you need it. There's no need to worry about packaging, storing, transporting or the food going off. It's brilliant; just don't carry too much of it.

However, unlike cars where once the petrol tank's full, it's full, humans have an ability to keep taking on fuel they don't have an immediate need for. In effect they can increase the size of the fuel tank at any time.

If you're getting fatter, not only do you have an eating disorder and an exercise disorder but you probably have an elimination problem. In which case your bowel, liver, kidneys, heart, lungs, lymphatic system and skin are not functioning normally. It just puts a whole lot of stress on your body, one of the symptoms of which is high blood pressure.

The great tragedy of modern medicine is that the chain of events leading to metabolic dysfunction is an insidious one, it creeps up on you without being recognized until you come across the straw that breaks the camel's back.

When that happens, the symptoms of the dysfunction will be treated with a patch up job, like a tablet, crème or suppository. The 'motor' continues to function, but poorly.

Sometimes the damage done is irreparable. It can't be fixed up by diet, exercise or meditation. A lot of the time the damage can indeed be reversed.

Being under fit

Lack of a regular, vigorous physical activity program is the number one cause of high blood pressure. Why? Because vigorous activity stimulates the various elimination mechanisms which

- rid the body of the waste products of metabolism.
- rid the body of the toxicity that comes into the body from a very toxic environment - nicotine, paracetamol, caffeine, alcohol, tobacco, preservatives, flavourings, colourings, herbicides, pesticides, petrol fumes, prescription medicines ...
- cools down an over-stimulated sympathetic nervous system.

And you wonder why you get headaches

Along with a non-carbohydrate diet, a regular and systematic exercise program is the principal means of burning off excess energy and reducing the body's fat stores. It is a very tough assignment in our culture staying close to your ideal weight and keeping the 'motor' in peak condition if you don't exercise.

In Western societies the cost of metabolic dysfunction generated by low level of physical activity is around \$5,000us per person, per year, per man, woman and child.

There are a host of compelling reasons why adopting a regular, vigorous and systematic exercise program is one of the best ways of improving your health - and lowering your blood pressure. Consider it the metabolic defrag. It's all outlined in the [Complete Fitness Workout](#).

Thyroid Dysfunction

Elevated blood pressure may relate to low thyroid function.

HOW TO LOWER YOUR BLOOD PRESSURE NATURALLY

The best way to treat the causes of high blood pressure is to mount a global attack and do the things which encourage all the major body systems back into good function, all at the same time.

Reduce stress in your life

If you're going to lower your blood pressure you've got to take a serious look at reducing pressure generally in your life. Elsewhere it's called 'stress' so in this book you'll find a concise outline of what stress is, and how to reduce it.

Stress is the distance between what you're getting and what you want. When you know what you want and you're getting it you feel good. When you know what you want and you're not getting it you feel dreadful.

If you do what unstressed people do there's a good chance you'll dramatically lower your stress level.

Develop a high density exercise routine

Exercise with vigour, continuously for 40 minutes each day. Start shuffling, (jogging or running,) or swimming, get on the stepper or climber, the exercise bike or the rower. Get a good sweat up. Your pulse rate should be over at least 65% of our age-related maximum heart rate for most of the time you are exercising. Ambling around the block or walking around your office for ten minutes three times a day won't have much effect.

If you're in a constant and prolonged state of tension your blood pressure will stay up indefinitely. When it does that your risk of heart attack and stroke increase dramatically.

If you can build up to 200 Fitbit aerobic fitness zone points a week, you'll be on the way to improving your aerobic fitness, calming down an over-stimulated sympathetic nervous system, restoring function to key body systems and losing fat.

The vigorous physical activity will burn off the chemicals that over-stimulate the sympathetic nervous system. This will cause muscles to relax and blood vessels to dilate and blood pressure will come down.

Learn how to relax by meditating

Meditation on a daily basis stimulates the parasympathetic nervous system. When you do this, muscles relax and blood vessels dilate to the very core of your body. Blood pressure comes down.

I can teach you how to do it. In fact I've got just the program for you, in the form of the **I'm becoming More and More Relaxed** MP3 audio file. All you need to do is settle into a comfortable chair, switch on the audio file and start breathing slowly, deeply and rhythmically.

Adopt the Hourglass Diet

Eat in a way that supports good health and ideal weight. Keep focused on the foods at the top of the hourglass. If you eat from the top of the hourglass you'll become thinner.

For every kilogram or fat you lose, you can expect your blood pressure to drop 1mm Hg.

Eat Foods that Lower blood Pressure Naturally

After searching the literature for treatments designed to lower blood pressure naturally, I've come to the opinion that it's highly likely that high blood pressure is a symptom of dietary insufficiency, in particular lack of certain minerals and antioxidant vitamins. For many people, the evidence points to that fact that tackling this insufficiency would lead to significantly lower blood pressure.

Based on this assumption it's disingenuous for the medical industry to tell people to eat less salt, without telling them to eat more magnesium, potassium and calcium, co-enzyme Q10 and more of the anti-oxidant vitamins.

Get a good night's sleep

A good night's sleep involves getting enough sleep, sleeping soundly and waking up refreshed. I've got just the program for you, a book and an MP3 audio file to teach yourself how to go to sleep.

Stop drinking caffeine

Caffeine constricts blood vessels and may boost blood pressure between 10 and 20 points.

Stop smoking

Smoking contracts blood vessels, causing blood pressure to go up.

Stimulate healthy liver function

Eat foods which stimulate the liver back into normal function, particularly celery, carrot and parsley.

Here is my recipe for the thick shake from heaven:

- place into your blender a selection of fresh fruit and vegetables - carrot, parsley, celery, cucumber, broccoli, pear, apple, orange ...
- add some psyllium husk, raw oat bran, lecithin and flaxseed to get yourself moving quicker on the inside and help lower your cholesterol level
- add a couple of heaped table spoons of whey protein
- add water

If you use these as meals (and I can guarantee that each one is a decent meal when you take into account the amount of fruit and vegetable), you'll soon find yourself losing weight. Your cholesterol level will decline.

Eat less salt

We live in a culture that's obsessed with putting sodium chloride into food. You don't need to add it to your food. There is a good chance it's already added to all the pre-cooked, packaged, tinned and bottled food before it gets to you.

Eat more potassium, calcium and magnesium

Eat more garlic

Research shows that eating garlic may be as effective as one of the pharmaceuticals.

Eat more celery

Make yourself a morning vegetable and fruit blended thick shake that includes plenty of celery.

Increase your intake of antioxidants

You'll get the antioxidants from vegetables and fruit.

Have a day off each week

Have one day of complete relaxation each week. Moses Bullrush thought it was such a good idea he made it one of his commandments.

Take a holiday that involves at least 21 days away from home

Paul Pearsall in his book 'Superimmunity' said you need to take at least one 21-day-away-from-home holiday every year. Taking a couple of days off here and there isn't sufficient to get you to wind down the fight and flight side of your autonomic nervous system or rev up the relaxation side.

Use up all your accrued annual leave and long service leave and dedicate the time to getting fit. Why would you save up all your accrued leave until you retired?

Leonardo da Vinci said,

'Every now and then go away, have a little relaxation, for when you come back to your work your judgment will be surer. Go some distance away because then the work appears smaller and more of it can be taken in at a glance and a lack of harmony and proportion is more readily seen.'

Take a walk at lunch time

Get away from your desk and get some fresh air.

Refocus

Undertake a course of personal development and counselling to get your mind back focused on your Self and your health.

William Blake said, *'If the doors of perception were cleansed everything would appear to man as it is: Infinite. For man has closed himself up, till he sees all things thro' narrow chinks of his cavern.'*

The closing of the doors of perception about what we need to do to keep ourselves fit and healthy has perverted the course of modern medicine.

8. GET A GOODNIGHT'S SLEEP



THE SLEEP PRESCRIPTION(S)

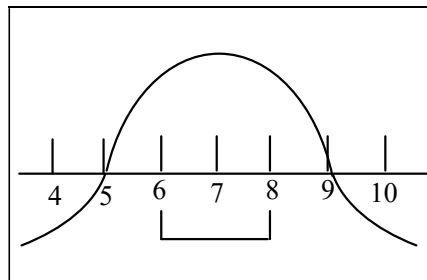
Work out how much sleep you need.

You might be waking up when you've had enough. If that's the case - **get up!** Turn in later, get up earlier, stop wasting your time lolling around in bed.

Napoleon Bonaparte is reported to have said, '6 hours for a man, 7 hours for a woman and 8 hours for a fool', I would think that somewhere between six and eight is about right for most people.

Having said that, there is a **normal** spread of hours from 5 through to 9. Some people even get along very well with just 3 or 4 hours sleep a night. It is all they need. For most healthy, stimulated people 9 hours is too much.

Don't expect to have the same amount of sleep every night. 7 hours might be right one night, 5 another, 9 on another. The variation is normal. Don't worry about it. Either get up, turn the light on and start reading or spend the time in bed thinking.



Clean up anxiety

Poor sleep is your body's way of telling you to clean up your anxiety. Complete the past, live the present and create for yourself a powerful future.

'It is the future into which you are living that gives you being and action in the present.' Werner Erhard

Completing the past may mean going to a counsellor or a personal development course or reading books.

Living the present means doing things that light up your life, rather than dragging yourself from one flat screen to the next. Creating the future means setting goals for the big thing in life, getting a life coach to steer you in the direction of your dreams.

'If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them.' David Henry Thoreau

Don't waste a moment. Start building those castles while you lie awake in bed and keep building them during the day.

Let go the day

Poor sleep may also be your body telling you that you haven't let go the day. It could be an ego thing. The day is not more important than a good night's sleep. Let it go. It's gone. Switch off. Clear your mind, meditate.

Get a life

Nietzsche said something to the effect that if all you've got to worry about is not sleeping, then you haven't got much to worry about; life is vacuous.

Fill your life up with things that you think are meaningful and purposeful and at the end of each day you'll sleep like a log and wake up refreshed and raring to go. You probably won't even need much sleep. You'll want to get up early and go to bed late you're so excited about your own life and the things you're filling it up with.

You'll have boundless energy. You'll never be tired*.

If you do wake it will be to think about something. So don't lie there complaining to yourself that you can't sleep, start thinking. Use this time wisely.

Take no thought for the morrow

The morrow is sufficient to take thought for the things of itself.

To save thinking about the morrow, write down a **to do list** before you go to bed and let your subconscious do the worrying while you sleep. Turn off, tune out and drop off to sleep.

Seize the day

If you go to bed knowing that you've definitely seized the day, you'll sleep like a log. It beats going to bed thinking about all the things you didn't get round to doing.

* On the question of being tired, most people only get tired when they're bored.

Clean up your act

Look around you. Is there stuff that needs cleaning up; your office, your house, your garden? Start cleaning up, you'll kill two birds with one stone.

The fifth of the twelve labours set to Hercules was to muck out the Augean stables. It was such a mess they didn't believe he could do it in one day; but he did by rerouting the Alpheus and Peneus rivers. Now maybe you don't have to go to those extremes, but once you've cleaned up you'll feel a mighty rush of accomplishment that will rock you to sleep.

*Somebody said that it couldn't be done,
But he with a chuckle replied
That 'maybe it couldn't' but he would be one
Who wouldn't say so till he'd tried.
So he buckled right in with the trace of a grin
On his face. If he worried he hid it.
And he started to sing as he tackled the thing
That couldn't be done and he did it.*

Edgar Guest

Wake up to yourself

Being woken up may be your subconscious mind telling you to 'wake up to yourself'. Get up, get on with life, find something to be passionate about. If there's something on your mind in the middle of the night, either get up and deal with it or start thinking. Time spent awake in bed thinking is time well spent. If you get up and start thinking with a pen in your hand, so much the better. Then, when the thinking's done, go back to bed, to sleep, to dream.

Get up

If you wake up early, get up! Do something. Start the day. You may need less sleep than you think. There are a lot of people who know that the best time of the day is as the dawn is breaking - particularly if they're out walking, jogging or running. The feeling they experienced sets them up for a great day. Try it for a week and see how you feel. Report back!

Become physically active

Poor sleep could be your body's way of telling you you're not physically tired. Nathan Pritikin said, 'If you don't have time to exercise take an hour off your sleep. You'll sleep better and you'll need less sleep.'

If you want to get those kittens purring, sneak in 40 minutes of vigorous aerobic activity every day.

If you can't be bothered exercising put up with poor sleep.

Look after your Self

Your *Self* is craving some time, attention, affection and thought. It thrives on a good night's sleep, meditation, exercise (both vigorous and relaxed). It loves pampering, reading, holidays and romance.

An inability to get a good night's sleep is just one of many clues that you're not giving enough back to your *Self*. Find out what it wants more of. Find out what it wants less of.

Meditation and muscular relaxation

Meditate sitting on a chair in a quiet room for 10 minutes before you go to bed. Then, once you're in bed, with every breath you breathe out, consciously relax the muscles in your body from your head down to your toes and drift off to a deep and relaxing sleep.

Get into the Alpha state and consciously relax the muscles in your body from the head down to the toes and drift off to a deep and relaxing sleep. As you breathe out say the word 'sleep' to yourself.

I recommend you use a **relaxation tape** to help get you off to a relaxed and gentle sleep.

When you are ready to go to sleep, put on the tape and let yourself drift away. You will wake up refreshed, relaxed, revitalized and re-invigorated next morning.

Focus your thinking

Most children are told to go to bed, they are not taught how to go to sleep. Distract the left brain from its busy-ness by focusing on one thought. Use the Silva sleep technique to put yourself to sleep at the beginning of the night and any time when you wake up during the night.

Lose weight

If you're 20 or more kilos overweight, you might be suffering from sleep apnoea. You stop breathing a few hundred times a night. You wake up tired. The gas mask is a poor-man's substitute for losing weight and getting fitter; it's a couple of Grand into the pocket of Resmed that would be better off in your own.

Lay off the grog

Because it's a central nervous system depressant, alcohol will help put you to sleep. However, because alcohol has a half-life of five hours, you may wake up mid-way through the night.

Lay off the caffeine

Some people could drink 20 cups of coffee a day and they'd sleep like kittens. Others may only have one cup or can of Coca Cola and it's enough to keep them awake.

Reduce your fluid intake

Having to get up to go to the loo breaks the sleep pattern. Then you may not be able to get back to sleep.

Steer clear of sleeping tablets - treat the cause of your sleep dysfunction

Sleeping tablets fail to produce the rapid eye movement (REM) deep sleep required for the body to recover naturally and then prepare for the next day.

Stop watching TV an hour before you go to bed.

In fact turn off the idiot box (and your mobile phone) altogether. Read a book.

Spends the day in the gardening

A good place to start working on yourself is in the garden. You'll kill another two birds with one stone.

There are few things more satisfying than a day in the garden - physical work coupled with the satisfaction of seeing progress made. I used to help my Dad in the garden on Saturday afternoon. Digging, wheel-barrowing, cleaning out the chook house, listening to the football on the portable wireless, going down to the beach at the end of the day to get seaweed and cuttlefish for the chooks, washing the tools and the paths and then having a shower before tea. Ah, sweet dreams of childhood.

Go for a very long walk

Treat yourself to a day in the bush - an all-day walk in which you come home with tongue hanging out and legs that feel like they're about to drop off. Do that every weekend until your sleep is back to normal.

Romance

Move heaven and earth to spruce up your romantic life. 'Sweet dreams are made of this. Who am I to disagree?'

Soothe the savage beast(sic) with soft and gentle musick

Musick has Charms to sooth a savage Breast,
To soften Rocks, or bend a knotted Oak.
I've read, that things inanimate have mov'd,
And, as with living Souls, have been inform'd,
By Magick Numbers and persuasive Sound.
What then am I? Am I more senseless grown
Than Trees, or Flint? O force of constant Woe!
'Tis not in Harmony to calm my Griefs.
Anselmo sleeps, and is at Peace; last Night
The silent Tomb receiv'd the good Old King;
He and his Sorrows now are safely lodg'd
Within its cold, but hospitable Bosom.
Why am not I at Peace?

William Congreve

Don't ask what your doctor can do for you, ask what you can do for yourself.

9. MANAGE THE STRESS OF YOUR LIFE



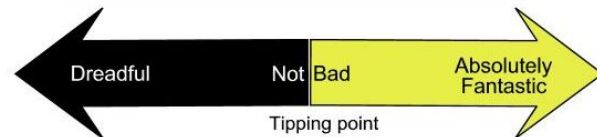
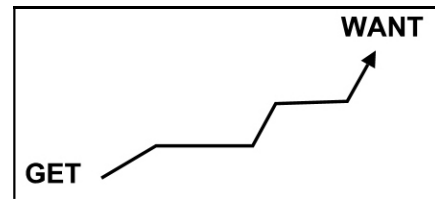
Headaches could be a symptom of stress.

STRESS, WHAT IS IT?

Stress is the distance between what you're getting and what you want.

If you know what you want and you're on the way to getting it you feel great. When you get there you feel absolutely fantastic.

If you know what you want and you're not on the way to getting it, you feel stressed out of your brain. For most people life has the expectation of getting worse. At age 80, 80% of people are either on their own, sick, broke or dead.



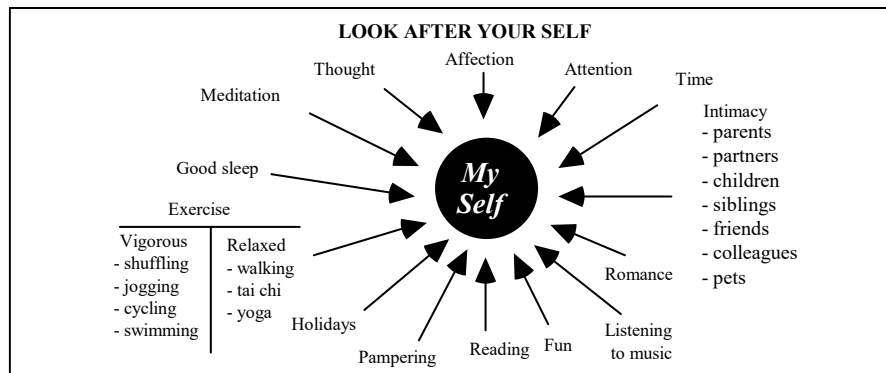
So, you've got two choices.

1. Working out how to cope with things getting worse.
2. Working out ways to make things get better.

When you do that you'll take the pressure off yourself.

The rebellion of the self

If you're stressed there's a good chance you're not giving back to your Self the things your Self needs.



If you're stressed find the time to do the things unstressed people do. They take time for themselves.

They get a good night's sleep. They have a varied exercise program that included vigorous activity and relaxed activity.

They plan their holidays ahead of time so they can get away for a series of short and at least one long break every year.

They pamper themselves. How long since you had a massage or indulged yourself in the luxury of a day in bed?

They have hobbies, like reading, going to the pictures.

They have a good romantic life.

They keep in touch with their family and friends.

At the end of the book you'll find three surveys; the Health Climate Survey, the Stress Risk Survey and the Career Satisfaction Survey. The Stress Risk Survey is based on the habits of unstressed people. If you want to eliminate stress from your life do the things unstressed people do.

Not knowing what you want

Most people aim at nothing in particular in life and achieve their aim with remarkable accuracy.

If becoming stressed is a manifestation of the anxiety that accompanies not getting enough of what you want, it gets worse if you don't know what you want. When that happens you have to put up with what you're getting.

Until you know what you want, it is not easy to move forward with any great confidence. It's the same thing as, 'If you don't know where you're going any road will get you there.'

Beating your head against a brick wall

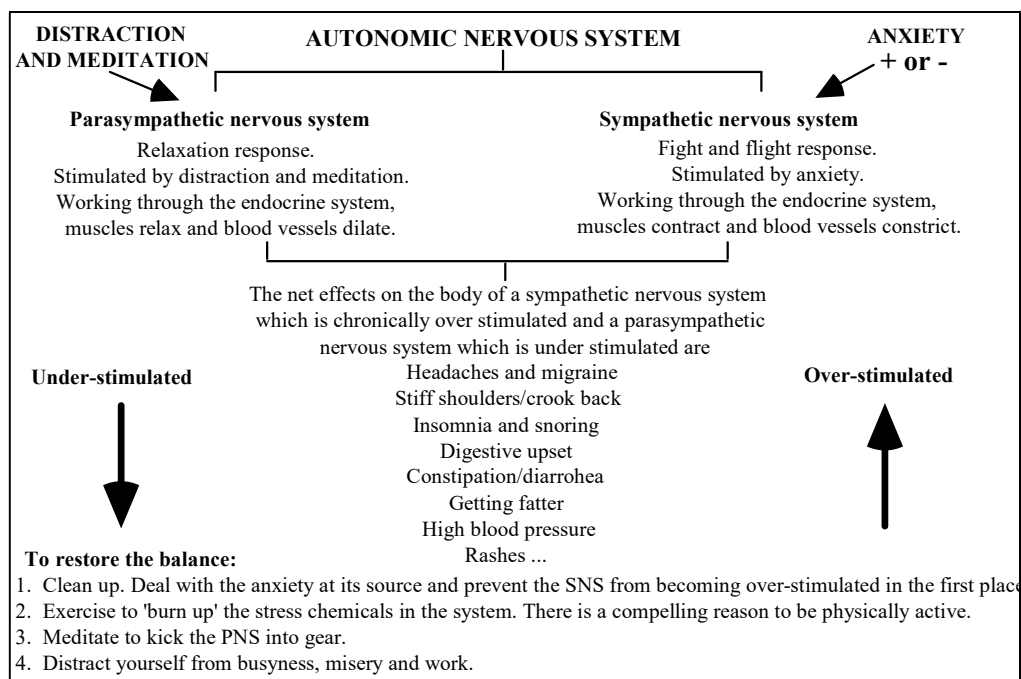
If you know what you want but don't know how to get it, or if there is something stopping you from getting it, you experience the feeling of beating your head against a brick wall.

If you want the want badly enough and you genuinely believe it is within your ability to get it then you're going to have to work out how to get past the brick wall - crawling under it, around it, over it, or crashing through it.



STRESS, WHAT DOES IT DO TO YOU

If the **sympathetic nervous system is over-stimulated** and the parasympathetic nervous system is **under-stimulated** you can expect a wide range of stress symptoms to start appearing in your body.



When we get stressed the body reacts in a flight and fight response. This is a normal, healthy function. However, the body was not designed to be aroused for extended periods of time. We need a balance of arousal and relaxation.

The stress cycle was originally developed as part of a primitive response. Man would be confronted by beast. Man would get frightened and run away. Once the crisis was over he returned to his normal calm self. The running contributed to the calming process by burning off the stress chemicals in the blood stream.

In the modern world, we get excited more often by nervous stress than wild beasts. And with chronic stress, every minute, hour, day, week, month, year and decade see us gradually getting more and more stressed. This is why blood pressure creeps up slowly over the years, particularly for busy people.

But, whilst we still get all the reactions of the flight and fight mechanism, we don't burn off the chemicals through physical activity or rest up to induce a state of calm.

STRESS – WHERE DOES IT COME FROM?

Not thinking

If you could target only one source of your stress, it is a fair bet that it would be the stress generated by your own thinking, or more precisely your lack of thinking.

You feel good when you're well supported by your thinking, when you're thinking logically, rationally, creatively, optimistically and frequently.

Werner Erhard said, *'Most people don't think, they just have thoughts'*. And it's usually random thoughts at that, often in reaction to thoughts that come into our head from over the wireless or the idiot box, or from a magazine or newspaper. We live in a junk society. We listen to junk, watch junk and read junk.

Illogical thinking

Despite the vaunted effectiveness of our education system, it is easy to fall into the trap of thinking illogically.

Illogical thought takes many forms, among them myth, superstition, bigotry, most of the 'isms' together with long held (and usually untested) beliefs of the culture and family into which we have been indoctrinated. We get sucked in by statistical and political misrepresentation. As Adolf Hitler said, *'The broad mass of a nation ... will more easily fall victim to a big lie than a small one.'*

Anxiety about the past, present & future

Stress is the reaction inside our mind which shows up in our behaviour and in our bodies in response to anxiety about the past, the present or the future.

We get stressed when we can't let go of the past.

We get stressed when the life we're living at present is sad and miserable.

We get stressed and feel anxious and insecure when we don't believe we can accurately predict an optimistic future for ourselves, or when it looks like the future is going to end up as sad and miserable as the past.

STRESS – HOW TO GET AHEAD OF IT?

Eliminate the negative and accentuate the positive

We are drowning in a sea of negativity. They say things are getting worse.

Clean up your act

One of the first places to start in getting ahead of stress is to clean up you act.

First of all clean up your immediate environment - your bedroom, your kitchen your house, your garden, your office, your wardrobe. If you haven't worn something for 5 years ditch it or give it to someone who'll wear it. Same with shoes. If you have to go in on the weekend to clean up your office, just do it. Throw out stuff you don't need.

There are few things more satisfying than spending the day cleaning up. At the end of it you can look back and see what you've done.

Look after your fitness

It is a nonsense to believe that you can be healthy and stress free without being fit.

The emotional status associated with lack of physical activity is the same as that associated with stress, disease and dysfunction.

You feel miserable. You end getting frequent headaches,

There is a compelling reason to exercise if you are stressed. Fit and active people are less stressed. Physical activity with vigour is one of the great stress relievers. When you exercise with vigour you wash out of your system the chemicals that fire up your sympathetic nervous system. You release feel good endorphins from your brain.

Our minds and bodies crave good health. Over 1900 years ago Juvenal referred to this fact when he wrote '*You must pray to have a healthy mind in a healthy body.*' (As for prayer, pray to yourself, at least you know someone is listening.)

Significant benefits of being fitter (whether it be aerobic, strength, or flexibility exercise) are psychological. You feel better because the mind and the rest of the body systems associated with being fitter are intimately connected. Along with feeling better, you'll have

- more energy, more vitality, more alertness
- more enthusiasm for your own life
- an enhanced positive mood state
- relief from anxiety and depression
- an enhanced ability to cope with stress
- an improved level of self-confidence and self esteem
- a positive affirmation of well-being.

On top of that you'll experience a range of physiological benefits

To stay in the fit and healthy zone you need to do something. Expecting to get fit and healthy by having someone do something to you is a big ask.

Meditate

Meditation is one of the keys to successfully dealing with stress because it works to stimulate the parasympathetic nervous system.

The only reason you can't find time to meditate is because you can't find time for yourself.

Reproduced below is the start of the meditation exercises.

- Sit comfortably in a chair. Relax and close your eyes.
- Take a long slow, deep breath and hold it.
- Relax and breathe out, and with every breath you breathe out feel your body becoming more and more relaxed.

- Start breathing using stomach breathing, so that every time you breathe in, your stomach goes out. Stomach breathing will slow your breathing down dramatically, get more oxygen into your body and will stimulate your parasympathetic nervous system. Muscles will relax and blood vessels dilate to the very core of your body. Brain waves will start to slow down ...

Get a good night's sleep

Sleep is one of the first casualties of stress. You can't get to sleep, you're awake for too long in the middle of the night and you wake up tired in the morning.

Distract yourself from being busy and miserable

The hallmark of a rich and fulfilling life is the ability to set a balance between the work and non-work aspects of life, and set aside sufficient time for yourself, your family and friends. Each area deserves 100%!

Do you have a good 'distraction' plan, a diversion strategy, a plan designed to cool the warm reactors down and warm the cold reactors up.

True relaxation involves re-creation, 'losing' ourselves in activities that we find totally absorbing; hobbies, exercise, sport, a book, a movie, sightseeing ...

Take regular holidays

It would be a nonsense to allow someone to go out on stress leave if they hadn't taken their holidays and long service leave. That's what they're for.

Your ability to get away is a very good barometer of the effectiveness of your goal setting and planning, particularly that part of it that relates to yourself and your family. Put yourself first.

Plan your **work** around your **holidays**.

You can look at holidays from several points of view as:

- a reward
- something positive to look forward to, or more importantly,
- something you've just got to do to take time out, recharge your batteries and restore your soul.

Only when you take time out, when you exclude the hurly burly of the outside world, do you give yourself the chance to put more back into the lives of yourself and your families.

A holiday is the key to an increasing state of positiveness, of optimism and wellbeing. It is a fundamental part of the whole process of stress management and involves relaxation, recuperation, revitalization and re-creation.

Einstein said that *'Time is measured not just in minutes, hours or days but in the occurring of an event.'* When it looks like there's a problem fitting a holiday into the grand scheme of things, just look back and recall how much of your life is anchored to past holidays. Bring back the memories and then get out the atlas.

Listen to relaxing music

Music has the power to sooth the savage beast in all of us.

In the book 'Superlearning' the authors suggest that Baroque music with 60 beats per minute in 4/4 time has a relaxing and calming effect on the body. At the same time the mind becomes more alert and receptive.

The effect of the music is to provide the listener with a 'sonic massage', in which the focus of attention is fixed inwardly instead of outwardly.

Have a good laugh

Laughter is still the best medicine. Rarely do you get a good belly laugh in the surgery.

Here's a joke. A woman walks into a bar and says to the barman, 'I'll have an entendre.' She thinks for a moment and says, 'Make it a double.' So he gave her one!

Look after your family

For most people, but not all, family is important, and if things go wrong in the family it is often with long lasting consequences. It is hard enough growing up in, or being a member of a functional family, let alone a dysfunctional one. There are many things to do to make sure it ticks over nicely.

Like all successful sporting teams, what most families probably need is a good coach!

Look after your career

Because we spend so much time at it, work plays a central role in our lives. It shapes and develops the way we live in just about every area of our life. We have the capacity to choose for it to make us happy or miserable.

Wouldn't it be good to have a job you loved so much you'd do it for nothing but which you did so well you'd be paid handsomely? The Buddha said, 'Find the job you'd love to do and you won't have to do another day's work in your life.'

Work provides us with more than just the income to support body and life. If

- you enjoy your work and find it interesting
- you're putting in effort and getting out satisfaction
- you have personal mastery over what you do
- your focus is on learning as well as earning
- you see your role as being important
- you feel you are making a valuable contribution to your community
- you're growing and developing as a human being
- you're moving forward to where you want to be, either inside or outside the organisation you currently work for,

... then chances are it will be reflected in a rich and fulfilling life.

If you want to relieve stress, find a job that matches your

- interests
- intelligence strengths
- personality
- cognitive style
- aptitudes
- values and
- abilities

... and an organisation that's well managed and where you get on well with your work colleagues.

Look after your finances

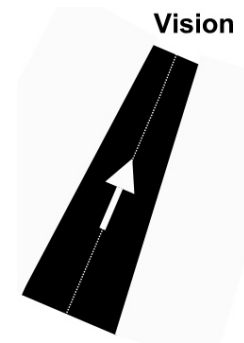
Look after your finances. Being broke is major source of stress.

Financial health is an integral part of the rich and fulfilling life. We need a financial plan that enables us to live in the manner to which we are accustomed (or to which we aspire) now, and in the future.

It is becoming increasingly clear that the community will not be able to provide us with a high level of income when we retire. As a rule of thumb we will need 7 - 8 times our current income invested to maintain our current standard of living when we are retired.

THE STRESS REDUCING FORMULA – in a nutshell

- **Create a powerful vision** for what you want in your life, particularly the big things like your health, your family, your career and your finances.
- Set **goals**. Write them out. Share them with someone and then work steadily toward their achievement. Paste them into your diary.
- **Clean up your act**. First of all clean up your environment - your bedroom, your kitchen your house, your garden, your office. If you have to go in on the weekend to clean up your office, just do it. Throw out stuff you don't need. Before you go to work make your bed and clean up the kitchen. There's nothing worse than coming home to an untidy house.



Then start work on cleaning up your anxiety. If need be find a coach who can help you. Read and attend personal development courses.

- Make an assessment of your goals and commitments in the light of everything that's going on in your life: seek the **balance** between work, leisure, family ... and negotiate with the people around you who matter.
- Decide whether to
- **reset** your goals
- **work harder and/or smarter** for a short period of time and clear the decks
- **give up** some of your commitments and/or ambitions
- **extend the time** you've set aside for the completion of some of your projects or the achievement of your ambitions
- **Exercise** on a regular and systematic basis. Exercise vigorously, not strenuously for at least 20 minutes a day to burn off stress chemical.
- **Eat** from the top of the Hourglass
- **Meditate**. Take up Tai Chi or yoga.
- **Distract** yourself from busyness, misery and work. Nothing will get better until you set aside more **time for yourself**. You won't find more time until you set more time aside. Program yourself. Book yourself into a course or to a series of counselling sessions aimed at getting you into the habit of introspection.
- **Look inwards** not outwards for the solution to your distress.
- Complete the **past**.
- Live life in the **present**.
- Plan each day the night before.
- Make a realistic assessment of the commitments that need to be fulfilled quickly in order to reduce the distress and **get cracking**.
- Watch less **TV**.
- **Pamper** yourself.

- Mix with **stimulating people**.
- Do something **wonderful** for some-one else.
- **Complete** your unfinished projects.
- Have a good **laugh**.
- Take a month off and go away.
- Listen to relaxing **music**.

The truth that makes men free is for the most part the truth which men prefer not to hear.
Herbert Agar

10. WHEN IT'S ALL SAID AND DONE - there's usually a lot more said than done.

At the beginning of the book I said I was going to finish by telling you what I told you.

With respect to headaches, when it's all said and done:

1. Change your diet. Reduce the intake of the foods to which *you* are intolerant or allergic (and the poisons). This means eating natural, wholesome food and only drinking water and fruit and vegetable juice you've blended yourself (or green tea). In particular stop eating flour and stop drinking cola, coffee and alcohol.
2. Stimulate the process of eliminating the waste products of a toxic environment and the waste products of your own metabolism. Headaches could be a symptom of a poor elimination system, particularly of a liver that's struggling to eliminate the poisons in your system.
3. Improve your aerobic fitness. Aerobic fitness is the key to getting your metabolic system back into good health. Good health means fewer headaches. The big benefit of an aerobic fitness program is you'll feel better. That in itself will be your greatest reward. But as well as that it will 'defrag' your metabolic system. That's the other big benefit. You can't subcontract out the 'defragging' of your metabolic system.
4. Make sure the bones in your neck are in good alignment and the muscles of your neck and shoulders strong enough to keep your head firmly and in good postural alignment on the top of your shoulders. If your head is out of alignment, ligaments, tendons and muscles will be stretched beyond their pain threshold. You could end up with a headache.
5. Lower your blood pressure. High blood pressure and headaches go hand in hand.
6. Get a good night's sleep. The headaches you're getting could be nature's way of telling you that you don't get enough good sleep. Coming down with a headache could be your body's way of telling you to go and have a sleep right NOW.
7. Manage the stress of your life. That means managing the stress of your health, your family, your career and your finances. Clean up your act.

The great diet tragedy of in the western world is that people are starving on full stomachs and poisoning themselves. As a result they're wracked with the pain of all manner of body system dysfunction.

11. HEALTH CLIMATE SURVEY - a good score is a low score.

The three major body system dysfunctions of our time are personally-generated metabolic, musculo-skeletal and mental health dysfunctions. The Health Climate Survey will provide you with an all-round view of your current health status. To complete the survey, circle the number appropriate to the degree to which you experience the symptoms on the left-hand side of the page. The greater the symptom, the higher the score. If you're on medication score 10.

	None		Hardly any			A fair bit			A lot		
1. Headaches (including migraines)	0	1	2	3	4	5	6	7	8	9	10
2. Lack energy and vitality	0	1	2	3	4	5	6	7	8	9	10
3. Candida fungus: furry tongue, thrush, itchyiness, tinea...	0	1	2	3	4	5	6	7	8	9	10
4. Poor sleep (Score 10 if you frequently use tablets)	0	1	2	3	4	5	6	7	8	9	10
5. Snoring, sleep apnoea (Score 10 if using a gas mask)	0	1	2	3	4	5	6	7	8	9	10
6. Musculo-skeletal pain, back, neck, shoulders, hips, RSI ...	0	1	2	3	4	5	6	7	8	9	10
7. Frequent colds, flu and sinus	0	1	2	3	4	5	6	7	8	9	10
8. Reflux, unsettled stomach (Score 10 on tablets)	0	1	2	3	4	5	6	7	8	9	10
9. Overweight (1 pt for every 2kg over ideal weight)	0	1	2	3	4	5	6	7	8	9	10
10. Irritable bowel, constipation, trots...	0	1	2	3	4	5	6	7	8	9	10
11. Shortness of breath from asthma	0	1	2	3	4	5	6	7	8	9	10
12. Low level of aerobic fitness	0	1	2	3	4	5	6	7	8	9	10
13. Low level of strength	0	1	2	3	4	5	6	7	8	9	10
14. Low level of flexibility	0	1	2	3	4	5	6	7	8	9	10
15. Chest pain, palpitations	0	1	2	3	4	5	6	7	8	9	10
16. Rashes, skin outbreaks, psoriasis...	0	1	2	3	4	5	6	7	8	9	10
17. Elevated blood pressure (Score 10 if on tablets)	0	1	2	3	4	5	6	7	8	9	10
18. Elevated blood cholesterol? (10 if on tablets)	0	1	2	3	4	5	6	7	8	9	10
19. Elevated insulin level	0	1	2	3	4	5	6	7	8	9	10
20. Elevated blood glucose? (Score 10 if on tablets)	0	1	2	3	4	5	6	7	8	9	10
21. Alcohol intake (2 points per drink/day)	0	1	2	3	4	5	6	7	8	9	10
22. Smoking behaviour (1 point/cigarette/day)	0	1	2	3	4	5	6	7	8	9	10
23. Caffeine intake (2 points per cup)	0	1	2	3	4	5	6	7	8	9	10
24. Anxious about life, insecure, apprehensive about your future	0	1	2	3	4	5	6	7	8	9	10
25. Are you depressed? (Score 10 if on medication)	0	1	2	3	4	5	6	7	8	9	10
26. Are you in the wrong job?	0	1	2	3	4	5	6	7	8	9	10
27. Do you feel under-appreciated at work?	0	1	2	3	4	5	6	7	8	9	10
28. Do you have a poor work/life balance?	0	1	2	3	4	5	6	7	8	9	10
29. Unhappy with your family life?	0	1	2	3	4	5	6	7	8	9	10
30. Unhappy with your financial status?	0	1	2	3	4	5	6	7	8	9	10

To find out the score of a normal, fit and healthy human being, go to page 51.

TOTAL

12. STRESS RISK ASSESSMENT - based on the habits of unstressed people.

1. Rate your ability to manage the stress of your life.

Low							Medium		High	
0	1	2	3	4	5	6	7	8	9	10

2. Do you get a good night's **sleep**? Do you get enough sleep, do you get to sleep quickly, do you sleep like a log?

No						Yes				
0	1	2	3	4	5	6	7	8	9	10

3. What was the longest number of **consecutive days holiday** you had away from home in the last 12 months?

0			7			14				21
0	1	2	3	4	5	6	7	8	9	10

4. Are you keeping yourself **fit and healthy** to the best of your ability?

No						Yes				
0	1	2	3	4	5	6	7	8	9	10

5. Is there **balance** in your life?

No						Yes				
0	1	2	3	4	5	6	7	8	9	10

6. Do you **take time off** at lunchtime to get away from your desk? If you do some exercise give yourself 10.

No						Yes				
0	1	2	3	4	5	6	7	8	9	10

7. What is the average number of **hours you work** each week - if you have young children include work-work and domestic work?

0	65+		60		55		50		<45	
0	1	2	3	4	5	6	7	8	9	10

8. Are you good at giving back to your **Self**?

No						Yes				
0	1	2	3	4	5	6	7	8	9	10

9. How many times a week do you **meditate**, for 10 minutes or more?

0		1		2		3		4		5
0	1	2	3	4	5	6	7	8	9	10

10. Are you happy with your **family** (and romantic) **life**?

Not at all						Very				
0	1	2	3	4	5	6	7	8	9	10

To better manage your stress, do the things that unstressed people do!

TOTAL

13. CAREER SATISFACTION ASSESSMENT

1. How close are you to doing **the job you'd really love to be doing**?

Miles away.

I'm there

0	1	2	3	4	5	6	7	8	9	10

2. **Are you in the right job for now?** Do you enjoy your work?

No

Absolutely

0	1	2	3	4	5	6	7	8	9	10

3. How stressful do you find your job. Is it giving you life or sucking life out of you? i.e. work sucks!

Sucking

Giving

0	1	2	3	4	5	6	7	8	9	10

4. Are you focused on your **career options** or are you leaving them to chance?

Unfocussed

Focused

0	1	2	3	4	5	6	7	8	9	10

5. Do you get good feedback from your manager?

No

Yes

0	1	2	3	4	5	6	7	8	9	10

6. Do you receive an appropriate **financial reward** for the work you do?

No

Yes

0	1	2	3	4	5	6	7	8	9	10

7. Do you feel that you and your work are **valued** and **appreciated**?

No

Yes

0	1	2	3	4	5	6	7	8	9	10

8. Do you work for an organisation that **cares** about people, including yourself?

No

Yes

0	1	2	3	4	5	6	7	8	9	10

9. Do you **enjoy the company** of the people with whom you work?

No

Yes

0	1	2	3	4	5	6	7	8	9	10

10. What's the level of **morale** like, just in your work group?

Dreadful

Fantastic

0	1	2	3	4	5	6	7	8	9	10

If you want to enjoy your work, do what people who enjoy their work do.

TOTAL

14. THE LAW OF TOO MUCH AND TOO LITTLE

WHAT DO I DO TOO MUCH OF?	WHAT DO I DO TOO LITTLE OF?

WHAT DO I EAT TOO MUCH OF?	WHAT DO I EAT TOO LITTLE OF?

WHAT DO I DRINK TOO MUCH OF?	WHAT DO I DRINK TOO LITTLE OF?

WHAT DO I THINK TOO MUCH OF?	WHAT DO I THINK TOO LITTLE OF?

Achieving life is not the equivalent of avoiding death.
Ayn Rand

15. GUNNADO - what are you gunnado to live the fit, healthy, rich and fulfilling life.

FITNESS	DIET

SELF	FAMILY

FRIENDS	CAREER

FINANCES	OTHER

HEALTH CLIMATE SURVEY: The score of a fit and health human being is less than 20.

The true miracle of modern medicine consists in making not only individuals
but whole populations survive on inhumanly low levels of personal health.
Ivan Illich

