



Beloved Holistics Cheatsheet

This is a constantly evolving document in which I outline the principles of a healthy lifestyle based on my own practices and those practices that are relevant for most people.

Last revised 07/27/2021

1. First and foremost, what's your dream? What are you living for? This is an Important step in identifying and correcting health challenges along the way. A pregnant woman's needs will be different from a postmenopausal woman's needs.
2. Then: stop telling yourself you can't change or that you even have to change at all.
3. Eat whole foods; avoid processed foods. The less ingredients on the nutrition label the better. I spend 80% of my time in the produce section of the grocery store.
4. Eat organic vegetables plentifully and in a wide variety of colors and textures. Community-supported agriculture (CSA) is an easy and affordable way to diversify.
5. Eat animal products from ranchers and farms that respect the soil and the animal. I'm digging fox hollow farm, which is a biodynamic farm located just twenty minutes from our house in Louisville, KY. Yes, the drive is inconvenient, but so is a heart attack.
6. Rotate proteins (plant or animal) on a 3-4 day basis. Proteins are the most likely culprit for food intolerance.
7. Vote with your dollars. Invest in small businesses and local farms who are making food and other products with sustainability in mind. (quality > quantity)
8. Stop drinking pasteurized cow's milk and eating so much wheat.

9. Drink a lot of clean, slightly alkaline water. Invest in a water filter. (I like Berkey). Drink charged or structured water if feasible.
10. Aim for 8-9 hours of sleep per night. Block out any uv light before and during your sleep using black out shades in order to not disrupt your circadian rhythm. I also wear blue light blocking glasses at night before bed.
11. Adopt a qigong or tai chi practice as a form of working-in to balance your working-out. I love Mimi Kuo-deemer's style. These practices literally push life energy through your body.
12. Foster yin forces (most of us are rich in yang). This includes self-reflection, contemplation, quieting the mind, and slowing down our roll.
13. Breathe deeply. Make a point to do box breathing twice daily. Stop everything that you're doing. Inhale for a 5-count, hold for 5, exhale for 5, then hold for 5. Repeat for five cycles. I also encourage you to try out a breathwork class like Effiji or go find Wim Hoff's beginner breathing videos on Youtube.
14. Learn to forgive; learn to trust
15. Make time for mindfulness and meditation. The point of these practices is to take control of where you focus your mental power. For beginners, this can be as simple as focusing on the sensation of belly breathing for ten minutes per day. I like Sam Sarris' "Waking Up" app along with "Headspace".
16. Consider your first activity when you wake up, and make sure that it's not related to work or email.
17. Delete social media. I promise you don't need it.
18. End your showers with cold water. Start with 15 seconds, and work your way up to 3 minutes per day. Cold immersion tubs are also great.
19. Be present with your family and friends
20. Invest time and resources into lasting friendships
21. Minimize alcohol and processed sugar intake.
22. Stop smoking cigarettes and other impure tobacco products

23. Look both ways when crossing the street

24. Wear a helmet when riding a bike or motorcycle

25. Stop texting and driving

26. Rotate coffee or caffeine to every other day

27. Minimize supplements. Get your nutrients from whole foods. I take just four supplements: royal blend fermented cod liver oil & concentrated butter oil from Green Pasture, LDM-100, ashwaganda from Organic India, and Stamets 7. I also encapsulate beef liver from Fox Hollow.

28. Make your workouts count. I only work out a few times per week, but my workouts are murder. Put away your phone, mix up your movements, and make it fun.

29. Lift very heavy things using proper form to ensure that you won't hurt yourself lifting moderately heavy things in every day life.

30. Can't afford a gym membership? Bike to work. Take the stairs. Park as far as you can from the grocery store and carry your groceries to the car Instead of using a cart. Move more.

31. Stretch. I love Hitomi Mochizuki's app "Hitomi now" for daily yoga.

32. Learn about the chakra system and adjust your daily routine to re-tool any imbalances (Hint: your 1st or 2nd chakra probably needs work)

33. Don't stress the small things

34. If you're sad or afraid, say it out loud. Men, especially, are conditioned to be stoic in the face of hardship. Let it out.

35. Be intimate often. This could mean having explosive sex or it could mean engaging in partner massage. Furthermore, learn how to pleasure yourself.

36. Learn to be happy alone in silence

37. Before you eat, stop and honor the animals and plants that are gifting

Their vitality and flesh to you.

38. Dedicate yourself to a spiritual practice. This could include religious study, dabbling with psychedelics under a trained facilitator, or through deep meditation or breathwork. I have been partaking in a weekly Rudolf Steiner study group, and it has become a highlight of my week.

39. Spend more time in nature. On occasion, hike slowly enough to notice and identify a new plant or tree species. Touch the earth with bare feet. Get dirty.

40. Go outside. The benefits of getting sunshine outweigh the risk of blocking all UV exposure. Start using barrier pastes in the sun instead of nanoparticulate crap if you must use anything at all. Raw Elements is my favorite.

41. Indulge in rich, sweet cake once in a while. And don't feel guilty about devouring it.

42. Dance like nobody's watching. I put on music every time I am cooking and dance by myself, with my wife, or with the baby. Everybody will be too worried about what they look like to care about how you look. Bust it.

43. Start a garden. Indulge in the scent of fresh herbs. This is medicine!

44. Cook most of your meals at home. This is the only way to know what you're putting into your body!

45. Don't cook with vegetable oils (e.g. Canola). Use lard, butter, coconut oil, and extra virgin olive oil instead

46. Consider carefully the impact of taking on new projects or a job promotion. Is this going to impact how you can care for yourself? I can't stress this one enough...

47. Listen to your body

48. Select cosmetics or cleaning agents for your body, clothes, linens, and household that are made from natural, non-toxic chemicals

49. Floss daily

50. Remember that your body has the ability to heal itself if you give it the tools and stand out of the way of nature

51. Set the intention to live a life of vitality (physical, emotional, and psychological)

52. Minimize screen time

53. Keep your devices in airplane mode when not in use to minimize exposure to electromagnetic radiation. Turn off your wi-fi router at night.

54. Minimize email engagement to twice daily

55. Trust your intuition. You don't need to hit every item on this list. Just do your best and let your soul be your guide

56. Consider heavy metal testing (blood) and detox occasionally. No matter how clean your lifestyle, you will inevitably pickup heavy metals and other toxins from your environment

57. Stop spraying Roundup on your lawn and food.

58. Consider picking up an electromagnetic frequency mitigator, like one of Ibrahin Kareem's pendants at www.Biogeometry.ca

