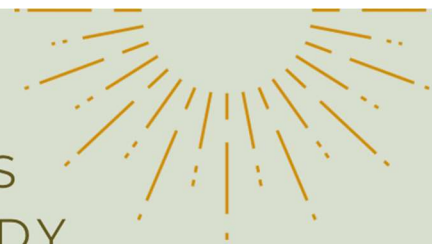


Align in April



ALIGN YOUR HABITS
BALANCE YOUR BODY
TRANSFORM YOUR WELL-BEING



HABIT 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

Morning sunlight																														
10 mins grounding																														
Eat real food																														
25g protein meals																														
No added sugar																														
Exercise: any kind																														
8,000 steps a day																														
Gratitude																														
Something joyful																														
7+ hours of sleep																														

Foundational consistency leads to transformation.



•**Morning sunlight:** Early morning sunlight is dominated by red and infrared frequencies. These frequencies promote healing by lowering inflammation. This light also sets circadian rhythms, which is essential for the body to determine energy usage. UVA, which appears in the first few hours of the day, brings nitric oxide to the surface of the skin so it can absorb more light. Another brain chemical called POMC interacts with UVA light and increases endorphins, boosting mood, lowering pain and inflammation, and regulates other chemicals that affect libido, appetite, fat burning, etc. This early light is **NUTRITION** for the brain and body! Light enters through the eyes and stimulates the hypothalamus to send signals to the body affecting: digestion, insulin, fat oxidation, detoxification, autophagy, NAD metabolism, methylation, and much more.



•**10 Minutes of grounding (at minimum):** The earth is a reservoir of negatively charged electrons. The human body is positively charged (due to all the frequencies we encounter) which causes us to hold on to free radicals. As we get outside and get feet on the earth, the negative earth ions attach to the positive body ions and act like a cellular antioxidant reducing free radicals. This is the equivalent of infinite **FREE** energy. Grounding may lower inflammation, reduce cardiovascular disease, induce muscle repair, help with chronic pain, boost mood. The body saturates with electrons instantaneously, and the electrons from the earth enter the body and coat the red blood cells so they repel each other. This reduces clumping, the blood viscosity goes down, the blood flows easier which may help cardiovascular health and increase circulation.



•**Eat REAL food:** Focusing on one-ingredient foods will deliver the nutrients your body truly needs. Ideally organic, but if that's not possible, just eat real foods. Removing processed foods is an important part of this. If it comes in a bag, box, container, chances are it's processed and not real food. Yes, you can still eat out if necessary. But still focus on **REAL** food. Food is sending chemical messengers to all your cells. It is also void of many chemicals that may damage the way your cells function. Keep it simple: well-sourced animal products, fruits and veggies, nuts and seeds, ancient grains. And be sure to drink good water!



•**25g of Protein in each meal:** Protein is made up of amino acids, which are the building blocks of every part of the body. Keeping protein levels up will allow your body to repair, replace, rejuvenate, detox, grow, etc. Protein is also very satiating, which will keep you feeling full and energized throughout the day. It will also help reduce craving and desires to snack. Eating a substantial amount of protein with each meal will assist in more stable blood sugars. It is imperative to get enough protein as we age to maintain muscle, strength, brain health, and functional independence. A simple way to "get enough" is to aim for 25g at each meal, with a couple of high protein snacks throughout the day.



•**No added sugars:** While sugar in moderation is probably not going to kill you, for this month, **WE'RE TAKING OUT ADDED SUGARS!** This will mostly create an awareness of **ADDED** sugars. For example, when purchasing a jar of pasta sauce, read the label and buy the one without the added sugars. So many foods have sugars and sweeteners added in, and our taste buds are being hijacked! It's recommended that we only consume 25g of added sugars daily. A Coke has 39g!! We are consuming **MORE** sugar than ever. Natural sugar found in fruits and food is fine...as nature intended. We're staying away from anything added for this month. Sugar is linked to inflammation, obesity, chronic illness like diabetes and heart disease, tooth decay, NAFLD (non-alcoholic fatty liver disease), joint pain, and much more.



•Exercise, any kind: Movement is medicine! Just about every single process in the body is benefited from exercise. We need to look at exercise as more than a weight-loss tool. Look at it as front-line care for mental health, brain health, longevity, metabolic health, disease prevention, energy levels, etc. What are the greatest predictors of LIFESPAN? Muscle mass, strength, and VO2 max!! These things are increased through regular and consistent exercise. Find something to get you moving and lose the sedentary lifestyle. Do something you enjoy...just get that heart pumping and muscles moving!



•8,000 Steps each day: If you're moving at least 8,000 steps per day, you're less sedentary...and that's the main goal. Ideally, take 3 short walks after each meal for blood sugar regulation, don't sit for more than 30 mins, march in place while watching your favorite show, park at the back of the parking lot, walk the dog, take the stairs, walk during your lunch break, get a standing desk, walk while on phone calls, etc. Research shows that walking 7,000-8,000 steps a day, will decrease ALL CAUSE MORTALITY by 60%! It improves brain health, digestion, blood pressure, fat burning, mood, cortisol, and more!



•Gratitude: Research shows the brain can't be anxious and grateful at the same time. There is also a physiological response that come with gratitude that causes the heart to beat in a more rhythmic way and causes the arteries to open up and swell. This transforms into beautiful alpha brain waves and brings a different level of awareness. The simplest way to incorporate a gratitude practice is to write down three things you were grateful for that day. Or maybe you include it through prayer. Gratitude turns what you have into joy and enough.



•Something joyful: Do something YOU enjoy for YOU every day. This has been proven to reduce stress, boost the immune system, improve cardiovascular health, and promote better sleep. It might only be for a few minutes. A 2023 Harvard study of 93,000 people reported that those with a hobby they enjoy have much better health and happiness. Joy is a powerful emotion and harnessing it can be a remedy for stress-related burnout. Ideas: smell flowers and enjoy the earth's beauty, work on a hobby like painting, knitting, creating something, be with family and friends, attend a class you enjoy, work on a personal goal, take a nap, read a book, get a massage, have a game night, offer service, play an instrument, etc.



•Get 7+ Hour of sleep each night: Sleep is foundational to health! When we're sleep-deprived, it will be very difficult for the body to perform any of its functions well enough to sustain optimal health. Our body requires proper amounts of sleep in certain stages, which requires a certain amount of time asleep. We spend 1/3 of our lives sleeping. This is necessary to "reverse" the damage that we've done to the body during the day, using the energy that we've collected from food and light, to repair and be ready for the next day. It's not just the quantity, but the quality that matters. Here are some tips to get that restful 7+ hours: no screens (blue light) after dark, have your last food 2 hours before bed, have a consistent sleep and wake time, turn down the lights in the evenings, sleep in a dark/cool room, don't exercise late, get morning sun, reduce caffeine and alcohol, stress management, etc. Important note: metabolic health, blood sugar regulation, body composition, and such are more dysfunctional when one has slept 6.5 hours or less.