

YOUR
OPTIMAL WELLNESS
BLUEPRINT



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MY STORY



You are probably seeing this because your body has been screaming at you in total exhaustion and you are feeling as though your Health and Wellbeing are far from optimal right now. You may be suffering from poor physical health or a lack of emotional or psychological health – or perhaps it is all of the above. I understand where you are coming from.

If you can imagine where I was back in 2006, I was 45kg overweight at my heaviest and suffered from Depression. I smoked a pack of cigarettes a day, was a heavy binge drinker and regularly used recreational drugs. I was working in a corporate role and was stressed and completely exhausted.

When my father was diagnosed with terminal Lung Cancer and my whole world began to fall apart, I had to make a choice. I could continue down the same path and likely end up just like my Father (he was only 58 when he died) or I could make a change. I decided to take control of my life and I quit smoking, drinking and using drugs. I lost over 45kg and decided I needed to help others. I left my role in the corporate world and became a Personal Trainer and Nutrition Coach focusing on helping to improve the health and fitness of women.

I soon came to realise that Health and Wellness was not just about “calories in” and “calories out” (as most weight loss philosophies sprout).

Health and Wellness isn't even about your weight – in fact your weight is usually just a symptom of a lack of psychological or emotional wellness. So I went looking for the answer and found it in Neuro-Linguistic Programming (NLP) and Hypnotherapy, both of which focus on your subconscious mind. That inner part of you that controls your behaviours, that holds your beliefs and values, and that part that so often “sabotages” our Health and Wellness goals.

Whilst life expectancy has increased, the rates of Anxiety & Depression are rising rapidly. We have more disease than ever – diabetes, heart disease, auto-immune diseases. Stress is taking its toll on bodies and minds. But all of this suffering is unnecessary.

I am pleased to provide you with the learnings and experiences of having worked with hundreds of people, my studies and research in the fields of Human Psychology, Fitness and Training, Nutrition and the Ancient Health Wisdoms. I will give you a blueprint of what to focus on to bring yourself back to a state of Optimal Wellness.

Wishing you Health & Happiness,
Tammy

YOUR CONSCIOUS & UNCONSCIOUS MIND

Your conscious mind accounts for just 10% of your mind power. It is that part of your mind that does all of the thinking, perceiving, rationalising, analysing and judging. It is what is in our current awareness or what we are focusing on in any given moment. It is logical and deliberate and it controls only about 2-4% of our behaviours and perceptions.

Whilst you have around 2 million bits of information coming at you each second, your conscious mind can only hold around 7-9 bits. So before something comes into your conscious awareness, it has already passed through the filters of your second mind, your unconscious mind to be chunked down from 2 million to 7-9.

Your unconscious mind makes up the other 90% of your mind, and much like an iceberg – it is all that is hidden below. It is the storage house of all of your memories, emotions, behaviours, habits, beliefs and values. It contains everything you have ever experienced. You don't need to tell yourself to breathe or swallow or blink or for your heart to beat: these are all functions of the autonomic nervous system which is also controlled by your unconscious mind. You

can also have learned programs in your unconscious mind, for example, you no longer have to consciously think about how to walk or how to brush your teeth or tie your shoelaces, you just know how to do those things.

Now, this is where “self-sabotage” comes in. You have the conscious mind trying to change an unconscious pattern. Or perhaps even a conscious desire competing with an unconscious need. The best way to illustrate this is by using an example. I'd like you to imagine a heavy smoker, they wake up each morning with such a loud “cough your lungs up” kind of cough. They see the images on the packet of cigarettes that says, “Smoking Kills”. There is no denying that they know that smoking is bad for their health and it is already impacting their lives, they have that smoker's cough and find it difficult to breathe, but yet – they keep on smoking. Why is that? They have a pattern that started long ago, perhaps from watching their parents smoke or seeing an ad on the television that ran something like: “when you are stressed and feeling overwhelmed, you need a cigarette to calm down and relax”. Or perhaps it is someone that likes to eat chocolate cake when

they feel overwhelmed with emotions and this pattern may track back to them being offered something sweet to comfort them when they feel over at age two.

Most of the patterns and beliefs and values are created and held in our unconscious mind begin during the imprint period, from birth to 7 years – so when these go unchecked, you basically have a child running your life. Now, I have three children I love dearly - yet, I wouldn't want them to make decisions for me. This, however, is pretty much what happens when we don't resolve our old emotions or upgrade our old

patterns and programs. Much like if we have a computer that we don't upgrade, eventually those old programs are inadequate to keep up with the demands of modern life.

In addition, it's important to note that your autonomic nervous system has to parts – the sympathetic (the flight or fight response) and parasympathetic (the rest and digest phase) parts. There is a way to high-jack the control of the autonomic nervous system – a way to control whether we are sympathetic or parasympathetic dominance (or balanced in coherence) and that is through your breath.





JUST BREATHE

All of the ancient wisdom traditions honor the power of the breath. Vedic texts quote, “When the breath wanders the mind also is unsteady”. Science is now catching up to these Ancient Wisdom traditions showing that being mindful of your breath and learning to take control of it can have a huge impact on a range of health factors from mood to metabolism.

Despite the inherently automatic nature of breathing, most people have a lot to learn and improve upon when it comes to the most basic of our physiological functions. The average standard breathing rate ranges from 14-20 breathes per minute in comparison to the 5-6 breaths per minute which have been proven to help you feel at your best.

As mentioned in the previous chapter, the autonomic nervous system governs the body’s sympathetic and parasympathetic response, like heart rate, respiration and digestion. Evolutionarily, the flight or fight response worked as a survival mechanism, giving us all we needed to flee from the Saber-tooth tiger. In today’s world, there is no tiger, but instead the pressures of running a home, your career, financial stress, the constant demand of phone notifications and emails, relationship tensions and whatever else we are trying to deal with and we can’t tell the difference from the threats of

the Saber-tooth tiger from those of the modern world.

We know from numerous studies that actively changing your breath can actually change autonomic function.

Here’s how researchers think it works: With each breath, millions of sensory receptors in the respiratory system send signals via the vagus nerve to the brainstem. Fast breathing pings the brain at a higher rate, triggering it to activate the sympathetic nervous system, turning up stress hormones, heart rate, blood pressure, muscle tension, sweat production, and anxiety. On the other hand, slowing your breathing induces the parasympathetic response, dialing down all of the above as it turns up relaxation, calm, and mental clarity.

In order for the breath to be effective, we must learn to breath properly, let’s take a look at that now.





LEARNING TO BREATHE DIAPHRAGMATICALLY

The first thing to learn is how to breathe properly. Nice deep diaphragmatic breaths. When you first learn the diaphragmatic breathing technique, it may be easier for you to follow the instructions lying down, as shown below. As you get more comfortable, you can use the same technique sitting upright in a chair.

1. Lie on your back on a flat surface or in bed, with your knees bent and your head supported. You can use a pillow under your knees to support your legs. Place one hand on your upper chest and the other just below your rib

cage. This will allow you to feel your diaphragm move as you breathe.

2. Breathe in slowly through your nose so that your stomach moves out against your hand. The hand on your chest should remain as still as possible.

3. Tighten your stomach muscles, letting them fall inward as you exhale through pursed lips. The hand on your upper chest must remain as still as possible.



DIFFERENT TYPES OF BREATHING

Even Breathing

Adopted from Heart Math Institute research, balanced breathing creates balance and coherence in the autonomic nervous system. Breathe deeply and evenly for even counts (aim for a count of around 6 or more) and ensure they are nice deep diaphragmatic breaths.

4,7,8 Breath

A “tranquilising” breath used for deep relaxation. The aim of this one is to activate the parasympathetic nervous system and create relaxation. Do this one at least twice a day so that you can get some good practise. It’s a great way to respond when anything stressful happens as it “flicks” the switch off on the stress response.



THE POWER OF VISUALISATION

Before we explore the power of visualisation, it's good to note that Oprah Winfrey openly shares her visualisation boards, Arnold Schwarzenegger swore by the power of visualisation to help him reach his body building goals, Will Smith and Jim Carrey both openly share their beliefs in the power of visualisation.

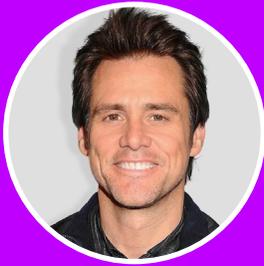
Visualisation has been around for a very long time, but it has come into media attention in the 70's and 80's and is a widely used technique among Coaches, Therapists and is widely researched and embraced as a highly effective way to align yourself to your goals.

Visualisation can be used creatively to heal the body as your unconscious mind which is charge preserving the integrity of the body is highly symbolic and responds well to this kind of direction. When visualising your goals, it programs your minds reticular activating system to start bringing into your awareness the things that

will help support your goals. It creates a new level of motivation as again, it is programming your unconscious mind with what it is that you want – so it will go ahead and work for you to propel you towards achieving that visualisation.



DISCOVER THE POWER OF VISUALISATION



*“I wrote myself a check for ten million dollars for acting services rendered and dated it Thanksgiving 1995. I put it in my wallet and it deteriorated. And then, just before Thanksgiving 1995, I found out I was going to make ten million dollars for Dumb & Dumber” - **Jim Carrey***



*“Create the highest, grandest vision possible for your life, because you become what you believe” - **Oprah***



*“Create a vision of who you want to be and then live into that picture as if it were already true” - **Arnold Schwarzenegger***

YOUR UNIQUE EXERCISE PLAN

The best designed exercise program is one that you will adopt as a permanent lifestyle. There is a multitude of exercise philosophies and lots of research on the benefits of various styles of workouts; from yoga to HIIT. But ultimately, the message is the same: movement is essential to your Health and Wellness.

When you are designing your exercise program, be sure to consider what your Health and Fitness goals are and be realistic about your starting point. If you are not currently doing any exercise, I would encourage you to start out at a slower pace and intensity to prevent injury. There is no need to go from complete inactivity to smashing

it out at the gym six days a week in high intensity workouts. In fact, it is usually that all or nothing pattern that interferes with your long term success.

Keep in mind that one of the keys to optimal health is to remain as active as you can, all day long. That said, there's no doubt that an ideal fitness regimen requires a little more effort. Fortunately, you can accomplish the bulk of it through high intensity exercises, which require a minimal time investment—as little as 20 minutes, two to three times a week. As a general rule, I recommend incorporating a wide variety of exercises, including the following:



Stand Up Every 15 Minutes

Emerging evidence clearly shows that even highly fit people who exceed the expert exercise recommendations are headed for premature death if they sit for long periods of time. Simply standing up and sitting back down may be enough to do the trick, provided it's done frequently enough. If you're already in good shape, you may want to do more. I decided to take it a step further, so I add different body movements when I stand up, such as jump squats, one-legged squats, or a wide variety of different hip and chest stretches.

Interval (Anaerobic) Training

This is when you alternate short bursts of high-intensity exercise with gentle recovery periods. In this case you will need to do at least 75 minutes of high intensity training each week. You can of course stick to just aerobic workouts

for now such as walking, riding, jogging, swimming; and if you perform these at a moderate level, ensure you achieve at least 150 minutes each week.

Strength Training

Rounding out your exercise program with a 1-set strength training routine will ensure that you're really optimising the possible health benefits of a regular exercise program. Of course, you can do more sets with a lower weight. When you are doing weights – you want to aim to increase your output at least every few sessions. Output can be measured as Weight x Reps. This means you can vary your workout and do more reps with a lower weight or less reps with more weights. You can also do Strength Training with just your own body weight and build up over time – there are ALWAYS variations for each level of fitness.



Core Exercises

Your body has 29 core muscles located mostly in your back, abdomen, and pelvis. This group of muscles provides the foundation for movement throughout your entire body, and strengthening them can help protect and support your back, make your spine and body less prone to injury, and help you gain greater balance and stability. Exercise programs like Pilates and yoga will also strengthen your core muscles, as are specific exercises you can learn from a personal trainer. I should note that I am not a fan of crunches, they put a lot of pressure on your lower back if done poorly and recent studies show an increased risk of herniated discs due to the repeated flexion of the spine.

There are so many other ways to work those core muscles – I would just prefer to opt for those. The abdominal plank is one of my favourite core exercises as it takes the pressure off the spine, whilst still working the core.

Stretching

Stretching is a powerful part of any exercise program. Most aerobic and strength training programs cause your muscles to contract and tighten. Stretching after you exercise may help improve the range of motion about your joints and boost circulation. As a general rule, stretch your major muscle groups after you exercise (avoid stretching cold muscles, instead do a more dynamic warm up pre-workout).



YOUR UNIQUE NUTRITION PLAN

The best person to prescribe you your unique nutritional plan is you! I have to admit, early on in my Personal Training career, I absolutely bought into everything I was taught about the “calories in, calories out” theory. It was all about small high protein meals, five times a day and sticking to 1200 calories a day for women. Slowly, I learnt that such a calorie restriction can actually hinder your weight loss as it can slow down your metabolism and leave your body in starvation mode. Unfortunately, this creates even more stress hormones, resulting in you have double the difficulty in losing the weight.

It was actually after having my own diagnosis of Hashimoto’s (an autoimmune disease where your immune system attacks the thyroid) that I began to actively research more holistic approaches to nutrition, and looking at it from a Health and Wellness perspective. I have since worked with and learned from some of the best Nutritionists and Naturopaths in Australia.

One of the most important aspects to work on is your relationship with food and to look at your expectations of food. Are you looking at food to comfort you? Are you using food as a reward? Are you using carbohydrates to boost your mood?

There are a few great tools that you can utilise to



get back in touch with your nutrition intuition. They are Mindful eating and the Slim Eating Strategy.

Mindful Eating

Slow down! Notice the colour and visual aspects of your food, notice the texture and smell and then as you take each mouthful, notice the taste and sensations in your mouth. Notice how the food feels in your mouth (the texture), notice any other sensations, thoughts – what do you notice? Chew your food well (around 20 chews) and allow your saliva to begin to breakdown the food so that you can get all of the nutrients from it.

Slim Eating Strategy

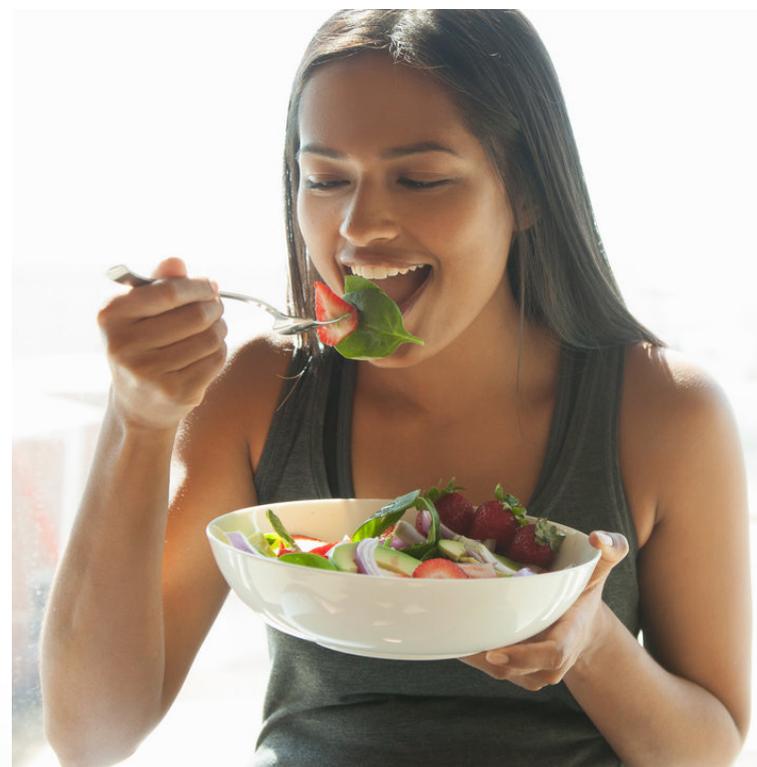
Once you begin taking the time to become mindful of the food you are eating, slowing down to chew and savour the food, the next step is to check in with how your food makes you feel. Check in with your body ten minutes after you eat. How are you feeling? Are you energised? What about 30 minutes after you eat? And 1 hour? And 2 hours? Notice the impact the meal is having on your body over time. Just become aware and notice what you notice.

Getting Quality Sleep

Quality sleep is as important for your Health and Wellbeing as the food that you eat and the movement or exercise that you do each day. There is a significant association between sleep

and mood/behaviour with strong research linking inadequate sleep with depression. Research has also linked poor sleep with our ability to learn and remember, a 50% decrease in immune activity and an increased risk of heart disease and diabetes and also effects your ability to lose excess weight.

The average adult needs between 7-9 hours of sleep each night and this is really important! The average adult only spends around 20% of their total sleep time in REM sleep. REM is the restorative part of our sleep cycle, so missing out on this can impact us both physically and psychologically. You can use our great tips to help you to get a great night sleep, every night!



3

**TOP TIPS
FOR A GREAT
NIGHT SLEEP**

1

Create a ritual and bedtime routine.

Those of you who have children, will know the importance of a ritual and routine to help babies drift off into a restful slumber. But did you know it is just as important for your own body? Find a ritual that works for you, whether that be a nice relaxing bath, a ten minute bedtime yoga session, a meditation session or something else that helps to signal your mind and body that it is time for bed. Ensuring that you give your mind and body time to wind down will benefit your sleep and help you to manage any stress (so it's a win win!)

Prepare to go to bed and wake up at the same time every day, no matter if it is a normal week-

day or a weekend. I promise it will help to regulate your body clock and could have a big impact on how easily you fall asleep and stay asleep for the night. If you'd like to superpower your routine, bedtime would be 10pm or earlier. Studies say that every hour you are asleep before midnight, is like getting two hours of sleep as our sleepy-time hormones are released between midnight and two (but you have to be sound asleep to get that benefit).



2

Exercise Daily

Yes, exercise does impact your sleep. As mentioned in the previous section, choose an exercise plan that works for you right now and review it as your fitness level increases. Whether you choose to do vigorous or moderate exercise – be sure to include some every day and enjoy the influence that this will have on your sleep.



3

Evaluate your bedroom

Ensure that your bedroom is cool and comfortable. This includes comfortable mattress and pillows and removing any clutter so that your bedroom is a welcoming environment. Consider using blackout blinds and removing your phone from your bedside table; do you really need it there? Some researchers have found that white noise has a positive effect on your brain rhythms as they assist in blocking other external noises which may disturb your sleep.



4

Blue Light

If you are on your devices after sunset, the blue light emitted from them will impact the production of melatonin in the brain (melatonin is the sleep inducing hormone which tells the body it is time to wind down and prepare for rest). This may affect your ability to fall asleep as well as the quality of your sleep.

There are ways that you can minimise the effects. Reduce the amount of lights that you have on in your home and if you can, use warm light

globes as these give off a softer light which has less impact on your melatonin. If you must use your devices, Apple products (MAC, Iphone, Ipad) have a blue light blocker on them; and if you are like me and have an android device, you can get an app called Twilight which will block the blue light (I am sure there is a few apps available). If you want to take it a step further, you can purchase orange lens glasses that reduce the amount of blue light processed by your eyes (though not very stylish, they are highly effective).



MANAGING YOUR EMOTIONS

Your mind and body are connected and therefore affect each other.

If I asked you to remember a time when someone made you mad, I mean REALLY mad. What did they do? How did you react? What was it that made you so angry? Take a moment and really think about it now. Can you see, hear and feel what happened? And now, bring your awareness to your body. Notice any tension in your jaw, shoulders and neck. Notice how you are breathing. Just become aware of how you hold that emotion.

Let go of those old thoughts and emotions, just imagine allowing the tension to float away; for it to wash up over you and through you. Allowing yourself to just let it go.

Now, I'd like you to think of a time when you were either completely relaxed or really happy (or both). Where were you when you felt this? Really pay attention to what was around you and allow yourself to go back to that time in your imagination so that it is like you are there now. What do you see, hear and feel? Step back into that moment and relive it. And now, notice what sensations are present in your body. How do you do relaxed and/or happy?

Isn't it interesting to notice how much just recalling these memories effects your physical body?

In NLP, we have a presupposition which says, you are in control of your mind and therefore your results. So if you bought into the first scenario, when someone else made you mad, I am here to tell you no-one else can make you mad.



Only you have the power to get mad! In any given moment, you have a choice as to how you will respond. It is dependant of course on how you choose to interpret the situation.

How you interpret any situation is likely to come back to those filters that we discussed back in the chapter on your unconscious mind. Your beliefs, values, experiences and memories, attitudes and metaprograms will influence the meaning that you give any particular situation. And it is this meaning or story that you give to a situation or event that will then influence how you feel about that event.

Sometimes we have a significant emotional event occur that we are unable to handle at that particular time and these emotions get “locked” in and can remain unprocessed.

These emotions can begin to create a gestalt (or a pattern) of how we deal with that particular emotion. It is important that we go back to the root cause and release any old that old emotion so that we can “break the pattern”.

If you have seen the movie “Inside Out” you have a very accurate representation of how our memories are stored.

Think of any situation or event and ask yourself, “What else can it mean?” An example of this is being cut off in traffic and deciding that the person who cut you off is inconsiderate and rude. Now ask, “What else can it mean?” Well, it could mean that the person is in a rush to get to the hospital as someone they love has just been admitted or perhaps they have just been fired and have to go home and tell their partner that they can no longer depend on that income or perhaps they were so deep in their own inner world that they just didn’t even realise what



they were doing or perhaps they just realised they left the stove on and they are in a rush to get back home. You can see that the only limitations on creating a new story are the limits of our own imagination.

With all of that being said, emotions are a wonderful thing! Even the “negative” emotions like anger, fear, hurt, sadness and guilt have a positive purpose and it is important to allow yourself to feel these if they should come up for you. Trying to “control” or “contain” or emotions can cause them to build up and become explosive. Allowing yourself to feel them and process those emotions, means that they can be released from your mind and body.

MANAGING YOUR STRESS

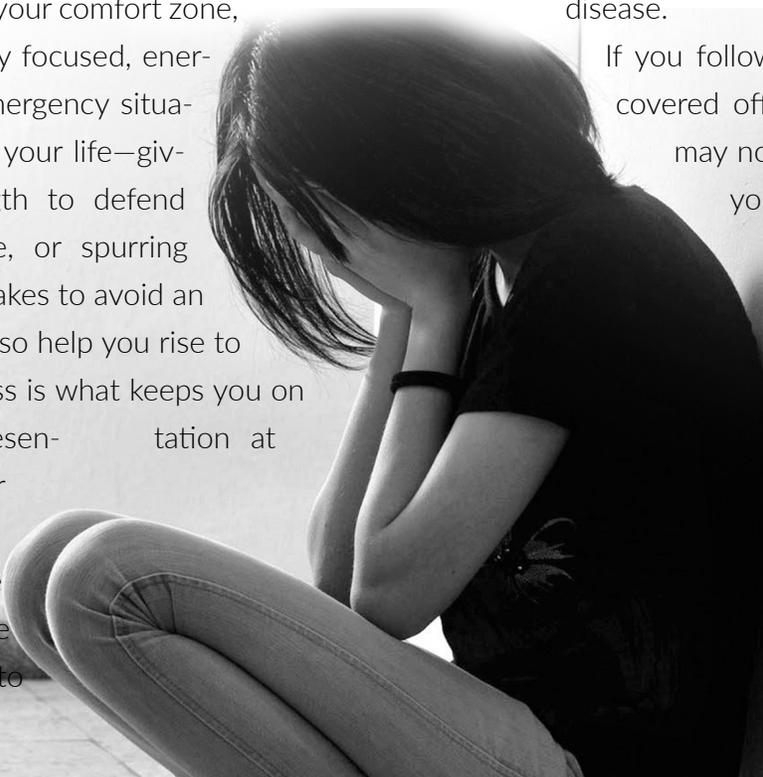
Stress is your body's way of responding to any kind of demand or threat. When you feel threatened, your nervous system responds by releasing a flood of stress hormones, including adrenaline and cortisol, which rouse the body for emergency action. Your heart pounds faster, muscles tighten, blood pressure rises, breath quickens, and your senses become sharper. These physical changes increase your strength and stamina, speed your reaction time, and enhance your focus. This is known as the "fight or flight" response and is your body's way of protecting you.

There is an optimal amount of stress that will in fact help you to stay focused, energetic and alert. When stress is within your comfort zone, it can help you to stay focused, energetic, and alert. In emergency situations, stress can save your life—giving you extra strength to defend yourself, for example, or spurring you to slam on the brakes to avoid an accident. Stress can also help you rise to meet challenges. Stress is what keeps you on your toes during a presentation at work, sharpens your concentration when you're attempting the game-winning free throw, or drives you to

study for an exam when you'd rather be watching TV. But beyond your comfort zone, stress stops being helpful and can start causing major damage to your mind and body.

There are numerous emotional and physical disorders that have been linked to stress including depression, anxiety, heart attacks, stroke, hypertension, immune system disturbances that increase susceptibility to infections, a host of viral linked disorders including the common cold as well as autoimmune diseases. In addition stress can have direct effects on the skin, the gastrointestinal system and can contribute to insomnia and degenerative neurological disorders like Parkinson's disease.

If you follow those things already covered off in this Blueprint you may notice profound shifts in your stress levels. If you have difficulty implementing the blueprint or are still feeling the effects on stress in your life, consider the cause of your stress and begin to work on creating changes to those.



NLP

NLP, or Neuro-Linguistic Programming, is the study of human excellence and communication. It provides us with the tools to control our brain and manage our states, emotions and behaviours.

Developed by Richard Bandler and John Grinder, amongst others, in the 1970's, it is a way of thinking and a stack of tools and techniques that are phenomenally powerful in assisting us and our clients in creating lasting transformation.

NLP works at the level of the unconscious mind "much like a computer has programs, we too have programs - programs ... for everything we do." Throughout our life, we take learnings into our unconscious mind and our learnings and experiences create patterns or beliefs. Using NLP we can clear the old, ineffective programs and behaviours to make way for new and desired programs that help us to achieve our goals.

NLP is used to change your patterns, limiting beliefs and unwanted behaviours that are standing in the way of you being the person you want to be.

Hypnotherapy is very effective for many problems and challenges that many of us experience everyday. It can literally, intrinsically and definitively change the way you live your life.

Hypnotherapy

Hypnosis is a natural state of mind (Alpha State) which allows the subconscious to be more open to useful and beneficial suggestion. It is a guided focus for change using the power of the subconscious. It is particularly useful in the areas of habit change, phobias and self esteem issues. It also works very well with goal setting, sleep deprivation and memory retention. Clinical hypnotherapy can assist by bringing things into your conscious awareness and address any in-congruences between your unconscious beliefs and patterns and your conscious desires to bring about the positive changes you seek.

The old image of a man waving a pocket watch in front of you to take control of your mind is a complete myth! Being hypnotised feels just like being very deeply relaxed. You will be guided to the deeply relaxed (alpha) state where we will be able to access your unconscious thoughts, and whilst in that state, you will be fully conscious and able to hear everything that is being said to you.

If you have unresolved emotions or patterns that are no longer working for you, Hypnotherapy and NLP are both modalities that work specifically with your unconscious mind, creating change by clearing those old emotions and updating your patterns or programming.

For more information, visit www.tammybiton.com.au

I've just shared some simple yet tremendously powerful self-care tips with you. Many of us are conditioned to put off taking care of ourselves. I want to commend you for taking the time to read this e-book and for prioritising your health and well-being. There is nothing more important for optimising your quality of life.

Here's what NOT do to— Leave this report and go back to your normal routine without taking action and instilling some new behaviours. I know how easy it is to file all of this away as useful information without actually “doing” anything about it. Transformation comes through action. Along these lines, I'd like to invite you to take 2 simple steps right now:

1

Like our [Facebook page](#) to receive inspiration and tips on Health and Wellness

2

[Click here](#) to book in for a FREE 20 Minute Consultation to discuss how we can help you to overcome your barriers to achieving Health and Wellness

