

Thank you for coming to Casa del Moviment for a treatment! Here are some tips that will help you get as much out of your body and life as possible. If you are interested in going deeper into health and fitness ask to exchange your next massage for a personal training or holistic lifestyle coaching session instead. More info about Carl's training and coaching program can be found on www.carlstaafcoaching.com

1 Dream

Get your goal straight. Without a goal there is no reason to change. Whether it is big or small, write it down and make sure you organize your life in line with it.

2 Energies

Yin and Yang (being and doing). In today's society we are far too yang. It is all about doing and achieving and we have lost touch with our yin side, our being and receiving side. It is important to balance the two energies because when there is too much yang (stress), our body cannot recover properly and we start to suffer. Adrenal fatigue, coffee dependency, hormonal imbalance, sugar cravings, digestive stress, mental issues etc are all symptoms of too much yang. Chill out, wind down, be yin.

3 Choices

The optimal choice is what is best for you and your team long term. It can be your partner, your family or friends at or off work. The suboptimal choice is what is best for only you, short term. It usually gives usually gives a short-lived reward, followed up by a longer, not so wished for consequence (e.i. eating unhealthy but tasty food too often, lying to others and one self, being egoistic). The third choice is to do nothing, call a time out and take some time to reflect. Maybe not responding impulsively to the moment is better many times. Take some time off and get back to the situation when the head/belly is clearer.

4 Pillars

4.1 Movement

Foam Roll. This massages, stretches, strengthens and warms up your body. A perfect way to start your day. You can buy a 90cm foam roll for 12€ online.

Make sure to exercise at least 30 minutes each day. It doesn't have to be something exhausting but make sure to get the pulse raising.

Train, don't drain. Don't over train. The body needs time to recover as well. If you only spend energy you will end up with an empty tank at some point. Train 3 or 4 times per week and make sure that you at least one of your sessions are focused on relaxation, stretching or introspection.

Get your pelvis in place. Correct your posture before you start adding weight or complexity. Either you have too much lumbar curve or too little, too much upper back curve or too little. Do the exercises Carl has shown you or ask him next time if he didn't give you any. If your posture is not it will only get worse by training in it. It is also very likely that you have intestinal inflammation. Have a look at your lifestyle: stress, nutrition, sleep etc. and try to get on top of that before you start exercising. An inflamed gut will inhibit proper core activation so even if you train, your gut is inflamed and your muscles won't work properly.

Sit on a ball. Use a Pilates ball as an office/dining chair. Your pelvis will be much better aligned and you won't be able to slouch like you can in a chair with a back. Your back and core will be active and support the rest of the spine.

4.2 Rest

Reduce stress. This is a very important one. Stress can be of different kinds: physical, emotional, nutritional, thermal etc. and all stress accumulates so when we have a hard time at work or in a relationship, when we have our period or slept bad the night before, we really need to try to reduce the stress we are in control over: eating a bit better, sleeping a bit longer, training a bit less etc.

Sleep minimum 8 hours per day (23:00-07:00). Try to not go to bed too late since your biological clock which governs your hormonal cycle is following the rhythm of the sun. Most repair happens between 23:00-03:00 so make sure to be asleep by then.

Find time for yin activities. If you go 3 times a week to the gym make sure that 1 of those times is something calming like yoga, meditation or tai chi. It might be hard/boring, but your body and soul will thank you when you get in deeper contact with yourself.

4.3 Thinking

Get rid of the fear and the stress by turning off the tv and stop reading about all the misery in the world. Focus on the good stuff and make sure to feed your brain with information that makes you excited about life.

Do what you love. If you don't love your job, change it or at least make sure that when you are off work you spend as much time as possible doing what you love. Find a hobby, go for a walk, window shop, it doesn't matter what it is as long as it is something that you love.

Start meditating. It will help you stay calm when things get rough and it will also help you get in deeper contact with yourself. Learning how to listen to the body is vital when it comes to getting healthy and meditation is a great tool.

Attract good stuff. What we think, we attract. Write down what you want to happen in your life and read the list out loud or think them on a daily basis. It is important to make the statement in a positive and present form e.i. "I am happy and healthy." Like that you will attract happiness and health from the universe. Only your imagination is the limit of what you can manifest. Make sure to manifest good stuff!

4.4 Nutrition

First of all we need to realize that we are all different and everyone has different nutritional needs at different times of the day, at different times of the year. Our personal diet has to be tweaked and experimented with until we find what works for us and our body. Don't get stuck in diet dogma and don't ask a doctor. You need to connect with your own body and learn to listen to it. It is the only way to truly be healthy.

Having said that, there are a few things you can use as guidelines:

Eat organic food. Aim to reduce going to the supermarket. Most food in there is toxic and owned by the big corporations. Instead go to the farmer markets (Mercat de la Terra Saturdays at 3 Torres, Paralell) or the small organic stores. Support your local community and the earth by buying organic food. Commercial food is toxic to both humans and the planet. Go green by going organic. Vote with your money.

Eat real food. Aim to reduce buying processed food. Everything that comes out of a machine, is wrapped in plastic or inside a can has been processed and therefore lacks nutrients and vitality. Food should be fresh and eaten as soon as possible after it has been harvested. Like that you get the most nutrients out of the food and the minimal amount of toxins.

Eat like your ancestors. Everyone has a different genetic make-up. To make it simple I divide us in three groups. The Polar Type that comes from the northern part of the globe need more meat in relationship to vegetables (60/40 if you imagine a plate), the Equatorial Type that comes from the middle of the globe and can do with less meat in relationship to vegetables (40/60) and the Mixed Type that is either a genetic mix or comes from an area in between the two extremes (50/50). We need to figure out on a daily basis what our personal ratio is. Perhaps it is winter, perhaps your training more, perhaps you are having your period. Please also keep in mind that almost everybody has a genetic makeup that needs some form of animal protein. A vegan and vegetarian diet can be good for a certain period of cleansing but after 5-7 years the body often starts lacking important nutrients. Fat and protein are important for hormonal balance and if you are interested about knowing more about how to figure out which genetic type you are ask Carl or read up on the works of William Wolcott and Metabolic Typing.

Cut the sugar. Sugar is basically toxic. It stresses the body immensely, spikes the blood sugar, disrupt hormone levels and poisons both the gut and the brain. Cut it out for two weeks and you'll understand what I am talking about.

Eat less grain and more meat and healthy fats. We consume far too much grain today. Grains (wheat, rice, oat, buckwheat, quinoa etc. in forms of whole grain, pasta, cakes, cookies etc.) makes us inflamed, raise our blood sugar, stress our hormones and makes us fat and sick. Try to reduce the amount of grain you eat, cut out gluten completely and learn to listen to the body to see how much grain you can really handle. Protein (organic meat) and fat (olive oil, coconut oil, organic salmon, bone broth etc.) will help you keep both your hormone, blood sugar and energy levels stable throughout the day.

Rotate your foods. In order to give your body and immune system a rest it is good to rotate the foods you eat. If you one food, for example an apple it is good to not eat another apple for another 3 days in order for your body to completely eliminate it. Like that your body and immune system wont get overloaded and intolerances and inflammation do to certain foods are less to occur.

Do an elimination diet. If you still experience problems even after implementing a rotation diet, give your body a full detox by eliminating the 7 (or 14) most common irritants.

Big 7 = gluten, dairy, eggs, corn, soy, peanuts and nightshades (potato, tomato, aubergine and bell pepper)

Small 7 = nuts, seeds, chocolate, beef, coffee, sugar and bananas.

If doing a big cleanse is too much I would advise to start off with the Paleo Diet which excludes dairy, beans, grains and sugar, and focuses on whole foods, organic meat and vegetables, root vegetables, fruit, nuts and seeds. After only a few days you will start seeing and feeling results since it cuts out the things that inflame us the most.

Minimize caffeine intake. Caffeine is like sugar a toxic stimulant. The body doesn't get energy from coffee, it gets stressed, releases stress hormones and puts our body in fight or flight. That is why it keeps us awake. A better option would be to slowly taper off and instead eat in a way that gives us sustained and leveled energy.

Drink plenty of real water. Tap water is dead and full of chemicals. If you have the possibility try to buy glass bottled spring water (Idoni 8 liter for 3,15€) or at least try to install a good water filter. Your gut flora will thank you.

Do Holistic Lifestyle Coaching. If you find all these suggestions overwhelming but really want to get on top of your health, hire Carl as your Holistic Lifestyle Coach. He will help you analyze and create a training and diet plan made just for you. He will also help you to step by step become healthier and get more in touch with your body.

I hope you get some inspiration to living and leading a healthier life.

If you have any questions please text Carl or send us an email.

See you next month!

All the best!