

Relief from Pain Through Rebalancing Your Diet

Sample



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Experience relief from pain, restore your immune system and build a healthy microflora by rebalancing your diet using the power of the Moon and your mind.

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About this Book

One day while I was driving my six-year-old son to school, he asked, “Mum, if you could breathe **in** but you could not breathe **out** would you survive?” The answer was obvious and I proceeded to explain to him why you could not possibly survive. As I did I realised this is happening to many people but with regard to food. Our culture has lost the balance with the ingestion (breathing in) and the elimination phase (breathing out). This is now causing us many different illnesses. However it is a slow and hidden process and people just do not realise that this could be the cause of their ill health.

The Mind-Body Process of Changing your Diet

My main profession is not a nutritionist but an Alexander Technique teacher, this is a teacher who teaches people a mind-body process to help change habits. One of the biggest hurdles is realising our sensory perception: what we think we are receiving through our sensory system is not always what is **actually** happening.

Our Unreliable Sensory Perception

As I read my book in bed, winding down from the day, I put an eye patch over one eye and read with a torch with the other. The eye with the patch on develops night vision and the reading eye’s pupil is reduced to accommodate the bright light from the torch. When I am ready to fall asleep I turn the torch off and remove the eye patch. I then see just darkness with the eye that has been reading but the eye which had the eye patch on, **has** the night vision and gives me a view of the room even in darkness. However, and this is the main point, I also get a **stimulus** on the skin round my eye that has been reading that **feels** as if I now have an eye patch on as I cannot see anything with this eye! When I first did this I put my hand on that eye to remove what I thought was the “eye patch” as the stimulus was that strong! Our sensory system can stimulate our nervous system (and our hormonal system). It is amazing what we really do sense and raises the question, “what is reality?”

How We Can Learn a More Reliable Sensory Perception with Food

In order for us to see what is **really** happening with our diets we need to **rest** the **ingestion** phase. This is very challenging in our hectic lifestyles and our toxic environment. But we can do it **gradually**, and we can do it with the support of our **biorhythms**. This is what the **Rebalance** day is all about, a 24 hour period just **once** a week, where you reduce and minimise the ingestion phase and connect to your body’s biorhythms. When we start to see the positive effects and have a programme of progression and purpose, we then get the **motivation** and **perseverance** to continue on this journey of improved health. Not only can some health conditions begin to subside but our energy and vitality can start to increase, with a balanced immune system. We then begin to finally breathe out with respect to our digestion.

About this Book

What constitutes healthy food is a big debate, however, after reading this book you will be equipped with a sort of **'compass'** to navigate through the **maze** of which foods to eat: a rescue guide to help you through the hurdles: and a progress plan to help you maintain **purpose** and **achievement** in improving your diet and health in the **long** term, just like an exercise plan. Woven into the book are the mind-body responses, case studies and comments from people who have applied this programme, to support you through this process. There are:

- No total exclusion of foods — just **timings** of when to eat them,
- No supplements or products just wonderful **food**, and
- No 'X' number of day plan to follow but a **regular routine** to build into your life style.

This **weekly** routine can help you rebalance your diet to enable you to:

- Discover your own body's **wisdom**,
- **Harmonise** with the daily, monthly and yearly patterns of your body, and
- Utilise the **power** of nature to eliminate

Comments from people who have experienced this programme:

Karen after her second rebalance:

"Since starting the course I have noticed that my stomach no longer feels bloated/uncomfortable after eating meals."

Patricia after four weeks of the rebalance programme:

"The eczema type rashes on my hands have gone, my complexion looks brighter and I feel less bloated."

Phil after three sessions of the rebalance programme:

"My energy levels are back up and I am sleeping a lot better. Even my partner noticed."

Yvonne after three weeks on the programme:

"When I first contacted Alison I was really worried about the eating pattern I was in. I was addicted to sugar and eating vast amounts of chocolate. I now drink two litres of water a day, my appetite has reduced and I no longer crave a sugar fix. I am continuing to drink more water throughout the day and eating only when I feel hungry. Thank you for your help and I am glad this was something I tried."

Annabel after four sessions over three months:

"Alison has helped me after a year of stress and bereavement to be able to take control of my diet and lifestyle. She has helped with breathing exercises and learning to take time to adjust my daily life. I now feel much more energised and in control of my feelings, and my family have noticed I am nearly back to my normal self."

Patricia after six months:

"I have always wanted to do a detox but it never felt right, but after meeting Alison I finally decided to have a go. I lost one stone gradually over six months and feel a lot better with more energy."

Who is this Book Intended For

Here are *some* examples of people who could find this book helpful:

People who are **over 40** where their digestive enzymes and food requirements have *reduced* and would like to rebalance the amount of food they eat to maintain a healthy weight.

Mothers who have stopped breastfeeding, or who are at the tail end of breastfeeding, and wish to move away from any 'grazing' habits to get their diet back on track without too much effort.

People who would like to get their **weight back into balance** and would like a different structure to use other than *counting calories*.

People who are interested in rebalancing their gut's **microflora** due to symptoms of excessive bloating and discomfort in their abdomen.

People with **auto immune conditions** who wish to address their condition through their diet. There are lots of books out there that explain how their diet can be the *cause* of their auto-immune condition, but they do not always offer help on *how* to carry out these dietary changes. This book is about *how to implement* the changes in your diet gradually, step by step, helping you see progress and purpose in your journey of changing your diet to improve your health.

Menopausal women. This phase in life is often about a *clearing out* and this book offers a *gentle* approach to this process.

Diabetics who would like to rebalance blood sugar levels and would like to try to avoid using drugs. Please consult your GP before you follow this book if you are currently on medication.

Here are *some* examples of who this book is **not** intended for:

People who suffer from eating disorders such as **anorexia nervosa** or **bulimia nervosa**. In these cases it *may be* more advisable to look at methods to *nurture* themselves (rather than making changes to their diet). In *some* cases people with these conditions, may need help to be reassured that they *deserve* to be nurtured. Or *sometimes* the cause of these conditions are more about a *control* issue. In which case they could practice techniques such as Yoga, Alexander Technique, talking therapies, Feldenkrais Method etc to help bring anxiety under control, or whatever emotion that they are trying to get under control, that they find challenging and so *may* lead them to an *extreme* desire to control their diet instead.

Pregnant women. Often during this phase women need to *graze* to be able to obtain all their nutritional needs due to the size of the baby and issues such as morning sickness. In these cases pregnant women really need to eat what they feel like when they get the desire to eat.

Young children who may need at least three *meals every day* to obtain their nutritional needs.

Disclaimer — The decision to follow any information in this book is at the sole discretion of the reader, who does so of their own free will and assumes full responsibility for any or all consequences arising from such a decision. The author is not responsible for any specific health or allergy needs that may require medical supervision, and is not liable for any loss, damages, or negative consequences that might arise directly or indirectly from the use, application or interpretation of the material in this book.

Why Rebalance Your Diet?

Rebalancing your diet by eating less and drinking more water gives your body the chance to rest not just external activity, but internally too, something we do not do enough of in our lifestyle today. It allows the whole digestive tract to cleanse and rest, ready for *effective* absorption. It also helps clear out the unhelpful bacteria and promote the good bacteria.

During your rebalancing period you are eating alkaline forming foods with low GI (Glycaemic Index), drinking water and establishing eating routines at particular times to get back into balance with your internal organs. What exactly is the best formula for you is what this course is all about! It is like starting exercise after a long break – you build it up slowly, step by step.

Aims and Objectives

In this book I aim to help you find a new routine and relationship with food to help you rebalance on a daily, weekly and/or monthly basis. We will achieve this together by finding out about your body's natural rhythms and your body's unique tendencies which will be dynamic, changing with your internal and external environment. Over time you will become familiar with the internal 'weather' of your digestion system, helping you eat intuitively with your body's wisdom.

Diets

Diets have a bad reputation as people do not seem to be able to stick to them! Some people go on a diet to lose weight but end up putting weight on!

Some diets are designed to bring something back into balance and are not intended to be followed all the time! Diets can bring about a yoyo effect and in extreme cases can cause more harm than good. The rebalance plan that I am suggesting is not a diet as such. It is a way of bringing back the yin and yang of eating, the rhythm of absorption and elimination. We have just got out of balance with absorbing all the time and not giving our bodies the chance to eliminate! Life is about oscillation. We have the day and night, the seasons, the Moon phases. We need to return to the oscillation of absorption and elimination. We often have problems absorbing because we have not allowed the elimination phase its time. This programme brings this balance back into play and can improve the absorption process.

My Story

I have been following a rebalance routine for several years and now eat half the amount of food that I used to eat, have more energy and have lost weight. I put this down to eating lighter meals which are food combined (no carbohydrates with protein) and this has improved my digestion so I have more energy which in turn gave me the inspiration to exercise more. My rebalance routine helped me *see* where I could make adjustments to my *daily* routines in a realistic step by step process. I have used this rebalance programme to recover from various conditions (miscarriage, skin conditions and to help me through the transitional period of the menopause). I now use it to strengthen my immune system and maintain a clear digestion.

What Makes this Course Different from the 5-2 Diet

- You no longer need to count those calories.
- Focusing on rehydrating your body – replacing food with water.
- Eating alkaline forming foods which contain antioxidants, creating a better pH balance for your cells, helping you make better choices in the future, rather than just counting calories.
- Eating low GI foods which stabilises your blood sugar levels reducing hunger, helping you eat less and balance your microbiome, this again helps you avoid just counting calories.
- Emphasis on timing to help you eat more in tune with your body's natural rhythms, creating an open door for your body to eliminate toxins more easily and digest food more efficiently; not just **what** you eat but **when** you eat it.
- As you eat like this on your rebalance day you can begin to **cherry pick** your favourite items that you can enjoy at other times, helping you eat well and more easily through the rest of the week too; it's not just about reducing calories for two days.

This last point is the bit where people feel this programme really works for them as they can begin to change their diet **slowly** but still feel the sense of purpose and achievement, which is what we are all seeking at the end of the day, which is **purpose and achievement**. The progress is more sustainable and has a long term approach to improving your diet and health. The key point is purpose **towards health** rather than purpose to **control** something which may lead to eating disorders.

The Lawnmower Analogy

Now you have the *knowledge* and maybe even *some* wisdom on this new lifestyle nutrition, it is up to you to apply it. Just like when you buy a lawnmower you know you have to use it in order for the lawn to be cut. And you understand that if you *do not* use the lawnmower, the grass does *not* get cut. **Use** this process to help rebalance your diet and gain the wisdom to find the foods that benefit **you** the most with the changing tides of the day, month, year and the phases in life.

If you find you do not get the chance to cut the lawn you can employ a gardener to do it for you. Or you may want to employ a gardener to hand hold you through the steps of how to cut it on your own. This is where my courses come in where I offer private sessions or day events in the company of other like-minded people. Alternatively you could come on a residential course and enjoy the peace and quiet away from your busy schedule. Follow this link to be put on the mailing list for future events: <https://www.integratinghealth.com/subscribe>

You may find yourself not needing the lawnmower during the winter, and so you may find this is the case with your rebalance day but then find it difficult to get back into the swing of things in the spring. You can come on a seasonal rebalance course to get you kick started again.

Whatever your reason, if you need some extra help then please do contact me at:

www.integratinghealth.com

Keeping your body in mind

