

The logo for Well.Org, featuring the text "Well.Org" in white on a dark background. The "O" is stylized with a globe icon.

Well.Org

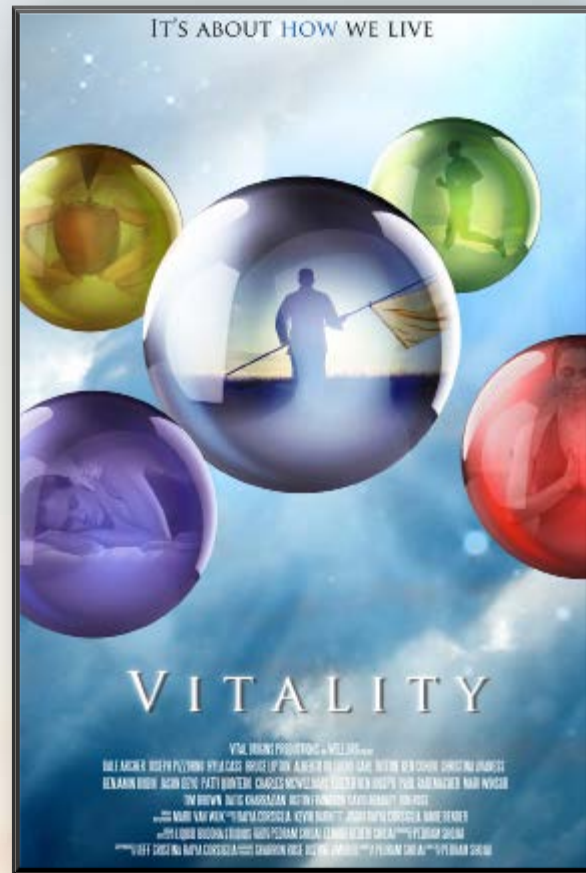
The title "VITALITY" is in large, bold, black capital letters, and "RESOURCE GUIDE" is in smaller, black capital letters below it. The text is centered over a semi-transparent white rectangular background.

VITALITY

RESOURCE GUIDE



INTRODUCTION



VITALITY WISDOM
DEEP DIVE 2
DVD SET

This guide has been created as a resource for you to thrive. Since we created the movie *Vitality*, we've been bombarded with thousands of emails from people who have been inspired by the film and want to know what next steps they can take to get more *Vitality* in their lives. That is why we created *VitalityU*. This guide is a free resource we've created as an adjunct to the full program that will help point you in the right direction and get you to the tools and resources you'll need in order to get more *Vitality* in your life. We also released the *Vitality Wisdom Deep Dive 2* DVD set, which is a treasure trove of extra footage that wasn't in the movie. This is the powerful stuff we wanted to include but simply couldn't fit into the timeline of the movie. We followed *Vitality* with *Origins* which has been a hit all over the planet. Take a good look through this guide and then look at some of the resources we've pooled together for you. We're here to help and support you all along the way.



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WHO WE ARE



Well.Org is dedicated to helping people help themselves. We support people and causes that are making a difference and we are committed to making the world a better, cleaner, healthier, and safer place for our children's children. We have pioneered the concept of "symbiotic capitalism" which is designed to encourage people to support good companies in a collaborative vs. a competitive landscape. We support the good guys and the heroes that are looking past the cutthroat models of the past and moving into a brighter world filled with innovation and possibility. We are here for you and your success is very important to us.

The background of the entire slide is an abstract pattern of flowing, wavy lines in various shades of blue and green, creating a sense of movement and depth. A white rectangular box with a thin black border is centered on the slide, containing the title and two paragraphs of text.

THE BEGINNING

We've broken the framework of health into a generalized “wheel” of Vitality, which is comprised of Diet, Exercise, Sleep, and Mindset. This framework gives you a starting point to see where you're at currently and then make some small meaningful adjustments that will go a long way. Each section will be laden with tools, videos, audio clips, or graphics that can help you understand the essentials of health and, from there, how to actually thrive in our busy toxic world.

Whether you are trying to get healthy, improve strength and fitness, condition your body with exercise, or fix your posture, we've got you covered.

VITALITY

The central notion of Vitality is a concept of health and well being that emerges from within. Vitality is that which we reinforce in order to stay healthy. We're born with it and should look to preserve it so we can have a long and healthy life. Getting all of the other spheres on the wheel going can enhance vitality and health (as seen in the movie), but it is also important to use some of the ancient healing arts we have at our disposal. Yoga, Tai Chi, and Qi Gong are great to enhance Vitality. The central concept being that there is an energy that is the currency of life and, through healthy living, breathing, and conscious relaxation, we could enhance this energy and increase our personal Vitality.

HERE ARE SOME TOOLS:

Yoga, Tai Chi, and Qi Gong are great to enhance Vitality. The central concept being that there is an energy that is the currency of life and, through healthy living, breathing, and conscious relaxation, we could enhance this energy and increase our personal Vitality. Qi Gong and Meditation are powerful tools that can help us enhance our overall Vitality. Here's a clip of a powerful Tai Chi Qi Gong practice that can easily replace your morning coffee. Check it out and tell us what you think.



Click here to
purchase
and download the
ZEN AUDIO
track!

If you're interested in
learning how to master
the energy flow in your
life and wake up to your
potential, check out our
Urban Monk Academy.

Learn More



SKIN CARE WITHOUT TOXIC CHEMICALS

Many of us use lotions, sunscreens, and deodorants on our skin, perhaps even every day. Do we know what really goes in our beloved skin care products? Let's investigate! When we put chemicals on our skin, it is actually way worse than if we were to ingest them. Why? because when we eat something, the enzymes in our saliva and stomach help break down the "something" and flush out any toxins from the body. Unfortunately, personal care products and cosmetics absorb directly through the pores. That's why people who use makeup on a daily basis can absorb almost 5 pounds of toxic chemicals into their bodies each year. Wow!



COMMON TOXIC CHEMICALS TO AVOID

1. PHTHALATES AND PARABENS

Phthalates and parabens belong to a group of chemicals commonly used as preservatives in cosmetics and pharmaceuticals. They keep our hairsprays sticky and our nail polishes bacteria and fungus-free. Unfortunately, both of these chemicals have shown to be carcinogenic and linked to breast cancer. The Genesis Breast Cancer Prevention Centre at the University Hospital of South Manchester NHS Foundation Trust discovered that paraben residues are found at concentrations up to 1 million times higher than the estrogen levels naturally found in human breast tissue. Furthermore, propylparaben was found at its highest concentration in the underarm area—think about the deodorants we so often use!

2. TRICLOSAN

Triclosan is a synthetic antibacterial compound that has been compared to Agent Orange! The EPA currently lists triclosan as a pesticide—highly toxic to any living organism. It is also classified as a carcinogen, which is a cancer-causing chemical. Furthermore, triclosan disrupts hormones, affects sexual function, causes infertility, and increases the likelihood of birth defects. It is commonly used in antibacterial cleansers, toothpaste, and household products. Surprisingly, the FDA have not found any evidence that triclosan is even effective as an antibacterial agent.

3. PROPYLENE GLYCOL

Propylene glycol is a synthetic liquid used to absorb water and maintain moisture. It is the active ingredient in antifreeze, but it is also found in many cosmetics, toothpastes, and deodorants. Although the FDA states that propylene glycol is “generally labeled as safe” for use in foods, the Agency for Toxic Substances and Disease Registry lists it as a potential agent for brain, liver, and kidney abnormalities. Even the EPA requires workers to wear protective gloves, clothing, and goggles when working with propylene glycol! So definitely look at the ingredients list of your favorite deodorants to make sure they are safe for your body.

4. DEA (diethanolamine) MEA (monoethanolamine) TEA (triethanolamine)

These three chemicals can disrupt hormones and form cancer-causing agents in the body. Research indicates that these chemicals have a strong link to liver and kidney cancer. They're common ingredients in shampoos, soaps, and facial cleansers.

LOOKING FOR A BRAND YOU
CAN TRUST?

WE RECOMMEND:



annmarie
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DIET

We are what we eat. The central notion of making sure what goes into our bodies is seen as fuel and not as toxic foe is critical. In this day and age of GMOs and pesticides everywhere, we've got to really be careful and seek out clean sources of foods—especially fruits and vegetables. Either buy organic or at least use a non-toxic vegetable wash that will clean some of the toxic chemicals off of your food. The problem is that many foods get toxins in systemically and, therefore, we take them in when we eat them. Here's a list of the basic foods you must get organic:

Meat	Apples	Lettuces
Milk	Bell Peppers	Grapes
Coffee	Celery	Potatoes
Peaches	Strawberries	Tomatoes

Check out a segment on cooking from scratch from **The Urban Monk** below. We also have a couple recipes for you in this book to try as you journey down the path of healthy eating!





START *IN YOUR* KITCHEN

Did you know that we spend more than 75% of all health care costs on lifestyle diseases such as, obesity, type 2 diabetes, heart disease, and even a few types of cancer?

Most of these lifestyle diseases can be avoided simply by reforming our diet. Eating a diet rich in whole, unprocessed foods provides a million and one benefits. We get the protein, vitamins, antioxidants, minerals, and essential fatty acids that help our body thrive. Preparing most of our meals at home helps us adjust to a healthier regimen. There are many health benefits to home-cooked meals. The most obvious is the benefit of controlling what types of ingredients go into the meal. When we eat out at a restaurant, we lose this advantage. Restaurant dishes may taste great and leave us begging for more, but don't let the butter and salt fool you. Commercially prepared foods are infamously high in fat, sugar and salt. They drown the food with sauce and salt, because the only thing restaurants have to worry about is whether you'll come back for more. When you eat out you're not 100% in control of what goes on your plate.

HEALING THE GUT WITH SAUERKRAUT

Many cultures around the world incorporate different fermented foods into their everyday diets. Here in the United States, we tend to forget about fermented foods and their many health benefits.

In this guide, we shine our spotlight onto the sauerkraut, cabbage that has been fermented by various lactic acid bacteria.

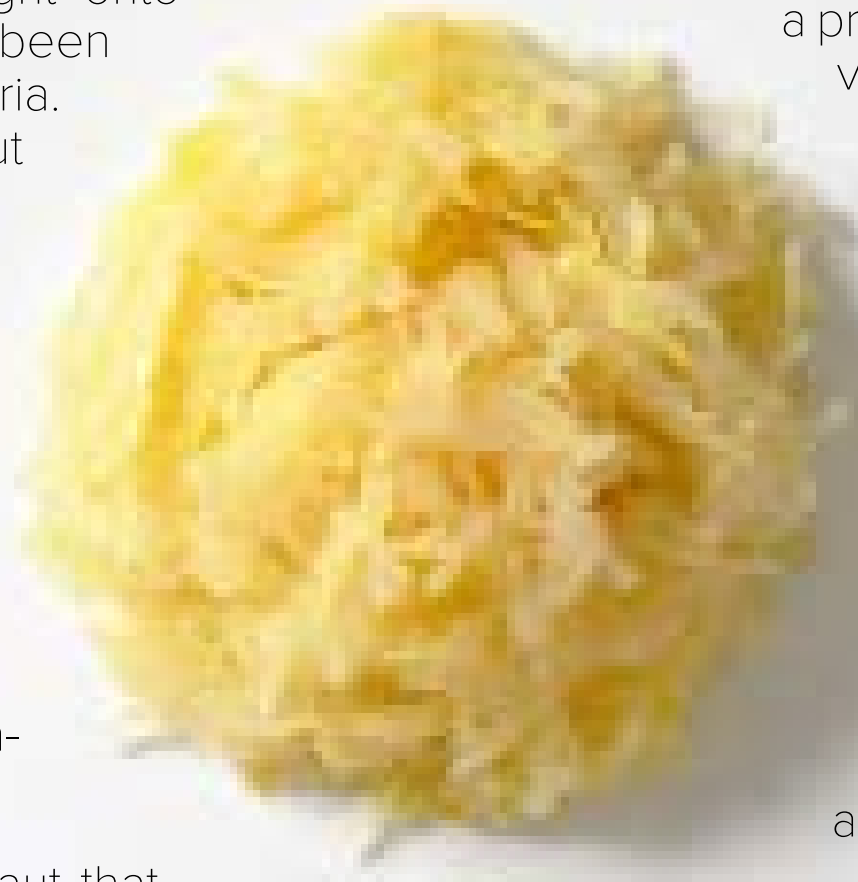
The bacteria that form in the sauerkraut can help with the biology of the gut by soothing the digestive tract. When we think of “sauerkraut”, we might think, “Oh another hot dog topping”. It’s time to reinvent how this unlikely superfood fits into our diets and we have Summer Bock, Expert Fermentationist, here to show us the way. Summer joins us in Pedram’s kitchen to teach us her secrets to making deliciously mouth-watering sauerkraut.

Remember to make or buy sauerkraut that is raw and lacto-fermented instead of the ones that are typically made with vinegar. That way you get the most benefits. Speaking of health benefits, let’s run through them now.

SAUERKRAUT IS A PROBIOTIC FOOD

Sauerkraut promotes the growth of healthy gut flora, improves digestion, relieves constipation, reduces irritable bowel syndrome and even protects the digestive tract against potential diseases. It is considered a probiotic food, because it contains a large variety of lactic acid strains of probiotics.

The lactic acid in sauerkraut helps break down food more easily, which aids in digestion. Sauerkraut is one of the few foods that contain lactobacilli plantarum, the “good guy” bacteria. L. plantarum can live in your gut and prevent pathogenic disease-causing microorganisms from flourishing. Like the way icing lines a cake, L. plantarum maintains a healthy barrier in your colon that helps keep the “bad guys” from penetrating the lining of your intestines and entering your blood stream.



IMMUNE SYSTEM BOOSTER

Sauerkraut is packed full of Vitamin C as well as other beneficial vitamins and minerals, such as calcium, magnesium, iron, and potassium. It’s absolutely amazing! One serving of sauerkraut (100 grams) provides 24% of

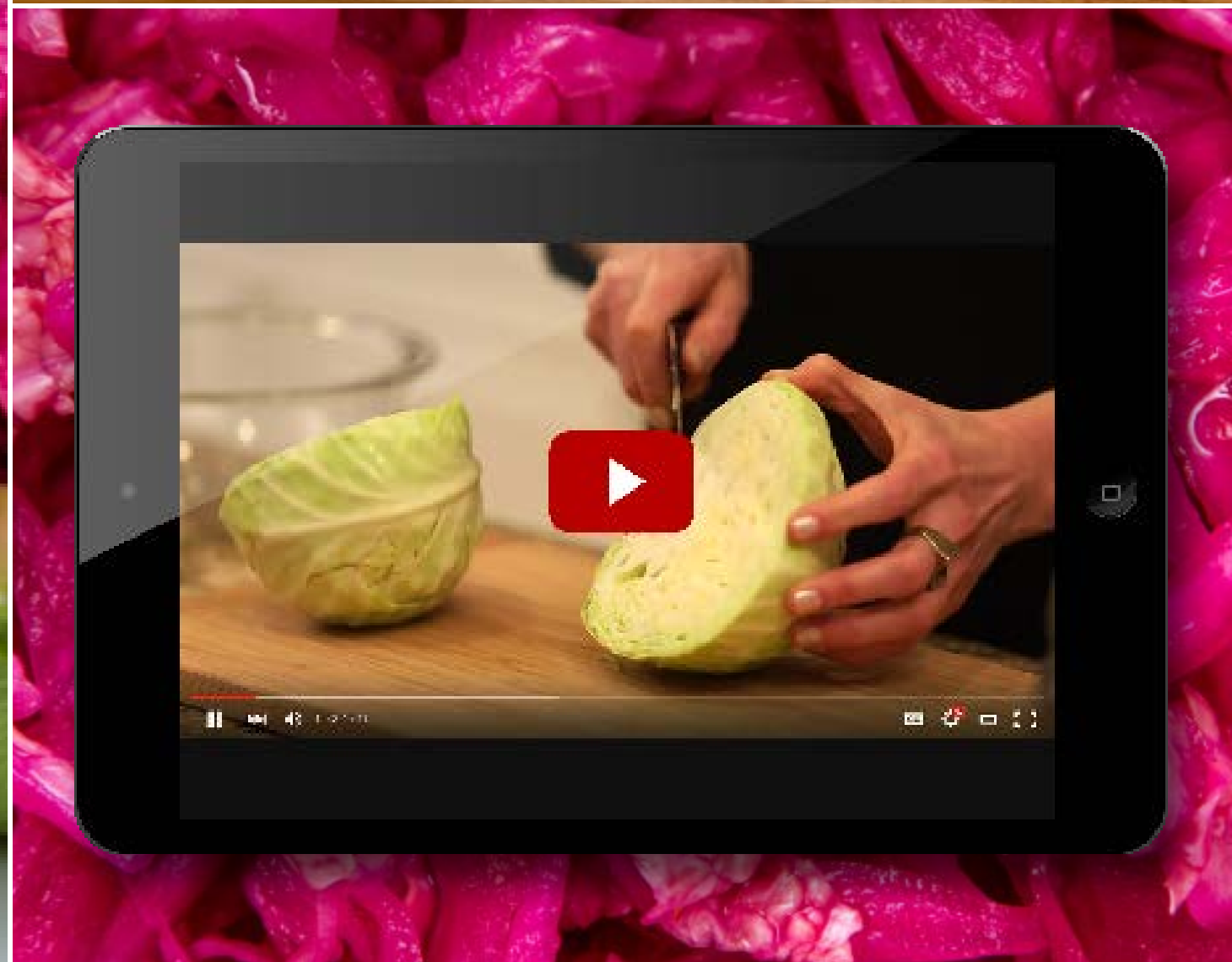
your daily value for Vitamin C. it also contains vital phytochemicals that are created during the fermentation process. These compounds help keep your body safe from diseases. They help reduce common health problems, such as skin disorders, flues, colds, and weight gain.

DECREASES CANCER RISK

Both cabbage and sauerkraut exhibit anticancer characteristics, according to a study published in “Phytotherapy Research” in August 2012. Furthermore, cabbage is found to contain compounds that may decrease lung cancer risk. So the combination of healthful cabbage and the fermentation process produces a powerhouse of benefits. The probiotic cultures that derive from fermentation can detoxify ingested carcinogens and stimulate the immune system. They also create an environment in your gut that is hostile to carcinogenic compounds. More specifically, these probiotic cultures create organic compounds that can inhibit the growth of tumors and cancer cells.

Remember to buy only sauerkraut that is freshly made, raw, unpasteurized and organic. You can probably find it in the refrigerated aisle of local health food markets or farmers markets. Try to avoid canned sauerkraut, because it offers far fewer nutrients and probiotic benefits.

We have an even better idea... Why not make your own sauerkraut? It's quick, easy, and you know exactly what's in it.



CARBS

The problem with too many carbohydrates is that we tend to store them as fat. Also, it is estimated that up to 50% of the population is now sensitive to gluten, which causes all sorts of immune system issues. Now if you're training for a marathon, chances are you'll need some to get you the energy you need but in reality, most of us don't use those kinds of calories but we eat that way too often.

The Health Bridge Podcast – Is Gluten Sensitivity Real? with Guest Tom O'Bryan



Is Gluten Really That Bad? It Depends...

SUGARS

The image shows four white ceramic bowls arranged in a 2x2 grid on a light-colored wooden surface. The top-left bowl is filled with white sugar cubes. The top-right bowl is filled with brown sugar granules. The bottom-left bowl is filled with orange sugar cubes. The bottom-right bowl is filled with white sugar granules. The word 'SUGARS' is written in a large, bold, dark red serif font, enclosed in a thin blue rectangular border, positioned in the upper left quadrant of the image.

Sugar... baaaaaaad – a simple premise that we can all get behind (until confronted with that giant chocolate chip cookie someone evilly left on the break room table at lunch, that is). But when you start thinking about it, it's not so simple.

Doesn't fruit have sugar? Are we not supposed to eat fruit—ever? Gulp. Or, how about agave nectar? That was all the rage for a while then the hype sort of died down... What's up with that?

What are the alternatives? Or are we destined for a life of food without that sunny bit of flavor? Unsweetened sweets? That's a sad thought.

OK, a little dramatic. But we do love our sweets and need to have some viable alternatives. So we consulted a few sugar experts to help us get a sense of the best (and worst) sweeteners and sugar alternatives. According to Victoria Brodsky, head of nutrition for ContentChecked, three types of sugars get the most attention: fructose, glucose and sucrose. Fructose is a natural sugar found in fruits, glucose is found in our blood and sucrose is known as table sugar, obtained from sugar cane or sugar beets.

In terms of what we should and shouldn't be eating, Brodsky, clinical nutritionist Amanda Hayes-Morgan and holistic nutritionist Mitra Shirmohammadi helped break down the sweeteners, starting with the best.



Stevia

YES!

To These Sweeteners

1. Stevia
2. Monk fruit
3. Raw, unprocessed honey
4. Chicory
5. Xylitol and erythritol
6. Vanilla
7. Maple syrup

Steer Clear! Of These Sweeteners

4. Agave nectar
3. White refined sugar
(table sugar)
2. High-fructose corn syrup
1. Artificial sweeteners



ORIGINS

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SOME RECIPES FROM OUR COOKBOOK



Kelp Noodles with Pumpkin Seed Pesto and Vegetables

- 1 package kelp noodles, rinsed well and drained
- 1 cup small broccoli florets
- 1 pint cherry tomatoes, quartered
- 1/2 yellow bell pepper, diced
- 1 cup almonds or pumpkin seeds for topping

For the Pumpkin seed pesto:

- 1 cup pumpkin seeds, soaked for 8 hrs
- 3 packed cups basil leaves
- 1-2 cloves of garlic, minced, to taste
- 6 Tbsp extra virgin olive oil
- 2-3Tbsp lemon juice, to taste
- 2 tsp sweet white miso
- 1/4 tsp Himalayan or Celtic sea salt, more to taste
- 1/4 cup hempseeds

Directions:

1. Process all pesto ingredients in a food processor.
2. Depending on your taste you may choose to make it totally smooth or leave some texture.
3. Transfer the kelp noodles to a large bowl. Add the broccoli florets.
4. Massage both ingredients with half of the pesto and let sit for 20-30 minutes to allow the noodles and broccoli to soften up.
5. After that time add cherry tomatoes (but not the juice that may have been released during the cutting process, drink it!), yellow bell pepper and as much pesto as you like. Adjust seasonings to taste and serve.
6. Sprinkle hemp seeds on top and serve.

Simple Tempeh Reuben

Salad Recipe

Summer Bock and Robyn Youkilis come together to create a salad version for a favorite, yet not so healthy, sandwich... the classic reuben. They have created a salad that has all the great flavors of the reuben, but without the guilt. This simple recipe is easy to make and sure to satisfy your cravings!

In Summer and Robyn's recipe, they use tempeh as a substitute for meat. If you're a vegetarian, you may already know about this soy-based superfood. If you've never heard of tempeh before stumbling onto this delicious recipe, then let us explore what this food has to offer.

Soy products are healthy sources of protein and they serve as excellent alternatives to meat and dairy products. Tempeh is made by fermenting cooked soybeans with a mold and mixed with other whole grains. This process creates fine white filaments that cover and bind the mixture into a firm cake. Tempeh is not a new vegetarian food.



It's actually been a staple in Indonesian diets for more than 2,000 years. Although, its popularity in the U.S. is still growing, tempeh is quickly becoming a favorite for vegetarians and vegans.

Since tempeh is less processed than tofu, it packs more protein and fiber. If you have never tried tempeh, you can find it at most health food stores (it's located in the refrigerated section). Tempeh is great to cook with, because it absorbs other flavors quickly. It has a mild, nutty flavor, and is easy on digestion. Plus, it crumbles easily so it's the perfect substitute for chopped meat in any recipe. You can easily incorporate this soy product into your diet by adding it to soups, salads, and stir-fry.



Coconut Vegetable Curry

Ingredients:

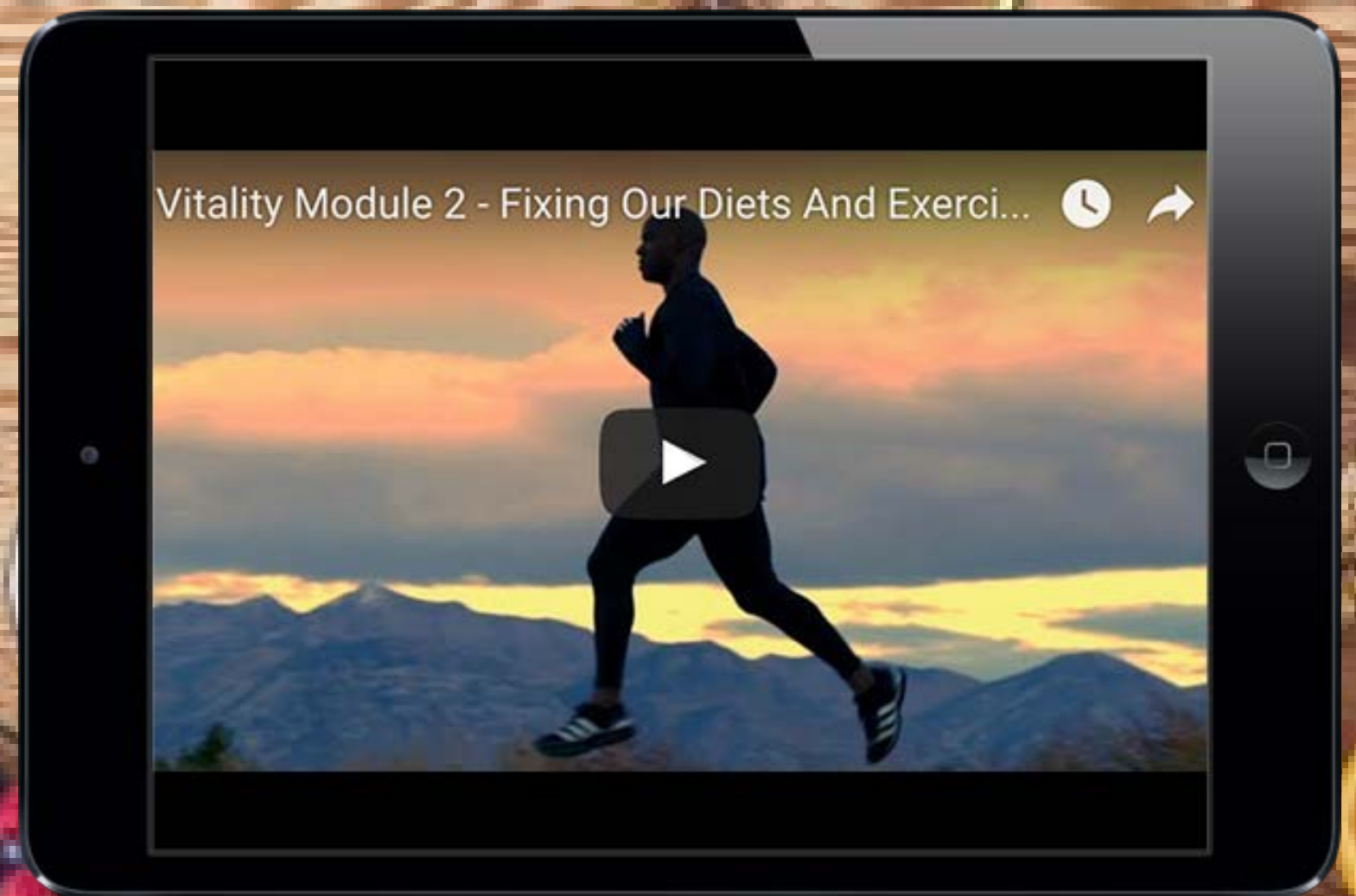
- 2 Tbsp coconut oil
- 1 can full fat coconut milk
- 1/8 tsp sea salt
- 2 tsp maple syrup, coconut sugar OR a few drops of stevia
- 2 tsp curry powder
- 2 servings of organic chicken or wild sustainably caught fish of choice
- 1/2 cup fresh cilantro or basil
- 2 cups broccoli, chopped
- 1 cup red pepper, chopped
- 1/2 cup onion, chopped
- 1 cup spinach, chopped
- 1 inch ginger root, grated or finely chopped

Directions:

1. Saute the onion, ginger, and curry powder in a pan with coconut oil for a few minutes. Add the coconut milk and sweetener of choice.
2. Add in the protein of choice. Add red pepper and cook for several minutes.
3. Add the broccoli and spinach and cook for another minute.
4. Remove from heat and top with fresh cilantro.

HOW TO OPTIMIZE DIET AND EXERCISE FOR MORE ENERGY

In this module, Dr. Pedram Shojai gets into how we lose energy in our daily lives and what we need to do to restore it. Our health and Vitality come from an elaborate system of energy extraction, which we need to optimize in order to thrive in life.



EXERCISE

ADAPTIVE WORKPLACE FITNESS

Approximately 78 million people in the United States are obese, according to The Journal of the American Medical Association and the Centers for Disease Control and Prevention. Now an epidemic, obesity is a part of the lives of approximately one-third of our American population. Obesity has become and will continue to be a grave threat to the health of our nation's population if we don't change this "sedentary lifestyle."

The list of preventable comorbidities that go hand-in-hand with obesity include: heart disease, stroke, type 2 diabetes and certain types of cancer. Economically speaking, obesity and its many comorbidities create a substantial price tag. Estimated annual medical costs for the treatment of obesity and obesity-related diseases in the U.S. are \$191 billion. In simple terms, the U.S. will spend \$1,400 more per year on an obese individual compared to an individual who is not obese.

Along with the rapid changes and remarkable advances that technology has afforded Americans in completing a day's work, the majority of our population now completes a day's work in a sitting environment. Gone are the days of manual labor. A sedentary lifestyle has become the norm. Our society has fallen victim to this "sitting disease" both at work and home. How do we combat this sedentary workday cycle?



First, identify your current level of physical activity. Set attainable and smart goals. This may be something simple like getting a pedometer or wearable fitness device that tracks movement. It is important to define if one is de-conditioned or lives a sedentary life (active < 30 min/day). If you are sedentary, start with simple movements like the sequence listed and begin with walking at least a mile a day (2,000 steps). The movements listed can be completed sitting or standing.

STRETCHING

Figure Four

[Hip Opener/LowerBack and Gluteus Stretch]:

Sit tall on the edge of your seat with your knees over your ankles. Bring your right ankle onto your left thigh close to the knee creating a “figure four” with your legs. If your hips are tight, your right leg will be positioned diagonally. If you are unable to place your ankle on your thigh, try to place the foot below the knee on your shin to create the figure four. This modification will lessen the strain on already tight hips. Flex your right foot and pull your toes toward your right shin as you place your right hand on your thigh to level your hips. These movements will deepen the stretch, but most importantly remember to breathe even if you feel a deep sensation. Extending your exhalations will allow the body to relax and progress deeper into the movement. You may also lean forward with a flat back folding from the hip creases to deepen the stretch into your hip and right gluteus.





STRENGTHENING

Tricep Dips:

Using your chair, come to the edge of your seat and then step feet out until knees are over your ankles (a 90-degree bend of the legs). Wrap your hands around the sides of your seat as you sit tall. Step your feet out one foot length each as you press the heels of your hands into the seat and lift your bottom from the chair. You are now holding yourself up and off the seat of the chair. Inhale here and then as you exhale, bend your elbows and lower your hips below the seat of your chair. Your goal is to bend your elbows 90 degrees and lower yourself down, but then be able to lift yourself back up by pressing into the heels of your hands and straightening your arms. This will strengthen the back of your arms, but remember to keep your core gently contracted and breathe. Complete two sets, with eight to 10 reps each set.

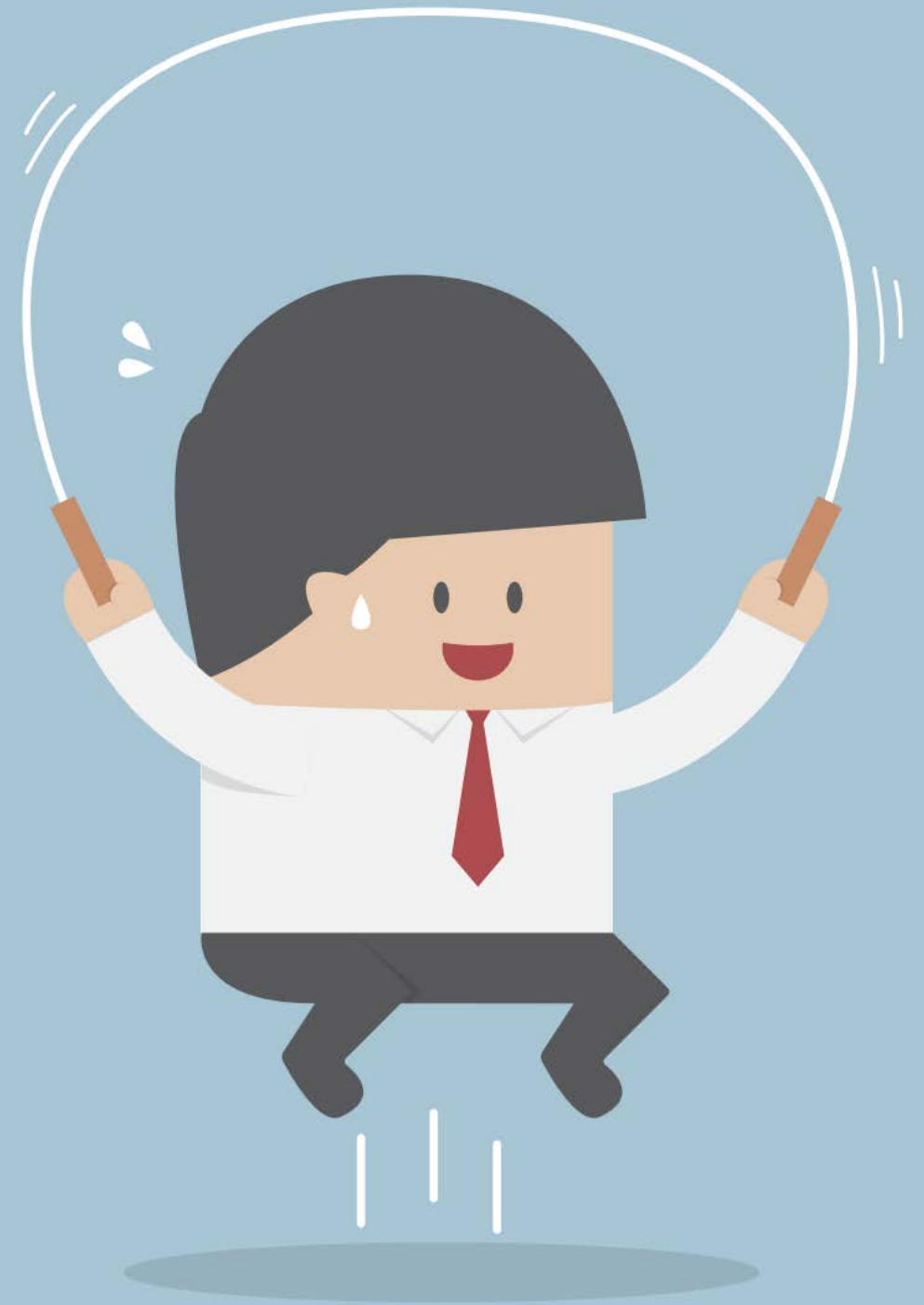
CARDIO

Imaginary Jump Rope:

Cue the music and envision yourself like Rocky Balboa preparing for your match against Apollo Creed. Pretend you are holding a jump rope handle in each hand and begin to jump rope in place. Remember to stay on your toes and breathe in through your nose and out of your mouth. Keep the jumps small and fast; the goal is to increase your heart rate and to move. It takes as little as 30 seconds to increase your heart rate, however, if you are sedentary, 30-second intervals may seem challenging. Alternate between jumping and resting for a total of three minutes. Do not rest for more than 10 seconds. The goal is to gradually work your way up to three minutes of imaginary jump roping without taking a break.

Chair Modification:

Sit on the edge of your seat with your knees over your ankles. Lift your heels off the ground and come onto the toes and ball mounts of your feet. Pretend you are holding a jump rope handle in each hand and begin to jump your feet as if you are jump roping and move your hands and wrists in small circles like you are holding a real jump rope. Remember to stay on your toes and lift your knees as high as your hips when seated. Breathe in through your nose and out through your mouth. See above for recommended length of time.



BEATING BAD POSTURE

WITH TWO SPORTS MEDICINE LEGENDS

Sitting is a low energy activity. When you sit, the big muscles in areas like your legs and back are not contracting. These major muscles aren't moving; therefore, metabolism slows down (weight gain will ensue). It makes our bodies think that we are in energy storage mode. As a result, our bodies become resistant to insulin, which increases the level of glucose in the blood and reduces the level of good cholesterol. These changes add to the risk of obesity, diabetes and heart disease.

Eager to learn more about beating bad posture? Dr. Ben Rubin and Dr. Tim Brown, two legends in the field, are here to share their insight on posture, injuries, and athletic performance.



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HOW QI GONG AND YOGA CAN HELP

THE FOUR EASIEST EXERCISES FOR BACK PAIN RELIEF

Downward Facing Dog Pose

A basic yet challenging yoga pose that stretches and lengthens the spine develops shoulder muscles and can address postural conditions such as kyphosis.

Standing Forward Bend

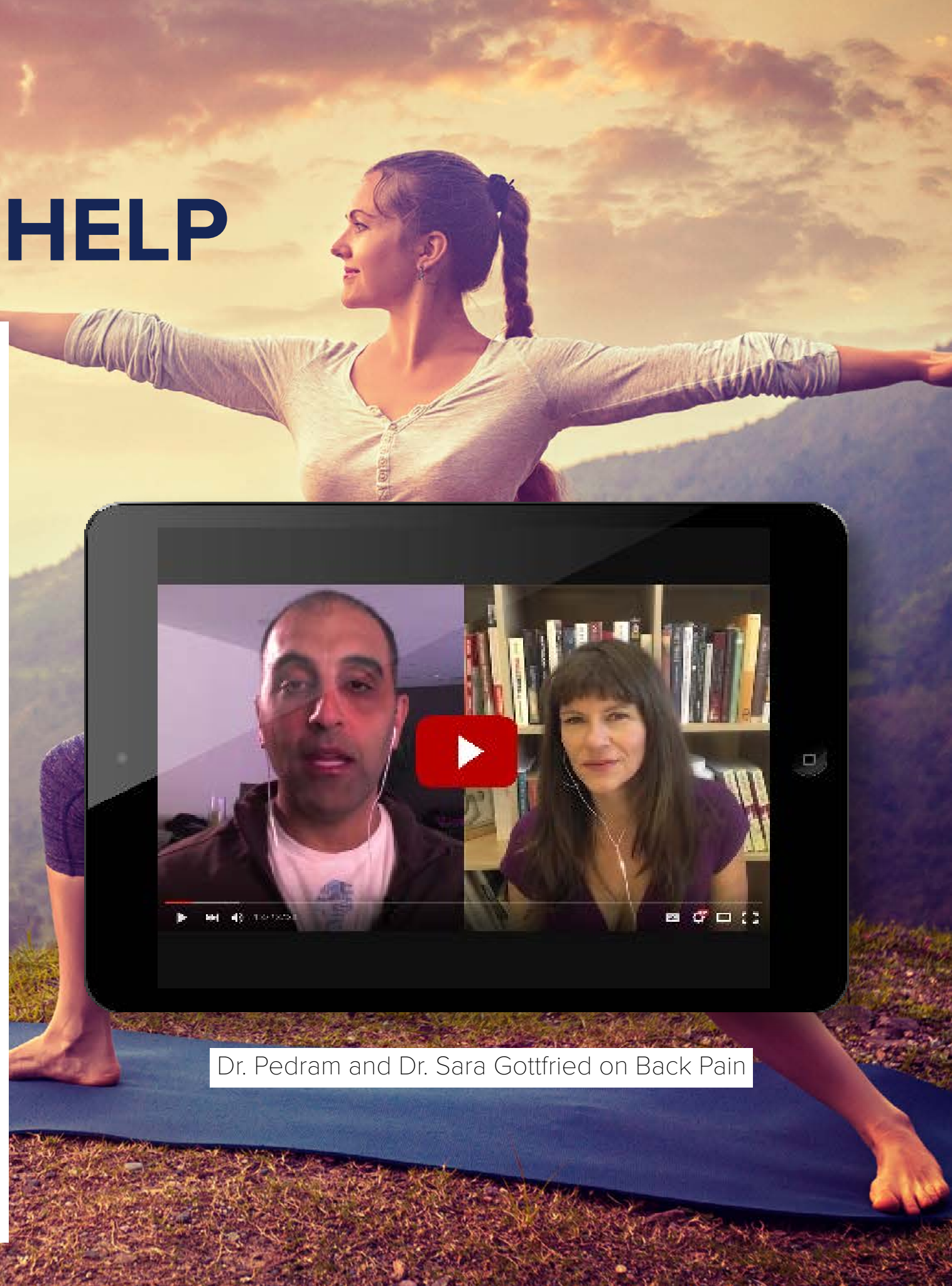
Forward bends will stretch your hamstring muscles, located on the back of your thigh. If you have flat low back posture, this stretch may help prevent it from getting worse, or even to reverse the condition.

Child's Pose

The child's pose stretches the muscles of the low back, as well as the inner thighs. It promotes flexibility, stress relief and helps circulation to the muscles, joints and disks of the back.

Cobra Pose

While the cobra pose is a pose that many people readily associate with yoga, its not safe for all types of back problems. people with facet joint problems should approach cobra pose cautiously, if at all.



Dr. Pedram and Dr. Sara Gottfried on Back Pain

FINDING YOUR CONFIDENCE

Here's a popular interview from our Urban Monk Show. Finding confidence is an inside game and Per Bristow has been showing people how to find themselves through singing. Enjoy finding the inner glow!



SLEEP

Sleep is critical and many of us are missing it in our modern lives. It is where lots of healing happens and where our bodies detoxify when while our brains process our days. When we get less sleep, we have less energy to work with the following day. When we do this for extended periods of time without recovery, we start to break down and get sick. One of the major contributors to this is caffeine. Why? Because with caffeine we can “borrow” energy from tomorrow in order to get through today. We tap into our adrenals like they are a never ending savings account and push through our daily battles, not realizing that tomorrow brings another set of problems. It has become an epidemic in our culture.



Interview On Sleep With Arianna Huffington

The background of the image is a photograph of a bed. It features two large, white, rectangular pillows at the top. Behind the pillows is a headboard made of vertical wooden slats. The bed is covered with a white sheet that has a subtle, wavy pattern. The overall lighting is soft and even.

HERE ARE SOME BASIC SLEEP TIPS FOR YOU

1. No caffeine after 2pm
2. Keep the bedroom dark
3. No TV in the bedroom
4. No bills or financial stress in bed
5. Keep the room cool
6. Limit your alcohol intake if you have insomnia
7. If you are tired in the morning and/or your partner reports that you gasp—get a sleep study—you may have sleep apnea
8. Read a little and try to avoid bright lights 1 hour before bed

SUPER POWERED TEA FOR A NATURAL ENERGY BOOST

Robyn Youkilis of *Your Healthiest You* recently joined Pedram in his kitchen for some super powered tea time.

By adding a few easy-to-get ingredients, this tea can help give a natural boost of energy without fogging up our brains or leading to an energy crash in the afternoon. Most importantly, it tastes delicious! Bring your cups and saucers and let the tea concoction begin.

Before you proceed to the next page to learn the recipe to this energizing tea, let's look at some of the health benefits provided

Cinnamon



- Regulate blood sugar (great for diabetics and hypoglycemics)
- Reduce LDL cholesterol levels
- Has natural anti-infectious compounds
- Reduce pain linked to arthritis
- Natural food preservative
- Contain fiber, calcium, iron, and manganese
- Effective relief for menstrual pain

Yerba Mate



- High antioxidant capacity; reduce oxidative stress
- Promote healthy Gastrointestinal Tract
- Improve digestion
- Lower blood pressure
- Anti-inflammatory
- Anti-carcinogenic
- Increase cognition and mental clarity
- Help regulate glucose levels for Type 2 diabetes
- Enhances fat metabolism
- High amounts of minerals and vitamins (potassium, manganese, phosphorus, sodium, nitrogen, etc. Vitamins A, C, E etc.)
- Good source of natural energy (with the aid of caffeine, theobromine, and theophylline)

Cayenne



- Rich source of potassium, calcium, beta-carotene, b-complexes, and vitamins a, c, and E
- Beneficial to the heart and the flow of blood throughout the body
- Normalize blood pressure
- Reduce hypertension
- Ability to fight cancer
- Activate sensory nerves
- Relieve rheumatism and arthritis pain

Turmeric



- Cancer Prevention
- Anti-inflammatory properties for treating both osteoarthritis and rheumatoid arthritis
- Help moderate insulin levels
- Natural antiseptic and antibacterial agent
- Support overall brain health (aid in removal of plaque build-up and improve flow of oxygen)
- Improve digestion
- Natural Liver Detoxifier
- Reduces Cholesterol Level
- Contain lipopolysaccharide, which helps stimulate the body's immune

OUR FAVORITE TURMERIC:





Super Powered Tea Recipe

MINDSET

How we see our world really determines the quality of our health. Stress levels in our culture have hit epidemic proportions and we need to learn how to deal with stress in order to break free from its negative effects. Meditation, prayer, yoga, Tai Chi, art, or even rock climbing can be very helpful so long as you develop the right PERSPECTIVE and use it to help clear your mind better. We all dream of being whisked away to some tropical island where all our stress can go away but the truth is, most of life's problems are awaiting us upon our return. So what happens on vacation that helps so much? Well—we separate from our normal routine and allow the mind to refresh and rejuvenate. The real trick is to learn how to do that HERE and NOW. Our ability to stop the world and take a mental time-out several times during the day is a critical factor in health outcomes. The better we get at clearing the stress and relaxing the mind, the easier our days get and the better off we are in the long-run.



Click here to listen
and download the
**FOUR COUNT
BREATHING**
track!



Anxiety and Five Natural Hacks



RESET AND JUMPSTART HOW TO GAIN VITALITY NOW

How To Detox, Step Up, And
Find Purpose And Vitality In Life



LIVING THE DREAM

This is why we get fit, in both body and mind... to push the limits no matter what we do in the hope of harnessing the true feeling of freedom. What's your dream?



Segment: Speedflying in Wegen



Urban Monk Academy

**GET UNSTUCK
& LIVE LIFE FULLY**

Learn how to set goals, get focused, gain more

My name is Pedram Shojai and I'm a physician, Qi Gong Master, Author, Film Producer, seasoned martial artist, and successful businessman. I've got a lot going on and people always ask me how I do it all. I decided to share my secrets. I've spent quality time meditating on how to help more people and make the world a better place. I took my powerful 3 day seminar called "Energy Economics" and blended it with my higher level "Life Mastery" course because I wanted a single resource where our students can learn to get out of their own way and achieve true mastery, happiness, health, and wealth in life.

This may sound lofty but I've been teaching Fortune 100 CEOs, elite athletes, and dedicated students these skills for the past 15 years. A blended course that was less expensive and available to more people was what I was striving for as my regular weekend seminars run \$2,000 and higher. What I created here is a 3 month, 12 module course with all the resources needed to learn how succeed in your diet, career, and relationship goals.

ENROLL NOW





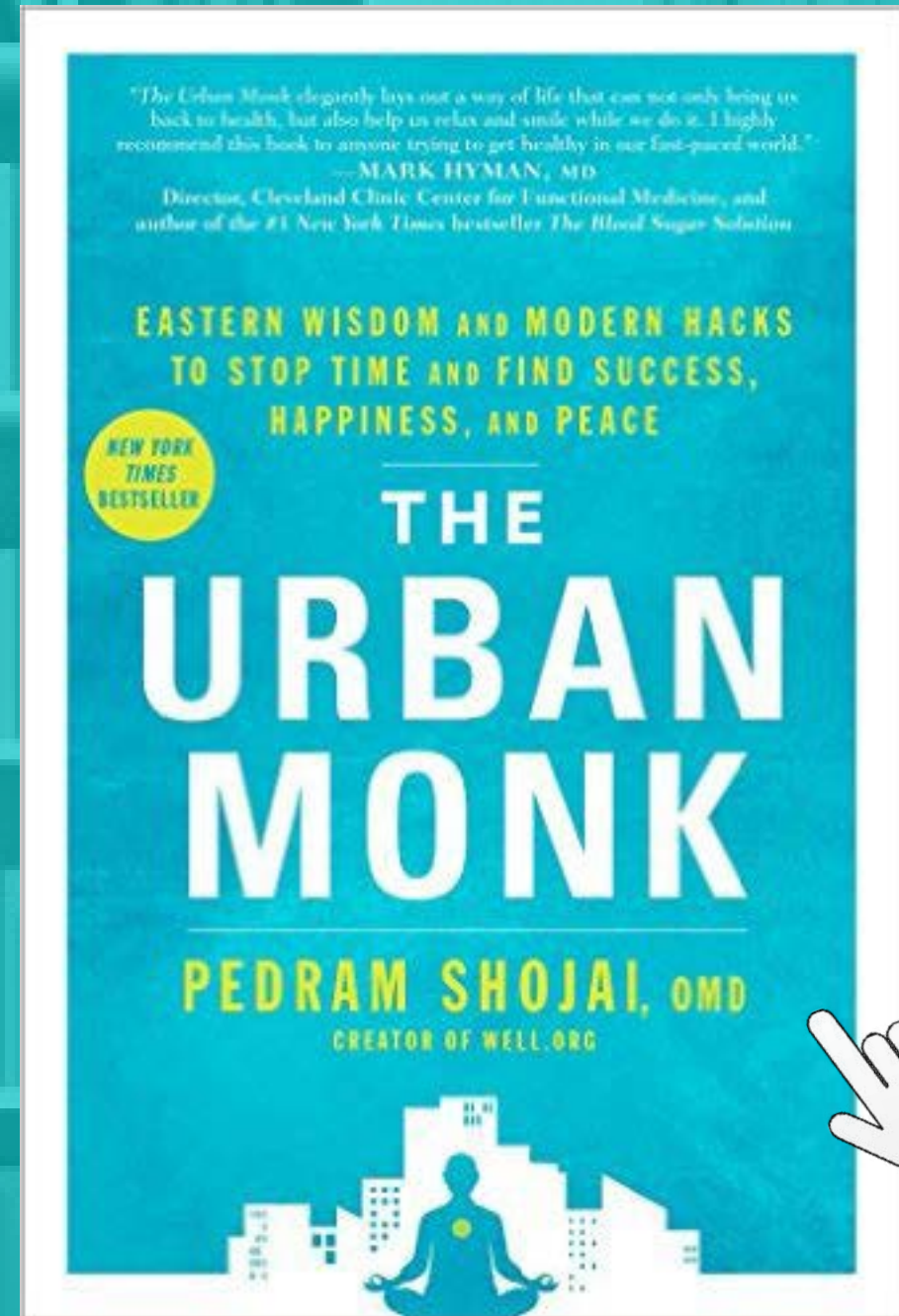
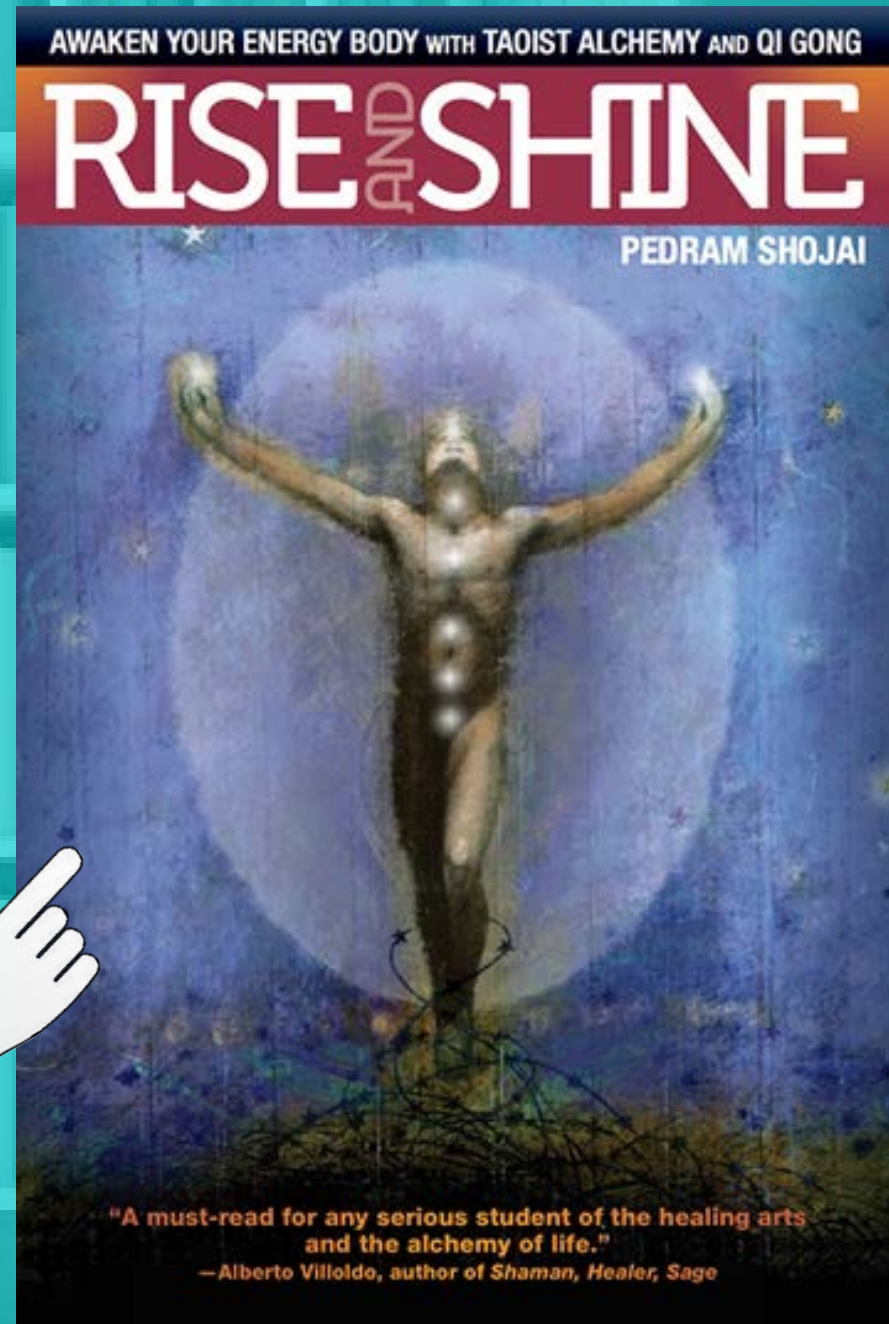
WELL.ORG IS A “FOR BENEFIT” CONSCIOUS BUSINESS DEDICATED TO MAKING THE WORLD A BETTER PLACE. IF YOU HAVE A BUSINESS THAT IS A PART OF THE SOLUTION, LET US HELP YOU GROW IT TO SCALE. AS PART OF OUR “HELP THE HELPERS” INITIATIVE, WE HAVE CREATED THE MEDIA ACADEMY TO TEACH OTHER CONSCIOUS BUSINESSES TO PROSPER ONLINE.

GET STARTED TODAY

Apply Now



BOOKS



CHECK OUT THE NEW YORK TIMES BESTSELLING BOOK “THE URBAN MONK” AND DR. SHOJAI’S PROVOCATIVE FIRST BOOK TITLED “RISE AND SHINE”. BOTH HAVE AMAZING REVIEWS AND WILL HELP YOU LIBERATE MORE ENERGY IN YOUR LIFE.