



Cancer

Recovery

Download



Welcome from Curly Martin

Thank you very much for requesting this transformational course and congratulations on taking your first step. By doing this you have acknowledged that you **do** have the power to make changes and that's a powerful acknowledgement already!

I cannot make the changes for you. I provide the tools and information. For you to get the maximum benefit, you will need to take the small steps towards living a healthy and longer life.

How to get the best from this download:

Each day of this download will contain information and a few easy to complete daily activities. Set aside at least fifteen minutes a day, when you can be undisturbed, to read and understand the activity of the day. If you need to rest part way through the activity, take a 10 minute break and re-start as soon as you have reenergised. You will be surprised how quickly this becomes an enjoyable habit and even more surprised at how rapidly you will start to experience the beneficial results. You can type into the activity boxes or you can print the file or print the activities and complete a personal folder.

Each day has an Accelerator Activity. This activity is an extra task which may not make any sense, and will not have any explanation in the daily notes. You are being asked to do the activity 'blind' or 'in 'faith' knowing that I would only ask you to do something if it was going to benefit you. Everything will be explained during the download and if you take the time to do the Accelerator Activities, when you get to the part in the download where it is explained you will understand and have the wisdom to rapidly excel your learning because of the accelerator work you have already completed.

I hope that you enjoy the next 30 days and find new easy ways towards overcoming cancer. Now, as soon as you are ready, turn to your first activity and get your health on track with this unique self-coaching download.

IMPORTANT TIP: Put a password on this download or make sure you are the only one who has access, this will give you the space to be absolutely honest -which is essential for this download to work.

Love,
Curly Martin.

DISCLAIMER NOTICE

The contents of this download are for informational purposes only. Please be aware it is your responsibility to seek the advice of your doctor or other qualified healthcare professional. This entire download offers information and guidance only and is not intended as direct advice. I have no control over the way that you use the information contained within the pages of the Cancer Recovery Download – you alone are responsible for compliance with local rules and regulations, with governmental obligations and, equally importantly, for all and any of the outcomes of any actions that you take. This download is a valuable guide and I recommend that you always employ qualified professional specialist advice. Remember, the responsibility for the way that you apply the information contained in this download is entirely yours.



1:5

Let's cut right to the chase. How do you define 'health?' Forget the clichés that you may have heard in seminars or read in books. This download is about your life and your health and taking personal responsibility to think for yourself.

Write your answer here:

My personal definition of health is:

Here are a few thoughts to get your mind ticking over to seek more depth. A surprising number of people never actually think and plan their health. They drift along being buffeted by the marketing advertisements, time of year, climate, what others are doing, and finding themselves fat or thin, healthy or sick, without planning and deciding what they want from health. Many people go from one meal to the next and consider that walking to the shop for the lunchtime sandwich is exercise. Is this you?

A fortunate few, like us cancer recoverees, have been forced to look at our health - an opportunity to take control. Some people, at quite a late stage in their lives, made a major mid-life health switch and began looking at and thinking about health in very different ways. So the first question to ask yourself, and more importantly answer yourself, is how did you end up where you are now health-wise?

I know this might be a struggle to answer and might need some real soul searching. Many people simply picked up their attitudes to health from their family examples or from that of their friends, following what everyone around them does as far as health is



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concerned. Did you make the decisions about your health before cancer or was it made for you? How do you feel about this?

If you were following a health plan that seemed like a good idea at the time but now it no longer meets your requirements, what has changed to make you feel this way?

If you drifted into your health routines, how do you feel right now about stopping the drift and taking some positive action to take control of your health, your life and your destiny?

On a scale of 1 to 10, where 10 means being fully committed to changing your situation and beliefs and taking action and 1 means - not bothered, where are you now?

Already by now, you have discovered that coaching is about asking questions that you may not have considered before and finding answers that may surprise or delight you and that might even, in some cases, frighten you. This may be the first time in your life that you have given yourself permission to be this selfish, introspective or self-centred. Do not spend too long agonising over your answers to the above questions because, usually, the first reply that comes into your mind will be the one that is most truthful for you.

If you could do absolutely anything as far as health is concerned, without any limitations, with no possibility of failure and without having to answer to anyone else, what would you do about your health? Be as specific as you can as you consider all possible health areas you could be involved in. It is okay if you begin by thinking about what you do not want to do and then turn it around. So: 'I do not want to only eat salads all day' could turn to: 'I do want to put healthy food regularly into my diet.'

It will help you to come up with possibilities, if you also consider the most important benefits that you want your health to provide.



For example, which of these are most important to you - more sleep, less pain, good skin texture, ability to run upstairs with breath to spare, able to fully relax, fun filled exercising... and so on.

Perhaps you have already revised your answer to the first question, so here is a slight variation which might give you more insight.

My personal definition of being fully healthy is:

Now you have started the process of looking at how you see health, we will be developing this over the 30 days so that by the end of the download you will not only know how you think and feel about your health, you will also know what your healthy routines are and what to do about them!

I Strongly Recommend You Do The Accelerator Activities

The first activity is a health mantra. Repeating the mantra consistently re-programs your mind and body. You can repeat the mantra silently or vocally, the only requirement is that you learn it and repeat it frequently.

Accelerator Activity

I love and approve of myself

Allow these thoughts to occupy the spare spaces in your mind over the next 24 hours whilst looking forward to another healthy activity tomorrow!



2:5

Welcome back.

Today we take your personal definition of health a stage further. Or rather, we take it back a few steps.

Yesterday I deliberately asked you to consider the big picture by suggesting that you paid no heed to any limitations. However, because this wonderful world of ours is full of limitations and challenges we need to consider some of them today.

Broadly speaking these will fall into two categories: the limitations that are beyond your control and those that are very much within your control or sphere of influence.

Consider your present health. On a scale of 0 to 10 where 0 is 'not at all healthy' and 10 is 'perfect', how does your present health match with the answer to the final question of yesterday - your definition of successful health?

If your score was seven or less, what would need to happen to increase it to 10 or more?

Is this 'need to happen' beyond your control? For example, is your health is restricted by something such as the medication you are taking or the radiation reaction?

For today, let's have a look at what you believe about health. Yesterday you were invited to answer some questions about your definition concerning health. Today, I want you to be honest with yourself about what you believe health means. Let me give you an example to get you started and then I want you to think about the past and what you heard said about health in your family, by your friends, by your work colleagues and anyone you have been in contact with.

*Health is hard to keep up now I have had cancer
Running is impossible for me
Healthy body healthy mind
Vegetarians look unhealthy
Why walk when you can ride?*



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*To keep healthy you must go to a gym
Meditation is for monks
All the vitamins and minerals we need are already in our food
I am not able to do any exercise at the moment*

Now it is your turn. What are the sayings you have been exposed to, heard and/or believe to be true about health? List at least 15 sayings about health, now.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.

Now put an **X** against all of the sayings which have a negative viewpoint. How many of them are negative sayings?

If you have more negative sayings than positive ones, ask yourself, where did these sayings come from? Do they all stem from being diagnosed with cancer or did you have some of them before? Which ones have come from the cancer?



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Now here is a really important activity and you will need to be **really honest** with yourself to benefit from today's work. By having these negative sayings and beliefs about your body and health, how, and by how much has it cost you:-

Personally, as in your health? (Could you have avoided the cancer)

Professionally? (Have you lost your job or a promotion?)

Financially? (How much money have you lost?)

Now we are going to look at your personal beliefs about health, diet and exercise, which will give you, further insights as to how your life has been affected by your beliefs about health and your relation to it.

Answer the following questions with a yes or no.

Do you consider yourself a healthy person? Yes/No

Do you consider yourself a fully fit person? Yes/No

Do you consider yourself a peaceful person? Yes/No

Do you consider yourself a confident person? Yes/No

Do you consider yourself a calm person? Yes/No

Ok, so how did you decide on the way, or the how, to answer these questions? You see, to be able to answer the questions, you must already have a definition of health and also know exactly what effect your health has had in relation to who you believe you currently are!



Now I want you to consider the excuses you have been using whilst doing these activities today and also any excuses you have used throughout your life. It is easy to recognise excuses because they usually have all or part of the following:

It's okay for *them*, they did not have to put up with _____
I am not clever enough to know what food is healthy for me
I poorly to learn meditation to relax
I am unique, my cancer is different
Etc...

Write some of the things you say to yourself about your abilities, cancer limitations, blocks and situations that prevent you from working on your health, that prevent you attempting a fitness plan and being able to calmly deal with an unexpected health crisis.

Yesterday you defined your health.

Today we have considered some of your limiting beliefs (in the form of what you are saying to yourself) which have been having an impact on your success regarding your health. Tomorrow we will be looking at beliefs again and I will give you an easy way to dismantle limiting beliefs and replace them with beliefs that will empower you to take control of your health. You can then put together some beliefs that will enable you to start and stick with a healthy plan despite having had cancer.

Accelerator Activity

I Strongly Recommend You Do The Accelerator Activities

The activity today requires you to look back over the day and ask yourself the question in the activity box and write your answer in the box. Be absolutely honest with yourself and write a brief description of the event so that when you look back on today you will have greater understanding of your behaviour pattern triggers. This will give you the option to stop the negativity and re-program your behaviour.



Accelerator Activity

Identify one time during today when you responded to a situation or to another person by bursting out laughing.

What happened?

Where were you?

What was said or done?

Who said what or did what?

What exactly did you do or say?

If you have not burst into laughter today, have you done so recently? If yes, write that situation down. If you have not laughed aloud for a long time, write down how long you think it has been and highlight your words.

Allow these thoughts to occupy the spare spaces in your mind over the next 24 hours whilst looking forward to another Healthy activity tomorrow!

Well done for today's efforts towards your health destiny!



3:5

Welcome back.

Today we are going to look at your positive beliefs about health and you are going to create some mantras for yourself to increase your beliefs.

On day two you wrote down 15 phrases or sayings you have been exposed to, heard and/or believe to be true about health. Then I asked you to put an **X** against all of the sayings which have a negative viewpoint. Now I need you to go back to day two and transfer the sayings you marked with an **X** into the table below in the left hand column.

Negative sayings	Opposite of the saying



You will notice that there are 15 rows for you to fill in. All this requires is a simple copying of the lists you completed during day two. If you do not have a full 15 negative sayings, I am sure that with a little work and the knowledge from what you completed yesterday, you will be able to identify some more of the negative thoughts you experience and you can use them to fill any gaps in the left hand column of the table.

The next thing is to look at each of the negative sayings and think about what would be the opposite of what you have written. It does not matter whether you believe the positive saying. This is important. You can replace any of the negative sayings with a completely new positive saying; which is not exactly the opposite but matches or neatly replaces the negative topic using a similar positive topic, one you are happy with.

The replacement saying needs to be stated positively, this means without any negative words within the saying. If you use the method of the **4 Ps** you will be fine.

Create a belief statement consisting of four **Ps**

P	You must write your new saying in Personal terms – this means that it belongs to you – using the word ‘I’	I
P	Must be written in the Present tense – as if it has already happened	Am
P	Must be Powerfully stated – to give it some passion and oomph!	Very
P	Must be Positive – words must only be positive words	Healthy

TIP: You need to replace the original saying with a new saying that is stated in personal, present tense, powerful and positive terms.

Example:

If, for instance, you wanted to give up buying a doughnut every day, you would not include the word ‘doughnut’ as that is your negative word, the one you wish to remove. So avoid saying “I am a non-doughnut eater” as there are two negatives in this statement:

1. The word ‘non’
2. The word ‘eater’ (in this case eater being the eater of the doughnut only)

You need to think carefully about what you really want to be, to have, or to do.

Some of my clients have successfully used:

“I love eating fresh fruit”
“I live a healthy life”
“I eat fruit in abundance”
“I am a water drinker”

All you need to do is to decide on a statement to replace the limiting/negative saying.

Here are a few more examples of empowering sayings about health:



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I get healthier every day
I eat healing foods
I easily make healthy choices
I love drinking water

I am very happy
I love to exercise
I love walking in the fresh air
I breathe in health with every breath I take

Now it is your turn, replace all the negative sayings with a positive **4 Ps** saying or if you cannot make **4 Ps** you can create **3 Ps**. i.e. I am healthy, I am healing, etc. Take your time with this and make sure that **you** can say the new phrases you have written. It does not matter at this stage of the download whether or not you believe the sayings are true for you, you only need to be able to say them.

During the rest of this download I want you to listen to what you say to yourself about health and every time you hear yourself saying something negative just pick one of the 15 positive sayings above and say that instead.

If you hear yourself starting a negative saying, stop yourself. Remember one of the positive sayings you have created and **IMMEDIATELY** repeat that positive saying three or four times, and keep repeating it until you cannot think of the negative one you started with.

Do this as many times a day as you need to. This activity is called re-patterning and I do it any time I catch myself saying something negative about my health or body.

I have a great saying I use when I think about health and I will share this with you:

'I love health and health loves me!'

'I love health and health loves me!'

'I love health and health loves me!'

'I love health and health loves me!'

Today we have considered some of your limiting beliefs (in the form of what you are saying to yourself) which have been having an impact on your successes regarding your health. We have created some powerful replacements which you are going to use instead.

Accelerator Activity

The activity today is a health mantra. Repeating the mantra consistently re-programs your mind and body. You can repeat the mantra silently or vocally; the only requirement is that you learn it, and repeat it.



Accelerator Activity

Every day in every way I am getting better

Allow the thoughts from today to occupy the spare spaces in your mind over the next 24 hours whilst looking forward to another Healthy activity tomorrow!

Well done for today's efforts towards your health destiny!



4:5

Welcome back.

Today we are going to look at your limiting beliefs about health. You are going to discover a tool to support the 4 P statements you have already created. You will learn what creates a belief and how to easily dismantle any limiting health beliefs.

It is well worth knowing that some of your current beliefs have come from other people and the things that they have told you. Those other people could have been your parents or close relatives when you were a child. Later in life, they may have been from your friends, teachers, bosses, doctors or even total strangers. These people probably gave you at least a hundred 'negative strokes' for every one 'great stroke'. What I mean by this is that they agreed with you about how bad you are at doing something or they told you that you were bad at doing something to prevent you from doing it and exposing yourself to some form of danger. In other words they were protecting you.

Even if the sayings and beliefs were delivered to you from a position of good intent, they nevertheless were based on that individuals' opinions and will only become true for you if you believe them. Remind yourself that opinions belong to others and that it is wrong to take what isn't yours. This is especially true in the context of beliefs that can, all too often, become self-fulfilling prophecies.

You will have created some beliefs when a small or a significant event happened and you decided at that time (even when you were a young child) that this must be 'true of you' or 'true about your abilities'. Having made this decision, you keep reinforcing it by what you say to yourself. It is rare for us to stop and take the time to discover our underlying beliefs. We simply just accept what has happened in the past to be what is right. This is not wise because all too often the belief is not true or you have learnt new skills and knowledge which makes the old belief void. But if you never stop to consider the what and the why behind your actions, you simply continue doing the same things.

Every time you repeat these steps you make your belief stronger. It is called adding references to the belief. In this context, references can be any supporting actions, words, attitudes or thoughts that confirm your belief, even if it was a false belief from the outset.

Let us diversify for a moment. I want you to think about a wooden table. It does not matter what type of wood or what shape. Just form a picture of a wooden table in your mind. Now, how many legs are there on your table in your mental picture?

I want you to take away a leg at a time. Easy isn't it? This would be easy even if you were really taking the legs off a wooden table, it would not be very difficult. As you remove each leg the table becomes more and more unstable. Now remove the last leg. What are you left with?

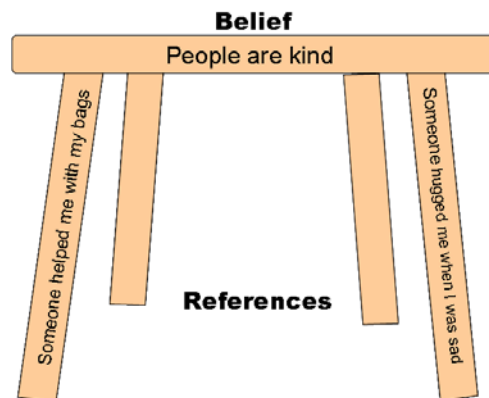


You have some blocks of wood and one flat piece of wood! That is all. We are now going to use this context of a wooden table to compare with our belief systems.

If beliefs originate from ideas – which they do – I want you to represent the idea as a table top.

Think of a table top (your belief), without any table legs (references). It would not be able to stand up and therefore it would not exist as a table (not a belief – just an idea). A table top without legs is just a piece of flat wood. An idea without references is just that, an idea.

Now, if you fix one leg (reference) onto the table top you now have a wobbly table (weak belief). Fix four legs (references) to your table top (belief) at the outer edges and you now have a strong table (belief). Fix twenty legs (references) to your table top (belief) and you now have a very strong table (belief).



This table analogy can be represented for both positive and negative beliefs. They all start off as an idea (table top) and can only have any strength if you give your beliefs references (legs) and the more references you collect the stronger you believe. Once you have a strong belief about a topic, most people will look around to find others to confirm this belief is correct and most people think it.

We all reinforce our beliefs in many different ways; for example, the way we select our daily newspaper or social media channel. We read the articles and the opinions and as we do so we silently agree with the writer's point of view because at the same time, they help us to confirm our own beliefs and values. We select our daily newspaper or social media channel to reinforce our beliefs. Think about this for a moment.

If you read a daily newspaper or social media channel ask yourself this question:

What beliefs am I reinforcing as I read?

Let's look at our more personal beliefs - beliefs about our abilities for example.

Think of one of your positive beliefs, something you know you are good at doing such as dancing, singing, sewing, etc... Remember to start it with 'I am'



My positive belief is:

Now write as many references as you can think of that support this belief. These are sayings or experiences you have had that confirm or reinforce your belief.

The references I use to support this belief are:

The more references you have the stronger the belief, so think very hard about how you support this belief.



Think of one of your negative beliefs. Think of something you know you are not good at doing.

My negative belief is:

Now write as many references as you can think of that you use to support this belief. These are sayings or experiences you have had that confirm or reinforce your belief.

The references I use to support this belief are:

The more references you have the stronger the negative belief.

The great thing about the table analogy is that it is very easy to dismantle a table. The same can be true of dismantling a belief; all you need is to believe that you can do it.

Identify your negative belief. Decide you want to get rid of it. Visualise it as a wooden table and find all the references that support this belief – all the legs. Take away the legs. Stop yourself from agreeing when you hear the reference being said or saying the reference yourself. Replace the belief with a positive belief and reinforce that belief instead. All it takes is attention, action and repetition.

Use the method described every time you discover a limiting belief. Know that if you decide that you can change your old limiting belief, you will be right. What I mean is if you believe you can change the belief – your belief about the belief will be right!



Accelerator Activity

The activity today requires you to look back over the day and ask yourself the question in the activity box and write your answer in the box. Be absolutely honest with yourself and write a brief description of the event so that when you look back on today you will have greater understanding of your behaviour pattern triggers.

Accelerator Activity

Identify one time during the last couple of days when you agreed to do something you did not want to do. You did it because you did not want to upset another person.

What happened?

Where were you?

What was said or done?

Who said what or did what?

What exactly did you do or say?

Allow the thoughts from today to occupy the spare spaces in your mind over the next 24 hours whilst looking forward to another Healthy activity tomorrow!

Well done for today's efforts towards your health destiny!



5:30

Welcome back.

Today you are going to use the table top analogy to create positive beliefs to support the healthy life you want.

Spend 5 minutes to over the work you have done in the previous four days just as an aide memoire to put you in the right mind set for today's activities.

I have reviewed days 1 to 4

YES/NO

If you have not gone over the previous days – do it now!

Now you are going to create new beliefs, the ones you want. Remember the exercise where you had to think of a table top (your belief), without any table legs (references). It would not be able to stand up and therefore it would not exist as a table (not a belief – just an idea).

What is the most important belief you want to hold regarding your health?

Do a quick check - have you written positive words in your belief statement? Take out any negative words and replace with positive words. Say your new belief out loud and repeat the belief a few times. How does it sound to you? It must sound good and you must have positive feelings about the belief.



Now remember, if you fix one leg (reference) onto the table top you now have a wobbly table (weak belief). Fix twenty legs (references) to your table top (belief) and you now have a very strong table (belief).

What references do you need to support this health belief?

Beliefs all start off as an idea (table top) and they can only have strength if you give your beliefs references (legs) and the more references you collect the stronger you believe. Once you have a strong belief you can look to other people to confirm your belief.

Now identify or create five positive health beliefs you want to hold.

My 5 positive health beliefs are:

- 1.
- 2.
- 3.
- 4.
- 5.



Now write as many references as you can think of that support your five health beliefs.

The references I will use to support these beliefs are:

The more references you have the stronger the belief.

If you believe you can change your beliefs – you will be right!



Accelerator Activity

The activity today is a health mantra. Repeating the mantra consistently re-programs your mind and body. You can repeat the mantra silently or vocally; the only requirement is that you learn it, and repeat it.

Accelerator Activity

I love my healthy body

Allow the thoughts from today to occupy the spare spaces in your mind over the next 24 hours whilst working on your health.

Well done for today's efforts towards your health destiny!



6:30

Welcome back.

Over the next few days we are going to look at your nutrition and at the same time, I want you to continue thinking about your new beliefs.

Each year in the United Kingdom one in three people will be diagnosed with cancer, like myself (1992). There are many elements which have been attributed to causing illness and disease: from our diets, lifestyles, environments, mental attitude, stress levels, etc.

Over the next few days we are going to concentrate on your diet and liquid intake as this will have an impact on your overall health.

You are what you eat!

There are many sayings about what we eat such as 'rubbish in, rubbish out', 'eat fat, grow fat', 'over the lips and onto the hips', and many more.

Write some of the sayings you have heard about food:

There are hundreds of diet books, good food guides, television programs, CDs and MP files all dedicated to the food we eat. Every week there is new research which tells us 'this is bad for you', 'this is good for you' and they are often talking about the same food!, Often when research is announced to the public, we are not told where it came from or who provided the funding for that research. We are just informed of the findings of the research.

Where the funding comes from is the key to fully understanding research findings. Just imagine for a moment; a vegetarian food manufacturer wants to promote vegetarian food and sponsors research into the bad effects of eating meat compared to eating vegetables. The results of the research will reflect the statement of intent of the original research. This means that, because the statement of intent is searching for the bad effects of eating



meat, this will be where the focus and findings will materialize. It is all about focus. Let me prove this in a simple way so that you understand what I mean.

ACTIVITY - I want you to - Pick a specific colour

Part One

For this example, I am going to use **yellow** as the colour I want you to work with. Now look around you and find everything around you that is yellow. Look behind you, to your sides, above and below you. QUICKLY NOW!

Go on! Have a good look for **YELLOW** in the room.

Part Two

Now, answer this question: "How many blue things did you see?"

"That's not fair," I hear you say! "You told me to look for the yellow."

Yes, I did and this is a very good example of what often happens with research findings. The outcome (looking for yellow) is stated before the research has begun; therefore the researchers are researching within previously defined parameters and will usually find what they are looking for. Add to this the fact that research has to be funded, so the research will probably report findings in line with, or supporting, the funding organisation's viewpoint.

So, going back to your activity, if you are specific in what you are looking for (yellow) it is highly likely that you will always find it. Simple but effective! Taking this in light of all the research that we are bombarded with about foods being good for us or bad for us, we can look at the research findings with a more cautious approach by seeking the initial criteria parameters and knowing who funded it.

Now there is another factor involved here, and that is your personal filtering. In the activity above, if I had given you the opportunity to select your own colour you would be more involved. As soon as you select your colour, you have a more personal involvement in the activity and probably will look a little bit harder to find items displaying the colour you selected. Either way, you will filter out most of the other colours in your vicinity to complete the task. The added factor when you choose the colour is your attachment to the colour. There could be underlying beliefs about the colour, for example, 'I chose green because it is a lucky colour for me.' Once you were asked the question 'How many (colour) things did you see?' your feelings would have been stronger. You would have felt the trick more powerfully.

Taking this simple activity in relation to research findings, it means that when you read the findings of any research you will also filter out information you do not want to see and information which does not match your beliefs.

For example, say you absolutely adore chocolate. You are more likely to accept research which tells you chocolate helps you to relax than you are to accept research which states that it has a high fat content which is bad for you. No wonder we are all confused and some of us give up altogether and indulge to the detriment of our health.

List of some of the research findings you have read or heard about which have affected the way you eat.



Research:

There are some research findings which have not been slanted towards the funding; only it is difficult for us as non-researchers to know which is which. Only you can decide if you are going to believe (remember beliefs come from ideas) the research findings. My only recommendation would be to know who funded the research before taking on board the findings.

Over the next 24 hours consider the impact that food sayings and food research have had on your eating patterns over your life time.

I Strongly Recommend You Do The Accelerator Activities

The activity today requires you to look back over the day and ask yourself the question in the activity box and write your answer in the box. Be absolutely honest with yourself and write a brief description of the event so that when you look back on today you will have greater understanding of your behaviour pattern triggers. On the following page.



Accelerator Activity

Identify one time during the day when you reacted to a request or an incident in a reasonable, measured and thoughtful way.

What happened?

Where were you?

What was said or done?

Who said what or did what?

What exactly did you do or say?

Well done for today's efforts towards your health destiny!



7:30

Welcome back.

Yesterday we started on the theme of **'you are what you eat'** and today we are continuing that theme. You are going to start with a remembering exercise and finish with an ongoing activity.

I want you to make a list of all the food you can remember eating over the last five days. I want you to only list the food intake, not the liquids you have consumed.

The food I have eaten in the last 5 days:

Day One (Yesterday)
Day Two (The day before)
Day Three (The day before)
Day Four (The day before)
Day Five (The day before)

I know it is easy to forget what we have eaten and I bet your list of food became shorter the further away from yesterday you became.



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The reason behind this activity is to give you full understanding of the need to record the food you eat as you eat it, as you go along, rather than leaving the recording of your food intake to a later stage.

Why is it important to record the food we eat? As you can see from the remembering activity you just performed, it is very easy to forget what we have eaten and if you want to be absolutely sure of what you are eating you must make a note of it. So that is exactly what I want you to do over the next five days, starting tomorrow and continuing up to and including day 12. The recording will not take very long if you do it as you go along and I have taken the recording time into account over the next five days' activities.

You can use a blank sheet of paper per day.

You can use your diary or calendar.

You can use a book or note pad.

You can use the table on the next page if you prefer. Simply print off the page and take it with you.

Enjoy the recording exercise.



Cancer Recovery Download Curlymartin.com

Record your intake as you go along. You are not required to eat snacks; the spaces are there if do eat snacks!

DAY ONE					
Breakfast	Snack	Lunch	Snack	Dinner	Snack

DAY TWO					
Breakfast	Snack	Lunch	Snack	Dinner	Snack

DAY THREE					
Breakfast	Snack	Lunch	Snack	Dinner	Snack

DAY FOUR					
Breakfast	Snack	Lunch	Snack	Dinner	Snack

DAY FIVE					
Breakfast	Snack	Lunch	Snack	Dinner	Snack



I Strongly Recommend You Do The Accelerator Activities

The activity today is a health mantra. Repeating the mantra consistently re-programs your mind and body. You can repeat the mantra silently or vocally; the only requirement is that you learn it, and repeat it.

Accelerator Activity

I get better every day; I get better in every way

Allow the thoughts from today to occupy the spare spaces in your mind over the next 24 hours whilst looking forward to another Healthy activity tomorrow!

Well done for today's efforts towards your health destiny!



8:30

Welcome back.

Yesterday you started to consider what food you eat. Today is the first day of your food recording and I also want you to add to your food record your liquid intake during each day.

What do I drink in a day?

The body is made up of some 60% to 80% water depending on what research you look at and the breakdown of that research into bones and blood etc. For the purpose of today's activity you only need to be aware that a large part of the body is made up of liquid. Also be aware that sweating is a natural function which causes liquid loss. Sweating does not only occur under your arms. We lose liquid from all areas of our skin and the skin is a large area and this means large liquid loss.

We need to drink often throughout the day to replace the liquid loss. Water is being continuously lost and therefore it makes sense that it needs to be replaced in order for us to function. We also need liquid for our major organs to work properly and to prevent infections and disease.

Years ago I heard a story about the power of water; the exact details are a little sketchy but the information is correct. During a war there were no drugs available nor was any form of treatment accessible for the prisoners of war in this particular prisoner camp. One of the prisoners was a doctor. He begged for drugs to treat the sick prisoners and was refused. He knew, because of his training, that the body is made up of 60% to 80% water. With this knowledge and no access to drug treatments he decided to treat the sick prisoners with the only resource he was allowed and that was water.

He administered frequent and regular drinks of water over every 24 hour period, making sure that the patient was fully hydrated on a continuous basis. He was amazed at his results. The majority of his patients fully recovered. His reasoning behind the recoveries was that the continuous flow of water (hydration) into and out of the body cleansed the major organs and reduced the infections by flushing them out with water.

I wanted to put this to the test in a small way in my life. I used to suffer from headaches and took pain killers frequently. So instead of reaching for the pain killers the next time I had a headache, I drank pints of water. I started with two pints and then kept sipping the water. Bingo! The headache went. Now there is a saying 'one swallow does not make a summer' (a great saying in relation to drinking water!) so I repeated the process the next time I had a headache and again the headache disappeared. Nowadays if I get a headache, I drink water instead of popping pills. I have since read an article which stated that not only are pain killers addictive, but they can create headaches!



Now many people will drink various different types of liquid throughout the day. Providing you drink a fair amount of water a day you can add in a variety of drinks which you enjoy.

Particularly good are juices which you squeeze fresh as you require them. You select what fruit and vegetables go into your juice and you can use high energy or slow releasing energy foods depending on your immediate needs.

Remember to avoid or limit your intake of alcohol, caffeine and stimulants with refined sugars added because, although they can give you a quick 'high', there is an energy low that will follow. So keep this in mind and make your decisions based on a long term plan for success rather than a short term fix.

During my many years of coaching I have discovered an effective way to increase your water intake. Buy a beautiful bottle and a glass. Measure the amount of liquid the bottle holds then fill it with water. Put your special bottle in a place where you will constantly notice it throughout the day, as a reminder to drink more.

For example, keep the bottle next to your chair. Put your glass next to the bottle and constantly sip water, replenishing the water in the bottle as required. Keep a note of how many times you fill your bottle and you will know how much water you drink during the day.

How much water do I drink in a day?



I have some clients who simply do not like the taste of water and this method was too much of a challenge for them. Added to this, some of my clients also did not want to drink too many juices because of the acidity or calorific value of the drink.

To overcome these hurdles whilst increasing fluid intake, we experimented with adding water to the juices, using measures and combinations until a compromise was reached which would increase the liquid intake and only marginally increase the calories. Diluted juice! This is a simple, effective approach to boosting the intake of water. Often, after a long run, when I want to drink a couple of pints of liquid to re-hydrate, to vary the taste, I will put a splash of juice in a pint glass then top it up with water and drink.

If you know that you need in order to drink more water, or to cut down on your caffeine intake, decide now to put a plan into place and start it!



What am I going to do to increase my liquid intake?

There are many medical experts who will tell you not to drink any alcohol and support this with lots of research and examples of illness caused as a direct result of too much alcohol consumption. The key here is 'too much' and we all know that drinking a bottle of wine a day is too much!

I like to have a glass of wine every now and again and particularly on special occasions. I believe (you have your own beliefs) that alcohol drunk in moderation, and not every day, adds spice to life. Some research, probably funded by vintners, state that a glass of red wine is good for you, I have also heard, a glass of stout is good for you!

Some of my clients have problems with their intake of alcohol, which also leads to excess weight. Their main form of relaxation is sharing meals with family and friends and with the meals comes wine. It is easy to consume much more wine than you thought when drinking at home and with the new 'going out' being 'staying in' these days, wine intake is increasing.

Go and have a look at the size of your wine glasses. I bet that they are double the old wine glass size. I am often reminded of this when I visit my mother of 91 years old. Her wine glasses were a wedding present and they are very small compared with my modern glasses. In fact, I can get exactly two of her glasses into one of mine! Most modern wine glasses hold about 1/3rd of a bottle of wine so it is easy to consume a bottle of wine during a meal.

Tip: Here is an effective way to halve your wine intake and increase your liquid intake at the same time. For every glass of wine you imbibe, drink the same amount or more of water or a non-alcoholic drink. This is easy to do when at home as you can have two glasses at the table, one with wine and the other with water.

If you go to the pub or wine bar with friends you will need to be more diligent. You can volunteer to be the driver, as this will make you popular and stop your alcohol intake in one easy move. You can use the same approach as above, of one glass of wine, followed by one glass of water. Remember, nobody will hold your nose and force you to drink. It is only you who will allow yourself to be cajoled into drinking more alcohol than you know is good for you. You are the one who chooses to follow the crowd or stand up for your health. Today has been concentrated on liquid intake and your main activity is to record your liquid intake along with your food intake over the next five days.



I Strongly Recommend You Do The Accelerator Activities

The activity today requires you to look back over the last couple of days and ask yourself the question in the activity box and write your answer in the box. Be absolutely honest with yourself and write a brief description of the event so that when you look back on today you will have greater understanding of your behaviour pattern triggers.

Accelerator Activity

Identify one time during the day when you criticized someone

What happened?

Where were you?

What was said or done?

Who said what or did what?

What exactly did you do or say?

Well done for today's efforts towards your health destiny!



9:30

Welcome back.

On day six of your Healthy download, we started on the theme of **'you are what you eat'** and today we are again continuing that theme. You are now on day two of recording what you eat and drink and, although you will know roughly what you eat, I want you to look more critically at your intake.

Yesterday, for example, did you eat your recommended five portions of either fruit or vegetables? If you normally eat your 5-a-day, well done! If you did not eat your 5-a-day yesterday you need to ask yourself:

'Do I usually eat my 5-a-day, and was yesterday an exceptional day?'

'Do I think I eat healthy foods but actually it is more hit and miss than planning to ensure that I do eat the 5-a-day?'

I remember before I was diagnosed with cancer, I was a high flyer working in the city and if you had asked me at the time: 'Curly do you eat healthy foods?' I would have answered 'Mostly, I do.'

At that time I thought a combination of eating in restaurants and going to dinner parties gave me a varied diet, and it did – but not a necessarily healthy one! I would skip breakfast, grab a snack mid-morning and a roll or sandwich for lunch, followed in the evening by eating out or hosting a dinner party at home. I drank at least 10 to 15 cups of black coffee a day and I never drank any water.

It did not occur to me that the food I was consuming contained lots of salt and fat, with few vitamins or minerals, because I was not bothered about that stuff. I only cared about keeping my weight down and having enough energy to live my lifestyle. I was sure I was healthy because I could dance all night and swim 50 lengths of the swimming pool. It took a serious illness for me to put some significant study into my health and my diet.

The recommendation of 5-a-day is not a gimmick; you really do need to have lots of fruit and vegetables in your diet. If you can afford the extra, buy organic because the organic farmers do not use chemicals on their crops.

Eating for success

Eat a varied, balanced diet which includes the necessary elements to keep you strong and full of energy, and eat in moderation. If you feel tired and sluggish after a meal, you are not eating for success.



Ask yourself:

What foods make me feel sluggish?

You need to feel energised and satisfied after eating and if you do not, review your food intake and make changes. Generally accepted is the rule of eating at least five portions of a combination of fruit and vegetables per day. A diet low in processed or pre-cooked food is recommended by successful athletes and if it is good enough for them it is good enough for you.

What foods make me feel energized?

I am not an expert in the field of nutrition and I recommend that, if you do not have a full understanding of your body's nutritional requirements, you consult with a professional nutritionist or failing that you visit your doctor's surgery and ask for the freely available balanced diet sheets.

Do your research and use the RAWPOWER method as described on day 12 which is coming up.



I Strongly Recommend You Do The Accelerator Activities

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Accelerator Activity

I love eating my 5-a-day

Allow the thoughts from today to occupy the spare spaces in your mind over the next 24 hours whilst looking forward to another Healthy activity tomorrow!

Well done for today's efforts towards your health destiny!



10:30

Welcome back.

Continuing on the theme of **'you are what you eat'** today we will look at some simple and effective strategies to ensure you start and then maintain healthy eating patterns.

It is relatively easy to start on a healthy diet and I am sure that either you know someone, or you are that someone, who has started many diets with gusto and passion only to gradually taper off after a couple of weeks or months. The diet industry is worth billions of pounds a year and a good percentage of that money comes from the fact that we give up along the way.

How many people do you know who on New Year's Day have good intentions for the New Year called New Year's Resolutions? How many of these resolutions are followed through to the end of January? How many continue for the rest of the year? Well, a very high percentage of people who start diets follow the same pattern and rarely turn the new eating patterns into a way of life. Diets by their very nature are considered to be something we do for a while, not a regular eating pattern.

So we are going to look at putting into place a healthy eating pattern.

How you shop for your food is a good indicator to how you eat. If you pop into the shops on the way home and get what you fancy, you will find that often you select 'comfort food' because you have had a stressful or busy day. When you are tired or stressed at the end of a day your mind-set is not on spending time creating a healthy meal.

The challenge is making sure that over the period of a week, your diet is balanced and you have included at least five fruit and vegetables daily. If every day food is grab-and-go, nutrition problems can accumulate. Not all grab-and-go food is pre-cooked and these meals can be a great alternative. You can buy a variety of freshly prepared salads, fruit salads, juices of all combinations, nut and seed selections (non-salted) and many more very healthy alternative grab-and-go meals. If you are buying the truly healthy grab-and-go meals on a consistent basis (and have the budget to do this) well done. If you often or always select the cooked, salted, sauce covered grab-and-go meals you need to take stock of what you are putting into your body and how it affects you. Look back at yesterday's activity – what foods make you sluggish?

I have already admitted to you that, prior to being diagnosed with cancer, I would skip breakfast and buy a snack mid-morning. Often the snack would be a bar of chocolate or a sweet bun, swilled down with a mug of black instant coffee. Wow what a rush of energy this would provide and then what a downer just before lunch! This downer would trigger the purchase of some grab-and-go comfort food for lunch with another 'sweet treat' for dessert. Even if I did on the rare occasion take in an apple or other piece of fruit, it would



frequently be left on the desk and a sugar filled alternative consumed. So what do you do?

There are two things that need to be in place before a healthy regular eating pattern can be established. The first is that you need to believe that eating a regular healthy diet will help prevent a serious illness or prevent it re-occurring, it will increase your energy levels and contribute to your overall well-being. You know how to create this belief because we have already covered belief creation earlier in the download.

Secondly, you must make plans and stick to them, thus planning is the topic for today.

To be able to design your healthy regular eating plan you need to understand your current eating habits. You have been keeping a record of your food intake for the last four days and patterns should be emerging. Describe your eating patterns. Do you skip breakfast, grab-and-go your meals, buy comfort food/meals, prepare your meals daily, what do you do about your meal planning?

My eating patterns:

Now you know your eating patterns, you can set up a personal workable healthy regular eating plan.

To implement a workable healthy regular eating pattern there are four easy steps:

1. Plan
2. Shop
3. Prepare
4. Execute

If you follow the four step process each week you will change your behaviour and your beliefs will be reinforced with the new references you create along the way.



Plan

Draw up a seven day plan of eating. Take into account your current life style, time available, weaknesses, beliefs, external influences (friends, family, colleagues etc.). Make sure this initial plan is doable and that you know you could keep to it. If this means you have a comfort meal and a grab-and-go meal it is okay. Better to create a realistic plan and keep to it than have the world's greatest healthy eating plan which is too rigid for you, which will give you an excuse to fail.

Here are two different types of plans: a free form plan and a printable page with a daily detailed framework plan. You choose - or create your own.

My 7 day eating plan:

Day One

Day Two

Day Three

Day Four

Day Five

Day Six

Day Seven

Check you have your 5-a-day in the plan



My 7 day eating plan

DAY ONE					
Breakfast	Snack	Lunch	Snack	Dinner	Snack
DAY TWO					
Breakfast	Snack	Lunch	Snack	Dinner	Snack
DAY THREE					
Breakfast	Snack	Lunch	Snack	Dinner	Snack
DAY FOUR					
Breakfast	Snack	Lunch	Snack	Dinner	Snack
DAY FIVE					
Breakfast	Snack	Lunch	Snack	Dinner	Snack
DAY SIX					
Breakfast	Snack	Lunch	Snack	Dinner	Snack
DAY SEVEN					
Breakfast	Snack	Lunch	Snack	Dinner	Snack

Check that you have your 5-a-day in the plan.



Now you have your plan in place you know what you want to eat, when you will be eating it and how you are going to get the food - grab-and-go or prepare.

Shop

Shopping is easy when you know what you are going to eat!

Simply make a shopping list with everything you need, taking into account the use by date and space in your fridge. Only purchase what is on the list.

Never shop when you are hungry because you will be tempted to buy more than you need and could be tempted back into your old habits of grab-and-go comfort food.

Do as much of the shopping as you can in one shop or, at the most, two shopping trips; the less you go to the shop the less you will be tempted into your old patterning. Remember your success depends on behaviour changes. Shop on line?

Prepare

If time is a challenge for you, plan time to prepare several meals at once. Instead of preparing a meal each day, you can prepare some or all of your meals at one time and put them in the fridge or freezer. These are your own grab-and-go meals. The big difference is you know exactly what you have put in the meal and you can make each meal to specifically suit your tastes. You can part prepare meals in advance. For example, if you like to eat a pasta dish you can cook the sauce part in advance and freeze it. Then you only have to cook the pasta whilst the sauce is being defrosted and cooked in the microwave. If you buy the three minute pasta your meal could be ready in five minutes – same as a prepared meal! Bingo! You are in charge of your eating and time management.

Execute

All that remains to the four step process is to execute the plan. That means doing it.

Good luck and know that small consistent daily improvements have a major impact over a year.

Accelerator Activity

I Strongly Recommend You Do The Accelerator Activities

The accelerator activity today requires you create and play a health movie in your mind of you being healthy and taking part in something you love to do (dancing, singing, jogging, walking, the four step plan, etc.).



Accelerator Activity

Create your health movie - perhaps one of you performing the four steps of the health eating plan?

What is happening?

Where are you?

What is being said or done?

Who is saying what or doing what?

What exactly are you doing or saying?

How good are you feeling?

Over the next few days we are going to look at health in more detail, which will be great fun and very valuable for you.

11:30



Welcome back.

We need to consider your physical activities and the amount of exercise you perform each week. You now have a plan to control your food and liquid intake and you are keeping records of your food consumption. The next topic you will be looking at is your exercise routines.

Before you consider exercise or implementing your diet plans you must consult experts.

I have already mentioned consulting nutrition experts for your food plans or visiting your doctors for their diet sheets, now I am going to insist you visit your doctor for a medical examination. If you are still under the oncologist or doctor, consult with him or her first.

If you are returning to exercise or have not participated in any form of exercise since your cancer diagnosis, you must have a physical check up with your doctor. Things change in our lives and even if you think you are feeling fit and healthy, it could all be an illusion. I should know; I was swimming 50 lengths of an Olympic pool four times a week when I was diagnosed with cancer!

So the only message for today is:

**SEEK MEDICAL ADVICE BEFORE STARTING A NEW EATING
PLAN AND EXERCISE ROUTINE**

Remember to take your new healthy eating plan so that the doctor is fully informed of your intentions and can advise accordingly. He/she will need to take into account your change of eating and exercising with your medication or recovery plan. You can also show the doctor or your nutrition advisor your five day eating records, so that they are fully informed and understand the extent of changes you want to make in your life.

When am I going to call my doctor?

All that remains to be said, is:

FOLLOW THE ADVICE OF YOUR DOCTOR AND NUTRITION EXPERT



Strongly Recommend You Do The Accelerator Activities

The activity today requires you to look back over the day and ask yourself the question in the activity box and write your answer in the box. Be absolutely honest with yourself and write a brief description of the event so that when you look back on today you will have greater understanding of your behaviour pattern triggers.

Accelerator Activity

Identify one time during the day when you went out of your way to care for or look after someone.

What happened?

Where were you?

What was said or done?

Who said what or did what?

What exactly did you do or say?

Well done for today's efforts towards your health destiny!

12:30



Welcome back.

Over the last few days we have spent the time bringing together all your personal health beliefs and habits, making notes so that you are fully aware of your current health position.

Today we are going to look at one of the most powerful processes I have consistently employed for improving my health and it is a method which you can easily assimilate into your life.

This system is called **RAW POWER** and the title is also an aide memoire to the contents of the system which makes it very user friendly. I mentioned this system on day nine, you may want to have a quick look back.

Today is designed to give you a break from all the work of the past 11 sessions. All you have to do today is to read, learn and inwardly digest (tee, hee) these pages. Even so, you might still find it useful to write some notes as you read because putting these ideas into your own words will help to embed them in your memory.

So let's begin with **RAW POWER**. This is a powerful accelerator and it can be used for almost any challenge or issue that you have to address in your quest for success.

RAW POWER is a series of actions that build, one step at a time, into a powerful driver towards success in any venture.

- | | |
|---------------------------|---|
| R is for Read: | Read as much as you can about your particular area or subject; this means books, magazines, articles, reports, web sites, papers |
| A is for Attend: | Attend seminars, courses, talks, meetings, exhibitions demonstrations and lectures |
| W is for Watch: | Watch audio-visual materials, instructional movies, TV downloads and listen to recordings and interviews by appropriate experts |
| P is for Personal: | Immediately after each RAW item, spend time considering what Personal insights they have created that apply to you |
| O is for Open: | Your mind will not easily shift from old opinions, views and habits, so you must constantly remind yourself to keep open to new possibilities |
| W is for Work | Work on eliminating your weaknesses in the area and building your strengths |



E is for Enjoyment Enjoy your research, your work hours and your leisure – in fact, make a point of enjoying everything in your life

R is for Reproducing Reproducing consistently high results from all your actions

So, now learn the details of **RAW POWER** and, as you read it again, think how these eight stages can apply to your quest for health.

Interestingly, **RAW POWER** is a term which can be applied to the 5-a-day when you eat them in their natural state because the raw food gives you power and energy.

That is it for today; there will be lots more for you over the coming days along with some great health and mind control tips.

I Strongly Recommend You Do The Accelerator Activities

The activity today is a health mantra. Repeating the mantra consistently re-programs your mind and body. You can repeat the mantra silently or vocally; the only requirement is that you learn it, and repeat it.

Accelerator Activity

Every day in every way I am getting healthier

Allow the thoughts from today to occupy the spare spaces in your mind over the next 24 hours whilst looking forward to another Healthy activity tomorrow!

Well done for today!



13:30

Welcome back.

We have already started to consider your physical activities and the amount of exercise you perform each week.

We all know that exercise is good for us, so why is it that a large percentage of the population does little or no exercise? I think there are many factors which influence this; such as the power of TV, excessive workloads, stress, time available and our own personal concept of what constitutes exercise, and the excuses we tell ourselves.

Several years ago I was encouraged to do some exercise and was directed towards attending a gym. Now for many people the gym is a great place to combine exercise and personal hygiene (showering etc.) along with their social life and they get great results. Some people's lives revolve around their gym because the management have cleverly offered a variety of entertainment evenings as well as the exercise classes, encouraging members to meet and mingle and if these appeal to you – go for it. Keep fit, have fun, meet new friends - a good formula for a happy healthy life.

For me however, things were different. I was overweight by 4 stones 7 pounds in relation to my height. I had put on the pounds and stones during my 18 months of chemotherapy and radiotherapy. The closest gym was popular with young women and men wearing designer clothes which fitted their slim bodies perfectly. I am not lacking in self-esteem, yet I felt conspicuous.

Nevertheless, I continued to attend the gym throughout the winter. This particular winter I suffered from an almost continuous cold which occasionally became flu and back to a cold again. I was concerned with this because in previous winters I had suffered only one or two colds. I had many different thoughts as to why I was suffering with this prolonged illness; most of them were cancer related. Until the day I was in the gym on an exercise bike.

I looked up during my cycling and saw this burly bloke on the running machine. He was coughing, sweating profusely and had a runny nose which he wiped with his hand and placed back on the machine. I watched him go around the gym blowing his nose into his small towel or wiping his runny nose with his hands. He used the same towel to wipe the machines with. Bingo! I had found the reasons for my continuous colds. I left the gym and have never returned. It was the excuse I needed to free me from the chore of attending a gym. I now know that I am not alone in my dislike of gyms.

I immediately replaced the visits to the gym with jogging. I hated jogging at first and now I love it with passion. The point I am making is that there is an exercise for everyone and it does not have to be joining a gym. Often when I am coaching a client we will explore all



physical activities by making a diverse list, which may include walking, sailing, horse riding, dancing, cycling, swimming, team sports and golf the list goes on.

The key for my clients and for you, is to find one or two activities **you** enjoy, either from your past or something you would love to try; and then to just do it. You will only keep exercising if you enjoy doing it, so select activities you take pleasure in doing and commit to doing them regularly and have FUN!

If you are short of time and out of shape, consider a simple routine change such as walking up a flight of stairs instead of taking the lift on alternate days of the week. Some people find a Fitbit a great way to know what activity has been done during the day. A simple change in routine can be the catalyst to you doing more interesting activities and who knows where that will lead?

What fun activities can I do on a regular basis to increase my physical exercise?

Now you have your list we will take this further tomorrow.

All that remains is:

FOLLOW THE ADVICE OF YOUR DOCTOR AND NUTRITION EXPERT

Allow the thoughts from today to occupy the spare spaces in your mind over the next 24 hours whilst looking forward to another Healthy activity tomorrow!

On the following page is your

Accelerator Activity



I Strongly Recommend You Do The Accelerator Activities

The activity today requires you to look back over the day and ask yourself the question in the activity box and write your answer in the box. Be absolutely honest with yourself and write a brief description of the event so that when you look back on today you will have greater understanding of your behaviour pattern triggers.

Accelerator Activity

Identify one time during the past week when you were deliberately cruel, awkward, belligerent, aggressive or moody.

What happened?

Where were you?

What was said or done?

Who said what or did what?

What exactly did you do or say?

Well done for today's efforts towards your health destiny!



14:30

Welcome back.

Yesterday you wrote a list of fun activities you could do on a regular basis to increase your physical exercise and we are going to take the list and make a commitment to action.

Before we do that, I want to remind you of the saying 'variety is the spice of life' as it prevents boredom. Boredom leads to diminishing enthusiasm and finally stopping. It is important that you keep this in mind when selecting your new exercising activities.

If you only start one type of exercising routine it is very easy to fall into the boredom trap and make excuses for not doing the exercise. If you start on a couple or three different types of exercise you are more likely to keep doing at least one of them on a long term basis. So, go back to yesterday's list and select three activities you are going to start doing over the next month and make a commitment to start.

What are the fun activities I will do on a regular basis to increase my physical exercise?

Activity	What I need to do to get organised (buy/join/research)	Start Date

Good, you have made commitments to yourself; you have considered all the things that need to be in place for each activity to happen and you have committed by in writing the date that you will start. Brilliant, I am really happy for you, it is a great journey to be



embarking upon and you have no way of knowing the benefits you will receive; not just the physical improvements, you will also improve your mental agility and feelings of well-being.

Now I am going to diversify for a moment, to a form of physical activity not often considered an exercise. In my belief systems this activity is a form of gentle physical exercise and is as important as any other activities you might embark upon. Added to the physical rewards, you will also benefit from the great healing power of this activity.

Laughter

After I was diagnosed with breast cancer and an 'aggressive' form of lymphatic cancer (I was given nine months to live) I devised a series of strategies I now call the RAWPOWER method (discussed in activity 12). Using this method I discovered many interesting and exciting new ideas about health and how to recover it.

There are far too many effective ways to improve our health for me to include in this 30 day download. However, there was one discovery which stood out for me.

The healing power of laughter

The fact that laughter heals is based on scientific research.

When we laugh, our bodies produce T-cells, Gamma-interferon and B-cells, all of which produce disease and infection destroying antibodies. Laughter stimulates the release of the body's natural painkillers called endorphins. This all amounts to a general sense of well-being and can speed up recovery. I could not think of a more fun way to aid my recovery and so proceeded to read funny books, watch my favourite comedians and attend the theatre to see comedy plays.

Laughter not only heals the body; it is a gentle form of aerobic exercise. The harder you laugh the deeper the exercise. If you are unable to move your body to exercise, laughter is a great way to feel good and to get some aerobic activity. Go for it.

When was the last time I had a real belly laugh?

What was I doing the last time I had a real belly laugh?



**What do I have to do to recreate that situation,
so that I can have a real belly laugh?**

Allow the thoughts from today to occupy the spare spaces in your mind over the next 24 hours whilst looking forward to another Healthy activity tomorrow!

I Strongly Recommend You Do The Accelerator Activities

The activity today is a health mantra. Repeating the mantra consistently will re-download your mind and body. You can repeat the mantra silently or vocally; the only requirement is that you learn it, and repeat it.

Accelerator Activity

I am happy and healthy

Well done for today's efforts towards your health destiny!



15:30

Welcome back.

Congratulations on reaching this half way point.

This is an appropriate time to review the download so far.

You are responsible for your health, your success, your thoughts and your happiness.

Without turning back to read the answers, see if you have been paying attention:

1. Who is responsible for your health?
2. Write out two of the mantras you have been saying.
3. What are the steps in the 4-step plan?
4. Who do you need to consult before starting your changes?
5. How can you increase your liquid intake?



6. What does the table diagram represent?
7. What is the starting point of a belief?
8. Who or where do beliefs come from?
9. How do you dismantle a limiting belief?
10. What is your definition of health?

21 day plan

It has been said that if you continue with an activity or without an activity for 21 days continuously, you have created the habit and are highly likely to continue.

What does this mean? If you were a smoker and stopped smoking, for example, and you continued to avoid smoking for 21 days in a row (continuously) your percentage for successfully giving up smoking permanently increases by between 50-70% after the first 21 days.

Conversely, if you wanted to start a new habit or behaviour and you continued performing that behaviour every day for 21 days in a row (continuously) the chances of you turning this into an automatic behaviour increase by between 50-70%.

Therefore if you decide to increase your water drinking to eight glasses a day and you start on the 1st of the month, by day 21 you will have formed the habit and are more likely to continue to drink eight glasses of water per day.

Over the next five days decide on a good habit or behaviour that you will use the 21 day habit rule with, to turn your activity into an automatic response.



I Strongly Recommend You Do The Accelerator Activities

The activity today requires you to look back over the day and ask yourself the question in the activity box and write your answer. Be absolutely honest with yourself and write a brief description of the event, so that when you look back on today you will have greater understanding of your behaviour pattern triggers.

Accelerator Activity

Identify one time during the last couple of days when you agreed to do something you did not want to do and felt irritated about the decision.

What happened?

Where were you?

What was said or done?

Who said what or did what?

What exactly did you do or say?

Well done for today's efforts towards your health destiny!



COACH YOURSELF TO CANCER RECOVERY

16:30

Welcome back.

Your health is a balance between your mind and your body. Think of a seesaw - when it is up on one side the other side is down and it seesaws between the two. Health, when not consistently cared for, can seesaw and today you are going to look at your seesaw.

Get the phizziology (physiology)

What do you think about your body? Do you consider it a temple which you honour, love and care for? Do you hate parts of your body since the cancer? Whatever you think about your body will be reflected in its performance and therefore, when you love and respect your body you will want to look after it and care for it by eating healthy food, drinking water and giving it exercise. So here is an exercise which you will want to do at home and it will reveal to you what you really think about your body.

Depending on where you are, who you are and your ethnic background, you may find this next activity difficult, kinky or ludicrous. It is actually none of these and you need only do it once. When you are home alone and will not be disturbed, find the biggest mirror in your house. Strip off all your clothes, including jewellery, and stand in front of that mirror for one minute. What you see is what you have got to work with, as naked as the day that you were born. Observe yourself from every angle.

Now get dressed.

Think back to the mirror

What parts of your body do you dislike?

What is wrong with your body?

Now

that



you have completed writing what you do not like about your body I want you to write what you do like about your body.

Think back to the mirror

What parts of your body do you like?

What is great about your body?

Often, this part of the exercise is the hardest for most people and takes the longest to complete. Some people find it a real struggle to find anything they do like about their bodies especially after cancer as they feel their body has let them down or is diseased. Consider this, without your wonderful body you would not exist!

Consider these sentences:

Without your wonderful body you would not be able to breathe the energising fresh air.
Without your wonderful body you would not be able to eat your favourite foods.
Without your wonderful body you would not be able to drink pure water.
Without your wonderful body you would not be able to laugh and enjoy freedom.
Without your wonderful body you would not be able to walk on the beach.
Without your wonderful body you would not be able to talk to your friends.
Without your wonderful body you would not be able to see all the beauty around you.
Without your wonderful body you would not be able to feel the sun on your face.
Without your wonderful body you would not be able to smell the newly mown grass.
Without your wonderful body you would not be able to taste the sweetness of fruit.

Now it is your turn. Complete the **ALL** following sentences with your life in mind.

Without my wonderful body I would not be able to

Without my wonderful body I would not be able to

Without my wonderful body I would not be able to



Without my wonderful body I would not be able to

Without my wonderful body I would not be able to

Without my wonderful body I would not be able to

Without my wonderful body I would not be able to

Without my wonderful body I would not be able to

Without my wonderful body I would not be able to

Without my wonderful body I would not be able to

Now go back and either repeat the whole exercise from the very beginning (the most powerful and effective way) and stand naked in front of your mirror, or you can just bring back the memory of standing in front of the mirror and now complete the following.

Thinking back to the mirror

List **30** things you like about your body.

Your body is the most precious thing you own. It will recover itself from all the cuts, breaks, etc. To enable you to treat your body well, think of a positive symbol or image to represent your body, one which will automatically mean you respect and care for it. I mentioned that some people use a Temple; it can be any symbol or image you want. All it has to be is something you will care for and protect.



Cancer Recovery Download Curlymartin.com

Your life is naked from now on, so that you can build upon it and dress it in any way that you like. Yes! YOU!

How you hold or position your body is linked to what is in your mind and therefore, includes your beliefs.

This means you will need to change your body posture when working on eliminating your limiting beliefs. When you think or talk about your limiting beliefs you hold yourself in a certain way. I want you to become aware of how you hold your body during the day and especially when you feel strongly about something.

Let me demonstrate. Think of a time in your life when you were really sad about something or someone – do this for a couple of minutes until you recapture the experience.

Stop As Soon As You Have Become Fully Aware Of Your Phizzlyology (physiology)

What is your neck and what are your shoulders doing?

Where is your head? Held high, bent downwards or straight?

What has happened to your spine?

Where are your feet placed during this recall?

What are your hands doing?

How are you breathing?

Where are your eyes looking? Up, down or straight ahead?



Now, remember a time when you were so excited and happy you were jumping up and down. If you cannot remember, then imagine you have won £25,000,000 (twenty five million pounds) on the lottery. Really get into this state, fully enjoy the experience and jump up and down if you want. Laugh out loud and smile until your face hurts.

**Stop As Soon As You Have Become Fully Aware
Of Your Phizzlyology (physiology)**

What is your neck and what are your shoulders doing?

Where is your head? Held high, bent downwards or straight?

What has happened to your spine?

Where are your feet placed during this recall?

What are your hands doing?

How are you breathing?

Where are your eyes looking? Up, down or straight ahead?

When we feel wonderful, it is normal that you are holding your head up, have a straight back, are looking up or looking forward and your facial muscles will be forming a smile.

What you have just done during the second activity is to change your PHIZZYLOGY by changing your thoughts, and this works in reverse. Change your body and your mind will follow.



The great thing about this rapid change system is that it shows you how you can change your feelings and thoughts simply by moving your body into a more resourceful position. It is hard to be depressed with your head held high and a smile on your face.

It is now time to put all you know into regular use until it becomes a habit. You can add this learning to the belief change work you are doing. As you change your belief, change your body positioning and then a new belief will become embedded at a faster pace.

I Strongly Recommend You Do The Accelerator Activities

The activity today is a health mantra. Repeating the mantra consistently re-programs your mind and body. You can repeat the mantra silently or vocally; the only requirement is that you learn it, and repeat it.

Accelerator Activity

I love my wonderful body

Allow the thoughts from today to occupy the spare spaces in your mind over the next 24 hours whilst looking forward to another Healthy activity tomorrow!

Well done for today's efforts towards your health destiny!



17:30

Welcome back.

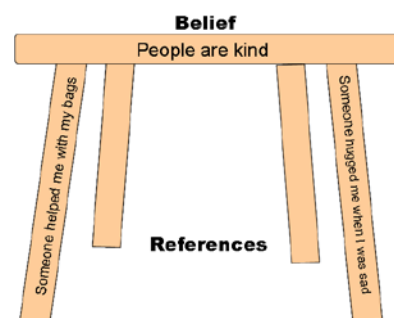
Remember we discussed the balance between your mind and your body and how if you changed your body your mind will follow. We are going to learn about talking to yourself today and the importance of what you are saying when you do this. You will learn how the self-talk cycle impacts your life and how to use this knowledge with the previous activities you completed in days three to five of the Healthy download, to create a rapid change process.

Your self-image is the accumulation of every attitude and opinion that you have ever been told about yourself, since birth. This includes what happens with your health. You have perpetuated and reinforced your self-image by repetition (self-talk) until eventually it has formed the subconscious picture of your self-image. This has become who you believe you are; it determines how you respond to life, what you believe you are capable of doing and how healthy you are. It has become your comfort zone.

This comfort zone is the life that you are comfortable to live. It could even be full of pain, illness, poor health, poverty and drudgery. People remain in these situations because their self-image and belief systems support them there. They feel secure and comfortable in the knowledge that this is what they deserve or all that they are worthy or capable of.

Your self-image

Your self image is created by your belief system (what you believe to be true about yourself). You build and nourish these beliefs and feel comfortable with them. They become who you believe you are. You know and trust them because you can prove that they are right (references) and, therefore, they must be true. You have images of yourself in different contexts and you tell yourself how to perform and then reinforce the results of the performance with self-talk. This means that you have images of how healthy you are and what constitutes good health in relation to your body.



For simplicity, I have created a performance example of the self-talk cycle rather than a cancer related topic. This is to make it easy for you to understand the steps involved without having an emotional response.

I want you to imagine that you cannot dance.

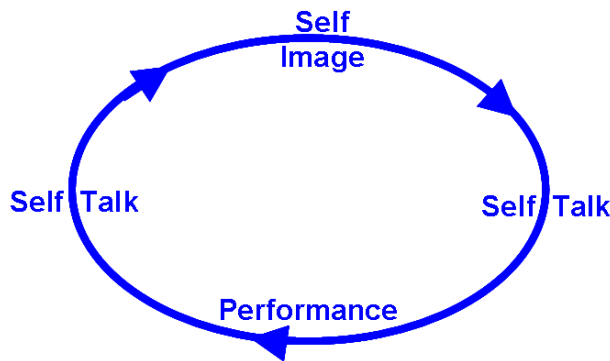
The Self-talk example:

1. You believe you cannot dance.



2. You have a visual picture of not being able to dance. **SELF IMAGE**
3. You confirm verbally (also, inside your head) when asked to dance, "I cannot dance." **SELF-TALK**
4. You go to dance.
5. You fail (fall over, trip, step on toes etc...) **PERFORMANCE**
6. You re-confirm verbally (again, inside your head) "There! I told you I was no good at dancing!" **SELF-TALK**
7. You reinforce the negative self-image. **SELF- IMAGE**
8. You continue to repeat the cycle.

Every time you repeat (self-talk) these steps you make your belief stronger. It is called adding references to the belief using self-talk. In this context, references can be any supporting actions, words, attitudes or thoughts that confirm your belief, even if it was a false belief from the outset.



To change your self-talk from negative to positive you first need to know what you want to achieve and then create a new self-talk pattern. Remember the **4 Ps** - the replacement saying needs to be stated positively; this means without any negative words within the saying. If you use the method of the **4 Ps** you will be fine.

The example in day three, was a health related example and below is the continuation of the dance example.

Create a belief statement consisting of **4 Ps**:

P	You must write your new saying in Personal terms – this means that it belongs to you – using the word 'I'	I
P	Must be written in the Present tense – as if it has already happened	Am
P	Must be Powerfully stated – to give it some passion and oomph!	An outstanding
P	Must be Positive – words must only be positive words	Dancer



TIP: You need to replace the original saying with a new saying that is stated in personal, present tense, powerful and positive terms.

I want you to select one of your own positive statements about health from day three and use the **self-talk cycle** to change the belief.

You need to think about what you really want to be, to have, or to do.

Some ideas of healthy self-talk:

I love health

I eat healing foods

I easily make healthy choices

I love drinking water

I am healing

I love to exercise

I love walking in the fresh air

I breathe in health on every breath I take

Use your own, or one of these statements, to replace the equivalent old limiting belief.

Create a mental image of you actually doing and enjoying this new behaviour. This will gradually create your new self-image. This is the new vision of how you really are.

The next time that you find yourself behaving in the old (limiting) way, or even thinking in that way, you **MUST** stop that inner-voice. Then replace it immediately with your new sentence – even if it is not yet true. What you are doing here is recognising the old pattern, interrupting and breaking it and then replacing it with your empowering belief pattern.

1. You **MUST STOP** the old voice **IMMEDIATELY** it starts.
2. Replace it with your new sentence even if it is not yet true.

See, feel and experience the rewards of your new belief. Enjoy these rewards as if you already have them. **CREATE A NEW HEALTHY HEALING VIDEO** to support you and play it every time you hear the old belief.

You really do have a choice. You can give up the self-improvement activities you have been learning on this download and carry on reinforcing your old limiting beliefs or you can play your new empowering sentence and create a new video and work on changing your beliefs.

Find something that you already do well and praise yourself for that skill. Then build on that praise by adding your new sentence. If any negative thoughts enter your mind, say to yourself,

**“ERASE THAT THOUGHT,
I AM”** and add your new sentence.



Concentrate on repeating the new belief about yourself.

YOU CHOOSE TO BELIEVE YOUR OWN BELIEFS. THEREFORE YOU CAN CHOOSE TO CHANGE THEM

Anthony Robbins says: "It is in your moments of decision that your destiny is shaped." One of your key moments of decision is when you decide not to believe in limiting beliefs and replace them with your new beliefs on a continuous basis.

Here is another powerful and easy way to change old habits and beliefs. Think of a person who you consider to be very skilful in what it is that you want to be able to do.

Name of person

Now model that person. Stand in front of a mirror (in private) and mimic the ways they hold their body, talk, laugh, breathe, move and anything else you can think of. Consider how they get what they want, how they stand, sit, walk, gesticulate. Think about what they do that you currently do not do. Then ask yourself this question:

**'What would I need to believe
in order to behave in this same way?'**

You are the only person doing the self-talk and this is great news. If you do not like what you hear simple **SHUT UP!**

I Strongly Recommend You Do The Accelerator Activities

The accelerator activity today requires that you create and play a health movie in your mind of you releasing hundreds of phagocytes into your body. They are special cells that are part of your immune system. They are the cells that phagocytize (means eat) germ infected cells. This is a very simple definition of a fairly complicated function. I want you to concentrate on releasing these power cells so that they can clean up any sick cells in



your body, leaving it clean and healthy. You do not need to know what they really look like as you can create your own. I play my **phagocyte movie** and played it many times a day during my recovery.

Accelerator Activity

What colour are your phagocytes?

What shape are your phagocytes?

How many mouths do your phagocytes have?

How many arms do you phagocytes have to put the infected cells into the mouths?

Allow the thoughts from today to occupy the spare spaces in your mind over the next 24 hours whilst looking forward to another healthy tomorrow!

Well done for today's efforts towards your health destiny!



18:30

Welcome back.

Today we are going to consider your beliefs in relation to what the experts say and you will realise that there are always options and choices.

You know that your beliefs affect your health and that you can change your beliefs by using the methods already shown to you. I want you to consider what happens to you when an expert tells you something.

**If I was told something by an expert
would I believe it?**

The reason I am asking you to consider this question is that often when we are told something by an expert we believe the expert because we think they know best. This may be true, and, it could also be very wrong. It will depend on many things and the background of the expert is a very potent factor. Take their training, their belief system, their budgets, any unknown time frames, how they are paid in relation to the information given, what happened to them the night before, pressure from colleagues, the research papers they might be writing, and so on..

I am not saying that the most professional and ethical experts would allow these factors to influence their decisions (although for most human beings these factors would have an influence, no matter how small). I am advocating that **you** take them into consideration.



When I was diagnosed with, and I quote:

‘An aggressive form of breast and lymphatic cancer. We can only give you 9 months at most to live.’

The diagnosis came from two highly respected consultants, one of whom was employed by the UK's leading cancer hospital. Had I adopted this belief, they would have been RIGHT and I would not be writing this wonderful cancer coaching program.

I was lucky enough to have friends in the medical profession and they advised me to also look into the alternative/complimentary medical areas to see what my options were.

Alongside the traditional medical treatment of surgery, chemotherapy followed by aggressive radiotherapy, I also supported myself with complimentary therapies. I consulted a nutritionist, naturopath and I read extensively. One of the great inspirations for me was the Hay Diet which is a nutrition method developed by the New York doctor William Howard Hay in the 1920s. It is also known as the food combining diet, and many authors have written books expressing its merits. It inspired me to do more food research and the most important phrase I found during my research was:

‘You are what you eat’

Actually, you do not need to be a rocket scientist to realise that this must be true, only most of us never consider the implications when we buy, prepare and eat our food. If you are serious about your health you will be serious about your food and the nutrients within the food. I have read some alarming articles about the lack of nutrients within the food we eat. During my recovery, I diligently supplemented my diet with extra vitamins and minerals and increased my intake of water. I could not exercise at the time and I have since added daily exercise to my health strategies.

I am not saying this will work for you - I am saying you might like to do some research and make your own decisions. You are responsible for your own due diligence and your own decisions, as am I.

I am sure you have heard about Roger Bannister becoming the first human to run a sub four minute mile. Previous to him breaking the record, it was ‘common medical knowledge’ that it was impossible for a human to run a mile in under four minutes and to do so would be very dangerous indeed! Nowadays, sub four minute miles are the norm. Experts proved wrong!

Think about Mahatma Gandhi - he launched a non-violent, non-cooperation campaign on an unprecedented scale, coordinating millions of Indians nationwide, until Britain finally granted India its independence. One man, one belief.

Buster Martin was in the news in 2006 because he took a day off work! It was purported to be his 100th birthday. He was in the papers again, a year later. He had been mugged and fought off his attackers by kicking them. His reputed comments were that he was



really pleased with the in-growing toe nail operation he had been given shortly before the mugging because his foot had healed well enough for him to kick out and not be in agony! Another example of someone not following the accepted norm beliefs; about being old, meaning one must give up work and not fight back.

As in the examples above, where they all decided to choose their beliefs about life, so can you. You can choose a healthy healing life style.

My personal definition of my health and healing is:

Allow the thoughts from today to occupy the spare spaces in your mind over the next 24 hours whilst looking forward to another Healthy activity tomorrow!

Accelerator Activity Strongly Recommend You Do The Accelerator Activities

The activity today requires you to look back over the day and ask yourself the question in the activity box and write your answer in the box. Be absolutely honest with yourself and write a brief description of the event so that when you look back on today you will have greater understanding of your behaviour pattern triggers.

Accelerator Activity

Identify one time during the day when you reacted to a request or an incident in a reasonable, measured and thoughtful way.

What happened?

Where were you?



What was said or done?

Who said what or did what?

What exactly did you do or say?

Well done for today's efforts towards your health destiny!



19:30

Welcome back.

Your health is a balance between your mind and your body and today you are going to look into the mind body connection. You have stood in front of the mirror naked and I want you to consider how you are now feeling about yourself.

Who has a healthy body I envy or would like to have?

Now if your answer was some super-model than you have some work to do on your self-acceptance. Do this again and think of someone in your circle of contacts.

Who from my circle of contacts has a healthy body?

Now that's a little better but still not good enough.

Self-acceptance

One of the keys to being successful physically is to accept yourself as you are now.

Acceptance is the cornerstone of self-healing. If you accept (or believe) that self-confidence is easy you now know that you are absolutely right; the result will be SELF-HEALING. Easy!

However, many people spend their lives comparing themselves with others and emphasising their own lack. This is not only an absolute waste of time, it is harmful to self-healing, as there will always be people who have more skills, knowledge, talents, advantages and stronger bodies than you. There will also be people who have less skills, knowledge, talents and advantages, and who are sicker than you.

So STOP comparing yourself to others



To improve your life and take action, you need to take stock of where you are now. If you find that where you are now is not a good place to be, you must accept yourself and the current situation in order to know exactly what needs to be done.

I often use a little phrase when I become aware that I have a negative thought. I say to myself:

“I love and accept myself and release the XXX into the universe.”

I also use the following question when I want to move forward from an uncomfortable position that I have created for myself:

“How many rules do I need to have in place before I can praise my achievements?”

Now, ask yourself the same question.

How many rules do I need to have in place before I can praise my achievements?

The staggering answer to this question is usually ‘many’. Most of us decide that many things have to happen (sometimes in a special sequence) before we believe we are successful, loved, beautiful, happy, healthy or whatever. Pick any one of the above, successful, loved, beautiful, happy, healthy, and be honest with yourself as you answer the question:

As an example:

What needs to happen before I feel loved?



Here are some of the answers that my clients have written.

I need to be twenty percent slimmer
I need to have 20,000 (GBP, USD, EUR, HKD, JYP etc.) in the bank
I need to drive a Porsche 911
I need to wear designer clothes
I need to be a fully qualified
I need to be blonde
My husband must love me
My dead mother must love me

These replies are all nonsensical self-delusions. **You must fully accept that YOU are the one making these rules and YOU are the one adhering to them.** Think about this now for a few minutes. On a scale of 1 to 10 where 1 is making my life easy and 10 is making my life very, very hard:

How hard are YOU making your life?

Here are some alternative rules for what feeling loved could be, if you would only let yourself believe them.

What could I choose to happen so that I feel loved?

I FEEL LOVE ...

When the sun shines
When I wake up in the morning
When it rains
When a neighbour says "Hello"
When anyone asks me, "How are you today?"
When my pet brushes past my legs
When I make someone smile
When I listen to music
When I breathe
When I laugh

The list could, and should, be endless if you want to live a successful healthy and happy life.

Just to put this into perspective, ask yourself the following question:



What needs to happen to make me feel I have been a failure?

Yes, you guessed – not much! You probably only have one rule or one thing that has to happen to make you feel a failure. Often it will be the actions of your boss, your partner, your parents, your colleagues or yourself.

WAKE UP!

You are responsible for making your life difficult and you can make your life easy. You are the one who is making ludicrous rules by which you have to live and then you inflict these rules on your life. Give yourself and those who love you, a break!

Decide now to live by easier rules. Whenever you find yourself-talking rubbish or thinking negative things about yourself, use the STOP strategy and run a different sentence that empowers you.

**Only you can do this.
Only you can decide now to put this into effect.
Only you can change you.**

I Strongly Recommend You Do The Accelerator Activities

The activity today is a mantra. Repeating the mantra consistently re-programs your mind and body. You can repeat the mantra silently or vocally; the only requirement is that you learn it, and repeat it.

Accelerator Activity

I am loved when I breathe

Allow the thoughts from today to occupy the spare spaces in your mind over the next 24 hours whilst looking forward to another Healthy activity tomorrow!



20:30

Welcome back.

Today you are going to put together a starter 21 day plan for changes and commitments for your nutrition and your physical health and well-being.

Firstly, you are going to start with your nutrition. You will need the Healthy activities from day six and day 10.

On day six you were asked to keep a five day record of all the foods you were eating at the time and on day 10 you put together a seven day eating plan. Part of the plan on day 10 involved using the regular eating patterning.

The workable healthy regular eating pattern - four easy steps:

- 1 Plan
- 2 Shop
- 3 Prepare
- 4 Execute

Compare the results from your five day eating record with the results from your seven day eating plans.

What worked well for me?



Contrast the results.

What did not work for me?

You need to make your own personal deductions from the last two exercises.

What did I discover about my eating patterns

It is time now to make some longer term decisions about your healthy eating habits and to commit yourself to the actions needed to make this work for you.



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**Today's date is / /
21 days from today will be / /**

**To increase my nutritional health
I commit to doing the following over the next 21 days:**

Empty box for writing commitments.



Print off your 21 day nutrition plan and put it somewhere you will see it every day to inspire and remind you of your commitments to increased nutritional health.

Now we are going to go back to day 14, where you decided on some fun activities to take part in, which you would do regularly to increase your physical exercise. Looking back:

What worked well for me?

Contrast the results.

What did not work for me?



You need to make your own personal deductions from the last two exercises.

What did I discover about the activities?

It is time now to make some longer term decisions about your exercise and to commit yourself to the actions needed to make this work for you.

Print off the following page with your 21 day physical activities plan and put it somewhere you will see it every day to inspire and remind you of your commitments to increased physical health.



**Cancer Recovery Download
Curlymartin.com**

**Today's date is / /
21 days from today will be / /**

**To increase my physical health
I commit to doing the following over the next 21 days:**



21 day plan

It is only you who can make these changes your life and it is only you who can take the action which is required to make your plans successful.

Allow the thoughts from today to occupy the spare spaces in your mind over the next 24 hours whilst looking forward to another Healthy activity tomorrow!

I Strongly Recommend You Do The Accelerator Activities

The activity today requires you to look back over the day and ask yourself the question in the activity box and write your answer in the box. Be absolutely honest with yourself and write a brief description of the event so that when you look back on today you will have greater understanding of your behaviour pattern triggers.

Accelerator Activity

Identify one time during the day when you criticized someone or an event which happened – even if you only criticized in your mind.

What happened?

Where were you?

What was said or done?

Who said what or did what?

What exactly did you do or say?

Well done for today's efforts towards your health destiny!



21:30

Welcome back.

We have been concentrating on caring for your nutrition and your physical health and it is time to investigate your spiritual well-being. If spiritually you are depleted it will have an impact on your overall health and healing, therefore it also needs to be cared and catered for.

You will be discovering what spirituality means to you and how you define it. Before you can proceed, please do not confuse spirituality with religion. Many people who are happy with their spirituality have no religion at all and many others, who follow a religion, can struggle with their spirituality. You will also discover your life purpose, if you have not already done this, and explore many different ideas about spirituality.

So let's get started and discover what spirituality means to you right now; then you will be able to measure your progress.

Spirituality

1. What do I think of when I consider the word 'spirituality'?
2. What does being spiritual mean to me?
3. How do I know this?



Define spirituality as it is for you:

There are many different interpretations of spirituality. Unlike material, worldly or earthly where most objects are tangible and visible, spirituality is invisible and powerful and is a totally personal experience.

I want you to think about spirituality as a connection to something 'greater' than yourself. This may include an emotional state or a religious reverence. It can relate to psychological health and it often focuses on personal experience, as it does in some religions, hence the confusion with religion and spirituality.

What does inner peace mean to you?

When was the last time you had inner peace?



Describe your moments of inner peace:

Spirituality can involve perceiving life as having more important, more integrated or more complex dimensions than the usual 'busyness' of the daily business. You will come across terms like 'higher being' or 'enlightened state' especially as contrasted with the merely sensual, physical state.

You will have spiritual success when you achieve continuous inner peace

Humans have sought inner peace since before recorded history and, just as today when a need is perceived, there were people willing to share their own experiences, to teach others and to guide them along the paths to the spirituality that worked for them. Soon there were followers of some of these guides who then developed an entire protocol of procedures. There are thousands of such guides and you will surely be familiar with the names of at least a few: mystics, Zen masters, Sufis, yogis, shamans, imams, rabbi, priests, and monks.

They all attract followers but you do not need to be a follower to be spiritual, as it is perfectly acceptable to find your own path of discovery. However, if you are involved with any religion that provides you with spiritual insights and comfort, then stay with it as you consider the broader views of spirituality.

General spirituality

There are many different interpretations of spirituality and once you have started on this journey you will want to continue your research until you find what is right for you.

Spiritual well-being is a personal experience and only you can decide, if you have it or not

Religion is the most obvious form of spirituality. There are many religions in the world, each with different rules and regulations and most of them are based on the follower having faith in an external force. Your religious preferences will largely depend on where you were born, family influences and your exposure to different denominations. Your religion will have shaped your beliefs and spiritual growth to this point. I am not advocating religion nor am I denigrating religion. It is a form of spirituality for some people.



Here it is worth mentioning that a belief in some external force, often described as universal, eternal and ubiquitous, is not an excuse to waive your rights of free choice to make things happen in your life. You are, and remain, in personal control of your own destiny. Faith in a higher intelligence can be a great help when the going gets tough.

Your life purpose

What is your life purpose and how will knowing this make your working life better? Well, once you discover and understand the things that you value highly you can turn them into a life worth living – a life purpose.

Most people are content just living their life with little thought about whether it is a good fit with what they could or should do in their own ideal world of personal success.

Is this you?

What is your purpose in life? It is not just to make money or to get a job. These things may facilitate your journey towards your life purpose but it is not necessarily your life purpose. When you discover your life purpose and know that it matches your values you will be able to identify what actions and work are right to take you towards your destiny.

Are you the same person at work as you are at home? By changing yourself to fit in with your company's ethics and values you will be leading a double life and putting extra stress and strain on your daily happiness and health. When you know your life purpose it is easier to take the right decisions when making 'life defining' choices.

Your challenge is to avoid being sucked into the 'normal' thought pattern where, because all of your peers are doing something, you believe that it must be the right thing to do. It could be, but the only way to know this for sure is to take the time to analyse what you are doing, what is available to you and what you really would love to do. If, after examining all your options, you decide to follow the herd and do the same old, same old, then good, you are truly happy and you know it.

Below are four tables asking you to consider similar BUT different areas of your life. Once you have completed the four tables it will give you a wider picture of who you are and what you want to have happen in your life.

Look at the following table and think about the things you really want from life.

List the things that you WANT from your life



Now identify what is it that makes you special? Do not censor your thoughts just write them down as they come to you.

List the things which make you UNIQUE, SPECIAL or DIFFERENT

Now, including all areas of your life, consider what you excel at. This is not the time for modesty; this is just for you and about you. Remember not to censor your thoughts and be aware that there may be some similar words or phrases from the above two tables, and that is fine, write them down again.

List things that you are GOOD at doing and enjoy doing

Pretend that you are sitting in a wicker rocking chair, aged 93 and looking back on your life as you would have wanted to have lived it. With this in your mind, complete the next table. Remember not to censor your thoughts.

List things that you WANT TO HAPPEN or are HELPING TO MAKE HAPPEN in the world

Now look over all your completed tables and highlight words which are similar or the same. Also, mark any words which resonate with you, as these words are important



when considering your life purpose. Using some or all of the words you have highlighted put them together to complete your life purpose statement.

This can be a one line sentence or a short paragraph, it does not matter. All that matters with this activity is that you discover your own personalised life purpose; you find a direction for your life. You are designing a life purpose statement which reveals your passionately driven destiny and one which will give you the motivation to get out of bed on a frosty morning

My life purpose:

Allow the thoughts from today to occupy the spare spaces in your mind over the next 24 hours whilst looking forward to another Healthy activity tomorrow!

I Strongly Recommend You Do The Accelerator Activities

The accelerator activity today requires you create and play a life purpose movie in your mind where you are living the life you love to live.

Accelerator Activity

My life purpose movie

What is happening?

Where are you?



What is being said or done?

Who is saying what or doing what?

What exactly are you doing or saying?

How good are you feeling?

Well done for today's efforts towards your health destiny!



22:30

Welcome back.

Yesterday you discovered your life purpose on your journey to spiritual well-being and today we will look at how to develop the feelings of spiritual well-being by understanding the rewards of giving and of gracious acceptance. Both of which will help you on your road to recovery and your healing journey.

Giving

1. When was the last time you gave something to a complete stranger? Describe what happened.
2. How did doing this make you feel?
3. When was the last time you gave a donation to a charity?
4. How did doing this make you feel?
5. When was the last time you gave up some of your own time and helped out in a charitable way? Describe what happened.
6. How did doing this make you feel?



Accepting/Receiving

1. When was the last time you received something from a complete stranger? Describe what happened. What did you do or say?
2. When was the last time you received a compliment from a complete stranger? Describe what happened. What did you do or say?
3. Who was the last non-relative to give you a gift? Describe what happened. What did you do or say?

Giving to receive

For some people the pure act of giving or contributing is, in itself, a spiritual experience which represents all the spiritual success or satisfaction they need. In many faiths and cultures over the years, the practice of tithing has offered a route into this spiritual state. Generally, the tithing or regular giving of ten percent of your income towards the support of a spiritual organisation or spiritual leaders is the normal practice.

If this giving is done from the heart with happiness and joy, the giver usually experiences a spiritual lift and even praise for their contribution. Sadly, tithing can also become a duty or a burden and the spiritually lifting experience is lost with its associated commitment.

Contribution to charities in the form of a regular donation can be a spiritual experience. If you really want to experience the spirituality of giving, then give of your time as a volunteer because in these hectic days we are always short of time. If time is a precious commodity for you it follows that giving it to someone else is the greater gift. Also, when you are interacting with other people by providing a needed service to the betterment of others, you will always gain from the experience in one way or another.

There are many opportunities to give of your time as a volunteer. Consider what is important to you, what you value and then match that to a charity needing volunteers.



Usually you will be asked to undertake some training before you can assist and this is a great way to meet people who share your values and to learn new skills – all this before you have even contributed! This is a win-win scenario.

Philanthropic actions fall into the category of contribution. If you look at any list of the world's richest people you will discover that many of them have created financial trust funds that enable them to share their fortunes. If these arrangements are made for tax avoidance purposes or publicity, there will be limited corresponding spiritual gain. There may even be a loss or erosion of that individual's spirituality.

Here are a few guidelines for giving as a path to spirituality:

- Give time or money freely within what you can afford after compliance with your legal and personal obligations
- Give to the source or cause that you can identify with as having helped you spiritually
- Give with no expectation of material gain, personal publicity or other reward
- Give because you want to and not because you have to

Look for the joy, growth and learning that can come from giving and you will always find it.

What am I going to give back?

I Strongly Recommend You Do The Accelerator Activities

The activity today is a mantra. Repeating the mantra consistently re-programs your mind and body. You can repeat the mantra silently or vocally; the only requirement is that you learn it, and repeat it.

Accelerator Activity

I love giving

Allow the thoughts from today to occupy the spare spaces in your mind over the next 24 hours whilst looking forward to another Healthy activity tomorrow!
Well done for today's efforts towards your health destiny!



23:30

Welcome back.

Having discovered or re-discovered that the joy of giving contributes towards your spiritual well-being, today you are going to look at how you introduce peace and tranquillity into your life.

Every one of us needs time in our busy lives to be still and at peace. During this valuable time natural healing of mind and body takes place.

Peace and Quiet

1. When was the last time you were completely still, not moving, not speaking, not doing any activity just for the peace? Describe
2. How did doing this make you feel afterwards?
3. When was the last time you meditated? Describe
4. How did meditating make you feel?
5. When was the last time you spent time alone with nature? Describe
6. How did doing this make you feel?



Peace and meditation

The search for spiritual peace often leads to people learning meditation techniques. Many of these are included as parts of religious observance, but simple meditation techniques are available to anyone. They are a means of disconnecting from the hustle and bustle of this modern world.

Regularly take a few minutes out each day to relax in stillness as you take a break from your search for material gains and emotional highs.

If you do not know how to be still in mind and body, your energies are being used up and not replenished. It is sometimes claimed, by those who practise meditation, that a single twenty minute session can be as refreshing as an hour of sleep. Simple meditation allows you to achieve inner stillness. You can discover that it will lead to insights, inspiration, spiritual awareness and even the answers to questions that have eluded you.

Deepak Chopra is a popular author on spiritual matters and, in his book *The Seven Spiritual Laws of Success*, he has given the reader seven separate guidance chapters. He states that we have pure potentiality which can be reached through taking time to be silent.

The art of journaling

If you are not yet ready to explore meditation, you may find that journaling offers you a more practical or prosaic way of getting in touch with your spirituality. Journaling has been popular in the USA for many years and yet it seems to have a limited appeal in Britain which is a pity, because it can be a powerful and helpful tool.

Your journal has very similar geography to a diary; whereas your diary is used for appointments and reminders or even factual accounts of what has just happened, your journal opens up options of creative freedom. Put very simply, your journal is a secret record where you write about your thoughts, ideas, dreams, goals, insights, annoyances, happiness and insights arising from the upsides and downsides of your life.

The physical act of writing creates a mental path of release and stillness. The main rule is that you should write as fast as you can without editing your thoughts as you go; just write down whatever comes to mind. With practise you will soon find that your thoughts and words can take you in unexpected directions.

When, from time to time, you choose to read your journal, you may well detect cycles of moods and emotional states that empower or disable you. You will discover that some material matters or events that seemed important at the time, have now assumed trivial dimensions.

Tip: There is a very useful tip concerning both meditation and journaling and it is to do with the way that humans can adopt new habits. When you do the same thing, at the same time, in the same place and in the same way each day, you will find that within a week, that routine will become a familiar pattern which you miss if you do not do it and



after 21 days with the routine it will become a habit, hard to break. You will feel that there is something missing if you don't do it.

You will become even more spiritually empowered if you create your own little ritual around these activities, like preparing your chair or desk or taking several deep breaths before you begin a session. In this context, ritual does not mean dressing up in fancy kaftans or adopting strange body positions although there is no reason why you should not do this if you wish and you find that it helps!

Some people meditate and journal in silence, others prefer to play some appropriate music to set the mood and to mask out traffic sounds or other distractions. I know one person who always plays Bach or Mozart at low levels at such times; another prefers to play 'ambient recordings' or Gregorian Chants (which are known as prayerful meditations). Remembering that your objective is calm, peace and stillness, it is highly improbable that the latest flavour of pop music will help you to achieve these relaxing and restorative spiritual states.

When and how often, am I going to meditate?

Allow the thoughts from today to occupy the spare spaces in your mind over the next 24 hours whilst looking forward to another Healthy activity tomorrow!

On the following page is your

Accelerator Activity



I Strongly Recommend You Do The Accelerator Activities.

The activity today requires you to look back over the day and ask yourself the question in the activity box and write your answer in the box. Be absolutely honest with yourself and write a brief description of the event so that when you look back on today you will have greater understanding of your behaviour pattern triggers.

Accelerator Activity

Identify one time during the last few days when you went out of your way to care for or look after someone.

What happened?

Where were you?

What was said or done?

Who said what or did what?

What exactly did you do or say?

Well done for today's efforts towards your health destiny!



23:30

Welcome back.

Having discovered or re-discovered how the joy of giving contributes towards your spiritual well-being, today you are going to look at how you introduce peace and tranquillity into your life.

Every one of us needs time in our busy lives to be still and at peace. During this valuable time natural healing of mind and body takes place.

Peace and Quiet

7. When was the last time you were completely still, not moving, not speaking, not doing any activity? Describe

8. How did doing this make you feel afterwards?

9. When was the last time you meditated? Describe

10. How did meditating make you feel?

11. When was the last time you spent time alone with nature? Describe

12. How did doing this make you feel?



Peace and meditation

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When and how often, am I going to meditate?

Allow the thoughts from today to occupy the spare spaces in your mind over the next 24 hours whilst looking forward to another Healthy activity tomorrow!

On the following page is your

Accelerator Activity



I Strongly Recommend You Do The Accelerator Activities.

The activity today requires you to look back over the day and ask yourself the question in the activity box and write your answer in the box. Be absolutely honest with yourself and write a brief description of the event so that when you look back on today you will have greater understanding of your behaviour pattern triggers.

Accelerator Activity

Identify one time during the day when you went out of your way to care for or look after someone.

What happened?

Where were you?

What was said or done?

Who said what or did what?

What exactly did you do or say?

Well done for today's efforts towards your health destiny!



24:30

Welcome back.

Continuing on the theme of spiritual well-being, today we will look at relaxation. This is not to be confused with the meditation and stillness we were discussing yesterday. Where meditation is a specific art and requires dedication and commitment, today we are going to look at other forms of relaxation which you can do on an ad-hoc basis and still feel the spiritual well-being benefits from taking part.

I want you to think back over the last 10 years and consider all the things that you have done which you considered a form of relaxation. For some of you this could be swimming, drinking a glass of your favourite drink watching the sun set, reading a book, writing a journal, watching a play, etc.

What have I done to relax in the last 10 years?

Having spent time now considering the things you have done over the last 10 years I will be surprised if on your list there is an activity that you had not forgotten how much you enjoyed doing.

Often we spend time on holiday doing relaxing things which we consider 'Holiday only activities'. I have friends who only read books on holiday, even though they admit that they love to read and that reading is one of the most relaxing things they do on holiday!



I want you to think about other people you know and ask yourself: 'What does XXX do to relax?' Make a list of things other people do to relax, writing as many things as you can think of without censorship.

What do other people do to relax?

You now have two lists; one of the things you like to do to relax, the other, things you could do to relax.

Next I want you to put the lists together, without duplication, once this is achieved go onto mark each one out of 10, with 1 meaning you would not want to do this and 10 being you are going to start this form of relaxation.

Relaxation techniques	Marks out of 10



You have a good idea of the things you can do to relax and now you need to make the commitment.

There are two things that need to be in place before a regular relaxation pattern can be established. The first is that you need to believe that a regular relaxation pattern will help prevent or boost your recovery from a serious illness, increase your energy and contribute to your overall spiritual well-being, and you know how to create this belief because we have already covered belief creation earlier in the download.

Secondly, you must make plans and stick to them, thus planning is next.

Plan

Draw up a seven day plan of relaxation. Take into account your current life style, time available, weaknesses, beliefs, external influences (friends, family, colleagues etc.). Make sure that this initial plan is doable and that you know you could keep to it. Better to create a realistic plan and keep to it, than start the world's greatest relaxation pattern which is too rigid for you, which will give you an excuse to fail. Here are two different types of plans: a free form plan and a printable page with a daily detailed framework plan. You choose, or create your own.

My 7 day relaxation plan

Day One

Day Two

Day Three

Day Four

Day Five

Day Six

Day Seven



My 7 day relaxation plan

DAY ONE			
Type of relaxation activity	Time to Relax	Type of relaxation activity	Time to Relax
DAY TWO			
Type of relaxation activity	Time to Relax	Type of relaxation activity	Time to Relax
DAY THREE			
Type of relaxation activity	Time to Relax	Type of relaxation activity	Time to Relax
DAY FOUR			
Type of relaxation activity	Time to Relax	Type of relaxation activity	Time to Relax
DAY FIVE			
Type of relaxation activity	Time to Relax	Type of relaxation activity	Time to Relax
DAY SIX			
Type of relaxation activity	Time to Relax	Type of relaxation activity	Time to Relax
DAY SEVEN			
Type of relaxation activity	Time to Relax	Type of relaxation activity	Time to Relax



Now you have your plan in place you know what you want to do and when you will be relaxing - all that is left is to get going.

I am going to start on

DATE: / /

Enjoy your new energy levels because you will be more energised with this new relaxation pattern.

Good luck and know that small consistent daily improvements have a major impact over a year.

I Strongly Recommend You Do The Accelerator Activities

The activity today is a mantra. Repeating the mantra consistently re-programs your mind and body. You can repeat the mantra silently or vocally; the only requirement is that you learn it, and repeat it.

Accelerator Activity

Relaxing is essential to good health

Allow the thoughts from today to occupy the spare spaces in your mind over the next 24 hours whilst looking forward to another Healthy activity tomorrow!

Well done for today's efforts towards your health destiny!



Define spirituality as it is for you:

What does inner peace mean to you?

Thinking back over the days we have spent looking at spiritual well-being and the activities you have taken part in, I want you to write what was good for you and what you will be leaving behind.

What worked well for me?



Contrast the results.

What did not work for me?

You need to make your own personal deductions from the last two exercises.

What did I discover about my spirituality?

It is time now to make some longer term decisions about your longer term spiritual habits and to commit yourself to the actions needed to make this work for you.



Today's date is / /
21 days from today it will be / /

**To increase my spiritual growth
I commit to doing the following over the next 21 days:**

**You will have spiritual success when you achieve
continuous inner peace**



There are many different interpretations of what is, or is not, spirituality and here I have given you a look at a few ideas to give you some options to consider on your journey. Once started on this journey you will want to continue your research until you find what is right for you.

You have defined your life purpose, considered meditation, you have looked back at the things you have done to relax and decided what you are going to be doing to relax over the next 21 days. You looked at the blessings that giving can bestow on the giver as a separate form of spiritual well-being. It is now over to you.

**Spiritual well-being is a personal experience and only you can decide
if you have it, want it or not**

Allow the thoughts from today to occupy the spare spaces in your mind over the next 24 hours whilst looking forward to another Healthy activity tomorrow!

On the following page is your

Accelerator Activity



I Strongly Recommend You Do The Accelerator Activities

The accelerator activity for today requires you create and play a relaxation movie in your mind where you fully relaxed and at peace.

Accelerator Activity

My meditation movie

What is happening?

Where are you?

What is being said or done?

Who is saying what or doing what?

What exactly are you doing or saying?

How good are you feeling?

Well done for today's efforts towards your health destiny!



26:30

Welcome back.

We are going to spend the next few days looking at your behaviours and the way you respond to events. Understanding and getting in control of your behaviours will reduce stress and increase your mental and physical well-being. Before we do that I want you to take a look at some interpretations of events. There is a significant upside to getting in touch with your interpretation patterns as they can reveal some self-defeating and inappropriate behaviours. There are predispositions that may give you clues to the way you react according to your interpretation or view of reality.

1. Black and white attitudes with no shades of grey. This is called *dichotomy* where you see events as totally fantastic or absolutely terrible. The truth is rarely found at either of these extremes.
2. *Overt personalisation* where you see another person's reactions as being in direct response to you. If someone is in a bad mood it may be because of something elsewhere in their life and may have nothing to do with you, so don't accept the blame.
3. *Magnified reaction* means that you see an event as having far more impact on your life than it deserves. There is no point in getting emotional over the delay on a train or in traffic as the circumstances are beyond your control and rarely really threatening, they are just inconvenient.
4. Remembering adverse circumstances and events to the *exclusion* of the positive ones. For every downside there is always an equal and opposite upside.
5. Allowing your emotions to flow from *false feelings* or beliefs. If you do something that makes you feel stupid, the false belief would be that 'I am stupid'. You are not. You probably just made a silly mistake but you are far from stupid.
6. Basing a *major decision* on purely emotional factors instead of a critical analysis of the facts, or the pros and the cons of the situation. Your emotions and intuition have parts to play in decision making but they should not assume dominant roles.



Have I been guilty of any of these behaviors? If yes, which ones?

For there to be a decision there has to be a multiple choice (even if it is to do something or to do nothing). A choice means that you have power, especially in the way that you respond to your feelings and emotions.

Here are some questions for you to consider about your degree of emotional control.

1. Does the strength or intensity of your emotion match the situation? You would probably experience anger if your car is stolen, but if someone leaves the cap off the toothpaste tube or leaves the toilet seat up, that hardly warrants a show of anger.
2. Do you regularly experience emotions that you need to pay attention to? If happiness eludes you in the mistaken belief that something enjoyable won't last, then you should pay attention to this response and replace it with a better, more resourceful one.
3. What judgements do you frequently make about an event? I recently passed a demolished bus-shelter and overheard an elderly gentleman voice his emotion of disgust at the behaviour of modern youths. His judgement was flawed and his disgust misdirected because the shelter had been demolished by the council to relocate it to a safer position.
4. What are the consequences of your emotionally driven actions? Will they serve you well on your path of success or will they hold you back? How will they impact on other people? Will they move you nearer to your goals or does your emotional response need adjustment?

If you have been told that you are 'over-emotional' or you have been called a 'drama-queen' or told that you have a 'tendency towards hysteria' because of frequent emotional outbursts, ask yourself what reward you expect from this behaviour. Is it just crude attention seeking and, heaven forbid, do you actually enjoy the attention that you get from being a victim of circumstances? Being honest with yourself is essential and can be difficult when working with emotions.

You do have a choice. It is better to be a victor than a victim because this opens up your options and gives you freedom for action. You can decide to control how you feel about your circumstances.



When there is emotional imbalance, your body will react to tell you that something isn't right. A good doctor who adopts a holistic approach will always seek to determine a patient's emotional state, especially when any of these symptoms are presented:

High blood pressure
Stomach ulcer
Back pain

Loss of appetite
Lethargy
Insomnia

Irregular bowel movement
Headaches
Weight changes

These conditions can all be worsened by emotional imbalance or alleviated to a large extent with emotional well-being. That is not to say that you should ignore any symptoms. Indeed, you should seek qualified medical advice sooner rather than later and as you sit in the waiting room, consider what emotional aspects of your life and lifestyle just might have a bearing on your condition and tell your doctor during the appointment.

Anchoring to aid emotional state control

Anchoring is a process by which any stimulus is connected to, and triggers, a response. Anchors can occur naturally or can be set up intentionally. A common anchor is, 'hear the fire alarm - automatically leave the building', which is an auditory anchor. 'Alarm' is the anchor and 'leaving the building' is the response triggered by the anchor. A song or a piece of music that reminds you of a certain event is an anchor. When you hear the music you recall the feelings related to the event.

Let's have a look at some visual anchors that you may be conditioned into using. Traffic signals are a good example of visual anchors which road users recognise and respond to. A person shaking their head from side to side generally means that they are not in agreement with what is said. Nodding the head up and down is the "yes I am in agreement" anchor.

An anchor can be anything that will access a response or an emotional state. Anchors can be created in two ways: either by repetition as in advertising or through an emotion, which has attached itself to a stimulus. Hearing a love song during the first dance you have with a person whom you fall in love with, which later reminds you of the dance whenever you hear the song, is an emotional anchor.

We can change our behaviour anchors and set-up resourceful anchors

To anchor states where there are no obvious emotions attached to a stimulus you can use repetition to create the response. You repeat and repeat the stimulus until the desired response is achieved. This method of anchoring, when used to teach children, is known as learning by rote.

Anchoring of a resourceful emotional state in its simplest form is a seven step process and once set up can be used to replace negative emotional responses or states.



How to set an anchor

1. Decide the emotional state that you want to be able to instantly recall, such as feeling confident, composed, self-assured, happy, passionate, etc. I am going to use healing for this example.
2. Choose the way you want to anchor and recall the emotional state. Some ideas for an anchor are squeezing your earlobe, pinching your index finger and thumb together or pressing the index finger knuckle; you decide. Remember, you may have to do this in public so select something that is acceptable and easy to do which is not easily noticed.
3. Recall a time when you felt fully confident (this can be recent or from childhood). Remember the event and play it in your mind in full colour, full volume, and as an all action movie of you looking through your own eyes, fully experiencing the state. Spend time with this and make sure you are in the movie, experiencing the state with the noises you would like to hear, the people involved nodding and smiling and you powerfully feeling the state of healing. Now, turn up the volume, double the feelings and sharpen the colours until your feelings are so acute they are almost tangible.
4. Stop the movie and do something to distract your attention. Stand up, sit down, jump about, do anything to change your focus for a few seconds. You are clearing the emotional decks so that the next time you run the movie you can anchor it when full emotions are pounding.
5. You are going to associate that state with an anchor or a stimulus. This will allow you to bring back the state whenever you use that stimulus or anchor. I want you to be ready to anchor the feelings when they are fully at peak, and for this example I am going to use squeezing the earlobe. Ready. Steady. Go! Play the movie, full colour, full motion, full sound and add in the full emotional experience of healing. Double or treble the experience and when you can acutely feel the emotion of healing, so much so that you nearly overflow with it – at that exact moment – gently squeeze your earlobe for a couple of seconds and release.
6. Again, stop the movie and do something to distract your attention. Stand up, sit down, jump about, do anything to change your focus for a few seconds. You are clearing the emotional decks again, so that you can check that the anchor you set will work when you squeeze your earlobe.
7. Squeeze your earlobe as you recall the movie. Now if the anchoring has worked you should have a *rush* or *gush* of the feeling of healing. Now that it has been anchored you can call this resourceful emotion anytime you need it by setting-off your anchor (squeezing your earlobe).

If it did not work or only partially worked at number 7 in the above sequence, simply repeat until you are able to feel confident at the triggering of your anchor. The great things about emotional anchors are they can support you in your journey of emotional control and allow you to concentrate on being successful rather than losing the control because your negative emotional responses are taking over.

You can set any number of anchors on all parts of your body.



Create a positive anchor

Decide the emotional state that you want to be able to instantly recall, such as feeling confident, composed, self-assured, happy, passionate, etc.	
Choose the way you want to anchor and recall the emotional state: squeezing your earlobe, pinching your index finger and thumb together.	
Recall a time when you felt fully XXXX (this can be recent or from childhood). Remember the event and play it in your mind in full colour, full volume, and as an all action movie of you looking through your own eyes, fully experiencing the state.	
Stop the movie and do something to distract your attention.	
Associate that state with an anchor or a stimulus.	
Stop the movie and do something to distract your attention.	
Squeeze your earlobe or the anchor point, as you recall the movie – check it works.	

Everyone has emotions, and most emotions are manifest in physical changes or action. The vast majority of people allow their emotions to run on autopilot but a few will experience extremes that indicate an imbalance.

If you need to employ the services of a professional therapist (anchoring is an NLP therapist's expertise) to assist you with a persistent un-resourceful emotional response, go ahead - it is important to overcome this restriction and allow yourself to enjoy a balanced and healthy emotional life. A healthy balance is the key to emotional success.

Allow the thoughts from today to occupy the spare spaces in your mind over the next 24 hours whilst looking forward to another Healthy activity tomorrow!

On the following page is your

Accelerator Activity



I Strongly Recommend You Do The Accelerator Activities

The activity today requires you to look back over the day and ask yourself the question in the activity box and write your answer in the box. Be absolutely honest with yourself and write a brief description of the event so that when you look back on today you will have greater understanding of your behaviour pattern triggers.

Accelerator Activity

Identify one time during over the last couple of days when you responded to an incident or person in a childlike manner, either submissive or aggressive.

What happened?

Where were you?

What was said or done?

Who said what or did what?

What exactly did you do or say?

Well done for today's efforts towards your health destiny!



27:30

Welcome back.

Following our brief exploration of anchoring, you are now invited to journey back in time ... back to the 1950s, to a time when Eric Berne published his theories about communication in the context of human relationships. He came up with the less than catchy title of Transactional Analysis (or TA). It is simply a method of examining what happens in a transaction where 'I do something to you and you do something back'. This could almost be a description of a relationship, so TA can surely offer some success clues for us.

Since his work there has been many people offering different varieties and models on the theme of understanding our behaviours and interactions with others. I have chosen to go back to Berne's work as it is easy to understand and quick to implement. The reason it is important to understand ourselves in this context is because relationships are often the root cause of stress and stress manifests itself in many different physical ailments. To prevent or reduce ailments, reduce stress by understanding how you react and then changing this reaction to get the outcome you are looking for. I believe that stress and in particular relationship stress was a major factor in my development of cancer and I wish I had known this simple information.

Eric Berne suggested that each person is made of three ego states which he termed 'Parent', 'Child' and 'Adult'. It is important to note that, in TA, these words have definitions that differ from the everyday understanding.

Today we can explore these terms in TA and then tomorrow, we can explore their contribution to relationship success.

Parent Ego State

Your 'Parent' ego is your ingrained voice of authority that includes all the absorbed conditioning, learning and attitudes from when you were young. You were conditioned by parents, teachers, other adults like relatives or even neighbours, shop keepers and maybe even the park keeper and the local village policeman. All these influences can be likened to an internal recording device that you can access from time to time. When you find yourself saying any of the below, you will be working from your Parent ego state.

'Never'

'Do not lie'

'Do not cheat'

'Do not steal'

'Always remember to ...'

'That is against the rules'



'Don't cross the road without looking both ways'
'Well done, that was a fine piece of work"
'You shouldn't do it that way'
'Don't worry I'll sort it out for you'

Using any of these or similar sayings you are well and truly in your Parent state. Go to Healthy days 8, 11, 20 and 23 to see the work you did in the Accelerator Activities, as this will give you some insight as to when you were in your Parent ego state.

Child Ego State

Your 'Child' ego state is when you behave very much as you would expect a normal child to react to external stimuli and events. It tends to phrase questions as 'why' or 'why not', uses incredibly simple language patterns, takes instructions literally (if at all!) and is strongly influenced by your emotions. When you find yourself saying any of the below, you will be working from your Child ego state.

'I hate you!'
'I love you'
'Please may I ...'
'That's not fair'
'It's my turn, not his'
'Tell tale tit, your tongue will split'
'You are not in my gang'

Using any of these or similar sayings you are well and truly in your Child state. Go to Healthy days 2, 4, 13, and 26 to see the work you did in the Accelerator Activities, as this will give you some insight as to when you were in your Child ego state.

Adult Ego State

And so to your 'Adult' ego which begins to form around your first birthday. It is the ability to think, reason and determine actions and opinions for yourself based on received data and the growing awareness that you can keep your Parent and Child under control. When you find yourself saying any of the below you will be working from your Adult ego state.

'I think we need to discuss the implications of this'
'Let's all calm down a minute before going on'
'You have a valid point and I would like to say XXX'
'What are our alternatives to resolve this?'
'How long will it take? What needs to happen to make it happen faster?'

Using any of these or similar sayings you are well and truly in your Adult state. Go to Healthy days 6 and 18 to see the work you did in the Accelerator Activities, as this will give you some insight as to when you were in your Adult ego state.

The states can be summarised like this:



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Parent = your taught concept of life
Child = your thought concept of life
Adult = your felt concept of life

Fortunately there are some pretty strong clues that reveal which state you – or anyone else – are in at any given time. Beware that states can, and do, change with alarming rapidity so you need your antennae well-tuned for these changes.

The physical indications that denote Parent include angry or impatient body language and facial expressions, finger-pointing and patronising gestures. At the same time, the verbal signs include absolutes (like 'never', 'always') and judgemental or critical words, often laced with sarcasm and heavy irony. They can also include the opening of arms to encourage you to cry or lean on the person.

The physical signs of Child state include tantrums, rolling eyes, shrugging shoulders, tears of anger, sadness or hurt, giggles, laughter, whispering behind the hand, foot stomping and jumping with joy. The verbal indicators are 'baby talk', like 'I wish', 'I want', 'I feel', 'don't care', 'not fair', 'I am always wrong' and any phrases suggesting superlatives or designed to impress.

As you might expect, the physical signs of the Adult are an attentive posture that is neither threatened nor threatening and may include a forward tilted head with an expression of interest, understanding and straight-forwardness. The vocabulary will use comparative statements, reasoned arguments and expressions, shades of degree rather than absolutes and questions around the who, what, why, where and when of a given situation.

Tomorrow we will explore how each of these ego states can influence the effects of your relationships and therefore the effect relationships will have on your health.

Given that we can all switch almost instantly from one ego state to another, which state do you feel you experience most commonly?

The ego state I am more often in is:

Identify a situation where you will be most likely to be in Parent state

I am in my Parent ego state when:



Identify a situation where you will be most likely to be in Child state

I am in my Child ego state when:

Identify a situation where you will be most likely to be in Adult state

I am in my Adult ego state when:

Allow the thoughts from today to occupy the spare spaces in your mind over the next 24 hours whilst looking forward to another Healthy activity tomorrow!

I Strongly Recommend You Do The Accelerator Activities.

The activity today is a mantra. Repeating the mantra consistently re-programs your mind and body. You can repeat the mantra silently or vocally; the only requirement is that you learn it, and repeat it.

Accelerator Activity

I am happy and healthy

Well done for today's efforts towards your health destiny!



28:30

Welcome back.

This is day two of your study of the application of Transactional Analysis or TA. Yesterday you looked at the main states of Parent, Child and Adult and reviewed some of the accelerator activities for comparison. Reducing relationship stress can, in my opinion, reduce the chances of developing stress related cancer.

It is important to have a brief overview of the behaviors related to each ego state. The three recognised states according to Eric Berne are Parent, Adult and Child and these are further broken down for ease of recognition. Below, I have given you the good side of the ego states and the downside, both of which you need to be aware of, to fully utilise this information in building healthy relationships for a healthy life. The information is displayed in linear and matrix format so that you can easily understand and assimilate according to your preference. You can also print the matrix so you can display for easy referral.

Parent Ego States

This state is called the taught state meaning that you have learnt the behaviour of this ego state from your parents, family, teacher or figures of authority. This state has two divisions.

Critical Parent

Good – This state sets the rules and regulations and is safety conscious, keeping traditions, and protecting boundary settings.

Bad – As its name implies, this ego state demonstrates critical, prejudicial and dominating behaviours.

Nurturing Parent

Good – This state will demonstrate as a supporting, caring, loving state.

Bad – This state can be overprotective, smothering, restricting of growth or independence.

Adult Ego State

This state is called the thinking state and is concerned with reality, probability, validating and estimating. It is logical, reasoned and unemotional. It thinks logically, works things out by looking at the facts. It is not related to age; it is ego based.

Good – It gathers, sorts, organises, plans, solves problems, anticipates consequences, thinks before acting and evaluates the Parent and Child states.

Bad – Unemotional response, boring, non – inspirational and therefore may alienate others.



Child Ego States

This state is called the feelings state and it demonstrates impulses and emotional responses that come naturally to an infant or child. The state has two divisions.

Free Child

This state is the state of uncontrolled feelings, high energy. Demonstrates love, hate, tears, laughter, trust and adventure, knowing no rules or restrictions.

Good – Very creative, spontaneous, infectious, enthusiastic, risk taker.

Bad – Uncontrolled risk taker, hurtful, cruel, violent, aggressive, bully.

Adapted Child

This state is the sociably acceptable state, adapting to society rules and laws, follows the gang, and does not lead.

Good – Will ask for help, is courteous saying 'please and thank you', observing rules and displaying good behaviour, dress codes, and frequently apologises.

Bad – Whines, sighs, withdraws, feels guilty, feels resentful, makes others feel guilty or resentful.

On the next page you will find your [Ego States Matrix](#).



Ego States Matrix

This may make it easier for you to identify the times you are in each ego state and therefore what responses you can expect from other people around you. Have a look at the positive side of each ego state in table A and the negative impacts in table B and then, reflect on the times when you may have been reacting from each of the ego states.

TABLE A – Positive Effect

Nurturing Parent	Nurturing, caring, fostering, guiding, encouraging, loving, defending	Critical Parent	Setting boundaries, up-holding the rules, law abiding, advising, traditional, value driven
Adult	Information gathering, alternative seeking, organising, planning, problem solving, probability analysis, contemplative, evaluating		
Adaptive Child	Mannerly, courteous, rule abiding, apologetic, appropriate behaviour, asks for help, submissive	Free Child	Loves, laughs, has fun, adventurous, trusting, creative, intuitive, curious

TABLE B - Negative Effect

Nurturing Parent	Smothering, over-protective, restricting growth, suppressing, suffocating, restraining	Critical Parent	Disciplining, judging, critical, domineering, bullying, harassing, doctrine driven, dictating
Adult	Boring, dull, tedious, dreary, analysis paralysis, unemotional evaluating, emotionally distant, droll, Mr Spock (Star Trek) characteristics		
Adaptive Child	Continuous apologising, whining, sighing, withdrawn, guilt ridden, resentful, bitter, victim, pained	Free Child	Manipulative, hates, vindictive, mean, nasty, cruel, bullying, spiteful, malicious, horrible, malevolent



How can you use this information? Well, once you can identify when you are reacting from each individual ego state you will begin to recognise the ego states of the people around you and finally you will be able to influence the situation.

Tip: If a person is in Parent state they will force (and keep) the other person to respond in a Child ego state, which influences which one holds the power in that moment and also it impacts the outcomes. Observe your own behavior and that of other people around you. You will then see this in action. The key is to take yourself into the other person's ego state and once there for a while move to the Adult state and take them with you. It is a process known as pace, pace, lead.

There are many books and courses on this subject and I recommend that if you are inspired by the little information covered here, you should study further as it is a powerful way to influence people.

Allow the thoughts from today to occupy the spare spaces in your mind over the next 24 hours whilst looking forward to another Healthy module tomorrow!

I Strongly Recommend You Do The Accelerator Activities

The activity today is a mantra. Repeating the mantra consistently re-programs your mind and body. You can repeat the mantra silently or vocally; the only requirement is that you learn it, and repeat it.

Accelerator Activity

I love to eat my 5 a day

Well done for today's efforts towards your health destiny!



29:30

Welcome back.

Congratulations on reaching the review point in your effort. I want you to review the whole download today and you can start with a review of your answers on day 15. Before you look back at the day 15 file, answer as many of the questions in the box below. Only you get to see your answers and it will be far more beneficial if you work from memory first.

Review of days 1-15

1. Who is responsible for your destiny?
2. Write out two of the mantras you have been saying.
3. What are the steps in the 4-step plan?
4. Who do you need to consult before starting your changes?
5. How can you increase your liquid intake?
6. What does the table diagram represent?
7. What is the starting point of a belief?
8. Who or where do beliefs come from?
9. How do you dismantle a limiting belief?
10. What is your definition of successful health?

Well done, now go and check your answers from day 15.



The next review is from day 16 and again I want you to answer the questions without referring back.

Review of days 16-29

1. Complete the following two sentences:

Without my wonderful body I would not be able to

Without my wonderful body I would not be able to

2. Draw the self-talk cycle.

3. Why is it important to know how the self-talk cycle works?

4. What do you need to do to feel happy?

5. What does being spiritual mean to you?

6. What are the benefits of giving?



Continuation of Review of days 16-29

7. Why do you need to be peaceful sometimes?

8. List 5 things you could do to relax.

9. Describe a visual anchor and an auditory anchor.

Visual:

Auditory:

10. What are the three main ego states?

You and you alone are responsible for your health destiny, your success, your thoughts and your happiness.

Well done for today's efforts towards your health destiny!



30:30

Welcome back.

Today is the final day of your download and I hope you have truly benefitted from the download by completing the exercises as you went along on a daily basis.

I trust you learnt some new things about your thoughts on health and that you have decided to be healthy and to put aside the time to keep you that way.

The activity for today, is to plan your next six months, so that you maintain your healthy habits.

Decide what your goals are for your health over the next six months. Write your goals in the table below and add the dates to the left hand column.

The first three months' goals

MONTH	GOALS
End of month one	
End of month two	
End of month three	



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How many times a day over the next six months will you play your health movies?

Times I will play my health movies

How many times a day are you going to say your mantras

Times I will say my health mantras

These sessions have offered you a great deal of information in easily digestible bite-sized portions. It will only become life changing when you take appropriate steps into practice, enjoying the new experiences that will result.

You can use this knowledge to further your cancer recovery. The door of your awareness is now open to the vast array of options that are available to you.

You can hire a life coach to keep you on track if you feel the extra support will accelerate your achievements.

Working with a life coach on your goals will enable you to explore and stretch yourself outside of your normal boundaries and look at health goals and directions which on your own you may have dismissed because you think you could not make it!

What is life coaching about?

Life coaching is an evolutionary form of an age-old discipline with which we are all familiar. Where before, extended family structures often retained the ability to influence individual members, to help them to 'find their way', today's fractured social structures and pressurised corporate environments put demands on the availability and effectiveness of these traditional support systems, which were in any case often restrictive and limiting in nature, rather than developmental and supportive.

Life coaching is both a professional and a personal relationship between two otherwise unconnected people, which is designed and managed by the coach in such a way as to help the client to improve one or many aspects of their lives, independent of the pressures of the past and the present.

This is done through working with the client (you) to understand what it is they (you) want to achieve: by setting goals which are realistic and which will enable them (you) to achieve their (your) higher level ambitions, by showing them (you) how to believe



they (you) can achieve their (your) goals and ambitions, and by guiding them (you) as to how they (you) can achieve desires.

This is the important point - a life coach will not, cannot, go out and improve your life for you. He or she will help you to decide and to act. They will push you to overcome the inertia that is inherent in life. They will enable you to convert dream to reality and self-doubt to self-belief.

Operationally, coaching sessions are conducted by telephone, skype, occasionally some coaches and clients prefer to meet and work face-to-face. Usually however the client calls the coach at a pre-arranged time for a discussion, the details of which are held in absolute confidentiality. These calls are generally at weekly or fortnightly intervals and last between half an hour and an hour, rarely longer. It usually takes a month to six weeks to start achieving the desired results, although the client will often start to feel the benefits of the life coaching approach more or less straightaway.

Your coach will listen to you in a totally non-judgemental way. He or she will encourage you to open up and to decide where your true ambitions lie. As each goal or desire is defined by you, the coach will ask you to decide on specific ACTIONS that will move you in the right direction to realise those goals. Typically, each session closes with agreement on the actions that you will take before the next call. The next session will go over those actions and their results, and your feelings about what you have achieved. It is this level of agreement, commitment and performance analysis that makes life coaching effective. You may have promised yourself in the past that you will one day do X or Y, but life coaching gets you to make that promise to someone else, your life coach, and you know that they are going to challenge you if you don't step up and deliver.

How do I know if coaching will help me?

You don't, but to start finding out whether it might, then ask yourself these few questions, and answer them honestly. Do you have clear goals and an overall plan for your life? Do you know and plan where you will be and what you will be achieving in the next week, month, or year? Are you as successful as you would like to be with your career, your relationships, your finances and your personal happiness? If you can answer these questions positively and truthfully, then coaching might not be of great benefit to you. But if you answered 'no' to the questions, or if you even hesitated about any of your answers, then coaching could support you.

If you ever feel that your life should be better than it is, or that you want to have more control over the way your future develops, then life coaching could provide you with a way of achieving the aims and goals which you desire. Our coaches know that every human being has the potential to achieve almost anything they want out of life, and can show you how to tap into, and enjoy developing, your full potential.

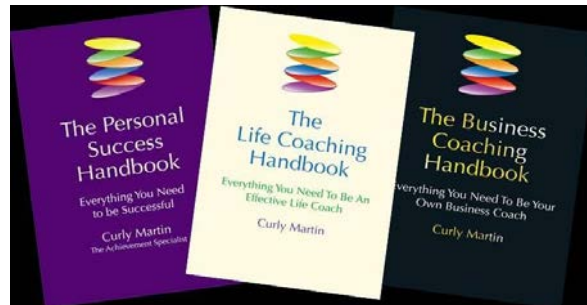
The very first coaching session you have will introduce you to new ways of thinking about yourself and your life and will provide an insight as to how you can overcome those obstacles you feel are holding you back. Our coaches can help you to



question your life and your current direction, and come up with answers which will change your life.

How do I find myself a coach?

Well, it's very simple. Visit the curlymartin.com or achievementsspecialists.co.uk or call the office on +44 (0) 1264 326229. We will be happy to explain how it all works and to link you up with our coaches. If you have doubts about the whole process then there are a couple of other things you could do first. You could, for example, ask around your friends to see if you can find someone who has tried coaching and ask them for their recommendations. Or if you type in the search string Life Coach to your favourite search engine that should come up with a list of websites that you can look around. Don't think you have to go with the first person you talk to. You can get in contact with as many as you like before you decide on one or decide not to do it.



Could I be a coach?

Well, in all honesty, it depends on you. We don't apply any particular restrictions on who can and cannot become a life coach, but we do ask all our applicants to provide us with a brief biography and we always have a telephone interview with them to explore their backgrounds, their motivations, their aims and ambitions, their level of commitment and most of all, their understanding of what it means to be a life coach and their willingness to undertake the responsibilities that coaching involves.

If you are open minded and interested in people for themselves, and you truly want others to achieve their own goals, then you are most of the way there. You don't need academic qualifications but you must have passion, be able to communicate clearly and be able to engage with your clients without getting too personally involved.

Remember! Being a practicing life coach means you are running your own business too, so you need to think about that as part of the planning exercise. You will need somewhere quiet where you can talk to your clients on the phone and where you can make notes on each client conversation and somewhere secure to keep your client files and other paperwork. All of these aspects are covered in our fully accredited Life Coaching Diploma course, just visit the Achievement Specialists website www.achievementsspecialists.co.uk or call the office on on +44 (0) 1264 326229.

GOOD LUCK WHEREVER YOUR LIFE JOURNEY TAKES YOU!