

A LIFE OF VITALITY

DIET, NUTRITION, & DETOXIFICATION

WITH TRAVIS ELIOT



Medical Disclaimer

This book is not intended to provide diagnosis, treatment or medical advice. This ebook is not to be a substitute for the medical advice of a licensed physician. The reader should consult with their doctor in any matters relating to his/her health.

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Key Steps for Full Vitality

Your Health Is In Your Hands

Vitality: The state of being strong and active; energy

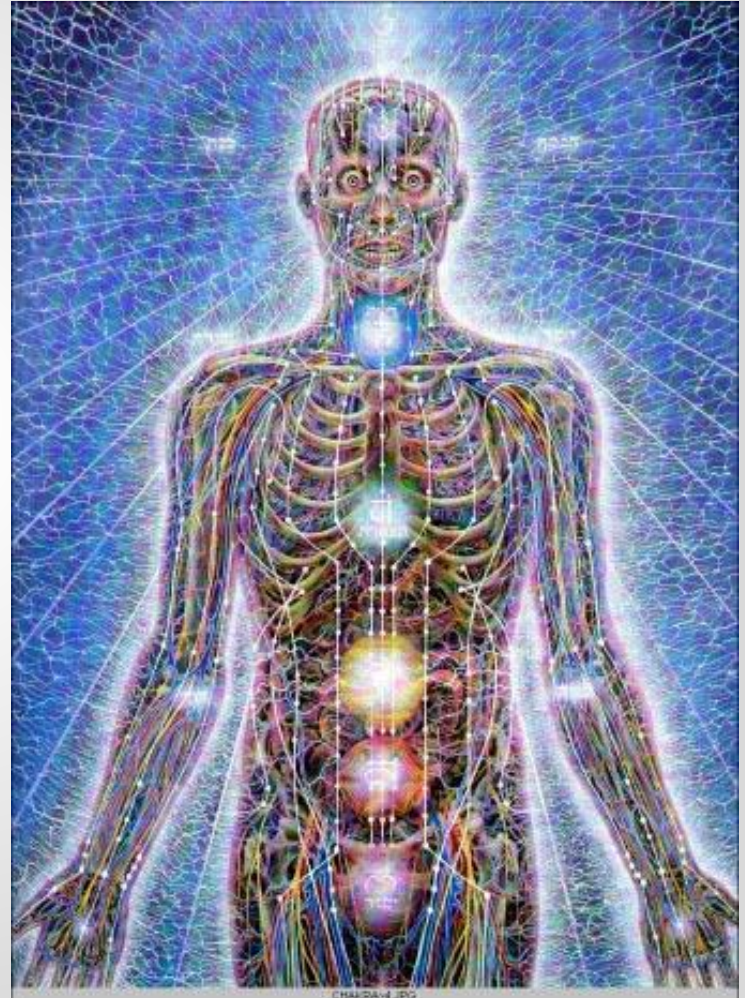
- The greater your vitality, the greater your life experience!
- Optimal Health occurs when one is physically, emotionally, mentally and spiritually in flow.
- Optimal Health occurs when the organs and glands of the body are functioning at maximum capacity.
- Disease is a condition precipitated by a toxin-filled, nutritionally deficient and stress dominated system
- Be empowered to take health and vitality into your own hands!

Detoxification

One of the primary causes of energy loss and energetic imbalances in the body, and therefore disease, is toxins.

3 Types of Toxins

- Exogenous
- Endogenous
- Emotional



Exogenous Toxins

- Exogenous, or external, toxins are those that are present in the outside environment. Common exogenous toxins are:
 - Tap water
 - Smog
 - Alcohol
 - Sugar and artificial sweeteners
 - Food preservatives, additives, and artificial flavorings
 - Tobacco
 - Pesticides
 - Petrochemicals: gas, oil, fracking exposures
 - Heavy metals: mercury, aluminum, lead, cadmium
 - Viruses
 - Bacteria
 - Parasites
 - Prescription medications
 - Over the counter medications

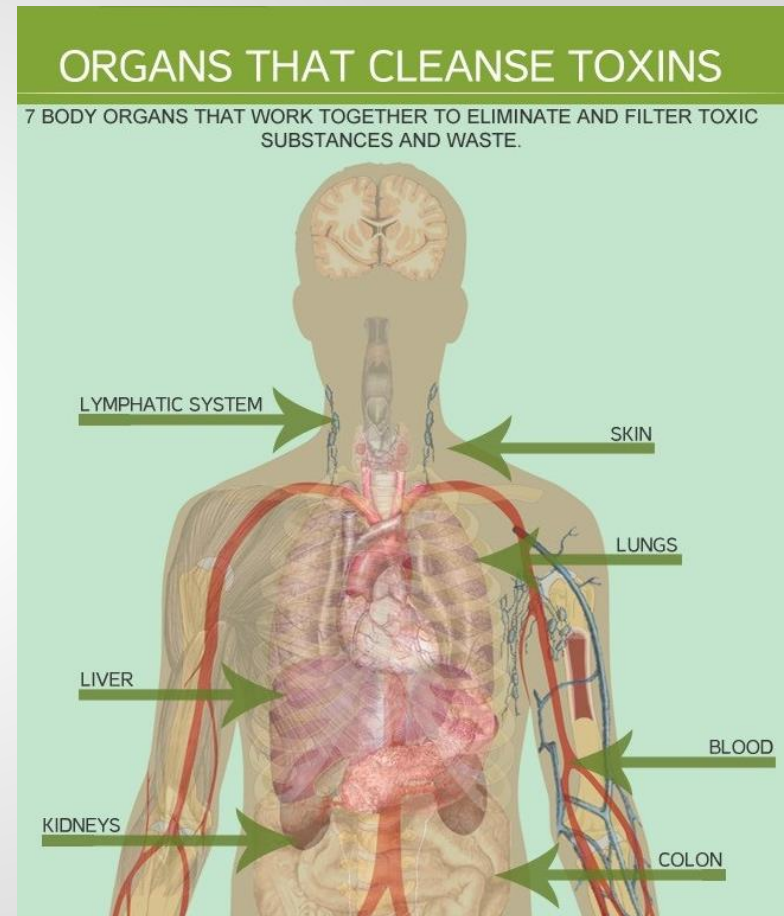
Endogenous Toxins

- Endogenous, or internal, toxins are produced in the body as a result of compromised digestion and inefficient metabolism.
- They result from pancreatic digestive enzyme deficiency, poor eating habits, and wrong food combinations.



Toxin Pathology

- Toxins are discharged from the body by the liver, kidneys, lymph, colon, lungs, blood, and skin. As more and more toxins accumulate in your system, they place severe stress on these organs of elimination.
- With continued accumulation, the liver, kidneys, and lymph system become less efficient in their ability to excrete these waste products, causing toxins to first accumulate in the connective tissues of the body, and then in the organs.

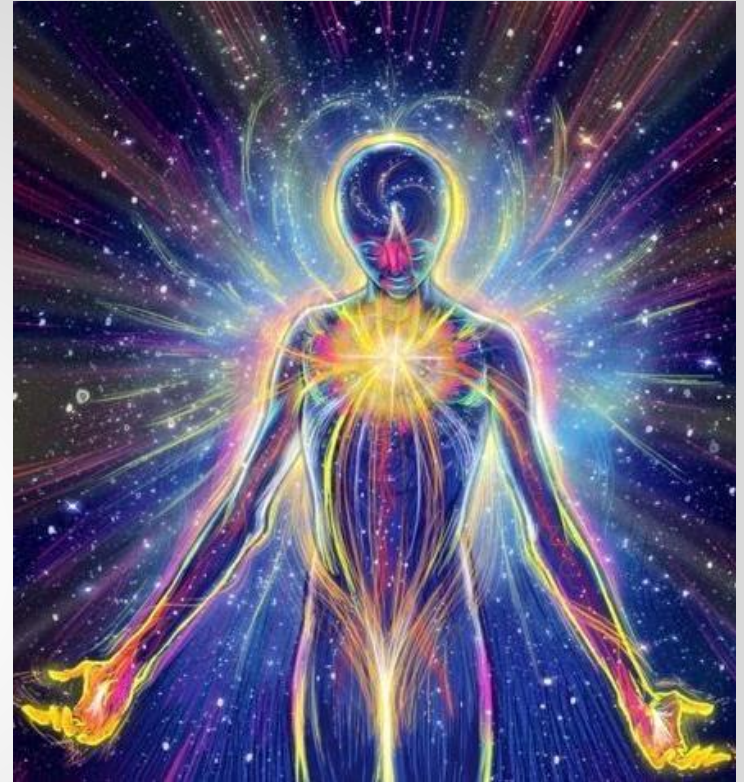


- The body tries to initially compensate by having the endocrine (hormonal) glands secrete hormones to help stimulate detoxification. Over time these glands also become inefficient and "tired."
- The end result is an inefficient elimination system with toxin accumulation, coupled with reduced organ function, producing an ideal environment for illness to take hold and flourish.
- As toxins accumulate in the body they compete with essential vitamins, minerals, and trace elements, preventing such nutrients from doing the jobs the body needs them to do. As a result, the body's organs, tissues, and cells are deprived of the nutrients they need and thus lose their ability to function optimally.

Emotional Toxins

- The Greeks taught that base, negative emotions like cowardice, timidity, guilt, remorse, deceit, and duplicity weaken the heart and diminish vital energy, and that prolonged grief and sorrow, such as that caused by the loss of a loved one, could lead to death due to a broken heart.
- The link between thoughts and emotions, and both health and disease has been extensively researched since the 1970s by researchers in the field of psychoneuroimmunology (PNI), more commonly known as mind/body medicine. Numerous studies within this field have clearly documented the profound interconnection between what we think, feel, and believe and our physical health.

- Janet Hranicky, PhD, shares that a disturbance in a person's energy field occurs "weeks, months, and often years before a disturbance occurs in cells and tissues," adding that changes in a person's consciousness via their thoughts, emotions, and beliefs can therefore alter the physical status of cells, organs, and tissues.
- "Spontaneous remission, for instance," she explains, "has to do with disturbance in physical matter such as tumors disappearing, often quickly, when healthy shifts occur in the strength, coherency, and flow in the bioenergy field."



Ayurveda

- Ayurveda translates as "the science of life." Said to be over 5,000 years old, it is the traditional healing system of India.
- It views the human being as an interplay of mind, body and spirit. Its purpose is to heal and maintain quality and longevity of life. According to Ayurveda, everyone is unique and treatments should be customized to each individual as opposed to a one-size-fits-all approach.



- Unlike Western medicine, which commonly deals with symptoms, Ayurveda aims to treat the root cause, taking into account the whole, complete picture. It encompasses diet and nutrition, lifestyle, herbs, exercise, breathing and meditation techniques, and healing body treatments.
- Our body is the foundation of everything we do. It should be strong, vibrant and supple.
- The five senses are the instruments through which we interact with the external world. They should be clear and sharp. The mind is home to our consciousness. It should be calm, centered and at peace. The heart is the home of our soul; it should be open and free of anger and resentment.

The 7 Dhatus

- In ayurveda toxins are called, 'ama,' which is undigested food material.
- Food that goes into the body is transformed into a food soup called 'chyle'
- This chyle spends 5 days in each of the 7 tissues for a total of 35 days

1. Rasa - Lymph

2. Rakta - Blood

3. Mamsa - Muscle

4. Medas - Fat

5. Ashti - Bone

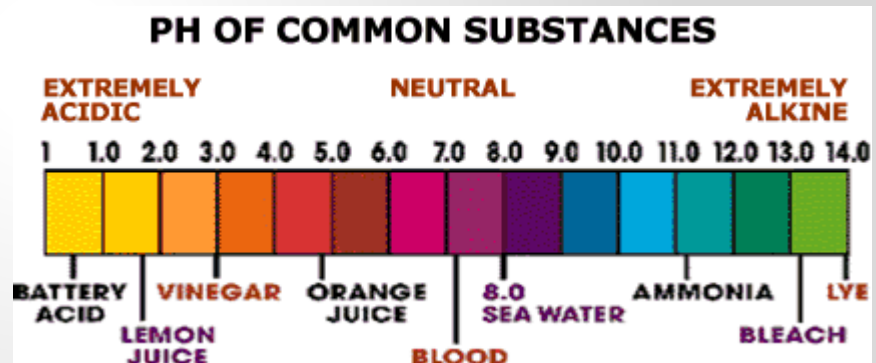
6. Maja - Nerve

7. Shukra - Reproductive

The Acid-Alkaline Balancing Act

- Our bodies are driven by electrical impulses in a complex electromagnetic system.
- The brain, heart, all organs emit fields of electrical impulses
- This system requires a delicate balance between the levels of acid and alkalinity.

- Ideal blood pH is 7.36
- Acid in the system disrupts the balance, causing red blood cells to stick together, weaken and die.



- This causes more acid to be released into the bloodstream like pollution.
- Alkalizing foods break this destructive pattern.

7 Day “Alkalizing Vitality” Plan

Foods and Beverages to Include:

- **Milks:** Sesame, rice, coconut, and almond milk, fresh or store bought, un-sweetened
- **Fruits (organic):** Apples, berries (blueberries, blackberries, strawberries, raspberries), lemon, lime, watermelon
- **Vegetables (organic):** Non-starchy vegetables should comprise the bulk of your food intake, each day. Eat a wide variety of such vegetables to ensure that you are obtaining a broad spectrum of vital nutrients.
- **Juices:** Wheatgrass and other green juices. Green powders are also excellent.
- **Alkaline Proteins:** Almonds and almond butter, chestnuts, tempeh (fermented soy), tofu

- **Alkaline Sweetener:** Stevia. (Organic honey, although lightly acidifying, can be used.)
- **Alkalizing Spices:** Chili, cinnamon, curry, ginger, miso, mustard, sea salt, tamari
- **Beans:** Black beans, chick peas, kidney beans, lentils, pinto beans, red beans, white beans
- **Nuts:** Cashews, almonds, pecans, walnuts
- **Grains:** Quinoa, brown rice, and millet



"Don't Even Think About it!" List:

- Sugar, artificial sweeteners
- Maple syrup
- Wheat
- Simple carbohydrates
- White flour
- Vinegar (apple cider vinegar with 'the Mother' is good though)
- Dairy
- Processed or preserved foods
- Coffee
- Alcohol
- Soda

Meal Plans

- Start your day by drinking 12-16oz of pure water with freshly squeezed lemon juice. This will reduce acidity in the body and help the liver to eliminate toxins.

Breakfast Choices:

- Protein Shake with Plant-based Protein Powder with Almond Milk and Berries
- Spinach and Tofu
- Tempeh with Tamari
- Hot Grain Cereal with Rice Milk
- Oatmeal with Rice Milk
- Spelt Toast with Butter

Lunch Choices:

- Salad with avocado and walnuts
- Grilled Veggies
- Seaweed Salad
- Vegetable Soup
- Spelt pasta with spicy tomatillo sauce
- Baked sweet potato and salad

Mid-Afternoon Snack: Fresh green juice, or protein shake with green powder, or Nuts

Dinner Choices:

- Rice and sautéed vegetables
- Sweet potato and steamed greens
- Quinoa and salad
- Spelt spaghetti with fresh tomato basil sauce



Self-Care Tips

- Get at least seven to eight hours of sleep each night, and try to go to bed no later than 11pm.
- Take measures to ensure that you get appropriate rest each day.
- Minimize stressful situations as much as possible.
- Drink plenty of pure water adding lime juice when possible.

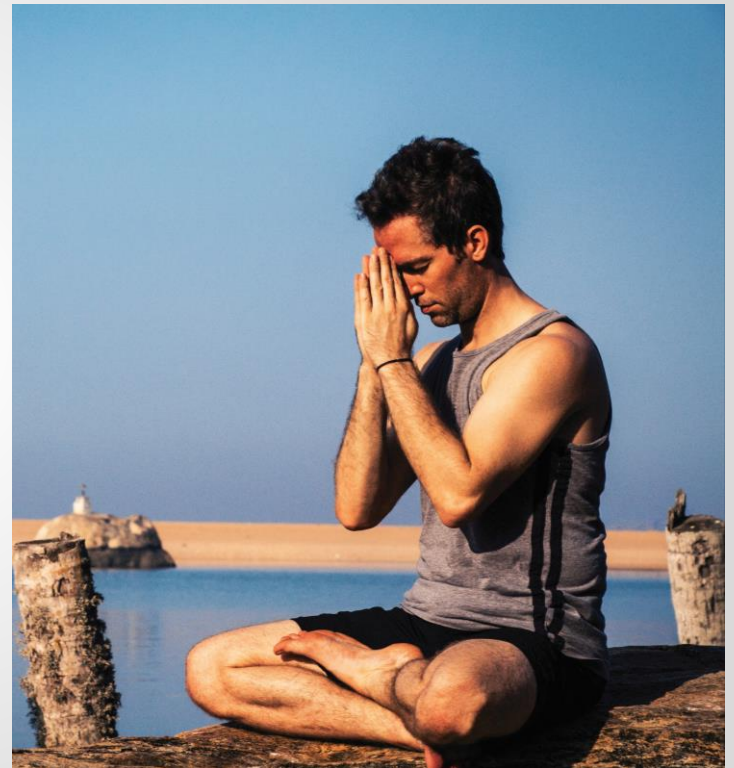


Healthy Liver Juice

- 1 medium size carrot
- 1 medium size cucumber
- 2 medium size beets (including the beet tops)
- 1 whole, peeled, organic garlic clove
- **ALL ORGANIC**
- Wash each vegetable and then add to blender or juicer. Before drinking, add a pinch of sea salt. Drinking a small glass of this juice on a regular basis will help stimulate your liver to flush out stored toxins.
- The Liver is the General of the body
- Liver cleansing foods include broccoli, Brussels sprouts, cabbage, cauliflower, kale, and radishes. These foods help boost the production of enzymes in the liver that flush out toxins.

Other Essential Keys to Vitality

- Find your purpose in life and stay passionate
- Be grateful
- Find your tribe (Family, Friends, Community, etc.)
- Eat a high alkaline diet
- Exercise regularly
- Get sufficient exposure to sunlight
- Manage Stress
- Have fun!



In gratitude

This ebook was based off the work of nationally recognized Integrative Medicine expert, Dr. Michael Galitzer, author of "Outstanding Health." www.drgalitzer.com



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