

The  
Guidebook to  
**OPTIMUM HEALTH**

**Collective Summary &  
Personal Journal**



**Carl Massy**

BONUS:

# Collective Summary & Personal Journal

Hi there,

I hope you are having a great day wherever you are on this amazing planet of ours.

I have always been big on getting to the key points (also known as a summary) and now with many people reading digital versions of books; I wanted to give you the opportunity to have one place where you could go to find all the summaries, plus the optimum health strategies and recommended resources.

Also on the next page is a place to record how you rate yourself in each of the 6 pillars (right now) to get a measure on where most of your attention needs to be directed. Then at the end of each Pillar Summary, you will be asked to come up with just 3 things you could start doing or stop doing to better support that pillar and your optimum health journey.

	1	10	Rating
<b>Physical Activity</b>	Not happening.	6 days a week. Mixed activities. Good knowledge.	
<b>Rest</b>	Always tired. Restless sleep. Never stop.	Sleep deeply and well. Take breaks often. Relaxed.	
<b>Nutrition</b>	Terrible diet and you know it.	Only healing foods pass by your lips.	
<b>Detoxification</b>	Don't even know what it means.	Practice it daily, weekly and yearly.	
<b>Mindfulness</b>	A zombie and completely reative.	A Zen master.	
<b>Wholeheartedness</b>	Life is a train wreck.	In line to be the next Dalai Lama.	

Also know that I have your back. As soon as I finished writing The Guidebook to Optimum Health I started working on a program called Living The 6 Pillars To Optimum Health designed to help you apply the 6 essential pillars if you needed a hand, and wanted direct access to me and support for your journey. It is totally accessible and I reckon you will actually save money doing the program, while improving your health. So if you want more support or want to find out more, please check out: [www.livingthe6pillars.com](http://www.livingthe6pillars.com).

As always, if you have any questions for me just post them on my Facebook Page, and I would be EXTREMELY grateful if you left a review on Amazon for The Guidebook to Optimum Health. The

more people that get the message that good health takes more than a jog around the block and an apple a day, the better off we will all be.

All the very best and stay in touch.

Cheers

A handwritten signature in black ink that reads "CARL MASSY". The letters are bold and slightly slanted, with a casual, personal feel.

PS: For other free training, tips and strategies, you might also like to subscribe to my iTunes Channel, called **The Happiness Class**.

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## PILLAR 1

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## SUMMARY

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When it comes to Physical Activity, these are the most important points:

1. Movement is essential to optimum health. You will never fulfill your true potential if you do not include different forms of focused and intentional movement into your lifestyle.
2. Movement is essential for maintaining optimal functioning of the immune and lymphatic systems.
3. Movement is essential in helping process excessive cortisol and adrenaline running havoc in most of our bodies as a result of the stress response.
4. Movement is essential for optimum functioning of the brain. It increases cognitive functioning, contributes to stress management and resilience, and is essential for neurogenesis.

### Optimum Health Strategies

1. The body responds best to physical change. Mix up the activities you choose.

2. Include aerobic activities, resistance training, stretching and active Mind-Body sessions. Include some easy, hard, medium, fun, and social sessions into your week.
3. Attend a local yoga class. This may very well be a major life-changer. It was for me!
4. Move 6 days a week. But build up to it if you are starting from scratch. Make it easy to succeed by including sessions like a brisk walk, or 100 star jumps on the spot, or cutting some funky dance moves for 15 minutes.
5. Schedule the sessions in your calendar or diary at the start of the week, noting exactly what you will do and when. As Winston Churchill said, "He who fails to plan, is planning to fail."
6. If you are unsure of how to construct and conduct a physical training routine, speak to a competent fitness professional. Make sure you find the right trainer for you with the right knowledge, mindset, enthusiasm and dedication to your results. The investment in your health will have a high Return on Investment (ROI).

## Recommended Resources

### Books

*(\* I recommend these ones first)*

- *Spark\** by Eric Hagerman and Dr. John Ratey
- *Finding Ultra* by Rich Roll
- *Modern Yoga* by Duncan Peak
- *Body by Science* by John Little and Doug McGuff
- *Born to Run* by Christopher McDougall
- *Autobiography of a Yogi* by Paramahansa Yogananda

## Equipment

Buy a set of hand weights to use at home if time is short or you can't access a fitness center. I have a few different sizes to choose from for different exercises. I have 2.2 pound (1kg), 4.4 pounds (2 kg) and 13.2 pounds (6 kg). A set of resistance exercise rubber bands from a fitness store are great if you're travelling or space is tight.

## Free Stuff

Click on the Resources Tab at

[www.theguidetooptimumhealth.com](http://www.theguidetooptimumhealth.com) to get:

- 10 simple exercises with hand weights
- 10 simple exercises to create a 10-minute workout with no props

*What are 3 Things I will do for Pillar 1?*

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2. \_\_\_\_\_
3. \_\_\_\_\_

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**PILLAR 2**

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**SUMMARY**

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Nutrition is one of the longest, most detailed sections in this book. These are the most important points:

1. Always aim to eat food as close to the source as possible. Straight from the garden or local green grocer to your plate would be sensational.
2. Sugar above a very low level (less than five percent of daily calories or about six teaspoons a day) becomes toxic to the body and impairs its ability to balance our metabolism. One flavored soda drink has about 8-10 teaspoons of sugar!
3. Insulin resistance is likely to result from excessive sugar intake, which can lead to the storage of excessive body fat, Type 2 Diabetes and heart disease.
4. Consuming fat is not the real demon when it comes to getting fat. The bad guy is sugar and fructose.
5. Greatly increase your intake of whole-food plant-based nutrients in your diet (fruit, vegetables, nuts, seeds, legumes and grains), because they're packed with beneficial nutrients and immune-supporting properties. These foods also contain fiber, which is essential for healthy elimination of waste, regulating blood



- sugar levels and fructose processing in the liver.
6. Around 80 percent of all processed foods have added sugar, artificial additives, preservatives and other chemicals which the body cannot process and which may be toxic in larger doses. These substances may also accumulate in the body causing joint pain, swelling, inflammation and all sorts of other problems.
  7. The processing and refining of foods may also cause the body to adversely react to the modified food. I have a hypothesis that gluten intolerance is actually either created or exacerbated by the processing of grains as opposed to the grains themselves being harmful to the body.
  8. Organic foods are free of pesticides, herbicides and other chemicals and treatment methods that are not supportive of optimum health. Eat organic food where possible.
  9. Excessive consumption of animal products means poorer health. More work is required for the internal organs to break down and process animal products.
  10. Meat products contribute heavily to the degradation of the environment.
  11. Leafy greens and vegetables like broccoli are high-protein sources and regular superfoods.
  12. Excessive salt consumption can lead to increased blood pressure and its knock-on effects. Most processed foods contain added salt. It's important to reduce your intake of processed foods and reduce the amount of added salt in your meals.
  13. I believe dairy products are not a health food but rather a great condiment (or occasional treat). Most peoples' bodies aren't able to break down lactose efficiently or at all. The lactose in dairy products is also a sugar derived from galactose and glucose. Our bodies need less sugar, not more.

## Optimum Health Strategies

1. Consume whole foods that are plant based. Crowd out processed foods.
2. Buy organic food where possible.
3. Stop drinking ALL flavored drinks!! Instead drink water.
4. Reduce your consumption of animal products by increasing your consumption of plant-based foods.

## Recommended resources

There are many different opinions and schools of thought when it comes to nutrition. There are likely to be differences between what nutritionists and naturopaths say. In fact, there will be major differences between nutritionists depending on where they were trained and what philosophies they follow. Again, take your time finding the right nutrition counselor for you. I suggest you read some of the following books first and then seek direct support if needed.

### Books

*(\* I recommend these ones first)*

- *The China Study\** by Dr. Colin T. Campbell
- *Whole* by Dr. Colin T. Campbell
- *Eat to Live* by Dr. Joel Fuhrman
- *Super Immunity\** by Dr. Joel Fuhrman
- *Dr. Dean Ornish's Program for Reversing Heart Disease* by Dr. Dean Ornish
- *Prevent and Reverse Heart Disease* by Caldwell Esselstyn
- *Sweet Poison* by David Gillespie

- *Integrative Nutrition* by Joshua Rosenthal
- *Fat Chance\** by Dr. Robert Lustig
- *Why We Get Fat* by Gary Taubes
- *The Great Cholesterol Myth* by Steven Sinatra and Jonny Bowden
- *Clean Gut* by Alejandro Junger, MD
- *Finding Ultra* by Rich Roll

*What are 3 Things I will do for Pillar 2?*

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2. \_\_\_\_\_
3. \_\_\_\_\_

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## PILLAR 3

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## SUMMARY

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When it comes to Detoxification, these are the most important points for Optimal Health:

1. Eat organic produce whenever you can to reduce the amount of toxins you are ingesting.
2. Buy locally produced foods to reduce the amount of energy required delivering it to your table.
3. Cut out or significantly reduce your intake of processed foods (less than 10 percent of all food).
4. Chemicals are absorbed through the skin, so aim to reduce the amount of chemicals you put on your body and buy natural products.
5. Reduce the amount of toxins in your household by removing toxic cleaning products and using more natural sources like lemon, vinegar and baking soda.
6. Do a mini daily detox (and get a mega dose of micronutrients into your body) by having a daily Green Drink. This will provide the body significant rest time between the last solid meal of the previous day and the first solid meal of the new day, which will aide with cleansing your system.

Check out [www.theguidebookseries.com](http://www.theguidebookseries.com) for a simple recipe.

7. Pollutants, toxins and the use of pharmaceutical drugs negatively impact our internal gut flora. Ways to improve the internal flora include removing processed foods, sugar, gluten and dairy from your diet plus increasing the amount of probiotic and enzyme-rich food.
8. Flavored beverages are TERRIBLE for your health. They're packed with toxic sugar or fructose and other additives, preservatives and unhealthy chemicals. Remove them from your diet.
9. Do a formal detox once a year. It's incredibly beneficial to your health. Investigate a detox program either from the resources I have listed or get online and check out a good quality detox retreat.
10. When you buy stuff you don't really need, you're adding to the pollution of the planet, so purchase consciously. You'll feel better and so will the planet.

## Optimum Health Strategies

1. Have a daily Green Drink.
2. Buy organic, local, and in-season produce.
3. Don't buy crap you don't need. Spend your money consciously.
4. Progressively reduce, with an aim to eliminate, toxic chemicals in your household, bathroom and make-up draw (that one is mainly for the ladies). Use or buy natural products.
5. Investigate a detox program either from the resources I have listed or get online and check out a good quality detox retreat.

## Recommended resources

Tyler Tolman is a pioneer in detoxing both body and mind. He runs intensive detox programs in Bali and supported programs online. [www.tylertolman.com](http://www.tylertolman.com)

### Books

(\* I recommend these ones first)

- *Clean – Expanded Edition* by Dr. Alejandro Junger
- *Clean Gut\** by Dr. Alejandro Junger
- *The Detox Strategy* by Brenda Watson, C.N.C.
- *Integrative Nutrition* by Joshua Rosenthal

### Website

- [www.globalhealingcenter.com](http://www.globalhealingcenter.com) (with Dr Group)
- [www.bembu.com](http://www.bembu.com)
- [www.tylertolman.com](http://www.tylertolman.com) (with Tyler Tolman)

*What are 3 Things I will do for Pillar 3?*

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2. \_\_\_\_\_
3. \_\_\_\_\_

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## PILLAR 4

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## SUMMARY

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When it comes to Rest, these are the most important points:

1. Aim to get 7.5 hours to 9 hours sleep every night. It might mean going to bed earlier at night and/or getting up earlier in the morning.
2. It is important take mini breaks through the day to increase your creativity and productivity. Make sure the mini breaks are positive activities like taking a walk, doing some conscious breathing, daydreaming, speaking with friends or colleagues, reading a positive book, or stretching your body.
3. It is important to consider and then schedule in macro breaks through the weeks, months and years to allow your body and mind to fully relax, regenerate and rejuvenate.

### Optimum Health Strategies

1. Start going to bed and getting up at a time that enables you to get at least 7.5 hours sleep a night.
2. If you're having problems with sleep, seek help. I recommend a sleep coach, a wellness or life coach, a naturopath, or other

professional who will not just give a sleeping tablet prescription. You need to understand the root cause of your restlessness and work on that.

3. Take at least one day off where you don't work. Aim for at least part of that day being technology free. (gasp!)
4. Plan and schedule a 2-3 day getaway each month.
5. Plan a longer (3-7 days) getaway every quarter. If possible, do something that's beneficial for your body, mind and spirit, like going to a wellness retreat or spa.
6. Take annual leave. Unplug. Kick your heels up. Have fun. Unwind. Relax.

### Recommended Resources

If light and sound pollution (or your partner's snoring) are keeping you from a good night's rest, try a sleep mask and ear plugs. Technology has brought things a long way. You can find masks online in any shape and color. The tempurpedic ones are extremely comfortable and excellent for a complete blackout. But be aware that foam masks (and foam mattresses) may off-gas VOCs (volatile organic compounds).

Stuffing things in your ears is not healthy for the ear canals. The best bet for earplugs are the silicone wax kind that you place over the ear opening rather than inside the ear. And they work far better.

Patty Tucker is a sleep coach and consultant helping clients all over the world find their way to the reliable, refreshing sleep they need to live up to their full potential. A graduate of the Stanford Medical Center's Physician Assistant Program, Patty also holds degrees in physiological psychology and political science. If you would like



more information or guidance you can e-mail Patty at:  
sleepcoach@sleeprestlive.com

To give you more R&R ideas, at the end of the book I list retreats and courses that I and my team run. Or just go online and search for retreats or courses that are held in places you'd like to visit and include activities you'd like to learn or practice.

### **Books**

*(\* I recommend these ones first)*

- *The Power of Full Engagement\** by Jim Loehr and Tony Schwartz

*What are 3 Things I will do for Pillar 4?*

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## PILLAR 5

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## SUMMARY

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When it comes to Mindfulness, this is what you need to know:

1. Our thoughts directly affect our health. When we're relaxed and not in a stress response, we're able to make better choices. We think more clearly, see more opportunities and are generally more creative.
2. When we have thoughts that cause a stress response and its accompanying toxic neurochemical cocktail, it adversely affects our cells' environment in the body. A chronic stress response will lead to significant health issues
3. Deactivating the stress response is one of the keys to optimum health.
4. Much of the meaning we give things—both positive and negative—was programmed into us at an early age before we knew better and is below the threshold of our normal conscious attention.
5. We are only conscious of our thoughts, feelings and habitual behavior about five percent of the time. Most of the time we're on autopilot, which is great when the program is up-to-date and appropriate for the current conditions. But usually we're running

on outdated and disempowering programs and habitual patterns. We need to update our thinking and beliefs as we go through life.

6. To do this we need to be conscious of our thoughts, beliefs, emotional patterns, and habitual behaviors so we have the option of choosing new thoughts, emotions and habits. This is not easy and requires diligence, but it can be done.
7. One way to do this is to slow down and become more conscious. We need to tap into all of our senses. This gives us a better perspective, greater knowledge and enhanced wisdom so we're sufficiently informed to make the choices that attain better results.
8. Meditation is a great health tool in the over-stimulated world that we live in. It deactivates the stress response, reduces heart rate and blood pressure, and decreases muscle tension and oxygen consumption. Meditation is an incredible tonic for the mind and body.
9. There are many other mindfulness tools for reducing stress.

### **Optimum Health Strategies**

1. Start meditating. Around 15-20 a day is highly effective for reducing stress and increasing healing. If that seems like a lot of time, start with 2 minutes a day and build up to 15 minutes a day.
2. Pay more attention to your thoughts. When you feel stressed, notice! What you are telling yourself to make you feel this way? Challenge the thought. Is the thought true 100 percent of the time in 100 percent of cases? If it is not, then it is not a FACT. So let it go. Find a more empowering belief.
3. Pay attention to the language you use when you speak to

others. Is it empowering or disempowering? Is it motivating or critical? Are you exaggerating or sticking with reality? Become super conscious of your language today and for the rest of this week and know it affects your internal health.

4. Finish these sentences with at least 10-20 responses (the more responses you write, the deeper you are getting into uncovering your subconscious beliefs):
  - When I slow down it makes me feel...
  - When I slow down I think it will...

This exercise will help you determine what your beliefs are in relation to 'slowing down.' Perhaps you have beliefs that tell you unless you are superhuman and doing 20 things at once, you are not worthy or good enough or...?

### Recommended resources

There are a number of different sites with resources to help create a meditation practice. Some of them include:

- [www.blissitations.com](http://www.blissitations.com) (by the Entheos Academy)
- [www.centerpointe.com](http://www.centerpointe.com) (by Centerpointe Research Institute)
- The Chopra Center
- UCLA Mindful Awareness Research Center
- The Institute of HeartMath

Try different Phone Apps like:

The Mindfulness App, Meditate, Mindfulness Meditation, Breathe2Relax, Simply Being (I have not used these apps myself, but have listed them here to give you a start point).

Check out my iTunes Channel called [The Happiness Class](#) for an interview I did with meditation teacher Angela Perez on 'How to Meditate'. It is another great resource to get you started and focused on people new to regular meditation.

## Books

*(\* I recommend these ones first)*

- *You Are The Placebo\** by Dr Joe Dispenza
- *Wherever You Go, There You Are* by Jon Kabat Zin
- *The Art of Meditation* by Matthieu Ricard
- *Your Brain At Work\** by David Rock
- *Evolve Your Brain* by Dr. Joe Dispenza
- *Breaking the Habit of Being Yourself\** by Dr. Joe Dispenza
- *The Brain That Changes Itself* by Dr. Norman Doidge
- *Hardwiring Happiness* by Rick Hanson
- *Brain Rules* by John Medina
- *Brain Power* by Michael Gelb and Kelly Howell
- *Mind Over Medicine\** by Lissa Rankin, MD
- *Overcoming Destructive Beliefs, Feelings and Behaviors* by Dr. Albert Ellis
- *The Tools* by Phil Stutz and Barry Michels

*What are 3 Things I will do for Pillar 5?*

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## PILLAR 6

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## SUMMARY

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When it comes to Wholeheartedness, this is what you need to know:

1. You can be doing all of the best physical things for yourself with nutrition, physical activity, rest, detoxification and mindfulness, but if you are in a toxic relationship, in a job you hate, or feeling like life has no meaning, you are unlikely to be in optimum health. More likely you will be ill and have constant physical and mental health issues.
2. When we're guided by our hearts, we feel and know things that we cannot intellectually explain. The heart's promptings are messages from our deepest self telling us what's in our best interest. When our hearts are fully connected to the moment and we're listening to what our hearts say, we're stepping into the healing zone.
3. When we are in love, we are actually likely to be happiest and healthiest. Our health is positively or negatively affected by the quality of the relationships we have in our lives.
4. We need to process our emotions and keep them flowing to ensure we remain in the optimum health zone. Suppressing our

emotions or getting 'stuck' in negative emotions affects our health and leads to physical and mental ailments.

5. Doing meaning-full work is important. If you're not doing work you find meaningful it will reduce your level of happiness and have a negative impact on your health.

## Optimum Health Strategies

1. Wherever you are right now, be compassionate towards yourself. Say to yourself, "Even though I am feeling XYZ (or experiencing this symptom), I deeply and completely accept myself."
2. Do an audit of your life. Are you doing meaningful work? Are you in a quality relationship? (Does it need some work? Is it worth the work? Or do you need to move on?) Are you following your dreams?
3. Seek professional help—a counselor, a social worker, a life coach, a psychologist or therapist—to deal with emotional issues in your life that seem overwhelming. Find help that works for you.
4. Another great strategy for getting insight into your thinking and emotions is to write in a journal. Putting things down on paper can often add great clarity to a situation.

## Recommended resources

Check out some of Brene Brown's presentations on YouTube. Just do a search on: Brene Brown TED Talk Vulnerability. It is well worth watching.

## Books

(\* I recommend these ones first)

- *Daring Greatly\** by Brene Brown
- *The Fire Starter Sessions* by Danielle LaPorte
- *The Heart of the Matter\** by Dr. Darren Weissman and Cate Montana
- *You Can Heal Your Life* by Louise Hay
- *Loving What Is* by Byron Katie
- *Tapping Solution\** by Nick Ortner
- *Mind Over Medicine\** by Lissa Rankin

*What are 3 Things I will do for Pillar 6?*

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2. \_\_\_\_\_
3. \_\_\_\_\_



# Final Summary



The following is a brief summary of what measures to take if you want optimum health in your life:

1. Be physically active most days of the week. Mix the activities up so you are getting a mix of aerobic, resistance, stretching, active mind-body, and play.
2. Get adequate rest each night. Aim for 7.5 to 9 hours sleep a night.
3. Take mini breaks throughout the day. Have at least one day off a week where you do no work and preferably disconnect from technology like cell phones, tablets and computers. Take an annual vacation and regular mini breaks throughout the year.
4. Eat food as close to nature as possible. Significantly reduce the amount of processed food in your diet. Remove as much sugar (all kinds) from your diet as possible. Reduce the amount of animal-based food in your diet. Don't drink flavored drinks, which are loaded with sugar. Also go easy on dairy and gluten from highly-processed grain products.
5. Cleanse your body on a regular basis. Aim for one time per year where you do a major detox. Drink a daily Green Drink for a

micronutrient overload and body cleanse. Reduce the amount of non-naturally occurring chemicals around the household.

6. Drink more pure water.
7. Practice meditation. Slow down as you move through your day, so you can be more conscious of the decisions you make. Pay attention to your thinking and the words you use. Pay attention to your behaviors to ensure they are responsive and not reactive. Pay attention to your breath, and keep it long and deep.
8. When you become stressed, practice a mindfulness exercise to deactivate your stress response.
9. Surround yourself with people who allow and encourage you to be yourself. Spend time in high quality relationships.
10. Choose work that you love.
11. Get comfortable with saying 'no.'
12. Focus on having and buying experiences with nature and other people over owning material possessions.