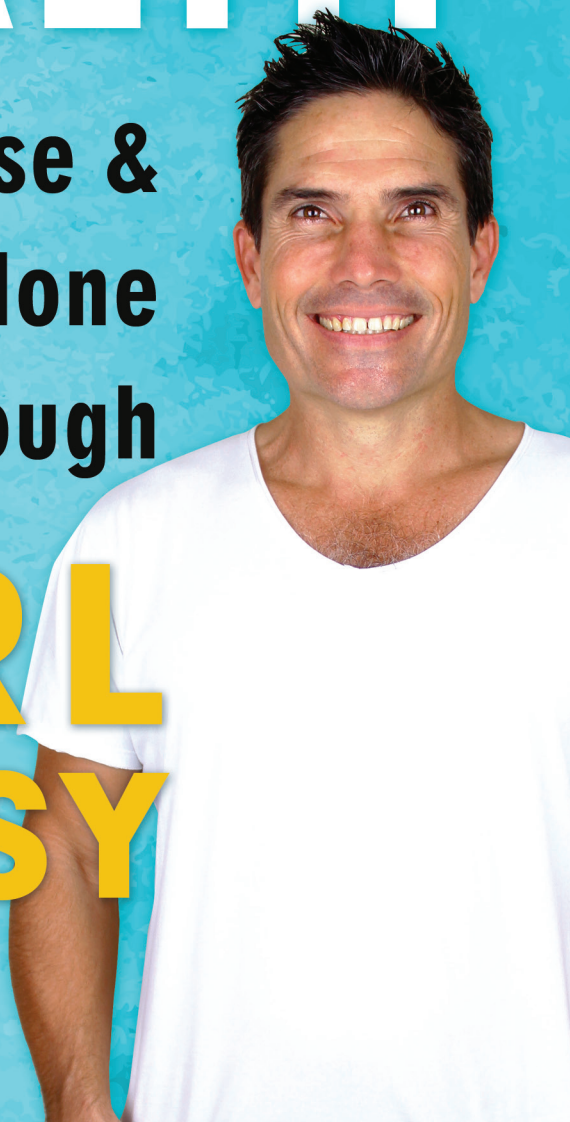


THE GUIDEBOOK TO OPTIMUM HEALTH

**Why Exercise &
Nutrition Alone
Are Not Enough**

**CARL
MASSY**



**THE GUIDEBOOK TO
OPTIMUM
HEALTH**

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MASSY**

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Books in The Guidebook Series by Carl Massy

The Guidebook to Happiness

The Guidebook to Optimum Health

The Guidebook to Authentic Success

Dedication

To my amazing partner, Ferry, who believes in me more than myself on the odd occasion. Thank you so much.

And to all of the amazing teachers, past and present, I have had the privilege to learn from and share experiences with — thank you for sharing your wisdom.

CONTENTS

Introduction	10
Chapter 1:	
An Optimum Health Symphony	16
Chapter 2:	
Supporting Tools	22
Chapter 3:	
Some basic principles for the journey	25
Chapter 4:	
Great information but how do I make myself do it?	28
Chapter 5:	
Getting perspective on the gene thing	33
Chapter 6:	
Stressssssssss	38
 PILLAR 1: PHYSICAL ACTIVITY	 45
Chapter 7:	
Why Physical Activity is so damn important!	46

Chapter 8:

What? When? How Much? 49

Chapter 9:

Physical Activity Carl Massy style 55

Chapter 10:

Weight Loss and Physical Activity 62

Chapter 11:

The practice of yoga 67

Chapter 12:

Pillar 1 (Physical Activity) Summary 70

PILLAR 2: NUTRIENT ABUNDANCE 73

Chapter 13:

We really are what we eat 74

Chapter 14:

Macronutrients: Fat, Carbohydrate and Protein 79

Chapter 15:

It's all about making better choices 86

Chapter 16:

Need to know nutritional information 93

Chapter 17:

Emotions and Food 112

Chapter 18:

The Carl Massy personal nutrition philosophy 114

Chapter 19:

Pillar 2 (Nutrition) Summary 120

PILLAR 3: DETOXIFICATION 123**Chapter 20:**

What you don't see can still harm you 124

Chapter 21:

Environmental Toxins 128

Chapter 22:

Food and Drink 134

Chapter 23:

Detoxification the simple way 138

Chapter 24:

Doing the Detox Thing 143

Chapter 25:

Detoxing and Weight Loss 151

Chapter 26:

Pillar 3 (Detoxification) Summary 154

PILLAR 4: REST 157

Chapter 27:

Rest up or fall down 158

Chapter 28:

Getting into the Micro and Macro 163

Chapter 29:

Meditation rests the body and mind 172

Chapter 30:

Tips to getting a great night sleep 174

Chapter 31:

Pillar 4 (Rest): Summary	178
--------------------------	-----

PILLAR 5: MINDFULNESS 181**Chapter 32:**

Consciousness and the Brain	182
-----------------------------	-----

Chapter 33:

Runaway thinking and emotions	189
-------------------------------	-----

Chapter 34:

Consciousness in daily life	196
-----------------------------	-----

Chapter 35:

Meditation	211
------------	-----

Chapter 36:

Other useful tools	218
--------------------	-----

Chapter 37:

Pillar 5 (Mindfulness) Summary	225
--------------------------------	-----

PILLAR 6: WHOLEHEARTEDNESS 229

Chapter 38:

What does the heart say? 230

Chapter 39:

The Heart of the Matter 236

Chapter 40:

Tips for increasing wholeheartedness 243

Chapter 41:

Pillar 6 (Wholeheartedness) Summary 249

Chapter 42:

Facing Bad News 251

Chapter 43:

Summary 256

Chapter 44:

In Conclusion 258

Continuing Your Journey to Optimum Health 261

Acknowledgements 266

Copyright 268

Introduction

*Nothing splendid has ever been achieved
except by those who dared believe that something
inside them was superior to circumstance.*

Bruce Barton, American author, advertising executive, and politician

Today is one of my toughest days. Today I'm beginning a book that is very dear to me, and I'm excitedly nervous about starting well so you get drawn in and totally engaged.

First of all, *The Guidebook to Optimum Health* is my second book. The first was a book on happiness called (unsurprisingly), *The Guidebook to Happiness*. If you're on the second leg of this journey with me, you already know a bit about this Aussie bloke called Carl Massy. For those new to me (and perhaps the subject matter), I'll briefly summarize my background so you can get the measure of your guide on this journey to optimum health and wellbeing.

Growing up I had two hobbies: playing sports and reading books. I was fit, active and healthy. My 'junk food' consumption as a kid consisted of one glass of Coca Cola and five squares of chocolate once a week. Wow! Those crazy Friday night binges.

This healthy lifestyle continued until, at age 17, I arrived at the Australian Defence Force Academy in Canberra, Australia to begin officer training for the Australian Army. In the early days I washed my meals down with copious amounts of beer or rum—which is how I learned my first major health lesson

in life: Lots of beer or rum is not great for optimum health. It also won't keep you out of hospital after you do a back somersault off a bar and nearly fracture both heels. Ouch.

I also learned about leadership—a topic I just realized is really important for the start of this book.

You see the human body is made up of about 30-40 trillion cells (not including the 100 trillion or so bacteria living in our digestive system). That's a lot of zeros and pretty hard to fathom. So is the idea that there are *billions* of biological operations happening in our bodies every second—operations the brain and the brain in action (what we call the mind) have to direct, control and manage.

All these cells and operations need good leadership and organization for the body to function optimally. And in the military I learned that the greatest leaders are those who are most capable of *creating the environment* that is most conducive for a team or a collective whole to be successful at doing what they're supposed to do. Which brings me to my point: When it comes to you and your health, **YOU** are the leader, not the man or woman in the white jacket at the doctor's office or local hospital.

You are the general with teams of experts at your command—teams like the circulatory system, the nervous system, the brain, the hormonal system, the lymphatic system, the immune system—teams informing and guiding those 30-40 trillion cells in your body. Having these teams at your disposal is nothing short of INCREDIBLE. And if you create the environment that is most conducive to their success, your body will have the ability to attain a state of optimum health and stay there.

Leadership is what this book is all about: Showing you what you can do, specifically, to create an environment that will allow your mind and body systems to get on with the job of rejuvenating, regenerating, and energizing

your life. It's about knowing how to fully experience life with the health, vitality and energy to bring out your best. It's about fully expressing your uniqueness and making differences, big and small, on the people and world around you. It's about optimum health.

So, what do I mean by that?

Optimum health is a state of being where you rarely get sick. And if you do get sick, you're quick to recover. Just like an elite athlete's heart rate after a race, you bounce back quickly. You have high levels of vitality that give you the energy to overcome life's inevitable obstacles and move towards your most audacious goals. You have an aura about you which attracts people. Others want to be around you because it makes them feel good. (It's all a matter of something called entrainment. But we'll be talking about that later.)

Optimum health also contributes to happiness, because, let's face it, being sick sucks. Regardless of how many houses in the Caribbean you own, if you don't have your health, you're not likely to be walking around with a smile on your face and a spring in your step.

Optimum health means aging gracefully. Marshall your troops—I mean your body's biological teams—and you'll look at least 10 years younger than the number on your driver's license. You'll constantly amaze people with your age! You'll have no problems going for amazing mountain hikes through the wilderness or biking across France because your fitness levels are in good order and your body moves well and your joints and muscles are pain-free.

Headaches. What are they? Pooping problems? Not me. Colds and flu? Rarely, and definitely not for long. Major illnesses? It will seem they only happen to other people, and if something major does happen, you'll know what you need to add to your diet and your life or what to cut out in order to get on top of it.

As Wallace D. Wattles said in his book, *The Science of Getting Rich*, wealth

“is about doing certain things, in certain ways.” And it’s the same thing with health! In this book I’ll be taking you on an amazing holistic journey to understand the 6 Pillars, or six major areas of your life where by doing “certain things in certain ways” the wealth of optimum health can be yours.

It’s my personal mission to help you create the environment (through knowledge and specific practices) that is most conducive to being the very best you possible. And I want to thank you now for this opportunity to share this journey with you.

I also promise to impart everything I have learned and practiced in my own quest to have the vitality and clarity of mind to fully express myself and make a positive difference for others. Which brings me back to my brief biography.

In 1999, I attended an *Unleash the Power Within* seminar with Tony Robbins which was the catalyst for picking up my first book on health and wellbeing, Deepak Chopra’s *Ageless Body, Timeless Mind*. Since then, I’ve read over 500 books on longevity, health, wellbeing, and personal development. I’ve travelled the world, studied to become a personal fitness trainer, and completed Reiki masters training. I’ve been certified as a NLP master practitioner and hypnotherapist, and learned yoga and meditation. After leaving the army I was a security consultant to four Olympic games and one of the Asian Games.

Just like you, I’ve lived a diverse life. I’ve done stupid things and some not so stupid things. I’ve been a carnivore, an omnivore, a vegetarian, a vegan, and now I’m a flexitarian. I’ve had pneumonia, pleurisy, a knee reconstruction, appendicitis, a hernia, and a few other ailments over my life, so I know what pain and ill-health feel like and how they can take over. I’ve been in a very rewarding relationship for the last six years, and we have an awesome sausage dog called Apple who is sitting at me feet just now.

Bottom line, this book is an executive summary of all the great books I have read, all the courses I have attended, all the stuff I’ve tested personally and

sweated through, and all the results I've seen with my own clients. But be assured, regardless of all the wonderful information, I also promise to keep things light and have a bit of fun along the way! You don't want to hang out with a guide who's as boring as watching paint dry. (Fortunately I have an editor who makes sure all the really bad jokes are left on the cutting room floor.)

Maybe one day we'll get to swap stories about the silly (and great) things we've done as we worked at becoming leaders of our lives and health, creating the environments most conducive to fostering greatness and wellbeing in ourselves and in all people everywhere. What a tale that will be.

Now, let's get the journey started!!



CHAPTER 1:

An Optimum Health Symphony

*The best time to plant a tree is twenty years ago.
The second best time is now.*

Chinese Proverb

We talked about what optimum health is—being free from illness, having high levels of energy and vitality, a lightness of spirit, happiness, incredible resilience, and a long and active lifespan. But is this possible? Can you think of anyone who can tick off all of those boxes? Remember, if one person can do it, so can you!

The possibility

This level of health is definitely something to strive towards. There are people who go their whole lives without ever having spent time in the hospital or a doctor's office. One time while training, I met a girl in a Sydney gym who was in her early forties and she hadn't experienced a cold or flu since she was seven years of age. That's pretty impressive. And she's not an isolated case.

We *can* be free from illness and be a *realistic optimist* when it comes to Optimum Health. We can have high levels of energy, experience rare periods being unwell, and have an ability to bounce back quickly from any setbacks. Research shows there are also things we can do, or stop doing, which

significantly affect our overall health, reducing the risk for major illnesses or diseases like coronary heart disease, diabetes, Alzheimer's, osteoporosis, and even cancer. But, as you will see, we can't get there just by doing one or two things. We have to take a **HOLISTIC** approach to our health.

One of the impediments to optimum health for all of us is the modern scientific orientation called *reductionism*. There is a trend in private scientific research (generally funded by big pharmaceutical companies and major corporate players in the food industry) and government bodies trying to isolate the one **BIG THING**: the *magic bullet* to health. They're looking for that isolated tablet, gene, vitamin, phytonutrient, or hormone which will take care of all our health issues at once and forever. Personally, I believe the magic pill does not exist (or is unlikely to exist in the foreseeable future). Why? Because quantum physics tells us interconnectedness is a happening thing. And in the health arena that means taking a holistic view, taking into account the intricacies of the body, its environment, our attitudes and other health factors. Without that orientation we're spending time, money and energy on isolated 'bullets' that do not work and often even take us backwards.

The symphony

So often scientists single out one or two things in a substance, such as an apple, that make it beneficial without realizing there's a symphony of vitamins, minerals, phytonutrients, water, fiber, and macronutrients working together in a magical way science has yet to fully understand. Which is why, when it comes to health, I like the analogy of a symphony where many individual instruments come together to create something better as a whole.

For a while I couldn't decide between The Symphony to Optimum Health or The 6 Pillars to Optimum Health. As you can see, the 6 pillars won out. The 6 pillars also represents the idea that if you remove one of them the roof they're supporting (your optimum health) is going to be compromised, and if you remove more than one the whole roof is going to come tumbling down. Plus, I worked for a couple of years in Greece with a regular view of the Acropolis. So pillars it is.

The 6 Essential Pillars for Attaining Optimum Health

Too many health programs and books on health focus only on the physical things we can do without understanding that our greatest physical efforts can be completely derailed by a mind that is not in alignment and emotions that are unprocessed or habitually negative. This book is complete and deals with all parts of ourselves in an integrated fashion: the body, the mind and our emotions. It's only when all three are congruent that we can reach our highest levels of health, vitality and active longevity.

The 6 Pillars we will be exploring in-depth together in this guidebook are:

1. Physical Activity
2. Nutrient abundance
3. Detoxification
4. Rest
5. Mindfulness
6. Wholeheartedness

Pillar 1 to Pillar 4 are all about the physical body. They include specific physical and behavioral things we can start or stop doing to achieve optimum health. Pillar 5 takes us into the realm of the mind and therefore into a place of subtle energies and consciousness. And finally, Pillar 6 takes us into the 'heart' space and those things called emotions.

Let's have a quick look at each pillar in turn before we dive into the details.

Pillar 1: Physical Activity

Many people are opposed to exercising but are cool with getting a little physical activity happening in their lives. But then I had the joy of watching a *YouTube* video featuring Ido Portal, who has dedicated his life to the practice and teaching of movement. I saw beauty and completeness in that singular word. We were born to move. It's not a maybe—it's a must. In this guide you will also discover that movement is not just about the body!

Pillar 2: Nutrient abundance

I like to get away from the terms ‘diet’ and even ‘nutrition’ because I want to focus on the key to optimum health. And the key to optimum health is increasing the quality and quantity of the health-providing nutrients you put in your body. I will be telling you exactly what those nutrients are, where you can find the little critters and also what’s best to avoid—what we might call anti-nutrients.

Pillar 3: Detoxification

Unfortunately, humanity has done a pretty crappy job of taking care of the environment. I’m not here to point the finger at anyone, but the reality is we live in a world that is full of pollutants, chemicals, artificial ‘food,’ synthetic elements, toxins and a bunch of other stuff you don’t need in your magnificent body. Scientists have no clue about the long-term effects of some foods in the supermarket on your health and wellbeing. I’m not here to scare you. I’m here to suggest there are things we can do to avoid unwanted pollutants in our bodies and also ways to remove those that have already slipped in the gates.

Pillar 4: Rest

You may be surprised to see rest here. But I can assure you, hand on heart, that you will never be at your best in health, happiness, relationships, contentment, and even success if you pay lip service to rest. There are a lot of other ‘R’ words associated with rest, like recovery, rejuvenation, re-creation, recreation, regeneration, and relaxation. The day before I started writing the section on rest, I did an interview with Patty Tucker, a sleep coach from the USA. I am now even more conscious of the vital role that rest plays in optimum health and optimal living.

Pillar 5: Mindfulness

I briefly explored the inner workings of the mind in *The Guidebook to Happiness*. But here I’m going to dig deeper and go into the relationship between the brain and our emotions. It took me some time to come up with a word I would use to describe this instrument in the optimum health symphony.

The mind has an incredibly powerful impact on our health. But trying to define that with one word was a challenge. In the end I chose the word ‘mindfulness’ because, for me, it means using the mind consciously, creatively and with purposeful intent on a consistent daily basis. As Buddha said, “We become what we think.” So get ready for an amazing journey into the inner recesses of that incredibly powerful mind of yours.

Pillar 6: Wholeheartedness

For a long time there were only 5 pillars. But then I realized someone may be taking great care of their nutrition, rest, detoxification, physical activity, and even mindfulness, but still be suffering from ill-health. After listening to the great work of author and researcher Brene Brown, I realized the missing ingredient was ‘wholeheartedness.’

Here is a classic example of what happens when we approach health without considering the whole—the whole, in this case, being life itself. You can tick off all the other boxes (or pillars), but if you are in a toxic relationship, doing a job you hate, feeling isolated or disconnected, the adverse effect on your health is immense. You cannot experience optimum health if you are not happy and fulfilled in your life. You cannot be wholehearted. You can only be half-hearted. And who can experience health with half a heart?

This is a Guidebook

The last point I want to make is, this is not the *10 Commandments to Optimum Health*. It’s *The Guidebook to Optimum Health*. It’s not about rules. It’s about getting conscious and making different choices.

A guidebook is extremely valuable when you’re traveling to a foreign country. But it is not the journey. Following the suggestions the guidebook provides is what determines if you have a great experience or not. You know what you like. You know what works best for you. Well, I’m just like Fodor’s. I’m providing a guide to the things that research and my own experiences have taught me

will provide the highest probability of optimum health. But the journey is up to you.

Second, I am not a doctor. I just care greatly for my health. I don't want okay health. I want GREAT health and high levels of energy; I want to feel extremely alive and vital; I want my body to function optimally; I want to be happy on the journey, which, as you know, is difficult if your health is crap.

Rather than focusing on illness, which is mostly what modern medicine does, over the last 15 years I've focused on the Big Question of 'what constitutes great health?' What are healthy, happy people doing? What are they eating? What does their lifestyle look like? What has been consistently verified as being good for health and happiness? What works in different countries and cultures? It's these questions, and others like them, that give us a great picture of how to stay on the healthy side of life.

And finally, life still remains a mystery for us all. Quantum physics tells us that observation and intention, thoughts and emotions and attitudes affect life at the quantum level - meaning we have a lot more influence on our lives and bodies than we imagined. Epigenetics also states that emotions and attitudes and the external environment color the expression of the genes in our DNA. And we pass these attitudes and expressions directly to our children genetically. Obviously, where we put our attention, the awareness we maintain, and the quality of the choices we make are vastly important.

I encourage you to be open throughout this journey—open with me (your guide), and open to your powerful innate intelligence and this thing called 'life' which weaves its magic around us as we get into the flow of doing what is healthy for us, healthy for others, and healthy for the greater good.

Here's to learning and new experiences and trusting life on this path to optimum health. Time to enjoy the ride!

CHAPTER 2:

Supporting Tools

If you've read *The Guidebook to Happiness* you know I like to track things. I like to create and use tools. I like to be strategic in how I present information so you get the most benefit as I'm inspiring you into action. Not big actions that change the world in a day. I want to inspire you to take small actions that change you each and every day so you become a greater expression of you.

Did you know that if you meditate (or do relaxation exercises) for five minutes every day for 365 days that you will have meditated for 1825 minutes? That's not only impressive, it will evolve your mind in all the right ways.

Old Lao Tzu told us, "The journey of 1000 miles starts with one step." I am here to help you take that first step towards optimum health. Plus give you a gentle shove if that's what is needed. Or, if you're already walking the path to optimum health, I'm going to help you put even more spring in your step, adding years of quality time to your life.

Now, back to supporting tools. I strongly recommend that you honor yourself and the value of this journey by recording where you are now. As a consultant to the Olympic Games Committee, I realized it was always important for a client to understand exactly where their start point was for a number of reasons:

1. You want to know what you're working with.
2. You want to know where your strengths are, so you can capitalize on them.
3. You want to know where your weaknesses are so you can build these up.

4. You can’t celebrate your success at how far you’ve come if you don’t mark where you started.

So, here is the first tracking tool to help you become an optimum health strategist working on the most important and priceless project of your life—Project You!

Please complete the table below to track exactly where you think you are in relation to the 6 Optimum Health Pillars.

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

Do your best to make an objective assessment of where you believe you fall in each of these categories. Then, I suggest you pay EXTRA attention to the Pillars that are specific to your greatest weaknesses. Do not be discouraged. The whole point is to improve! Remember, you can get better at anything you put your mind to. Your capacity to change is not based on intelligence and it is NOT FIXED. It all depends on the amount of effort you put in.

Here's a quick personal example. I like to think that I'm rather intelligent (and slightly amusing). I've also been living in Indonesia for over six years. However, my grasp of the Indonesian language is pitiful at best. This is not because I'm stupid. I've just put very little effort into learning the language. All of my business is done in English, and working on the business has been the major focus of my energy and attention.

So, if you score 'low' in any of the 6 pillars, don't take it personally. It's just a yellow flag indicating 'more focus and effort required here.' And, like I said, I'm here to help by providing you with the knowledge, the tools, the inspiration and the odd shove if you need it.

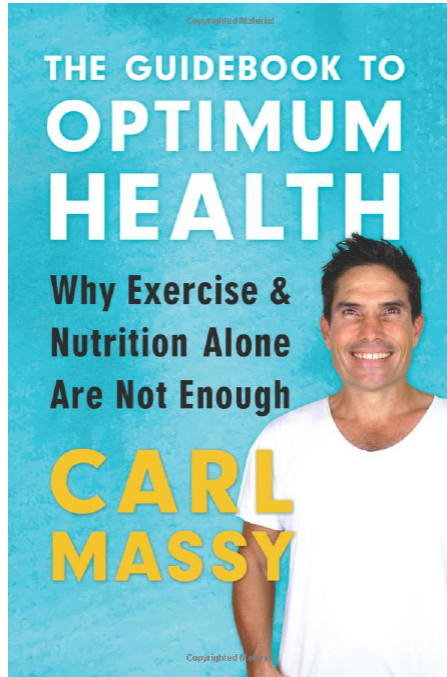
Your own Personal Journal

Now, the other tool I've put a bunch of effort into producing for you is a Personal Journal. PLEASE ... USE IT!

Do yourself a favor and at your earliest convenience, check out the following website:

<http://www.carlmassy.com/books/the-guidebook-to-optimum-health>

DO IT! You can thank me later.



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