

Mastery of Optimal Health, Beauty and Productivity

12-MONTH ENERGY HEALING WELLNESS PROGRAM

WELCOME PACKAGE

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WELCOME LETTER

Welcome to your Mastery of Optimal Health, Beauty and Productivity Journey! Congratulations for getting an early start on this experience. The effort put in now is going to pay off tenfold when we get started with the 12-month Total Energy Healing and Wellness Program.

To set up you for total success, I've put together some information and activities you can dive into right away. So, let's start prep your home and get your mind and body primed for all the nourishing foods and revitalizing self-care coming your way.

Get started by reading through this Welcome Package. Then, choose whatever focus resonates with you most – there's no particular order you need to follow.

And, don't worry if you can't get to everything it's certainly great to get ahead of the game, but it's definitely not required. Plus, we revisit this info throughout the program.

If you're not sure what to do first, here are some suggestions.

- Start with Basic Kitchen Tools and Clearing Your Fridge, Freezer, Pantry and Spice Cabinet if...
Your kitchen is jam-packed with foods that feed your unhealthy cravings. You have no idea what's lurking in the back of your fridge. You've been using a butter knife to slice veggies and can't remember the last time you saw measuring spoons.
- Start with Weaning Off Coffee/Caffeine and Reducing Cravings if...
You need more than a cup of coffee to get through the day. You reach for sugary, fatty or salty foods to soothe uncomfortable feeling or get you through energy slumps.
- Start with Tracking Your Progress if...
You feel a little lost when it comes to what you want to achieve through this experience. You tend to fall off the wagon or lose motivation when trying to create healthy habits.
- Start with Time Management if...
You already feel overwhelmed with your schedule and worry about staying on track with the program. You've had trouble achieving your goals in the past because you couldn't keep up.
- Start with Supplement Recommendation if...
You want to learn more about the recommended supplements for Mastery of Optimal Health, Beauty and Productivity. You're interested in adding supplements to your life and want to have them on hand for when the program kicks off.

BASIC KITCHEN TOOLS

Check out the list below for an overview of the kitchen essentials, you'll want to have on hand during Mastery of Optimal Health, Beauty and Productivity. They'll make your kitchen experience a whole lot smoother and set you up for healthy cooking and eating for years to come.

Appliances and Tools

If you've just started exploring a plant-based diet, you might be overwhelmed by how many expensive and exotic gadgets seem necessary. However, while there are some appliances that can enrich your long-term enjoyment of plant-based foods, this program is designed around recipes that can be created with a good set of kitchen knives, a simple blender and a salad spinner, along with your favorite cookware, soup spoons and spatulas. Let's go a little deeper with what you'll want to have on hand. Be sure to check your kitchen for these items before beginning the program.

Sharp Knives

A sharp set of kitchen knives is key to quickly preparing great food at home. You may have a set of knives you love to work with. If you don't, consider purchasing a good chef's knife; this usually runs you about \$90-\$120, but it's a great long-term investment (I've been using my knives for over 25 years now, if not more).

Peeler

Having a quality fruit and vegetable peeler is essential for getting skins off carrots, beets, cucumbers and more. Look for a sharp blade and a handle you can hang on comfortably.

Cutting Boards

Cutting boards provide you with a clean, flat surface on which slice and dice your veggies. I like bamboo and wooden cutting boards, which are eco-friendly and naturally antibacterial. You may also want to purchase a smaller cutting board that you use only onions and garlic, so that you can keep their distinctive tastes off other fresh fruits and veggies.

Strainer and Salad Spinner

Just make sure you have these, as you can expect to spend a lot of quality time with them over the course of the next 12-months!

Measuring Tools

Measuring cups and spoons are necessary for following recipes accurately. Purchase any brand that feels user-friendly to you. You'll want to have a one- or two-cup liquid measuring cup, a set of dry measuring cups and a set of measuring spoons.

Blender

A great blender is a game changer for anyone. My favorites are Vitamix and Blendtec. If these premium blenders are out of your price range, you can still make tasty soups and smoothies with one of the many moderately priced machines out there (when I started my journey on healthy path those blenders didn't exist on the market, so I used very simple blenders for a quite long time ☺)

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Juicer

Green Vegetable Juice is an important part of your Mastery of Optimal Health, Beauty and Productivity experience. So if you don't have a juicer already, please consider investing on one! It's something I use practically every day, and it has added so much health and energy to my life. So take some time to explore your options online. It can be centrifugal juicer or a slow one, doesn't matter.

Food Processor

If you're looking to do more home cooking, purchasing a food processor is fantastic investment. Food processors make quick work of shopping and grating onions, carrots, cabbage, garlic and other vegetables. You can also use them to whip up delicious homemade hummus, thick, creamy sauces and even homemade almond butter. If you do consider purchasing one, you won't need the mini-processors; they have unlimited usefulness.

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CLEANING YOUR FRIDGE, FREEZER, PANTRY AND SPICE CABINET

It's very helpful to clean and organize your kitchen if you want to revitalize your relationship with food and build a strong foundation in healing cooking. You'll save time; feel more positive and excited to be in your kitchen and you'll be more likely to follow through with the meal plan. So if possible, I highly recommend cleaning out your fridge, freezer, pantry and spice cabinet before your Mastery of Optimal Health, Beauty and Productivity experience begins.

The following checklist will help you remove temptations and make room for all the delicious produce, frozen foods and nonperishable items you'll soon be picking up at the store or farmers market.

FRIDGE

- Pull everything out, including condiments from the fridge door.
- Scrub the shelves, drawers, doors and trays.
- Throw out expired items, items past their "use by" date, as that is when the item is at its peak freshness and quality, iffy produce and condiments that you've had for more than six months.
- Remove items that are still good but won't be included in the Mastery of Optimal Health, Beauty and Productivity program: sugary foods and beverages, dairy and meat products, eggs, gluten-containing grains and so on. Consider freezing or donating items to get out of view.

FREEZER

- Empty all contents.
- Scrub shelves and door.
- Throw out items that have frost or have been in there for more than six months.
- Consider donating, giving away items that will become temptations, like ice cream, frozen cookie dough and frozen pizzas.

PANTRY

- Working one shelf at a time, throw out expired items and items that are past their "use by" dates.
- Transfer nuts, seeds and nut/seeds butters into labeled airtight containers in the refrigerator to prevent mold, spoilage and infestation by pantry pests.
- Scrub shelves with soap and water or diluted apple cider vinegar or white vinegar before replacing items.

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- Sort loose items in labeled bins so they are easier to find. Here are the examples of bins that you can create: Dried Beans, Grains, Dried Fruit, and Teas.
- Consider donating unopened nonperishable items that will be a temptation during the program (for example, cookies, candy, highly processed snack foods, etc.).

SPICE CABINET

- Consider discarding spices that are:
 - Past their “best before” date. While they rarely go bad to the point of being harmful, they will lose potency. If you do decide to hang on to older spices, plan on using larger measures in recipes to get desired flavor.
 - Look dull in color. They have probably lost quite a bit of flavor. Replace these if possible.
 - Appear clumpy. Moisture has likely gotten in, and it may have gone bad and needs to be replaced. To prevent this, avoid shaking spices over a steaming pot of stew. Measure them away from the steam.
- To test the strength of your spices, place a quarter teaspoon in the palm of your hand. Then rub it with two fingers. You should immediately smell the aroma of the spice. If you don't, consider replacing it.

SUPPLEMENT RECOMMENDATION

Always check with your health-care practitioner before adding supplements to your life. That being said, I'm often asked what I take to support my health. I've found that the following supplements help support my overall well-being. These would be a kind of "booster pack" if you're interested.

Vitamin B-12

Vitamin B-12 is produced by bacteria that live in soil. It's found in animal-based products when the animals were raised as food while eating soil-covered grasses. Vitamin B-12 is crucial for nerve development and nerve health, and a deficiency can cause irreversible nerve damage. For these reasons, B-12 is an important supplement for everyone, those who eat an entirely plant-based diet and those who still have some animal products. Since B-12 has a complicated absorption pathway, people who think they get plenty through diets or supplements can also become deficient. I take B-12 once a week.

Vitamin D3

If you can't spend ten to fifteen minutes' sunlight without sunscreen daily, then vitamin D supplementation may be necessary, too. If you're concerned about being vitamin D deficient, ask your health practitioner to test your levels. Since I live in a northern country, I take vegan vitamin D3 daily during winters, and none during summers.

DHA/EPA

You may also consider a DHA/EPA supplement. Most of the omega-3 fatty acids that we get in foods, like flaxseeds or walnuts, take the form of alpha-linolenic acid (ALA). There are two other types of omega-3 fatty acids – EPA and DHA – that are associated with disease prevention, mood improvement and healthy fetal brain development. Our bodies can convert some ALA to DHA and EPA, but not much, so long-term plant eaters may want to consider supplementation. I have flaxseeds and chia seeds everyday in my diet, so I take vegan form of omega-3 on a weekly base.

Probiotic

If you have a history of digestive trouble and irregular bowel movements, if you're prone to constipation or if you feel as though your immunity has been low, you may find that a probiotic helps keep you more regular and less prone to catching everyday viruses. I also use probiotic as a beauty supplement, so I take it every night before going to bed.

Digestive Enzymes

Digestive enzymes may ease discomfort if you're experiencing digestive woes while introducing more fruits, veggies, beans and grains into your diet, or if you have a specific digestive issue or inquiry. Digestive enzymes help speed up the breakdown of food into more easily absorbed particles. We all produce our own digestive enzymes, but if you have gas pains and discomfort, you may need to take supplemental enzymes to boost your numbers. They may bring you relief, plus help you absorb more nutrients from your food. At first, most people take digestive enzymes at every meal. Within a month or two, however, they're usually able to take just one per day.

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Multivitamin

You may want to consider taking a multivitamin to cover your nutrient needs, depending on your health, food likes and dislikes, dietary sensitivities or allergies and personal circumstances. In addition to the targeted supplements mentioned above, some folks like to take a multivitamin to cover other minerals like selenium and zinc. For example, one Brazil nut provides your daily-recommended intake of selenium. But if you're not a Brazil nut lover or have allergies, then selenium is something you may want to get through a multivitamin or separate supplement. Same goes for zinc. The best plant sources are sesame seeds, pumpkin seeds, lentils, chickpeas, cashews and quinoa; a serving of each provides about 25% of your daily-recommended intake. But if these foods aren't a regular part of your routine, you may reach for a multi to meet your zinc needs.

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WEANING OFF COFFEE/CAFFEINE

If you're a several-cups-of-coffee-a-day person, you'll want to start gradually reducing your caffeine intake a few days (or more) prior to the start of the program. Even though the Mastery of Optimal Health, Beauty and Productivity meal plan includes some optional green tea to ease withdrawal symptoms, stopping on coffee and most other caffeinated beverages overnight can result in migraines, nausea, agitation and other not-so-easy to handle side effects.

Follow these steps to wean off caffeine slowly to lessen or avoid negative side effects:

- Reduce caffeinated coffee intake by 100 grams (four ounces, ½ cup) every day. Depending of your coffee intake, it will take you four or eight days. Replace the lost ounces with herbal tea, mildly caffeinated green tea or kombucha.
- Reduce black tea intake by one cup every two days and replace with herbal tea, mildly caffeinated green tea or kombucha.
- Reduce caffeinated soda intake by half every two days. Replace with herbal tea, mildly caffeinated green tea or kombucha.
- Reduce energy drinks by half a can every two days. Replace with herbal tea, mildly caffeinated green tea or kombucha.

REDUCING CRAVINGS

Suddenly, cutting the amount of sugar, salt, dairy and even processed foods in your diet can result in uncomfortable side effects, like headaches, nausea and insomnia. Not to mention intense cravings for these foods. So your current diet is full of them, I'd recommend taking at least three days to gradually remove them, prior to the start of Mastery of Optimal Health, Beauty and Productivity meal plan. Here's how...

At least a few days before Day 1 of the meal plan, start to subtract one to two servings per day of any foods on the following list. This may feel uncomfortable, but just remember that this is a natural part of removing these foods from your diet. A gradual decrease will be much easier on your body than an abrupt one. Also, keep in mind that not only will Mastery of Optimal Health, Beauty and Productivity's meal plan help you feel satisfied with naturally sweet and delicious foods, but the program will eliminate cravings for the foods you once felt you couldn't live without, such as the following:

- Alcohol
- Coffee, coffee-based drinks, black tea and caffeinated energy drinks
- Animal proteins, including meat, poultry, fish and shellfish
- Dairy and dairy products, including butter, milk, cream and cheese
- Refined sugar, including white and brown sugar, anything containing corn syrup or barley malt, commercial fruit juices, teas, soft drinks and sports drinks
- Refined grains, including most commercial cereals, pastries, bakery goods, pastas and snack bars
- Processed foods, including most frozen, bagged and boxed food options

TRACKING YOUR PROGRESS

Before embarking on your Mastery of Optimal Health, Beauty and Productivity journey, I highly recommend obtaining some information about the current state of your body and mind. You're going to be investing precious time, energy and resources into this 12-month experience. And when you reach the finish line, you're going to want to look back and see your progress. It's also motivating and gratifying to watch it unfold along the way!

This section is dedicated to tests or measurements that require a visit to the doctor. Of course, whether you decide to measure any of the following things is totally up to you and will depend on your goals during the program. And if you are under medical supervision for any health conditions, I'm sure you'll be checking in with your practitioner before starting Mastery of Optimal Health, Beauty and Productivity anyway.

Blood Sugars

If you're diabetic or prediabetic and have been instructed to test your blood sugar first thing in the morning or throughout the day, you may notice some remarkable changes during Mastery of Optimal Health, Beauty and Productivity. By eating more fiber, less sugar and fewer fatty foods, you could see a decrease in fasting blood sugar, as well as an improvement in your blood sugars throughout the day. Just make sure to be in touch with your health-care provider about your numbers and your new diet in case of medications need to be adjusted. Also, keep a log of your blood sugars before and throughout the program so you can reflect and compare numbers.

Blood Pressure

If you have high blood pressure, there's a chance that the Mastery of Optimal Health, Beauty and Productivity program will help lower it over the course of the first two to three months. If you have a monitor at home, check and record your blood pressure daily after sitting quietly for five minutes, or as often as recommended by your health-care provider so that you can track any changes. Also, stay in touch with your health-care provider in case any adjustments need to be made to your blood pressure medications.

If you have low blood pressure, weight loss may drop your blood pressure even further, although this is usually not a problem. But, if you start experiencing weakness, fatigue or dizziness, check in with your doctor right away. Lowered blood pressure could also be a sign of dehydration or a deficiency of vitamin B-12 or folic acid, so there's actually a good chance that the hydration reminders and nutrition tips in Mastery of Optimal Health, Beauty and Productivity may help normalize low blood pressure, too.

Cholesterol and Triglycerides

If you have elevated cholesterol and/or triglycerides (risk factors for developing heart disease), Mastery of Optimal Health, Beauty and Productivity's high-fiber, low-saturated-fat diet in combination with weight loss may help lower these levels. If you haven't had a recent physical and blood work done with a lipid profile, you may want to do this before the start of Mastery of Optimal Health, Beauty and Productivity. While changes in cholesterol and triglycerides can take up to six months, you may see

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a change after three months. Be in touch with your health-care provider if you are on statin drugs or other heart medications, as they may need to be adjusted as your levels naturally decrease.

Routine Blood Work: Iron, Vitamins, Minerals and Electrolytes

You may want to have routine blood work done if you've been feeling "off", suspect that you're low in certain nutrients or haven't had it analyzed in the past two years.

Routine blood work ordered by your health-care provider will measure your hemoglobin and hematocrit (for iron status), vitamin B-12, vitamin D, calcium, potassium, sodium and electrolytes. Keep in mind that it generally takes time for levels to dip below normal. Supplementation may be needed to bring them back up.

While you may see levels return to normal after two to three weeks, everyone is different in their rate of absorption. Be sure to follow your health-care provider's instructions for supplementation, and check the "Supplement Recommendations" section for tips on ensuring adequate intake of specific nutrients during Mastery of Optimal Health, Beauty and Productivity. And, follow up with additional blood tests if levels are low to make sure you're absorbing supplement appropriately.

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TIME MANAGEMENT

Mastery of Optimal Health, Beauty and Productivity will require you to spend more time on...YOU, whether it be food prep, exercise, meditations or sleep. Here's an example of what to expect from your 12-month Mastery of Optimal Health, Beauty and Productivity experience. Take a look at your schedule and start to block out time for the following activities. You'll be setting yourself up for success!

WEEKENDS:

- 1–2 hours on Saturday for food shopping
- 1–2 hours on Saturday or Sunday for weekly meal prep

DAILY:

- 15–30 minutes for breakfast and packing up lunch and snacks
- 30–45 minutes for making dinner

AIM FOR DOING THESE ACTIVITIES AT LEAST A COUPLE TIMES A WEEK:

- 10 minutes for meditation
- 20–30 minutes for exercise

Making yourself a priority during this time may feel uncomfortable, but stick with it! Do yourself a favor and don't shy away from asking for help. Embrace your newfound interest in your body and well-being, and use this opportunity to be a shining example to your loved ones.

Take a step back and think about some things you can skip or press pause on during this time. Maybe this is a great opportunity to take a break from scrolling through your Instagram feed or staying up late to watch something on Netflix. Passing on activities that don't necessarily enrich your life or that can wait for a few weeks will open up the time you need to cook nourishing meals and invest in self-care.

Also, keep in mind that first few weeks of Mastery of Optimal Health, Beauty and Productivity will require more of your time than later. As each week passes, you'll become more efficient with your time as you get used to the diet and lifestyle.

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NEXT STEPS

Keep an eye on your inbox. Soon, you'll receive an email from me with access information for your Mastery of Optimal Health, Beauty and Productivity home. From there, your Mastery of Optimal Health, Beauty and Productivity adventure truly begins.

You'll have the meal plans, shopping list, recipes and more at your fingertips! Until then, make the most of your Welcome Package!

See you soon!
Tanzilya K. Henriksen