

My New Approach

BREATHE · NOURISH · MOVE

HEALTH BENEFITS

Why This Works

What We're Targeting

THE FOUNDATION

*My New Approach directly targets the **five root causes** of most modern disease.*

Address these daily and the body does the rest.

CHRONIC STRESS

POOR NUTRITION

PHYSICAL INACTIVITY

NATURE DEPRIVATION

POOR SLEEP

PILLAR ONE

Breathwork Benefits

- **Stress Reduction**
Lowers cortisol and activates the body's rest and repair mode
- **Heart Health**
Improves heart rate variability — a key marker of longevity
- **Mental Clarity**
Sharpens focus, concentration, and cognitive performance
- **Sleep Quality**
Evening techniques prepare the nervous system for deep rest
- **Immune Function**
Regular practice measurably strengthens immune response
- **Lung Capacity**
Increases oxygen efficiency and respiratory strength
- **Mood & Anxiety**
Reduces symptoms of anxiety and depression naturally
- **Blood Pressure**
Consistent practice helps regulate and lower blood pressure

PILLAR TWO

Clean Nutrition Benefits

- **Stable Energy**
No blood sugar spikes or crashes — steady energy all day

• **Reduced Inflammation**

Whole foods dramatically lower systemic inflammation

• **Gut Health**

Improved digestion, microbiome balance, and absorption

• **Weight Management**

Natural hunger regulation without counting or restricting

• **Hormonal Balance**

Clean nutrition supports healthy hormone production

• **Disease Prevention**

Reduces risk of diabetes, heart disease, and metabolic syndrome

• **Brain Health**

The gut-brain connection — better food means clearer thinking

• **Skin, Hair & Nails**

Real nutrients visibly improve how you look and feel

PILLAR THREE

🦶 Outdoor Movement Benefits

• **Vitamin D**

Sunlight exposure — critical for immunity, mood, and bone health

• **Cardiovascular Health**

Daily movement strengthens the heart and improves circulation

• **Stress Relief**

Nature exposure measurably lowers cortisol and anxiety

• **Mental Health**

Outdoor activity reduces depression as effectively as medication

• **Sleep Regulation**

Natural light resets circadian rhythms for deeper sleep

• **Joint Health**

Low impact movement maintains mobility and flexibility

• **Creativity & Focus**

Nature walks measurably improve problem solving and clarity

• **Lymphatic Flow**

Movement drives the lymphatic system — the body's waste removal

OPTIONAL ENHANCEMENT LAYERS

🦶 Grounding

- Reduces systemic inflammation
- Improves sleep depth and quality
- Regulates cortisol rhythms
- May reduce chronic pain

🔥 Ketosis Layer

- Accelerates fat burning
- Reduces insulin resistance
- Brain runs powerfully on ketones
- Natural appetite regulation

🕒 Intermittent Fasting

- Triggers autophagy — cellular cleanup
- Improves insulin sensitivity
- Accelerates fat loss
- May improve longevity markers

❄️ Cold Exposure

- Activates brown fat — boosts metabolism
- Powerful mood elevation
- Reduces inflammation
- Builds mental resilience

🌙 Sleep Optimization

- Hormonal repair and balance
- Immune system restoration
- Memory consolidation
- Reduced risk of chronic disease

📺 Screen Reduction

- Dramatically improved sleep quality
- Reduced anxiety and cortisol
- More presence in relationships
- Reclaimed time for the three pillars
- Reduced mental fatigue and brain fog
- Deeper connection to the real world

🦋 Lymphatic Movement

- Stronger immune function — lymph filters pathogens
- Reduced inflammation and bloating
- Clearer skin and reduced puffiness
- Increased energy — clears lymphatic congestion
- Improved mental clarity and focus
- Faster recovery from illness and exercise
- Better gut health and digestion

Small daily effort. *Large overall health effects.*
This is not a program. It is simply a better way to live.