

My New Approach

BREATHE · NOURISH · MOVE



PILLAR ONE

Breathwork

15 minutes upon waking. Choose an energizing technique — Wim Hof, Breath of Fire, Bellows Breath, or Cyclic Hyperventilation — to awaken the body and set your intention for the day.

15 minutes before bed. Choose a calming technique — 4-7-8, box breathing, diaphragmatic, or extended exhale — to ease the nervous system into rest. If your chosen technique is energizing, practice it at least one hour before sleep.



PILLAR TWO

Clean Nourishment

Eat: Animal protein, vegetables, and fruit. Real food from the earth or an animal.

Drink: Water, coffee, and tea. Don't drink your calories. No artificial sweeteners.

The guiding principle: If it came from the earth or an animal, eat it. If it was made in a factory, skip it.



PILLAR THREE

Outdoor Movement

At least 30 minutes outdoors, every day. Walking is enough — and it is more powerful than most people realize. Fresh air, sunlight, and natural movement regulate your body, clear your mind, and restore your energy.

Scale up anytime: hiking, cycling, swimming, running — anything outdoors counts.

YOUR DAILY RHYTHM

Morning 15 minutes of energizing breathwork upon waking

All Day Eat clean. Drink water, coffee, or tea. Nothing processed.

Daily 30+ minutes of outdoor movement — a walk is always enough

Evening 15 minutes of calming breathwork before bed



*This is not a program. It is not a diet.
It is simply a better way to live — and anyone can start today.*

