



# *YOUR GUIDE TO ULTIMATE HEALTH!*

**Uncover the 7 aspects of health that will  
unlock your optimum health!**

**Learn about surprising areas of our lives that directly  
impact our health and how you can start supporting all  
these areas *today* to get *ultimate health!***

**Welcome!**

Congrats on making the decision to uncover the hidden secrets to **Ultimate Health!**

This is the book that will identify *exactly* what needs support in your health journey!

*Have you spent months, years, even decades struggling with your health and body image?*

*Do you feel like there's nothing you can do?*

*Are you sick of feeling miserable and unhealthy?*

*Do you find yourself on a constant rollercoaster of strict diets that are impossible to sustain?*

Well...in this book, you'll finally understand why diets didn't work in the past, why you have been struggling, and what areas you can work on that will dramatically improve your health!

You will uncover the 7 areas of ultimate health, you'll know exactly why each area is crucial to your health, and how you currently fit into those areas!

At the end, the 7 areas are brought together in a powerful visual tool- **Your Ultimate Health Wheel.**

I promise you, by just reading this short book and filling out your personal wheel, you will gain immense insight around your health. You'll see the areas you excel at and the areas that could use support, you'll understand in a new way why you haven't gotten the results you desired in the past. Plus, you'll uncover what areas need support to help you finally achieve that goal you've always wanted!

Let's get started!

**-Erin**

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## *A little about me...*

I struggled for years with my health and weight. I suffered from autoimmune disease, multiple miscarriages, numerous cancer scares, kidney stones, and so much more!

Even with a human biology degree and working for years in a clinical setting, I couldn't find the "cure" I needed to feel better. I was just given pill after pill and told to eat less, move more (even though I was only eating about 1200 calories on average per day and working a job that had me easily clocking over 20,000 steps per shift). I felt like the world was against me, why did other women look healthy and happy eating without guilt when I was angry and frustrated at every meal because I felt deprived? They had strong bodies, while I was overweight and constantly tired? There was no magic pill that was going to fix all my problems- that I learned the hard way!



After years of struggling, I had a "come to Jesus moment" as they call it. That moment that changes *everything*. That moment where quitting *wasn't* an option- I would figure this out because I had 2 small children who were **not** going to lose their mother too soon because she didn't know how to take care of herself! What I didn't realize at the time, was the "she didn't know how take care of herself" was literally the problem keeping me stuck and sick. I was so busy taking care of everyone else's needs, I had forgotten about Erin, I stopped

listening to her body, I stopped caring about what she needed, instead I was feeding her whatever the latest diet trend was or what some "expert" told me she needed. ***Big mistake!!!***

Now, after years of diving into personal development, health coaching, life coaching, and degrees in Holistic Health and Natural Medicine, I listen to my body- I healed that relationship. I started taking care of Erin, paying attention to my needs, loving myself, and fully appreciating all that my body can give me. I honestly feel better at 44 than I did at 24 years old! I have made a career sharing all my tools with you so you can feel 20 years younger too!

That is my passion- sharing this information with you! So, you can heal your relationship with your body, and understand exactly what it needs to feel and look its best. I use nutritional, natural, and holistic approaches to western medicine that are simple, easy, and powerful!

This book is my gift to you, sharing what I have uncovered after years of research and education as the ***7 areas that affect ultimate health***. Enjoy!

## *What is Ultimate Health?*

That's a great question! *Ultimate Health* is the knowledge and ability to sustain and regain optimum health for your unique body. That means you know what your body needs to feel and look it's best day-to-day, and if life throws a curveball and you find yourself facing a physical challenge, you know how to support healing and can confidently return your body to optimum health.

Does that sound too good to be true? Well, if it does, then you're in the right place. You will learn how simple ultimate health can be with the right tools. You will learn about the 7 areas that together, create *ultimate health*. You will also get a clear picture of which of the 7 areas may need support and may be stopping or slowing you down from having *ultimate health*!

In all my years struggling with my own health, and all the clients I've worked with, we all had the same things in common...we weren't taking care of all the aspects of our health. Most of us had no idea there was more than just our physical health that needed to be cared for. For example, how many times have we known someone who looks like the picture of health, but had a heart attack from the constant stress and anxiety they quietly suffered? Do you see how there isn't just one aspect of our health that matters? It's the combination of several factors that depicts our overall, total health.

Over time, I noticed there were 7 areas that must be tended to for ultimate health. This held true with every client, even me. Once I started implementing the 7 areas of ultimate health, my clients started feeling better fast! They lost weight, experienced reduced pain, they had a joy for life they hadn't felt in years. It was beautiful! Every single person who started working on the 7 key aspects of total health that I'm going to share with you, had amazing results! Quickly, their total health improved.

*Why does this matter?* This matters because so often people only focus on one area, usually physical health. They don't understand that all aspects of health need to be cared for and understood to feel your best! Together they work synergistically! When you work on the 7 aspects of ultimate health I'm going to share with you, you will be amazed at how quickly you notice results! This is the missing piece that eludes so many people.

My clients found increased health wasn't an uphill battle. It was less stressful, they were able to remove judgement, and it was shockingly simple! Yes, simple. As you'll see in the following pages, ultimate health can be simple, and the 7 aspects of ultimate health will seem simple, because they are! They are just often overlooked.

That's good news for you! That means what you have thought was impossible, is actually easily attainable. So, let's dive in!

## Body Confidence

Most of us start this journey because we see our body and think it needs help. Whether that means losing a couple extra pounds, gaining muscle, reducing pain and inflammation, or clearing up a skin condition.

Some of us had experiences growing up where we were told our body was “flawed” it wasn’t pretty, small, strong, or handsome enough. We grew up criticizing our body, wishing it was different.

How do you feel about your body when you look at it? Do you appreciate it for its beauty, strength, resilience? Or do you judge it for small flaws and imperfections?



The people who have ultimate health understand that body confidence is important in many ways. When we judge our bodies, and some of us even down right hate certain parts of our bodies, that creates stress and chemical reactions that inhibit healing and overall health.

Regardless of what we deem physical perfection is, they know appreciating their body as it is and for all it has done for them, creates the energy for optimum health. Loving their body promotes chemical reactions that reduce stress, increase circulation and healing in the body. It’s a powerful process that we tend to ignore.

How can you expect your body to be healthy, beautiful and without pain or injury when you don’t give it the *positive* attention it needs for optimum health? When you are showing it only negative attention, telling it how disappointed you are in it, is that helpful? How has it worked so far?

Each day, we have up to 60,000 thoughts, and on average 80% are negative. Just take a moment and let that sink in. That means your body could be hearing negative thoughts up to 48,000 times a day!! Imagine if someone told you how dissatisfied they were with you that many times per day, how would you feel? Can you see how that can cause negative emotions and chemical reactions in the body that aren’t helping you heal or feel your best? They are making your body feel horrible! And you aren’t even aware of it!

Take a moment and think about how you speak to your body. How is your body confidence? Do you love your body unconditionally, imperfections and all? Do you appreciate your body, but find yourself picking at some flaws you’d like to change? Or do you truly dislike your body, and find yourself thinking negative thoughts numerous times a day wishing it was different?

# Happiness

Are you happy? What is happiness? Happiness is the state of being happy. It is characterized by feelings of joy, satisfaction, contentment, and fulfillment. Happiness is considered the experience of feeling more positive thoughts than negative thoughts.



Many of us don't take the time to see if we are happy. We are so busy in our day to day lives, we rarely stop and take stock of our emotions and how we are feeling.

Another misconception about happiness is that it is found outside of ourselves. That objects and people give us happiness. That we must rely on things outside ourselves to feel happy. True

happiness comes from within. It does not rely on outside stimuli. Even when faced with external struggles and negative situations, happy people understand that their happiness isn't determined by the negative situations. They have a choice to be happy. They decide if they want to feel positive or negative emotions.

That doesn't mean happy people are happy *all* the time. As the definition states, they experience feeling more positive thoughts than negative thoughts. That means they don't get 'stuck' in negative thought patterns, or if they do, they can recognize it, and return to a state of positive emotions in a healthy time frame.

These are the traits of people with ultimate health. They know life isn't always sunny, but they are able to return to a positive state, a state of happiness easily and consciously. They understand negative thoughts create unhealthy chemicals and energy in the body. They want to limit the effects of these negative thoughts as much as possible. That is why they spend time focusing on what makes them happy, and living in the moment, enjoying the small things. Appreciating the moment and feeling fulfilled and contentment with their life choices.

*Do you have more positive thoughts or negative thoughts?*

*Do you find happiness from within, or do you rely on outside sources for feelings of happiness?*

*Do you bounce back quickly after a negative experience, or do you get stuck in the negative emotions and thoughts?*

These are just a few questions to think about to see if you are living a life full of happiness, if you are happy some of the time, or if you are hardly ever happy and could use some support in this area.

## Personal Nutritional Wisdom

This is one of the most powerful tools you can ever have in your toolbox! Understanding what foods help your body and which foods hurt your body. I can promise you it isn't as straightforward as you might think.

People who have ultimate health understand their body is unique. What works for their body, may not work for anyone else, and that's the point! It isn't about anyone else's body, it's about theirs. So, stop listening to all hype around what ever fad diet is popular these days. It doesn't matter. Low carb, low fat, high protein, high fat...it changes as often as the wind blows. My best advice...stop listening to it.

What I want you to start listening to is your gut. How does it feel after you eat? How does your body feel the next day? Do you feel tired? Bloating? Irritable? Have skin rashes? Achy joints? Headaches? Gassy? Allergies? If you answered yes to any of these questions, you may need some additional nutritional wisdom. Your body is trying to tell you your diet might need some tending to.



Some questions to ask yourself:

*Do I eat a variety of healthy, colorful fruits and vegetables every day?*

*Do I know what foods I may have a sensitivity or intolerance to?*

*During the week, on average, do I feel satiated and content, or gassy and bloated after meals?*

*How many diets have you tried in the past? Do you feel you are on a roller-coaster of dieting?*

*Do you feel addicted to foods that you know aren't good for you... and yet you can't stop?*

These questions are great at giving insight into your personal nutritional wisdom. Do you know exactly what nutrition my body needs to feel its best? Do you listen to your body signals, and honor what your body is telling you? Or do you occasionally know, but sometimes it eludes you? Or maybe, you really have no idea what nutrition is best for your body and you aren't aware of any body signals? Understanding your personal nutritional wisdom is a powerful piece of the pie (pun intended) for ultimate health!

## Stress Management

Stress is unavoidable. We live in a world where stress is present from the moment we wake up (an alarm jolting us out of a peaceful slumber) till the moment we crash into our bed at night, exhausted and overwhelmed from the hustle and bustle of the day. We are so accustomed to constant stress; we may not even realize that it is taking a toll on our health.



When our body is stressed, it goes into flight or flight, the sympathetic nervous system gets switched on and is in control. That means many biological processes take a back seat because your brain thinks you are in danger. It doesn't matter if you are getting chased by a lion or running late for work...your body will respond *exactly* the same way.

So, what does that look like:

*Decreased digestion (so you're not absorbing nutrients efficiently and storing food as fat because you may need the energy later to fight off that metaphorical lion)*

*Increase in adrenaline and cortisol production (this means an increase in belly fat and sleep disturbances show up)*

*Chronic stress can show up as aches and pains, insomnia, brain fog, low energy, anger, high blood pressure, anxiety, depression, addictive behaviors, obesity, heart attacks and many more physical problems*

How can you have ultimate health with unmanaged stress? You can't!

People with ultimate health know stress can't be avoided, but it needs to be managed. They actively have protocols in place to decrease the stress response in their body and they know how to recognize stress, so it doesn't take a physical toll on the body.

How do you manage your stress? Do you know what to do to reduce stress in your daily life? Do you have some stress management techniques that you use, but still have physical symptoms of stress? Or do you know you have a lot of stress in your life but are unsure how to manage it?

## *Soul Communication*

What is soul communication and how does it pertain to ultimate health?

Soul communication is the ability to connect with our soul, its purpose, and hopes and dreams. It is knowing what is best for our highest good, not just what seems good in the moment.

It's that little voice inside our head that has big dreams.

How well do you hear that voice? What is it saying? How often do you communicate with your soul?

Many people don't realize the significance not having strong soul communication can have on the overall health of the body. They silence it, with excuses of "I don't have time" or "it's not possible to live my dreams". What happens is they end up living a life missing the whole point of why they were put on this earth...to live their dreams and fulfill their purpose. This takes a toll on their health in many ways. They may make choices that are not the best for their health. They end up with regrets, anger, disappointment, which as we've learned carry a physical toll on the body.

The energy behind listening to your soul and living a life of purpose is measurable! The emotional vibrations created when in alignment with your soul's wisdom create an energetic shift within the body transforming it on a cellular level. You feel a sense of peace and enlightenment (which are the highest hertz frequency vibrations that can be measured!). Simply stated, listening to your soul can change the vibrational frequency in your body, causing changes within the cells, reversing the damage done by negative thoughts.



People with ultimate health know listening to their soul's wisdom is imperative for overall health. They listen to their inner guidance and make choices in life based on their soul's wisdom and what is best for their highest good. They know living with soul communication allows them to live a life that is truly in alignment with their goals and dreams. That means they have limited regrets or judgments about decisions made, less negative

emotions, less stress, and more innate wisdom. This is the perfect combination for optimum health and happiness.

Take a minute, sit quietly, take 3 deep breaths and ask yourself if you are living a life connected to your soul, have you followed your soul's purpose, and do you actively go after your hopes and dreams?

## Empowered Living

Do you wake up feeling excited, energized and ready to enjoy everything life has to offer? Or do you wake up begrudgingly, wishing to just get the day over with?

Empowered living is when you show up for life, fully present and in your full power. You know life is a journey, full of beautiful moments, and you are ready and excited to experience them all. You enjoy each moment, embrace love, reject fear, and remain open to all the abundance life has to offer.

It also means you are connected with your inner resilience and strength, by putting you in charge of your life experience. You live a life for you, and you are true to yourself, no matter how difficult it might be. By living a life for you, you love yourself and are confident enough to share your gifts and wisdom to help others along the way. People who live an empowered life support others and know there is room for everyone, and every person has an important role, including themselves.



*How can you tell if you have empowered living?*

*Does your life feel meaningful? Do you feel your life has purpose?*

*Do you feel loved? Do you give and receive love easily?*

*Are you using your talents and gifts to serve others?*

*Do you feel energized and enlivened most days? Does your life excite you?*

To have ultimate health, you must have empowered living. Empowered living creates the positive emotions and energy to help you achieve your goals, including the ones for health! If you don't wake up excited for each day, why would you make healthy choices in nutrition? Or move your body in a way that increases performance? Would you be fully present in your relationships or as willing to serve others? Would you give your gifts, love, or skills as freely?

People with ultimate health live an empowered life. They wake up excited and motivated, ready to do accomplish their dreams and goals, and make sure they are taking care of their mind, body, and soul so they are fully present and in charge of their life!

## Determination

Remember earlier when I told you I had that “come to Jesus” moment? That split second that changed everything in my mind. It was that moment where *nothing* was going to stop me from reaching that goal of getting healthy! I was determined to succeed!

Determination is what separates those from who just dream about goals...and those who attain them. Think back on your life, I’m sure you can remember a time where it didn’t matter what it was going to take, but you were going to pass that test, ask that person out, get the dream job, buy the house you fell in love with, etc. **We all have determination.**

Sometimes we just forget to use it. We tell ourselves it can’t happen. It’s not worth it. It’s too hard. Hopefully, something shows up and lights that fire in us again and reminds us that **We. Are. Capable. Of. Greatness.**

Getting your determination back isn’t as hard as you think. It all comes down to uncovering your “why”. The reason you want to do it. When you want that motivation back, you want to feel the fire in your belly again...just sit, close your eyes, and ask yourselves these questions:



*Why is this important to me?*

*What will it feel like when I have it?*

*What will I see, feel, smell, taste when I get it?*

*Who will be with me when I achieve it?*

*When do I want it?*

*What am I willing to do for it?*

I’m here to tell you, you can have it all! Once you reconnect with your “why” about any dream or goal, you’ll find determination shows up to help you accomplish it. Determination helps you uncover new ways, new ideas, new people, places, and things that will help you reach that goal. I look at determination as the guide, steering and pushing you in the direction you need to accomplish whatever you want!

Do you have the determination for *ultimate health*? People with ultimate health harness their determination and let it push them into greatness. They also make sure to regularly connect with their “why” to reignite their determination if it ever lessens.

## Ultimate Health Wheel Instructions

Now it's time to fill out your Ultimate Health Wheel!

For each segment of the wheel, rate yourself on a scale of 0-10, based on the criteria listed, and where you think you fall on each segment at this present moment. After you rate yourself for each section, mark the number on the corresponding segment of the wheel (see example to the right). Once you have rated yourself in each area, connect the points to create your individual wheel.



### Body Confidence-

- 10- I love my body. I know my body looks healthy and strong and even though it's not perfect, it is perfect for me.
- 5- I appreciate my body, but I would change some things if I had the chance. There are areas that embarrass me.
- 0- I do not love my body. I am unhappy with its appearance and activity. I do not feel strong or healthy.

### Happiness-

- 10- I am a happy person. I know happiness comes from within and feel fulfilled and satisfied with my life every day.
- 5- I would say I am happy some of the time, but I also find myself unhappy often as well. I feel I am not fully in control of my happiness.
- 0- I am hardly ever happy. I do not find enjoyment in daily life, and I feel I have no control over my life or happiness.

### Personal Nutritional Wisdom-

- 10- I know exactly what nutrition my body needs to feel its best. I listen to my body's signals, and I am able to hear what it needs at all times. I am connected to my body and its open lines of communication
- 5- I occasionally know what nutrition my body needs to feel its best. But I do not have the wisdom to understand its signals or needs fully, I feel like I'm guessing sometimes.
- 0- I have no idea what nutrition my body needs to feel its best. I do not listen to its signals or any means of communication.

### Stress Management-

- 10- I actively reduce stress when it appears in my life. I know how recognize and manage stress when it shows up, and it does not take a physical toll on my body.
- 5- I have some stress management techniques but stress does overwhelm me on occasion, I have minor physical symptoms of stress at least 2-3 days a week.
- 0- I feel stress almost every day. I do not know how to manage stress or use any tools to reduce the stress in my life.

### Soul Communication-

- 10- I feel in alignment with my soul, my purpose, and dreams. I have open lines of communication with my higher self and make choices based on my soul's guidance.
- 5- I relate to my soul, but not fully sure of my purpose or dreams. I lack the communication needed to be present in making decisions best for my higher self.

- 0- I have no idea what my soul purpose is. I do not communicate with my higher self, and I make decisions based on what I want in the moment, not what is best for me.

#### Empowered Living-

- 10- I live an empowered life. I wake up energized and excited to experience all opportunities available to me.
- 5- I enjoy life. I want to experience all that life has to offer, but I do not have the energy or drive to fully engage in all I want to do.
- 0- I do not live an empowered life. I do not wake up energized and excited, I miss out on most opportunities available to me.

#### Determination-

- 10- I am determined to regain ultimate health. I know my “why” and I intend to accomplish my health goals
- 5- I am determined most of the time, but I tend to lose focus and give up after a little while. I am not fully connected with my “why”.
- 0- I am not determined to have ultimate health. Health is not a priority to me.

After you rated each section and connected the points, you'll probably notice your wheel isn't round. There are some dents, and some areas that appear fuller. This is showing you areas you are doing well in (the wheel is fuller in those areas) and sections that could use a little support (the wheel is flat or dented inward in those areas).

Take a moment and appreciate the areas that are fuller, the areas where you have been doing a great job. You know how to take care of your health in those areas. Now look at the areas that weren't as full. Think about how you can support and nurture those aspects of your health. What can you do that will directly impact the areas that could use support?

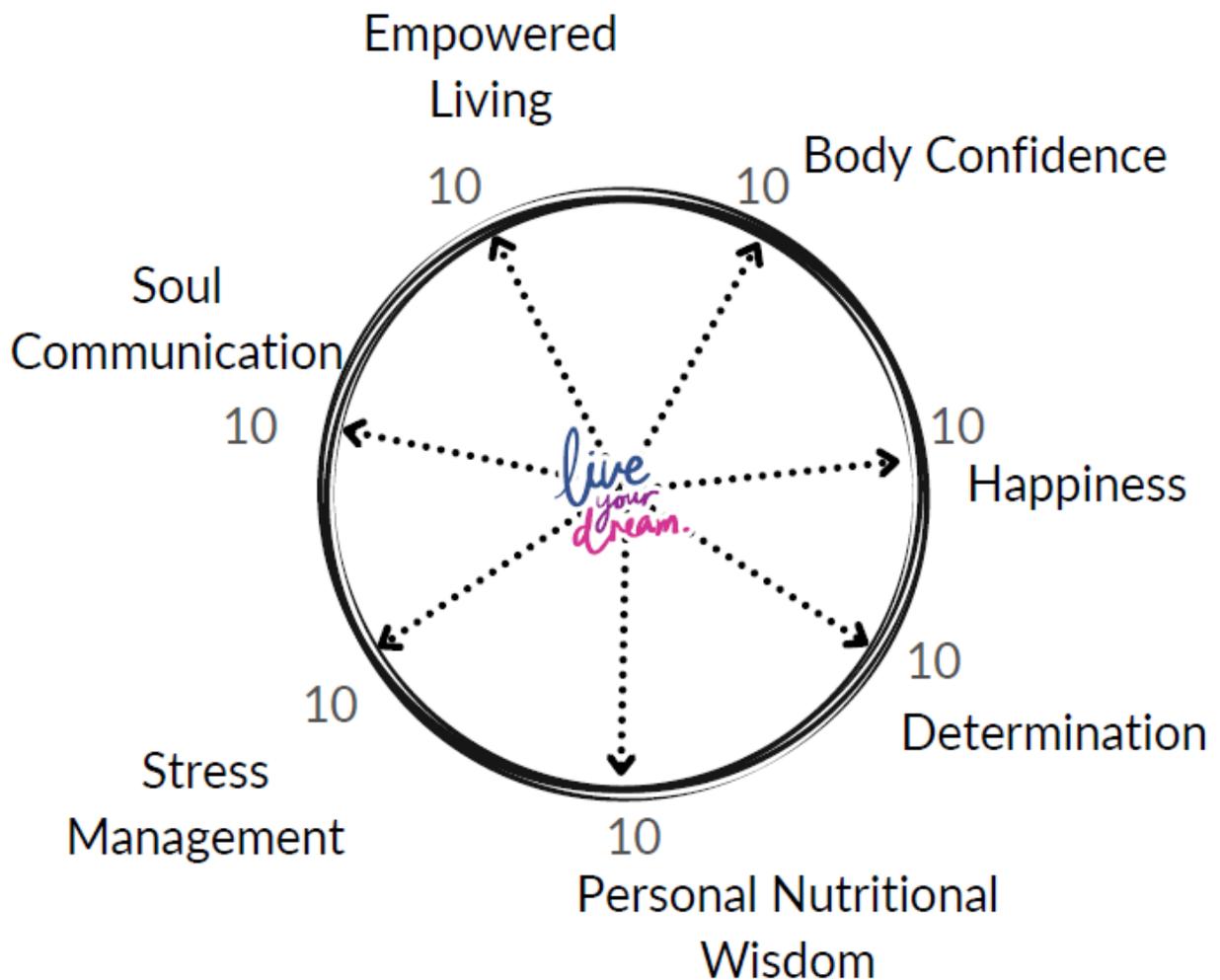
Some of you might notice the wheel looks a little flat in most areas, that's very common. So many of us overlook these areas in relation to our health. We didn't even realize they were important. But now you do know!!! Now you can take action in whichever area is calling out to you first. You have the power to take action and achieve ultimate health.

This is all great information! For the first time, you can see the areas of your health that need support and have been stopping you or slowing you down from reaching ultimate health! That is powerful!

I want to congratulate you for taking the time to read this book and fill out the ultimate health wheel. That shows your *determination* for ultimate health (hmmm...maybe that might mean you need to go back and increase your determination score a number or two! Wink, wink!). You have shown a dedication to your health goals and you have taken the first steps to achieving them!

*Congratulations!!!*

# YOUR ULTIMATE HEALTH WHEEL



## Next Steps...

Congratulations! You have just discovered your own personal map for Ultimate Health! You now have a clear picture of what is working, and what isn't in regard to your total health.

Maybe there were areas you'd never realized affected your health. Aspects of your health that you no longer will neglect. Or areas that you were surprised at how well you did know how to nourish and sustain! Now you can support *all 7* areas and see how powerful Ultimate Health is!

Still have questions? Were your ratings a little lower than you were expecting? Maybe you're not sure exactly how to dive into all 7 aspects of Ultimate Health? That's perfectly normal! If you have some aspects that you haven't been supporting fully in the past, it can feel strange when you begin now.

*Want to know the healthiest way to support all 7 aspects of ultimate health?*

*Curious to learn how to create sustainable habits and long-term results that last just like my clients, and I were able to do?*

I have spent my career helping people just like you obtain ultimate health by nourishing these 7 aspects of health. I'd love to share them with you!

If you want to learn more and join the movement of Ultimate Health, sign up for a 1-hour session with me!

In this session, you will:

- Uncover the next steps and leave with a clear picture for your health journey, regardless of if you sign up for Ultimate Health or not.
- A deeper understanding of the blocks or beliefs that have been slowing or stopping progress in the 7 aspects of ultimate health.
- See if the Ultimate Health program is a good fit for you
- Learn about all the amazing bonuses, 1-on-1 personal customized coaching, and exclusive benefits that are part of this exclusive program!

Learn more and schedule a session at: <https://erinbakerhealth.com/services>

Questions? Email [erinbakerhealth@gmail.com](mailto:erinbakerhealth@gmail.com)

*"Health is adding a level of intention to every area of your life"- Miranda Anderson*