

WELCOME to the HEALTH FREAK FREE<sub>3</sub> eBook. These are my top 3 most valuable practices for any health level to increase wellness and vitality. I hope these serve you on your path toward wholeness. If you find them helpful, my *Foundations of Health* eBook is available for purchase on my website. Thank you for your trust and support. I love you.



# Greens Powder

High quality organic greens powder loaded with micronutrients and enzymes will provide a swiss army knife level of nutrients like no other supplement will. This will replace your daily multi-vitamin. Healing your gut, detoxifying the liver, reducing bloating and inflammation, and assisting in digestion. This will supercharge vitality and is my #1 supplement for all health levels. This will help to restore gut balance and provide enzymes to help process foods. There are many brands to try!! Try them all.

Enjoy!!


[Purium](#) (#1) use code HFE333

[Amazing Grass](#)

[Organifi](#)

[HealthForceSuperFoods](#)

# Breathing

 A practice of calm. With regular intentional breathwork practice you will see wonders to restore health and vitality.

Activation of the parasympathetic nervous system with deep relaxed breathing to establish resonance with the breath is a powerful tool that will accelerate recovery, boost heart rate variability, and lower blood pressure.

HRV(heart rate variability resonance) breathwork- 10 minutes/ daily after exercise is a great way to introduce this practice. This is the yin to the yang of exercise. Our western culture is “go, go, go” full of high intensity training and all or nothing mindset. These are examples of sympathetic activation. Parasympathetic activation is absolutely mandatory for all health levels. Especially if you have suffered trauma, abuse, or even minor car collisions. Regulation of the nervous system is often overlooked by western doctors. Restoring a natural, relaxing breath pattern has been shown to help with many chronic issues. This nervous system regulation will serve you in stressful, painful, emotional situations. A place where we can restore our peace.

Enjoy!!

 [TAKE A DEEP BREATH](#)

 [5.5 BPM HRV](#)

[SOMA HRV](#)

[Holy Trinity of Breath](#)

# Morning Movement

Pre-dawn/dawn sunlight spectrums have a whole host of benefits such as cortisol reduction, red light therapy, wrinkle reduction, increased alertness, melatonin suppression, improves Vitamin D production, improves sleep patterns, and increases energy. This light spectrum is a super food that has been a part of humans natural environment for most of history until recently.

A time to be still before the day starts, a time for gratitude and connection. Human health has had a steep decline since the invention of modern sleep/work practices. Early morning sunlight and sun-gazing is a biological necessity often overlooked. This is a simple and almost effortless step towards taking an honest step towards health. Ideally, 15-minutes prior to sunrise. If after this exposure you are still tired, then I encourage you to take a nap. Once this becomes a regular practice, introducing a walk or routine of

stretches and bodyweight exercises will seem natural. A routine of simple exercises and stretches should be moderate and energizing. A low intensity approach will allow for ease of recovery and consistent daily training. For a lifetime.

Enjoy!!

I hope this information helps you on your journey of health and wellness. If you find my top 3 tools insightful, please check out my *Foundations of Health* eBook that will lead you towards a lifetime of vitality.

-Jack