

TEN “AM” RITUALS TO ROCK YOUR DAY



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WELLNESS
COACH



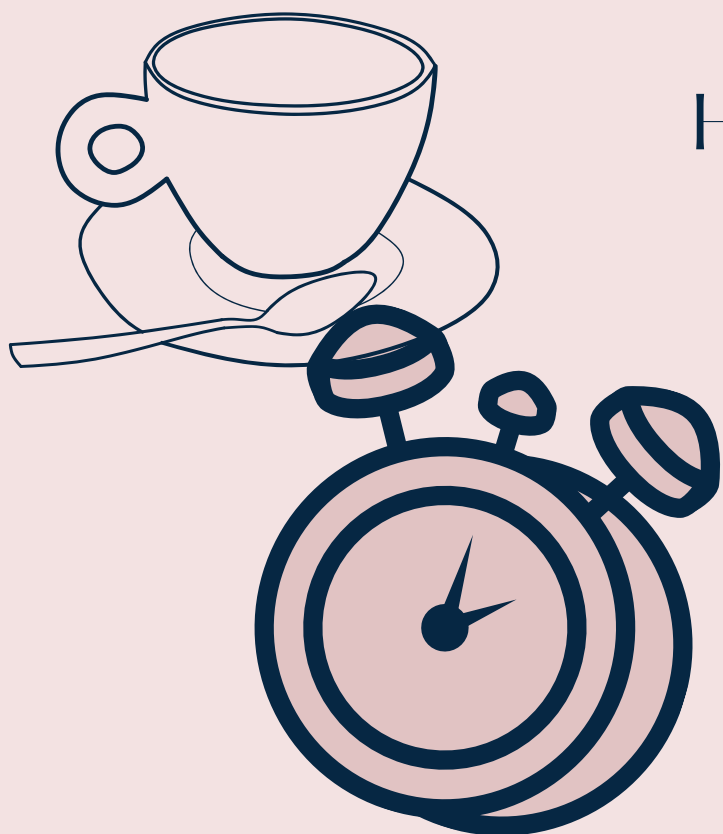
TEN “AM” RITUALS TO ROCK YOUR DAY



The definition of a
“RITUAL”: A ceremony
in which the actions and
wording follow a
prescribed form and
order.

- ♦ The body of ceremonies or rites used in a place of worship or by an organization.
- ♦ A book of rites or ceremonial forms

‘RITUALS’ for your body in the AM is a methodical and ceremonial set of ‘rites’ for YOU, Your Body, and over all well-being for a lifetime of optimal health.



HERE is the beginning 4–
Part “Mindset” Mantra:

WAKE UP
BE AMAZING
RINSE
REPEAT

What is the ‘end game’ the ‘end–result’ of adapting and integrating these simple techniques—which become routines and eventually ‘unconscious competent rituals.

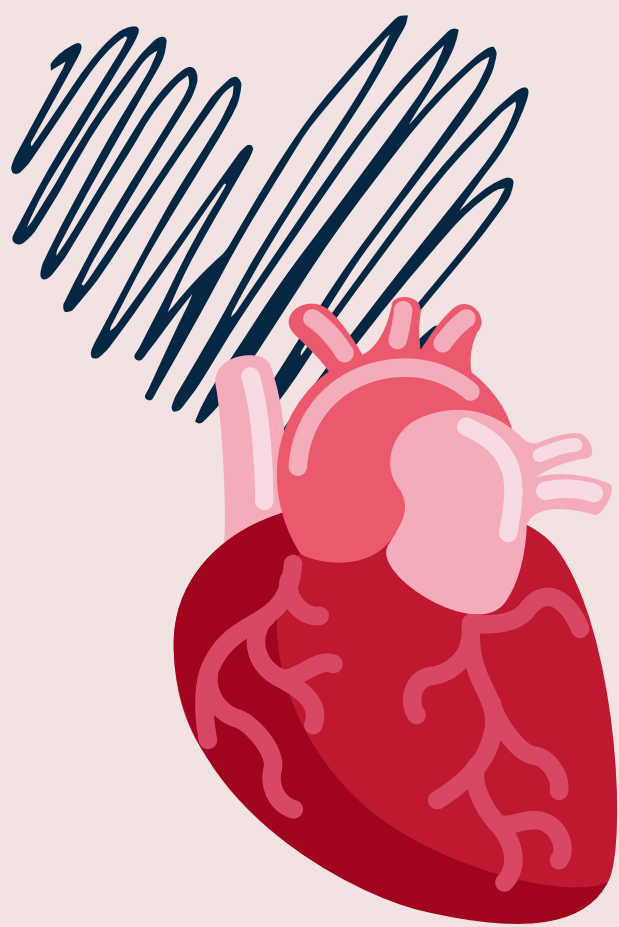


Always begin, as Stephen Covey said: ‘With the end in mind’. You WILL be a “PERFECT 10” in Mind and Body.

THINK about the svelte bikini clad woman running effortlessly on the beach or the Muscle Man with the 12–pack abs.

This will be YOURS as a Perfect 10 in primarily 3 out of 6 Arenas/Pillars of Human Awareness—Primarily Mental, Physical, and Emotional (Unrelated in this case are: Spiritual, Social and Financial).

4.) TIME TO WAKE UP--- SAME TIME EVERY DAY: (AN ALARM WITH A PLEASANT SOUND IS BEST).



Most heart attacks happen within the first 30 minutes of waking up in the morning. An alarm that sounds like a foghorn may be an ingredient to exacerbate this.

Wake up and breathe in and out. Stretch all your muscles and proceed to lift your arms to the sky, while standing, and then down to your ankles. Bring all this energy flow into your arms that are cradled from elbow to elbow and ‘rock the baby’ That BABY Bundle in your arms are all the blessings that your day will bring.

Follow this ‘gratitude stretches’ with YOUR personal ‘mantra’

“A mantra is nothing more than a collection of words strung together to create a positive effect. In Sanskrit, ‘man’ means ‘mind’ and ‘tra’ means ‘freeing’.



4.) TIME TO WAKE UP--- SAME TIME EVERY DAY: (AN ALARM WITH A PLEASANT SOUND IS BEST).



“Deploying self-affirmation inducing ‘mantras’ alongside persuasive health information has positive effects, promoting message acceptance, intentions to change, and promote positive behavior in your life.” —Dr. Carol Magda

It is truly remarkable how our minds work and can go either way depending on how we control our daily thoughts.

Many premier athletes and professional motivational speakers use and have been encouraged to use this tool before stepping out in the limelight. Why not you?



2.)WASH THE NIGHT AWAY: SPLASH YOUR FACE 7 TIMES WITH COLD WATER



It is truly remarkable how our minds work and can go either way depending on how we control our daily thoughts.

Many premier athletes and professional motivational speakers use and have been encouraged to use this tool before stepping out in the limelight. Why not you?

Have you noticed why your face looks a little puffy in the morning just when you are up from the bed? The reason for this puffiness is because of the cell regeneration of our pores when we sleep. Our pores expand and our faces seem a little puffy. A splash of cold water is all that you need. Washing your face with cold water has magical effects, especially in the morning. I recommend this ‘seven–time facial splash’ because the symbolism of ‘Exoneration and Healing’ In the Biblical book of Deuteronomy, that “seven is healing, restoration, and freedom. (Deuteronomy 15:1–2, 12).

2.)WASH THE NIGHT AWAY: SPLASH YOUR FACE 7 TIMES WITH COLD WATER

- Cold water works great as an anti-wrinkle cream! It tones the skin making it look fresh and younger.
- Cold water tightens and protects the pores that get opened up when the skin is exposed to sun's harmful rays.
- Fewer make-up touch ups are in your future, ladies. The tightening of pores may also help your make-up to stay on longer during the day

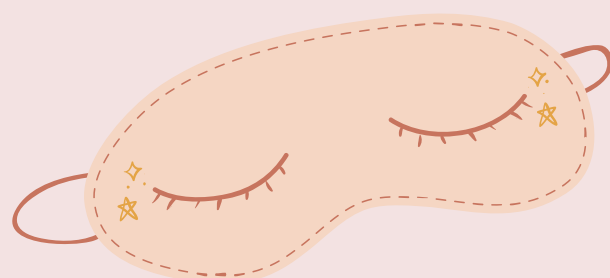


3.) TONGUE SCRAPING: SCRAPE AWAY THE WHITE COATING ON THE TONGUE.



The ancient Ayurvedic recommendation of tongue scraping is one that is often overlooked. There are many benefits to this daily practice for oral health, as well as overall physical and mental, health. Since the tongue and oral cavity are gateways between your mind–body system and the outside environment, maintaining the health of this vital organ is critical to general well–being.

When we sleep in a horizontal position, our digestive tract emits healing enzymes that are deposited on your tongue. These enzymes, although necessary, are the reason for ‘morning halitosis’. it says that by cleaning the tongue, “(this) removes foul smell, tastelessness ... and by taking out dirt coated on the tongue, teeth and mouth brings relish immediately.”

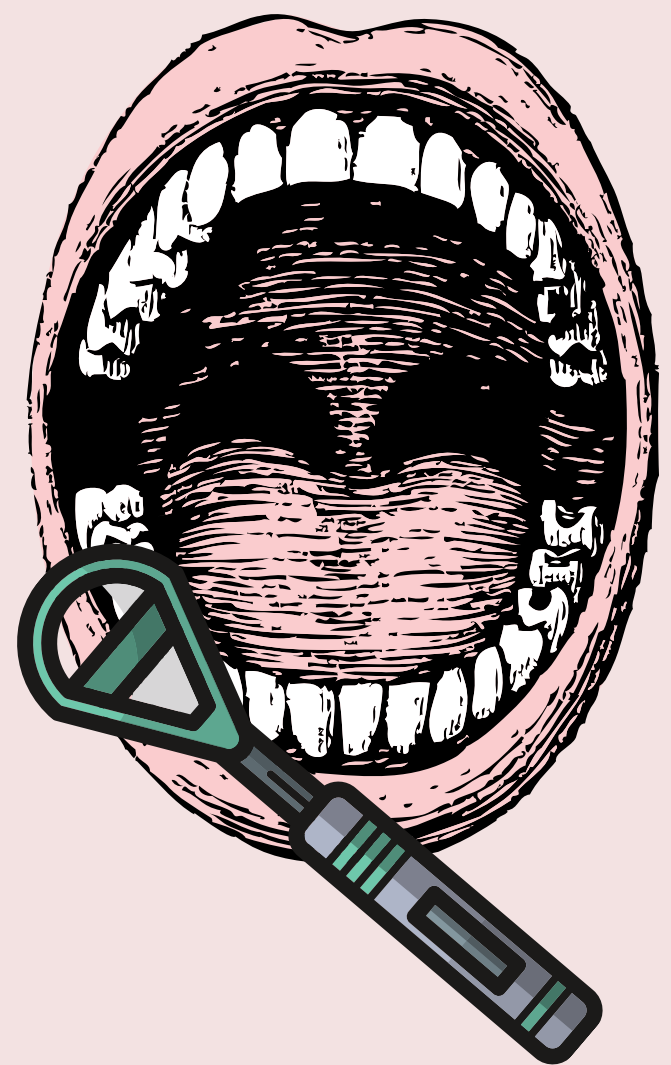


3.) TONGUE SCRAPING: SCRAPE AWAY THE WHITE COATING ON THE TONGUE.

People who clean their tongue on a daily basis, me included, can validate the cleansing and invigorating effects this practice has.

This simple practice is a direct way of removing toxicity from your physiology.

Scraping the tongue daily removes any build-up which, if left untreated, can lead to bad breath and may house a significant number of bacteria. This coating can result from improper eating, poor digestion, or a reflection of an imbalance somewhere in the gastrointestinal system: your 'second brain'.



Removing this coating will improve your ability to taste your food, which makes it more satisfying. By increasing your taste reception, not only do you eat less, but you also eliminate the need to add more sugar, salt, (unless the salt is pink Himalayan Sea salt) which, in excess, can lead to health issues.

4.) LEMON WATER:

RECIPE: One fresh squeezed lemon with equal parts water and 4 ganoderma drops



Is lemon water in the morning a part of your nutritional breakfast? If not, it should be! Lemons are bursting with a host of nutrients, including calcium, fiber, iron, vitamin C, and magnesium—meaning if you include a glass of lemon water with your breakfast, you'll get a much-needed (and delicious) boost of energy to start your day.

Lemon juice can be very hard on the enamel on your teeth, which is the outer coating that protects the health of your teeth, preventing sensitivity and decay.

Unfortunately, because tooth enamel isn't made of living cells, once it's gone, it's gone.

For this reason, you will want to dilute the lemon with water: 1/3 cup of water minimum.



4.) LEMON WATER:

RECIPE: One fresh squeezed lemon with equal parts water and 4 ganoderma drops

The Benefits of Drinking Lemon Water and Ganoderma

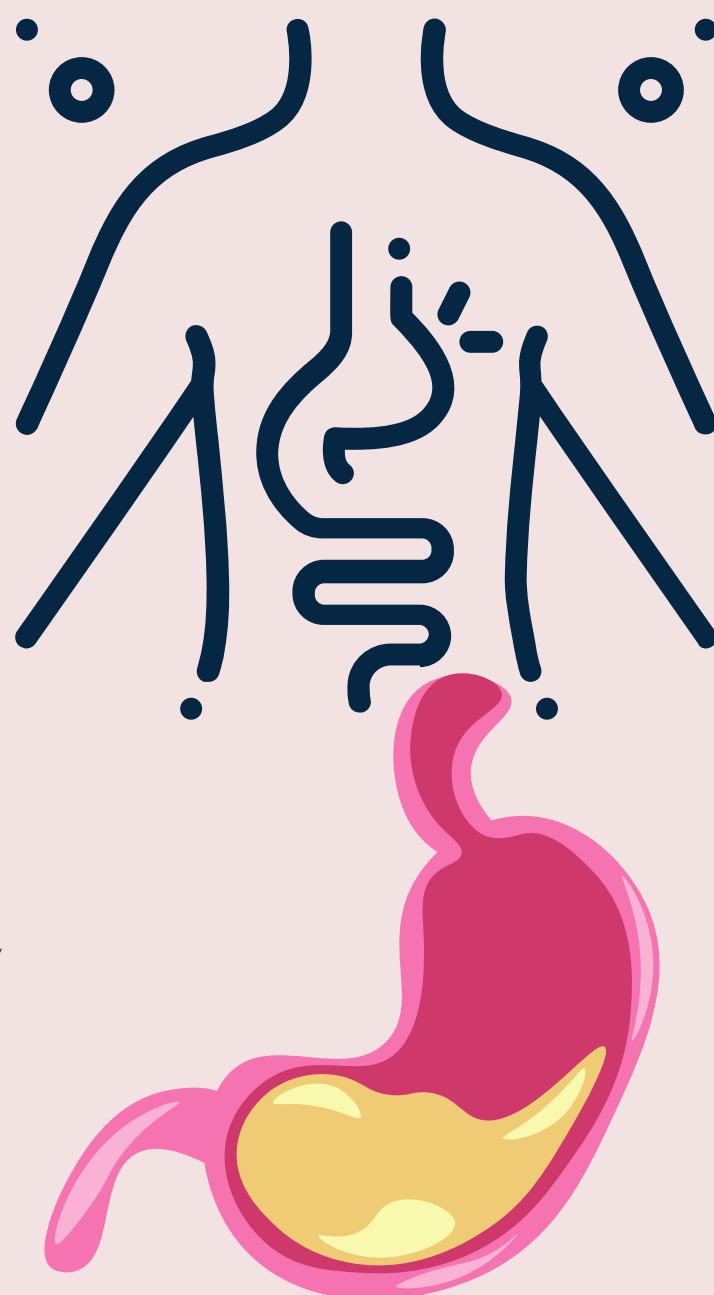
Shall we talk about Digestion (known as your second brain)—To optimize your digestion, try mixing the lemon with warm water? If you consume a cup or two of warm water in the morning, it will help rehydrate the body and regulate the digestive system. Lemon juice and lemon water relaxes the toxins in the digestive tract—this will assist in relieving symptoms of heartburn, bloating, and indigestion.

Lemon Water: The Natural flush

The liver is active when you sleep, since the body regenerates during rest.

Drink plenty of water throughout the day to help your body perform to the best of its abilities.

Drinking lemon water in the morning helps stimulate the production of bile and stomach acid.



4.) LEMON WATER:

RECIPE: One fresh squeezed lemon with equal parts water and 4 ganoderma drops

Immune system boost

Lemons contain potassium and Vitamin C, which are known to help improve immune system function. Drinking lemon water each morning allows your body to effectively absorb the vitamins and gives your system a much-needed daily immunity boost!

Clear Complexion

Drinking lemon water flushes out the toxins from your body and assists with beautiful, glowing skin. Your skin is the largest organ in your body and Lemons are rich in antioxidants, which combat the oxidative stress and free radical damage to prematurely age skin.



Weight loss

Although weight loss is a total health sub-category unto itself, drinking enough water each day can help increase the metabolism, thereby helping you manage and maintain a healthy weight. Adding lemon to metabolism-boosting water is an easy way to add flavor without the calories. Similarly, drinking warm lemon water in the morning in place of store-bought fruit juices or sugar-laden specialty coffees can substantially lower your caloric intake, leading to further weight loss.

4.) LEMON WATER:

RECIPE: One fresh squeezed lemon with equal parts water and 4 ganoderma drops

Alternative to coffee

If you get the morning jitters from drinking coffee, try replacing it Ganoderma infused Coffee (see benefits below) or skip and replace your morning coffee with lemon water. This antioxidant-rich beverage will leave you feeling refreshed and full of energy, because lemons inherently put, you're your body in an alkaline state.

Dental benefits

Did you know that drinking lemon water can help relieve toothaches and gingivitis? Just make sure to wait at least half an hour after drinking to brush your teeth, as citric acid can wear away at your enamel.



Viral infections

Are you plagued with a viral or bacterial infections?

Warm lemon water can help decrease the propensity of these infections: Sinus Congestion and Sore Throats included. Just add a tsp of pink Himalayan Sea Salt to your lemon water



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RECIPE: One fresh squeezed lemon with equal parts water and 4 ganoderma drops



Ganoderma

Ganoderma lucidum is a large, woody and tough mushroom used for various herbal remedies. More commonly known as reishi or lingzhi, this mushroom known as the Emperor's Mushroom, or the Mushroom of Immortality may have such beneficial effects.

As previously mentioned, having this herb in a droplet form in your lemon water and morning coffee in and of itself may assist your body's immune and cardiovascular systems and prostate gland. So "UPSIZE your Happy Meal" of Lemon Water with ganoderma.

5.) OIL PULLING:



Oil pulling is an alternative Eastern Medical Practice in which an edible oil is swished around the mouth for a period of time and then spat out, similar to mouthwash.

Practitioners of oil pulling claim that this simple procedure is capable of improving oral and whole-body health. Its promoters claim it works by pulling out toxins in your entire body: Oral Health is complementary to cardiovascular health. Use a couple of drops of an essential oil like a mouth wash. Coconut, Peppermint, and Frankincense Oils are my favorites.

Unfortunately, because tooth enamel isn't made of living cells, once it's gone, it's gone. For this reason, you will want to dilute the lemon with water: 1/3 cup of water minimum.

5.) SKIN BRUSHING—



Sluffing off dead skin allows your skin to breathe and skin that breathes is the largest organ in your body that assists all others to achieve optimal help.

Dead skin builds up every 3 to 4 days. So, this 'skin brushing' only needs to be done twice a week.

Dry brushing the skin really is as simple as it sounds—a firm, bristled brush is swept across the skin, from toe to head. It's called "dry" brushing because you aren't scrubbing up while you bathe or shower. Instead, both your skin and the brush are completely dry (although some people apply a dab of body oil to the brush before using it).

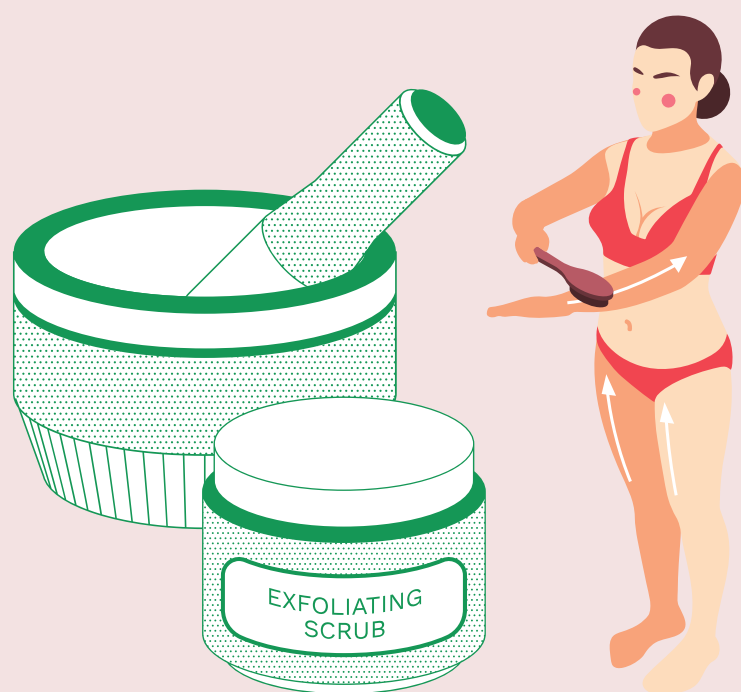
While dry brushing is a relative and presently new trend, it actually has its roots in ancient times. It's common in Ayurvedic medicine. Many cultures, including the ancient Greeks and Japanese, have used skin brushing to cleanse and beautify the skin.

It's simple DIY treatment: You can indulge in at home. All you need is a body brush, which is relatively inexpensive, and a few minutes. Dry brushing does have benefits. Here's what is known about this practice.

5.) SKIN BRUSHING—

It's Exfoliating: Dry brushing exfoliates the skin via physical exfoliation, just like body scrub products do. The bristles of the brush manually sweep away dull, rough, flaky skin cells. After a dry brushing session, your skin will feel softer and smoother.

It Increases Circulation: The brisk brushing stimulates circulation.¹ The leaves skin looking more radiant, albeit temporarily.



It's Invigorating and Energizing: Maybe it's the increased circulation, or maybe it's simply the few extra minutes indulging in a self-care ritual, but most people feel invigorated and energized after a dry brush session.

And there's no denying dry brushing just feels good on the skin (if it doesn't? You're probably brushing too hard).

Use light, quick brushes with a natural brush or loofa sponge for lymphatic cleanse and circulation. Doesn't it make sense to 'brush off' the dead to moisturize the new!

5.) SHOWER TIME—



Your SHOWER is more than JUST getting clean. Take a lukewarm shower and heat the water up and end with a hot/cold spray of water on your spine: 3 times (vertically from your skull to your tailbone) and end with cold.

Here are the 11 Benefits of Hot/Cold Showers:

COLD SHOWERS

Cold showers have seen a surge in popularity in the past few years. This is because it helps to keep your body and mind relaxed, improve your skin and is good for your overall well-being.

When you are taking shower with the temperature of the water below 70 degrees F or below the room temperature then it is a cold shower. Cold showers are considered to be a part of water therapy or hydrotherapy which has been practiced for centuries to train our body to adapt to severe conditions. As the result, your body can withstand stress, anxiety, and depression. Taking a cold shower also helps to increase your energy levels, keeping your mind and body rejuvenated throughout your whole day.

5.) SHOWER TIME—

BENEFITS OF TAKING COLD SHOWERS

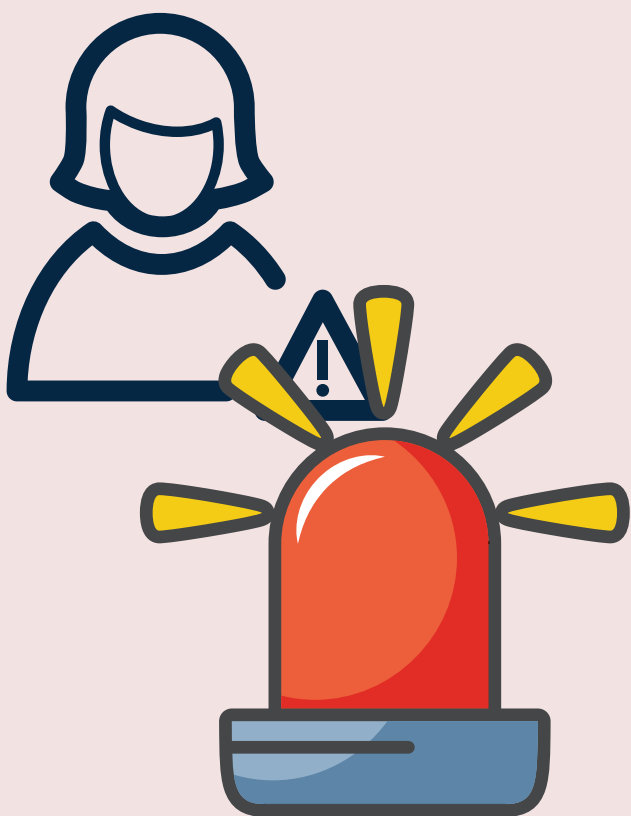
There are numerous benefits of a cold shower for your physical, mental health and well-being. Many people may not like the idea of taking cold showers, but once you become aware of the beneficial properties, you may not be hesitant to include a cold shower in your daily health routine. — because? You just feel more alive!

1.) IMPROVES YOUR EMOTIONAL RESILIENCE AND REDUCES STRESS



A cold shower sends a signal to your nervous system to be more resilient to stress. Hot/Cold showers improve the level of glutathione in the blood and decrease the level of uric acid, thus reducing stress in general.

2.) INCREASES ALERTNESS



A hot/cold shower stimulates your body to take deep breaths. This process increases the level of oxygen in the blood, at the same time reduces the level of carbon dioxide, thus waking up your body and inducing alertness. You will almost automatically feel more focused and more energetic throughout the day.

5.) SHOWER TIME—

3.) HELPS IN WEIGHT LOSS



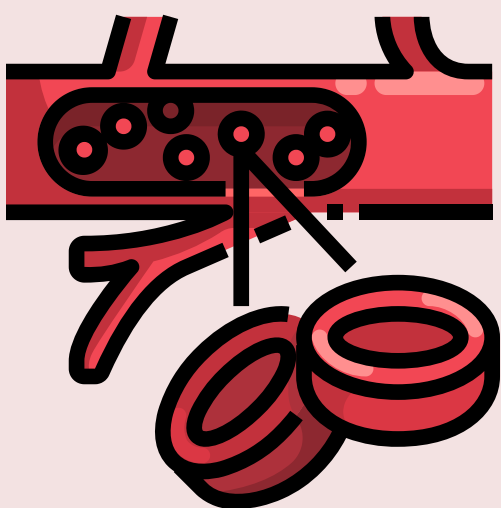
Hot/Cold water immersion induces weight loss. Cold showers stimulate the production of brown fat (fat that gives you energy by burning calories). Brown fat is mostly found in areas like the chest, spine and is present even in newborn babies. Unlike white fat, linked with obesity, brown fat is considered healthy fat in the body.

4.) BOOSTS YOUR IMMUNE SYSTEM



Hot/Cold showers boost your immune system by increasing the production of white blood cells. WBC or white blood cells are responsible for protecting your body against diseases and infections. An increased metabolic rate also helps to boost your immune system.

5.) IMPROVES BLOOD CIRCULATION



The cold in hot/cold showers increase blood circulation by sending blood to every organ to keep them warm. Improved blood circulation is beneficial for maintaining cardiovascular health.

5.) SHOWER TIME—

6.) IMPROVES YOUR SKIN

Hot showers strip the natural oil from your skin, making it dry and dull. Contrary to this, hot/cold showers retain the natural oil of your skin, making your skin soft and smooth. It increases blood circulation, regulating the sebum level, reducing skin dryness, thus has proved to be effective in reducing acne. Thus, it is also helpful in treating dry skin conditions such as rosacea and eczema.

7.) IMPROVES YOUR HAIR

Unlike hot showers which strips the natural oil from your strands making it look dry, dull and brittle, cold showers helps to retain the natural oil making your hair soft, shiny. It makes your hair healthy and strong by keeping the hair follicles flat and increasing their grip on the scalp, thus preventing hair loss.

8.)DRAINS THE LYMPHATIC SYSTEM

Hot/cold shower are directly related to positive affects for your lymphatic system. The lymphatic system carries out waste from the cells, thus protecting your body from diseases and infections.

Alternating between hot and cold showers is beneficial for your lymphatic system. Usually, when your body is exposed to hot showers lymph vessels relax and when exposed to a cold shower the lymph vessels contract. This process of contraction and relaxation of the lymph vessels helps in pumping out the stagnated fluid, resulting in a stronger immune system.



5.) SHOWER TIME—

9.) SPEEDS UP RECOVERY OF MUSCLES

Taking hot/cold showers is especially beneficial for a sports person as it helps in muscle recovery. After intense training or workout, the best thing to do to your body is taking a cold shower. Your muscles will be thankful to you. Taking a cold shower helps to improve blood circulation and get rid of lactic acid from the body, thus speeding up muscle recovery.

REVIEWING THE ‘HOT AND COLD’ SHOWER ROUTINE

- Get in the shower and get completely wet at a temperature that is completely comfortable for you.
- Slowly increase the temperature to the point you can barely stand it. Expose all areas of the body to this hotter water, including the top of your head and your face. Do this for a minimum of 30 seconds and up to 2 minutes for more effect.
- Now turn the water down to the coldest tolerable setting and expose all areas of the body to this colder water. Do this for a minimum of 30 seconds and up to 2 minutes for more effect.
- Repeat this alternating hot and cold exposure 3 times or more, always ending with cold.

At first, your hot and cold tolerance may be minimal, and it is important to honor your extremes in the beginning. However, you should work on building up to hotter and colder temperatures to increase your tolerance and the health benefits of the routine.

6.) BODY SPRAY:

Use a recipe of Epsom Salts/Magnesium into a glass spray bottle: Spritz all over.

Recipe: 1 tsp of Epsom salts to 1 pint of mineral water.



What does it do? How to use magnesium sprays? It could not be easier to use. Simply spray on to your body and massage into your skin. You can use the sprays on almost any part of your body. For the best results: apply to clean skin—ideally after a hot/cold shower or bath. concentrate on joints, muscles and areas of concern.

What are magnesium sprays?

Magnesium sprays are a quick and effective way to replenish your magnesium levels. Designed to be taken on the move, they come in a number of varieties and can be used for relaxation and muscle relief among many other applications.

How do they work?



Designed to be sprayed directly on to the skin, the magnesium immediately begins to absorb. This is known as transdermal absorption. This is incredibly effective as the magnesium goes straight through to your blood vessels and muscles rather than having to be absorbed by your digestive system.

6.) BODY SPRAY:

Benefits of magnesium sprays

- A quick way to replenish your body's magnesium
- Can be used 'on the move'
- Helps bones absorb calcium
- Relieves muscle tension and speeds up recovery time
- Allows for a restful sleep



7.) OILING THE BODY—

Now, let's move from 'oil pulling' to body oiling!



Give yourself the benefit of few drops of essential oil with coconut oil: as a protective barrier

against the dryness of the water and for the end of your shower

Coconut Oil commonly gets namedropped as the latest super-good-for-you miracle product. Admittedly, a year ago we'd barely heard of coconut oil. Maybe it was added in our vegetable green curry or as an ingredient relegated to the shelves of the local health food store, but not something we were putting on our face and bodies: Not yet at least!

Coconut oil has become a 'go-to' after shower product. Our glowing, shiny-haired subjects rattled off the different ways they used the super oil: as a nourishing face cream, repairing leave-in conditioner (especially at the pool or beach). Coconut Oil is basically beachy-scented body moisturizer.

But that's just the tip of the iceberg: It's actually beneficial in raising metabolism and boosting immunity, too. Choose Organic/Virgin coconut oil. This premium type is composed of medium-chain-length fatty acids, or triglycerides MCTs, which are shown to have many health benefits, including metabolic elevation, and acting as an antiviral, antifungal and antibacterial agent.

8.) SOLITUDE—

15 minutes meditation--- For focus, clarity, and relaxation for your day.



Nowadays we are surrounded with an abundance of digital technology many people carry around like a pet on a leash. Everything seems to be ‘urgent’: Marked with an ‘!!!!’! Notifications like social media updates, texts, and emails are a daily onslaught on our psyche.

Take some time out daily, to find a feeling of balance and clarity in your day-to-day activities — make it into a routine by practicing same time and place. This meditative space of solitude will become a generative haven. If you’re new to meditation?

Here is your BEGINNING:

- ♦ Place your “LEFT” hand over your heart. Feel your pulse. Place your “RIGHT” hand over your left hand. Feel your INCREASED pulse.
- ♦ RELAX and take three deep breaths in through the nose and out through the mouth.
- ♦ Place your hands on your lap and continue this breathing as you ‘look’ inside your mind.
- ♦ If your mind wanders? If you fall asleep? NO WORRIES! This is what you and your body needed just then---
- ♦ If you do need some assistance, guidance, and support? Go to: www.go.confidencetones.com where you’ll find ‘brain entrainment’ tones to assist you in your meditative journey.

9.) ADDITIONAL DAILY 'MULTIPLE CHOICES' ON OCCASION:

- Get Silly: Remember the 'child' that is within all of us; Find the Humor and Find the "FUN" in your daily Life
 - Wabi Sabi: Is the Ancient Japanese practice of finding the beauty in imperfection. Bottomline?NEXT TIME your spouses/partner does something that drives your nuts? See if you can find the gifts in it. This practice of Wabi Sabi will change your life!
 - Health Buddies: When Rev. Rick Warren created the 'Daniel Project' 15,000 people lost 250,000 pounds in their FIRST YEAR! The Church was the accountability/support group.
 - Something Hidden: Carry that 'special' personal anchor into a daily and especially a new project.
 - Performance Counts: The Iconic Serena Williams bounces her tennis ball five times before she serves. Why? FOCUS! Find your focus in the little things and nail your daily performance!
-
- ♦ Give it Away: The POWER of giving! Find something you can give away 'every day' without expecting anything in return. This 'giving tree' will plant seeds of greatness in you.
 - ♦ Email/Social Media Tyranny Awareness: Emails in your inbox are just a list of other people's agendas for your time. Set your own agenda and time limits before you dive into your daily: Inbox/Facebook/Instagram/Twitter/Telegram/Tic Tok-- Get a sheet. Use the sheet. Divide the sheet into three quadrants:
 - 1.) What you need to do?
 - 2.) Who you're waiting to hear from?
 - 3.) Who you need to contact ?

9.) ADDITIONAL DAILY 'MULTIPLE CHOICES' ON OCCASION:

NOW? You are ready to “attack your affirmative day”.

- The Appreciation Game: “What you put your attention on grows stronger.”

This Five Minutes of Daily Focused Attention will direct your day in love and gratitude.

- Write about it:

Whatever is on your mind? Write about it! Writing can be extremely therapeutic, help you re-evaluate, re-calibrate, and progress your life and dreams

- Call Someone who Cares: Call someone who supports you and encourage you: A true balcony person. Be a good listener and let your friend talk about the things they want to talk about too.



10 RITUALS IN SUMMARY:

1. Time To Wake Up: same time every day — an alarm with a pleasant sound is best.
2. Wash The Night Away: Splash your face 7 times with cold water
3. Tongue Scraping: Scrape away the white coating on the tongue (from your digestive tract)
4. Lemon Water: One Fresh squeezed lemon with equal parts water and 4 ganoderma drops.
5. Oil Pulling: To rid your body of toxins, use a couple of drops of an essential oil like a mouth wash — Frankincense is my favorite.
6. Oiling the body: Give yourself the benefit of few drops of essential oil coconut oil — as a protective barrier against the dryness of the water.
7. Skin Brushing: Use light, quick brushes with a natural brush or loofa a sponge for lymphatic cleanse and circulation.
8. Shower Time: Take a lukewarm shower and heat the water up and end with a hot/cold sprat of water on your spine — 3 times (vertically from your skull to your tailbone) and end with cold.
9. Body Spray: Use a recipe of Epsom salts/magnesium into a glass spray bottle — spritz all over. Recipe is 1 tsp of Epsom salts to 1 pint of mineral water.
10. Sitting Still: 15 meditation — for focus, clarity, and relaxation for your day.

10 RITUALS IN SUMMARY:



**"RITUALS ARE THE
FORMULAS BY WHICH
HARMONY IS RESTORED."**

— Terry Tempest Williams

READY, SET, GO and GROW!! Ritual are not talks or a checklist to put a tick beside and “DUN”.They are about finding fulfilment in the little things in life and to encourage a growth mindset. You start by incorporating them gently or EVEN find moments in your day to create your VERY OWN.



10 RITUALS IN SUMMARY:

As referenced before: “One must live in moderation and do nothing to extremes.”—
Dr. Carol Magda

The best Mantra of all is:

**‘Happy, Happy, Joy, Joy, Happy,
Happy, Joy’**

**Repeated enough long enough, and
often enough, until it BECOMES YOU!**

My favorite original quote:

**“HEALTH is NOT something you DO—
— But WHO you ARE... and What you
BECOME along life’s Journey”!!**

Become who you are destined to be by:

**Sow A Thought, Reap An Action.
Sow An Action; Reap A Habit.
Sow A Habit/Ritual Reap A
Character.**

Sow A Character Reap A Destiny

**You CAN Live Life FULL and Die
empty—— With OPTIMAL Health!**





THANK YOU



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