

# Mind-Body Nutrition Tools

## 21 Day Protocol

Welcome to your 21 day program to realign your mind and body so you will feel a greater sense of wellbeing, more energy and peace within your body.

Mind-body tools are powerful because they work with your body's energy systems, and these systems are literally the creators of your physical body, regardless of what food you eat or don't eat. There is evidence of this everywhere, people eating all sorts of diets and having completely different body shapes, weights and sizes. So we know that it's not ALL about food.

Your body is fundamentally energy, and these tools are designed to balance and harmonize your energies for improved digestion, hormonal balance, lower cortisol, greater peace, more energy, feelings of wellbeing and more positive emotions. Together, this is a powerful recipe for greater balance in your physical body, and it will be easy for you to feel lighter, on all levels.

**\*Introduction video view [here](#).**

### 21 Day Protocol Daily Plan

Before Breakfast	Anytime in the Morning	Throughout the Day	In the Evening
*Water Ritual (750ml - 1000ml)	*Energy Routine, follow the video (you can repeat this routine in the afternoon/ evening too)	*Water Drinking *Mindful Eating *Brain Heart Coherence x 5 sessions	*Guided Meditation & Visualization

**For the next 21 days please commit to the following practices:**

#### WATER DRINKING

1. Drinking water before breakfast - this is one of the most critical things for a healthy, clean, light feeling body. The more hydrated your cells are the less propensity to store fat, and nothing moves without water, and when you wake up it's important to enhance the cleansing process your body has been busy doing all night whilst you were sleeping. Before you eat or drink anything else, drink 750ml-1 liter of natural spring or mineral water. Room temperature. You can do this in any way you like, perhaps the following water ritual will give you some inspiration...

*Water Ritual - before bed, prepare 1 liter of water and pour into a glass jug. Keep it natural, or add fresh herbs (rosemary or mint for example), or fruits (lime, lemon, cucumber etc) even add a pinch of good quality sea salt or pink Himalayan if you wish. Cover loosely and place somewhere that's quiet and calm in your home. In the morning mindfully enjoy this water, know that it is cleansing your body, on all levels, helping to improve elimination and letting go, and hydrating your cells.*

2. Water throughout the day - this is so important for the proper functioning of your entire system, and directly impacts your mood. Also, if you are dehydrated your body will operate under the state of 'stress' rather than 'ease'. The former creates imbalance, stagnation, dis-ease and heaviness. Ease, however, creates balance, flow and lightness. In addition, please drink a further 2 liters of natural spring or mineral water throughout the day. Please do not drink straight after eating, this dilutes the digestive enzymes and weakens digestion.

**\*For an explanation of the Water Ritual view [here](#).**

## MINDFULNESS EATING

Eat whatever you like, and enjoy it! When you are eating I'd really like you to pay attention to what you're eating, and take pleasure from it. Really taste your food. To do this you will need to slow down, breathe calmly, focus solely on your food rather than the TV or iPhone, and most importantly, chew your food really well. Do not swallow anything unless it is fully chewed and almost liquid. Your stomach does not have teeth! The more you chew your food the less stress impacted upon your system. Also, the calmer you are, the more energy your body has to fully and properly digest your food.

**\*For an explanation of Mindful Eating view video [here](#)**

## MORNING ENERGY ROUTINE

I will teach you how to directly influence your body's energy to help create more balance and flow. We will work with acupressure points to actively reduce cortisol levels, improve digestion, help you to feel more grounded and secure.

If time is short in the morning for you then please follow the 'Quick 6 Minute Energy Routine'. This is really powerful, even though it's shorter. Please follow the videos below.

Also, you can use any of these exercises on their own at any time during the day to support your energy in any way you feel you need. You can also do the 6 minute routine multiple times in the day to really enhance the impact of this work.

**\*Please watch this video before doing the routine for the first time.**

**\*15 Minute Energy Medicine Routine**

**\*Quick 6 Minute Energy Routine if time is short in the morning**

## HEART BRAIN COHERENCE POSE

The more in harmony your mind and body are, the more powerful, confident and energized you will feel. Please do this pose at least 3 times throughout the day, before meals would be really helpful for your digestion, use my video to guide you the first few times.

**\*For an explanation of the Brain Heart Coherence pose watch [here](#)**

## EVENING GUIDED MEDITATION

Please listen to this recording each night, ideally as you're about to fall asleep. If you fall asleep whilst listening, even better! This is reprogramming your subconscious mind to feel love and appreciation for you and your body, that your body is healthy, balanced and strong, that you care for your body in a way that makes you feel good. This recording, and reprogramming your subconscious mind helps you to let go of limiting belief and thought patterns. It helps to re-write "I'm not good enough" and "I don't like my body" into "I am good enough", "I love my body", "I am health and strong". This is crucial because your autopilot habits, behaviors and choices are all directed by your subconscious mind, so by doing this you are making it much easier for you to feel good, and for your body to feel good too, whatever that looks like for you.

**\*You can listen to any of the guided meditations below, they range between 15 and 30 minutes -**

**I Am Energy & Vitality**

**I Am Detaching From Fear & Anxiety**

**Let Go Guided Meditation**  
**I Am Gratitude & Self Love**  
**Abraham Hicks Physical Wellbeing**

Please reach out to me if you have any questions - [laura@lovebeu.com](mailto:laura@lovebeu.com)