



The 7 Laws of Wellness: Rest

48 Day Transformation

With Dr. Michele Menzel, ND

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Meet Dr. Michele Menzel

Doctor of Naturopathy, Diplomat of Pastoral Science,
 Certified Nutritional Counselor, German New Medicine
 Consultant, Certified Natural Health Professional

Disclaimer

- Not a licensed medical doctor.
- This lecture is not intended to diagnose, prescribe or treat any illness.
- Statements not approved by the FDA or any other state regulated organization.
- These statements are from research gathered by Michele Menzel, ND.



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7 Laws of Wellness

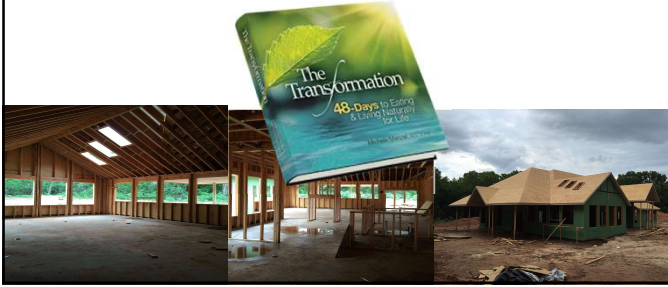


1. Nutrition
2. Hydration
3. Detoxification
- 4. Rest**
5. Faith
6. Exercise/Oxygen
7. Sunshine/Outdoors



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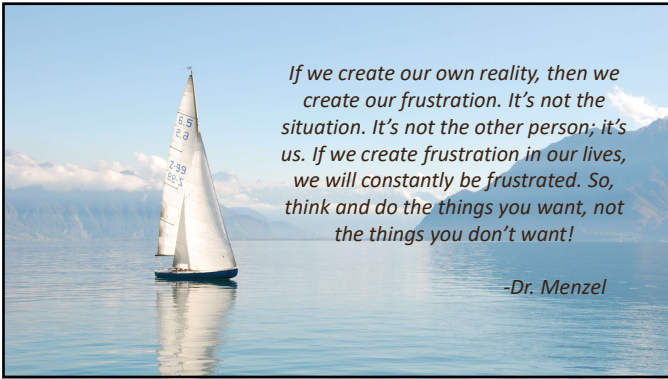
In my reality, I'm caring for myself while creating my dream.



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If we create our own reality, then we create our frustration. It's not the situation. It's not the other person; it's us. If we create frustration in our lives, we will constantly be frustrated. So, think and do the things you want, not the things you don't want!

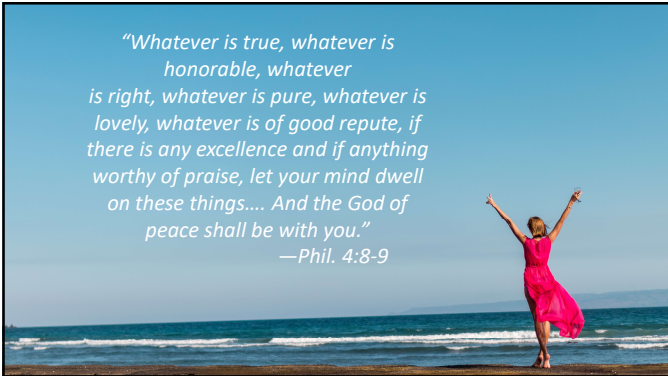
-Dr. Menzel



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"Whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things.... And the God of peace shall be with you."

—Phil. 4:8-9



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EXHAUSTED?
CAN'T SLEEP?
ANXIOUS?
DEPRESSED?

THE ENERGY PRESCRIPTION

Give Yourself
Abundant Vitality with
the Wisdom of America's
Leading Natural
Pharmacist

Constance Grauds, R.Ph.
and Doug Childers

Foreword by Larry Deane, M.D.

48 Day
Transformation

"An undisciplined mind leaks vital energy in a continuous stream of thoughts, worries, and skewed perceptions, many of which trigger disturbing emotions and degenerative chemical processes in the body."

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The Body Runs in Two Phases

Active, daytime phase = sympathetic

Healing, nighttime phase = vagatonic

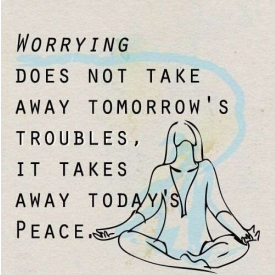
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The Daytime Phase Is Our Active Phase

- When we wake up in the morning, we should be alert and should feel energized and ready for the day.
- We should be productive and have energy throughout the day.
- Our body was designed to handle normal activity and everyday stress. Yes, the body was designed to handle stress!


48 Day
Transformation

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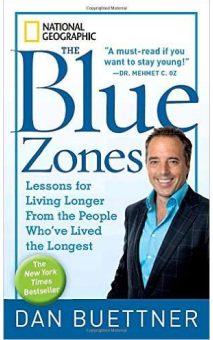


How to De-Stress YOUR Life

1. We all have everyday responsibilities that should have boundaries.
2. Be happy with your stage of life.
3. Express your creativity!
4. Set your intentions!
5. Purpose to wake up happy!
6. Make a gratefulness list!
7. Say to yourself everyday, "I love you; I forgive you, thank you."
8. Use positive affirmations!
9. Quote inspirational Scripture.
10. Set realistic goals for the day!
11. Reset priorities!




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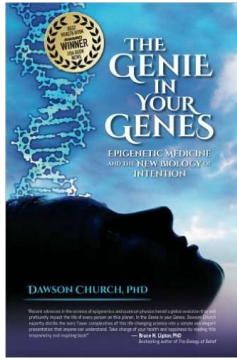


Think about your intent and purpose for the entire day-and all the things you want to accomplish

Every day we should be productive, creative, and have a purpose to be fulfilled.




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"imagine the healing arts of the future reformulated around the idea of thoughts, driven by the power of feelings, as shapers of our reality."

Consciously, or more frequently, unconsciously, we choose how we feel at every single moment!



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POSITIVE AFFIRMATIONS

TO START YOUR DAY

I will be present in every moment.

I am smart.

I am kind.

I am brave.

I am beautiful.

Today is a great day.



Everything that happens in the body is based on a subjective experience and how we perceive it!

48 Day Transformation

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The Nighttime Phase Is Our Rest Phase


- Everyday your body needs to heal from daily stress
- Essential to help return body to "homeostasis"
- Responsible for the "relax and renew" process
- Avoid eating after 6pm



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MAGNESIUM BATH CRYSTALS

As it Gets Closer to Bedtime:

- Take a short shower after a sauna.
- Soak 30 minutes in a magnesium crystal bath with essential oils.
- After a bath or shower, rub down with a towel.
- Apply one or more evening essential oils on the bottoms of your feet, the back of your neck, etc.

• You had enough time in the day to accomplish what needed to get done

• Tomorrow is a new day, fresh, with no mistakes

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Optimal Hours of Sleep

- We need 6–9 hours of uninterrupted sleep per night.
- Optimal hours—down by 10p.m., up at 6 a.m. Get into the habit of lying down at the same time every night. The body loves a schedule! It's on a time clock.

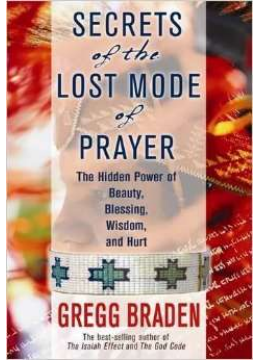
No electronic devices near the bed. Put your cell phone in another room to charge at night. Use Gia Wellness products to protect your room from electromagnetic radiation. Use a Home Harmonizer and cell chips. Do not use a night light. The pineal gland needs complete darkness to fully release melatonin to promote deep sleep.

If you need help falling asleep, try one of these ideas:

- reading • personal prayer • listening to music • meditation • yoga • drink a glass of raw milk • listening to relaxation CDs that guide you through personal healing. Experiment to find your favorite.

Prepare the bedroom for sleep.

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Secrets of the Lost Mode of Prayer

The Hidden Power of Beauty, Blessing, Wisdom, and Hurt


GREGG BRADEN

The best-selling author of *The Isaiah Effect* and *The God Code*

An old, new mode of prayer

“Feel the prayer as if it had already happened.” Create your day, as if it had already happened!

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Create a Home Environment that Promotes Rest and Wellness
 Started out slow and add wellness features as you can afford them:

- soaker tub
- salt water pool
- exercise room
- ozone generated hot tub
- far infrared sauna

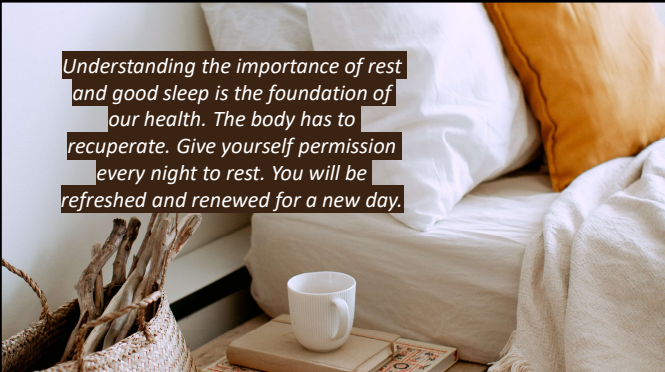
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Use Natural Therapies to Assist in Achieving Rest

- SpectraVision™—correct disrupted energy patterns
- Far Infrared sauna
- Body Balance foot bath
- Natural sleep support supplements
 - Bio-Identical Melatonin
 - Deep Sleep
 - Reset!

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Understanding the importance of rest and good sleep is the foundation of our health. The body has to recuperate. Give yourself permission every night to rest. You will be refreshed and renewed for a new day.

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