

Getting Started

Reveal Your Natural Beauty



By Margo Jakobi

~Dedicated to You~

Fear builds nothing and destroys everything!

Look deep inside your heart

For here exist the tools of Love

Build the life you desire

Never look back with regret

Move ever-forward

Accepting golden opportunities presented

If none be seen

Create your own with joyful intention

Calling out your will to the Heavens

Stand up and shine like a Star

You are brighter than any in the night sky

And far more beautiful to behold!

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Introduction

To Getting Started.

It is my aim to quickly point you towards tools that can offer lasting change. A guide does not have all the answers, a guide merely points out what is possible and the paths that can be taken or what may be useful in what one seeks to know. As a qualified guide with over 12 years of personal experience, I offer you a simple yet effective guide(if you use it), born from thousands of hours researching and implementing tools that have helped me regain wellness on a whole new level.



SAD Diet-1999 ~ Living Foods 2010

Connections

The computer is your friend. The internet is a treasure trove of information, although often daunting in the amount of info available. This guide will be most valuable in assisting you move through that task easily. No matter where you live or what your goals are for your personal happiness and well being, you most assuredly can find the connections that will help you thrive on your journey of self-transformation via the internet. If you feel drawn to something or someone in your quest for optimal wellness, by all means, take your time and research your avenues. As always please proceed with care and consult a physician before beginning any new course of action.

(Disclaimer- I am not a health care professional. You are solely responsible for any choices you make regarding your own life and health. Never do anything if it causes you pain or discomfort. Regarding any new diet or activity always proceed with care and consult a physician before beginning any new course of action, especially if you have pre-existing medical conditions).

Talking the Talk

I am not here to convince you of what you should do or not do. This guide was created for people who are **ready** to take steps towards Living & whole foods. You need only take small steps towards what is right for you. Finding out what is available for your consideration is what this guide is for. There is no rush, no need to be extreme. Being kind and gentle with yourself and taking your time is KEY.

Go ahead, admit it, you have been through hell, so go easy on yourself, it will make positive changes more effective and everything will fall into place for you. I leave it up to you to discover why you should or should not do something. It's your body and your life after all. I am merely pointing out the basics and the possibilities. You are going to have to discover for yourself the theories behind the ideas and decide if they are right for you. It is my belief that the body is a sacred instrument and learning

how to care for it should rank top in essential life skills a person ought to know. The only way to know how to care for yourself is to stop and see what is NOT working in your current situation. Your thoughts will allow you to make your body strong and able, or allow your body to age and deteriorate. Whatever you choose is fine, that's the beauty of free will. It's always your choice, please do not think for one second that is otherwise. Do yourself a favor right here and now: take full responsibility for your well being! You will find that any changes you decide to make will be more effective and long lasting, than if you go into this with a quick fix attitude, interested only in losing weight as quickly as possible and you don't care how you do it.

You did not get the way you are over night; it took months....years even, of choices made over and over again, to get you to this place. You know what activities are slowing down your progress to well-being and if you have not made some important

connections as to cause and effect of your choices and habits, no worries, for the information gathered here will set you upon a helpful path of self exploration that will be most useful to you. You must be willing to accept that it's going to take time to set into place new habits that will transform your life into the dream vision you have of yourself ♥

Time used wisely is a good thing! So take your time and use it wisely to find your best options!

There are going to be days that flow effortlessly, there are going to be days that take as much effort as you can muster. So contemplate this; there are no good days or bad days, just days. Each day is a new start and the opportunity to do your best...again and again. Do not imprison yourself with unreasonable or impossible expectations. That is just asking for misery. Instead, take it a day at a time, step by step allowing yourself to go with the flow as you learn about lifestyle's that works in harmony with your body, heart and mind.

Community

Community is helpful and online communities can allow you to thrive as well as share tools so you may build stronger community where you live.

I have listed blogs and sites by people who will absolutely inspire you with all the creative energy and passion they have to share. You will have the links to connect with people from all walks of life, from all around the world and make new friends and acquaintances that will warm your heart and give you strength and encouragement as you make your journey into a more rewarding lifestyle.

Ask questions. Do not take one persons opinion as truth. Read the forums, get involved and ask questions because that is how you gather priceless information. We must become investigators; this helps us formulate the ideas that will assist us on our quest to find what works well in our life.

Here you will find the essential links that may resonate with you.

From these links you will find all other essential links, from blogs rolls to raw info from A-Z.

These are the links to GET YOU STARTED!

Community Links

<http://rawfoodrehab.ning.com/>

<http://www.giveittomeraw.com/>

<http://www.30bananasaday.com/>

<http://eat.rawfood.com/>

Raw Food Directory

<http://www.allrawdirectory.com/>

<http://www.living-foods.com/>

Raw Food Recipe Links

<http://goneraw.com/>

Health Rejuvenation Links

<http://www.living-foods.com/resources/health.html>

1.) Breath /Hydration

Links on Breathing

<http://www.drweil.com/drw/u/ART00521/three-breathing-exercises.html>

<https://www.amsa.org/healingthehealer/breathing.cfm>

<http://www.abc-of-yoga.com/pranayama/>

<http://www.yogapranayama.net/>

http://www.yogapoint.com/pranayama/pranayama_science_1.htm

Links on Hydration:

Hydration Calculator

<http://www.bottledwater.org/content/hydration-calculator>

Links on Lymphatic System

<http://www.herbcompanion.com/Health/Love-Your-Lymph.aspx>

As part of this e-book I have provided free access to the link below.

Visit when you need info quick.

<http://1rawcoach.blogspot.com/>

2.) Body Movement/Foods

Benefits of Body Movement:

<http://www.abc-of-yoga.com/beginnersguide/yogabenefits.asp>

<http://www.wikihow.com/Get-in-Shape>

<http://www.workoutwell.com/>

Yoga Video

<http://www.youtube.com/user/sadienardini>

3.) Mental/Spiritual

Stress:

<http://stress.about.com/od/generaltechniques/tp/toptensionacts.htm>

<http://www.findcounseling.com/journal/health-fitness/>

<http://www.businessballs.com/stressmanagement.htm>

http://helpguide.org/mental/stress_management_relief_coping.htm

<http://www.reduce-my-stress.com/stress-5b.html>

<http://www.trendmaker.com/fun/v6fun402/>

Move your body, however you feel suites you best, I LOVE Yoga. Find what you love and do anything you can to live stress free!

Walking the Walk

Breathing and Hydration are two of the most essential activities you can do every day and it is vital for so many reasons, but keeping your lymph glands clean and working properly depends largely on this. There is far more lymph fluid in your body than blood and the only way to keep that fluid moving and fresh is through deep breathing and exercise.

Proper breathing and breathing exercises along with staying adequately hydrated is the cornerstone of well being. I can think of nothing more important than these two activities, when done consistently and properly, as the best way for you to maximize looking and feeling your best.

Move Your Body

Any of these activities will help you get started:

- 1.) Walking
- 2.) Stretching
- 3.) Cardio
- 4.) Lifting Weights
- 5.) Dancing
- 6.) Yoga
- 7.) Swimming
- 8.) Running
- 9.) Hiking
- 10.) Bicycling
- 11.) Mixed Martial Arts

The key to body movement is to be as consistent as possible. Regardless of your circumstances, moving your body is a priority and then stick to your guns, you'll be glad that you did and you will have a body that continues to work effectively for you well into your golden years and beyond.

Food

When eating cooked foods you want it to be whole food, brown rice, whole grains, baked or grilled, stir fry and steamed. Raw fruits & vegetables, dark leafy greens and soaked seeds and nuts are what the human body is designed to thrive on. Any of the community links I have listed will have a collection of awesome recipes. You can read about how other people include fresh, living foods in their daily diet. You can be very creative about it and make it fun and easy. If you would like to see results while learning how to incorporate more living foods into your diet, a good rule of thumb is to start out with half of what you eat being raw. Then just continue to up the raw % until you are eating 70% or more raw foods a day. You will see and feel the benefits!

Spiritual/Mental Matters

I am big on live and let live. I don't think it's necessary for me to worry about what another person's spiritual beliefs or practices are. You can tell a lot about a person, not by what they say but by what they do, how they choose to live their life. No one is perfect and no one person has all the answers. I think the key word here is LOVE. If you use fear, guilt or shame to control yourself or anyone else, you are probably going about things the hard way. Find ways to cultivate as much love and joy into your life as you can. People and activities that hinder your happiness are perhaps not the best source of support for bringing about positive change.

The old saying: Misery loves company is true, so if you are unhappy with the company you keep or if the company you keep always seems to be unhappy or even cruel and often angry, why not just go your own way and let them go theirs. When you begin to

change your life story you also begin to change your vibration and you draw to yourself a new kind of energy.

New friends and new activities to support your chosen way of life is a very liberating. Don't let fear of the unknown hold you back from being who you want to be.

No one controls you unless you allow it. Trust me, misery will always be there, but the opportunities to live your dreams are worth your energy right now. .. Decide that Stress is not the reaction you want to have towards everything that happens. I have never found worry to be a practice that is useful in any way shape or form. I throw worry away like an ugly worn out coat. I just have no use for it.

The thoughts you choose to cultivate happiness and well being are incredibly important! Choose your thoughts well each day, and soon they will bloom as living truth in your life.

In Conclusion

Your thoughts are perhaps the greatest friend or foe that you have to work with. If you are lax when it comes to aligning your thoughts in a way that will support your happiness and well being, then you will see clearly and often times painfully, where you are going awry. The good news is that if you take the time and make a consistent effort you cannot go wrong. You can learn to observe yourself and your habits without heaping destructive judgments upon yourself. You can begin to reshape your life and your body by learning from your experiences. Some people call them mistakes; I call them opportunities to grow. Without a bit of fertilizer in the garden how would all the beautiful plants and flowers grow and thrive? Be patient, kind and thoughtful with yourself.

You are worthy of as much love and care as you give to those you love and care for. Wake up and focus on the beauty and the blessings that surround you.

Finally, NEVER underestimate the power of Love. It's always there, even in the darkest of times, so never give up the dreams of your heart.

It's never too late to start anew. Choose wisely how you Live today so that all your tomorrow's are the best they can be♥

