

HEALTH MENTORING

for
YOU



3 months of
body intelligence
movement intelligence
nutritional intelligence &
spiritual intelligence
to get you healthy!

DO YOU NEED SOME HELP WITH YOUR HEALTH?

As we get busier and busier, it is harder and harder to find time to take care of ourselves. And then when you do have time, there are so many quick fix, detox, pill popping solutions, you never really get to the crux of the issues.

Hence, it is more important than ever before to take a holistic approach to your health, looking at your mental, emotional and physical health that will drive your happiness. It is about developing easy habits that you incorporate into your daily life for the long term, creating a new way of being,

rather than just doing a health program.

I have many experiences to share after my own "health journey" and draw from 15 years of experience helping people to return to optimal function after injury and illness.

Please read on to get an understanding of this dynamic program and more about why I am passionate about helping you get healthy.

This mentoring program is designed specifically for you, tailoring each module to your specific needs.



3 month program

The mentoring program can be done either online or via phone. You will be held accountable every step of the way to ensure your success.

my medical debacle



The important appointment

It was an important day for me. After a multitude of diagnostic tests, I was to visit the gastroenterologist and find out the answers. I was not only hopeful of a diagnosis, but I was hopeful of a solution that could see me feeling good again. I had suffered for a long time from quite severe gut problems, to the point that I would be curled up in a foetal position, unable to move because of the pain. It was not uncommon for me to go out to dinner or a party wearing a nice dress, and by the end of the night, be busting out of it because my stomach had bloated out so much. It was also not uncommon for me to make it only half way through a netball game because I was doubled over in pain. So, I was confident there was something quite obvious wrong with me and I was confident that with all the tests I had undertaken, the diagnosis would be evident.

The diagnosis

What I received from the gastroenterologist was not a diagnosis. It wasn't a maybe it's this or maybe it's that. No. What I received was an "I'm sorry. Nothing has shown up on your tests, so I don't know what is wrong with you. Here is a prescription for anti-depressants".

On the one hand, this specialist destroyed my already waning self confidence, squashed what little was left of my spirit and in hindsight, after that consult, the anti depressants were probably what I needed!! On the other hand, this specialist gave me the absolute determination and motivation to

figure it out and look elsewhere for answers.....without taking the antidepressants!

The journey of "discovery"

So this led me on a journey of.....um, let's call it discovery. I sniffed ointments, I swallowed potions, I read books, I consulted witch doctors and guru swami's of all things from herbs to numerology. You name it, I tried it. And each time I tried something, I would get one more piece of the jigsaw puzzle, getting a little closer to the whole answer and a little closer to feeling like a wholesome human.

Health and happiness

At this point I was studying my degree of Occupational Therapy, and, I now realise, this was actually an integral part of being able to not only find the pieces of the jigsaw, but to be able to put them together. The fundamental philosophies of OT taught me that health and happiness is not just about getting rid of pain, it's not about just treating the symptoms of disease, and it's not even about having a healthy body. It is about having **meaningful occupations, meaningful relationships, a deep respect for your body and an open hearted approach to life in general.** Of course it's taken me years to develop a true understanding of how to actually practically implement this into my life.....and I probably could have found an easier way to do it!!! I now however feel ready and able to share my experiences, in the hope that your roller coaster ride is not so bumpy!

big fabulous amazing goals

IT'S SO MUCH EASIER TO GET OUT OF BED WHEN YOU HAVE SOMETHING TO LOOK FORWARD TO!

What does your heart truly desire to do? The first step on your mentoring program is to set a BFAG!

Intuition

When I first learnt about intuition I thought it was some amazing skill that was going to help me be a great practitioner and heal people. I was taught to "tune in" to my intuition so that I could help people figure out their health problems when the "medical" data didn't give the answers. Sounded pretty fabulous and cool to me, so I went about doing everything I could to heighten this skill and use it to best serve others.

That nagging feeling

Little did I know that developing my intuition would totally change my life and the way I lived it! Little did I know that it would sometimes be this really annoying nagging feeling telling me to do things that I didn't necessarily want to do.....like having difficult conversations with loved ones, leaving relationships, stopping a very well paying job or

keeping on persisting with a vision even though it consumed my life.

The thing I have noticed about my intuition is that it points me in a direction to do something, and I think, how on earth can that be good for me!! And yet, time and time and time again, when I follow that inner voice, it ALWAYS works out for the best. Solutions and opportunities arise that I never even thought were possible.

Follow your heart

The more I did this, the more it seemed like decisions that are made following your intuition or "following your heart" are not always logical.

So that is how I found myself booking flights to Spain to go on a pilgrimage walk.....all on my own. I had this calling to go and walk the Camino de Santiago for many years and had continually put it off, mainly because I didn't want to go by myself. And as much as I kept logically telling myself it was too expensive and

I shouldn't go by myself, my heart continued to push me to go. It was a leap of faith and it was totally and utterly out of my comfort zone. It was a lesson in trusting myself and I can now say, *was life changing in a really good way!*

So what is your **Big Fabulous Amazing Goal?**



body intelligence

LISTENING TO YOUR BODY IS JUST LIKE LISTENING TO MUSIC

And we all know how to do it!



Body intelligence is your ability to tune into and interpret the key messages your body is giving you. It is your ability to know what your body needs, moment to moment. By improving your body intelligence, you can improve your vitality, your energy and you can prevent things from going wrong.

It takes a little bit of time to begin with, however, you will notice that it becomes a skill that is second nature to you. You will be able to feel when your body is a little dehydrated and solve the issue, before it becomes a lot dehydrated and results in a headache. You will be able to tell when your digestion is a little sluggish and needs some different foods before it results in constipation and fatigue.

By improving your body intelligence you will be able to tune in to all the really subtle messages your body sends and act on them, before they become loud shouting messages. And.....you will start to feel really energetic and vibrant!!

Your body intelligence program will include:

- pre assessment health questionnaire
- a comprehensive initial health assessment to determine your unique health needs. There are many elements that effect the health and vitality of your body, and hence, we will explore all these to maximise your results
- month by month individualised plan to help you tune in and tune up!
- weekly challenges and email reminders to help keep you focused, motivated and on track

movement intelligence

MOVEMENT IS THE ESSENCE OF LIFE.....

.....WITHOUT IT, WE WOULD DIE!

We know that movement is essential for life, however, for years we have been led to believe that our bodies are not much more than robots. Yet, as human beings have an amazing brain and by activating it in different ways, we can improve our strength, flexibility and endurance so much more.

Not only that, **movement stimulates flow**.....of everything from blood, lymphatics and the Qi through the body. We tend to associate movement with exercise and only exercise when we want to lose weight or get fit. However, we need to develop a mindset that movement is an integral part of optimal organ function and brain function.

And the best part!

Creating new ways of moving is the best way to create new ways of thinking. It literally rewires our brain.

Move it or lose it

Is there something you love doing or something you have always wanted to try. Movement should be fun and leave you feeling energised. Joining a group is a great way to get active and stay engaged.

Your movement intelligence program includes:

- Analysis of current functional movement patterns and behaviours to determine areas for focus or improvement
- Development of functional movement program specific to you and your lifestyle
- Sensorimotor reprogramming exercises for core strength
- Weekly behaviour change strategies to get you moving differently and thinking differently



nutritional intelligence

WHAT SHOULD I EAT?

No one wants to be on a “diet”. Eating is about nourishing your body, soul and mind and it is much more than just restricting calories and avoiding fat.

There has never been so many diets on the market and so many 12 week challenges as there are right now. And, we have never seen such conflicting advice regarding what to eat, when to eat it, how to cook it or not cook it, what to cook it in, who to eat with....low fat, low sugar, high protein, blah blah, the list is endless.

There is one thing we can be certain of though, and that is, **eating serves a purpose of nourishing our bodies, our souls and our minds.** And, if we can learn from the wisdom of the many cultures before us, we can start to know and feel what foods are truly nourishing for us.

Each of us are unique in what we need, what we like and what we can eat and therefore, nutritional intelligence focuses on getting you to tune in to your own function and therefore develop an in depth understanding of the foods that are truly nourishing for you.

You will learn how to incorporate a nourishing nutritional mindset into your daily life and be inspired to cook up a storm at meal times!

Your nutritional intelligence program will include:

- review of current eating habits
- implement behaviour change strategies to help your tune in to what your digestive system and detox systems are telling you
- Many nutritional mindset tasks to help you tune up your eating habits
- links to resources for nutritional analysis
- loads of recipes to inspire some home cooking

PLUS

A **PANTRY DETOX** to get rid of everything you do not need and restock with nourishing foods.



spiritual intelligence

HOW MANY THOUGHTS ARE GOING THROUGH YOUR MIND RIGHT NOW?

And how many of those thoughts are actually useful? Don't you wish you could just turn your mind off sometimes!

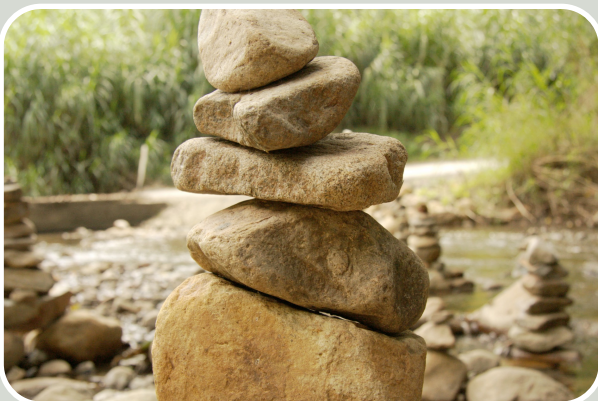
Our spiritual intelligence extends far beyond the ideas of what and who we believe in. It is that intelligence of knowing who you are, why you get out of bed in the morning, where you are headed and what you love.

Our spirit gives us our mojo and our passion to be work, play and love. It gives us our ability to be unique individuals with vibrant and radiant personalities.

By learning to quieten your mind and learning how to bring mindfulness into your everyday life, you can have more energy and resources available to just be....and experience the experiences that life offers you!

Your spiritual intelligence program will include:

- mindfulness practices to be incorporated into you daily routine
- values based goal setting so you know where you are going
- a "de-clutter" to get clean and clear in your home and work environment
- links to resources for mindfulness meditation
- a small bit of woo woo cosmic stuff depending on where you want to take it! Crystals, aromatherapy, meditation, numerology, singing bowls, tarot....whatever gets you inspired!



your investmentand your schedule

GIVE YOURSELF PERMISSION TO PUT YOURSELF FIRST.

Life is far too long to feel tired and exhausted all the time. Life is far too short to put off doing what your heart calls you to do.

This program is designed specifically for you.....understanding that each person has so many competing demands in their day, all while trying to maintain your own balanced life.

The program is designed so that it can be delivered via phone and online or in person, depending on where you live.

And most importantly, this is not a quick fix short term change. This is a program to set you up with a lifestyle of behaviours and habits that keep you shining from the inside out for a long long time!



LET'S GO!

If this excites you and if this gives you that feeling of "YES, I need to do this", then let's get started!

YOUR INVESTMENT:

The 3 month program is an investment of \$597, divided into three payments of \$199 per month.

Or, if you would like to pay up front, you will be rewarded with a reduced investment of \$547.

If you have private health insurance, you may be able to claim some consultations.

Call or email to get started or for further details.

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BE BODY INTELLIGENT