



THE PILLAR CODE

TRANSFORMING LIVES, MINDS & BUSINESSES

THE PILLAR CODE LIFESTYLE GUIDE



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***The following advice assists you in getting the most out
of The Pillar Code Program***

9 SIMPLE AND POWERFUL FOCUS POINTS

1. WHOLE REAL FOODS (LOW HUMAN INTERVENTION)

Predominate vegetarian-based diet, with some lean unprocessed meats (excluding pork), lots of good fats eg. avocado, including essential fatty acids (EFA's)(olive, nut and seed oils), eggs, nuts, some fruit sparingly, unrefined grains and some fermented foods (kimchi, sauerkraut). Eliminating foods that are high in sugar and have high human intervention. Reduce your intake of foods high in Lectins. Ensuring you are consuming adequate amounts of water-soluble and fat-soluble vitamins, major and trace minerals and antioxidant-containing foods that will be supporting your metabolic processors, and physiological health

2. ELIMINATE COFFEE

If you are currently consuming caffeine (this includes coffee, black tea, green tea, energy drinks), during week one, slowly wean and reduce your caffeine intake, so that by the start of week two you are not consuming any caffeine. This assists in reducing spikes in adrenalin, blood glucose levels, cortisol and stress, therefore positively impacting your metabolic pathways, hormonal balance and liver function.



3. ELIMINATE ALCOHOL

Whilst we are giving lots of love and support to the liver and metabolic processes of the body, the elimination of alcohol is essential.

4. ELIMINATE GLUTEN & DAIRY

Not everyone is required to be gluten and/or dairy free, however, it is recommended to eliminate gluten and dairy from your diet for a period of time, assisting in digestive health. Become aware of any impacts that this has had and after 3-6 weeks you can then if you choose to start consuming gluten and dairy again, slowly introduce one at a time into your diet, however, keep a healthy balance.

5. CONTROL ADDICTIONS

As you journey through The Pillar Code, you build your resilience and healthy control. So, focus on reducing or removing addictions altogether such as recreational/social drugs, cigarettes, e-cigarettes, caffeine, sugar, eating issues, gambling, porn, phone time, social media, shopping, overspending etc. This is an ideal time to kick your bad habits.

6. WATER

Hydration through water is fundamental. You can change it up by adding some lemon or cucumber or pear etc but predominately focus on clean, fresh water. Have a big drink as soon as you wake up and then from that point, slowly sip throughout the day. Drink at least 2 litres daily, or more if you are sweating or have been exercising.



7. MOVEMENT

Movement is required every day, especially movement that you enjoy actioning. It's much easier if you are able to get into a routine and even create a list of all the activities you enjoy, the options are infinite! Include mobility, strength and aerobic-based movements. For example:

- Morning: 15 mins of stretching, yoga or tai chi, and 15 mins of bodyweight exercises, squats, push-ups, wall hold, dips, or whatever feels comfortable for you
- Evening: 30 mins walk, altering in intensity – 5 mins normal, 1 min quick, 4 mins normal, 1 min quick, 3 mins normal, 1 min quick... ext. Mix it up with some squats or push-ups.
- Saturday 4:30 pm - Swimming, cycling, Latin or Ballroom Dancing, tennis with friends or hike at the national park/etc.

8. BREATHING

Consciously connecting to your breath throughout the day allows you to activate your parasympathetic nervous system, as well as feel calmer and in control. Add breathe work to your Pillar Code Sealing for the greatest effect, or on its own. Become consciously aware of your breath for 9 cycles, in through the nose and out through the mouth, breathing slowly and deeply. When doing this you can place your hands by your side or on your diaphragm and feel the rise with the inhalation and fall with the exhalation.

Box breathing is another wonderful technique to regain focus and calmness. Slowly breathe in for four counts, hold for four, exhale for four and hold out for four and repeat.



9. SLEEP

A routine is always best for connecting into a great night's sleep, as too is going to bed and waking up at consistent times. Other health and lifestyle changes create a positive change and improvement in sleep, such as:

- Eliminating screen time 30mins-1 hour before bed
- Keeping your bedroom clear, clean and cool
- Having a nice sleep environment, sheets, mattress, bedding
- Having a cup of soothing herbal tea in the evening
- Daily exercise and movement
- Stretching just before bed
- Breathing techniques or bringing focus to your breath
- Gratitude exercises to connect to Peace, Purpose & Prosperity
- The Pillar Code Sealing Tools – Calms, Clears & Connects

MY PRIORITIES ARE:

PREP ONE

1. _____ 2. _____ 3. _____

PREP TWO

1. _____ 2. _____ 3. _____

PREP THREE

1. _____ 2. _____ 3. _____



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**PREMIER
TRAINING PROVIDER**
INTERNATIONAL INSTITUTE FOR
COMPLEMENTARY THERAPISTS



EMAIL:

info@thepillarcode.com

WEBSITE:

www.thepillarcode.com

HEAD OFFICE:

Canberra, Australia

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