



THE PILLAR CODE

TRANSFORMING LIVES, MINDS & BUSINESSES

THE PILLAR CODE LIFESTYLE GUIDE

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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, 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. 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 by the start of week 2 you are not consuming any. This will be assisting 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

Not everyone is required to be gluten-free, however, it is recommended to eliminate gluten 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 again, slowly introduce it into your diet.

5. ELIMINATE DAIRY

Not everyone is required to be dairy-free, however, it is recommended to eliminate 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 dairy again, slowly introduce it into your diet.

6. WATER

Hydration through water is fundamental. You can have to change it up by adding some lemon or cucumber or pear ect, but predominately focus on clean, freshwater. Preferably having a big drink as soon as you wake up and then from that point, slowly sipping throughout the day. At least 2 litres, more if you are sweating or 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: 15mins of stretching or yoga or tai chi, and 15 mins of bodyweight exercises, squats, push-ups, wall hold, dips, whatever feels comfortable for you
- Evening: 30min 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 - Latin Ballroom Dancing/Tennis with Friends/Hike at the national park/ect.



8. BREATHING

Connecting into your breath throughout the day will allow you to activate your parasympathetic nervous system, as well as feel calmer and in control. You can either do this by doing a Pillar Code Sealing Or simply by becoming consciously aware of your breath for 9 cycles of breath in through the nose and out through the mouth. 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.

9. SLEEP

A routine is always best for connecting into a great night sleep, as too is going to bed and waking up at consistent times. The other health and lifestyle changes will also create a positive change and improvement in your sleep. A few key points:

- Eliminate screen time 30mins-1 hour before bed.
- Keep your bedroom and area clear and clean
- Have a nice sleep environment, sheets, mattress, bedding
- Have a cup of soothing herbal tea in the evening
- Movement, great links to sleep quality when exercising
- Stretching just before bed
- Breathing
- The Pillar Code Sealing tools



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