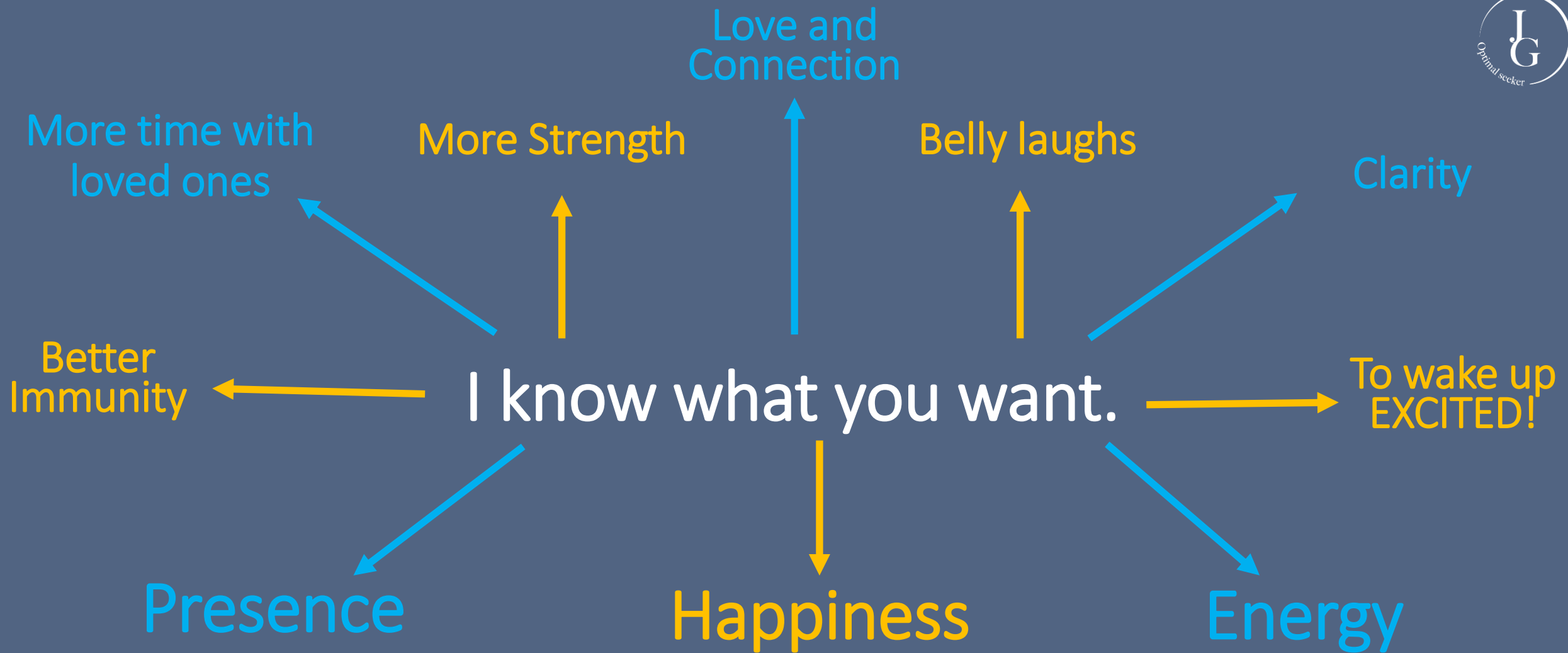


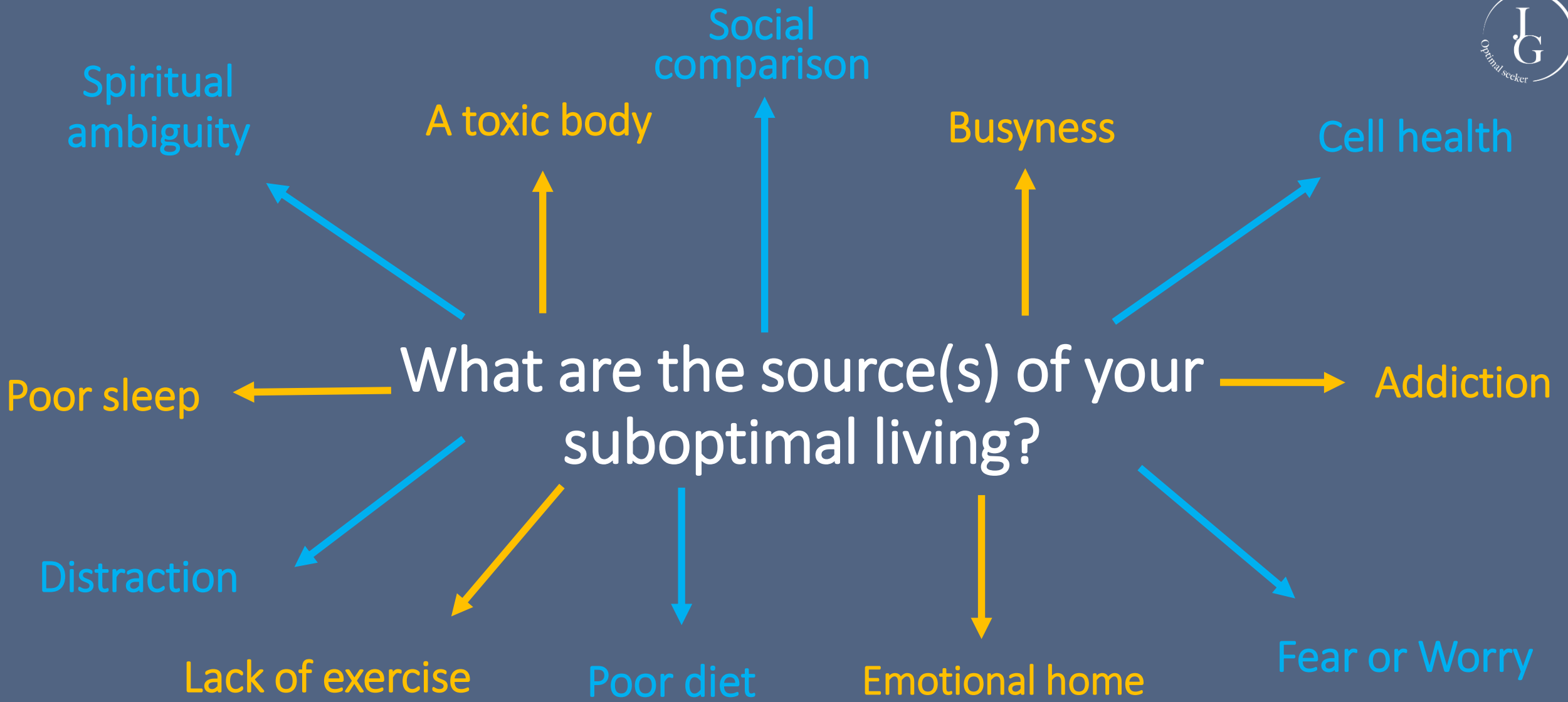
JOSEPH
GIBBONS



Optimizing Your Health and Happiness

“Most people work hard and spend their health trying to achieve wealth. Then they retire and spend their wealth trying to get back their health.” ~Dalai Lama

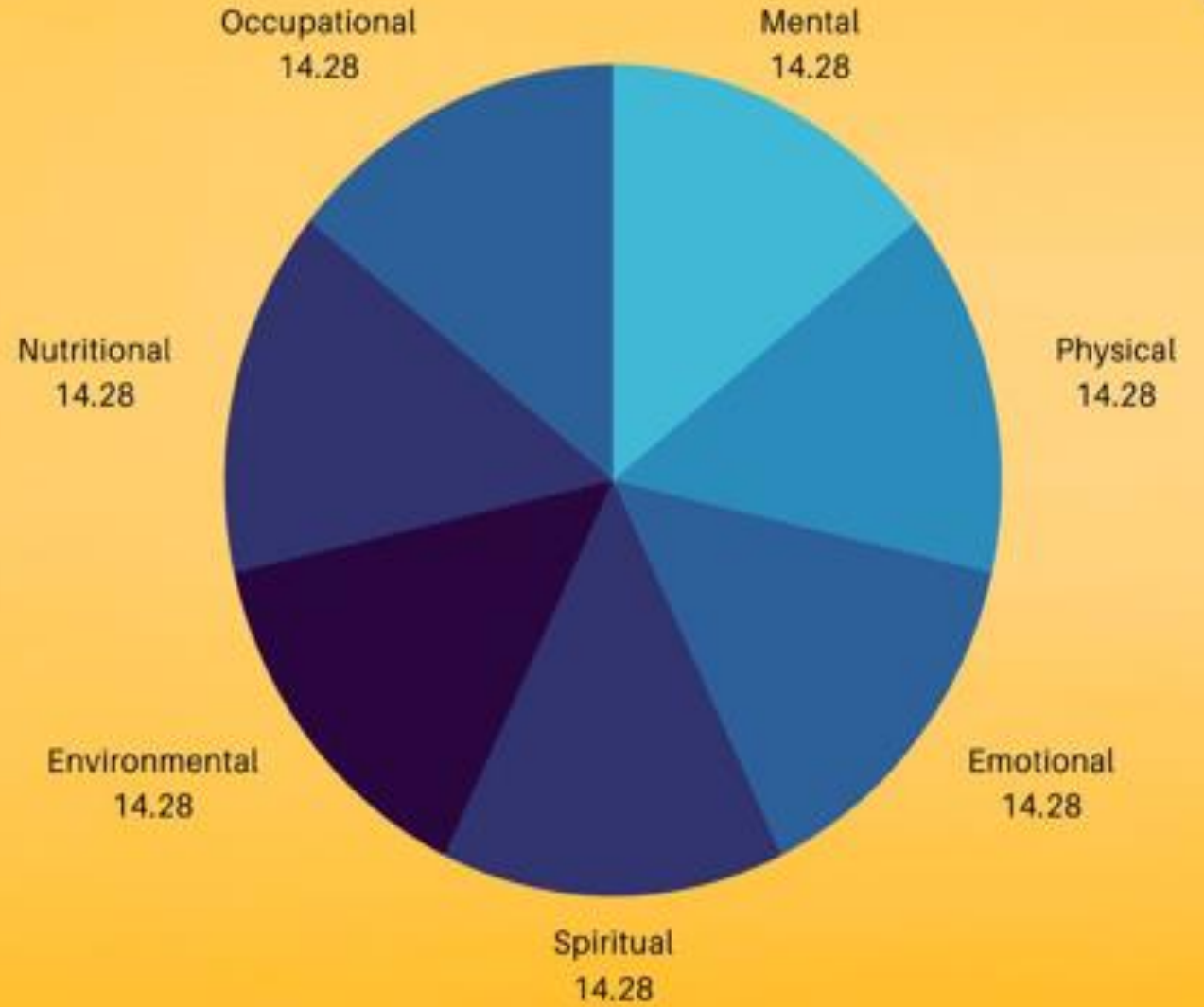




How Do We Achieve Optimal?

...and what does an optimal life look like for you?

Where are your imbalances?

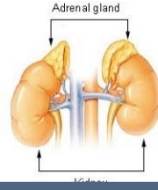


What's Your Domino?

Where does energy come from?

Where you are is not your fault (not totally, anyway...)

ENERGY: Adrenal Glands

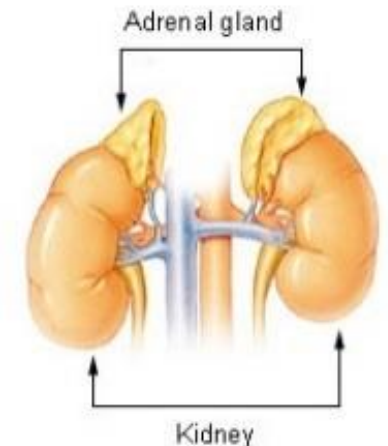


Your body is wise. If you listen to it, it will reward you in spades.

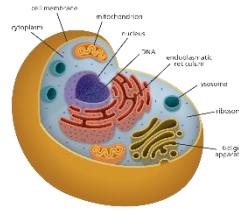
Adrenal Test #1 – The White Line Test

Adrenal Test #2 – Pupil Contraction Test

Adrenal Test #3 – Blood Pressure Test



ENERGY: Cellular Health



Since our cells determine how energetic we feel, knowing what they need more or less of to function at their best is crucial to your health and wellness.

Some way to support your cells:

- Reduce toxins
- Support detox pathways
- Reduce inflammation
- Good nutrition
- Support mitochondria
- Heal your gut
- Hydrate
- Exercise
- Mindfulness
- Ground yourself

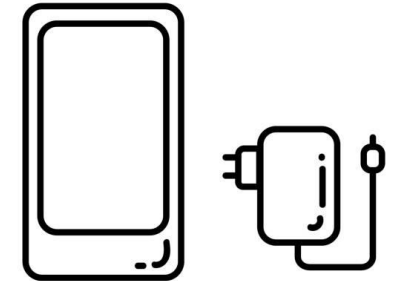
Energy: Important Questions



How are you typically spending your energy?

Work Socially Anxiety
Stress Worry Guilt

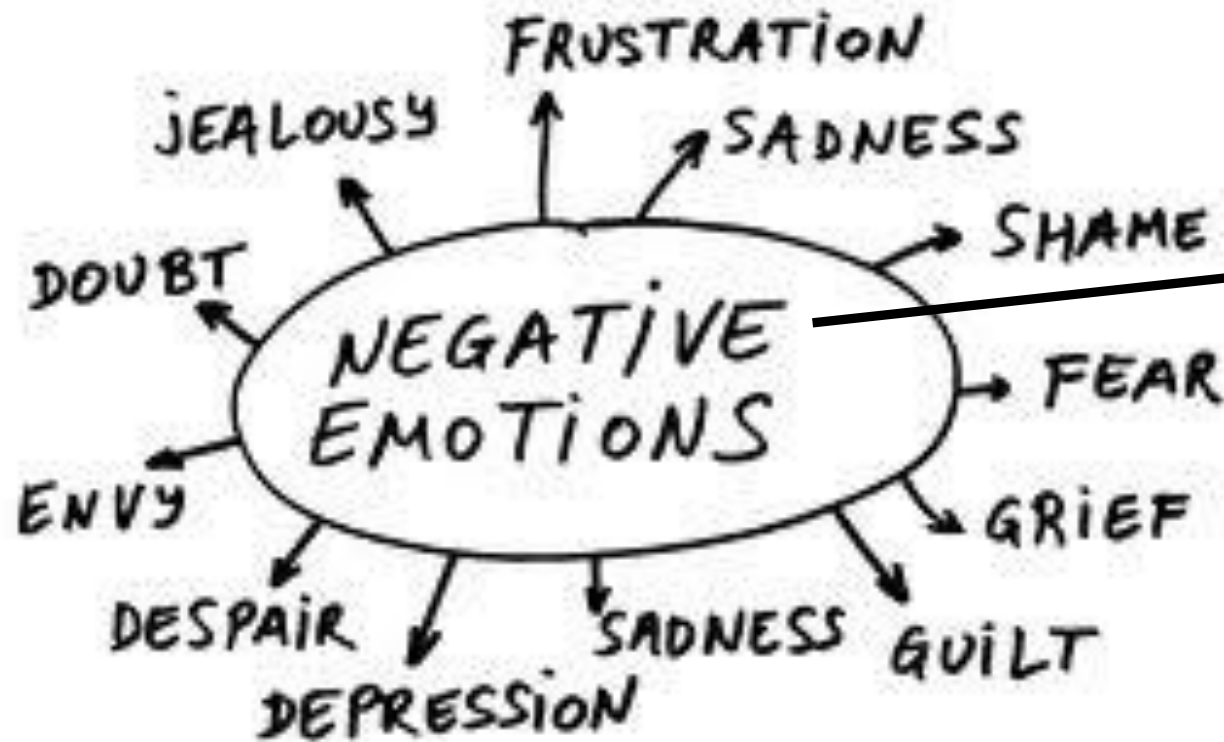
What are you doing to renew your energy reserves?



“Fatigue makes cowards of us all”

- Vince Lombardi

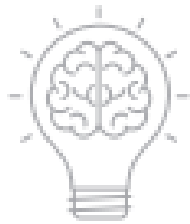
Dominant Energy Leaks



From an energy loss perspective

Negative emotions are costly and inefficient – they quickly drain your resources.

What is your default emotion?



What Is Your Default Emotion?



Here's a sampling of some common states that dominate people's lives. You'll see that not every state is a bad one. There are a few unicorns out there who are able to remain in a positive, happy, or grateful state most of the time, but they're the exception, not the rule. Circle the top two states you typically find yourself in; if they aren't listed, write them down.

Frustration

Anger

Envious

Worry

Fear

Shyness

Aggressiveness

Timidity

Sadness

Distress

Nervousness

Negativity

Gratitude

Happiness

Anxiety

Positivity

Changing Your State



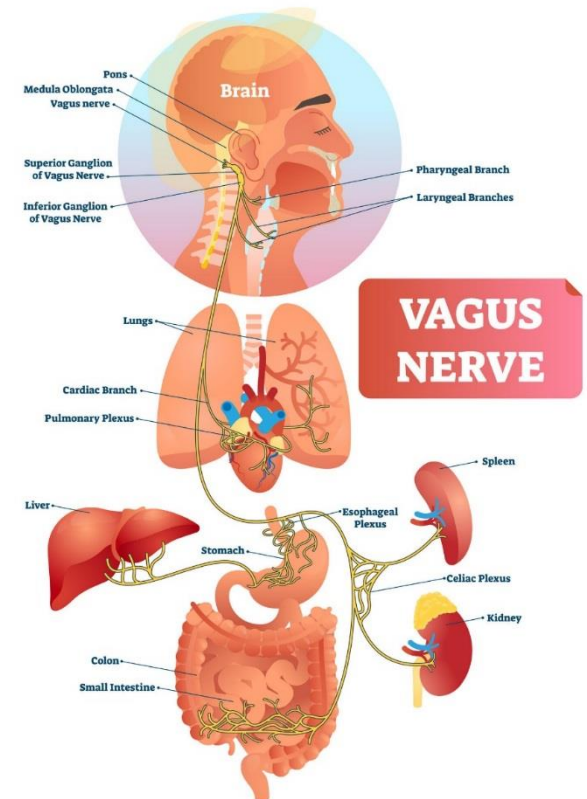
Ways to change your state:

Exercise	Caffeine	Alcohol	Drugs
Being in nature	Meditation	Listening to music	Being around a positive person
Dancing	Sex	Sleep	Cold water immersion
Going in a sauna	A funny movie	Food	Yoga
Smoking	Deep breathing	Journaling	Positive affirmations
Therapy	Singing	Talking to a friend	Having a massage

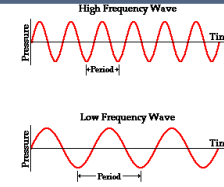
Deep Breathing: Diaphragmatic Breathing



Have you ever wondered why taking deep breaths can be so beneficial when you're frustrated, angry, anxious, etc.?



Deep Breathing: Internal Resonance



- Physiological resonance occurs when you achieve six breaths per minute (“resonance frequency”)

Steffen et. al., 2017

- Resonance Frequency Breathing results in a decreased blood pressure response to stress and a more adaptive physiological and emotional response

Steffen et. al., 2017

Egoscue



Identifying Your Anxieties and Coping Strategies



Joseph's Strategy

Mindfulness

Infrared sauna

Going in a hot tub

Sitting by a fire

Exercise and physical activity

Watching a relaxing movie

Getting some alone time

Acupuncture

Daily (D) or
Periodically (P)

D

D

P

P

D

P

P

P



My Strategy

Daily (D) or
Periodically (P)

●

●

●

●

●

●

●

●



Plugging Your Energy Leaks

Did You Know: Soil and Supplements



How many oranges would you have to consume today to receive the same nutritional value of an orange from the 1950's?



In 2004 Donald Davis and his colleagues from the University of Texas published a paper (*Changes in USDA food composition data for 43 garden crops, 1950 to 1999*) that showed “reliable declines” in the amount of protein, calcium, iron, phosphorus, riboflavin (vitamin B2) and vitamin C for 43 different fruits and vegetables.”

I know something else you want

Success Leaves Clues

THE BLUE ZONES



EXPERIENCE BLUE ZONES PROJECT®

START CREATING A HEALTHIER, HAPPIER LIFE, TODAY.

Be a part of transforming well-being so the healthy choices become easy choices for you and your community.



Ikigai

iki = life and gai = worth; together it creates “life worth living”.

Put another way, it’s the thing that **motivates** you the most.

What’s Your Reason for Waking Up Each Day?



And HOW do you wake up each day?

Wake Up More Refreshed



- **Track your Sleep**
- **Invest in a wake-up light**
- **Have two glasses of water by your bed – drink first thing in the morning**
 - **One with 300-400ml of water**
 - **One with a small amount of water with ½ teaspoon of Himalayan salt**
 - **If you have blood pressure concerns, consult with your physician**
- **Begin your day with exercise**
- **Try the Nordic cycle**
- **Invest in a sleep app**

Pattern Recognition



@DiscoveringOptimal



@OptimalSeeker



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