



# THE TEN-DAY CHALLENGE\*

Creating an extraordinary quality of life

**W**e challenge you for the next 30 days (a minimum of 10 days) to apply these principles, judge their validity first-hand, and experience the power, vitality, energy, and joy of your body being totally alive with health. Commit with full force to live by these 12 principles, creating momentum towards building a powerful base of pure energy in your body.

## THE 12 STEPS OF PURE ENERGY

### THE 8 GIFTS: GIVE YOURSELF THE GIFTS OF ...

1. THE POWER OF VITAL BREATHING & LYMPHASIZING
2. THE POWER OF LIVING WATER & LIVE FOODS
3. THE POWER OF ESSENTIAL OILS
4. THE POWER OF ALKALINITY—GO GREEN!
5. THE POWER OF AEROBIC ENERGY
6. THE POWER OF MAXIMUM NOURISHMENT
7. THE POWER OF STRUCTURAL ALIGNMENT & MAXIMUM STRENGTH
8. THE POWER OF A DIRECTED MIND & HEART

### THE 4 POISONS: DRAMATICALLY REDUCE OR ELIMINATE YOUR INTAKE OF ...

9. THE POISON OF PROCESSED FATS
10. THE POISON OF ANIMAL FLESH
11. THE POISON OF DAIRY PRODUCTS
12. THE POISON OF ACID ADDICTIONS

\*Ideally 30 days!



# YOUR PURE ENERGY IDENTITY

**N**ow all of the tools necessary to create a more healthy, more vibrant, more vital life are at your fingertips. How are you going to use them? What principles are you going to incorporate into your daily routine to create the quality of life you've only dreamed of? What is it going to take so that no matter where you are or who you're with, your commitment to your health stands strong?

Here is your chance to redefine your physical identity. Throw away all of the disempowering labels and associate to the new and improved you! Are you a couch potato or a gym junkie? Are you a slacker or an athletic adventurer? A lazy bum or a fitness freak? Take a moment right now and create your new, empowering Pure Energy identity on the lines provided.

**1** Who am I committed to be in terms of my physical vitality and health?

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**2** Why am I committed to this?

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**3** What can you do after leaving here today? What immediate, massive action can you take so you don't lose momentum? Are you going to join a gym? Buy a yoga video? Hire a personal trainer? Conquer the Ten-Day Challenge? Sign up for Life Mastery?

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**4** Who am I committed to? Who would hold me to a high standard and see that I follow through on my goals? Who can be my commitment buddy?

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# YOUR VITAL LIFE ACTION STEPS

## **1** GIFT 1: THE POWER OF VITAL BREATHING & LYMPHASIZING

1. Take **10 Power Breaths 3 times a day in the ratio: 1-4-2** (i.e., inhale for 8 seconds, hold for 32 seconds, exhale for 16 seconds).
2. **Lymphasize!** 20-30 minutes of rebounding each day

## **2** GIFT 2: THE POWER OF LIVING WATERS & LIVE FOODS

1. **Drink half your body weight in ounces daily.**
2. **Find a pure source:**
  - a. Reverse Osmosis Pure Water Filter (i.e., [thewatershop.com.au](http://thewatershop.com.au))
  - b. Penta-Hydrate ([www.pentawater.com](http://www.pentawater.com)) 2-3 times per day for maximum absorption.
3. **Eat a diet of water-rich foods: at least 70% of your diet.**

## **3** GIFT 3: THE POWER OF ESSENTIAL OILS

Supplement your diet with the Essential Fatty Acids your body needs (Omega 3, Omega 6) using the following options:

1. **Consume foods that contain unprocessed fats in their natural state:** avocado, nuts such as almonds, hazelnuts, pumpkin and sunflower seeds, oils such as flax seed, olive oil, and fish oil.
2. **Twin Lab's Krill Oil: 300 mg per day.**
3. **Udo's Choice Oil Blend: 1 tablespoon per 50 lbs of body weight per day.**



# YOUR VITAL LIFE ACTION STEPS

## **4** GIFT 4: THE POWER OF ALKALINITY: GO GREEN!

1. Consume 70-80% foods that are alkali-forming and life giving (green vegetables, almonds, avocados, lemons, limes, etc.)
2. **Avoid acid-forming foods that are devoid of life: animal meats, dairy products, refined white foods, sugars, caffeine, etc.**
3. **Supplement your diet with quality greens such as: Anthony Robbins' Inner Balance Ultra Greens with MSM**
4. **Test you pH.**
5. **KEEP IT SIMPLE: Add fresh lemon to your water daily!**

## **5** GIFT 5: THE POWER OF AEROBIC ENERGY

1. Build your base with 30 minutes of quality aerobic exercise 3-5 times per week (walk, run, swim, bike, take an aerobics or spinning class, ski, snowboard, etc.) This will also help lower your set point.
2. **Understand your ideal aerobic training heart rate: 180 minus your age.**
3. **Create a training plan: Once you have a base established, craft a regimen that will take your health to the next level.**
4. **Make it fun:** Add elements to your routine (music, friends, a change of environment, a compelling race, etc.) to motivate you to follow through.

## **6** GIFT 6: THE POWER OF MAXIMUM NOURISHMENT

1. **Follow the five rules for healthy eating:**
  - 1) **Drink water before or after your meals, not during.**
  - 2) **Properly combine your foods** (eat fruit only on an empty stomach; do not eat carbs and proteins together; eat green vegetables/salad with proteins or with carbs; do not combine fats with proteins).
  - 3) **Eat in a relaxed state.**
  - 4) **Eat comfortable amounts of food** (eat less so you can live long to eat more!).
  - 5) **Eat organic** (foods free of pesticides, antibiotics, growth hormones).
2. **Watch the 'Flash Flood Sugar Effect':** Keep your Glycemic Index below 55.
3. **Create your Ideal Food Pyramid:** 70% of your diet should be live foods, 10% plant-based proteins or quality fish, 10% carbohydrates, and 10% quality oils.
4. **Supplement!**
  - 1) **Create the Base:** Follow a daily regimen with the 7 Vital Nutrients for a foundation of health.
  - 2) **Challenge and Grow:** Complete a periodic cleanse of your internal organs and body.
  - 3) **Celebrate and Reward:** Supplement for specific conditions and maximize your results!



# YOUR VITAL LIFE ACTION STEPS

## **7** GIFT 7: STRUCTURAL ALIGNMENT & MAXIMUM STRENGTH

1. **MOVE!** Avoid living in a box: Take the stairs, stay active, and move as many muscles in your body as you can daily!
2. **Implement an effective regimen of stretches and exercises that are balanced through bilateral symmetry and working opposing muscle groups.** (Get an evaluation and personalized program from Pete Egoscue: [www.egoscue.com](http://www.egoscue.com).)

## **8** GIFT 8: THE POWER OF A DIRECTED MIND & HEART

1. **Stand guard at the door of your mind:** Condition empowering emotions such as gratitude, courage, faith, determination, compassion, and love. Break your pattern and avoid emotions that create stress.
2. **Utilize the healing power of the heart:** Three times a day stop what you are doing and shift your focus (mind, breath, emotion) to the area around your heart.
3. **Flood yourself with positive memories and future visions** 10 minutes a day.

**HINT: Use the power of NET (NO EXTRA TIME):**  
You can do any of these Action Steps while doing other things: rebounding, walking, taking a shower, etc.