
POWERED
by HEALTH

The high-achieving
woman's guide to *health*,
vitality, and a new life full
of possibilities.



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Chapter 3

Reviewing Your Current Health Status

**“HEALTH IS NOT VALUED
TILL SICKNESS COMES”**

- DR THOMAS FULLER

How healthy are you? If you are a high-achieving woman, it makes sense that having great health and vitality will power a high level of productivity and enable you to accomplish all the amazing things you want in your life. If you have already experienced a few health issues, then now is the time to establish good health principles so you are constantly powered by wellbeing, great food and lots of fun.

How does your health rate in an integrative health model?

Do you eat reasonably healthily but still regularly have to cope with issues such as mood swings? Do you have low energy at certain times of the day? Are you struggling to get the right amount of sleep? Do you find it challenging to find time to cook healthy meals?

Most of us experience lifestyle tensions such as problems at work or relationship issues. But often we don't realise that when we are not in harmony with our lives, we are not in harmony with ourselves. As a result, we can become physically and mentally unwell.

I have created a simple survey for you to take that provides you with an indication of where you are in terms of your health. The survey is designed to give you an overall understanding of your level of health within the integrative health spectrum.

Feels Like Home Health Survey

Survey Questions		Tick for yes
Nutrition & Digestion		
1	Do you eat out more than two or three times per week?	
2	Are your meals and snacks more than 20 per cent processed foods?	
3	Do you eat more than 5–6 teaspoons of sugar on a daily basis?	
4	Does your meal mostly consist of pasta, grains, or meat, and few vegetables?	
5	Are you carrying more weight than you would ideally like to?	
6	Is your energy low after meals (especially lunch)?	
7	Do you feel bloated or get gas after eating?	
8	Do you have less than one daily bowel movement?	
9	Do you suffer from constipation or bouts of diarrhea?	
10	Do you wake up in the morning feeling tired and worn out?	

11	Have you taken a course of antibiotics recently or several times throughout your life?	
12	Have you recently spent time in developing countries where you contracted a bug, virus, or other pathogen?	

If you ticked the majority of the boxes above, it is likely that you may be experiencing some type of digestive problem that requires attention. If you ticked number 12, you may need to have some tests done to find out if you still have a pathogen or bug in your gut.

Exercise & Movement

1	Do you do struggle to fit exercise or regular movement into your week?	
2	Do you start an exercise program and then give up?	
3	Is finding time to get regular exercise difficult for you?	
4	Do you find exercise a chore?	
5	Do you have trouble getting to sleep or do you wake up during the night and struggle to get back to sleep?	
6	Do you have sufficient energy to get through the day without feeling tired?	

If you ticked four out of six boxes, you may need to reassess your work and life commitments to allow you enough time and energy to exercise. It may also be that you are not doing the sort of exercise that you love. Finding the right mix that you will enjoy could be what you need.

Mindset

1	Do you find that all the enjoyable things you want to do in your life always get put on the backburner?	
2	Think about how positive or negative you regularly feel. Would you say, on balance, that you are more negative than positive?	
3	Do you experience mood swings often?	
4	Are you lacking in self-confidence?	
5	Do you suffer from anxiety, excessive stress, or do you worry a lot?	
6	Do you have depression or have you had it previously?	
7	Do you feel that life is not much fun anymore?	

If you ticked three or more boxes, you are likely to be ‘stuck’ and experiencing some mindset and emotional issues in your life. If you ticked numbers 5 and 6, you might want to see a professional practitioner to help you deal with these issues. You might also like to ask your doctor or health professional to undertake a test to check for Vitamin D deficiency. This can be a common cause of mood issues, as this vitamin is very important for your overall health and emotional wellbeing.

Spirit

1	Have you been feeling that you are unsure of your purpose in life?	
2	Do you find it difficult to take time out, contemplate your life and feel recharged and renewed?	
3	Do you spend a lot of time watching television, the news and staying indoors?	

4	Do you find that you get up daily and feel that you are just going through the motions of life?	
5	Does the idea of yoga, meditation, or silence turn you off?	
6	Are you lacking confidence in your work and personal life?	
7	Is spirituality unappealing to you?	
8	Do you find that you often feel flat and bored with life?	

If you ticked four or more boxes, then finding some purpose and meaning in your life could help awaken you to increased opportunities. Also, you might find reading some thoughtful books, walking in nature, or getting involved with some new hobby or activity very beneficial.

Work

1	Do you stay back at work late on a regular basis?	
2	Do you take work home and work late into the night?	
3	Are you unhappy with your work or workplace?	
4	Do you wake up in the morning and dread the idea of going to work?	
5	Do you have few hobbies and interests other than work?	

If you ticked three or more boxes you need to reassess your work and lifestyle choices. Look at how much work you are currently doing and if it is time for a change.

Relationships

1	Do you have repetitive thoughts that significant relationships in your life (such as with your family and/or partner) are not working well?	
2	Are you unsure of the value of your other significant relationships?	
3	Are you a loner and someone who has very few or no real friends?	
4	Do you have problems with any of your siblings that often trouble you and you don't know how to solve?	
5	Do you have any significant issues with people at your work place that have a detrimental impact on your job or role?	
6	Are there any people in your life you would like to let go of but don't know how?	

If you ticked three or more boxes, it is probably time to examine some of your relationships in your life. You may want to seek professional support to help you find an effective way of dealing with them.

Your survey results

If you answered the survey above with more ticks/yeses than blanks in each table then you do need to think about these important areas in your life and what you could do (no matter how small) to tackle some of these problems.

This survey is not intended to be a thorough examination of your health habits and history; it is designed to be more of an indication for you. However, it does offer you an overall method for discovering certain things in your life that you might need to work on or get further tests for.

For the most part, you can use this survey to make adjustments where your scores indicate that action is required. If you have any doubts or have any major concerns after doing this survey, be sure to seek advice from your doctor or health professional.

Remember, we are all human and so all of us have areas in our lives that need to be addressed. If we didn't, we wouldn't be human!

Having great health is about taking back your power and assuming responsibility in all areas of your life. It's about tuning in over time and learning to listen to all of the parts of you. It's about ensuring that you are getting the right nutrition the majority of the time.

As your health journey progresses, you will naturally find that your diet and life becomes more energised and more peaceful. You may find that you are eating fewer processed foods, drinking less, exercising regularly, and getting more sleep. This is mostly how it goes. It really is quite easy and straightforward when you follow a few guidelines and make some simple choices.