

FREDERICK ESPIRITU

The
AWESOME
Life



Your Healthy Ever After Starts Here

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FREDERICK ESPIRITU

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CONTENTS

INTRODUCTION	5
THE DIFFERENCE BETWEEN CONVENTIONAL AND NATURAL APPROACH.....	7
HOW HEALING ACTUALLY WORKS.....	9
Healing Crisis	10
THE KEY TO HEALING	13
THE TRUTH ABOUT DIET AND CALORIES	15
Count the Nutrients, Not the Calories	17
JUICING	19
Why Juice?	19
PRACTICAL TIPS TO LOSING WEIGHT	29
Hydration	30
Eat Less Sugar.....	31
The Missing Link: Visualization	32
AFTERWORD	35

INTRODUCTION

First of all, I'd like to honor you for choosing *The Awesome Life*, which I hope this book could lead you to. Our lives are determined by our choices. Choosing to reclaim what is rightfully yours is the most empowering choice you can make.

I know this for certain when I chose not to give my life over to a chronic illness.

At the age of 23, I was diagnosed with Hyperthyroidism and was prescribed for lifelong medication. Although threatened, I just couldn't imagine myself spending the rest of my life taking pills every day, getting my blood tested every month or so, and being in and out of the hospital for routine check-ups.

But that became my way of living for more than a year, or even longer before I decided to take matters back into my hands.

When I felt that conventional medicine was not making my condition any better, I searched for an alternate solution. Thus

began my journey to healing myself naturally.

This has led me to what I call *The Path to Awesomeness* – a journey to becoming super being human, living an awesome life!

Now, I wanted to share with you everything I've learned by personal experience combined with thorough research works I did for nearly a decade.

“ *All truths are easy to understand once they are discovered; the point is to discover them.*

– *Galileo Galilei*

THE DIFFERENCE BETWEEN CONVENTIONAL AND NATURAL APPROACH

Back then I was taking the prescribed medications for my condition. There's one for my thyroid, one for my heart palpitation, then one more for another. It's a "pill for every ill."

When we're sick, we take one for the fever, one for the infection, and another for the inflammation. Since there are side-effects, we take some more hoping that at one point we get lucky to have taken the "magic pill" and make everything go away.

The problem is there's no magic, just more sickness.

Treating the symptoms is not the same as treating the disease. For instance, fever and inflammation are your body's immune response to infection. Suppressing these symptoms may worsen your condition and prolong your recovery. As long as there's an

infection, the fever will keep coming back and the inflammation will not subside.

With the natural approach, we treat the “root” disease that is causing the symptoms. In this regard, we help the body heal itself naturally. If there’s an infection, the body can get rid of it with the proper functioning of the immune system.

We can benefit from conventional medication during short-term emergencies, but they won’t be very helpful in the long run, particularly in chronic illnesses like cancer, diabetes, heart problems, and autoimmune diseases.

A good question we can ask ourselves is “Am I taking care of my health? Or am I taking care of my disease?”

HOW HEALING ACTUALLY WORKS



Everyone has a doctor in him or her; we just have to help it in its work. The natural healing force within each one of us is the greatest force in getting well. Our food should be our medicine. Our medicine should be our food. But to eat when you are sick is to feed your sickness.

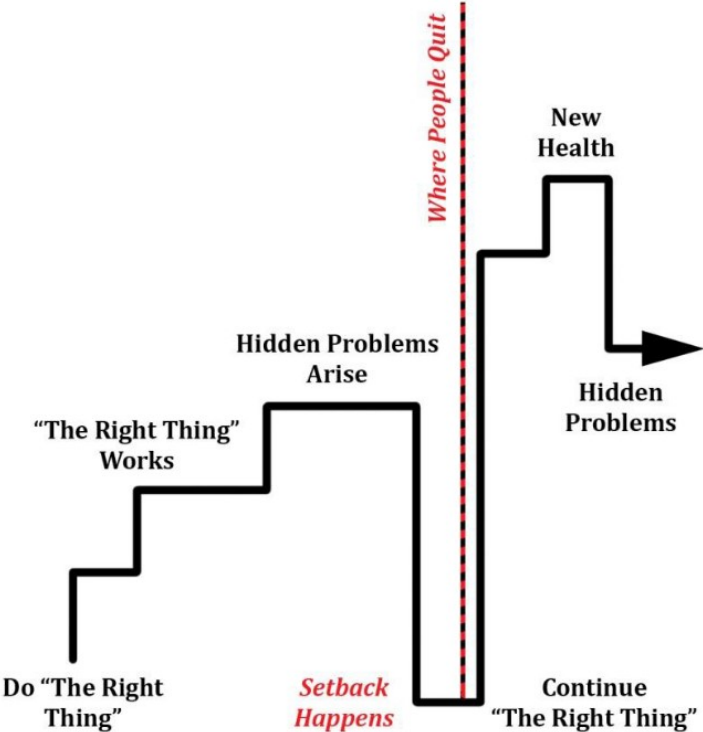
– Hippocrates

Hippocrates, the “Father of Medicine,” stressed the importance of nutrition in one’s health. This also reminds me of another ancient proverb that says, “When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need.”

In the last sentence, he mentioned the significance of fasting. Haven’t you noticed when you’re sick, you can barely taste anything? Appetite loss is your body’s way of telling you not to eat, so it can focus all its

energy on healing rather than digesting food.

Healing Crisis



Here's the tricky part: you may feel worse before you begin to feel better.

An essential part of the healing process, yet often misunderstood is the *Healing Crisis*.

Most people who tried doing “the right thing” to be healthy might have gone through this experience without knowing it and have felt like they're making a mistake. How can it be the right thing if there's nothing right about how you feel? I was one of those people.

The Chinese herbal doctor told me that as I heal, I might feel bad at times because my body will start to expel toxins. That “bad” feeling was an understatement. See that lowest point where setback happens? It was the time I was hospitalized for three days because I wasn't able to take it anymore.

I've experienced what's referred to as the *Herxheimer Reaction* when the body detoxifies faster than its normal rate.

When this happens, it is beneficial to drink more water, get ample rest, and remember to take it easy. Healing takes time. We need

to be patient with the process and focus on getting better.

Beautiful things indeed happen when you don't quit. Before, I didn't understand what the great teachers meant by "you will become a better person than you were when you were not sick." Truly, the healing journey is the greatest adventure in life. Don't quit when you feel like quitting.

As Hippocrates said, "Healing is a matter of time, but it is also a matter of opportunity."

THE KEY TO HEALING



First, realize that you are sick, then you can move toward health.

– Lao Tzu

Let's take a breather. Take 3 slow and deep breaths.

Pay attention to your breathing as you do. Close your eyes if you want to.

Inhale... exhale... (3x)

Do you know what just happened? You became present in the moment. Regardless of what happened during your 3 breath exchanges, you accepted the events as they were, whether good or bad. Without judgment, you were merely observing what was taking place.

The breath connects the mind, body, and soul. When they are connected, you activate the healing force within.

Well-being is our natural state. We only have to allow it in our experience.

But how do we react when we found out that we're sick? We want to ignore the feeling. We convince ourselves that nothing is wrong. We deny that part of ourselves. But every time we deny the sickness, we are also denying the healing essence that comes from it – our innate ability of self-healing.

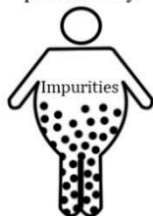
Acceptance is the key to healing. It's the first step towards love, which heals everything. Sadly though, it's the step we wouldn't want to take.

Again, take a breather. I am now inviting you to take that step.

THE TRUTH ABOUT DIET AND CALORIES

DIETING

Fat stored to "enrobe" impurities/toxins to protect body

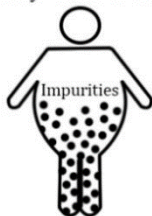


Dieting stresses the body by limiting nutrients

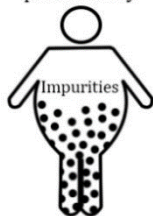
Fat burned, but impurities/toxins remain - in higher concentration



Body reacts to increased impurities/toxicity - goes into emergency fat production to protect body - REBOUND



Fat stored to "enrobe" impurities/toxins to protect body



Cleansing gives the body the nutrients it needs to succeed

CLEANSING

Impurities released as fat burned



Better overall health. Less fat, more muscle and NO REBOUND



There is no perfect diet. “One man’s food is another man’s poison,” means that what works for me might not work for you.

Our body is always trying to protect us. One way that it does is by covering the toxins with fat. This toxicity comes in many ways: from the food we eat, stress, and emotional traumas. As long as we hold on to these toxins and keep harming ourselves, our body will remain fat.

“ *Study after study shows that stress causes abdominal fat – even in people who are otherwise thin. Researchers at Yale University, for example, found slender women who had high cortisol also had more abdominal fat. More results published in the journal of Psychosomatic Medicine in 2000 established a link between cortisol and increased storage of abdominal fat.*

– Dr. Natasha Turner

You don’t lose weight to get healthy. Instead, you get healthy to lose weight. That’s what we’re going to do – get healthy in mind, body, and soul.

Count the Nutrients, Not the Calories

To count or not to count, that is NOT the question.

Calorie is the measure of energy we get from foods. They mainly come from the *MACRO*nutrients: carbohydrate, fat, and protein. You burn them to produce the energy that your body needs. First, you burn the carbs, then the fats, and the last are the proteins, which are the hardest for the body to metabolize.

Equally important, yet often overlooked are the *MICRO*nutrients: vitamins and minerals. They work on a cellular level, a.k.a. *mitochondria*, and the energy in that level is called *ATP (adenosine triphosphate)*. It's the energy we use for breathing, to keep the heart beating and make the organs perform their respective functions.

MACROnutrients can provide us energy only when we have sufficient MICROnutrients to release them.

Did you know that vitamins cannot function and cannot be assimilated without the aid of minerals?

Hence, our body needs togetherness: a balance of MACRONutrients and more importantly MICRONutrients.

Most of us get sick because we are OVERFED but UNDERNOURISHED. We are starving on the cellular level. We are too concerned with the calories but pay almost no attention to nutrients.

Calorie counting will just add stress to your body. And what is the body's response to stress? Fat.

Other than the stress-fat problem, a more serious underlying health issue brought by being overfed and undernourished is the two bottom lines of almost all chronic diseases: TOXICITY and DEFICIENCY.

JUICING

One significant discovery I came across in this healing journey is what I believe to be an ideal and practical application of Hippocrates' principle on nutrition, which can address the underlying root problem of many diseases.

Fruits and vegetables are Nature's medicine. It's common sense that they are good for our health. In fact, a study by University College London reveals that daily consumption of 7 servings of fruits and vegetables reduces your risk of death from any disease by 42%.

The question is how much are we eating fruits and vegetables on a regular basis? This is where juicing comes into the picture.

Why Juice?

- **Drinking juices is the easiest way to meet the recommended daily intake of fruits and vegetables.**

Health experts recommend that we include at least 5 servings of fruits and vegetables in our daily diet. This was based on their years of research study on the nutrients found in fruits and vegetables that may not only prevent but also treat diseases. Consuming juices makes this recommendation easier to accomplish. It ensures that we are increasing our servings of fresh produce daily. This is good news for those of us who don't eat nearly enough fruits and vegetables.

- **Juicing separates the indigestible fiber, releasing all the nutrients and making them readily available for absorption.**

The nutrients are trapped in the indigestible fiber (*cellulose*). Because our body does not have an enzyme to break down the cellulose, the nutrients are flushed out with the fiber. So, for example, you are more likely able to assimilate more beta-carotene from a carrot juice than its raw form. Fiber is

good and we need to get them from a wholesome balanced meal. However, in terms of nourishing the body, juice can provide highly concentrated nutrients that are bioavailable to our body.

- **Fresh juices are excellent sources of natural and organic vitamins, minerals, live enzymes, amino acids, and pure water.**

Because they are naturally-derived, fresh juices deliver a broad spectrum of nutrients that our body easily recognize and metabolize, without the danger of toxicity, build-up, or imbalance.

Vitamins: The body cannot manufacture vitamins by itself. We need to get them ideally from the foods we eat. There are water-soluble vitamins (B-complex and vitamin C) that need to be replenished daily and fat-soluble vitamins (vitamins A, D, E K) that are stored in the liver when not needed by our body. In small amounts, they are utilized by the body for growth, metabolism, and other

processes to maintain health. A deficiency of a vitamin can produce symptoms associated with a disease.

Minerals: On the other hand, minerals are for maintaining energy level, calming the nerves, strengthening the muscles, heart, hair, teeth, bones, and nails. They also keep the blood clean and regulate blood pH (blood's relative alkalinity and acidity). Like vitamins, we must get them ideally from our foods. Minerals are combined with specific amino acids (through the binding process called *chelation*) and vitamins to make enzymes and hormones, which the body uses in making chemical reactions to sustain life.

Amino Acids: These are the building blocks of protein, which is the most plentiful element in the body next to water. Amino acids are the raw materials that enzymes use for building. Together, they are responsible for cell renewal and other diverse functions – from making hormones to building muscles, blood,

and organs. There are 22 amino acids, 9 are *essential* (we need to get them from foods) and 13 are *non-essential* (made internally by the body from the combination of the essential amino acids).

Enzymes: The “life force” that constantly builds and rebuilds the body. Enzymes act as catalysts for the metabolic processes and chemical reactions that sustain life. They are categorized into metabolic enzymes, digestive enzymes, and food enzymes, with each having different functions. Enzymes are found in all living things, including food in its raw, uncooked state. However, enzymes are extremely sensitive to heat. When foods are cooked or exposed to a heat temperature of 118 degrees Fahrenheit, all of their enzymes are destroyed. This makes one significant feat of fresh-squeezed juices because they retain the live enzymes found in fruits and vegetables.

Water: At least 65 percent of the body is composed of water. It is a major component of blood, which feeds the cells and carries away waste products of metabolism. Thus, the more healthy the blood, the more vital the cells and overall bodily health are. The fluid in fresh juices is pure water, distilled by Nature. It has no harmful substances and does not tax the organs of elimination (liver and kidney). It has blood-cleansing properties and replenishes the mineral-electrolytes of the body.

All these essential nutrients are abundant in fresh juices in an easy-to-digest, easy-to-assimilate, and easy-to-absorb form.

- **Juice is easier to digest, assimilate, and absorb.**

Solid meals, including fruits and vegetables in their raw form, can take several hours to digest. With juicing, fruits and vegetables are pre-digested into liquid form which can easily be

assimilated. The vitamins, minerals, enzymes, amino acids, and phytonutrients enter the bloodstream, and are delivered throughout each and every cell in the body within 15 minutes. This lessened process of digestion, assimilation, and absorption helps the body focus more on healing processes (regeneration, restoration, rebuilding, repairing, cleansing, and detoxing).

Note: Drink fresh juice on empty stomach, preferably in the morning an hour before breakfast.

- **Juices are cleansing and alkalizing.**

Aside from the instant boost of nourishment, juices have cleansing and alkalizing effects on the body. Traditionally, fruit juices are the “body cleansers” while vegetable juices are the “body restorers.” Together, fruit and vegetable juices work in synergy to achieve and maintain optimal health.

Fruit juices are strong cleansers due to their purifying natural acidity that flushes away toxins and other harmful substances. Despite their acidity, fruits are alkaline-forming in our body.

Vegetable juices are builders and restorers due to their high mineral content. It's their richness in alkaline minerals that help maintain the blood pH and overall acid/alkaline balance of the body.

Alkalinity is a major determinant of our health condition. Research has proven that disease cannot survive in an alkaline state and that viruses, bacteria, yeast, mold, fungus, candida, and cancer cells thrive in acidic, low oxygen, low pH environment.

Toxicity and over-acidification are the most common causes of diseases. It is with juicing that helps cleanse, restore, and heal the body.

- **Fruits have solar energy and vegetables have *Chlorophyll* -- the powers of the Sun transferred to our body through juicing.**

Clear and glowing skin, shiny hair, bright eyes – these are just some of the obvious effects of the solar energy that fruits transfer into our body. *Chlorophyll*, the “lifeblood” of the plant that makes them green, has multiple benefits on our health. It is an external and internal healer, cleanser, cell stimulator and rejuvenator, and red blood cell builder due to its molecular structure being similar to hemoglobin, which carries oxygen in the blood.

As good as they are, fruit and vegetable juices are but one aspect of a healthy lifestyle. Optimal health and wellness entail wholesome balanced diet, regular exercise, sunshine exposure and ample rest.

Note: For more than 7 years now, I've been using *Hurom* juicer. But there are alternatives on the market that could suit your needs. Opt for slow, masticating, [cold-pressed juicer](#) to maximize the benefits of juicing we've talked about.

PRACTICAL TIPS TO LOSING WEIGHT

There's a reason why our teeth are placed in our mouth and not in the stomach. We are supposed to chew the food well before swallowing them, not the other way around.

It takes about 20 minutes before the "I am full" signal from your stomach registers to your brain. Eating slowly will give you that window time to avoid overeating and lessen your calorie intake.

Did you know you can meditate while eating? It's called *mindful eating*. Here's what you do: take a seat and eat in front of the dining table, not the television or computer. Focus on what you're eating. Pay attention to the texture, aroma, and flavor of the food. It does not only bring about the pleasure of eating, but it also improves digestion and assimilation of the food you eat.

Avoid drinking too much water right after a meal. It will dilute the digestive juices and

acids in your stomach, which are needed to breakdown the foods into their assimilable form. Sip a bit, then down the full glass about an hour after.

These are simple practical tips that can help relieve indigestion, irritable bowel syndrome, *GERD* (acid reflux), and other digestive problems. Plus, you'll lose the weight too!

Hydration

If there's one common dietary habit healthy people do, it's staying hydrated. First thing in the morning is they drink 1 or 2 cups of water. It helps in flushing out the toxins through the bowels and activates the digestive system.

Dehydration can lead to weight gain because it increases fluid retention in the body. Sometimes we think we're hungry, when in fact we're just thirsty.

You can try vitamin-infused water. Squeeze a lemon into a liter of water and let the

remaining skin soak in. You can also add cucumber and mint. Then, refrigerate the mix overnight and drink it up the next day. That's instant natural alkaline water!

Eat Less Sugar

There's an interesting study by Dr. Richard Johnson about the so-called *fat-switch*, which is the reason why and how people gain or lose weight.

A simple logical explanation of his study is this:

Fat-Switch OFF: burn the calories, convert to energy; Fat-Switch ON: store the calories, convert to fat.

What triggers the fat-switch? SUGAR.

Yes, we cannot completely avoid sugar but we can choose what type of food the sugar is coming from. The sugar in a donut is different from sugar found in fruit. The donut is void of nutrients, whereas fruit

contains antioxidant nutrients that negate the fat-causing effect of its natural sugar.

Quick tip:

Avoid processed foods that have *High-Fructose Corn Syrup* and refined sugar. They will short-circuit the fat-switch!

A long-term goal is achieved by a series of achieving short-term goals. Say you want to lose weight in 3 weeks, make a goal of avoiding or limiting sugary and processed foods one day at a time. Focus only on today, then tomorrow, and the next day.

The Missing Link: Visualization

Brace yourself! We are now about to unleash the power of your subconscious mind, which is 30,000 times more powerful than the conscious mind! It's been said that our thoughts create our reality. 90% of those thoughts are created on the subconscious level.

An effective method to access the subconscious mind is a technique known as *Creative Visualization*. It's an active form of meditation, wherein you feed the thoughts in your mind via visual images. When regularly practiced, these images become imprinted on your subconscious mind and are manifested into reality.

Here, try this:

Imagine seeing the weight you want as you stand on the weighing scale; wearing the beautiful dress that fits your slim body; eating a healthy meal during breakfast; and drinking fresh juice after your run.

Now, visualize:

- Close your eyes.
- Take 3 or more slow and deep breaths until you feel relaxed and your mind is calm.
- Play the images in your mind as if they're happening. Bring in all the senses (sight, touch, hearing, smell) to the experience.
- Say a positive affirmation: "I am healthy and beautiful."

- Open your eyes.

Face the mirror. You'll see that healthy and beautiful person smiling back at you.

Note: Check out this visualization tool called [*Mind Movies*](#) that you might enjoy. Plus, a BONUS: [*Never In Your Wildest Dreams*](#)

Also, check out our latest articles on healing at thepathtoawesomeness.com for other tools and techniques.

AFTERWORD

I smile looking back at where I've been and where I am presently in my healing journey. I am so grateful for the lessons learned from experiences I had that I am now able to share with you.

What I realized is that healing does not stop from recovering from an illness. Ironically, it is only the beginning.

Health is wealth. Invest in yourself because the return is so much well worth it.

It is more than just taking care of our physical bodies. Because we are not only what we eat. We are also what we do, think, and feel.

As simplistic as it may sound, love heals. So be love, do love, think love, and feel love. It is only when we can come from that place within us that healing happens. Perhaps the reason why we get sick in the first place is the lack thereof.

No matter the case, know that it is never too late and you are not alone in this.

Consider this as my personal invitation for you to take this journey with me and together, let's begin the awesome life!

May you live healthy ever after!

With love,

Frederick Espiritu

Author and Creator of

The Path to Awesomeness