

Staying

Healthy & Wellthy

high energy... low stress... life balance... farm success...



WORK-LIFE SUCCESS SEMINARS *with Mark Bunn*

Your
**Natural
HIGH**



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Natural High

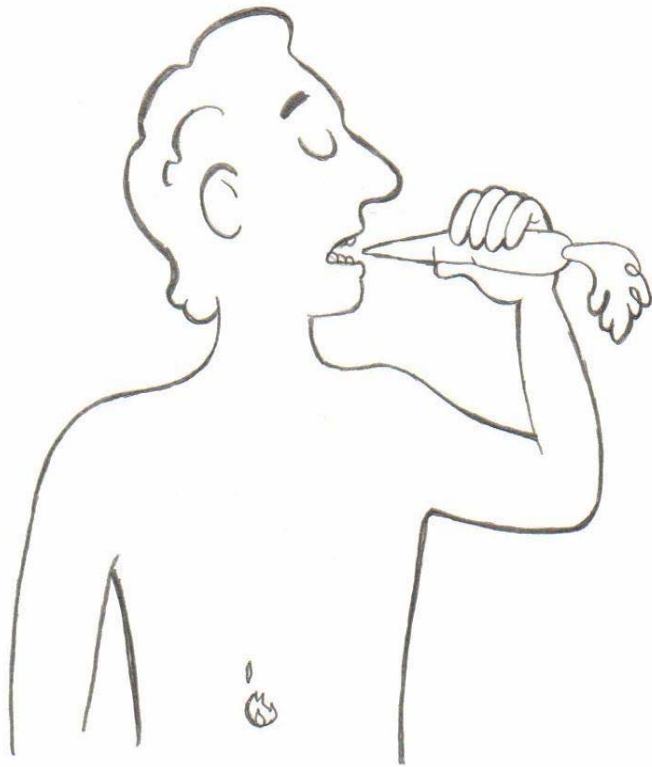
Even the 'healthiest' food imaginable,
only gives you
energy, vitality & strength,
if you

DIGEST IT

Natural High



Natural Low



Natural High

Your Body's Natural Cycle for
PEAK DIGESTION -
for optimal energy, vitality, healthy tissues etc
occurs each day from

10am – 2pm

Natural High

Your Body's Natural
Repair, De-tox, & Rejuvenation
cycle, peaks each night from approximately

10pm – 2am

Natural High

*If you want to do one thing in your life to substantially **increase your energy levels, mental clarity and positivity***

&

*significantly **reduce your chances of being overweight or suffering serious disease***

Natural High 1

Eat Light at Night

Before Light Dinners



with Mark Bunn

After Light Dinners



Peak Rejuvenation

Go for

Peak Performance SLEEP

9.30 – 10.30pm

(as often as possible!)

Peak Hydration

To help improve energy, circulation, feel lighter & reduce weight / joint pain, constipation etc

Avoid 'ICE COLD DRINKS'

**Drink Warm/'Hot' Water (Winter)
& Room Temperature/Cool Water (Summer)**

Peak Hydration

4 to 6% dehydration
equates to a
Performance Loss / Fatigue level
of

20 to 30%

REFERENCE: The Water Institute

Peak Hydration

The only true indicator of your hydration levels is not a specific number of glasses of water per day, but the 'colour of your urine

Drink enough to keep your urine clear or light yellow

Low-Stress Success



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Low Stress Success

Relax, Re-energise & Exercise
with

PROPER BREATHING

SLOW... DEEP... COMFORTABLE

NASAL BREATHING

The KEY of ALL KEYS



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The Key of All Keys

Far more important than any
diet, lifestyle or exercise regime,
is your

‘Emotional’ Health

How Much You Experience

Mateship / Connection / Fun

Further Help / Resources:

Questions for Mark
mark@healthspeaker.com.au

Resources - Further Articles / Health Tips etc
www.healthspeaker.com.au/resources.php

Mark's Health Newsletter – Free
www.healthspeaker.com.au/etips

Other Talks

Contact Susan Markovic – Blue World Speakers
02 9906 8860



The Key of All Keys

Look After No.1

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