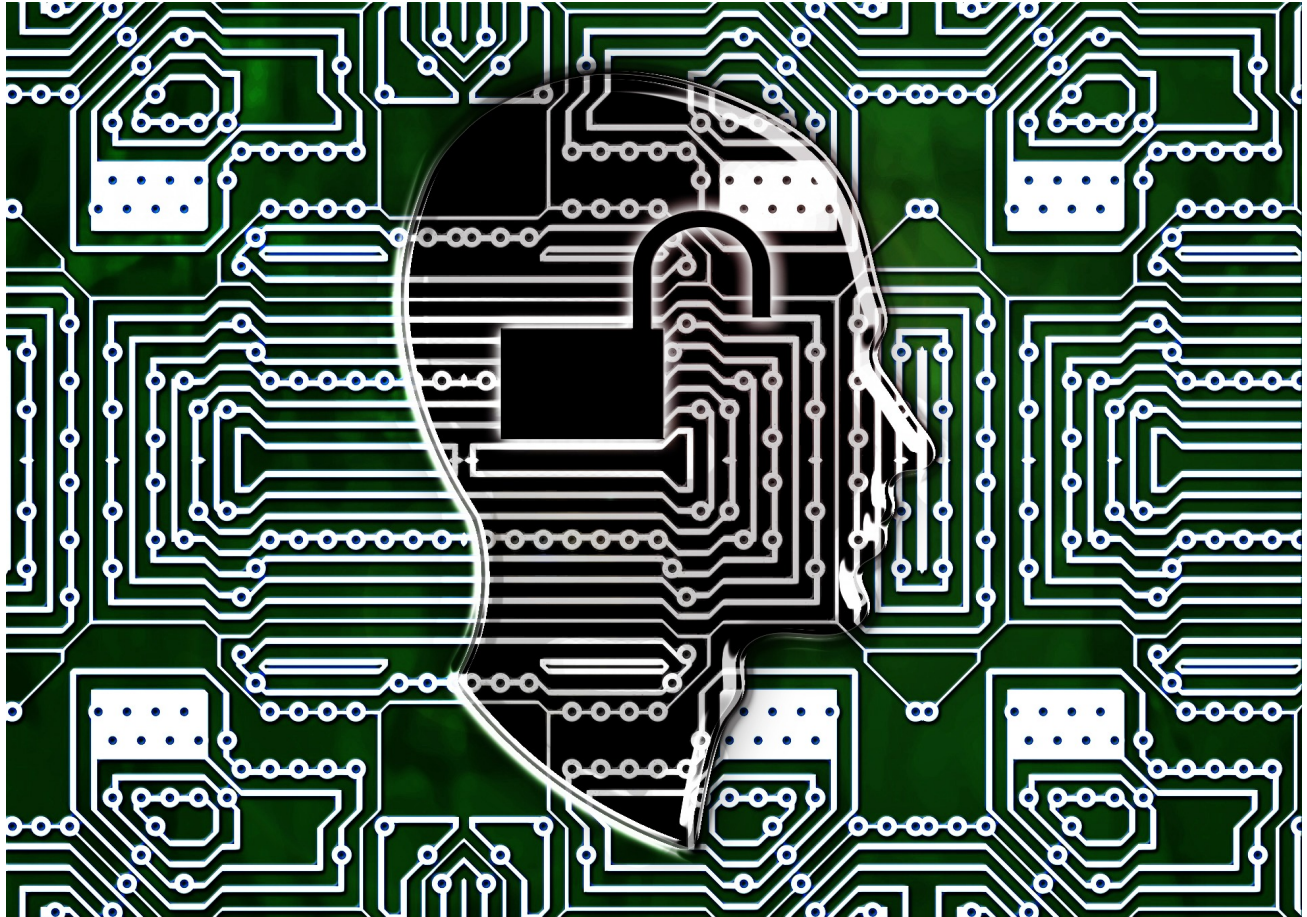


# CLEANING THE CONNECTION

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**PREPARING FOR OPTIMAL FLOW**

*Prime*  
**M<sup>~</sup>OVER**

www.juliankaufmann.com

**TROUBLESHOOTING: Can be defined as tracing and correcting faults in a mechanical or electronic system.**

Once we have experienced a problem with a system, we begin the troubleshooting process to isolate the malfunction and then to take corrective actions to repair the system. We can also apply preventative maintenance techniques to avoid trouble to begin with. That is we can take steps now to avoid problems later. **Cleaning the Connection presents things to look for to help establish the greatest flow of Life Force** and provides some suggested helpful resources to optimize your performance. Please email me at [Julian@juliankaufmann.com](mailto:Julian@juliankaufmann.com) with any tips/products that work for you.

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## **Baby You Can't Drive My Car**

Chances are that you have experienced your car not starting after the car had been sitting for some time. Maybe you left the interior lights on? Maybe there was something wrong with your car's electrical system – including the battery, alternator etc.



As part of your assessment of the car's electrical system you make sure all the wires are connected and perform visual inspections and may even use meters to record voltage and current levels. You troubleshoot – looking for causes of the failure. A common “fault” of car batteries is the build up of corrosion on the battery terminals.

**Figure 1- Corrosion**



Corrosion occurs due to a chemical process, which results in buildup on the battery terminals (the metal portions that conduct the electrical current to and from the battery). This toxic buildup infers with good electrical conductivity – good flow.

As part of corrective/preventative steps it is recommended to clean the battery terminals to ensure the best connection.

**Figure 2 - Cleaning the Connection**



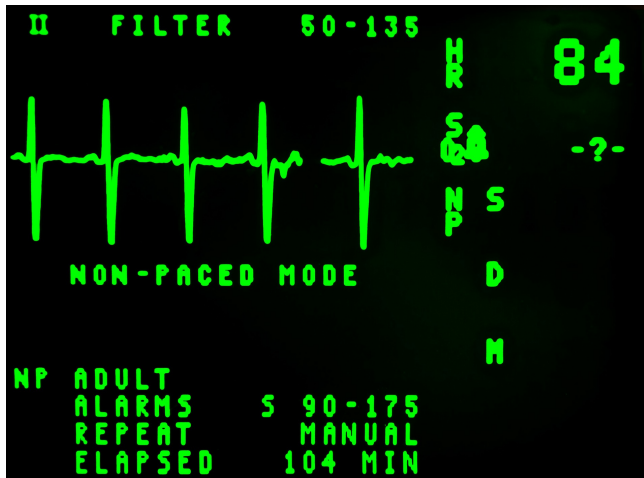
## **Electricity and Me**

Electromagnetism is one of the four fundamental forces in the universe. Like gravity, electrical forces are basic to how everything functions, including us. People are electrical machine.

Establishing proper connection and maintaining clean circuitry is necessary for all electrical devices to function properly.

Stop for a moment and feel your pulse, which is a result of your heart contracting in response to an autonomic nervous system electrical impulse. Figure 1 shows the output of an electrocardiogram ( EKG or ECG). Notice the electro – electricity and cardio – heart.

Figure 3 - EKG Output



Of course regulating all our physical processes and how we perceive the world, is the neural super-computer that rests upon our shoulders. It is estimated that our brains on average contain 100 billion neurons. A neuron is an electrically excitable cell. Figure 2 below shows a patient “wired-up” for an EEG (electroencephalogram). Note encephalo is derived from Greek word meaning head.

Figure 4 - EEG Patient



The following can influence how our brains and bodies perform and should be self-evaluated when reviewing the performance of our internal systems:

- 1) Sleep
- 2) Nutrition
- 3) Exercise
- 4) Stress Management

## **SLEEP**

Sleep is thought to be a way for the body to rid itself of toxins, in particular a time for your brain to recharge. Unfortunately we often sacrifice our sleep needs and try to simply “amp” our selves with caffeine in the morning. Lack of sleep impacts our cognitive processes and can create physical damage to our bodies as a result. The best way to have a great day is to ensure you have had a great night’s sleep as well.

- ✓ **Established sleep/wake time:** Your body has a built in clock, its circadian rhythm, that regulates hormone production to help you wake and fall asleep. It is optimal to have a consistent schedule of when you go to sleep so you can in turn wake the next morning at approximately the same time. If you burn the midnight oil and stay up late you will want to sleep more but may not be able to do to your schedule, creating a sleep deficit.
- ✓ **Sleep Conducive Environment:** We sleep best in a cool, dark quite room. Our quality of sleep can be influenced by environmental factors such as room temperature – too hot or too cold. Light in a room, including that light given off by electronic devices can trick our brains into thinking it is daytime and thus begin producing our morning hormones to signal to our bodies it is time to rise.
- ✓ **Diet/ Nutrition:** What we eat and when we eat it can greatly influence the quality of our sleep as well. It is recommended to allow several hours to pass after eating before falling asleep. Alcohol while a depressant can cause you to have poor sleep as your body processes the sugars in the alcohol.
- ✓ **When you exercise:** Exercise late in the day or in the early evening can delay the production of sleep inducing hormones making it more difficult to fall asleep than would be otherwise. Optimally you should exercise first thing in the morning in order to sleep most soundly at night.

## **NUTRITION**

We are what we eat. Garbage in- Garbage out.

Our bodies need refueling from food and water in order to provide the energy we need to live. Unfortunately we may pay more attention to the quality of fuel we put in our cars than what we put into our mouths. In keeping with the car analogy, premium gasoline costs more than regular but offers enhanced performance. Fresh, organic foods are ideal as well as the best water we can find. Our bodies are mostly water so it is crucial that pay attention to the quality of water we consume.

We have specific nutritional needs based on our body type. When it comes to our nutritional needs it is up to each of us to tune in to our body's needs and provide the best nourishment we can.

When seeking to establish the best connection to our Source energy, we should consider experimenting with elimination diets to determine how certain foods influence us. (Food allergy testing and Ayurvedic medicine can provide additional guidance) In addition to committing to eat the highest quality food we can we also may want to forgo certain foods. Inflammation from food sensitivities and allergies in our body interferes with normal cell processes and over time can cause health problems. Consider going without gluten, dairy and avoiding alcohol for 30-days or more and note how you feel. You may want to reintroduce these items and see if you notice you feel worse now that they have been brought back into your diet. I have eliminated both gluten and alcohol and feel much better, with more energy and better sleep as a result.

Lastly, you may want to consider reducing the amount of caffeine you consume to ensure you are sleeping optimally.

## **EXERCISE**

Our bodies are dynamic and need to move in order to thrive. It has been shown that inactivity can lead to depression and anxiety. Unfortunately our modern lifestyle of commuting by car to sit at a desk all day only to return home to eat and watch television does not lead to much movement.

Based on our age and lifestyle the best type of exercise for us is a very individualized thing. Generally speaking we should incorporate some cardiovascular activity in our days. We don't have to spend hours on a treadmill or a stationary bike to receive the benefits of moving. Taking frequent walking breaks throughout the day can go a long way to meeting your exercise needs. In addition to the cardio activity we should also incorporate some type of strength training in our exercise regimens. Lastly we should also include some flexibility/ recovery work to help our bodies efficiently work out the kinks that inevitably occur.

The following are general guidelines that I recommend

- ✓ 30-minutes of activity per day
- ✓ Strength training 1-2 times per week
- ✓ Flexibility stretching 1-2 times per week
- ✓ Sitting for no more than 1-hour at a time

## **STRESS MANAGEMENT**

Too much stress over a prolonged period of time is damaging to us. When we are stressed our primitive, survival instinct (fight or flight) takes over and our brain causes hormones to be released in our body that can damage us if this real or perceived stress lingers. Stress causes our higher brain functions to shut down. It is important to recognize the impact of stress on us and to take steps to minimize our exposure to harmful stress as much as possible. The following are some suggestions to help minimize stress' impact to your quality of life:

- ✓ Not watching TV, particularly avoiding 24-hour news
- ✓ Spending time in nature
- ✓ Spending time with friends and family
- ✓ Pursuing leisure or hobby activities
- ✓ Meditation
- ✓ Breathing Exercises



# RESOURCES

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## SLEEP

### Books






**Sleep Smarter: 21 Proven Tips to Sleep Your Way To a Better Body, Better Health and Bigger Success**

by Shawn Stevenson




Link: <http://amzn.com/0984574522>

### PRODUCTS

 <p><b>Uvex S1933X Skyper Safety Eyewear, Black Frame, SCT-Orange UV Extreme Anti-Fog Lens</b> by Uvex Link: <a href="http://amzn.com/B000USRG90">http://amzn.com/B000USRG90</a></p>	 <h2>Sleep Cycle</h2> <p>Is an app on your phone. In addition to tracking your sleep the app seeks to wake you at an optimal point in your sleep cycle.</p> <p><a href="http://www.sleepcycle.com/">http://www.sleepcycle.com/</a></p>
 <p><b>Sleep Master Sleep Mask</b> by Sleep Master Link: <a href="http://amzn.com/B0015NZ6FK">http://amzn.com/B0015NZ6FK</a></p>	

## NURTITION

### BOOKS

 <p><b>The Wahls Protocol: A Radical New Way to Treat All Chronic Autoimmune Conditions Using Paleo Principles</b> by Terry Wahls M.D. et al. Link: <a href="http://amzn.com/1583335544">http://amzn.com/1583335544</a></p>	 <p><b>The Adrenal Reset Diet: Strategically Cycle Carbs and Proteins to Lose Weight, Balance Hormones, and Move from Stressed to Thriving</b> by Alan Christianson NMD et al. Link: <a href="http://amzn.com/0804140537">http://amzn.com/0804140537</a></p>
 <p><b>Eat Move Sleep: How Small Choices Lead to Big Changes</b> by Tom Rath Link: <a href="http://amzn.com/1939714001">http://amzn.com/1939714001</a></p>	

### ONLINE RESOURCES

<https://celiac.org/celiac-disease/symptomssigns/checklist/>



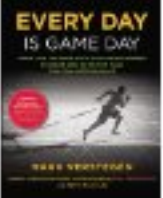
<http://30daynoalcoholchallenge.com/>

<http://www.marksdailyapple.com/no-alcohol-challenge/#axzz3w5bVYVBe>




[www.drweil.com/drw/u/ART00454/Ayurvedic-Medicine.html](http://www.drweil.com/drw/u/ART00454/Ayurvedic-Medicine.html)

**EXERCISE**

**BOOKS**

 <p><b>Eat Move Sleep: How Small Choices Lead to Big Changes</b> by Tom Rath Link: <a href="http://amzn.com/1939714001">http://amzn.com/1939714001</a></p>	 <p><b>Spark: The Revolutionary New Science of Exercise and the Brain</b> by John J. Ratey et al. Link: <a href="http://amzn.com/0316113514">http://amzn.com/0316113514</a></p>
 <p><b>Every Day Is Game Day: Train Like the Pros With a No-Holds-Barred Exercise and Nutrition Plan for Peak Performance</b> by Mark Verstegen et al. Link: <a href="http://amzn.com/1583335536">http://amzn.com/1583335536</a></p>	

**PRODUCTS**

 <p><b>Apple Watch 38mm Aluminum Case Sport with Black Sport Band</b> by Apple Link: <a href="http://amzn.com/B00WUKULAC">http://amzn.com/B00WUKULAC</a></p>	 <p><b>Fitbit Charge Wireless Activity Wristband</b> by Fitbit Link: <a href="http://amzn.com/B00N2BVOUE">http://amzn.com/B00N2BVOUE</a></p>
 <p><b>TriggerPoint GRID Foam Roller with Free Online Instructional Videos</b> by Trigger Point Performance Link: <a href="http://amzn.com/B0040EKZDY">http://amzn.com/B0040EKZDY</a></p>	

**ONLINE RESOURCES/APPS**

<https://www.youtube.com/user/yogawithtim>



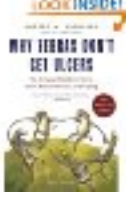

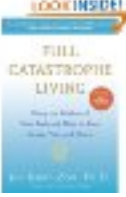
<https://www.onnit.com/>

<http://www.marksdailyapple.com/primal-blueprint-fitness/#axzz3w5bVYVBe>

<http://madbarz.com/>

**STRESS MANAGEMENT**

**BOOKS**

 <p><b>Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder</b> by Arianna Huffington Link: <a href="http://amzn.com/0804140863">http://amzn.com/0804140863</a></p>	 <p><b>10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works--A True Story</b> by Dan Harris Link: <a href="http://amzn.com/0062265431">http://amzn.com/0062265431</a></p>
 <p><b>Why Zebras Don't Get Ulcers, Third Edition</b> by Robert M. Sapolsky Link: <a href="http://amzn.com/0805073698">http://amzn.com/0805073698</a></p>	 <p><b>How to Stop Worrying and Start Living</b> by Dale Carnegie Link: <a href="http://amzn.com/0671733354">http://amzn.com/0671733354</a></p>
 <p><b>Full Catastrophe Living (Revised Edition): Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness</b> by Jon Kabat-Zinn et al. Link: <a href="http://amzn.com/B00C4BA3UK">http://amzn.com/B00C4BA3UK</a></p>	

**ONLINE RESOURCES/APPS**

<http://moodnotes.thriveport.com/>

<http://my.happify.com/>

<http://www.calm.com/>

<https://insighttimer.com/>