

THE 15-MINUTE BETTER BODY BLUEPRINT

**Simple Steps To Upgrade Your Health
In Less Than 15 Minutes A Day**



Dr. Venus

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It's can be too easy to fall into unhealthy habits. We often use the excuse that there's just not enough time. No time to get to the gym. No time to prepare nutritious foods.

Here's a simple blueprint that takes away that excuse. Now you can do better for yourself and it won't take more than 15 minutes of your day. Add these 5 steps to your lifestyle routine and see for yourself the difference it can make...better health, improved mood, and increased energy levels. The steps are easy to remember; just recall my name V-E-N-U-S.

1. Vessel Circulation

You are likely very well aware that exercise should be a part of any healthy lifestyle. Exercise supports your blood and lymph vessel circulation, maintaining the flow of nutrients into your tissues as well as the transport of waste out of them. You can achieve benefits with just 30 minutes/day of aerobic exercise, 5-7 days per week, and 15 minutes/day of strengthening exercise just two days per week.

If even that seems like too much for you to take on right now, then there is one other form of exercise that you should try that will take even less time – rebounding! To rebound, all you need to do is to stand on a “rebounder” (a mini-trampoline) and bounce. Big jumps aren't necessary, just a little bouncing. Another option is to sit on a stability ball (or on your bed mattress) and bounce on your bottom, again just a little bit.

Rebound for 5 to 10 minutes, 2 to 4 times per day. Yes, you should eventually add aerobic and strengthening workouts, but rebounding is definitely a good start!

2. Environment

Minimize your exposure to environmental toxins by avoiding use of at least 2 groups of chemicals: pesticides and BPA.

Pesticides - Look at the [EWG Dirty Dozen Guide](#). **Eat ONLY organic versions of the items on the Dirty Dozen list.**

BPA - **Avoid canned foods or storing foods in plastic.** BPA (or replacement chemicals BPS & BPF) in canned foods and polycarbonate plastic can leach into the foods that come in contact with them. Note: There are some companies (like Amy's and Eden Foods) that have created BPA-free linings for their canned foods.

3. Nutrition

Try an elimination diet from time to time. If after eliminating a specific food or food group, you discover that you're feeling better in some way – more energy, fewer headaches, improved digestion, or maybe even a mood boost – then you'll have valuable information that can enhance your life.

Everyone is different. Everyone may respond to various food groups in different ways. Your body may react to certain things with an inflammatory reaction – big or small – while other people may have no reaction at all.

Joint aches you've been experiencing could be a chronic inflammatory reaction to foods you've been ingesting. Fatigue that seems to come over you every day may also be due to chronic inflammation. While you may not see it as a full-blown allergic reaction, your body may still have a certain amount of sensitivity to a specific food group. But you won't know until you test it in some way. An elimination diet is a great way to do that.

How an elimination diet works: **Pick a certain food or food group (e.g. dairy, gluten, gluten-free grains, red meat) and simply do not eat it for 10-14 days.** During that time, see how you're feeling. If you're feeling better in any way, at the end of the 10-14 days, add one small serving of that food group back into your diet each day. Continue ingesting that one serving for at least 3 days to determine if any ill effects return.

Once you have information about how certain foods make you feel, then how you proceed from there is completely up to you. Now you'll know that if you want to feel your very best, just avoid those foods that may cause bad reactions. You could decide that you want to enjoy a scoop of ice cream, even though you've discovered that dairy causes some lethargy in you. But it's still your decision. At least you'll know what to expect.

4. Unwind

Having stress in your life is not unexpected. The hormone cortisol helps your body function during those times of stress. But when stress becomes an everyday, unrelenting problem, then those chronically high levels of cortisol can be quite harmful to your health.

Make a point of implementing at least one stress management technique per day. Examples are yoga, painting/drawing, and listening to music.

A simple breathing exercise can be a very effective stress-reliever and it takes only one or two minutes to do. Close your eyes, place your hands on your abdomen, and just focus on the sensations of your inhale and your exhale. **Gradually deepen your breathing, taking 10–20 slow & deep breaths, feeling your abdomen rise and fall.**

5. Sleep

Get at least 7 hours of sleep at night, and if at all possible, go to bed before 10pm.

Human growth hormone is important for the repair processes that occur in your body as you sleep. But it only starts to kick in after about 6 hours of sleep.

Additionally, your sleep is comprised of 90-minute cycles – REM (rapid eye movement) cycles and non-REM (or “deep sleep”) cycles. You get your most restorative sleep during non-REM cycles which tend to occur earlier in the night. So if you start your sleep later, after midnight, then you’ll get less restorative sleep.

That’s the blueprint! All 5 steps will take less than 15 minutes each day, and together, these will help you to upgrade your health.

- Rebound 5 minutes, twice per day.
- Take 10 to 20 slow, deep, conscious breaths per day.
- Avoid BPA (and BPA replacement chemicals) and avoid pesticides (by eating organic versions of foods on the Dirty Dozen list).
- Avoid foods which may be causing ill effects (i.e. inflammatory reactions).
- Even if you can’t get at least 7 hours of sleep, at least go to bed before 10pm.

I can give you the guidance you need to build upon these steps and discover your highest potential in health and happiness.

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