

LIVING HEALTHY FROM WITHIN

50+ INSIGHTS TO A HEALTHIER MINDSET

SAM CHEIN

LIVING HEALTHY FROM WITHIN - SAM CHEIN
EUROPEAN VERSION

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DEDICATION

With gratitude and praise to the Creator of Life and everything in it.

Every person has a journey in life.

Our "why" in life can many times be for the most of idealistic purposes, to make an impact and to contribute to the overall universal vision for collective growth.

But "how" we go about our journey, is unique and exclusive to each our own existence.

It is here, in these few pages, I would like to share my humble experiences, thoughts, frustrations, desperations, inspirations, aspirations, I have been through, in regards to health and wellness particularly.

They say: "An area of success and transformation for you, may be someone else's survival guide."

With that in mind, this is my focus and aim in sharing this with the world.

To some of many that I am sharing my gratitude for being instrumental in my overall growth for life, it's quality and quantity:

My wife and kids, you are a constant source of blessings, opportunities, and every positive celebration and joyful source in my life.

For your constant support, friendship and extraordinary impact on my life, every single day:

Michael Rosenbloom, Bryan Farkash, Gedaliah Fenster and Sighi Drassinower.
Thank you so much.

An ocean of ink won't suffice to a lifetime of gratitude for your presence in my life.

And to the publisher, editor and his team for this book,

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CONTENTS

1. THE PASSOVER- EGO- DIET	8
2. WEIGHT LOSS- DESIRE!	10
3. BELIEVING IN HEALTH!	13
4. LIFESTYLE-DETOX!	15
5. SPIRITUAL HUNGER!	17
6. BEST WEIGHT- LOSS PILLS!	19
7. WEIGHT LOSS- CONCERN!	21
8. WEIGHT LOSS- FAILURE!	24
9. WEIGHT LOSS- CLARITY!	27
10. WEIGHT LOSS- ENERGY	29
11. WEIGHT GAIN- RESILIENCE!	32
12. WEIGHT LOSS- SUGARS!	35
13. WEIGHT LOSS- STRESS!	39
14. RAPID WEIGHT LOSS, REALLY?	42
15. WEIGHT LOSS- ADDITIONS!	44
16. WEIGHT LOSS- NATURE’S WEALTH!	47
17. WEIGHT LOSS- SELF LOVE!	49
18. WEIGHT LOSS- DEPRESSION!	52
19. WEIGHT LOSS- HYDRATION!	55
20. WEIGHT LOSS- FREE CHOICE!	57
21. WEIGHT LOSS- PARENTING!	60

22. WEIGHT LOSS- PLATEAU!	62
23. WEIGHT LOSS OR HEALING?	65
24. WEIGHT LOSS & DIET BREAKTHROUGH!	68
25. WEIGHT LOSS- SNACKS!	71
26. IMPROVE YOUR THYROID HEALTH!	73
26. WEIGHT LOSS- MADE SIMPLE!	76
28. WEIGHT LOSS- MONEY MANAGEMENT	82
29. YES, TO EXERCISE, NO TO FOOD!	85
30. ANGER IN YOUR DIET?	87
31. WEIGH YOURSELF, EVERY DAY!	90
32. SMOOTHIES, EXERCISE; YES OR NO?	92
33. A.D.D... A.D.H.D... S.P.D...	94
34. SLEEP VS EXERCISE	96
35. PASSION VS PURPOSE	98
36. THINKING ABOUT THOUGHTS!	100
37. ADDICTED TO YOURSELF?	102
38. LET IT GO... THE CARBS!	105
39. SUPPLEMENTS: YOUR COUNTER-TERRORISM STRATEGY	107
40. INFORMATION OR INSPIRATION?	109
41. KEEP IT SIMPLE!	112
41. WILL I REGAIN MY WEIGHT?	115
42. COUNT YOUR CALORIES!	118
43. HEALTHY BODY MASS INDEX (BMI)	121
44. HUNGER, HEALING, HURTING	123
45. GIVING UP	125
46. FIBER, A MUST IN YOUR SMOOTHIE!	128

47. ACCOUNTABILITY, YOUR BEST FRIEND!	130
48. PROTEIN AND CARBS COMBINATION	133
49. HEALTHY LIFESTYLE STRATEGY #7	135
50. HEALTHY LIFESTYLE STRATEGY #6	137
51. HEALTHY LIFESTYLE STRATEGY #5	139
52. HEALTHY LIFESTYLE STRATEGY #4	141
53. HEALTHY LIFESTYLE STRATEGY #3: GLYCEMIC INDEX	143
54. HEALTHY LIFESTYLE STRATEGY #2	145
55. HEALTHY LIFESTYLE STRATEGY #1	148
56. EMOTIONAL WEIGHT LOSS	151
57. THE DYNAMIC IMPACT OF FOOD WITHIN YOU	153
139 IMPACTFUL QUOTES SHARED ON SOCIAL MEDIA	155

1. THE PASSOVER- EGO- DIET

*“Dear stomach, you are bored, not hungry.
So shut up.”*

How about The Passover diet?

Okay, so we all know that Passover is a Biblical holiday, meaning, even if a believer is a non-Jew, there is still significant importance to this God given holiday to the world.

On Passover, the commandment is to refrain from leaven-bread. Any rising ingredient that will trigger the flour to rise, will render it forbidden for consumption. On a deeper level, in the subconscious existence of the human condition, Leaven is akin to the ego within man.

“Losing weight is a mind game. Change you mind, change your body.”

Anytime you think you are more than what you actually show the world, you are having an illusory-self-conceited diagnosis, a byproduct of a flawed and inflammatory translation of your current self. In other words, who you are always falls short of who you can be. So in light of your potential, you should always be humble for how much more you can become, so never be happy with who you are, in the face of who you can become.

Your accomplishments always pale in comparison to your deepest self, so don't get caught up in yourself, and forget, even for a moment your greater obligation for further contributions to the world and the greater good.

*“Tips to Reduce Weight: Turn your head to the right then to the left.
Repeat the exercise everytime you are offered something to eat.”*

What does this have to do with food? Well, we eat, numerous times a day. The food becomes a part of us. It fuels our physical existence and our relationship with our God-given divine image. In other words, there are foods that make you feel more complete, full, of yourself, and other foods that can help you feel how much more of your infinite self, you can experience.

“I’m just a girl standing in front of a salad, asking it to be a donut.”

There are customs among the Eastern European Jews to refrain also from food that look anything like a grain, small in size and likeness. So for all the carbs free dishes that would be rolled out on Passover diets all over the world, it’s quite healthier on a subatomic or molecular level. All and any foods that help you realize how much, always, needs to get done, will always propel you more towards growth and change than the foods that will remind you how much you’ve got done so far.

“The ego is the false self-born out of fear and defensiveness.”

John O’Donohue

Getting down and dirty!

Veggies and more veggies.

There are many veggies that are crucial towards our physical growth and mental wellness.

“I’m not dieting. I’m changing my lifestyle”

God created the world- earth and its natural order of existence. It only makes sense that when we follow the natural order of growth and vegetation, we are aligning ourselves with the built-in health of existence. Veggies and some fruit with protein make an outstanding diet all year round. We are all aware how many foods today are not only modified but injected with garbage that hurts our overall health and toxicity levels. Making smart proper choices through education is the only way we can ensure our health is constantly at our prime.

Avoid: toxic foods.

Embrace: to learn about the foods that help you stay natural, according to nature’s definition of natural.

“Ego is the only requirement to destroy any relationship. So, be a bigger person; skip the ‘e’ and let it ‘go’!”

2. WEIGHT LOSS- DESIRE!

“Think of will power as a ‘muscle’. You don’t find willpower, you build it.”

How much do you really, really want to lose weight and transform your life in this area? It’s not important for you to answer to me, or to yourself. It’s important for you to keep asking this question, to yourself and never really answer it. The reason why it is so central to life, to weight loss, to discover your self-identity and will-power is because your will is who you are. Only when you know who you really are, you can really change what you do and achieve what you never had.

“The only thing standing between you and your goal is your willpower.”

Will and desire are our greatest tool to grow, achieve, and accomplish. Show me a man of success, in any specific area in life and I’ll show you deep desire and will, that preceded the resulting tangible reality. You have to want to lose weight and begin living healthy. Your desire can’t be something you just utter out of your mouth.

“It’s not that some people have willpower and some don’t. It’s that some people are ready to change and others are not.”

Real desire doesn't mean you want it because someone else wants it. Real desire means you want it because you want it. How do you know you really want something? For starters, think about food. When you’re hungry, it takes up all of your attention and focus. Your body craves food. You can be silence for food hunger for a short while, but because it is crucial to your survival it will nag you until you give in.

“Willpower is a muscle; the more you use it, the stronger it gets.”

Now you can give your body food that will hurt you, or you can give it food that will heal you. In life, I think the same holds true for discovering your power of desire. You have to want something so much that the hunger is so real and overtaking that it won't leave you or nothing can distract you. There are things that can distract your desires, but then maybe the desire isn't strong enough.

"Look in the mirror... that's your competition."

There are things you want- they are not real desires; they are just want. Things that have to do with your outermost self, not your inner real self. Real, deep desire, that is attached to purpose, has a passion, a life long passion. It's really scary, but once you find this deeper desire, with an elaborate purpose in this desire, everything in life gets an auto-focus clarity that you never had. Life becomes peaceful because you know what you want in life.

"When the pain of staying the same is greater than the pain of change, only then will a person change."

Dr. Henry Cloud

Confusion is untapped discovery, undiscovered knowledge of the self. People are stressed out and confused because they lack clarity. People lack clarity because they don't know what they want. People don't know what they want because they don't know who they are. People don't know who they are because they are distracted by real inner life. People are distracted because the people that are focused like making money on people that can easily be distracted.

"In order to win, you have to have the greatest desire for it."

The people that are focused, like making money because they want to spend more time doing what they love.

But, why are the main people distracted? Why don't people realize they are distracted enough not to realize that if they discover and expand, develop and enhance their inner will, then they can achieve anything. I think it is because people don't focus. The more mindful someone is, the more they can grow, transform and achieve and accumulate anything.

"Your body can stand almost anything. It's your mind that you have to convince."

But we are back at distraction, people that are not mindful are distracted. Why are people distracted? Because they don't question. Why don't people question? Because they are comfortable staying the same. Why are people comfortable staying the same? Because they look around them.

Why do people get accustomed to defining life around the people in their environment?

That is a good question.

One religious sage said, the only free choice man has is to be around good people or the opposite. Hmm, interesting. Answer each of these questions to yourself. Weight loss, health and life is all up to you. Look at the mirror and what you see is either your greatest obstacle or your greatest ticket to success.

Avoid: staying the same person, and not desiring change and improvement.

Embrace: transformation by wanting to be different and better. Start wanting a better you, and it will happen, you will make it happen, in every area of life.

“Reminder: Food is fuel. Not therapy.”

3. BELIEVING IN HEALTH!

“Nothing great was ever achieved without enthusiasm.”

Ralph Waldo Emerson

Believe it. A lot of what you think of yourself is who you are and what you will end up doing and being. People can learn to blame everyone and anything other than themselves for anything in their own life, but its futile. Whether you have the wrong beliefs of yourself, or none at all, you are usually right. You see, the way it works is, your beliefs turn your thoughts into actions.

“Confidence is something you create within yourself by believing in who you are.”

Your beliefs command your body into what to do, and how to behave. So, we have to ask ourselves about what we believe at every moment. It is quite dangerous. We can develop a definition of ourselves at is defined by the outside world: feelings, thoughts and even limiting beliefs.

“You must expect great things of yourself before you can do them.”

It’s the same when it comes to weight loss and living healthy. A lot of what we eat, and how we behave can be influenced by how we were raised, and even now, who we surround ourselves with. That doesn’t have to be that way. In the Biblical use of the word faith, the root of the word means to train. Like a craftsman, faith and beliefs take time to train, and retrain. It’s quite astounding how people can think that faith is something they pick up in a religious setting, friendly community, or even in an educational setting. Nothing can be further from the truth.

“Whether you think you can, or you think you can’t-you’re right.”

Henry Ford

Faith can be ignited by others but it must be maintained and nurtured from the deepest part of the person's soul. It's the same in any other area in life.

You are fit.
You are healthy.
You are calm.
You are highly effective.
You are productive.
You are successful.

If you believe it first, in your mind and etch it into your heart. Then it's a reality.

"We can not change the cards we are dealt, just how we play the hand."
Randy Pausch

Of the many reasons people can mistakenly begin and never maintain a sustainable weight loss and healthy lifestyle campaign the most important is this: it's mostly about mental and emotional health. Everything you do is a byproduct of what you feel and think. Obviously, great healthy nourishing foods will enhance that inner health, but your inner resolve precedes everything. Nothing outside of who you are should determine what you will eat, how much of it, and at what times.

In addition, when it comes to emotional and mental health, nothing should have a bearing on your inner health only your decisions themselves.

Begin to believe.
Begin to live.
Begin to be reborn.

Think about it. You think and feel 24/7. You eat only 10 percent of that (I hope). Start with healthier thoughts, feelings, and everything else follows suit.

Avoid: negative stories about yourself and the world.

Embrace: whatever you think and feel, its possible, if you can think it, it can happen.

"If we did all the things we are capable of, we would literally astound ourselves."

Thomas Edison

4. LIFESTYLE-DETOX!

“If plan ‘A’ doesn’t work, the alphabet has 25 more letters. Stay cool.”

Detox your body!
Detox your heart!
Detox your mind!
Detox your soul!

Everything is related in life. One system can easily be applied to many areas of life. There is a common misconception in the world that sickness begins and ends in bacteria and its disposal. Further authentic research proves otherwise.

“Detox your mind, body and your contact list.”

An accumulation of poisonous toxins in the body are the beginning of a disease and its sickness. Unfortunately, there are toxic habits people have towards toxic foods that no matter how much we are constantly, automatically, naturally releasing from our body- the build up is more than the release.

“Your scars are proof that God heals”

There are five major detox organs in the body:

1. The Skin

The skin is sometimes called ‘the third kidney’. A lot of toxins come out through perspiration and in dead skin cells that flake off. Alternatively, a lot of toxins also go in through the skin through toiletries and cosmetics. Kitty always said “Don’t put anything on your skin you would not eat!”

2. Lungs

Toxins are also breathed in and out of the body. Detox the lungs by fresh air, exercise and yoga movements that really open the chest. Alternatively, smoking is the fastest way to get toxins into the body.

3. **Kidney**

The kidneys are constantly filtering the blood, and proper hydration really helps them function effectively. Drinking adequate water and using flax tea really helps.

4. **Colon**

A healthy colon removes toxic residue out of the body; an unhealthy one actually produces your own home-grown toxins! A colon cleans 2 to 4 times a year really unburdens your system and enhances your immune system. The colon can be cleaned using enemas or colonic hydrotherapy.

5. **Liver**

This is the most important organ to detox because it is a processing plant and storage organ. But it needs the most preparation, because unlike the other organs, the toxins are released into the body and then need to be dealt with. That is why it's important to do practice a healthy lifestyle and the other cleanses first, so they are clear and ready to remove the toxins from the liver out of the body.

“Mindfulness means paying attention in a particular way, on purpose, in the present moment non-judgmentally.”

Jon Kabat-Zinn

We must educate ourselves about our habits, change them, and begin to have an efficient release of daily toxins. Question every ritual you do that may hamper the proper function of any and all of these detox organs, on a daily basis.

Avoid: a toxic attitude that may hurt your body from properly detoxing.

Embrace: the dedication to learn and become more mindful of your behaviors so that you may increase and live, with more energy, a pure everlasting health.

“99 percent of people leave earth due to negligence. Education is the first step in exceptional productive change!”

5. SPIRITUAL HUNGER!

“Authentic power is building something inside of you, which you cannot lose and that no one can take from you.”

Gary Zukav

Okay, so we all know that the more we find out what we really want in life, at our deepest core, the more we understand that this unchanging part is what will influence success in all other areas of our life! Well, I guess somewhat, at least. Life- and this world is a laboratory for self-growth and development. The challenge is in actually becoming more aware of what we really want and not being distracted by what we think we want. The way to actually develop a sensitivity to what we really want is to sit in an isolated mode of mind and begin to speak to ourselves.

“Pray hardest when it is hardest to pray.”

We must push aside all our thoughts and feelings and let our deeper self to emerge.

That all sounds quite easy.
It's not!

It takes lots practice and determination, in a world like this. But it is possible. So, think about this for a little.

“The universe provides what's best for my spiritual growth.”

Why does weight loss and transforming our unhealthy lifestyle into a healthy one, seem like a non-feasible goal? One of the biggest reasons could be we are distracted. When we are distracted, we aren't just distracted. Every decision becomes callously automated and mindless; complacent.

We eat how many times a day?

I hope you said 3.

Some people never stop eating, not because they are that hungry but mainly because they are distracted, maybe even because they are escaping to food. Loads of it. My purpose in writing this is to let you know how much more you should become aware of how often you eat. And why you eat.

Start questioning yourself. The more you are aware, the more you are in control of yourself and your destiny.

Avoid: being mindless of your surroundings and your behavior.

Embrace: every detail in your mind, heart and habit.

Your attention to detail is your initial step towards changing anything!

“When you’re at your lowest, look to the highest.”