



NUTRITIONBODYMIND

THE TRILOGY OF HEALTH

The Trilogy 10 Plan - information

Welcome to Trilogy 10, the ten-day feel good action plan. This guide is designed to do one thing, **make you feel better**. It will give you a feel-good boost that will put you in the right frame of mind to continue living a healthier day to day life.

Take your time to read through this information before starting the plan which is the second download link in your email.

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What is the Trilogy of Health?

I often refer to what I call the Trilogy of Health, the three areas that we need to look after in our lives to feel good and be well.

These are **Nutrition, Body** and **Mind**.

The basic idea is that we need to take care of all three of these areas because if one is neglected, the others can suffer.

Nutrition

Everything we do is affected by our nutrition and it is without doubt the most important aspect of any health programme. The sayings “you can’t out run a bad diet” and “you are what you eat” may sound like old worn out clichés but believe me they are both very true.

Our bodies are made up of minerals, vitamins and enzymes that we use up on a daily basis. Simply put, if we don’t replenish and nurture these, our systems fail, and we become ill.

Be that colds or cancers, our diet or more importantly the lack of a healthy diet, has a massive influence in the illnesses we get or avoid.

Now I am not saying that if you just eat healthy food you will never get ill, and anyone that says that is a liar. Scientific studies often contradict themselves on what is good for you and what is not, but what they do agree on is the stuff that is definitely bad and that can cause us harm.

So, let’s cut out some bad stuff, eat some good stuff, and feel a bit better!

Body

The body part is the physical activity. But don’t worry I am not asking you to go to the gym! We all need to have a level of physical activity and movement in our lives. It’s free healthcare! Physical activity and exercise can literally reduce the risk of major illness such as heart disease, strokes, Type 2 diabetes and cancer by up to 50%. It can lower your chances of early death by up to 30%.

So many people want to live longer and healthier but ignore this free treatment, its bonkers!

The gym is just one of many ways to get active and is not for all of us I get that. You don’t necessarily even have to do “exercises” per say. Playing a sport, joining a walking group, chasing your kids or nephew/nieces around the park, its all activity and all counts.

3 major benefits

1. Reduced chances of disease and early death
2. Lose weight (fat)
3. Positive impact on mental health and moods

Pretty big benefits for just moving about wouldn't you say?

Mind

We've heard a lot lately on the TV and in the news about mental health awareness, and this is a good thing. After all, we all have mental health, whether it's good or bad, we all have it.

We all have brains and thoughts, we all have emotions and moods. These are all aspects of our mental health. Then it is just a case of whether our mental health at any given point in time is ok, or in a state of suffering. For many of us this can be a constant flux of ups and downs.

Let me be clear, by suffering I don't mean you have to be clinically depressed. If you think you may be however, please do think about seeking some help. You can find advice and help on the Samaritans website here <https://www.samaritans.org/>.

Just being down and in a low mood, stressed or anxious, is enough to have a massive effect on our day to day health. Treating your mind as part of your health routine is every bit as important as eating well and being physically active.

Mindfulness - what is mindfulness?

The definition of mindfulness is...

"a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique."

Some of you may think it's a bit "airy fairy" and all zen like meditation. Well for some it is, but it doesn't have to be at all. It can be just taking 5 minutes of quiet time with your eyes shut and taking a deep breath. A time out from everything, that's it!

I have had issues with mental health, I have also had to ask for help. There is no shame in paying attention to your mental health or reaching out when you feel you need to. It's not always as easy as that I know, but we can take steps that will help prevent us getting too low or anxious in our daily lives.

Three simple ways to help with this are:

1. Eating well
2. Physical activity or exercise
3. Mindfulness

For the purposes of the next 10 days of this plan I recommend using the Headspace app. <https://www.headspace.com/headspace-meditation-app>

It's free to use, and you can set it to the amount of time you have spare each day.

If you don't have a smartphone, I will give other options and suggestions that will follow later in the plan.

More about the plan

Why only 10 days?

There are lots of different health and fitness or detox plans out there. You will notice that lots of them are 30, 60 or even 90 days long. I've signed up to loads of these in the past, you might well have too. If you are anything like me when I first tried getting healthy, there has been one thing in common... **I never bloody finished them!**

I would start them all psyched up and ready to go, but after a couple of weeks (if that!) I would get lazy and the excuses would start creeping in. Sound familiar?

Well firstly, don't worry we're not alone! I say *we*, because I am the worst for this! I still struggle to keep to plans and schedules. This is simple human behaviour and nothing to beat yourself up about.

We are all creatures of habit. To just stop what we are doing and go straight into being super strict for 3 months, is expecting a bit much don't you think? Some people can do this, but lots of us (definitely me!) will struggle. We end up falling off the wagon and straying from the plan. Then it's very easy to get fed up, and just chuck it all in because we feel like we have failed.

We need to start small and simple and build up good habits.

This is why I created Trilogy 10, an easy plan to follow for just 10 days. That is all you need to do, 10 days! It's long enough to clear out some of the not so good stuff we put into our bodies, and short enough to be easy to complete.



Complete and repeat

You can use this as many times as you like. The more you do it the easier it will become, and you won't even need to read this anymore. Just give up the bad list, do the good list and do it for 10 days, simple.

I use it myself all the time. I didn't have the plan written down before now but if I felt a bit low and unhealthy, I just gave up the bad stuff, ate well and got a bit more active for 10 days. It's just a great way to give yourself a quick boost and put you back in a good place.

Even if you are half way through another fitness plan and are struggling, just go back to basics with this, and get back on the fitness plan when you feel ready.

What's in the plan and why?

The Trilogy 10 plan is very simple. Basically, there are 3 rules for the next 10 days....

1. Give up the everything in **Bad list**.
2. Do more of what's in the **Good list**.
3. Try to have a little less of what is in the **Other list**.

It's that simple!

Before you get stuck in, here's little more information about three of the most important aspects to this programme. These are **caffeine, alcohol, sleep** and their effects on our physical and mental health.

Sleep

Before we get into the daily schedule I want to talk about **THE MOST IMPORTANT PART** of the schedule. **SLEEP!** I can't stress this part enough, seriously. Get this right and all of the other parts will be so much easier. In fact, life in general will be easier!

If we don't get enough sleep, we **WILL** fail to improve our health. It really is that simple. It is proven in recent studies that just losing 1 hour of sleep a day will be detrimental to your health. If you don't believe me just take this fact in. I heard this and it just blew my mind! A British professor of neuroscience and psychology called Matthew Walker, now based in the US, studies sleep and its effects on our health.

Every year 1.6 billion people in the world are subjected to a big "experiment" that give us the following statistics. The so called "experiment" is called daylight saving. Yep, the clocks going forwards and backwards 1-hour year after year. Listen to this, its bonkers!

According to a study carried out between March 2010 and September 2013:

In Spring when the clocks go forward, and we lose an 1-hour, on the following Monday every year, the heart attack rate goes up 25%!

And when the clocks go back and we gain 1 hour, the heart attack rate drops 21%.

Now that is just mental!

Healing time for body and mind

Sleep is your body healing and regenerating. Without the correct amount of sleep your body cannot grow/regenerate properly (muscle, bone, blood cells). It is also when the brain clears out all the toxins and chemicals that have built up all day. Sleep massively affects our mental health too. Don't be stupid like me in the past and think that sleeping less is somehow a sign of strength, it's not.

I used to struggle to go to bed early. The idea of going to bed and trying to get to sleep when I wasn't feeling sleepy, just never appealed to me. So, I would stay up until I was literally falling asleep on the sofa, and then drag myself to bed. This meant I would then struggle to get up in the morning, which created a cycle I couldn't seem to break. It's just another habit.

If this sounds like you, my best advice is to bite the bullet a couple of mornings in a row and force yourself to get up early. It won't take much more than a day or two for you to start getting tired earlier in the evening, so you can get to bed earlier and get your 8 hours sleep.

Which reminds me, it's **8 hours sleep, not 8 hours in bed**. There is a massive difference! Get to bed half an hour or so before your 8 hours starts, leave your phone and tablets in another room and maybe read a book for a while.

Caffeine

A counsellor I know well, ok she happens to be my dear mother, has a real thing about caffeine. She counsels patients that suffer from all sorts of issues including soldiers with PTSD, abuse survivors, people suffering with anxiety, depression and many forms of addiction.

Each and every person that comes through her door gets the same advice on day one. She instructs them all to give up caffeine until she sees them next. You see where I get it from!

They all come back to the next appointment and if they have followed this instruction, most, if not all of them are amazed to tell her how much better they feel within themselves ie: not so restless, calmer and better able to focus. Even the ones that didn't think they were particularly anxious. Just giving up this one thing for a week or two actually does a large part of her job for her! (Sorry Mum, I know you do more than that!)

Caffeine can be a good aid when training in the gym, and don't get me wrong I love a strong coffee. But for the purposes of the 10 days, give it all up.

Watch out for the sneaky caffeine. We all know the regular ones to look out for like coffee and tea, and energy drinks. But some you might not know about are Green Tea and some other herbal teas (you can get decaf versions), and for those of you that live in Scotland as I do, Buckfast is full of it! However, if you are a regular Buckie drinker, I very much doubt you'll be reading this.

Alcohol

This is one that many of us, me included, struggle with. It's not that we are all excessive drinkers or alcoholics. It's just that the way society and our social lives are set up, alcohol and having a drink, naturally seems to be involved. Whether that is intentionally meeting at a bar, a function or just the spontaneous bottle of wine with a friend, it can be very hard. It's hard to say no, especially for long periods of time like the Dry January or Sober October challenges.

Alcohol disrupts your sleep, more specifically it suppresses your REM or "dream sleep". This part of your sleep cycle is very important to brain function and again affects your mental wellbeing. Which in turn affects your choices in the day such as the food you eat, whether you skip your exercise etc. This is why heavy drinkers and cannabis smokers report vivid dreams when they go through a detox period.

Not to mention the calories, which for the purposes of this challenge we are not going into, other than to say 7 kcal (calories) per 1g. Pure fat is 9 kcal per 1g. It's high!

But you can do 10 days easily, come on! If you like a drink regularly in the week, it's a good idea to reduce that anyway, especially at home. If you like a drink at the weekend, it's just one weekend.

Tips and advice

Staying off the booze - have your excuses ready!

This really helps. If you do find yourself in a situation where you are offered a drink, then be prepared with your reasons for not having one. If you are ready and armed with your responses, it's far easier to resist. "I'm on antibiotics" is a good one, or "I'm driving". Be ready, or just stay away from the scenario in the first place, again, it's only one weekend.

Eating well – be prepared.

Choose your meals and get the shopping in. The easiest meal to fail the healthy eating with, is lunch. Get your lunches sorted so you don't end up having to choose the best from a bad bunch in the local shop! You can always keep leftovers from the evening meal and use them for lunch.

Morning activity/exercise – get ready the day before.

Get your clothes and trainers and lay them out, ready to just jump into in the morning. If you have to get up and look for your sporty gear when you first get up, it's just another opportunity to make up excuses in your head.

Sleep – set your alarm, for the evening.

Set your alarm to tell you its time to go to bed and leave it on repeat. Any nudge is a good nudge! Try to stop looking at screens at least half an hour before you get into bed.

Final note: Like I say at the top, the idea of this is simply to make you feel better in 10 days. If you slip up, just carry on for an extra day and don't get stressed about it. But 10 days is easy stuff. So good luck and if you have any questions please do get in touch using the email below.

Now you need to download the second file in the email you received containing the actual instructions and schedule for the next 10 days.

Thanks,

Kelvin

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