

Magnificent 7:

Top 7 Things Everyone Can Practice to Have Resilience

1. Nasal Irrigation

- * Used to open nasal passageway
- * Important for maintaining a 3D breath, specifically facilitating breath into the lower parts of the lungs and expanding the bucket handle and caliper motion of the lower ribs.
- * This improved breathing pattern can improve thoracic mobility, shoulder and neck health, trunk stability, low back pain, acid reflux, stress, and aerobic capacity.

Breathing to Balance the Autonomic Nervous System (ANS)

- * While performing breathing exercises, inhale through nostrils and exhale through pursed lips.
- * To achieve high levels of performance all day, it is important to balance the ANS by breathing, sleeping and eating properly.

EVENT Breathing Tempo • IN – HOLD – EXHALE (Seconds) X = Explode

Wake Up Tired • 6 – 2 – X

Wake Up Anxious • 6 – 4 – 10

Periodically During Day • 4 – 2 – 6

Moments of Anxiety • 6 – 4 – 10

Moments of Tiredness • 4 – 0 – X

Meditating • 8 – 4 – 12

Before Meals • 4 – 2 – 6

Bedtime • 6 – 4 – 12

2. Sleep: 8 - 9+ hrs. per night

Deep Wave Sleep – Physical Regeneration:

- * Hormone Management – anabolic (GH) vs. stress (cortisol)
- * Tissue repair

REM Sleep – Mental Regeneration:

- * Focus, alertness
- * Synapses are ingrained

Build a pre-bed sleep ritual, Establish a consistent sleep schedule, Sleep environment: Dark – Quiet – Cool, Organize workout schedule to promote evening relaxation, Do mind-body scan to help wind down, Get enough outdoor activity and light for circadian rhythms, Naps as needed limit to 20-30 min, aim for (1-4 PM), Plan evening meals to facilitate sleep, Refrain from drinking alcohol since it reduces sleep quality, Track, schedule and sleep quality to look for patterns, Use certain nutritional supplements

Make your bedroom like a cave – dark and cool, with cell phone, computer, TV off, and asleep by 10 PM

3. Primitive Postures

- * The bookends of movement as well as our days is rest; the two are interwoven like a pendulum.
- * Primitive Postures are naturally intended to be restorative. Primitive Postures are the original positions, which movement emerged from and returned back to for rest. The degree to which we are challenged within these Primitive Postures is the degree our restoration and movements are as well.
- * Sitting on the floor in many postures is our birthright: Rising from these Primitive Postures to our full upright bipedal posture uses deeply embedded patterns, postures, and movement.
- * There are two primary patterns of rest postures, linear and turned out positions. Typically there is a preferred pattern for each individual though both need to be accessible to be in tune. These postures require foot and ankle mobility, hip mobility, spine mobility, and shoulder mobility.
- * Improving mobility around the pelvis is key to improving hip motion, improving posture, decreasing low back and knee pain. Also by working on the pelvic fascia, muscles, and ligaments there can be an effect on the pressure system within the pelvic, abdominal, and thoracic cavities, therefore improving function of the organs. This can result in improvement of digestion, breathing, urinary, and reproductive functions.

- * **Supine Rest Posture** - Head, neck and spine in good alignment without excessive flaring of ribs. Legs straight, extended and abducted, arms straight in shoulder abduction.

- * **Prone Rest Posture** - Head, neck and spine in good alignment without excessive flaring of ribs. Legs straight, extended and abducted, arms straight in shoulder abduction. Head turned to either side. Check both sides.

- * **Side Lying Rest Posture** - Legs may be bent or straight, underneath arm should support head in either an elbow flexed or straight position. Check both sides.

- * **Side Sitting Rest Posture** - Also called a Z-Sit, leg in from in turned out position and opposite leg turned in with foot behind hip, sole of foot is facing the ceiling. Check both sides.

- * **Cross Legged Rest Posture** - Sitting with legs turned out and crossed, crossing at the acupuncture point that is 4 fingers proximal to the malleolus. Check both sides.

- * **Half Lotus Rest Posture** - Sitting with legs turned out and crossed with top leg folded so the sole of foot is on opposite thigh and facing the ceiling. Check both sides.

- * **Long Sitting Rest Posture** - Sitting with legs straight out in front, may be slightly abducted, spine upright.

- * **Neanderthal Sitting Rest Posture** - Sitting with legs turned out and soles of feet together in diamond shape, spine upright.

- * **Japanese Sitting Rest Posture** - Kneeling with feet in plantar flexion, spine upright.
- * **Toe Sitting Rest Posture** - Kneeling with feet in dorsiflexion and toes extended so weight is on the metatarsal heads, heel directly above, foot in neutral, hips on heels, spine upright.
- * **Drinking Position Rest Posture** - From toe sitting posture lean forward without the support of hands to bring forehead to the floor. Must maintain toe sit loaded position throughout posture.
- * **Full Squat Rest Posture** - Feet straight ahead, knees in line with 2nd toe, feet flat on floor, spine in an upright position without arms bracing legs to hold on.

4. Compression Toe Socks

- * Compression toe socks help to counteract the effects of gravity on the venous and lymphatic system and keep excess fluid from being in your legs.
- * Essential for traveling on airplanes or long distances in the car.
- * Good for swelling due to injury in the foot, ankle, low leg, or knee.
- * Even though they are only over the calf (OTC) compression still will help to decrease knee joint swelling from the improved venous and lymph return.
- * Also helpful for recovery after workouts that may cause delayed onset muscle soreness or “tightness” in the legs.

5. Rock Mat

- * Great for stimulating the sensory nerves and receptors of the foot, which help to provide essential sensory input to the low back and pelvic floor.
- * Spending minimum 20-30 min per day standing and walking on rocks may help to decrease low back pain, pelvic pain, hip pain, knee pain, plantar fasciitis pain, and improve ankle mobility and pelvic positioning.

6. Iristech Software and Safety Blue Glasses (Blue/Green Blockers)

- * Filtering Blue and Green artificial light from indoor lighting and electronic devices especially at night, will help the body to produce melatonin at night. Assisting with falling asleep faster and deeper.

7. *Magnesium Supplement

- * Good for calming the nervous system and sympathetic load
- * Good for stool softening and relieving constipation
- * Mainly recommended to clients for the GI benefits of staying regular, as GI distress like constipation can cause low back pain and destabilization of the core. GI distress can be food related, stress related, or mechanically (too much abdominal muscle stiffness) related.

***SIX REASONS YOU MAY NEED TO FILL THE GAPS**

- * **MEDICAL DIAGNOSIS**
- * **SPECIFIC STRENGTH & POWER GOALS**
- * **INCREASED PHYSICAL ACTIVITY**
- * **DIGESTIVE ISSUES**
- * **INCREASED STRESS**
- * **KNOWN NUTRITION DEFICIENCY**

Foods which contain Magnesium:

- * Green Leafy Vegetables (e.g. Spinach and Kale)
- * Fruit (Figs, Avocado, Banana and Raspberries)
- * Nuts and Seeds
- * Legumes (Black Beans, Chickpeas and Kidney Beans)
- * Vegetables (Peas, Broccoli, Cabbage, Green Beans, Artichokes, Asparagus, Brussel Sprouts)
- * Seafood (Salmon, Mackerel, Tuna)
- * Whole Grains (Brown Rice and Oats)
- * Raw Cacao
- * Dark Chocolate
- * Baked Beans
- * Chlorella Powder