

## Battlegroup 301 Incorporated - Renaissance & Transformation

### EXO\_5 - Personal Health Plan

If you have read EXO\_2 Know the enemy...

Guess what? Here are some ideas for your consideration, a few pointers of good news, some or many you may already know, some, a reminder to encourage you along. Many things are fixable by awareness, read the label, get out your microscope if you really want to, but at least find out the research on it, educate yourself, throw the junk out, start a detox program for your kidneys, liver, body and mind, do a rehab program if you need too, eat better quality fresh real food, exercise, crank up that metabolism, exercise those brain cells and your imagination, get a chlorine filter for your shower, drink distilled water elevate you levels of hydration, start actively enjoying the outdoor environment - you know, fresh air, sunshine, exercise, explore the country a little or a lot, chat it up with a nutrition expert, a holistic wizard and life coach, make improvements in your diet, recognize people who can help, get in better shape, exercise freedom of choice-that is the last castle-your mind and freewill...you know, develop your power of command, make a choice now, today, start with something...doing this one thing will generate an incredible sense of satisfaction in having more things under your control, less stressors and stress and off to a good start.

If you like the idea of being an executive officer of your own life, a corporation or other entity, it might be a real good idea to look after your health and be aware of just a few things, and you would be surprised how easy it is to keep track of all that without a huge list, just think how convenient it is to be healthy and not give the enemy the slightest chance to infiltrate and poison your body and mind. Luckily for us, we can choose and any decision and action we take in the direction of our health will be beneficial.

This is not meant to overwhelm you, cause fear, anxiety, depression, insecurity, panic attacks or otherwise, just a small note that you can personally do something about that will generate fantastic levels of peace of mind, optimism, cheerfulness, security, comfort, the ability to take things in stride, all the way to performance enhancing capabilities beyond what you presently know and without a doubt an incredibly better quality of life.

OK, we have work to do, check the label eh! Buy organic as much as you can, grown in Canada, check out the G.I. diet (glycemic index), your acid/alkaline balance (blood ph), eliminate the junk chemicals and so called fake food from your life, get in shape, regenerate-make it a priority, keep your eyes open, your mind alert and work with that subconscious to create new experiences and alternate future realities a much more fulfilling life!

So, a little boot camp for you eh, get a sense of what it feels like...healthier, stronger, smarter, faster, more energetic than ever before, you will have such an amazing sense of vitality and well being, working at this is faster, easier and incredibly more simpler than you can imagine. It can be part of your own personal health plan, you can do this yourself today, get started, apply yourself diligently, be prepared for change and progress confidently, experience results and improvements that you value the most as you accept personal responsibility and experience greater freedom, health and happiness. You will realize that every day and every way life is better and it is the most natural thing to have a life full of health and vitality eh! Don't let anyone tell you otherwise!