



ARIEL  EGGEN

**YOUR HEALTH
IS YOUR WEALTH**

HI!



WEALTH CARE

My name is Ariel Eggen. I am the owner/operator of multiple businesses, including Financial Services Franchise, aka. my Wealth Care program. I work with a team of experts supporting people with short and long-term goals, including protecting and generating wealth.

3 FREE FINANCIAL WELLNESS COACHING CALLS WITH OUR LICENSED INSURANCE BROKERS.

#GIVEAWAY

HEALTH CARE

What you may not know is that by trade I am a registered Natural Health Practitioner, Herbalist, Nutritionist, Microscopist, Iridologist, & Acutherapist. As a health care practitioner, I help my patients take control of their health with customized protocols, bio-hacking and optimizing on the cellular level. I also have a passion for the deaf and am one of very few health care workers fluent in ASL and committed to making a difference in that community. I dive deep with each patient to discover the root cause.

Without health, it is impossible to enjoy your wealth! The tips in this E-book include the House Rules I give all my patients when they start their health journeys. They will help you get your body and mind in the game to make the maximum impact as you take on the business world!



CUT OUT GLUTEN

The molecular structure of gluten (which is the protein found in some grains, specifically wheat) has been genetically modified since 1980 from Monsanto. This results in intestinal inflammation and damage and can affect nervous system.

CUT OUT DAIRY

Dairy is highly mucus forming and creates an irritation against the mucosal lining of the lungs, which can create a lot of mucus and phlegm.

Dairy also creates a lot of havoc on the immune system, lymphatic system, digestive system, and intestinal tract.

Substitute dairy for nut milks, avoiding seed oils (cashew, coconut, almond, hemp options are good, gluten-free oat milk etc.)



Gluten is the protein found in oats, couscous, wheat, barley, rye, white flour, whole wheat, granola.

Substitute for quinoa, almond flour, buckwheat, coconut flour, chickpea flour (paleo bread).



PROTEIN

Adults need a MINIMUM of 100 grams of protein a day. Try to eat 1 gram of protein per pound you weigh!

AND DAILY

Eat fibre (fruits / vegetables)



REMEMBER!

Your diet should align with your personal macro targets.

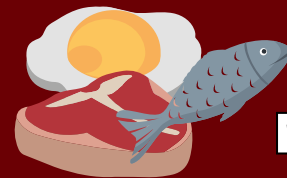
Macros = Protein, Carbs, Fats

NUTS



Avoid: Peanuts or peanut butter.

Substitute for alternate nut/seed/sunflower butters.

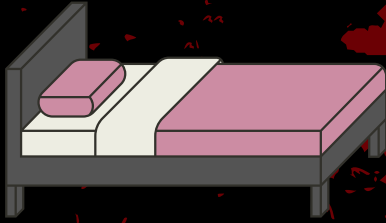


MEATS

Avoid: Pork, shellfish, and raw fish.

Good Options:
Chicken, turkey,
eggs, fish, & steak.



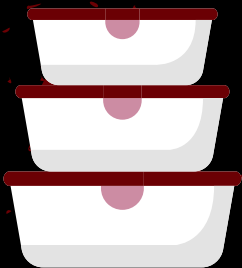


EATING BEFORE BED

Avoid eating 2 hours before bed - otherwise food will rot in your belly as you sleep, preventing you from hitting REM sleep cycles.

CHEW, CHEW, CHEW

Eat in a relaxed state, slowly, and CHEW, CHEW, CHEW!



PLASTIC CONTAINERS

Switch from plastic containers to glass or stainless steel (because of the xenoestrogens and BPA's).



DRINKING & EATING

Never drink and eat at the same time as it dilutes the stomach acid for digestion (sips are okay).



A FEW MORE TIPS!



GET MOVING

Walk 10,000 steps a day to keep the blood flowing and the lymphatic system moving.

PINK / CELTIC SALT



Add pink salt or celtic salt to every meal.

SWEETENERS



Switch sweeteners to honey, maple syrup, brown monk fruit, and organic green stevia.

Remember: White = Bleached



COFFEE

Aim for one cup of organic coffee per day maximum OR substitute for tea / matcha.

Remember: One a day is okay!
But keep it to one ;)





AVOID

Food can heal, but it can also harm!

- Dairy
- Gluten
- Pork
- Shellfish
- White sugar
- Canola oil
- Food dye
- Additives
- Artificial ingredients
- Carbonation
- Alcohol
- Corn
- GMO
- Tap water, Brita water, fridge water
- Using a microwave

“ Nothing tastes as good as being healthy feels. ”

- Mikhaila Peterson -



DID YOU KNOW THESE THINGS ARE TOXIC TO THE BODY?

- ✓ Alcohol
- ✓ Carbonated drinks
- ✓ Smoking
- ✓ THC
- ✓ Gum

**BALANCED
HORMONES**



**SUPPORT A
BALANCED
MOOD**

DOPAMINE

ALERTNESS

- Clarity - Ambiguity
- Motivation - Hyper
- Working Memory - Passive

NOREPINE- PHRINE

ATTENTION

CONCENTRATIONS

- Certainty - Doubt
- Determination - Obsession
- Learning Memory - Disability

BALANCED MOOD

APPETITE

ENDURANCE

RELAXATION

- Sleepy - Insomnia
- Contentment - Anxiety
- Recall Memory - Dementia

SEROTONIN



DRINK 2-4 LITERS OF ERW WATER PER DAY



- Start your day by drinking 1 cup of ERW water with a -ORP
- Avoid drinking 20 minutes before each meal
- Rule of thumb - drink 1 litre of water per 50lbs you weigh!

Interested in learning more?
vitalitywellnesswater.com

ERW Kangen Water 101



ALKALINE vs ALKALIZED

= *chemical change* vs = *electrical change*

Chemical substances are added into the water to raise the pH above 7.0

ex. Alkaline water filters, any bottled alkaline water

Ingredients: Water, sodium bicarbonate (baking soda), dipotassium phosphate, magnesium sulfate, calcium chloride, electrolytes



Zero studies on PubMed

Kangen Water is run across electrically charged plates. This changes the ratio of OH- to H+ ions making the water either alkaline or acidic.

ex. Electrolyzed Reduced Water (Kangen Water)

Ingredients: Water



Hundreds of studies on PubMed

Legally anything with a pH above 7.0 can be marketed as "alkaline". So the word "alkalized" was invented to describe how Electrolyzed Reduced Water (ERW) has an alkaline pH without the addition of chemicals.



OPTIMIZE VITALIZE THRIVE

9/10



IN SUMMARY...

- Generally follow a paleo diet (Avoiding grains, gluten, & dairy)
- Search recipes online, keeping in mind the guidelines above

Interested in adding supplements or vitamins to your health protocol? Many companies are secretly adding more and more fillers over time! I have sourced out the #1 TCM herbal company in the world. Not all herbs are the same, so I encourage you to book a call to discuss any herbal/vitamin programs for safe, effective results.

Nature's Sunshine

25% off and free shipping on your first order, the highest quality vitamins and supplements at reasonable prices.
<https://www.naturessunshine.ca/?referral=60617086&offer=NSP>



For best results, I offer FREE in-person or phone call consultations through my clinic, Vitality Wellness World. Let's get you a personalized, customized health protocol tailored to your needs and health goals.

REACH OUT

P: 604-217-2588

E: info@vitalitywellnessw.com

W: vitalitywellnessw.com



OPTIMIZE VITALIZE THRIVE

10/10