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UNSTOPPABLE BOOTCAMP

MODULE 3:

Removing Your Body Blocks

Note: *Nothing mentioned, written, suggested or discussed in this module is to be used as medical advice or replacement for medical advice. This is not a substitute for professional medical help from a licensed physician, or in any way meant to replace any medical treatment plan recommended by your physician.*

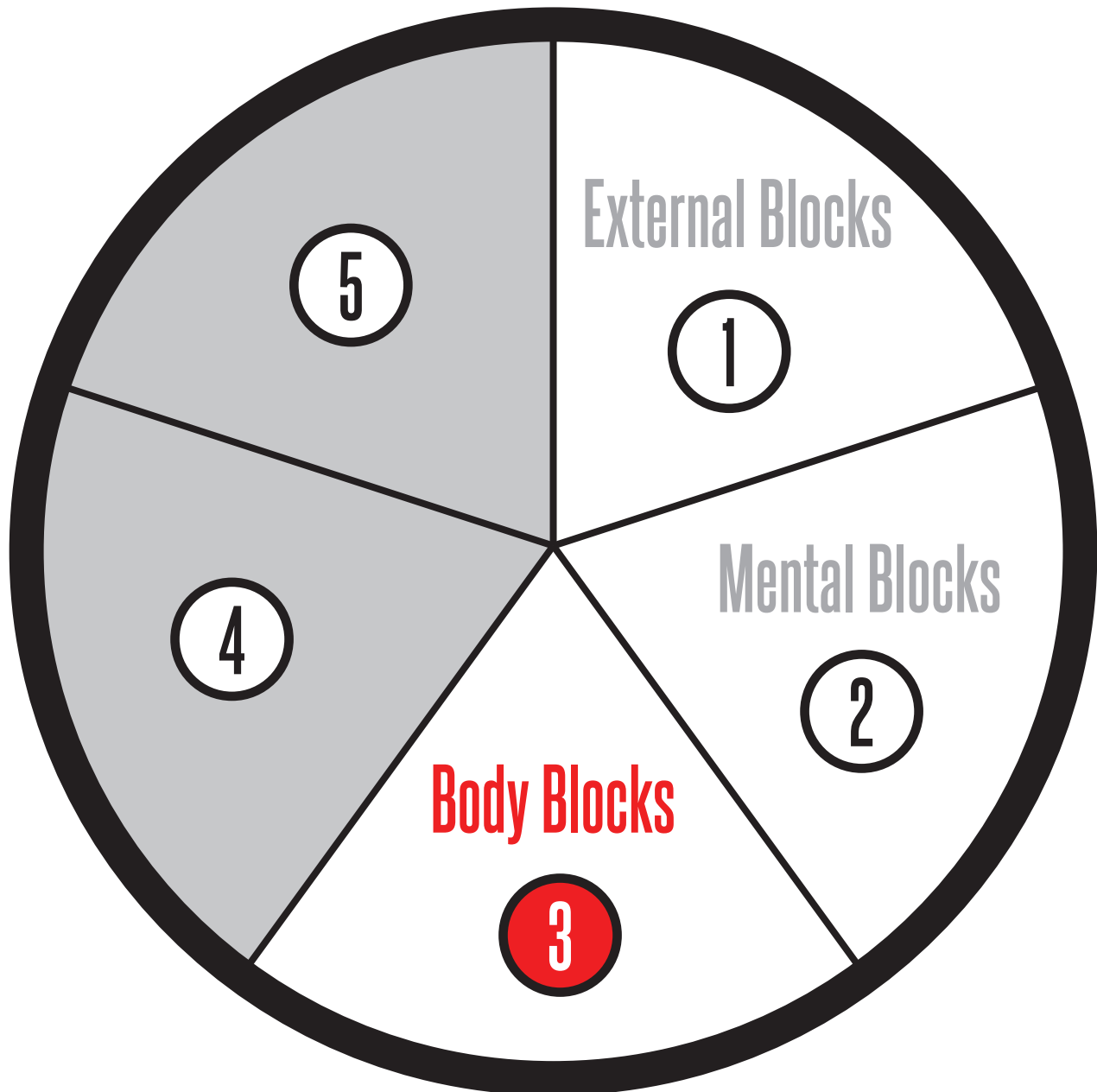


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YOUR ENERGY PIPE

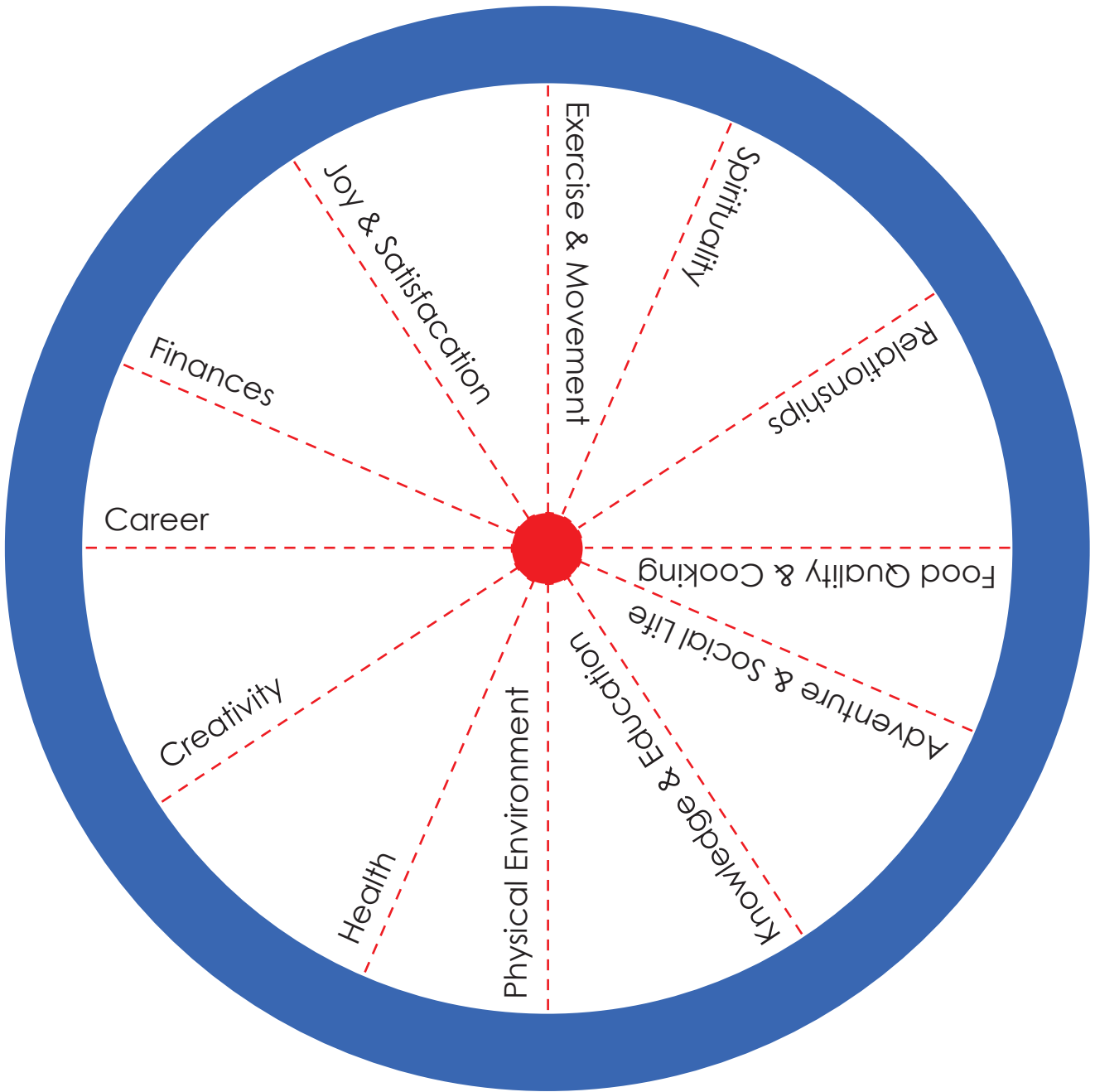
Blasting Blocks on the Road to Unstoppable



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WHEEL OF LIFE



What will you do in these areas to help your life's wheel roll more smoothly? _____



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6 STEPS TO H.E.A.L.T.H.

6 Steps to Creating a Whole, Happy Body

H = Healthy Foods as Fuel

E = Exercise & Movement

A = Accepting Your Skin-Sister

L = Learning to Relax

T = Treating HER with Care

H = Hearing Your Body's Messages



H: HEALTHY FOODS AS FUEL

What IS a “healthy” food? _____

Various traits of some “healthy” foods:

- Organic
- Locally-Grown
- Fresh (this can include flash-frozen foods)
- Chemical-Free
- Preservative-Free
- Whole foods (ie. whole grains and unprocessed foods straight from nature)
- Free-Range (meats)
- Wild-Caught Fish & Seafood (vs. Farm-Raised)
- Free from Sugars or High Fructose Corn Syrup
- Free from Food Allergens (for your body)
- Sustainably-Grown
- Pesticide-Free
- Foods that are eaten with great love, awareness or gratitude

Which of the areas above stand out to you? Then pick 1 to add to your meal plan this week:



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DELICIOUS DESCRIPTION

Check the words below that resonate with how you would like to feel:

- Wise
- Substantial
- Moving
- Full of variety
- Unique
- Authentic
- Natural
- Beautiful
- Pure
- Clean
- Truthful
- Delicious
- Sensual
- Wholesome
- Fresh and A-L-I-V-E!
- Full of Energy
- Vital
- Vibrant
- Healthy
- Conscious
- Spiritual
- Loving
- Tender
- Kind
- Creative
- Other:

THE FOOD I EAT IS:

THE CHANGES I WILL MAKE ARE:



GREENS, GLORIOUS GREENS!

The Goodness of Green Veggies

Green vegetables are the foods most lacking in the modern diet. Learning to cook these greens in delicious ways and build them into your diet and pallet, are crucial for creating vibrant health.

These greens naturally crowd out other foods that can make you sick, like processed, packaged foods filled with chemicals, sugar, artificial sweeteners, pesticides, etc. Greens help you strengthen your respiratory system and blood, and can be used to boost the immune system or detoxify the body.

Some of the benefits from eating dark leafy greens are:

- building and promoting healthy intestinal flora
- improving kidney, liver and gall bladder function
- blood purification
- cancer prevention
- immune booster
- circulation enhancement/improvement
- clearing congestion or mucus
- helps fight depression
- lifts the spirits and improves overall outlook

There are a huge variety of greens available: broccoli, mustard greens, dandelion greens, broccoli rabe, bok choy, kale, nappa, Chinese cabbage, collard greens, watercress, spinach, swiss chard, beet greens, etc. Eat those that you already like, or try some new ones on for size!

Cooking Suggestions: Try experimenting with your cooking styles to enhance the flavors and variety of the veggies you eat. Consider cooking greens in chicken or vegetable broth for added flavor. Try cooking with these methods and see what you prefer: steaming, sauté, boiling, stir-frying, dehydrating, etc. ...And of course, don't forget raw!



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SOME COMMON FOOD ALLERGENS

Wheat / Gluten

Eggs

Dairy

Soy

Corn

Nuts

Shellfish

If you're feeling sluggish, gaining weight, having digestive troubles, bloating, etc. or experiencing other physical symptoms, consider doing an elimination diet by removing the possible allergens above (1 or more than 1 at a time) for 30 days, and notice how you feel.

Then slowly reintroduce 1 food at a time, and notice how you feel again. Do your symptoms reduce? Increase?

You can also consider getting a simple blood-prick test to determine what hidden food allergies you might have.



VAST & VARIED HEALING CONCEPTS:

Macrobiotic

Ayurveda

Zone Diet

Pritikin

Paleolithic Diet

Veganism

Vegetarianism

Atkins

Mediterranean

Chinese Medicine

Yoga

Raw Food

Juicing

Low-Fat

Diet for a Small Planet

Ornish Diet

Blood-Type Diet

Metabolic Typing

Acid-Alkaline Diet

Detoxification

Candida Diet

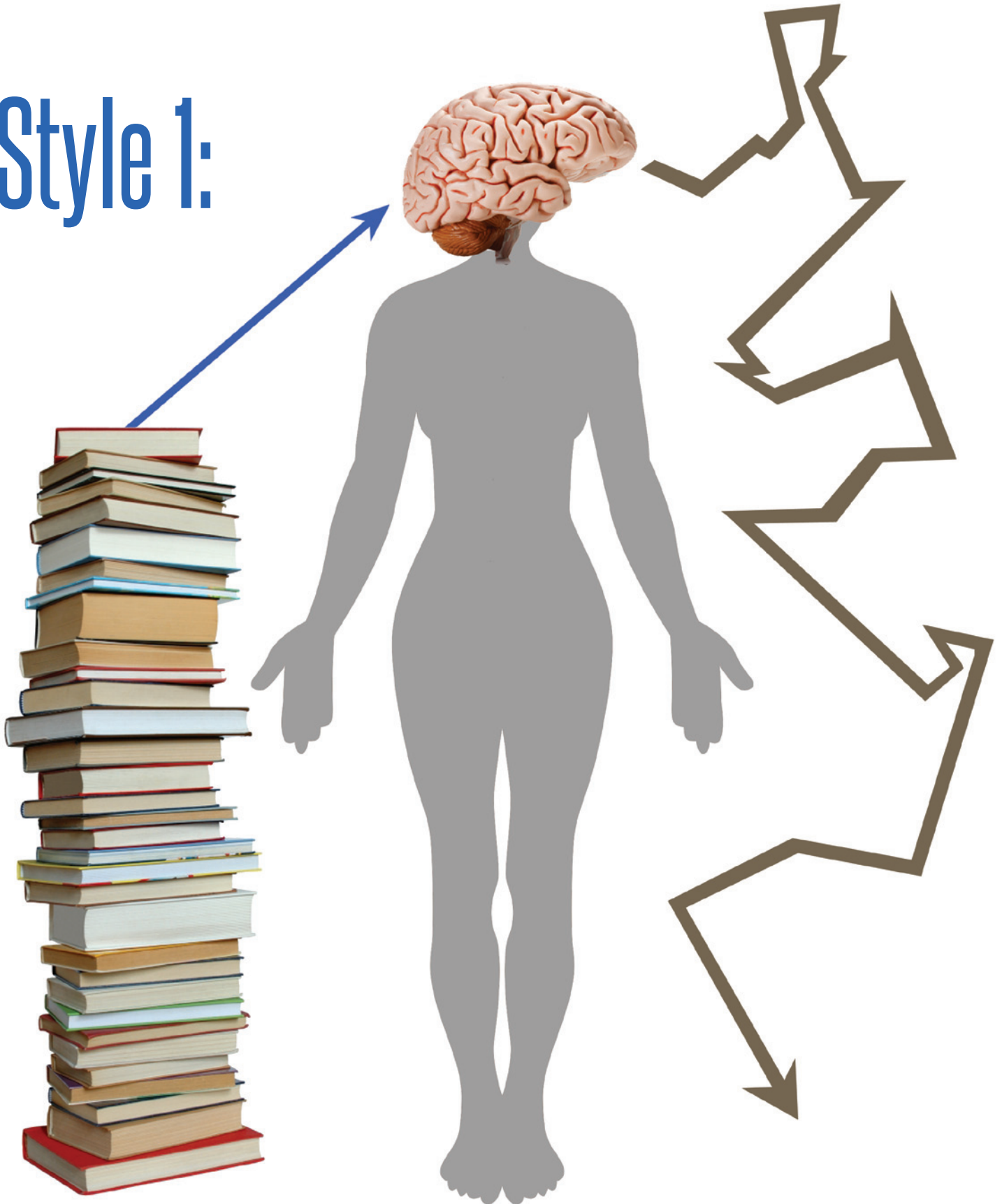
Fasting

Prayer

Positive Thinking

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Style 1:





TEN STEPS FOR DEALING WITH SUGAR ADDICTION

- 1. Reduce or eliminate caffeine.** The ups and downs of caffeine include de-hydration and blood sugar swings, making sugar cravings more frequent.
- 2. Drink water.** Sometimes sweet cravings are a sign of dehydration. Before you “go for it”, have a glass of water and then wait a few minutes to see what happens. Caution: Soft drinks are now America's number one source of added sugar.
- 3. Eat sweet vegetables and fruit.** They are sweet, healthy, and yummy. The more you eat, the less you crave sugar.
- 4. Use gentle sweets.** Avoid chemical-ridden, artificial sweeteners and food with sugar added. Use gentle sweeteners like maple syrup, brown rice syrup, dried fruit and Stevia.
- 5. Get physical activity.** Start with simple activities, like walking or yoga. Start with 10 minutes a day and increase. It will help balance your blood sugar levels and reduce tension without medicating yourself with sugar!
- 6. Get more sleep and R&R.** When you are tired or stressed, your body will crave energy — in the form of sugar. These cravings are often a result of being sleep deprived, going to bed late or waking up early, for months and years on end.
- 7. Evaluate the amount of animal food you eat.** Including meat, dairy, chicken and eggs. Eating too much can lead to cravings for sweets. So can eating too little! A good health counselor will help you sort this out. Experiment. Respect your body's individuality.
- 8. Eliminate fat-free or low-fat foods.** These foods contain high quantities of sugar, which will just send you on the roller coaster ride.
- 9. Experiment with spices.** Such as coriander, cinnamon, nutmeg, cloves and cardamom. They will naturally sweeten your foods and reduce cravings.
- 10. Slow down and find sweetness in non-food ways!** Your body does not biologically need sugar, but it does long for hugs, time with friends, outside time, workouts, massages, etc. When life becomes sweet enough itself, no additives are needed!

From **Get the Sugar Out: 501 Ways to Cut the Sugar Out of Any Diet** by Ann Louise Gittleman, M.S., C.N.S. | Three Rivers Press

** Note: Sugar cravings can also appear as cravings for simple carbohydrates, like dried fruits, breads, pastas, bagels, chips, crackers, sodas, juices, etc.*



E: Exercise and Movement

What is your current definition of “Exercise”? _____

Where did you learn this? And is this definition helpful to your body and life?

How do you feel when you move in a pleasurable way? _____

What would you have to change in order to make movement easy and fun?

What would you have to believe to make movement a regular part of your life?

What would be possible in your life if movement became a fun addition?

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“MOVE YOUR CHI” CHECKLIST

- Running / Jogging
- Acupuncture
- Yoga
- Stretching
- Walking
- Nia
- Tai Chi
- QiGong
- Rolfing
- Feldenkrais
- Chiropractic
- Tennis
- Biking
- Aerobics
- Massage
- Swimming
- Playing with Kids
- Frisbee
- Laughing
- Dancing
- Resistance Training
- Dry-Brushing the Skin
- Bach Remedies / Homeopathy
- Breath-Work
- Reiki
- Energy Clearing
- Lifting Weights
- Bowling
- Skiing
- Belly Dancing
- Roller Skating
- Roller Blading
- Bootcamp classes
- Spinning Classes
- Take the stairs
- Walk to work
- Hiking
- Canoeing
- Rock Climbing
- Pilates
- Circuit-Training
- Interval Training
- Martial Arts
- Spicy Foods & Herbs
- Trampoline
- Cleaning & House-work

Can you list other ways to move energy in your body?

Pick 1 idea to add to your movement plan this week: _____



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A: Accepting Your Skin-Sister

A CARING CONNECTION

Describe your ideal relationship (either friendship or romantic partner). What adjectives would you use to describe this "dream connection"?

Lined writing area for 'A CARING CONNECTION'.

YOUR NEW STORY:

Lined writing area for 'YOUR NEW STORY:'.



Allowing and Accepting, As-Is:

What do you dislike about your body (be honest)?

List every part, symptom, shape, etc: _____

What are you believing would change in your life if these parts of your body would change, heal or look just the way you'd always imagined:

Can you be 1000% sure that your life would be different if you got your body to do what you want? _____

How has hating these parts of your body diminished your life? What are the ramifications?

What might be possible you no longer saw your body as wrong in ANY way? What would be possible if you had faith that you had the perfect vessel for your Spirit's journey as "YOU"?

Imagine that these parts of your body were actually GIFTS for your Soul. Now make up a story or fairy tale scenario that could actually make this be *true*. (Then note how you feel).

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L: Learning to Relax

HEALTH = Healthy Stress + Healthy Rest

HEALTHY STRESS = growing, stretching & challenging yourself

UNHEALTHY STRESS = worry, anxiety, depression, powerlessness, fear, etc.

HEALTHY REST = nourishing sleep, relaxation, play, fun, laughter, spiritual time

UNHEALTHY REST = zoning/numbing out, watching TV, escapism, avoidance

List the ways you are providing HEALTHY stress to your life: _____

List the ways you are adding UNHEALTHY stress to your life: _____

List the ways you are getting deep rest and relaxation in your life: _____

What ways are you adding "UNHEALTHY" rest? _____

What 1 change would you like to make this week? _____



UNSTOPPABLE SLEEP CHECKLIST

- Perfect Temperature (so your body stays comfortable through the night)
- 100% Darkness (using black-out shades or a sleep mask)
- Quiet (ideally in the back of the house away from traffic or street-noise)
- Clean (dust, allergens, etc.)
- Safe (no pointed edges angled at body, nothing to trip on, hit your shin, etc.)
- Cozy (room is just the right size to feel "safe")
- Expansive (no footboard, not too tight, close to the wall, etc.)
- Calm, Relaxing Energy (only calming imagery, slow flowing Chi, etc.)
- The Magic Hour: 9-10pm (sleeping during the body's cleaning cycles)
- Supportive (bed and pillow are perfectly suited to support your size & weight)
- Comfortable (so your body feels held and cradled)
- Sensual (using soft, sensual fabrics and textures, or sensual, soft artwork)
- Fresh Energy (avoiding extremely old mattresses, mildew, dingy bedding, etc.)
- Solid Wood Furniture with Natural Stains (avoiding outgassing)
- Healthy & Non-Toxic (avoiding harmful fumes or cleaning products)
- Organic Bedding (avoiding toxins that can easily absorb thru the skin)

What 1 -3 ideas above can you apply this month? _____



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T: TREAT "HER" WITH CARE

Pampered Priority List & Decadent Delights:

- Sea Salt Scrubs
- Using oils, lotions or potions
- Massage
- Bubble Baths
- Naps
- Belly-Laughing
- Reading a Book/Magazine
- Journaling/Writing
- Meditating
- Day Trip
- Adventure of some kind
- Taking a class
- Relaxing in the sun
- Organizing/Cleaning
- Scrapbooking
- Crafts
- Painting
- Singing
- using Essential Oils
- Watching Movies
- Decorating
- Window shopping
- Getting manicure/Pedicures
- Coaching / Counseling
- Perfumes
- Being near water
- Going on vacation
- Enjoying a cup of tea

What other goodies can you add to this list? What things do you enjoy, or what activities do you find your friends doing for their pampering rituals? _____

What 1-3 things from above can you try this week to begin pampering yourself properly?



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MY BEAUTIFUL BODY MANIFESTO:

My Dear Beautiful Body,

After deep care and consideration, I hereby promise to:

- Adore you daily
- Accept you just the way you are, and embrace your beauty
- Have gratitude for all the infinite ways you support me
- Feed you only those healthy foods and beverages that help you thrive
- Remember to play and laugh more (because we both like it!)
- Dress you in sensual, comfortable, inspiring clothing and shoes
- Listen to the messages you gift to me when you are in pain or discomfort
- Move you regularly and joyfully — in the perfect way for your unique body type
- Overcome the addictions that I have used to hurt you
- Remain aware that my unexpressed emotions and limiting thoughts hurt you greatly
- Trust you — and have faith that together we have the power to heal you
- Hold the wisdom that you deserve to be healthy
- Honor you as the temple – and extension of Source – that you are!

I also promise to:

I love you SO much! Thank you for taking this journey with me (I couldn't do it without you.)

(signature here)



H: Hearing Your Body's Messages

Think back to the last time you were in physical discomfort: _____

What were you believing about these sensations? List what your mind said about this situation (ie, "this will never end", "I can't stand this", "this might kill me", etc.):

How did you feel when you had these thoughts?

What happened to the physical sensation in those moments?

What are you believing about these thoughts?

Are they helping your healing process, or easing your "pain"? ...Or the opposite?

What might be possible if your mind was quiet, and you were merely the observer during a time of physical discomfort? What might be possible then?



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STEP 1: See (and Receive) the "Gift"

First, imagine a time when you have experienced sensations that you would label as "discomfort" (or tune in to your body now to find an area that calls for your attention).

What area or discomfort are you focusing on for this exercise? _____

How does it feel? Without beliefs, stories or judgements, just observe the sensations like a journalist, and note what you observe. *(Is it hot? Cold? If you were to put a color to it, what color would it be? Does the sensation move? Is it in more than 1 spot? Is there an emotion associated with it? Take a guess...)* Describe the feeling:

Suspend your beliefs for a few more minutes, and just imagine that this area/sensation was a wise friend with a gift for you. Close your eyes, and ask it what message it has. What is it trying to tell you? What does it want you to know? _____

If physical pain was merely a symptom of stuck energy, why do you think this specific area might be "speaking up"? Why is it needing to grab your attention? Take a guess...



RESOURCE LIST = Lifestyle Ideas to Consider

- Avoid water with chlorine or fluoride. Use a high-quality water purifier/filter or spring water.
 - Avoid chemically-purfumed makeup or cosmetics.
 - Heal your relationships and mend past wounds — forgiveness and harmony with those in your life is a huge component to health.
 - Chew your food extremely well until it becomes liquefied.
 - Have at least 1 big belly-laugh daily.
 - Live each day like it might be your last.
 - Dance every day.
 - Scrub your body daily with a body-brush or hot damp washcloth (2x a day preferably).
 - Use natural toothpastes for brushing your teeth.
 - Keep your home clean, calm and clutter-free, implementing great feng shui everywhere.
 - Reduce the amount of TV you watch (or alleviate it altogether).
 - Avoid using a microwave for cooking/heating. Gas cooking is ideal.
 - Give thanks before and after all your meals.
 - Spend time with positive, supportive people only.
 - Address all of your stressful thinking so you have a positive outlook (and immune system).
 - Include joyful, fun movement and exercise into your daily routine.
 - Use 100% unbleached organic cotton underwear and bedding when possible.
 - Include quiet time into every day through prayer, meditation, journaling, etc.
 - Be generous and give wildly!
 - Have gratitude for every person and situation in your life.
 - Make sure to look at your life from a God's Eye perspective regularly.
 - Never ever take anything personally.
 - Eat more dark leafy greens.
 - Grow a great sense of humor!
 - Others: _____
-
-
-

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RESOURCE LIST = Practitioners

Marc David	Weight Loss & Eating Issues
Alexandra Jamieson	Detoxification, health, weight loss, illness, veganism, raw foods
Jena La Flamme	Weight Loss
Kris Carr	Cancer
Pamela Rich	Ayurvedic Master
Candace Suarez	Energy Clearing/Healing
Mary O'Malley	Addictions / Eating Disorders
Alisa Vitti	Hormones and reproductive issues
Stephanie McWilliams	Energy Clearing for Body, Emotions & Environment
Michael Madden	Adrenals, supplementation, home testing kits

RESOURCE LIST = Books

Geneen Roth	Women, Food and God (and all her other books)
Christian Northrup	Women's Bodys, Women's Wisdoms (and all her other books)
Alexandra Jamieson	The Great American Detox (and all her other books)
James L. Wilson	Adrenal Fatigue — the 21st Century Stress Syndrome
Marc David	The Slow-Down Diet (and all his other books)
Kris Carr	Crazy Sexy Cancer (and all her other books)
Mary O'Malley	The Gift of Our Compulsions
John Douillard	3-Season Diet
Lino Stanchich	Power Eating Program: You Are How You Eat
Edgar Cayce	Healing Foods for Body, Mind and Soul
Paul Pitchford	Healing with Whole Foods
Anne Marie Colbin	Foods & Healing
Sally Fallon	Nourishing Traditions: Cookbook that Challenges the Diet Dictocrats
Frank Cordelle	Bodies and Souls — The Century Project
Marcelle Pick	Are You Tired and Wired? 30 Day Plan to Heal Adrenal Fatigue
Marcelle Pick	Greens, Glorious Greens!

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RESOURCE LIST = Films/TV

Jamie Oliver's Food Revolution (TV)
Sweet Misery (Film)
Fork Over Knives (Film)
Food, Inc. (Film)
The Future of Food (Film)
Supersize Me (Film)
Tapped (Film)
The Greatest Movie Ever Sold (Film)
Food Fight (Film)
The Price of Sugar (Film)
King Corn (Film)
Food Matters (Film)

RESOURCE LIST = Training Programs / Learning

Institute for Integrative Nutrition (<http://www.IntegrativeNutrition.com>)
Natural Gourmet Institute (<http://www.NaturalGourmetSchool.com>)
Arizona Center for Integrative Medicine (<http://integrativemedicine.arizona.edu/>)
The Weston A. Price Foundation (<http://www.westonaprice.org/>)
Institute for the Psychology of Eating (<http://psychologyofeating.com/>)
Slow Food (<http://www.slowfood.com/>)
The Gerson Institute Cancer Curing Society (<http://www.gerson.org/>)

