

# THE "SIX B'S TO A HEALTHIER YOU" GUIDE

© JANE MATHESON - EMPOWERMENT COACH



STEPS TO HEALTH &  
WELLNESS

# WELCOME TO HEALTH AND WELLNESS!

A WORD FROM JANE MATHESON - EMPOWERMENT COACH



As an Empowerment Coach, I use Energy Medicine to help you get the “issues out of your tissues”. I have an expansive knowledge of helping individuals bring their mind, body and spirit into balance.

From a young age, I had the innate ability to tap into and help guide individuals to a sense of calm and peace. As life progressed, I began blocking and ignoring these abilities and not until after a series of illnesses did I turn to energy treatments to help heal my body which lead me to the desire to learn and share my knowledge.

Through my private practice, I have helped many people throughout North and South America, Australia and Europe release issues with migraines, headaches, concussions, tinnitus, back issues, sinusitis, anxiety, Lyme Disease, Cancer, sciatic nerve pain, grief and chronic fatigue just to name a few. I have also helped them gain greater clarity and understanding, while giving them tools to help transform their lives.

I have a B.A in Science from Western University and holds several certificates in various healing modalities. Most recently I have become certified as a Holistic Health Coach. My greatest desire is to share my knowledge so that others can help heal themselves.

***Disclaimer: I am not a licensed practitioner of medical care. My healing work with people and animals is complementary to medical care. I always recommend that people continue to work with a medical practitioner. I am an instrument of divine healing energies which allow for self-healing.***



# WELCOME TO HEALTH AND WELLNESS!

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## WHAT WELLNESS MEANS TO ME

Health and Wellness is so important to me!! If you don't have overall health in all areas (mind, body and spirit) you aren't in balance and won't be able to operate optimally. Everything is all intertwined from the food we eat, to our emotions and our beliefs.


I had some health issues over the years and had never really dealt with them. I was a Mom raising four boys and at times it felt like I was only in survival mode!! It wasn't until later on in life when a traumatic experience (event) caused me to "pause" and step away and deal with my emotions, did I find relief from the "pain" I had incurred.

I had tried the "traditional" route - medication and talk therapy - but found that they weren't productive for me.

I was introduced to an alternative way of releasing the "pain" by going to the root of the cause, my emotions, and have never looked back. I found such relief that I knew I was destined to learn and to share. I have taken many healing modality courses and recently added nutrition to my scope of awareness and incorporated it into my practice to assist others in their journey for a healthy lifestyle.

*much love, Jane*





"The natural  
healing force  
within each of us  
is the greatest  
force in getting  
well."

HIPPOCRATES



# — BEES



## **DID YOU KNOW THAT BEES ARE ESSENTIAL TO LIFE?**

Bees are important to our health, to maintaining food supplies and a healthy ecosystem.

The honey that the Bees make is not only used as a sweetener, but also for medicinal purposes. Studies have shown that it has antioxidant, antimicrobial, anti-inflammatory and anticancer properties.

Another important role of the Bees is they pollinate many plants and crops. Research has shown that crops that are pollinated produce significant higher quantities. Of all the insects/animals that pollinate, bees are the most dominate visiting over 90% of the world's wild and domesticated crops.

Unfortunately, Bees are on the decline. Without bees, the food supply will be affected such as nuts, coffee, cocoa, tomatoes, apples, almonds just to name a few.

Look into ways to help the Bees. I know in my community there are many homes that have “Bee Pollinator Gardens”. Hopefully your community does too!

# — BEES



## **HEALTH IS WEALTH!**

I chose the topic of Bees to create this guide because they are SO essential to life just like your health is essential to life!

The following 6 steps unfolded over many sessions with my clients who have found great benefit from them. Feel free to incorporate any or all of them as I do on a daily basis.

Clients have commented time and time again on how valuable these steps are and with consistent effort on their part they have come to experience positive results in their lives.

It is my deepest desire that you experience the tremendous freeing, uplifting feelings that I have, and my clients have with the knowledge gained here!

Here's to your Health and Wellness!

## STEP 1 - BREATHE



Take a deep breath through your nose allowing your diaphragm/stomach to rise, hold for 5 seconds then exhale through your nose for a count of 5, hold your breath again for 5 seconds and repeat the process again for at least 5 cycles.

This activates the Vagus Nerve and allows the body to come out of “fight/flight” mode, which relaxes the parasympathetic nervous system so the body can “Rest, Restore and Digest”.

*Deep breaths are like little love notes to yourself.*



## STEP 2 - BOUNCE



### **MOVE YOUR BODY AND BOUNCE DAILY!**

Your lymphatic system depends upon exercise to help it eliminate toxins from your body.

The lymph system bathes every cell, carrying nutrients to the cell and waste products away and cannot move on its own. It moves as a result of your body movements.

Bouncing helps to open and close the one way valves of the lymph ducts to allow free flowing removal of waste. Bounce for 60-90 seconds in place at least twice a day.

*Movement is the essence of life.*

BERND HEINRICH



## STEP 3 - BRUSH



### **DRY BRUSHING ACTIVATES THE LYMPHATIC SYSTEM**

The lymphatic system helps the body with detoxification, but it needs to be activated for it to work. Dry brushing accelerates elimination of toxins, reduces cellulite, and improves blood flow.

Begin dry brushing with a natural bristle brush from the extremities towards the heart. Raise your arm and brush from fingertips to the shoulders and then from your toes up to the hips. Then along the rib cage up towards your heart, abdomen (clockwise) and don't forget to brush your back towards your heart.

I always say “I love you” to my body as I do this routine. I also state my love for myself throughout the day! Our bodies are amazing! It is working hard for us every day so I feel it is important to thank it and let it know how much I appreciate it!

*Have nothing in your house that you do not know to be useful,  
or believe to be beautiful.*

## STEP 4 - BLESS YOUR FOOD



### **BLESS YOUR FOOD**

Can something so simple as blessing the food or saying thank you to the food before one ingests it really make a difference?

Turns out the answer is yes. Dr. Emoto explains this in his video on how powerful words are. [Dr. Emoto's Water Experiment - YouTube](#)



## STEP 4 - BLESS YOUR FOOD



Taking the time to bless and thank the food for the nourishment one is about to receive heightens the senses.

It infuses positive energy into the food, activates the saliva in the mouth, more digestive enzymes are produced, breathing patterns slow down, presence of mind occurs.

It also relaxes the digestive process by switching the nervous system out of sympathetic mode (fight or flight) to parasympathetic mode (rest and digest) allowing the food to digest and assimilate the nutrients much more efficiently.

*"I thank the Earth and all the people involved for providing the food that I am about to eat. May the goodness fill my body with health, happiness, and vitality."*

## STEP 5 - BOTTLE OF LIFEGIVING WATER



### **WATER THE ELIXIR OF LIFE**

Drink good quality water that is free of chlorine and fluoride.

We, as human beings are predominantly water.

The brain and heart are composed of approximately 73% water and the lungs are approximately 83%.

The skin contains 64%, muscles and kidneys are 79% and bones 31% according to H.H. Mitchell, Journal of Biological Chemistry 158.

It is necessary to stay hydrated to allow the energy to flow.

*Water is essential to keep all the body parts moving properly!*



## STEP 6 - BAREFOOT ON THE GROUND



### **DID YOU KNOW OUR BODIES ARE ELECTRIC?**

The cells are designed to conduct electricity to flow from the heart to your brain so that you are able to move and think! The earth is composed of electricity too! It has free flowing electrons giving it a negative charge.

When we connect directly with the earth (bare feet, hands on a tree), we absorb these negative electrons which correct electrical imbalances in the body and reduce free radicals that cause chronic inflammation, aging and disease. So grounding is a natural antioxidant!

It also helps balance the autonomic nervous system which regulates the respiration and heart rate, perspiration, urination and digestion. When we are stressed or anxious our bodies go into the flight or fight mode, the sympathetic state which in time is taxing on our adrenals.

## STEP 6 - BAREFOOT ON THE GROUND



Grounding allows the body to switch into the parasympathetic state allowing the body to rest, restore and digest.

Regular grounding may improve your sleep, reduce pain, increase stamina, improve mood and heal quicker.

Try going bare feet in the grass for 10 - 15 minutes a day and in the cooler climates, lean against a tree to get the same effect.

Happy Earthing!!

**Note: If you are on any medications, please advise your doctor as adjustments may need to occur with your medications due to the natural balancing of the Earth's energies.**

*All the trees are losing their leaves, and not one of them is worried.*

DONALD MILLER



## BLISS - DISCOVER YOURS



As an Empowerment Coach with almost a decade of experience using energy medicine, I've discovered that nutrition is often the missing piece of the puzzle for my clients.

Each area of the body holds a specific emotion, and by listening to your body and making conscious choices about what you eat, you can begin to heal. I take a holistic approach to health, and true healing comes from addressing the root cause of your issues.

Changing habits to help you recover from the inside out and maintain a lifestyle transformation takes small steps and purposeful moments.

And I'll be there to guide you through the process.

You'll discover your bliss and feel better by nourishing your body with the proper nutrients.

Your body needs balance and proper nutrition, like a car requiring maintenance and tune-ups to run at peak efficiency.

*"Every time you eat is an opportunity to nourish your body inside and out!"*

# “Bee” SURE TO BOOK A CALL



## INVITATION

Did you know that... Heart disease, cancer, diabetes and obesity are all preventable...  
with proper nutrition?

Let me show you how to feel good from inside and out, eat to nourish yourself,  
and create a lifestyle plan that well...works!

I invite you to heal your body from the inside out with a complementary call with me  
to discover how I can create a tailored made Lifestyle Plan specifically for you!

Join me on a magical energy and nutritional healing journey and see how your body  
responds.

Don't wait any longer to become the best version of yourself.

Visit [www.janematheson.com](http://www.janematheson.com) to connect.



*"Your body  
hears everything  
your mind says."*

NAOMI JUDD