

# THE HOLYFE METHOD®

Over the years and through my studies, a few articles related to health (mind and body) on various levels have really made an impact. Here's a few I would love to share:

## **The Microbiome and how gut health relates to obesity and individual dietary needs:**

<https://www.theguardian.com/science/2015/jun/10/personalised-diets-diabetes-obesity-heart-disease-microbes-microbiomes>

## **Calories burned during exercise:**

<http://www.health.harvard.edu/diet-and-weight-loss/calories-burned-in-30-minutes-of-leisure-and-routine-activities>

## **The keys to longevity through research of the Blue Zones:**

<https://www.youtube.com/watch?v=ff40YiMmVkU>

<http://adventure.nationalgeographic.com/2009/06/live-longer-dan-buettner-text>

## **Find your flow state:**

<https://www.psychologytoday.com/articles/199707/finding-flow>

## **Raising your vibration:**

<https://lonerwolf.com/low-or-high-vibration-signs/>

## **Qualities of the mentally strong:**

[https://www.littlethings.com/mentally-strong-qualities/?utm\\_source=rumi&utm\\_medium=Facebook](https://www.littlethings.com/mentally-strong-qualities/?utm_source=rumi&utm_medium=Facebook)

## **How to overcome negative thinking:**

<http://reset.me/story/negative-thinking-the-number-one-cause-of-chronic-depression-and-how-to-overcome-it/>



**12 Pieces of Buddhist Wisdom that will Transform Your Life: (Note: This article is not intended to promote any specific religion.)**

<https://buddhaimonia.com/blog/12-pieces-of-buddhist-wisdom-transform-your-life>

**The science behind yoga:**

<https://www.youtube.com/watch?v=lpp-gjAxbXw>

**Overcoming Perfectionism:**

<https://www.youtube.com/watch?v=FdbWDZFyS0g>

**Emotional Eating and Food Addiction:**

<http://nutritionwonderland.com/2009/07/understanding-our-bodies-dopamine-rewards/>

<https://foodaddiction.com/resources/science-of-food-addiction/>