

THE HOLYFE METHOD®



A PERSONALIZED PLAN FOR LIFE LONG HEALTH CREATED FOR:

LEIGH CROOKS



YOUR HOLYFE METHOD® IDENTIFIERS

- Blood Type A-
- Ayurvedic Dosha: Pitta predominance (Fire and Water) with secondary Vatta (Space and Air)
- Constitution: Sun in Aries (Fire), Moon in Capricorn (Earth), Ascendant in Cancer (Water)



AREAS TO ADDRESS

- Graves/Hyperthyroidism
- Elevated Cholesterol
- Possible Leaky Gut Syndrome
- Sinus issues as they relate to food and antibiotics
- Birth control/Hormonal Imbalance



LONG TERM GOALS

- Reduce/Eliminate medications
- Lose weight (approximately 20 lbs)
- Improve sinus health
- Improve gut health
- Improve menstrual symptoms/hormone imbalance
- Reduce inflammation/Improve thyroid function



YOUR AYURVEDIC DOSHA

The doshas are biological energies found throughout the human body and mind. They govern physical and mental processes and provide every living being with an individual blueprint for health and fulfillment. The doshas derive from the five elements and their related properties. Vata is comprised of Space and Air, Pitta of Fire and Water and Kapha of Earth and Water.

- Your primary Pitta dosha is confirmed as your constitution also reflects the fire and water within your Sun and Ascendant signs.
- Your secondary dosha predominance is Vatta. Some increase in Vatta seems to be present as an imbalance as indicated in your assessment.







































YOUR CONSITITUTION



- Sun: Aries (FIRE)
- Moon: Capricorn (EARTH)
- Ascendant: Cancer (WATER)

The position of the planets in your chart shows:

- 7 elements of fire
- 9 elements of water
- 4 elements of earth
- 4 elements of air

Zodiac : Tropical					Placidus Orb : 0		
	Sun		Aries	3°12'	Ascendant		Cancer 18°36'
	Moon		Capricorn	14°22'	II		Leo 8°38'
	Mercury		Pisces	24°26'	III		Virgo 1°46'
	Venus		Pisces	10°42'	IV		Libra 0°52'
	Mars		Cancer	2°18'	V		Scorpio 6°59'
	Jupiter		Aries	29°23'	VI		Sagittarius 15°14'
	Saturn		Cancer	26°02' R	VII		Capricorn 18°36'
	Uranus		Scorpio	6°23' R	VIII		Aquarius 8°38'
	Neptune		Sagittarius	13°57' R	IX		Pisces 1°46'
	Pluto		Libra	10°34' R	Midheaven		Aries 0°52'
	Lilith		Aries	15°57'	XI		Taurus 6°59'
	Asc node		Scorpio	13°22'	XII		Gemini 15°14'

SUN IN ARIES, MOON IN CAPRICORN

For the most part, your desire for respect will be fulfilled because you have the necessary qualities to earn it. You possess the mental framework and are practical enough to balance your natural Aries' zeal and desire to initiate things. Internally you are careful, calculating and detail oriented, and that goes together with your strong motivation. Work is important, but less out of duty than out of boundless ambition. Unfortunately, you can be merciless and opportunistic in your pursuit of a goal; so much so that cruelty is possible because often the end justifies the means for you. The top items on your priority list are your financial goals and they can dominate you. Your desire is to be powerful and have a high position and this is your primary interest, even though you are a friendly and generally kind individual. These individuals can ride the road to success with you after they have acquired your friendship. By the same token, those who help you are not forgotten because you are a very loyal person. You can, however, be a serious opponent if you are challenged or menaced in any way. Perhaps because of personal reasons, you had to assume a lot of responsibility when you were quite young. There was not much time for play, socializing and fun then, but it was good training for adulthood and the goals you seek. Your ambition in this regard might stem from this early responsibility. You are probably motivated to prove yourself again and again, in spite of your dynamic personality and decisive character, because of a deep-seated insecurity. Relentless anxiety or depression might be the result of this. More self-respect and acceptance could help you remember that being on top is not everything in life. Management and administrative positions are probably your best areas for a career. As you move up the ladder of success, you will be challenged to be more understanding and tolerant of others. Activities such as reading and meditating are recommended. Seeing a wider picture of your world and noticing the emotional and academic side of things can help round out your character. Your personality is magnetic as well as dynamic, and other people respond to you as a mature and responsible individual. Respect from your colleagues is sure to come your way. In a strange twist, your manipulation of others to suit you is to their benefit.



BLOOD TYPE A-



STRENGTHS:

- Adapts well to changes in diet and environment
- Little need for animal foods
- Immune system preserves and easily metabolizes nutrients
- Sensitive, orderly, settled, cultivator

CHALLENGES:

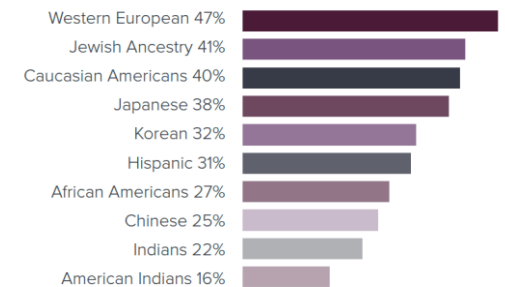
- Sensitive digestive tract
- Vulnerable immune system; open to microbial/bacterial invasion
- Health risks: heart disease, cancer, anemia, liver and gallbladder disorders, type I diabetes
- Lower stomach acid than other blood types

FOOD PROFILE:

- Classic vegan/vegetarian
- Vegetables, tofu, whole grains, beans, legumes, fruit, fish

EXERCISE PROFILE:

- Calming and centering exercises that do not provoke stress or excessive heart rate elevation



HOW THE HOLYFE METHODOLOGY LINKS TOGETHER IN YOUR UNIQUE BODY

- Both A Blood Type and Pitta Dosha thrive on a predominantly vegetarian based diet according to theory so the predominance of Pitta dosha is a secondary confirmation of success being achieved with a predominantly plant based diet.
- Balancing fire, water and earth, which are your pre-disposed constitutional elements, is managed by following Ayurvedic theory. Managing your natural tendency for elevated fire (typical with Type A's) is key. In addition, any Vatta imbalances are managed through grounded foods like avocado, quinoa, almonds and Okinawan potatoes.
- Air is not in your innate birth constitution, so the elevation of Vatta in your doshas show some current imbalance.
- Using blood typing and Ayurveda along with current science in holistic nutrition can heal hormonal imbalance, leaky gut, thyroid dysfunction and unbalanced weight.
- “Primary Food,” includes adequate sleep, controlling stress, appropriate exercise and some form of spiritual or meditative practice. “Secondary Food” consists of an anti-inflammatory diet, cohesively contributes to hormonal balance, which is key in gut and thyroid repair.



THE HOLYFE METHOD®

QUICK LIST OF “GO TO” AND “AVOID” FOODS FOR LEIGH

ENCOURAGE OPTIMUM THYROID HEALTH + WEIGHT LOSS



- Vegetables of nearly all kinds including green juices (Increase metabolism and intestinal functions)
- Pineapple (Increases calorie utilization and intestinal functions)
- Fermented Organic Soy Foods (Aids efficient digestion, metabolism and immune function. Avoid processed, GMO soy. Fermented soy stops the effect of phytic acid and increases the availability of isoflavones. The fermentation also creates probiotics, the "good" bacteria, the body is absolutely dependent on, such as lactobacilli. These lactobacilli increase the quantity, availability, digestibility and assimilation of nutrients in the body.)
- Olive Oil drizzled or on low heat for cooking (Aids efficient digestion, prevents fluid retention)
- Bone Broth (Chicken/fish only): For the purposes of healing leaks in the gut, bone broth can reduce inflammation and also heal the thyroid. Avoid store bought bone broth; make it yourself to retain the high level of nutrients.

ENCOURAGE WEIGHT GAIN, THYROID COMPLICATIONS, POOR HEALTH



- MEAT (Poorly digested and will store as fat)
- DAIRY (Inhibits nutrient metabolism and increases mucous)
- KIDNEY + LIMA BEANS (Interferes with digestive enzymes and slows metabolic rate)
- WHEAT IN OVER ABUNDANCE (Inhibits insulin efficiency and is acidic in A blood types)
- GLUTEN (Sticks to the intestinal walls, won't digest, related to leaky gut syndrome and thyroid complications)
- SUGAR, TRANS FATS, ARTIFICIAL FLAVORINGS AND DYES, PACKAGED/PROCESSED FOODS.

IODINE - AN IMPORTANT COMPONENT IN HEALING YOUR THYROID

Research shows many of those who suffer from Graves and Hyperthyroidism have Iodine deficiencies. The following foods are rich in Iodine and should be consumed regularly:

- Sea Vegetables: Kelp, Nori, Arame, Hiziki, Kombu, Wakame
- Green Vegetables
- Wild Caught Salmon
- Cage-Free Eggs
- Organic Strawberries
- Organic Okinawan Potatoes (Baked, steamed, mashed)
- Cranberries (Sauces, unpasteurized 100% juice, dried)



TIPS FOR IMPROVED DIGESTION AND OVERALL HEALTH

(HEALTHY DIGESTION = GOOD GUT HEALTH=IMPROVED THYROID
FUNCTION=GOOD OVERALL HEALTH)



- **Start your first two meals of the day with as many raw fruits and vegetables as possible.** Your last meal of the day can be fully cooked. This is for proper digestion and helps you fill most of your diet with whole fruits and veggies. Eating fruits and vegetables as raw as possible increases your nutrient intake. The higher the nutrient intake, the healthier you will be and the more you will feel full and avoid over eating. If you have a cooked meal at night, it is recommended to have a fresh green salad as a starter. “Plants before processed” is a good motto to follow.
- **Food combining** is especially important if you have a sensitive digestive system. The main objective is to eat faster digesting foods before slower digesting foods. Fruits after a cooked meal is not recommended (with the exception of pineapple due to it’s high digestive enzyme count). Water before meals not during. Fruits and greens go together. Greens go with everything. Fruits and grains typically do no work together. If you do eat something like muesli with fruit for example, ensure the oats are soaked overnight to release phytic acid, which helps them to better digest. Melons should be eaten alone and first thing in the morning (but not often). Acidic and sweet fruits should be eaten separately from each other. Proper food combining is best for aiding proper digestion and will keep your tummy happy and flat. There are many health benefits from practicing proper food combining including better skin and proper digestion.
- **Drink LOTS of water.** If you feel hungry in between meals, drink a tall glass of water and you’ll feel your hunger begin to disappear. If possible, avoid or limit drinking water during meals. Drink water prior to beginning your meal, especially cooked meals, because cooked food depletes water in the body. If you are feeling particularly dehydrated, opt for natural coconut water that is unpasteurized and free of added sweeteners and preservatives.
- **Eat at the same time every day and eat three meals per day.** Limit snacks. I believe that “grazing” or eating lots of small meals interferes with your body’s natural hunger signals. Snacking may lead you to be hungry all the time, which is not very helpful, particularly for Type A/Pitta Dosha when you are trying to lose weight.
- **Eat fresh pineapple after meals as a sweet treat and to help food digest.** Pineapple is a superfood for your body type and is rich in digestive enzymes.
- **Eat your largest meal at lunch.** As a Type A/Pitta Dosha, your metabolism is the most fiery between 11:00am and 1:00pm.
- **Plate your food at the stove or in the kitchen.** Family style meals with bowls of food on the table for multiple servings is a recipe for over eating. Plate your food in the kitchen or stove area where it was originally prepared, then bring your plate to the area where you will be eating.

TIPS FOR IMPROVED DIGESTION AND OVERALL HEALTH



- **Practice mindful eating.** Work on chewing your food very slowly and practice thinking positive thoughts while chewing your food. Please watch this video: <https://www.youtube.com/watch?v=7l0bsHdHCoc>
- **Eat seasonally and locally.** When food has to travel from other states or countries before it makes its way to your plate, it loses nutrients along the way.
- **Green Tea.** Drink hot green tea after meals to aid digestion. Japanese have done so for centuries and have less disease and live longer than most other countries as a whole.
- **Green Juice.** Include micronutrient rich green juice or smoothies 3-5 times per week before 4:00pm.
- **Avoid excessive grains and starch at dinner.** Focus primarily on vegetables and vegetable sources of protein. Be careful of heavy doses of potatoes at dinner.
- **Avoid GMOs.** There are so many reasons to avoid genetically modified foods. To name a few reasons related to digestion, they are proven to have less nutrients than organically grown foods. Round up, which is used in Round Up Ready genetically modified foods is an antibiotic which suppresses digestive enzymes and immunity. In addition, there is now hard research that prove GMO foods, due to their antibiotic quality, contribute to Leaky Gut Syndrome, which contributes to thyroid issues, IBS, Ulcerative Colitis, fibromyalgia and a host of other auto immune diseases. For additional information on this subject, watch: <http://geneticroullettemovie.com/>
- **Eat organic, pasture raised and locally raised meat:** For your H Lyfe type, a vegetarian based diet is highly recommended. If you decide to eat meat here and there, organic, pastured raised, local meat is your best choice. In regards to digestion, if you eat the meat of animals that have been raised on antibiotics, those same drugs make their way into your gut bacteria, killing off the good and increasing that bad bacteria. Ultimately, this disruption of bacteria makes it harder for your food to digest leading to leaky gut syndrome, creates candida leading to increased mucus, which further leads to sinus issues and disease. This bacteria disruption cycle eventually deteriorates health and significantly impedes weight loss efforts.
- **The right yoga practice.** Finding a practice, even one you can do at home, that has a full range of asanas (poses) with lower body twists, inversions and forward folds, will dramatically improve digestion when practiced at least three times per week. Ashtanga is the mother of all practices for good digestion and is highly recommended for your H Lyfe type. If you are interested in trying Ashtanga at home, I recommend these two half primary videos to get started. I will be creating my own video practice in the coming months but until then:

<https://www.youtube.com/watch?v=IKrp4W0TIAU&t=55sYoga>

<https://www.youtube.com/watch?v=DXbzCY9tXN8>

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HEALTHY COOKING TIPS



The great news is that you love to cook and view food as a celebration, which is spot on! When you are focused on self-love and self-care, the cooking process magically becomes even more fascinating and enjoyable. As you begin to view food as medicine, your desire to include and incorporate new, nutrient dense foods into your diet will also encourage your desire to cook your own food.

- **Turn the TV off and turn on the music.** Sing if it makes you happy! Sip a glass of red wine while cooking if it also makes you happy!
- **Use Pinterest** for easy ways to make healthy food. There's TONS of amazing recipes on Pinterest and you can modify just about any recipe to accommodate your body's most beneficial foods list.
- **Plan your weekly shopping trip** and use super fresh ingredients by picking them up on the way home if needed
- **Own a sharp knife** and watch a Youtube video on how to use it. This is a good one: https://www.youtube.com/watch?v=Ydc_SaQ_eRQ&t=121s
- **Learn to cook ethnic foods.** From my own experience, this is super rewarding! Get a good Indian cookbook (Vegan Richa's is awesome!) and just make adjustments to make the dishes adapt to your healthier way of eating. Thai food cooking is also super yum, healthy and makes your home smell cozy and amazing while cooking.
- **Involve your spouse** if it makes sense and doesn't cause stress. Cooking together is a great way to connect outside of sitting in front of the TV.
- **Cooking your own food** is a natural mood booster and is an awesome way to create happiness and love in your home
- **Value Presentation.** There is an old saying among chefs that goes like this, "We eat with our eyes first." Research and experience validates their claims. Food that looks good is more likely to taste good. Some studies seem to indicate we even absorb more nutrients from food that is visually appealing. Take some extra time to serve your food in a visually appealing presentation—even if you are eating alone. You'll always enjoy it more.
- **Appreciate the eating. Be mindful of the cleaning.** Create the space and culture in your home that values eating together. For many families, this is not possible at every meal, but that does not mean space can't still be created for some family meals together. The more time spent together around the dinner table, the better. Appreciate the importance of sitting down long enough to enjoy your food. And likewise, learn to appreciate the act of cleaning up afterwards. It does not have to be seen as a chore if approached with the right mindset.

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EATING OUT



Cons to eating out:

Although it is absolutely possible to be healthy, fit and eat out several meals per week, there are a few things to note about eating out.....Although many restaurants will oblige with alterations and substitutions, you are still up against the following:

- Restaurants use iodized salt and lots of it (this should be avoided in home cooked food)
- Restaurants typically don't use organic food
- Restaurants typically use hydrogenated vegetable oils
- Eating out is actually a colossal waste of time
- Eating out does not allow you to build leftovers into your weekly food plan
- Food cooked in restaurants is created in fast-paced, frantic environments. Food cooked at home is typically created with love and positive energy which gives food "Mana" or "Life"

Best Options when eating out:

- Mexican: Taco salad with fish (if available) black beans, no cheese, no shell, extra guacamole, no sour cream.
- Italian: Fish entrées, various pasta dishes but ask to substitute the pasta for vegetables.
- Bar + Grills: Although its usually not wild caught, most bar and grill restaurants have a salmon option. Select veggie sides and/or beans if available. Salads: watch out for dressing ingredients and things like dried sugary coated fruit, Chinese crunchy noodles, etc.
- Indian: Vegetable and seafood curries and stews (opt for coconut milk based versus ghee based right now). Skip the naan and opt for the basmati rice.
- Thai Food: This is a mecca for you. Any veggie, seafood and tofu based stir fry is great. Brown rice or no rice. (make sure they do not add MSG)
- Breakfast: watch out for sugary coffee drinks at places like Starbucks. A soy flat white is your best bet outside of plain coffee. (FYI, Starbucks uses organic, non-GMO soy milk.) A veggie omelet without cheese is most likely your best meal option. Make sure they use real eggs. Skip the potato sides.

HOW TO EAT



When it comes to pacifying the fire within your body type (pitta predominance), how you eat is surprisingly important. Your sharp appetite can lead to a general intolerance for skipping meals. You get “hangry.” For this reason, it is best for you to stick to a regular eating schedule and to eat at least three square meals each day. Eating at consistent times from one day to the next further balances an overactive digestive fire. It is also very important to eat in a peaceful environment and to give your full attention to being nourished so your body registers satisfaction. This will help heal your thyroid and help prevent overeating, which is a common side effect of pitta’s voracious appetite. According to Pavlov theory, digestion actually begins on the dinner plate, with the psychological effects of aroma, color, and presentation stimulating the brain to activate the production of digestive juices that will be needed in advance of the actual food. This is called cephalic phase of digestion, and that’s why it is so important to try to make eating a relaxed event. Hot, spicy foods, extremely sour foods, and overly salted foods are especially fire (pitta) provoking and should be avoided in order to control imbalances. While it may be challenging to avoid all fire-provoking foods, the detrimental potential of these foods can be minimized by eating them in small quantities and serving them with cooling herbs and spices (cilantro, coriander, cumin, fennel, mint, etc.).

PORTIONS:

- When you eat whole, nutrient rich foods from nature under the recommendations of foods that best suite your H Lyfe body type, there is no need to count calories or over analyze portion size.
- Just remember to eat until you are full, not uncomfortable.

BEST EXERCISES



It's very important to note that for your body type, overly strenuous or vigorous daily exercise is NOT beneficial. Your Pitta dosha, A- blood type and thyroid conditions are key indicators that overly stressful or vigorous activities provoke more "fire" within you. An abundance of fire in your already fiery constitution can lead to low immunity and development of disease. Aggressive, competitive sports and exercises will only exhaust your nervous system, make you tense all over again and leave your immune system vulnerable. Release of tension and energy in exercise is key for you and mental engagement in your physical activity is a must. "Flow state" exercises are perfect for you. Read more about The Flow State here: <http://www.pursuit-of-happiness.org/history-of-happiness/mihaly-csikszentmihalyi/>

- Frequency of Exercise: 3-5 times per week (Ashtanga yoga is ideal 5 days per week)
- Additional daily meditation for as little as 5 minutes can be extremely beneficial
- Yoga (Vinyasa, Ashtanga) *****
- Tai Chi or Martial Arts
- Golf
- Brisk Walking (not running)
- Swimming
- Dance
- Low Impact Aerobics/Circuit Based Training

Yoga Classes in Your Area

<http://www.healthadvantageyoga.com/ClassesTest.php>

<http://pranavibe.com/class-schedule>

Home Ashtanga Yoga:

<https://www.youtube.com/watch?v=IKrp4W0TIAU&t=55sYoga>

<https://www.youtube.com/watch?v=DXbzCY9tXN8>

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SUPPLEMENTAL RECCOMENDATIONS



Step 1:

- 50 billion count probiotic from the refrigerator section at your local Whole Foods. Should have a minimum of 10 strains. Start with 50 billion then consider increasing to 100 billion count. You'll need to listen to your body at first. When beginning probiotics at this level some stomach upset can occur so it's best to start at 50 billion and work your way up to 100 billion. Renew Life is a trusted brand. Continue these indefinitely.
- Candex by Pure Essence Labs: Killing off candida is a key factor in repairing a leaky gut, weight loss, thyroid dysfunction and inflammation. Continue for up to one year. Follow container instructions.
- Skin brush daily: This is a key tool for increasing circulation and detoxification. https://www.amazon.com/Touch-Me-Natural-Premium-Quality/dp/B005EV251M/ref=sr_l_8_a_it?ie=UTF8&qid=1502828284&sr=8-8&keywords=skin+brushes
- Acupuncture with massage is a very effective tool in healing inflammation, immunity and gut health.
- Frankincense and myrrh essential oils can reduce stress on the body and improve thyroid function. Put two drops of frankincense oil on the roof of the mouth daily and apply 2-3 drops of myrrh directly to the thyroid area 2 times daily.

Step 2:

- Bugleweed (2 mL 3x daily)
Contains acids that can help prevent thyroid damage.
- L-carnitine (1000 mg 2-4x daily)
Can help reduce hyperthyroid symptoms.
- Lemon balm (2 mL 3x daily)
Will inhibit antibodies from binding to the thyroid gland.
- B-complex (50 mg 2x daily)
Can help reduce symptoms of hyperthyroidism.
- Plant sterols
Helps balance the immune system, follow bottle directions.
- Ashwagandha and Holy Basil
Can be particularly effective balancing hormones.

SUGGESTED READING AND STUDY



• Suggested Reading:

- Healing Your Life
by Marc Halpern (Ayurvedic Studies)
- Eat Right 4 Your Type
by Dr. Peter J. D'Adamo (Blood Type Studies)
- How Not to Die
by Michael Gregor M.D. (Cures to common disease)
- Your Body Never Lies
by Michio Kushi (Macrobiotics)

• Suggested Documentaries:

- Sugar Coated
- Fed Up
- Fat, Sick+ Nearly Dead
- Food Matters
- What The Health
- Genetic Roulette

KITCHEN TOOL CHECK LIST



Food Processor

This one is the bomb and it's only \$35! :

https://www.amazon.com/Hamilton-Beach-Processor-Scraper-70730/dp/B008J8MJIQ/ref=sr_l_4?s=kitchen&ie=UTF8&qid=1484868679&sr=1-4&keywords=food+processor

Vegetable Spiralizer

https://www.amazon.com/Veggetti-Table-Top-Spiralizer-Quickly-Vegetables/dp/B00VQTHRAA/ref=sr_l_3?ie=UTF8&qid=1484868466&sr=8-3&keywords=veggie+spiralizer

or

https://www.amazon.com/Veggetti-Spiral-Vegetable-Slicer-Veggie/dp/B00IIVRB3W/ref=sr_l_7?ie=UTF8&qid=1484868466&sr=8-7&keywords=veggie+spiralizer

Vitamix (or similar appliance)

https://www.amazon.com/Vitamix-5200-Series-Blender-Black/dp/B008H4SLV6/ref=sr_l_2?s=kitchen&ie=UTF8&qid=1493508196&sr=1-2&keywords=vitamix

Dehydrator

https://www.amazon.com/gp/product/B012CG8N26/ref=oh_aui_detailpage_o00_s00?ie=UTF8&pvc=1

Double Burner Griddle

I don't normally recommend non-stock cookware but this pan is the most used pan in my kitchen. It's scratch resistant and PFOA free.

http://www.williams-sonoma.com/products/all-clad-ns1-nonstick-double-burnergriddle/?pkey=e%7C%2Bclad%2Bpan%7C%2B150%7Cbest%7C%2Bviewall%7C%24%7C%7C%2B106&cm_src=PRODUCTSEARCH

Other

- Stainless Steel/Copper Cookware, Crock Pot
- Hydroflask (or other stainless steel double insulated) Water Bottle

Optional: White plates and bowls (for ease of visualizing food)