

THE HOLYFE METHOD®



A PERSONALIZED PLAN FOR LIFE LONG HEALTH CREATED FOR:

CAROLINA CRISTANCHO



YOUR HOLYFE METHOD® IDENTIFIERS

- Blood Type B+
- Ayurvedic Dosha: Kapha predominance (Earth and Water) with close secondary Pitta (Fire and Water)
- Constitution: Sun in Capricorn (Earth), Moon in Pisces (Water), Ascendant in Aquarius (Air)
- Observations: Because Fire is not in your birth constitution, it's especially important to balance the Pitta “fire” dosha.



AREAS TO ADDRESS

- Candida
- Weight Loss (approximately 20 lbs)
- Emotional Eating
- Hormonal Changes



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 Kapha dosha is confirmed by your Capricorn Sun predominance (Earth)
- Your secondary dosha predominance is Pitta. Because your primary birth constitution does not contain fire signs, it's especially important to take note of increased fire (pitta) and work to balance pitta dosha.



YOUR CONSITITUTION



- Sun: Capricorn (Earth)
- Moon: Pisces (Water)
- Ascendant: Aquarius (Air)

The position of the planets in your chart shows:

- 7 elements of earth
- 6 elements of air
- 6 elements of fire
- 5 elements of water

Zodiac : Tropical					Placidus Orb : 0				
☉	Sun	♐	Capricorn	29°33'		Ascendant	♒	Aquarius	0°14'
☾	Moon	♓	Pisces	21°34'		II	♓	Pisces	8°15'
☿	Mercury	♐	Capricorn	12°23'		III	♈	Aries	14°42'
♀	Venus	♓	Pisces	4°45'		IV	♉	Taurus	15°05'
♂	Mars	♈	Aries	16°07'		V	♊	Gemini	10°31'
♃	Jupiter	♐	Sagittarius	26°34'		VI	♋	Cancer	4°19'
♄	Saturn	♉	Taurus	29°41'	R	VII	♌	Leo	0°14'
♅	Uranus	♎	Libra	18°19'		VIII	♍	Virgo	8°15'
♆	Neptune	♐	Sagittarius	4°40'		IX	♎	Libra	14°42'
♇	Pluto	♎	Libra	1°59'	R	Midheaven	♏	Scorpio	15°05'
♁	Lilith	♎	Libra	26°09'		XI	♐	Sagittarius	10°31'
♊	Asc node	♒	Aquarius	5°15'		XII	♐	Capricorn	4°19'

SUN IN CAPRICORN, MOON IN PISCES

You have many dreams along with the will, practicality, and drive to give form and structure to your goals. You are very career conscious like all Capricorns, and you will work hard to reach some of those ambitions. However, kindness and compassion stop you from resorting to the hostile or immoral behavior, which too often go together with success. On the outside you may be calm, isolated, and unapproachable, but deep within is a very emotional, extremely insightful, and quite perceptive person. You are quite a sensitive Capricorn. That hard facade is just your way of protecting yourself from being hurt. You feel it important to guard your emotions like all sensitive and vulnerable people. Your strength is your imagination. Your ascent in the world will be slow but sure and you will always take care not to hurt others. Common to the Capricorn-Pisces are unnecessary guilt and confusion. You are very considerate and feel obliged to take care of any minor offense on your part, even if it is imaginary. You have a very active imagination. You have the managerial and practical abilities of Capricorn as well as the metaphysical understanding and lyrical inspiration of Pisces. You are able to move toward things with imagination and suppleness, although you are a practical person. Your compassionate persuasions may draw you to a political or spiritual destination or your understanding and sense are conducive to a creative or artistic vocation. Business and economic speculation are possible because of your uncanny instincts. You may feel a bit guilty about your aspirations, but success is important to you. Moreover, you have an inclination to take on the moods and mental issues of those near you, so it is vital that you connect with people who give you emotional balance and support, and avoid individuals who may be harmful to your emotional health. You are devastatingly aware of grief and misfortune in the world, and have strong selfless and compassionate feelings. You have a rather gloomy and melancholy viewpoint, which gives you an attraction to the darker side of life. You never have any self-pity, but rather you are inclined to repress your feelings of remorse. You tune into things at such a profound level that sorrow is often the emotion you feel most powerfully. You have a lot of promise, however.



BLOOD TYPE B+



STRENGTHS:

- Strong immune system
- Adapts easily to changes in diet and environment
- Strong nervous system
- Tolerates chaos

CHALLENGES:

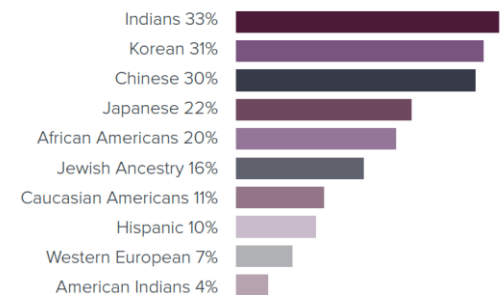
- Tendency toward autoimmune breakdowns and rare viruses: lupus, MS, Lou Gehrig's
- Chronic fatigue syndrome

FOOD PROFILE:

- Omnivore
- Meat (no chicken)
- Dairy, grains, beans, legumes, vegetables, fruit
- Reduce: corn, lentils, peanuts, sesame seeds, buckwheat, wheat
- Increase: greens, eggs, venison, liver, licorice tea

EXERCISE PROFILE:

- Moderate physical with mental balance



HOW THE HOLYFE METHODOLOGY LINKS TOGETHER IN YOUR UNIQUE BODY

- Both Blood Type B and Kapha Dosha can tolerate an omnivorous diet with the exception of chicken. Limiting red meat is beneficial and if desired, a fully vegetarian diet can be adopted with great health benefit.
- Maintaining water and earth, (Kapha and the water element of pitta) which are your pre-disposed constitutional elements, is managed by following Ayurvedic theory. Managing your tendency for elevated fire (pitta) is key in fighting disease and controlling cortisol, which leads to weight gain.
- Fire is not of primary predominance in your key constitution elements so noticing the elevated Pitta (fire) within your dosha should be of note and working to balance the fire will result in optimum health.
- Using blood typing and Ayurveda along with current science in holistic nutrition can heal hormonal imbalance and ease pre-menopausal symptoms



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

“GO TO FOR WEIGHT LOSS”



- Vegetables of nearly all kinds including green juices (Increase metabolism and intestinal functions)
- Pineapple (Increases calorie utilization and intestinal functions)
- Eggs (Aids efficient metabolism)
- Lean Meats (However, limiting red meat is best. Reduce heavy and fatty proteins)
- Licorice tea (Counters hypoglycemia)

*****Although all genetic indicators identify you as a meat eating type, it is very important to note however that any type can adapt to a vegetarian or vegan lifestyle if you desire.

“WILL ENCOURAGE WEIGHT GAIN AND POOR DIGESTION”



- CORN: inhibits efficiency, hampers metabolic rate and causes hypoglycemia
- LENTILS: inhibits nutrient intake, hampers metabolic efficiency, causes hypoglycemia
- SESAME SEEDS: hampers metabolic efficiency, causes hypoglycemia
- BUCKWHEAT: inhibits nutrient intake, hampers metabolic efficiency, causes hypoglycemia
- WHEAT AND GLUTENOUS GRAINS: slows the digestive and metabolic process, causes food to be stored as fat, not burned as energy, inhibits insulin efficiency.
- STARCHY VEGETABLES/POTATOS: In general, think if you want to be lighter, eat “lighter foods.” Starchy vegetables are very heavy and lethargic.
- DAIRY: Although Type B’s can typically thrive with low fat dairy in their diet, it’s important to note that dairy is also a key generator of candida so right now it’s best to avoid most dairy products.
- HIGH SATURATED FAT FOODS, PROCESSED FOODS, REFINED SUGARS

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 B/Kapha 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.
- **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:** 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.** You are already on the right track in practicing Ashtanga! Work to push yourself further each practice. Kapha dosha thrives on more intense aerobic exercise and while yoga is not necessarily aerobic and you want to be careful not to increase “fire,” the extra push you give yourself in your yoga practice can make a big difference both internally and externally.

HEALTHY COOKING TIPS



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.

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, limited cheese, no shell, Skip the avocado and sour cream for now.
- 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, lamb and fish curries and stews. Skip the naan and opt for the basmati rice.
- Thai Food: Any veggie, fish 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. An almond milk latte 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. Oatmeal is a viable option as well.

HOW TO EAT



Because of the slower metabolism and digestion of Kapha dosha, it is optimal to eat twice a day at 10:00am and 6:00pm so that the previous meal has been fully digested before the next one is consumed. Eating at consistent times from one day to the next further balances the digestive system. 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 prevent overeating.

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 limited when feeling stressed, anxious or out of balance. If feeling lethargic or low energy, these fire provoking foods can be used in moderation. Consider serving fire provoking foods with cooling herbs and spices (cilantro, coriander, cumin, fennel, mint, etc.). If feeling increase in your natural Kapha predominance, avoid heavy, starchy foods and think "light" foods to make you feel lighter.

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



For your Kapha predominance and B blood type, it's important to note that release of tension and energy in exercise is key for you and mental engagement in your physical activity is a must. While counting overall daily steps may provide some benefit, elevating the heart rate is what will help you burn fat faster and lose the 20lbs. Since your metabolism runs a bit on the slower side, the extra sweat factor is necessary. However, aggressive, competitive sports and even team sports can increase the "pitta" fire and make you tense, leaving your immune system vulnerable. "Flow state" exercises are good for engaging your mind. Read more about The Flow State here:

<http://www.pursuit-of-happiness.org/history-of-happiness/mihaly-csikszentmihalyi/>

Target Heart Rate Calculator: <http://www.active.com/fitness/calculators/hearttrate>

- Frequency of Exercise: 5 times per week
- Additional daily meditation for as little as 5 minutes can be extremely beneficial
- Yoga (Vinyasa, Ashtanga)
- Tai Chi or Martial Arts
- Surfing, Body Boarding, Stand Up Paddling
- Golf
- Jogging
- Swimming
- Weight Training
- Cycling
- Calisthenics

Home Ashtanga Yoga:

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

SUPPLEMENTAL RECCOMENDATIONS



Step 1:

- 50 billion count probiotic from the refrigerator section at 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 is key in balancing hormones and losing weight. 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 for gut health and hormonal imbalance as it stimulates circulation and improved digestion

Step 2:

- Magnesium supplement or increase of magnesium rich foods (green vegetables, whole grains, legumes)
- Bromelain to aid in digestion
- Ashwagandha and Holy Basil
Can be particularly effective balancing hormones
- Flaxseed, whole soy foods are important modulators of hormone metabolism

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%7Ccall%2Bclad%2Bpan%7C150%7Cbest%7C0%7Cviewall%7C24%7C%7C106&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)