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# 21 Days *to* Change

How to develop healthy habits  
and improve your quality of life



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1

# Why Change?

The main reason for a change in lifestyle is not merely to prevent diseases or increase longevity but to improve the quality of life

## Because Something Is Happening to Us

It is necessary to consider the relationship between and the increase in chronic and degenerative diseases

We currently live in a contradictory world: more technology to accomplish things quickly but less time for ourselves; digitally-connected with many people but less in touch with each other; bigger production of food worldwide yet more people are suffering from hunger; immediate and wide access to information about health, diet and lifestyle, yet a growing number of people are suffering from diseases that could be prevented. What is happening to us?

The profile of the diseases of humanity as a whole has been changing for the past 150 years, but in recent decades change has been more rapid. The infectious and contagious diseases are decreasing with the so-called associated with lifestyle changes, there are factors to behavior: tobacco and a sedentary lifestyle associated with the four namely, cardiovascular cancer and diabetes combination of those and disease group 80% of deaths related

1 Hunter, D.J.; Reddy, K.S. (2000) The New England Journal of Medicine pp. 1336-1343, (PMID: 240

## Because Health Primarily Depends on Lifestyle

Heredity, environment and medical care are determinants of health status however lifestyle is the most important.

Due to the spectacular advances in medical science since the nineteenth century many thought that the health care they could receive was fundamentally correct. That more hospitals, more operating rooms, more organs needed to improve the health and of the population

As a result, we have seen a considerable increase in drug use, and in surgical the avalanche of technology the population's health as defined by the WHO. Medical technology only increased the duration of human life quality, that is, without

Today, many speculate the fundamental determinant is medical care based on sophisticated devices and buttons. In addition, developed countries are using health based on technology and hospital care, which is unsustainable and primary prevention technological in

## Because Making Changes Has Great Results

From antiquity until today, numerous examples can be found about how lifestyle influences our health.

Possibly, the oldest experience about the relationship between lifestyle and health is the deliverance of the people of Israel from Egypt 3,500 years ago which is recorded in the book of Exodus. According to the biblical account, many aspects of their ancient lifestyle had to change from the moment they left Egypt to live for forty years in what we would call today as refugee camps throughout the wilderness of Sinai:

- They stopped eating meat and based their diet on manna, the bread from heaven. Given that they were accustomed to the pots of meat they ate in Egypt, this must not have been an easy change for the Israelites, but it surely must have contributed to their physical strength and endurance.
- They had to implement strict hygienic rules, including the use of water for washing themselves, something to which they

probably did not practice in Egypt.

- They learned that obedience to the law received through Moses was still in effect today.<sup>1</sup>

The result of such changes was that they were able to live in the camp and avoid any epidemic or malnutrition likely when more than one in such conditions. Nor did many diseases of the Egyptians records. Psalm 105:37 reaffirms *none feeble among His tribes.* demonstration of the effectiveness to preserve public and individual

<sup>1</sup> Exodus 15:26.

# Because Prevention Is Better Than Cure

Statistics show that the greater the curative health effort and the lower the effort in disease prevention, the greater the expense and the lower the population's well-being.

To most people, health involves doctors, medications, hospitals and surgery. All of it is necessary to cure disease when it emerges. However, the most important thing is to preclude the disease from occurring. Therefore, our first objective is to prevent it so that there is no need for a cure.

Prevention begins with lifestyle and the latter is determined by habits. Changing lifestyle to eliminate harmful habits and to introduce healthy habits can prevent most chronic diseases, also called "diseases of civilization."

## Types of Prevention

Preventing a disease involves the application of measures to avoid it. Depending on the

timing of the application of such measures, there are three types of prevention:

- **Primary prevention.** It is the prevention of disease in healthy individuals before it appears. This is the ideal and most effective type of prevention. The abandonment of harmful habits and the adoption of other healthy habits within the framework of a lifestyle change are the basis of primary prevention.
- **Secondary Prevention.** It is aimed at seemingly healthy individuals who, in reality, already have a disease, even if it is not yet noticeable. It involves making early diagnoses of the disease so that it does not display any symptoms and it can be treated. Campaigns for the early

# Because I Notice That My Body Is Giving Me a Warning

Identifying the signals of the body that something is wrong with our health constitutes a powerful reason to change our lifestyle.

Normally, disease gives us a warning before setting in. The presence of some of these symptoms can be indicative of a bodily imbalance due to some unhealthy life habits.

In addition to correcting these symptoms, it is important to correct negative habits and adopt correct positive habits, doing physical exercise, following the other principles of a healthy lifestyle.

## Persistent tiredness

## Inexplicable weight loss

## Skin eczema

# Because I Wish to Overcome My Poor Genetic Makeup

Overcoming the genetic predisposition to certain diseases is a good reason to change to a healthier lifestyle.

Genetic makeup is very painful," said a famous geneticist. It so happens that genetic makeup is easily blamed for the consequences of some negative health habits and a poor lifestyle.

It is true that in some cases chronic or non-communicable diseases such as type 2 diabetes, non-congenital heart defects or cancer are genetically determined. But even so, epidemiological studies tell us that:

Only a small part of the total non-communicable diseases are of hereditary origin. The larger part is determined by lifestyle or by the environmental setting.

Hereditary predisposition to a disorder or a disease can be neutralized or deactivated, even in most cases, through a healthy lifestyle.

After sequencing his own genome, the pioneer of genomic research said: "Human biology is actually far more complicated than we imagine. Everyone talks about the genes that they have received from their mother and father. But in reality, those genes have very little impact on life outcomes, [...] genes are absolutely not our fate. They can give us useful information about the increased risk of disease, but in most cases they will not determine the actual cause of the disease."<sup>1</sup>

Many epidemiological studies conducted with immigrants show that the probability of contracting a chronic disease is not determined by origin or by their

A healthy lifestyle allows you to overcome the inherited predisposition to certain diseases. Not everything that is written in genes has to be fulfilled.

# Because I Feel That I Need a Change in My Life

Individual and permanent "health reform" becomes necessary in order to enjoy good health.

Modern life, with its fashions, industrialized food, frequent use of the automobile, escalators and elevators, stress, and the ample supply of legal drugs like alcohol, or illegal drugs, leads us to a pathogenic or disease-causing lifestyle.

At times, the trend toward processed and low-quality food or a sedentary life progresses in an almost imperceptible manner until a disease shows up. That is why, to maintain a healthy lifestyle, we must be permanently vigilant by changing negative habits that have been gradually practiced in our daily activities. Taking care of our health in our current world implies changing disease-causing habits and reforming our lifestyle almost on a daily basis.

## Changing Deliveries

The major cause of mortality in developed countries is cardiovascular disease. According to data from the WHO, 80% of myocardial infarction and cerebrovascular accidents (CVA) can be avoided by changing certain habits such as a sedentary lifestyle, diet poor in fruits, vegetables and fiber, or the use of tobacco.<sup>1</sup>

Up to 40% of cancer cases (the leading cause of mortality in the world) could be avoided with an adequate diet, eliminating processed meats, reducing the intake of meat and alcohol, and avoiding tobacco.

These examples show how effective lifestyle change is in having a healthier heart. Certainly, it is more effective than medications, bypass surgery, or coronary stents for lowering cholesterol. Importantly, it is much more inex-



# Change... for What?

In this chapter we will analyze the objectives of lifestyle change and the positive consequences that are to be expected.

## Summary

To Improve My Own Health and That of Others .....	
To Break Harmful Habits .....	
To Lead a Healthy Lifestyle .....	
To .....	

21 DAYS TO CHANGE

## To Break Harmful Habits (Part 1)

Because we end up repeating habits even without thinking about what we are doing, our habits can shape our health for better or for worse.

Habits are learned actions that we automatically repeat. Once a good or bad habit is formed, not much thinking is required to exercise it. Habits make our behavior easier by simplifying the complex process of decision-making, somewhat similar to the cruise-control operation of an automobile.

Habits are powerful and important for various reasons:

- Because they **determine our behavior**—most of the actions we perform each day are the result of habits
- Because **they prove difficult to change**, especially harmful ones
- Because **they decisively influence our health**.

This book shows us which and which new ones to put in place. Our health and well-being depend on our habits.

### Harmful Habits

Harmful habits are those that harm our lives. The overwhelming majority of people, their families and friends, the culture and the subtle hints of society encourage actions that, when repeated many times without being recorded in memory, become habits without being



### The Habit of Eating Meat

The consumption of meat can turn into an addictive habit. But it is well proven that red meat is detrimental to the heart, aside from WHO. Similarly, processed meat (sausages, bacon, hot dogs, burgers, etc.) is

The animals that we kill will in fact be replaced by the habit of eating.

## To Improve My Own Health and That of Others

Choosing to change is a personal decision that can affect our health and the people around us.

If we do not know where we want to go, we run the risk of taking any path, even if it is the wrong one. Living without clear objectives hinders personal decision-making.<sup>1</sup> Knowing what one wants is the force that drives us to act and allows us to consciously choose favorable options in our lives.

Many people live without a clear idea of what they want for their health and lifestyle. They are merely content with the idea of not being sick, as if health were simply the absence of diseases. However, this concept has been obsolete for decades.<sup>2</sup> Health is a state of complete well-being and balance between the

<sup>1</sup> Dijksterhuis, A.; Aarts, H. (2010). «Goals, Attention, and (Un)consciousness». *Annual Review of Psychology*, vol. 61, pp. 467-490, (PMID: 19566422).

<sup>2</sup> OMS - Organización Mundial de la Salud. *Constitución de la Organización Mundial de la Salud*. Conferencia Sanitaria Internacional, New York, USA, 1946.

different dimensions: social and personal. Who we are and who we want to be is far more than a means of feeling good and being liked by others and as a precious asset.

### Our Life and Our Health

The modern lifestyle, dominated by habits exercise and spirituality, is, eventually, gradually changing our lives. Hence, the importance of habits because we

## To Break Harmful Habits (Part 3)

A negative habit should not be eliminated without replacing it with a healthy one.

An Asian proverb says that, "when you begin to fill your life with healthy habits, soon there will be no room for harmful habits." The fact is that the abandonment of harmful habits must be accompanied by the adoption of healthy habits, just as recommended in these pages.

### The Habit of Consuming Saturated and Trans Fats

The consumption of those commonly used in processed foods causes obesity, cholesterol, coronary heart disease, and atherosclerosis.

The fat in food enhances the sensation of satiety, but saturated and trans fats are an addictive habit that must be replaced by good and healthy habits.

Replace with the habit of eating a hearty salad with extra virgin olive oil.



## 3

# How to Change

In this chapter we will discover where the process of lifestyle change ought to begin and how to put it into practice in an easy and pleasant way.

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## Starting with the Mind

Change must begin from the inside out—from what is not visible to what is visible.

of change utilizes success. These re- the different dietary on the physiological ing the body's capac- levels of physical restorative power of e different natural on our health. If ment of a healthy, spirituality that of mind, we will lthy life.

The inappropriate use of medications can reinforce habits that are destructive to health.



of some destruc- tive health habits. What is worse is that in many cases the medica- tions temporarily alleviate the symptoms, thereby silencing the signs emitted by the body indicating that some- thing is failing which reinforces the practice of harmful habits.

### We Are What We Think

Each of us is reflection of our own habits. Everything that we incorporate as routine in our lives becomes a part of ourselves. Habits are nothing more than a reflection of our thoughts, for we are what we think.<sup>1</sup> Chang- ing habits begins by a change in thinking, and the latter, in turn, is the consequence of a voluntary decision. Having a defined plan and assuming the personal commitment of carry- ing it out, voluntarily using self-control and limit-setting mechanisms can considerably increase the effectiveness of lifestyle changes.<sup>2</sup>

<sup>1</sup> Proverbs 23: 7.

<sup>2</sup> Rogers, T.; Milkman, K.L.; Volpp, K.G. (2014). «Commitment Devices: Using Initiatives to Change Journal of the American Medical Association,

## Overcoming the Withdrawal Syndrome

With patience and persistence, the difficulties of chan- overcome and a new lifestyle gradually emerges.

Withdrawal is the process of breaking a habit. It means depriving or abstaining from something. As with every process of change, the decision to interrupt something always carries some discomfort. Either due to physical, chemical, psychological or emotional depen- dency, giving up something is interpreted by the mind, in most cases, as a feeling of loss.

Frequently, that feelin- by specific signs or syn- managed well to mini-

### The Withdrawal

From the point of vie- the appearance of witho- spite being unpleasant, i- it is an indication that ti- of habits is under way. W- withdrawal syndrome wh- symptoms exhibit specific- involve a degree of discom- to cope with for most peo-

Withdrawal symptoms- the broken habit and depe- teristics of the involved su- eral, the signs of discomfort by headache, irritability, in- tachycardia, trembling, dryn- sudden mood swings.

The best way to cope with- syndrome lies in preparing in- grammed change of habits, th- new ones to create a chain of- adoption.

The process of lifestyle change quick, linear process. Nor is it a pro- can be completed in a few days p- miraculous results. Lifestyle change- gramming" of the way of living; th- a continuous process. It consists o- reconstructing life habits in stage- attained change is sustainable an- a new lifestyle.

### A Rapid Process of Change Can Generate a Rebound Effect

There are many proposa- programs, diets and activi- rapid weight loss and a sp- Millions of people join th- year, confident and ho- fort—which at times is v- rewarded with the long-

Some of the alternat- up producing the pro- the expense of a sudd- lism not accompani- of living. Since the- change, once the p- habits return.

In some cases, t-



## Changing Gradually and Progressively

A long walk begins with a single step and is completed by taking one step after another.



# Reducing Medications

Over time, healthy habits are steadily adopted and habits are gradually abandoned, by then, the intake of medication can be progressively reduced.

One of the benefits of adopting healthy habits and making a lifestyle change is that you can do either of the following:

- **Reduce the dose of medications** being taken;
- **Do without certain medications;**
- **Replace some medications** with milder ones with fewer side effects or with medicinal plants.

It all gives added value to lifestyle change itself. The less medication is needed, the better.

Of course any change in a patient's treatment must be evaluated and prescribed by a doctor.



## For Cholesterol

Statins is the most medication to lower cholesterol according to various studies conducted at New York Medicine,<sup>1</sup> statins hardly the risk of cardiovascular disease with moderate increase in far more effective protection by following a vegetarian diet of meat and meat products the practice of physical exercise.

The advantage of a vegetarian diet accompanied by exercise is that it reduces the risk of diabetes, while statins increase the risk of side effects such as muscle dis-

<sup>1</sup> Kuptniratsaikul, V.; Dajpratham, P.; Taechakumrit, S. (2014). «Efficacy and Safety of Curcuma Domestica Compared with Ibuprofen in Patients with Osteoarthritis: A Multicenter Study». *Clinical Interventions in Aging* 451-458, (PMID: 24672232).

## Start with a Good Breakfast

It is at the beginning of the day when we need the greatest supply of energy and nutrients. A complete breakfast provides glucose, essential fatty acids, and vitamins and minerals needed for all body cells and neurons.

By having a good breakfast, the vital processes are activated and the intellectual and physical performance improves in the morning.

It has been observed that, in equal calories, those ingested during breakfast produce less weight gain than those ingested during the rest of the day.

## Not Having Anything Between Meals

Consuming foods outside of the main meals disrupts the digestive physiology, overloads the stomach and promotes obesity and metabolic disorders. For an adult two meals a day, breakfast and lunch, are sufficient. In the morning something is consumed for dinner, the evening meal should be very light and at least three hours before going to sleep.

## Consume Plant-Based Products in Their Natural State

Avoid as much as possible packaged and processed products with a long list of additives and other artificial ingredients. It is recommended that at least 50% of the diet should be consumed as **raw** or **minimally processed**.

Drinking freshly squeezed juices and natural smoothies is a good way to accomplish the objective of "five a day."



# Observing My Body

No one knows your body better than yourself. As new habits are being incorporated into your lifestyle, observing and understanding the changes that are taking place is very stimulating.

There is no need to have sophisticated medical instruments to observe the changes that are taking place as lifestyle change is carried out.

The following are some of the simple measures that allow one to observe and assess the body's condition.



## Heart Rate

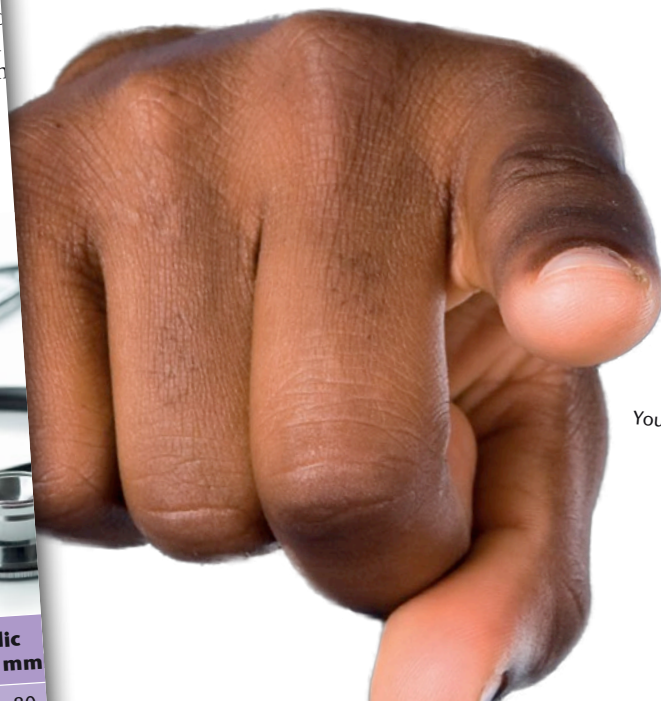
The number of heart beats while resting should not exceed the 80 beats per minute. In addition, the beats must be regular and rhythmic.

## Blood Pressure

Blood pressure is the force exerted by the blood against the walls of the arteries as the heart pumps it. The higher the blood pressure, the greater the effort the heart must make to pump the blood, and the greater the risk to the walls of the arteries.

The integration of healthy habits with a decrease in blood pressure will now be noticed before ending the 2nd stage of the lifestyle change.

Traditionally, 120/80 has been considered an ideal blood pressure. However, the American Heart Association establishes a chart of values (See Table 1).



...to the background the role of the individual.

"I lead my life, and if I get sick, I will be given the necessary treatment, that's why we have such good doctors and hospitals," some may think. In this manner, the person becomes a passive subject whose role simply consists of receiving care from the public health system or from their private insurance.

...creases, both words, we become technically in health care system population in

The only solution is facing development and reinforcing in healthcare self-care.

Systolic Pressure or upper in mmHg

Diastolic or lower in mmHg



# Week 1: Adaptation

In this health program, simple and practical tips are given to help people build healthy habits for a new lifestyle. In this manner, the daily actions, objectives, and recommendations will encourage and empower the reader to make small changes. As a whole, these changes form a synergic model that can positively transform the way of living.

Each day, new habits to be formed will focus on aspects of diet, life habits, and emotional and spiritual health. The program can be carried

out following one or more rows a day. The fundamental thing is that the activities ought to be developed with regularity and that for each day, new habits are to be added to those incorporated on previous days.

In this first stage of adaptation, which encompasses the first seven days, new actions are put into practice that achieve a transformative effect which impact the body in a positive way and initiate the process of lifestyle change.

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## Day 1: Sunday

Actions	Objectives	
Start lunch with a hearty salad plate everyday. The amount can be gradually increased as you build a taste for it.	Adapt the palate to more natural flavors. Increase the intake of fiber to encourage the sensation of satiety.	Tiredness repetition of salad Lack of home. The has eat som
Drink at least six glasses of water throughout the day, increasing the amount if you feel the desire.	Cultivate a taste for pure water instead of other beverages. Create a feasible schedule for drinking water.	It is easy water. Through activities drinking pay atte Other b adequat water.

## Day 7: Saturday

Actions	Objectives	
Make this a day without fried foods. Avoid all types of fried foods, whether savory or sweet.	Reduce the intake of calories and fats. Reduce the sensation of heaviness in the stomach after eating. Improve digestion.	Frie ap fat te
Make this a day without analgesic medications or painkillers and regularly observe it every week. Extend to other days, insofar as possible.	Detox the body. Reduce the chemical aggression to the organs tasked with purifying the blood. Improve the body's general balance.	C h e





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## Week 2: Benefits

In this chapter, we will continue with the lifestyle change program.

After the stage of **adaptation** (chapter 4), the second stage of benefits lasts another seven days. During

this week, we will strengthen the actions already taken and begin to experience the benefits of a change in lifestyle.

### Summary

Day 1: Sunday .....

Day 2: Monday .....

Day 3: Tuesday .....

## Day 1: Sunday

	Actions	Objectives
<b>Diet</b>	Regularly consume one serving (about 30 g) of nuts in the morning. Try to vary the type of nuts each day.	Have a healthy source of proteins and fats. Improve control of blood sugar level. Promote better sleep quality.
	Drastically reduce or eliminate the consumption	Reduce the intake of calories. Prevent various negative effects in the body.

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## Day 6: Friday

	Actions
<b>Diet</b>	Drastically reduce or completely eliminate the consumption of liquids during meals, be it water, juices or soft drinks.
<b>Life Habits</b>	Practice five minutes of stretching exercises three times a day to achieve muscle relaxation between work-related activities and before going to sleep.



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# Week 3: Consolidation

Now 14 days into the lifestyle change program, we face the last week in which the objective is **consolidation**. In this stage,

healthy actions must be deeply rooted in such a way that the habits are fully integrated into the new lifestyle.

## Summary

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## Day 1: Sunday

	Actions	
<b>Diet</b>	Drastically reduce or eliminate the consumption of processed meats, such as sausages, hot dogs, hams and other deli meats.	Prevent Reduce and satu Reduce t processe
<b>Life Habits</b>	Replace, whenever possible, sedentary activities with other challenging bodily movement.	Fight seder Improve bl Prevent ob

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## Day 7: Saturday

	Actions	Obj
	Try to spend a whole day eating raw, plant-based foods only such as salads, fruits, germinated seeds, and nuts.	Get used to natural food Increase the vitamins, m fiber. Do without products additives chemical
<b>Life Habits</b>	Intentionally reduce the amount of foods consumed daily in all your meals. Reduce the size of the portions and the variety of foods in each meal.	Reduce calories Prevent Improv and p heav
<b>Emotional Health</b>	Accept that changes are part of life. Be flexible and allow yourself to change your lifestyle.	Stre to a dif Le be
<b>Spiritual Health</b>	Make plans to participate in a spiritual activity together with other people. Get involved in community	Get involved in community

## Day 2: Monday

### Actions

### Objectives

### Difficulties

#### Diet

Practice intermittent fasting two or three times per week, spending at least sixteen hours without ingesting any food. Make this a regular habit.

Improve insulin resistance. Improve physical and mental disposition. Avoid neurodegenerative diseases.

Strong desire of eating at night due to the rooted habit of eating dinner. An imbalanced diet during the day, especially if it contains sugar and refined flours, stimulates the need to eat at night.

#### Life Habits

Drastically reduce or eliminate the use of technology outside your work schedule. If you must utilize it, do not do so two hours before going to bed.

Reduce emotional overload and stress. Reduce the temptation of always having something to do. Provide mental rest and

Social networks and internet use can turn into addictive habits. The pace of modern life creates the uncontrollable need of always having something to do.



# Alternatives for Change

Knowing safe, appealing, and effective alternatives can be the key to success in change.

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Alternatives to Alcoholic Drinks .....	
Alternatives to Sugary Soft Drinks .....	
Alternatives to Refined Sugar .....	
Alternatives to Coffee and Tea .....	1

## Discover New Options

Changing the way of thinking leads to seeing things from an and, eventually, doing something different and finding altern

To be successful in making a change in lifestyle, we must understand how this process develops internally. The major success factor lies in changing our way of thinking so that subsequent changes will be solid, sustainable, and lasting.<sup>1</sup> This means that true change involves not only trying to do things differently but also finding better alternatives.

### Thought Induction Mechanisms

There are two different mechanisms to build a new way of thinking: positive and negative induction.

**Negative** induction functions as an attempt to change something when current conduct is negative, for us and detrimental to us. The negative mechanism leads to *something*.

**Positive** induction functions as a positive way. We convince ourselves of something differently because we expect an effect, in other words, something desirable. In this manner, the positive mechanism leads us to *do something*.



ing strong bones. It is where more milk is consumed, northern Europe, has lower rates of osteoporosis. It is well proven that consumption of milk in adults does not prevent osteoporosis.

You do not need to be a vegetarian to get the benefits of milk. It is supplied by cows and is a good source of calcium retention and fat.

- Vitamin K (found in milk)
- Vitamin D (found in milk)
- Magnesium (found in milk)
- Isoflavones (found in soybeans and soy products)

### Drawbacks

- It causes allergies
- It is very high in calories
- It ends up in the landfills (who have to deal with it)
- It can be contaminated by viruses, bacteria, and chemicals
- It can cause cancer (prostate cancer)
- Its abundance in the prostate gland can lead to prostate cancer
- Plant-based milk is not as healthy as milk



# Alternatives to Alcoholic Drinks

No substance causes so many diseases and misfortunes as does alcohol. Finding alternatives as a substitute for it is fundamental for a change in lifestyle.



## Grape Juice<sup>1</sup>

This is the authentic wine—the pure grape juice that is not fermented. It has been shown that grape juice contains many more polyphenols and antioxidants than fermented wine. Plus, it cleans the arteries, protects the heart and promotes healthy liver functions.

<sup>1</sup> Healthy Juices, p. 34.

## Alcohol-free Wine<sup>3</sup>

Unlike grape juice, alcohol-free wine hardly contains sugars that is why its flavor is not sweet. It can now be found in specialized stores.

<sup>3</sup> Ibid., p. 34.



# Alternatives to Sedentary Life

The only alternative to sedentary life is giving up all those excuses that come to remain idle at home.

The lack of physical exercise is one of the main risk factors of chronic diseases such as diabetes, obesity, osteoporosis or circulatory disorders. However, despite being so harmful, sedentary lifestyle is preventable by just moving around.

The greater the sedentary lifestyle, that is, the more time spent sitting, the greater the risk of premature death, as revealed by different studies. It would not be far-fetched, therefore, to say that a couch or a sofa kills.

It is well worth it to seek alternatives to sedentary life, like those proposed in these pages. Let a goal of not using elevators or escalators. Climbing stairs on foot helps to maintain the heart's normal function.



## Alcohol-free Beer<sup>2</sup>

Alcohol-free

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# Alternatives to Coffee and Tea

Despite the numerous advertisements supporting coffee, a change toward a healthy lifestyle must include alternatives to replace those addictive beverages.

addictive drug with numerous effects on the body, such as anxiety and gastritis.<sup>1</sup> Due to the nature of caffeine, it is usually necessary to increase the dose of coffee with

the aim of obtaining the same effect, until one reaches an elevated and harmful dose.

Those who suffer from addiction or dependency to caffeine can free themselves from it by following a caffeine detox cure.<sup>2</sup>

<sup>2</sup> Ibid., p. 252.

## Detoxed Coffee

It is free of the addictive effect of caffeine, but it does not mean that it is a healthy drink. Decaffeinated coffee can end up being useful to better deal with a caffeine detox, especially when there is psychological coffee dependency.

## Chicory Coffee<sup>3</sup>

It is made by cooking dried and roasted chicory root in water. Chicory (with a flavor reminiscent of coffee) is a very beneficial medicinal plant for the liver and for digestion.

<sup>3</sup> Encyclopedia of Medicinal Plants, p. 446.



## Peruvian Emollient<sup>5</sup>

This is made from barley, flax seeds (linseed), lemon and medicinal plants.



an way of fl alcohol.

Planning the activities to be carried out in your spare time, give priority to involving movement such as going to practice a sport or gardening.



## Maize Atole<sup>4</sup> (Hot Maize Beverage)

nutritious beverage

ay to practice some type

5. Enroll in a gym or a sports club.



# On the Way to Life

During the three previous weeks, you have gone through the phases of adaptation, benefits, and consolidation of lifestyle change. The why, what, and how to change are now clear to you. You are already aware of healthy alternatives to substances, products or behaviors that do not benefit health. You are now prepared to enthusiastically face the future.

Only be permanently incorporated into lifestyle if they are part of your way of thinking. Hence, it is important to build new habits in the different dimensions of life. In addition to what is consumed, it is necessary to be mindful of how time is spent, how the body exercises, how the relationship is with other people and how strong the spiritual life is. Balanced coexistence and interaction between all of these factors is what we refer to as **holistic health**.

**Delve into the Changes**

It is the time to learn, for example, different recipes, new forms of physical exercise, other options of relaxation and innovative habits of rest.

## Incorporating the Changes into the New Lifestyle

When the practice of a new habit suits you well, incorporate that habit into your daily activities. At times, it involves redesigning your routine to include the new habits. Over time, the incorporation of new, healthy habits turns into a natural process.

Forget about the "diet" concept for some time. Adopt a new dietary

## Maintaining Healthy Habits

With the **21 Days to Change** program, you have started a new life in which the acquired healthy habits will be maintained.

*"Doing is easy; the difficult thing is maintaining."*

This phrase is a reality for many people. There are those who begin the process of change, purchase books, download recipes from the Internet, enroll in a class, buy clothes and special equipment but do not manage to maintain the actions undertaken. After some time, they are discouraged and may even give up.

The first actions must be continued and maintained in order not to lose the initial pace in the process of change. You must avoid interrupting the process of change as it is more difficult to resume each time. To do so, special attention must be given in order not to fall for the first glass of wine, the first cigarette,

the first cup of coffee, the first drink, the first television session, the first exercise. The first steps are the others. The habit enters can maintain the objective of leaving holes in the new life.

## Each New Step Proves Easy

Each new step takes less time and with the motivation by health, the body and face habits. For that, follow the program until the end.

increased of energy





## Learn to say "no"

## Promote a favorable environment

## Avoid concessions

**If you fall,  
pick yourself up**

If you have failed in one thing, ruin everything because you have already achieved. Resurround yourself with people who go straight ahead.

Read about real cases of how people have succeeded in improving physical, mental and spiritual health with the **21 Days to Change**.

Little by little I felt that normal s  
to my life."

**J. S., 5**

For more than thirty years, I suffered from constipation. At times, I reached ten days without having a bowel movement that was very frustrating. I always felt discomfort and suffered from headaches. People around me commented about my bad mood. I felt bloated all the time. The problem is that I ate very poorly and was not aware of it. I was not drinking enough. Later, I discovered that continued use of laxatives was more harmful than helpful. Eventually, I began a 21-day program of education of my diet and life habits. This completely changed not just in terms of my bowel movements, I am

**A. S., 39 years old**

experienced difficulty  
uld not come. I would  
alternatives for getting  
ut the following day I  
lmed by work. I finally  
habits were directly  
I changed my diet,

The benefits of a healthy life are synergic, that is, they favor the inclusion of new, beneficial habits.

The benefits of a healthy lifestyle are cumulative. A person feels better and increasingly desires to have better health. The benefits obtained with the change strengthen one another.

One can make  
change lifestyle  
It is true that  
and other ch  
habits. Howe  
more than d

Lifestyle  
emotional a  
Everything  
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changing  
of mainta  
terminati

Not only did I discover that God exists, but also that I matter to Him and that He takes care of me. This personal view of God is providing me a new life model and is influencing several aspects of my health."

**M. T., 62 years old**

**M. 1., 62 years old**

"I took all the medicines in the world to cure my headaches, but nothing worked. Every day, I went to sleep with permanent discomfort. I went to dozens of doctors and underwent hundreds of tests. All normal! But I felt and knew there was something wrong with me... I just needed to find out what it was. Eventually, I was able to learn about integral health and the connection between mind, body, and spirit. I delved into habits in general and their influence on our well-being. I tried the 21-day lifestyle change program with emphasis on healthy habits. I experienced a month or more free of headaches! And not only that: I feel lighter, more alert, and more

...better prepared. I feel  
a progressive decline in my sleep  
and would wake up several times  
night. My wife told me that I  
no longer had sex drive and had  
and knee pain. I was diagnosed  
and hypertension, and I began  
pills everyday. The doctor told me  
have to start injectable insulin tr  
that's when I became desperate...  
out about the integral health progr  
**to Change** and about how some  
eases could be reversed. Everything  
change in three weeks. I was in a g  
again and started to run everyday.  
preparing for a marathon. Health i  
precious asset we can ever have."

**P. A., 44 v**

"I was addicted to sweets and candy. My purse was always full of candies and I ate all the time. I was crazy about all types of sweets. If I did not eat candies, I would





# Is it possible to change one's lifestyle?

Many people have probably asked themselves this question at some point in their lives. Whether it is to lose weight, reverse a disease, break bad habits or, ultimately, feel better, most everyone needs to alter something in their lives. However, when it comes time to actually make that change, we often find we are faced with serious difficulties that get in the way of forming new habits.

Change is possible, and the solution to achieving a healthier lifestyle isn't found in restricting, prohibiting, or depriving yourself, but in making the decision to develop new habits and tastes. It's about managing how to no longer crave what's harmful.

21 DAYS TO CHANGE is a tool that will lead you through this process of change, providing useful information about why to change, as well as how to do so. In addition, it offers a detailed guide to changing your lifestyle in a sustainable way in just three weeks, and it gives the readers a variety of ways to achieve this change, thus increasing the chances of success in forming new habits.

How about you? Do you have 21 days? If so, you too can make a change!

