

10 Ways to Live a *Dynamic Life*



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BEFORE WE BEGIN, LET'S MEET.

I'M ELAINE GIBSON

Have we met before? Well, today is a good time for me to present myself.

I'm Elaine Gibson and I beat Stage IV Non-Hodgkin's lymphoma without traditional protocols. My journey was paved with misinformation by many well intentioned professionals. In the end, I had to find my own way to disease prevention and optimum health. Today, I'm enjoying a cancer-free life, with a renewed optimism and a renewed commitment to help others overcome and avoid what I had to go through. Today I am a raw food educator, chef, author, sought after private coach, speaker and a green juicing lovin' grandmother! Get more info at www.renewedlivinginc.com

I have been cited as One of the Top 10 Most Inspirational Natural Cancer Survivors by Extreme Health Radio (#4), and am proof that lifestyle matters. Having beaten Stage IV Cancer without traditional protocols, I share my hard won lessons so that you can lose weight, have more energy and renew your health at any age.

DRINK THE MOST NOURISHING CHOICES OF LIQUIDS.

When it comes to nourishing our bodies with the proper hydration, it is vital to choose liquids that serve our body well. I regularly make sure that I drink at least 8-8oz glasses of water (good old h2O) daily.

In addition to drinking my water first, I then add organic smoothies and raw juices to my daily routine. I typically juice more veggies than fruit – juicing is an excellent way to sneak those hard to taste vegetables in your diet. A typical smoothie for me consists of ½ banana, 1 handful of rich greens like baby spinach or kale, 1 tsp Chia seeds, ½ cup berries, and 1 cup of pure water or other liquid like almond or coconut milk (nondairy milk).

I also love – love – love drinking infused water as well. When drinking infused water, you simply add fruit to pure water and have it ferment in the fridge for a couple hours until the nutrients penetrate the liquid and are ready for use.

NOURISH YOUR BODY WITH NUTRIENTS.

It's time we ask ourselves every time we eat if what we are about to consume will nourish our body or not. To choose foods that nourish our body and are designed to support it, we simply need to choose foods in their most natural form. I choose foods that are mostly raw, not packaged, not fried, not “fast” served, and foods that if labeled – are completely and totally understandable when it comes to the ingredients.

I choose to stay on the outer aisles when I shop for groceries because most of the products down the aisles contain harsh preservatives. I prefer mostly organic foods for both my veggies, fruits, and my meat. I prefer food items that are free from pesticides, herbicides, hormones, and antibiotics. I prefer meat that is free-range from farms where the animals were cared for and loved. As the old saying goes “Eat your fruits and veggies”. It truly cannot be simpler than that. If you don't like to eat vegetables, try juicing them.

A nourished body creates a nourished balanced mood.

RELAX & DREAM.

Relaxing and allowing the body to sleep and refuel is so important. Imagine driving your vehicle around non-stop for a week – at some point, the engine will let you know it has had enough. The same goes for our bodies, they are our vehicles. Our bodies need sleep of at least 8+hrs, and our body needs time to relax and just let go of all that is confining our mind.

I say “relax and dream” because even if we are getting the right amount of nighttime shut-eye – we also need to take the time to truly let the energies within our body calm and find center throughout the day as well.

Think about what relaxes your body and how you can include those relaxation techniques in your daily routine?

DANCE LIKE NOBODY’S WATCHING.

This step sounds pretty simple, doesn’t it? But, when was the last time you let your body freely flow in the form of thoughtless movement and pure joy? Too often, we create a workout routine which involves timed movement and scheduled routines. Having a workout routine is absolutely excellent for your health and for your mood because you are moving those needed endorphins to boost your mood.

But- I really want you to freely move, freely dance, as if nobody else is around. Not only will you be releasing tension, but you will be having a good time! I love to dance around when I’m by myself because it releases tension, it isn’t timed, and I get to jam out to awesome music that by the end of my jam out session leaves me feeling fabulous and stress-free.

INDULGE IN KEY FOUNDATIONAL SUPPLEMENTS.

Our body runs on required vitamins and nutrients. Our digestive system runs on required “good bacteria” to function properly. I always take a good multivitamin, 1000mg of Vitamin D especially during the months when the sun is barely showing face, omega 3's, and, of course, a multi-strand 5 billion CFU probiotic.

You want quality over quantity with everything in life, including supplements.

FEARLESSLY DREAM.

Now, we get to the “good stuff”. These steps fuel our mood by nourishing our soul as we take a holistic approach to our life and happiness.

Fearlessly dream. This step is vital for mood boosting. Too often, we stop dreaming especially when we become an adult and our responsibilities get in the way of our child-like free thinking mind.

I want you to write down your top 3 dreams – without fear, and without any thoughts of objects or circumstances that you think may get in the way.

PLAN YOUR DREAMS WITH EASY TO TAKE STEPS.

So, now that you've fearlessly written down your top three dreams without worry or care. You are actually going to implement them. That's right – forget the routines, the schedules, the responsibilities, and PLAN to make your dreams come true. You can plan for 1 year, 2 years, 3 years or more – but whatever you do...

DO NOT GIVE UP.

IT IS NEVER TOO LATE.

DREAMS DO COME TRUE.

This is your chance in life to live fearlessly and dream. This is your time to stop putting your dreams that fuel your soul on the back burner – and start fighting for the life you want.

FIND TIME TO EXPLORE AND PLAY.

When was the last time you played? If you tell me it was when you were 10 years old - we need to make a change. Playing doesn't end as we get older. We just need to create a balance between work and play.

Find time to explore life and play with it.

HERE ARE 4 TIPS THAT YOU CAN TAKE TO PLAY A LITTLE BIT MORE:

1. Make dinner reservations at the new local restaurant.
2. Make plans to enjoy the hit movie that just hit theaters.
3. Take a walk through a nature park and observe the beauty.
4. Be crazy adventurous and just get in the car and GO somewhere, anywhere the wheels take you.

Life is too short to stop playing, too vast to stop exploring, and too beautiful to let it pass us by.

CREATE TIME FOR YOU AND FOR SELF-CARE.

Self-care!!!! I can't even begin to tell you about how this could seriously be the most important step we take to enhancing our mood to a more desirable state.

Enjoy some self-care with a new pedicure, a shopping spree, an hour alone to sit in quiet and read, time to enjoy a cozy bubble bath, time to meditate, and time to just be you and care for YOU.

LAUGH – IT'S THE BEST MEDICINE.

Sometimes we can't take life too seriously. We just need to laugh whether it's for fun or through tears. We need to surround ourselves with people who lift our spirits and help us enjoy life. Sometimes you just need to laugh and live.

Laughter is a known healer as it produces "happy" chemicals in our body. It's been known to be the best medicine.

Live. Love. Laugh.

TAKE THE NEXT STEP

I know how crazy life can get and how easy it is to run out of gas at 3 pm. I have been there. For me, in addition to the extra pounds, the overwhelm was the most frustrating. Once I began making healthy choices, I lost 28 pounds, dropped 4 sizes without even trying and increased my energy.

If you are ready to let go of the frustration and overwhelm, let's talk. I offer a 15 minute Complimentary Find Your Extraordinary Call.

To book your session, simply visit <http://www.renewedlivinginc.com> and book your FIND YOUR EXTRAORDINARY SESSION.

Or book your session at www.meetme.so/FindYourExtraordinary

My goal is to help you Feel Fabulous Now!

WHAT OTHERS ARE SAYING ABOUT ME.

“I am loving this new plan of action!”

Dear Elaine & Nevin,

Today, is my 50th day in starting a healthier lifestyle along with helpful hints from your Renewed Living website to help guide me. Thank you. I started juicing only(which I still struggle with) for the first three days. Then, I went for two weeks eating nothing but raw vegetables and a very small amount of fruit. Then I added beans, then nuts and some grain. I have chosen to be a vegan and do not eat meat or dairy. Recently seeing my doctor and being told to take only half of my original dose of meds, I am very exciting to see I will soon be off of my diabetic medication. As you know Elaine, this has been a huge struggle for me. Today my 50th day, I weigh 25 lbs. less, which means I have lost an average of a 1/2 lb. per day! Still, weight loss was not my goal as much as leaving diabetes in the dust. It's certainly a nice added bonus! Now, I know I can do this.

I've tried a your recipes that go along with being a vegan.

My newest favorite meal is spaghetti squash with zucchini & onions cooked with Bragg's Liquid Amino spray to put on top of the spaghetti squash. I use Bragg's Liquid Amino to soften the zucchini & onions a bit for taste along with pepper & salt.. Plus, I top it all off with raw tomatoes, onions and lime juice, I let the tomato & lime juices run over the spaghetti squash. It's healthy, delicious and simple. I so happy to not have to give up my spaghetti, I just have my own revised version of it. I am loving this new plan of action!

I wanted to say a quick hello to you two and let you know I am one of your success stories in more ways than one! I thought you would like to know that you both have touched my life and inspired me and to let you know I am so grateful for both of you.

Love and Hugs!
Debby

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*I dream of a life where you will
Look and Feel Extraordinary!
Do You?*



In health and gratitude,

Elaine Gibson

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