

POWER UP YOUR VITALITY



INVINCIBLE
DIVORCEE



INTRODUCTION

Wouldn't you love to feel young again: The energy! The metabolism – eat what you want and not put on a pound! The sense of I-can-accomplish-anything-I-set-my-mind-to! Well, you can rediscover that enthusiasm and confidence you felt when you were younger by changing some unhealthy habits you may have and replacing them with healthy ones that better prepare you to handle the difficult challenges as life goes on. Getting older, life's fast pace and the stress of divorce can have a devastating effect on your body and brain. In order to meet these demands you need to look at every element of your lifestyle and make the adjustments necessary to rise up and win the battles.

In this program I address many aspects of your life so you can consciously make decisions about how you take care of yourself as you move into your new life. If you have kids you'll be a role model and lead your family to a new level of health and happiness.

The recommendations here are easy to incorporate into your lifestyle and make a big impact immediately as well as long term.

Self-care is the terminology I use in describing the focus of this part of the program. If you can and do take care of yourself you can write your own ticket in life. Having plenty of money and the ability to do whatever you want doesn't mean as much if you don't have your health. There is nothing more valuable in life than good health!

Women going through divorce often forgo their own health and wellbeing to take care of others. They often find themselves in trouble when the divorce is over. Studies show that 39% of women after divorce live with chronic pain and many are overweight and depressed. The emotional and physical are linked together and you do not have to fall victim to these statistics!

You are in control of your future and the actions you take count.

BASIC SUPPLEMENT PROTOCOL

MULTI VITAMIN –

It's extremely difficult to get optimal levels of key nutrients from diet alone. This is why a multi vitamin is so important. Look for a product with optimum levels of B Vitamins, minerals and has whole food ingredients to support nutrient utilization. The product below is an excellent representation of that. It is a female specific formula that addresses a broad range of issues women need to address.

FOOD BASED NUTRITION MINERAL & HERB ENRICHED MORE INFORMATION BUY NOW ON amazon

Mindell Naturals
WHERE SCIENCE MEETS NATURE

The MOST COMPLETE Source of Every Nutrient Your Body Needs!

ENHANCE ENERGY | PEAK PERFORMANCE | VIBRANT HEALTH

VITAMIN STORE IN A BOTTLE!

- Pharmacist Formulated with All Natural Ingredients
- Cutting edge formulations
- The most complete multi's on the market
- Provides essential nutrients lacking from diet

EXCLUSIVELY DISTRIBUTED BY
NATURE'S BEST SOURCE

Mindell Naturals
WOLFE SCIENCE MEETS NATURE
Be Well - Whole Food
Multi Vitamin
+ Minerals & Herbs

Pharmacist Formulated
Supports Optimal Health
Strength, Energy & Mood
Fitness™
Iron Free
Customized Men's Formula

60 TABLETS DIETARY SUPPLEMENT

Mindell Naturals
WOLFE SCIENCE MEETS NATURE
Be Well - True Release
Multi Vitamin
+ Minerals & Herbs

Pharmacist Formulated
Superior Immune Support
Essential Nutrients
Sustained Release Energy
Customized Women's
Formula

60 TABLETS DIETARY SUPPLEMENT

Go to – www.NaturesBestSource.com

DAILY CLEANSE AND DETOX –

We live in an environment that exposes us daily to toxins of all sorts. The need to counter that on a daily basis is key to preventing health issues in your future. Doctors recognize the significance of magnesium deficiency in disease and note that 80% of our population is magnesium deficient. Heart, colon health (constipation) sleep and mental issues are just a few areas magnesium supplementation can make a difference. Daily Detox is an absolute must for health, vitality and energy.

CLEANSE YOUR BODY LOSE WEIGHT MORE INFORMATION BUY NOW ON 

Daily Detox

TIRED OF FEELING BLOATED, CONSTIPATED AND MISERABLE?
STOP BLOATING | STOP CONSTIPATION | FEEL GREAT!
Pharmacist Formulated with Revolutionary, Patented Ingredient



DAILY DETOX IS THE ANSWER!

- DESIGNED FOR EVERYDAY USE
- PROMOTES HEALTHY GUT ENVIRONMENT
- NO FEELING OF URGENCY

NEW PRODUCT

EXCLUSIVELY DISTRIBUTED BY 



  

Go to - www.ImpaxTherapy.com

VITAMIN D3 –

It's not just for your bones anymore! Experts say Vitamin D can help improve your heart, boost the immune system and fight cancer. Take 2000mg with each meal (6000mg total) in the winter months and if you suffer from SAD (seasonal affective disorder), take an extra 2000mg at bedtime. Costco Kirkland brand is actually a good one.

Available at Costco stores and Costco online.



PROBIOTICS –

Probiotics are essential to basic human nutrition. Probiotics are live microorganisms (in most cases, bacteria) that are similar to the beneficial microorganisms naturally found in the human gut. These “good bacteria” are used to prevent and alleviate many different conditions, but particularly those that affect the gastrointestinal tract. Probiotics can provide multiple benefits for your immune system. When probiotics are abundant in your body, it’s harder for bacteria that cause illness to get a foothold. Some also keep you healthy by making bacteriocins, which suppress the growth of harmful bacteria.

Vitacost Probiotic 15-35 35 Billion CFU – 1 serving first thing in the morning.

<http://www.vitacost.com/probiotics-5>



FISH OIL –

Among the many benefits of fish oil, it’s known to support healthy cholesterol levels, boosts your mood and helps to maintain strong bones. Best to take 1000mg with meals. Costco Kirkland brand (not enteric coated) is a good product or any other you choose. Some are higher in EPA or DHA. If brain support is needed, choose one higher in DHA. If cardiovascular support is needed choose a higher EPA. Most fish oil has similar ratios.

Available at Costco stores and Costco online.



OTHER PRODUCTS I RECOMMEND –

AMAZING GRASS MULTI SOURCE GREEN SUPERFOOD -

1 serving per day, use it in a protein shake.

www.amazinggrass.com



PROTEIN POWDER –

Getting enough protein is key to a strong body and an optimal muscle to fat ratio. Get 1g per pound of body weight, or 1g per pound of what you want to weigh. Mix 2-3 protein shakes per day with dietary consumption of protein with each meal. Mix fruit powder or Multi greens in each shake. They make a great low calorie snack between meals.

Available everywhere – comes in Chocolate or Vanilla.



SEAWEED SUPPORT IODINE FORMULA –

Sea Weed is the best source of thyroid supporting nutrients. Thyroid issues are becoming epidemic in our country and women are the most effected. The broad range of nutrients make this a highly desirable product to include in your nutrition program.

All the benefits of Certified Organic raw seaweeds in convenient capsules. Take 2 twice per day.

Go to www.SeaVeg.com



VITAMIN C –

Boosts the Immune System! Your immune system is vital to your overall feelings of wellness and to keep you from getting the common cold and other bugs. It's what gives Vitamin C its big reputation for being a cold fighter. When your immune system is run down and depleted from a lack of proper nutrients, you're susceptible to all sorts of colds and illnesses.

Take Vitamin C every day! 1000mg with each meal - Costco Kirkland brand is a good product and cost effective.



Available at Costco stores and Costco online.

BEVERAGES –

More empty calories come from our beverage choices. Beverages that offer a wide range of health benefits are green tea, or any tea and coffee. Make a large pitcher of tea, keep it in a glass container and have it available at all times. Mix a little lemon or fruit juice for flavor. Use coffee as you like and keep sugar as low as tolerable. Herbal teas are also good.

Note – the above nutritional products are what I highly recommend as a well-rounded, basic grouping for general health. I also do custom programs for individuals based on specific requirements and goals. For more information go to www.RobertRudelic.com and fill out the Questionnaire Form and book your Free Consultation.

EXERCISE –

The importance of exercise is not new, nor are all the benefits you get from having it as a part of your lifestyle. So I'm not going to lecture you or give you a specific exercise program here. If you're interested in that service I can develop an age appropriate, goal specific program for you. Just go to www.RobertRudelic.com and fill out the Questionnaire Form and book your Free Consultation.

What I want to do is go over a situation specific set of recommendations so you do exercise and you get what your life needs the most as you go through divorce. Choosing the right kind of exercise is important. Some common goals my clients list are weight loss, more energy, stress reduction and stamina to keep going all day long. I add one thing to all of their mixes and that's resistance training to teach what I call "Push Back" Let's look at some options to address each of these areas.

1) Resistance Training –

This is where you'll gain a multitude of benefits such as stress reduction, releasing aggression, getting stronger therefore more confidence, changing the shape of your body while losing fat. For women going through divorce it's the ability to "Push Back" against the weight that produces an unexpected and surprising benefit. When you're lifting a weight that is challenging, instead of giving up you endure and prove to yourself you can overcome the heaviness of the weight, it translates to being able to "Push Back" against the bullying that happens during divorce. That ability to "Push Back" is one of the biggest benefits I hear my female clients tell me they get from exercising. Most hated the idea of lifting weights at first but after getting a trainer and starting a program they get hooked fast. Not because they particularly like lifting weights but because of how it makes them feel.

2) Aerobic Training –

I recommend a combination of Steady State Training (hiking, brisk walking, jogging etc...) and HIIT (High Intensity Interval Training). Here's why; Steady State Training can be done anywhere, anytime (30 minutes at lunch, walking the dog, being with friends) and does not require sweating and is enjoyable. It is good for your mood and burning visceral fat (fat around your organs). HIIT improves metabolic function, burns way more fat calories in a far shorter time and you'll see greater gains because of it. It also lends itself to improving your "Push Back"!



3) Yoga –

My least favorite choice for a number of reasons. It's been my experience women going through divorce need help right away and need it to work fast. Yoga is the least time efficient, most difficult to schedule in and takes the longest to see real benefits. That said it offers many real life health benefits physically and emotionally and fits a certain personality type better than the first 2.

4) Self-Care –

Self-care is taking care of your body using a combination of techniques and tools. It's both preventive and therapeutic. Learning to take care of your self is empowering and very cost effective. Start simply and learn as you go expanding what you do to prevent injuries and address pain and stress. The easiest ways to start is stretching and using a foam roller. The Foam Roller is a 3' long 6" diameter piece of hard foam. Black is the hardest, Blue is medium and white is the softest. It is arguably the most cost effective versatile self-care tool anyone can learn to use. I advise getting the black roller because it's the most versatile. You can do soft tissue (massage) work, structural work and balance work on it. My favorite exercise using the foam roller is simple yet its benefits are profound.

Here's how to do it –

- 1) Lay on the roller the long way (head and sacrum on the roller).
- 2) Arms out at a 45 degree angle from your sides - knees up.
- 3) Inhale through your nose and exhale through pursed lips.
- 4) Repeat for 3-5 minutes.

Do this in the morning, evening or anytime you feel stressed or achy. This affects the tone in the muscles in your body, restores a normal spinal curvature and lowers your stress level. To really feel the effect of this simple exercise; first lay on your back on the floor. Scan from your heels up your body and notice what is in contact with the floor. Go all the way up to the back of your head. Then get on the roller for 3-5 minutes. Get off, lay back down on the floor and rescan your body. Notice what changed. For a full body program or injury specific routine contact me. I have a several affordable video programs to choose from.

www.RobertRudelic.com

IT'S TIME TO GET BUSY!!! JUST DO IT!!



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