

ABOUT THE AUTHOR

Matt Farr is an online Health Coach specialising in helping men and women in their 30s and 40s who are struggling to lose weight and overcome fatigue.



Unlike other coaches and trainers he works with his clients to improve every aspect of their environment and lifestyle in order to ensure they stand the best chance of reaching their goals and achieving a high level of health and vitality for the rest of their lives. This involves going beyond the usual paradigm of nutrition and exercise (such as much of the content of this eBook), which are absolutely important, but limited in their impact.

In the 16 years he has been working professionally within the health and fitness industry he has helped well over 500 people to improve their health and wellbeing.

Aside from his personal coaching services Matt also offers an 8 week online group coaching programme known as The ENERGIE Formula in which he teaches many of the key principles taught within his personal coaching programmes. This programme covers all areas important to health including nutrition, exercise, environment, respiration, circadian rhythm, emotion, mind, light and hydration.

You can learn more about his personal coaching services at
www.mattfarrhealth.co.uk or The ENERGIE Formula at
www.theenergieformula.com.

INTRODUCTION

You have most likely come to this book because you have either been struggling to lose weight or overcome your fatigue for some time with little to no long term success. For many of you that may mean that you have tried many diets, workout regimes or supplements without seeing results over many years or maybe you have seen results but those results simply haven't lasted. Perhaps your weight has fluctuated up and down over the years or maybe your energy levels have progressively worsened over time.

Logic would have you believe that either there is something you are missing or that your body is just somehow broken. That there is just something that isn't quite working in the same way it does for skinny guys and gals or those who seem to have endless amounts of energy to do what they want, when they want. Wherever you are, this eBook will provide a fresh perspective and new understandings that will enable you to see improvements where up until now nothing has worked.

I say this so confidently because what I am going to be sharing with you here is not common knowledge and is not focused on the common (and limited) approach of diet and exercise. I share this information with a passion as it is not just insightful and valuable but it has also changed my own life and I want nothing more than many others to benefit from it too. Whilst I don't pretend to have ever had problems losing weight I can tell you that for many years I have had problems with low energy and fatigue. For over a decade in fact...around 15 years to be more precise.

I would wake up most mornings feeling tired, needing more sleep, usually fighting myself to get up in the morning. I'd go through my days with a background sense of fatigue. Not to the point of exhaustion like it can be for some, such as those suffering from CFS (chronic fatigue syndrome) or fibromyalgia but none the less a level of fatigue that felt like I was never operating at anything close to 100%. Post lunch would be a struggle as I'd always see a drop in energy. Then when the early evening would hit I'd always experience a 2-3 hour slump when my energy would be at its worst until things would pick up later in the evening. Unfortunately working as a Personal Trainer this was always my peak time, when I needed to be on my A game, so it was always a struggle. I learnt to cope and push through it though, but it just never sat well with me, especially as I was advising others on how to improve their health and energy.

It never made any sense to me as to why I had this experience. I had always eaten a very nutritious and healthy diet. Junk and processed food have never been my thing and I rarely consumed it, instead choosing a whole food based diet. So my diet was never the reason for my fatigue nor has it been a lack of exercise. I had always been active throughout my childhood and it continued into adulthood both playing sport and visiting the gym at least a few times a week. So again that has never been the source of my fatigue and low energy.

So what was I missing?

I'd even spent thousands on supplements and laboratory testing seeking answers. For years I thought it was "adrenal fatigue" which I spent significant cash and time on trying to fix. At least until I learnt that adrenal fatigue doesn't actually exist (a story for another day). So my fatigue is something that has left me both a little stumped and a little ashamed of really, if I am honest. Being a health and fitness professional advising others on how to be healthy, feeling deep down that there was something wrong with my own health, that my energy wasn't great. It wasn't something I was proud of or something I really wanted anyone to know about. So for the most part I kept it to myself and wrestled through it.

It was only in recent years that I finally cracked it. And the answer didn't come from food, it wasn't exercise, and it certainly wasn't a pill or something revealed to me through an expensive lab test. If I could put it in simple terms, the answer was about truly understanding the natural rhythms and cycles of the body and how to work with them in order to maximise health and energy. I learnt that those rhythms are regulated by important signals that come from our environment, habits and lifestyle choices. I discovered that when these signals are aligned with our bodies own natural cycles and rhythms everything works better, everything works as it should; cells, organs, glands...everything. That transfers over to vast new levels of energy, weight loss, disease prevention, longevity and much more.

I state this based on both a scientific understanding and experiential understanding (my personal experience and that of many clients I have worked with). As I mentioned earlier I cannot say that I have ever experienced weight issues but I have worked with clients that have. Clients that have tried everything, including extreme calorie restriction and extreme workout regimes and still they haven't been able to lose weight. Yet after a period of applying

what I teach them they found that things improved and they started to see the weight fall away despite making little to no changes in their diet and exercise regime at the time when the weight loss occurred. That may not make a great deal of sense to you right now but it will do soon.

Don't get me wrong I am not suggesting that you ignore diet/nutrition or ignore exercise. Those things are important. I am just saying that what may actually enable you to achieve the kind of results you are after may not be a secret magical diet or workout regime that you are hoping that you will discover one day. In fact I can confidently say that this is the case for many people struggling with their weight and/or fatigue/low energy.

I say this so confidently because so many are living out of sync with the important principles that I shall be sharing in this eBook. Important principles that are engrained into nature and our physiology that we simply can't ignore.

Why are most of us living out of tune with these natural principles?

In spite of the fact that as a society we have more knowledge, more information, more science and more technology in order to understand health and the human body; we are seeing vast increases in degenerative diseases, poor health, obesity, fatigue, low energy and worsening mental health. They are all on the rise, even amongst the most health conscious of us.

How often do you hear of that health and fitness nut dying of a heart attack in their 60's or developing cancer in their 40's. If that's happening to them what chance do you have?

In the last 40 years worldwide obesity levels have tripled and in the last 35 years the amount of people with diabetes has almost quadrupled (Source: World Health Organisation). There are endless amounts of books, websites, programmes and courses on weight loss, diet and exercise. And none of it is making much of a difference. So are we missing something? Is there component of health we aren't addressing?

Well I believe there are a few and after reading this short eBook, I'm confident that you will come to a similar conclusion.

This eBook is about those something else. Those missing ingredients that explain why despite following all of the advice on healthy eating and exercise so many struggle with their weight, energy and health.

So what are those missing ingredients?

Well we can get some clue to this by taking a peak at some of the emerging science on health and biology or take a look back at how we and other members of the animal and plant kingdom have lived on the planet since time began...well at least until about 100 years or so ago when we decided to play God.

With new understandings scientists are now telling us that true health goes way beyond simply eating broccoli and hitting the gym three times a week. Despite all of our advances in science and technology we have in some ways become increasingly more ignorant. We have lost sight of the key elements that have defined and shaped our physiology and the way our bodies work since the dawn of time. In our attempts to make our lives as comfortable and convenient as possible we have created a world conducive of ill health and disease.

If we explore this further we can start to see why we are now seeing health epidemics of heart disease, cancer, obesity and fatigue.

What we've forgotten is that we are a part of nature. And the health and function of our body is dependent on many of the environmental conditions we find in the natural world. Without them your body will become weak and diseased.

In our attempts to make our lives easy and comfortable we've attempted to make our environment constant, but this is in complete contrast to nature. Fluctuations and inconsistencies are a part of nature. Nature is built upon rhythms and cycles.

Yet in our ignorance and in our attempts to outsmart nature, we have ignored the significance and importance of this. Artificial light, heat insulated homes and central heating all have their benefits but they also have their drawbacks, especially when it comes to our health and the way they weaken our physiology.

If we look at the relationship our ancestors had with the natural world and compare it to our own there are obvious differences. These differences are then reflected within our physiology and our health. What has enabled the human species to survive on the planet for the length of time we have is our body's ability to adapt to its ever changing environment.

Many of these adaptations that the body of our ancestors were forced to make not only enabled them to better handle their environment but it also did a great deal to strengthen their health against ill health and disease. In todays society many of these environmental cues are missing leaving us at a stark disadvantage when it comes to fending off many of the health epidemics we see today.

Let's take a look at some if these important differences.

Our Ancestors	Modern Man
Spent most of the day outdoors bathed in natural light	Spends most of the day indoors bathed in artificial light
During the hours of darkness the only light source was the moon, campfire and candle light	During the hours of darkness light is readily available via artificial light and screens
Slept soon after sunset	Sleep when desired (usually several hours after sunset and at irregular times)
Relaxing environment during the hours of darkness	Highly stimulating environment during the hours of darkness (e.g. computers, TVs, mobile devices, social/night life, etc)
Awoke naturally around sunrise	Wake up when desired (often a significant time after/before sunrise) and usually to the sound of an alarm
Spent most of their daytime physically active and moving around	Spends most of their daytime inactive and sedentary

Exposed to temperature extremes from the natural world (e.g. daily weather and seasonal changes)

Adapted environment in order to maintain comfortable temperatures all year round through central heating, air conditioning and clothing

The behaviour and lifestyles of our ancestors was dictated by their environment – largely determined by the movement and cycles of the sun.

What we find in our modern lives is that we have intentionally adapted our environment so that we can live independent of the natural rhythms and cycles found in nature (mainly that of the sun). What do I mean by that?

Well, first of all we have artificial light which plays a major role in our lives – we are dependent on it especially when the sun goes down. It also enables us to spend our days indoors inside concrete buildings with no natural light. During the winter months we've learnt to adapt without the warmth of the summer months by living in heat insulated homes, using central heating and wearing layers and layers of clothing when we do venture outdoors. We spend many hours of darkness awake. We spend much of our day sitting, barely moving.

If we contrast this to our ancestors. They ate and moved only during daylight hours. During the night when the sun was down they would rest and sleep. During the winter months whilst they may have utilised animal furs and fire to help them stay warm they also relied on their body to adapt to the environment in order to survive the cold. They lived very much in tune with what was going on in nature. Our ancestors had it right. But we are only just starting to discover just how right they had it. Yes they "exercised" and moved throughout their days and ate only whole natural foods, but it was so much more than this, as we are only now starting to appreciate.

Through new and emerging science we are now starting to learn just how damaging it is to our health to live so far out of sync with nature. We are learning of a great many important mechanisms and adaptations that take place within the body when we are exposed to many of the environmental



signals that our ancestors were exposed to that we have now lost touch with. Important adaptations such as the activation of genes and enzyme pathways or the secretion of hormones that all provide a great many benefits to our health and wellbeing.

Common symptoms associated to living out of sync with the natural rhythms and cycles of nature that govern the functions of our body include:

- Obesity
- Fatigue
- Insomnia
- Anxiety
- Depression
- Alzheimer's
- Diabetes
- Stroke
- High Blood Pressure
- Heart Disease
- Cancer
- Most other inflammatory and degenerative diseases

That's pretty much all of the most common health complaints and diseases we see today!!!

If we contrast this to the benefits we see when living more in alignment with the rhythms and cycles of nature we find:

- Deep rejuvenating sleep
- Consistent and high energy throughout the day
- A slim healthy physique (without the need to resort to diets or a highly restricted diet)
- An elevated mood
- Resistance to most of the degenerative diseases we find today

The purpose of this eBook is to help awaken you to the importance of some of these rhythms and cycles. And later on I will share with you how you can learn to embrace and bring them into your modern lifestyle enabling you to overcome many of the challenges you currently experience around your weight and energy levels as well as bulletproof you against disease and ill health.

Throughout the rest of this eBook I shall introduce you to 3 of the most important areas you must learn to master if you are to unleash new levels of energy and release that unwanted fat you have been attempting to get rid of for so long. The 3 areas are:

1. Light

2. Body Clock
3. Breath

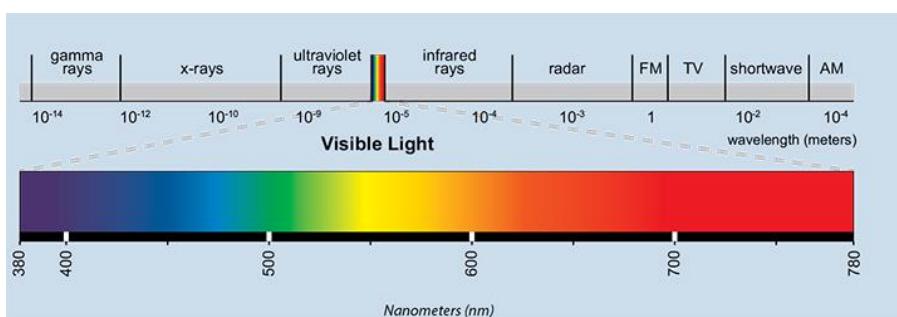
Let's explore each in turn.

LIGHT

So as you are already aware there are two types of light that we are exposed to every day. Natural light (sunlight and fire in some cases) and artificial light. You are also probably aware of one of the important roles that sun light plays in our health – that of the production of vitamin D. Vitamin D plays many important roles in our health and is linked to a great many health problems seen today. If you are like most people this is pretty much where your understanding ends. But in terms of health benefits offered by sun light this is just the tip of the iceberg.

What you are less likely to have any understanding of are the different aspects of light emitted by the sun. Believe it or not each has different effects on your body. You may recall from science at school that light isn't just one colour or component, it's made up of different colours, in other words different frequencies or wavelengths of light. What you might think of as the colours of the rainbow, or the light spectrum. Well each colour or frequency provides different information to the cells, organs and glands of your body.

And also of importance is that balance of each of these frequencies received from the sun changes throughout the



day. That means that different information is being received by your body depending on the time of day.

Sunlight in the morning is very different to sunlight in the afternoon, which is very different to sunlight in the evening. For example morning and evening sunlight is much richer in the red and infra-red frequencies of light whilst afternoon sun light is richer in the blue spectrum. The significance of this will become clearer to you very soon as each of these aspects of sunlight have very

different biological impacts. When we are lacking in any one of them or are overexposed to others it can lead to imbalances and problems.

Some simple examples include a lack of blue light during the day which can lead to feelings of low mood and fatigue. A lack of ultra-violet light is associated to vitamin D deficiency. And a lack of red and infra-red light will promote greater inflammation in the body, which plays a major role in the many degenerative diseases seen today.

If we look specifically at fatigue and obesity we will find a number of different ways in which sunlight can influence these areas. For example:

- Red and infra-red light emitted by the sun has been shown to be anti-inflammatory. Inflammation reduces energy and induces fatigue through a number of mechanisms.
- Red and infra-red light increase mitochondrial production of ATP (Adenosine Triphosphate). Mitochondria convert energy from food (calories) into a form the body can use to fuel all biological processes known as ATP). Faster mitochondrial production of ATP means a faster healthier metabolism and more energy.
- Both infra-red and ultra-violet light have been shown to reduce insulin resistance (a major contributing factor to obesity and diabetes).
- Blue light emitted from the sun triggers cortisol release and suppresses melatonin release which helps us to feel awake and energised.
- Sunlight improves mood which is strongly associated to greater levels of activity and healthier food choices.
- Sunlight increases levels of orexin, a brain hormone responsible for alertness and energy.
- Daytime sunlight has been shown to improve sleep and as I am sure you are aware better sleep means more energy.
- Daytime sunlight also means a healthier circadian rhythm (discussed in the next section) which means better energy, less fatigue and a healthier balance of hormones linked to fat loss and appetite.

But it's not just the benefits we're missing due to a lack of natural light that's important. The flip side of this is our overexposure to artificial light, especially at the wrong times which can cause many problems.

Much of this relates to the timing of our exposure to artificial light which is typically very strong in the blue spectrum of light especially white light and light from screens such as mobile devices.

This is particularly problematic in the evening times as this is a very unnatural time to be exposed to blue light. In nature most of the blue light we are exposed to is emitted from the sun during the middle of the day (mainly the afternoon) and has a stimulating effect on our mind and body. So being exposed to this kind of light late in the evening will send all kinds of incorrect signals to your brain and body resulting in many problems such as sleep problems, inflammation, less cell repair/regeneration and poor brain health. A lot of this has to do with the effects of lowered levels of melatonin (the hormone that prepares your body for sleep) which plays many other roles in your health too.

Specifically in the case of energy and fat loss we know that night time exposure to blue light can cause fatigue, make it difficult to get going in the morning and disrupt many biochemicals in the body linked to appetite, weight loss and mood. You may not initially make the connection between mood and fat loss but you will find a strong connection exists. If you are in a low mood or stressful emotional state you are much more likely to eat junk food, binge eat and not exercise. Put simply elevating your mood will lead to better lifestyle choices, which incidentally will further elevate your mood.

For most of us our modern lifestyles mean that we spend much of our daylight hours indoors and very little time outdoors gaining from many of the benefits outlined a moment ago. Unfortunately many of these light frequencies cannot penetrate either clothing or glass meaning they cannot reach the skin which is required in order to have their effect on the body. Thus even if you spend your days sat next to a window or are outdoors fully clothed then you are still missing out on many of these benefits.

So we can conclude that virtually all of us are very much lacking most of the beneficial frequencies of light which are critical to health whilst at the same time we are overexposed to other frequencies (blue light) during night time hours that can be very damaging to our health. With this new information I hope you are now starting to appreciate the important role that light has and why many people suffer from a lack of illumination in much the same way that many lack nutrition in their diet. In fact I would go as far as to say a lack of light

at appropriate frequencies and quantities is a bigger issue since most people are not aware of its importance.

A lack of the health-giving frequencies alongside an excess of stimulating frequencies of light at the wrong times is akin to eating McDonald's hamburgers every day. There's little wonder why so many are experiencing problems with fatigue and fat loss.

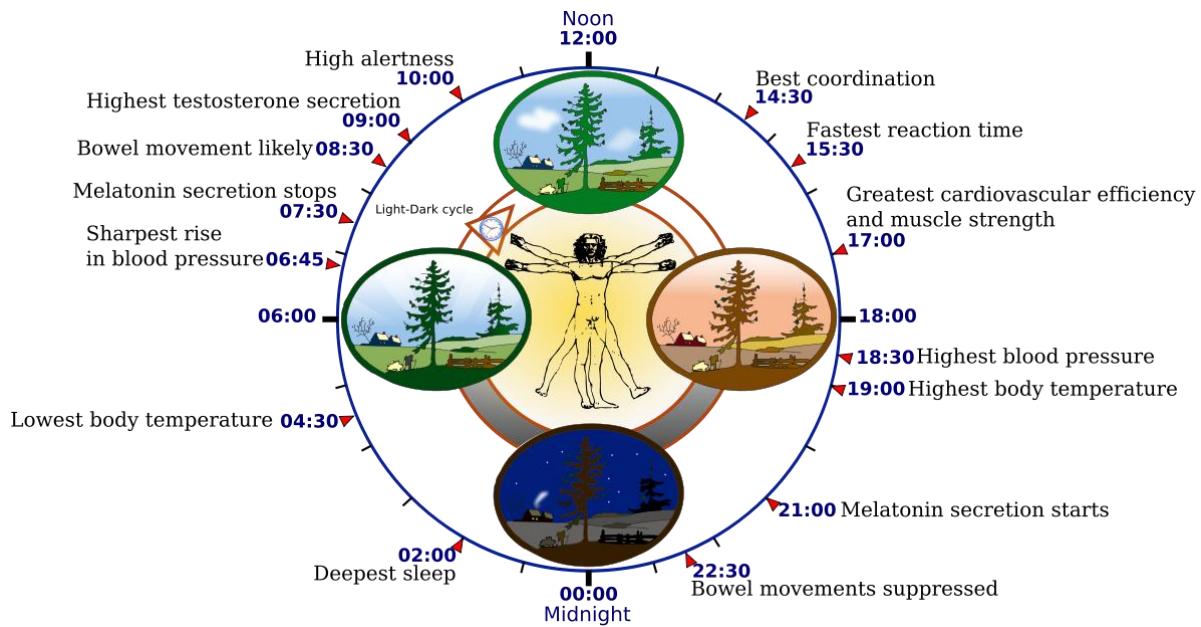
BODY CLOCK

A second area that plays a very important role in our health that you are probably unlikely to be very aware of is that of body clock.

Your body, just like nature, is never at fixed point in time, things are never set. It is in a constant state of flux, a constant state of change. Hormone levels are constantly changing, brain chemicals are constantly fluctuating up and down, genes are constantly being turned on and off, enzyme levels are constantly changing and many of these changes are triggered in response to our ever changing internal and external environment. There are many factors that shape these but perhaps the biggest and the most important fluctuations are shaped by our own inner clock, our body clock, that is pre-programmed into cells and DNA.

This is known as your circadian rhythm or biological clock. Your circadian rhythm is a 24-hour cycle that dictates the release of specific hormones, enzymes and the activation of many genes. In order for our bodies to work optimally our internal clock must be set correctly so everything takes place at the correct time. If it is out then everything is out of sync with the natural rhythms and our health suffers - we experience symptoms such as weight problems, fatigue, sleep problems, food cravings, suppressed immune function and eventually disease.

This clock is set by signals coming from our environment and our lifestyle choices. So everything has a rhythm, a flow and timing to it in order for our body to receive the correct signals. This is critical if we are to experience a great physique, health and energy.



As a species how we have lived on the planet for tens of thousands of years has mainly been determined by the rhythms and cycles of the sun. It not only provides very important light signals to our brain, body and cells but it also determines the temperature of our planet, the timing of what and when we ate (before modern agriculture), activity levels and sleep and wake times. And not just for us humans but all life on this planet. Each of these variables provide important signals that shape the internal clock of our brain, organs, glands and cells.

Problems arise when these important environmental and behavioural signals start to conflict. This incoherence seen in our outer world is then reflected in the inner world of our hormones, brain chemicals, enzymes and genes leading to ill health and disease. This creates the perfect environment for ill health symptoms and disease.

For instance hormones such as orexin, serotonin and cortisol that influence your mood and energy are going to be affected. Hormones such as melatonin, DHEA and growth hormone that shape the repair and recovery of your body are impacted and hormones such as ghrelin and leptin that regulate your appetite and body fat levels are affected.

For these reasons and many others we need to make sure that our brain and body are receiving the correct signals at the right time if we are to have the health and body we desire.

Until we learn to understand, respect and live in alignment with both important environmental and lifestyle cues for our body clock we are always going to face challenges in these areas.

Sadly our modern lifestyles and modern environment presents a great many conflicts to these natural rhythms and cycles which is why this area is a major obstacle to weight loss, overcoming fatigue and building great health for almost all of us.

A recent study that demonstrates this impact was done on mice looking at the effect of food timing on series of health markers including body fat. They fed the two groups of mice the exact same high fat high sugar diet for several weeks (equivalent to several years in human lifespans). The only difference was that one set of mice ate whenever they chose to do so whilst the other group were fed within a narrow feeding window of 8 hours. The group that ate at any time of their choosing saw significant elevations in body fat, cholesterol and other markers of poor health, whilst the group that were fed only during the 8 hour window remained unaffected despite both sets consuming the same food. What's just as significant about this experiment is that previous studies have shown high fat high sugar diets to be a major cause of disease in mice, as they are for humans. But in this study, food timing (the 8 hour feeding window) protected the mice from disease, despite the unhealthy diet.

Similar experiments have also been conducted with people and despite consuming the same number of calories and food quality those eating within a restricted eating window lost significant amounts of weight. What this tells us is that not only is the timing of food consumption important but it can also help to prevent many of the detrimental effects on our health seen from a poor diet.

I'm not sharing this with you to suggest that the quality of your diet or the amount of food that you eat isn't important but to stress the importance of food timing, which has been shown to be as important or even more important.

This is one of many reasons why following a "healthy" diet and exercising regularly should form part of the equation, they are not the only pieces that is for sure.

BREATH

Next we have breath and just like with light and the circadian rhythm it has a natural rhythm to it. The health of your body and mind is associated to specific rhythms of your breath. Your breath is rarely at a constant. And your breath is affected by both your internal and external environment as well as playing a powerful role in shaping your internal environment.

Certain breathing rhythms (or patterns) are associated to great health and energy others are associated to poor health and disease. The breath has been shown to regulate brain function, it has been shown to regulate mental health, it has been shown to regulate immune function, it has been shown to regulate digestion and it has been shown to regulate both the nervous and hormonal systems.

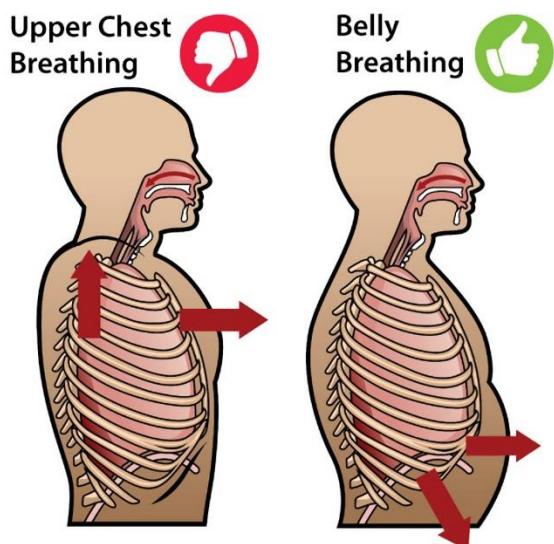
In other words it has been shown to regulate all the major organs, glands and systems of the body. And for this reason, your breath can disrupt the healthy digestion of your food, suppress the immune system and trigger the release of stress hormones in your body putting you in a state of stress and anxiety.

Believe it or not you can positively or negatively influence the function of the entire body by the way that you breathe.

It may surprise you to learn that if you are breathing in such a way that it is creating a chronic state of stress within your body (and this is the case for many people) you are likely to experience poor digestion, immune suppression, high blood pressure, states of depression, anxiety and fear. You are unlikely to have good energy and you may well struggle to lose weight.

So understanding your current breathing patterns, improving them and learning to breath in a way that is conducive of great health is absolutely critical. And for many people it is a major factor preventing them from achieving their ideal physique and overcoming their fatigue.

One of the most common breathing habits adopted by many that can create a lot of the problems described above is that they breath into the chest and not the belly area. It is the same breathing pattern adopted by those in a stressed or anxious state. The problem with this breathing pattern is that not only does it mimic the breathing mechanics of stress but it also provides signals to the brain and body that setup an internal environment that mimics a stress state.



That means greater anxiety, higher blood pressure, the limbic brain (reactionary/emotional brain) is turned on and the neocortex (rational brain) is turned off which means your ability to make healthy choices and decisions is limited. It also means stress hormone levels are raised, you can't sleep deeply and the digestive, immune and detoxification systems are turned off. None of this is good news...in case you hadn't already guessed!

Unlike your regular stressed state that may come about from challenging circumstances, typically a temporary state, a stressed state created by breathing into your chest area becomes a permanent state. Seen not only during your waking life but when you sleep too. You breathe up to 30,000 times a day, that means this stress state is being re-enforced 30,000 times a day. It becomes the water you swim in and you aren't even aware of it. But your body is and it is reflected in everything from your emotions, state of mind, blood pressure, heart health, energy levels, digestive health and your capacity to lose weight.

Maybe you adopted this breathing pattern for aesthetic reasons so your belly doesn't look as big when you breathe, maybe it was learnt unconsciously from your parents or other family members or maybe it became entrained during a period of chronic stress....it doesn't really matter how it came about. But if you are serious about losing weight and overcoming fatigue it needs to change.

There are also other unhealthy breathing patterns you may have adopted that are creating internal havoc, but aside from retraining these faulty breathing patterns you can also use your breath to strengthen your health. This includes the health of your respiratory system, your immune system, your digestion, your nervous system or even improve the way your body handles stress or increase its capacity to generate energy. All of these things can be achieved using some advanced breathing techniques.

For example there are various breath holding practices out there which can be used to create a temporary state of hypoxia in your cells. Hypoxia is simply the term used to describe an oxygen deficiency. Creating an hypoxic state in the

cell challenges the respiratory pathways within the cell responsible for the uptake and utilisation of oxygen. This actually strengthens those pathways in much the same way that lifting weights challenges and strengthens your muscles. Using breath holding practices (intermittent hypoxia) can therefore improve the uptake of oxygen into the cell, stimulate the production of new mitochondria and an increase the number of mitochondria within the cell. All of which will mean more energy is available to the cell and will strengthen your metabolism, which can only help with overcoming fatigue and supporting long term fat loss.

I hope now that you have a greater understanding and appreciation for just how important and powerful your breath can be. Your breath and the rhythm of your breath can be used to create disease or prevent disease, to damage your health or enhance your health.

The choice is yours!

An Opportunity To Transform Your Health Future!

So if you came to this eBook feeling trapped, frustrated, lost and/or confused about why you are struggling to lose weight or regain your energy levels then I hope that what I've shared in this eBook so far has helped you to realise why what you have done up until now hasn't worked. I also hope that you now understand the importance of each of these areas (light, body clock and breath) and why you need to make improvements to your daily habits not just to lose weight and overcome fatigue but to also to help prevent disease/ill health and increase your longevity and quality of life.

I am not going to pretend that these are the only 3 reasons behind why you may be struggling to achieve the results you want but they are 3 vitally important areas that are playing a critical role for you and many others.

There are many things you can do to improve your habits and choices in each of these critical areas. I'm not going to go into that here simply because it would more than triple the size of this eBook and you are unlikely to take much action on them. I say that because let's be honest how many books or articles have you read that you "intended" to apply into your life but never did?

I don't' want you to do that here, it's too important. Your life and health are at stake. Quite simply you need more than a book for that. So for this reason I have a special gift for you. In fact, I have two special gifts...

First of all a cheat sheet outlining some simple yet powerful changes you can make in each of these areas in order to start seeing some results that you can begin applying from today. You can download the cheat sheet here –
<http://www.therhythmreset.com/RRcheatsheet>

The second gift I have for you is the gift of further learning within a supportive environment. I have a free Facebook group called "The Rhythm Reset" where I teach people like you more about the principles and topics seen in this eBook as well as other related topics. It is a supportive community who are all on a similar journey to yourself to overcome their struggles with fatigue and/or weight loss. It will help you to understand these important areas better as well as help you to implement what you learn so that you can see positive changes in your health and vitality. It's entirely free and my gift to you for allowing me this opportunity to impact your life. You can join the group here -
<http://www.therhythmreset.com/facebookgroup>

If you feel you need great support and guidance in transforming your energy and body shape then feel free to contact me at matt@vitalliving.co.uk. I offer a free 15 minute consultation where we can discuss how I may be able to help you further with my more in depth personalised programmes that incorporate the principles shared here and many many others.