


Heal Thy Life University Presents



Healing Begins On The Inside!

By Maryam Khalilah

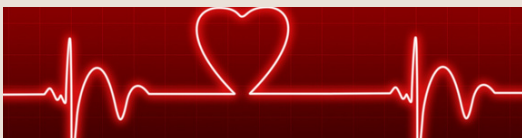
Welcome *my friend*



Thank you for investing in this ebook to create a healthier you. In just a few pages, you will find inspirational information to put you in a healing mindset. I am Maryam Khalilah and I am a two-time author, who is passionate about the transformation of God's people through living healthier lifestyles. May you be pleased with the information in this ebook. Take your time, have patience and remember no one is destined to living a life in pain.

Maryam Khalilah

www.heal-thylife.com



You should not rely on the information in this book as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional.

Healing Begins In The Mind



The body responds to the condition of the mind. Mental wellness impacts how we think and how we respond to situations. It also plays a role in the development of disease in the body. Taking a moment to assess your mental health is critical. Be honest with yourself. Seek assistance if needed and most importantly know that you deserve to live in a healthy, fully functional vessel.

Your mind has the power to heal your body. All you have to do is believe it's possible and take action.

Become Inspired



01

MEDITATION

Take a moment to bring your stress levels down and balance the systems of your body. There are so many benefits to meditation. Use it to gain a clear mind, emotional balance and increase creativity all at the same time.

INVEST IN YOU



02

REST

Give your immune system a real boost by getting the proper REST. There is a difference between rest and sleep. Rest relaxes the muscles and quiets the brain. While resting, your blood pressure goes down, inflammation in your body decreases, and you can develop a better metabolism.

INVEST IN YOU



03

LAUGH

Release some stress with a little laughter. Laughing improves your resistance to disease. It also improves your immune system and can help you maintain a younger appearance. Believe it or not, a good laugh can even temporarily relieve you from pain.

INVEST IN YOU

M
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D



“ DO WHAT MAKES YOU HAPPY! ”





Your Mind Is The Ultimate Weapon Against Disease

Your mind is powerful. It can hurt or heal your body.

Changing your way of thinking can change how your body functions. The more positive thoughts you have, the more your body has the ability to be in a favorable state of well-being. Your mind stimulates your healing systems to fight disease in the body. The reverse is also true. Too much focus on negative thoughts or too many negative thoughts can actually create disease in the body.

When you cut yourself, your body automatically rushes resources to the site of your injury to heal it. When you break a bone, the process of repair begins right away. Your body is already coded to heal itself. We can get in the way of these natural processes and weaken our ability to heal because of our doubt or the circumstances of our environment.

The only part of the body that is not known to have the ability to self-repair are your teeth. It's time to get your mind into a healing zone and live a healthy fulfilled life!

Support Your Immune System

With Healthy Foods & Habits



01

Rid Your Diet of Bad Foods

Sugary drinks, frozen foods, white bread, fast food, and fried foods are all no good for our bodies. It's time to take your health back! You are not destined for disease.

If you have a family medical history that includes any of the leading diseases in this country like diabetes, heart disease, asthma, high cholesterol, etc., then you want to be especially watchful of the foods you eat. Let's break the cycle of generational disease.



Here is a list of effects caused by having a poor diet:

- High blood pressure
- High cholesterol levels
- Digestive issues
- Increased inflammation
- Diabetes
- Acne
- Low energy
- Brain function declines
- Weak immune system
- Constipation
- Obesity
- Kidney Disease

And More!

Take high sodium, saturated fats and trans fats OUT of your diet!



“ Sometimes it feels so good to just...EAT RIGHT!

”

FOODS I WILL ELIMINATE
FROM MY DIET:

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Boost Your Immune System



Elderberry

A powerful immune booster. The elderberry fruit has antioxidant and anti-inflammatory properties.

IMMUNE POWER



Garlic

Not only can garlic aid in immune health, it lowers blood pressure and cholesterol plus it's an anti-inflammatory!

IMMUNE POWER



Wheat Germ

Wheat germ is known to boost your immune system with its high levels of vitamin E. It also reduces the risk of cardiovascular disease.

IMMUNE POWER



Turmeric

There's a long list of benefits for turmeric. It protects against radiation, improves heart health, lessens inflammation and boosts our immune system!

IMMUNE POWER

WORK WITH YOUR IMMUNE SYSTEM!



EXERCISE

You should engage in some form of exercise daily. Even if it's just walking up and down a hallway or a set of stairs. The movement is excellent for your health and your overall wellbeing. You'll find your energy level increases, the level of toxins in your body decreases and your overall health improves. Get your exercise on!

FACE YOUR STRESS

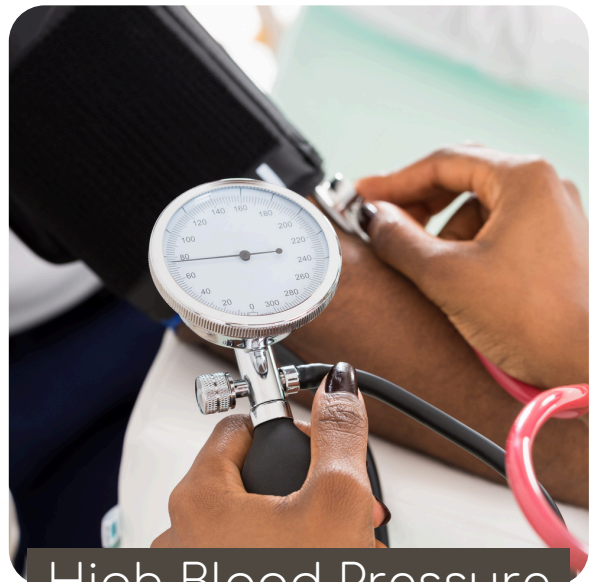
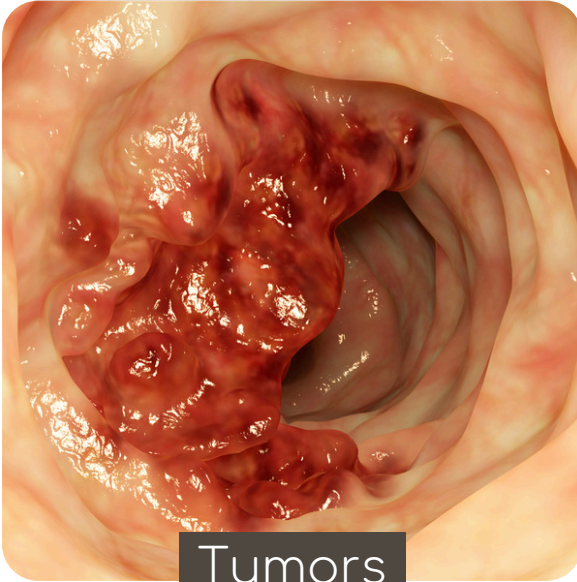
Dealing with stress isn't always easy. It takes courage, guidance and conviction. When you find yourself easily irritated, feeling overwhelmed or having difficulty relaxing your mind, take a moment to learn what triggered you. Then find a way to release that unwanted, undeserved energy! Letting go can be a task, but you've earned the right to be free!



STAY CONNECTED WITH YOUR BODY

It's important to know you! When you visit your doctor, they are guided by the information you give them about your body! The more you know about yourself the more you can help strengthen you. Physical, mental and emotional wellbeing stem from your knowledge of who you are and the condition your body is in. Learn when your body is talking to you. It's your natural body language.

Examples of Disease In the Body



FIGHT AGAINST THIS!



Do Your Own Research!

Always look into what people advise you to do. Everyone is different. What works for one person may not work for the other. If you are taking prescribed medication from a doctor, always consult with your doctor to make sure you don't harm yourself in your effort to improve your wellbeing. Keep in mind, it only takes few minutes to research information or consult with a professional. You're worth the time. You are destined for good health!

Planning in advance can help you to make healthy choices and stick with them. Use the following page to create a weekly meal plan.



It Feels Good
To Do For
Yourself!

My Weekly Meal Plan

Month : _____ Week : _____



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Weekly Reflection





THAT MOMENT YOUR BODY SAYS, WE NOT AS YOUNG AS WE USE TO BE

The Fourth Level in Life

When you hit forty a switch goes off that slows down our hormone production, you may experience hair thinning, loss in bone mass, a slower metabolism and more. But there are ways to prepare your body for this change.

The Fifth Level in Life

At the age of fifty you may experience longer healing times, unwanted weight gain, hot flashes, mood swings and more. The good thing about it all is you can effectively treat these symptoms and help your body stay in a healthy condition.





Our body's needs change with age.

As we get older, it's important that we keep up with our vitamin and mineral intake. Our bodies are changing daily. Your metabolism begins to slow down, bone density or mass decreases, estrogen and testosterone production slow down and that's not all.

With the proper foods and dietary supplements, we can prepare our bodies for this change. We can also maintain and strengthen them through the change.

Not all vitamins have to come in a capsule!

There are many fruits and vegetables we can eat to get the vitamins and minerals we need to sustain our life. In some cases we may need supplements in addition to the foods we eat. However, the supplements should never replace our natural food intake.

“
Certain
vitamins &
minerals are
essential for
those over
40!
”



3 Vitamins For Brain Health



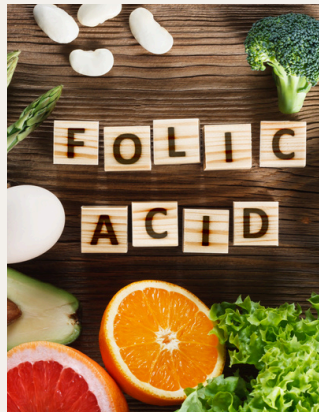
Thiamine (B1)

Foods that contain Thiamine (B1):

- Fish
- Beans
- Lentils
- Raisins
- Avocados
- Grapes
- Yogurt
- Oranges
- Pineapples



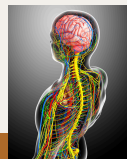
Feed Your Brain



Folic Acid (B9)

Foods that contain Folic Acid:

- Sunflower seeds
- Whole grains
- Broccoli
- Asparagus
- Small Navy Beans
- Avocados
- Oranges
- Cauliflower
- Tropical fruits



Feed Your Brain



Ascorbic Acid (Vitamin C)

Foods that contain Vitamin C:

- Guavas
- Kiwi fruit
- Bell peppers
- Strawberries
- Oranges
- Broccoli
- Tomatoes
- Cauliflower
- Brussels sprouts



Feed Your Brain

Bone Health

Bone health is essential all throughout life. Once we reach a certain level of adulthood we begin to lose bone mass. Usually for women it's around menopause and for men it starts around middle age range.

It is important to incorporate certain vitamins and minerals into your diet to maintain healthy bones and to help prevent diseases like osteoporosis and rheumatoid arthritis.

Take Charge of your health!

Calcium

Calcium is not only essential for the maintenance of healthy bones, it also aids in the following:

- Assists with the movement of muscles
- Helps nerve messaging between the brain and the body
- Helps with blood flow as your vessels relax and constrict
- Helps with the release of hormones and enzymes for the body

***Calcium supplements can raise the risk of heart disease. Get your calcium from food sources.**



Magnesium

Magnesium is a mineral that performs many tasks in your body with bone health being one of them. It also strengthens your immune system.

Muscles need it to contract, nerves need it to send and receive messages and the heart needs it to maintain a steady heartbeat

Vitamin D

Most people think of strong bones when they hear "Vitamin D." Yes, it is the regulator for calcium and phosphate in the body, which is important for bone health.

Vitamin D also supports the brain, nervous system and immune system. It's essential for diabetics because it helps with the maintenance of insulin production. Additionally, it supports the cardio-vascular system and lung function.

Food Sources High In Calcium, Magnesium & Vitamin D

Salmon



Organic Dairy



Almonds



Small Navy
Beans



Dark
Chocolate



Minerals & The Macronutrient the body needs...

01.

Iron

The body needs iron for growth and development. Iron helps to make red blood cells, kills bacteria and activates vitamin D. Without iron, oxygen couldn't travel throughout the body.

02.

Potassium

Your nervous system needs potassium to help generate electrical pulses sent by muscles including the heart. It also helps with the maintenance of your bodies salt and water balance.

03.

Protein

Protein plays many important roles. It is our bodies main structural material. Protein is an important component in our blood, cells, enzymes and immune factors.



Be Kind To Your Digestive System And Cook Your Vegetables Lightly.

Don't Eat Them Raw!

Lightly cooked vegetables are better for our digestive system. When vegetables are cooked, a compound is released that breaks down the walls of the plant and assists the digestive system with absorbing the vitamins, minerals and antioxidants that are in that plant.

When heat is applied to the vegetables they deliver more minerals and supply more antioxidants. We need antioxidants to fight free radicals in our bodies. Free radicals are unstable atoms that damage your cells, causing illness and aging. Heat also kills unwanted bacteria found on the surface of foods.

Eating raw vegetables causes gas which creates bloating in the stomach and puts unhealthy stress on our digestive system.



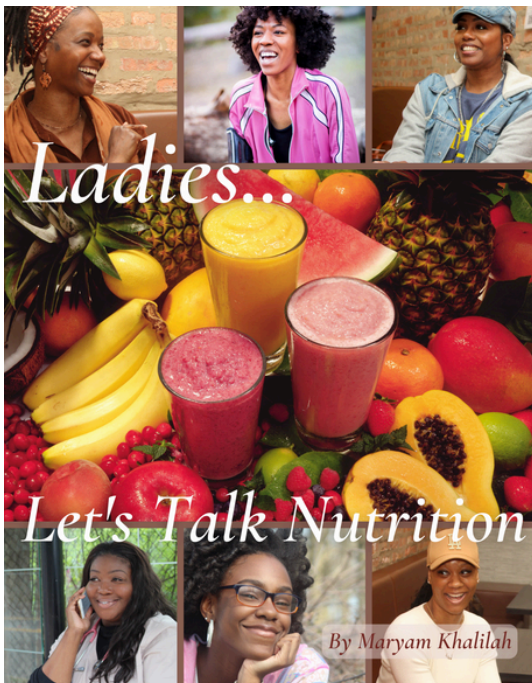
Best Way To Cook Your Vegetables

Steaming your vegetables is the best way to cook them. This allows all vitamins, minerals and antioxidants to remain in the vegetable.

Sauteing your vegetables is the next best way to cook them. It allows you to retain most of the nutrients in them.

Boiling your vegetables is the worst way to cook them. Most of the nutrients go into the water you are cooking them in. You're better off drinking the water.

Thank you
for your support and
desire to be healthy!



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   Htlc19

Maryam Khalilah

A vibrant still life composition of fresh produce. A woven wicker basket is overflowing with a variety of fruits and vegetables. Visible items include a whole ear of yellow corn, several bright red tomatoes, a sliced kiwi showing its green flesh and black seeds, a whole strawberry, a head of purple cabbage, and several stalks of green onions. In the foreground, a pear, another strawberry, a whole orange, a cherry, and a sliced kiwi are arranged on a dark wooden surface. The background is a blurred, dark wooden wall, creating a rustic and natural atmosphere.

Maryam Khalilah
Heal Thy Life Center