

*Cathy Carr*

**3 TIPS  
THAT WILL  
REDUCE  
INFLAMMATION  
IMPROVE YOUR  
ENERGY  
IMPROVE YOUR  
SLEEP**

- The Mojo Way



**Cathy Carr** has 27 years in the health, fitness and wellness industry and currently runs a holistic lifestyle coaching business and online program for women in midlife who want to get their MOJO Back, via the MOJO Method. Cathy is all about going back to basics, rather than overcomplicating things and gets excited when her clients adapt these foundations to increase their wellbeing and vitality.



## **WHO IS THIS FOR?**

This is for women in midlife who are serious and ready to commit to creating a strong, healthy & vibrant female body, now and for the rest of her life!

## **HERE'S WHY YOU NEED THIS & DESCRIPTION OF METHODOLOGY**

If you are sick of feeling tired with little to no energy; struggling with inflammation / weight gain; experiencing restless or sleepless nights & you are seeking change because you want to have the energy to play with the kids, grandkids, play your favourite sport or just to live day to day with less pain and inflammation, then here are my 3 tips to improve your energy, get better sleep & help you reduce inflammation.

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# 3 TIPS TO BOOST YOUR ENERGY - THE MOJO WAY

- **TIP 1 - NUTRITION:** makes up 80% of our overall health. The food we eat is our fuel source. It's what provides (or depletes) us with energy. We are what we eat! Eat clean (chemical free) wholesome unprocessed food. Live food! Food that has a life force that will give you life! Food that comes from mother nature, rather than from a carton, box or packet. If it wasn't here 1000 years ago, then don't eat it.
- **TIP 2 - HYDRATION!** The solution to pollution is dilution (p.chek). Drink your daily required amount of clean filtered & remineralised water. To calculate your daily required amount use this method: your bodyweight (in kgs) x 0.033 = the amount you need to be drinking (in litres) daily. You'd be surprised how much clean water can boost our energy!
- **TIP 3 - MOVEMENT!** Movement can be related to exercise. Exercise is to exert. If you are tired, your optimal choice would be selecting movement where you don't feel like you have to thrash your body. If you don't have any energy then moving your body in a way that will cultivate energy is the answer! This means that you don't have to move in a way where you sweat profusely or where it will leave you feeling sore for days. You've been there done that right? If you're tired, participate in activities that won't rob you of the energy you have left. Movements such as walks along the beach; in nature; participating in tai chi, qigong & slow yoga to name a few. Any movement that will boost your energy, rather than deplete it.





# 3 TIPS TO REDUCE INFLAMMATION - THE MOJO WAY

Any pain in the body comes from inflammation.

- **TIP 1 - WEIGHT GAIN:** An Inflammatory response usually comes from what we are putting in our mouth! To reduce inflammation in the body, first and foremostly you need to take out foods that cause inflammation. These would be processed foods such as white sugar, white salt, white grains & dairy.
- **TIP 2 - STRESS!** Stress causes our pants to get tight! I'm not talking solely about psychological stress either. We actually have 6 stressors that have a response in our body and the summation of these stressors create the symptoms we experience, like weight gain & inflammation. An overload of Psychological, Physical, Nutritional, Chemical, Thermal & EMF are the culprits. Stress is not a bad thing, it's just how much of each stressor your body is trying to manage at the same time. If it's overloaded and in a fight or flight state, then you will hold on to the inflammation. It's your body's way of keeping you safe when in a stressed state. If you want to reduce your inflammation, take a look at the areas of your life where you might have an overflow of these stressors.
- **TIP 3 - HYDRATION!** Water is required for every cell function in the body. If we have discomfort or pain in our joints, muscles; or connective tissue; even constipation; headaches; anything diagnosed with 'osis' or 'itis', inflammation is present. Make sure you are drinking enough water according to your physiology. Hydration is essential to support the function of the detoxification pathways - ie: elimination. Get drinking folks!





# 3 TIPS TO IMPROVE SLEEP - THE MOJO WAY

One of the most common complaints of women in midlife is lack of sleep or sleepless nights. Here are my top 3 tips for improving your sleep

- **TIP 1 - AVOID COFFEE & ALCOHOL:** These disrupt our sleep patterns and if you happen to have night sweats, these 2 drinks are the culprits!
- **TIP 2 - TURN YOUR WIFI OFF WHEN YOU GO TO BED:** Turn your WIFI off at night & switch your phone to aeroplane mode. EMF (electromagnetic frequency) stress affects our circadian rhythms more than we realize and contributes to sleepless or restless nights.
- **TIP 3 - AVOID HIGH INTENSITY EXERCISE IN THE EVENINGS:** When we exercise at a high intensity at night (think an aerobics class or participating in netball) we increase our cortisol levels. Cortisol levels need to come down in the evening so we can “wind” down so we can enter in the rest & digest phase when we sleep. The last thing you want to be in is a fight or flight state or wired when retiring. If you want to move in the evening, opt for movements that won't elevate your cortisol.



# HOW TO GET YOUR MOJO BACK - FOR WOMEN IN MIDLIFE

## - 6 Steps to creating a healthy vibrant and female body

Midlife has been viewed as a time of doom and gloom, a time of dread. We can experience all sorts of physical, mental & emotional challenges, as changes in our bodies take place. Midlife is a time of stepping into the wise woman - a woman who has confidence, energy, vitality and life experiences to share.

## HERE'S A BRIEF SUMMARY OF WHAT YOU CAN EXPECT

- Weekly coaching sessions on the proven basic foundations that you can implement, which in turn, will improve your energy, sleep, body shape & overall health & vitality
- Exclusive monthly training - to focus on your personal healing & growth
- Exclusive worksheets, lessons & interactive sessions that will support you on your journey to getting your mojo back such as: nutrition - identifying what you need to be eating, recipes, cleansing, diet diary; mindset - getting unstuck, defining your dream lifestyle & ideal self; breathwork; movement - core conditioning, flexibility, strength training, yoga & tai chi; managing stress & lifestyle factors & much more

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