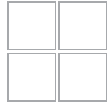




**BE HAPPY
BE HEALTHY
BE GENKI**

a light-hearted
straightforward
solution-oriented
8-step guide
to help educate
and inspire
holistic health
and happiness

SAMANTHA SAMPLE



BE HAPPY. BE HEALTHY. BE GENKI.

AN INTERACTIVE SOLUTION-ORIENTED 8-STEP GUIDE
TO HELP EDUCATE AND INSPIRE HOLISTIC HEALTH AND HAPPINESS

The Japanese word 'genki' means to be happy, healthy, and in harmony with oneself. It suggests wellbeing is achieved by balancing physical, emotional and spiritual elements equally to create an integrated and tranquil self.



BE HAPPY. BE HEALTHY. BE GENKI.

Copyright © 2010 Samantha Sample

All rights reserved. No part of this book may be reproduced, copied, stored or transmitted in any form or by any means - graphic, electronic, or mechanical, including photocopying, recording, or information storage and retrieval systems - without prior written permission of Be Genki Pty Ltd, except where permitted by law.

The information provided in this book is intended for general information and guidance only, and should not be used as a substitute for consulting a qualified health practitioner. Neither the author nor the publisher can accept any responsibility for your health and neither are they in any way liable for any use or misuse of the information.

For information, please address
Be Genki Pty Ltd, PO BOX 861, Woollahra,
NSW 1350 Australia
www.begenki.com

ISBN: 978-0-557-30812-5

Dedicated to Rodney McDonald



CONTENTS

introduction	vi
about the author	ix

STEP 1 : RELATIONSHIPS 1

We all have relationships. Whether they are with our family, friends or lovers, they are all sacred friendships that require a certain amount of energy so that they remain positive. One relationship that we often forget about is the relationship we have with our self. This is the most important of them all, and the one from which all other relationships stem from. If you don't love yourself, how can you truly love someone else?!

STEP 2 : OUTDOORS 9

The reality for most of us in today's modern world is to travel from one box to the next. We sleep inside, we eat inside, we step into our cars and drive to the office, we drive home from the office, finish our day relaxing around the house and do it all over again. Our modern lifestyle has developed to the point where going outside has become an "option". A whole week may come and go without ever feeling the sun's rays on our skin or fresh air filling our lungs.

STEP 3 : DIET 15

Hippocrates (the Father of Modern Medicine) wrote: 'Let food be your medicine and your medicine be your food.' This could not be more eloquently said. Everything we eat and drink either strengthens or weakens our health and wellbeing. Every day we choose what to put in our mouth. Some of us choose to consume whole, fresh, organically grown foods; whilst others choose to consume highly processed and nutrient depleted foods, with a side of alcohol, caffeine and other drugs. I can't stress the importance of good nutrition!

STEP 4 : EXERCISE 29

I don't know about you, but I really start to feel it if I don't exercise for a few weeks. I become more lazy and sleep in that little bit longer, I become brilliant at conjuring up reasons why I deserve sleep-ins, my mood drop, I lack inspiration and no longer have that spring in my step or vibrant energy that I love so much. It scares the pants off me!

STEP 5 : 'ME' TIME

39

With the hectic pace of modern life, it's often hard to take the time to rest, relax and recuperate. A lot is expected of us and we continually burn the candle at both ends to try and meet the demands of juggling multiple tasks at work, home, in our relationships, with our families, friends and community. I believe that the most important tools that we can learn are those that allow us to become more conscious, present and in harmony with our Self so that we can live a joyful life, and know what it is that we need to do when faced with stress.

STEP 6 : BASIC BEAUTY CARE

47

Being female it's easy to fall in to the trap of temptation and fill the bathroom cupboards with all those alluring bath, body and beauty care products that promise to bring about youth, glamour and beauty, and look oh so pretty on the bathroom shelf with their lovely packaging. If you have any concern or respect for yourself and/or the environment I urge you.... please please please STOP! The majority of bath, body and beauty care products contain a toxic cocktail of ingredients that are linked to cancer, birth defects, infertility, dermatitis and other allergies, learning disabilities and respiratory disorders.

STEP 7 : HOME

63

Today's modern homes are loaded with toxic substances. The workers who manufacture many products that are commonly used in the home and garden wear protective masks and gloves. But what about us? We purchase these products with labels such as CAUTION, WARNING and DANGER with skull and cross bones, and then haphazardly squirt and spray throughout our home environment. Even if you do wear gloves, what about the fumes and aroma that diffuse through the air? What happens when you and your family inhale these toxins?

STEP 8 : SLEEP

71

Sleep... it seems that we'd all love a little more. Why is it that so many of us regard sleep as a luxury, when it really is a necessity? Sleep is essential to help keep you physically and mentally healthy and beautiful.

photography credits, further reading and private consultations

77





INTRODUCTION

Ask anyone what their basic desires are and sure enough to be happy, healthy and to love and be loved would be top of most peoples' list. They certainly are for me.

It sounds so simple doesn't it? Happiness. Health. Love. So why do so many of us fall short on these basic needs. Why are we suffering from anxiety and depression at earlier ages? Why are we causing ourselves to develop heart disease, cancer, diabetes, skin conditions and other illnesses at an alarming growth rate? Why are our relationships teeming with drama, envy and abuse?

Too often, I hear stories about people who run to the chemist to pop a pill for a symptom that they're suffering from, when they could be utilizing natural therapies and/or making lifestyle changes to target the cause. Whether it's reaching for that 3rd cup of coffee during the day to get a burst of energy; depending on that cup of coffee to stimulate your bowel movements; thinking that excessive weight gain and health problems are just a "normal" part of getting older; tossing and turning in bed at night or relying on sleeping tablets to get to sleep; suffering from anxiety and depression, freaking out at the "little things;" losing your temper at those that you love most because you haven't dealt with another issue appropriately; or simply "beating yourself up" and criticizing yourself over something that really isn't that big a deal in the scheme of things. That is not what life is all about!

It is my belief, that we all have the ability to create and enjoy a fulfilling, exciting, loving, adventurous, happy and healthy life. We all deserve to radiate with positive energy, starting the day packed full of

motivation and maintain that lively feeling throughout the day; handle ordinary day-to-day stress calmly and with confidence; end the day peacefully, slipping into bed relaxed, before easing into a tranquil sleep. We also deserve to have and maintain loving and nurturing relationships with other people and, more importantly, with ourself.

Life today is fast paced. The majority of us are faced with stress on a day-to-day basis whether it be physically, emotionally or spiritually. It is inevitable that most of us will come across challenges in our day-to-day life. In order to achieve optimum wellness and inner harmony, we need to learn how to deal with those challenges and nurture ourselves on all levels, inside and out.

This book is designed to help you create the healthier and happier changes that you've been seeking in your life by demonstrating how easy it is to incorporate small changes and self-caring rituals into your everyday life that promote inner health and harmony in the face of life's little pressures.