



DANMILLER

NUTRITION | HEALTH | FITNESS

INFO@DANMILLER.TV





DANMILLER

Total Wellness

6 Easy to implement initiatives for a longer, healthier, more productive **life**





Why I'm here?

My dad... my family history...
my passion... YOUR future!





Current health in the US

- 1 in 2 have chronic disease
- 40% of the US population is obese
- Another 40% are overweight
- 1 in 3 have diabetes or pre diabetes
- 2016 life expectancy went down for the first time in recorded history (CDC)
- 30% of US population are on an antidepressant
- 65% didn't get 8 hours of sleep last night
- Top 3 killers in the US are heart disease, cancer and medical errors
- 80% of heart disease is preventable according to the CDC
- Healthcare costs \$3.35 trillion per year (2015)





DANMILLER

Two Common Excuses



- **Time**
You **HAVE** 4 hours a week



- **Money**
This requires \$0





DANMILLER

The 6 Steps

1. Stress
2. Sleep
3. Water
4. Nutrition
5. Exercise
6. Anti-Fragile





DANMILLER

Stress Stats

- Stress negatively affects immune response, sleep, food cravings
- 50-80% of all doctor visits are stress related





DANMILLER

Stress

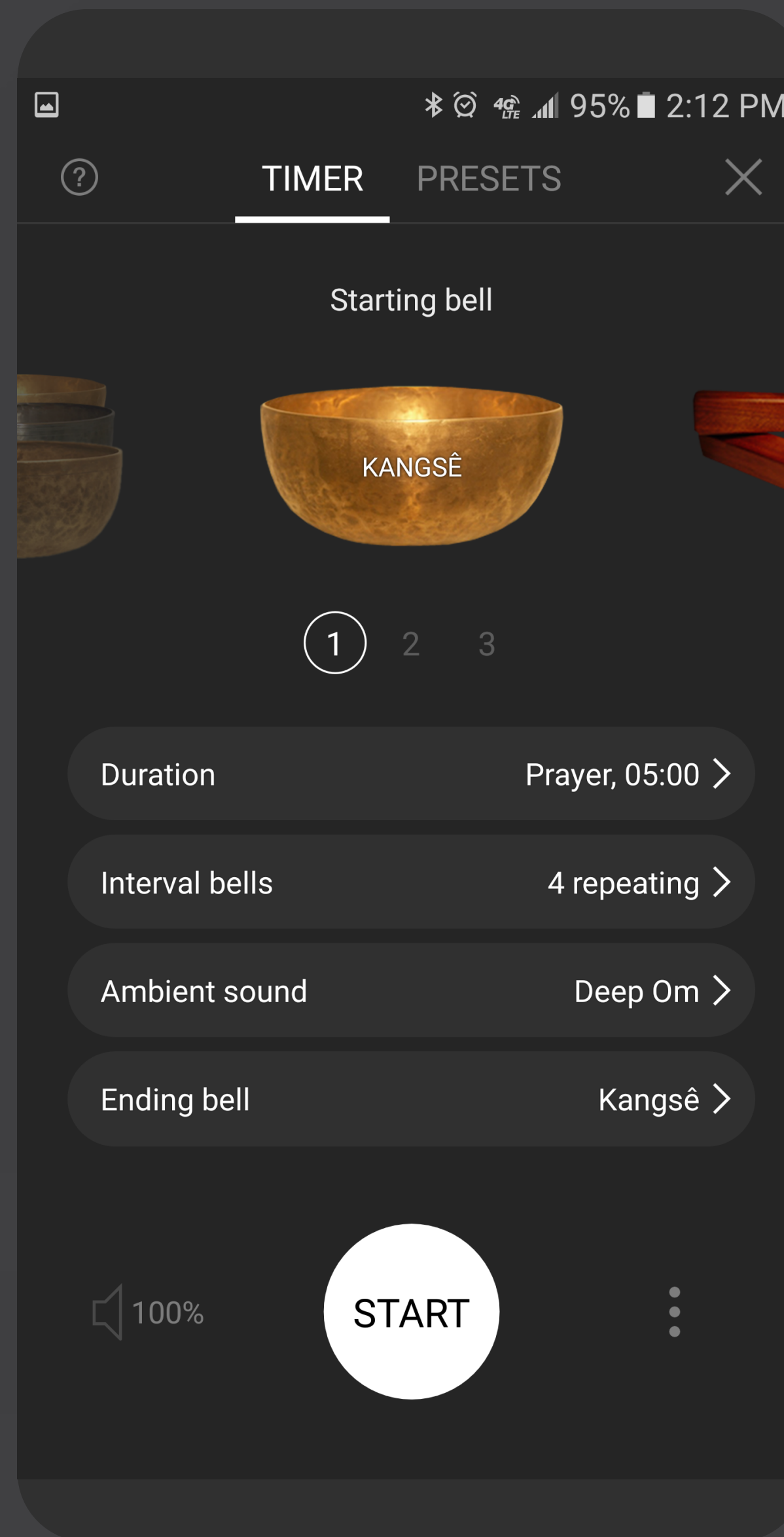
- Define Stress
- Hormone Cascade
 - Adrenaline
 - Cortisol
 - Testosterone
 - Estrogen
 - Blood Sugar
 - Insulin
- Will this kill me
- Meditation/Flow/Prayer/Mindful Activity





Manage Stress

Insight Timer





DANMILLER

Manage Stress

Enso

www.shareEnso.com

promo code: danmiller





DANMILLER

Eliminate Stress

Meditate daily for at least 20 minutes

Side effects include:

- Focus
- Peacefulness
- Calm
- Relaxed
- Centered
- Connected
- Energized

Benefits include:

- Setting stress bar higher
- Stopping hormonal cascade from getting worse
- All of the side effects above!





DANMILLER

What Action Can We Take?

- Ask “Will this kill me?”
- Meditate daily
- Sleep at least 8 hours each night
- Eat a balanced whole food diet
- Exercise





DANMILLER

Lack of Sleep

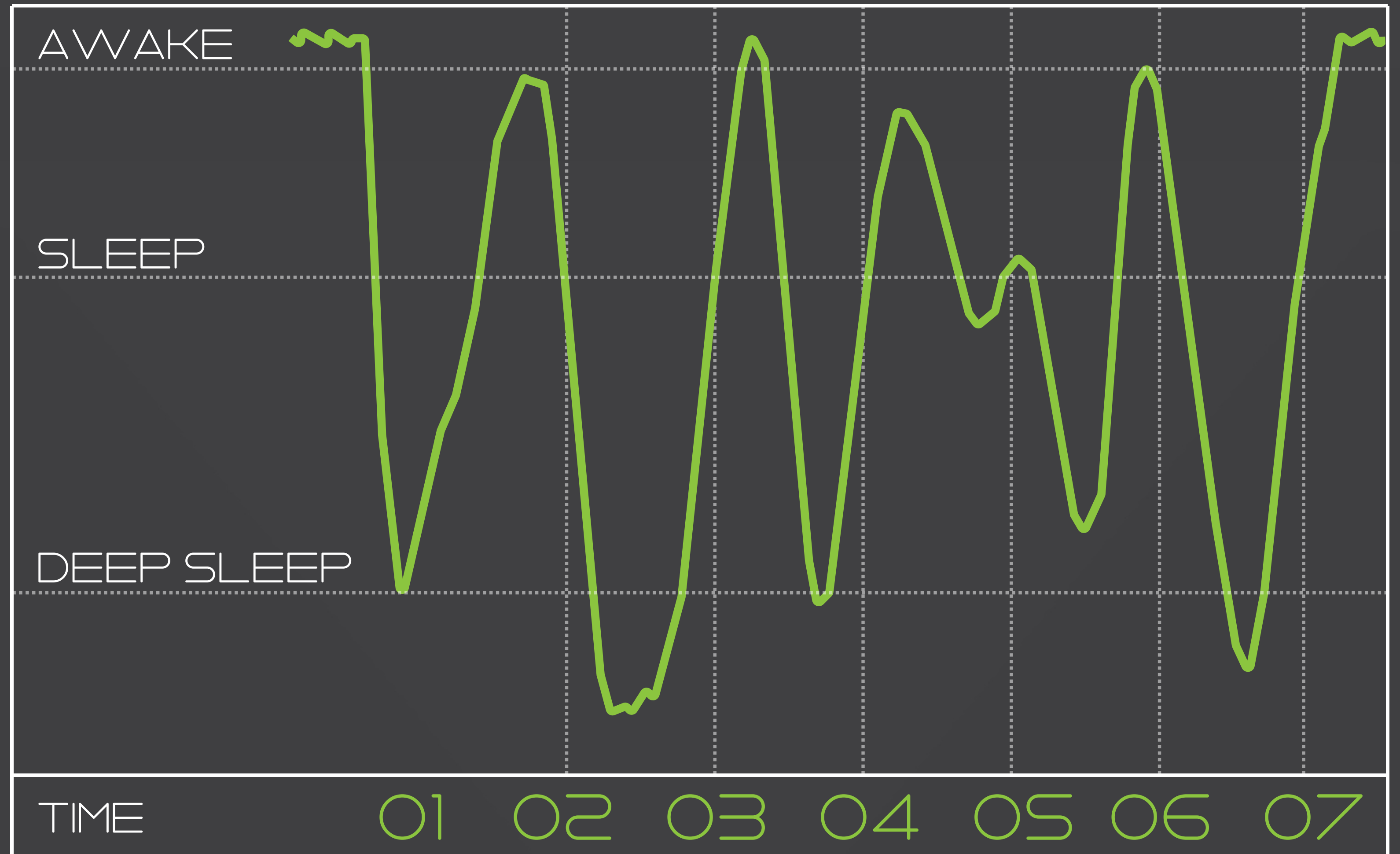
- This costs employers \$411 billion yearly and 1.2 million lost days of work (Our military budget is only \$600B)
- People are 13% more likely to die with 6 hrs nightly vs. 7-9 hrs
- Losing 1 hour per day for 10 days or staying up for 22 hours is the same as being legally drunk
- The number 1 way to boost immune response





DANMILLER

Sleep





What Action Can We Take?

- Get at least **8 hours of sleep** each night
- **No blue light** 1-2 hours before bed
- Keep bedroom very **dark and cold** (60-65 F)
- Get daily **sun exposure** but not enough to require sunscreen
- **Journal** before bed if necessary to relax the mind
- Eat a balanced **whole food diet**
- **MOVE** daily
- Take a **warm bath or cold shower** before bed
- **Track your sleep** to make improvements easier to notice





Manage Sleep

Sleep Cycle Alarm Clock





DANMILLER

Water Stats

65-75% of your cells are water

That's H₂O not green tea, sports drinks, soda, coffee, tea, juice or alcohol

Sugar, salt, caffeine, synthetic sweeteners and alcohol all have been shown to dehydrate us

Average American drinks only 8-16 ounces of water per day!
Target 100 ounces per day

DO NOT DRINK YOUR CALORIES! NO LIQUID SUGAR!!

Liquid sugar from sodas and juices causes inflammation in the entire body

Caffeine has a half-life of 8 hours for most people

Limit caffeine by not drinking it until you've been awake for an hour and stop at around lunchtime





DANMILLER

Water

- No caffeine after noon
- NO SUGAR with coffee or other beverages
- Caffeine has a half-life of 8 hours





Nutrition 101

What's natural?

To crave highly palatable foods that are calorically dense
FEAST, two imperatives when we have these foods
Don't move!
Eat all the things!
We have a society where we are in constant feast

Food is Fuel

Food is raw materials to build new you

Food is information to your DNA about the environment you are in

Eat foods that are less dense in calories but higher in nutrients and only FEAST occasionally





DANMILLER

Nutrition Simplified

P

Bison/ Venison/ Elk
Wild boar
Wild caught seafood and fish
Free range poultry and eggs
Lamb/ Goat
Grass fed beef
Pork
Hemp
Chia
Flax
Quinoa
Dairy

F

Nuts
Seeds
Olives
Avocado
Coconut
Butters
Oils (NO canola or veg)

C

Vegetables
Fruits
Alcohol
NO FRIED FOODS!!!
NO GRAINS!!!!
NO BOXED FOODS
NO BAGGED FOODS
NO MORE DRIVE THRU'S





DANMILLER

What Action Can We Take?

- **Eliminate** the following right now, **today**:
- Fried foods, breads, grains, pastas
- Eat **smaller meals** every 2-3 hours for the first two weeks if needed
- Eat a balance of **protein, fat and carbs**
- **Quit eating out of boxes and bags and drive-thrus!!**





Exercise Made Simple

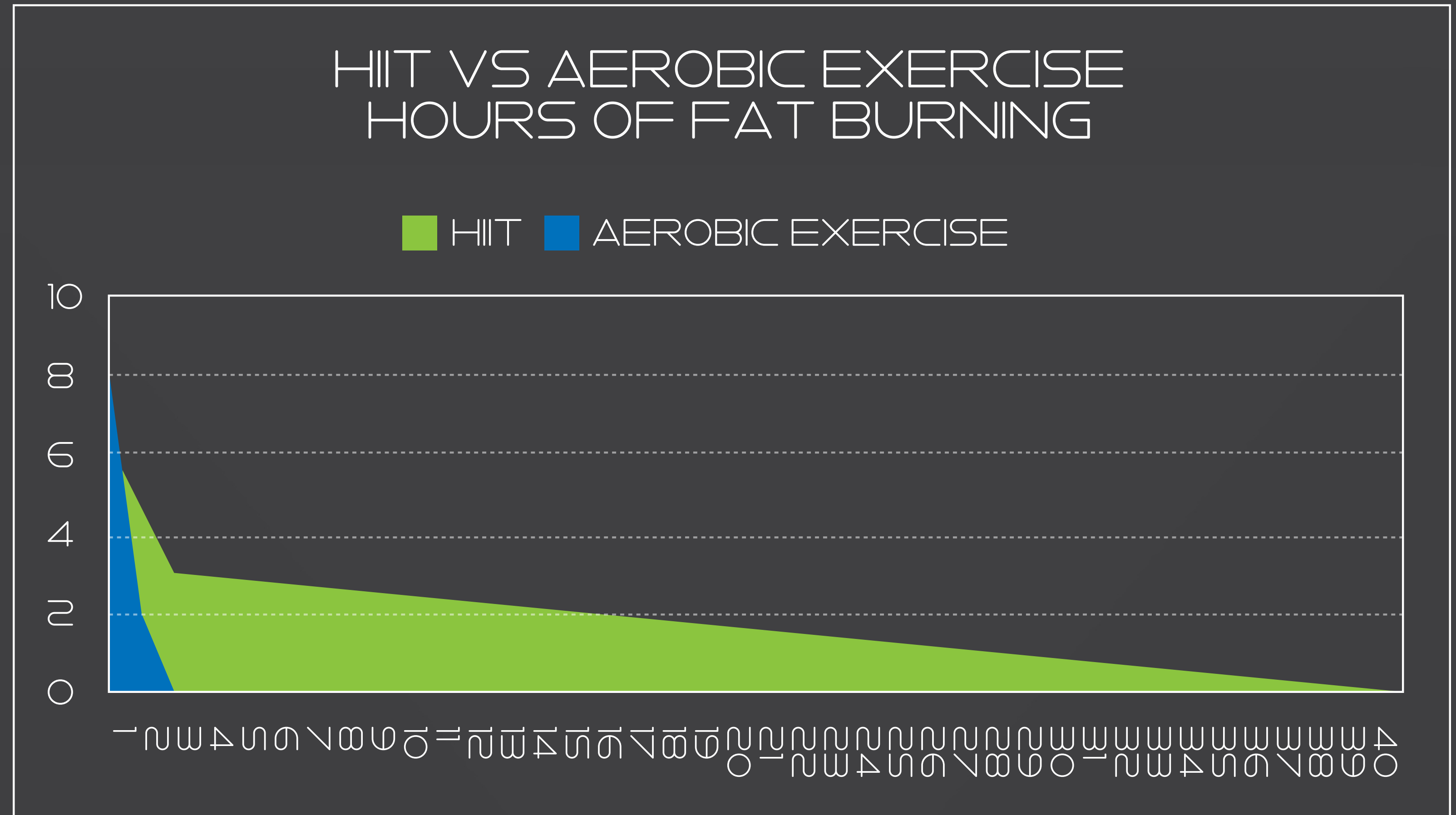
- Daily movement is more important than a gym membership.
- The longest living people on earth just move daily as part of their lives
- 6K steps daily is BARE MINIMUM!
- 10-15K steps per day, no matter how you do it, is best

- Exercise can be done just 3 times weekly for 20 minutes or less per session



Exercise Basics

- HIIT workouts every other day





What Action Can We Take?

- **MOVE** daily!!
 - Walk, bike, swim, yoga, **just move!**
- **HIIT** - 3 times per week for 20 mins
 - Can be with weights (kettlebells) or body weight only





What is Anti-Fragile?

The results were astounding!

Some chaos for small durations may make us stronger and help us live longer!!

Finnish study looks at sauna and reduction in CVD

Those who had 3 sauna sessions weekly experienced a 24% reduction in all-cause mortality and a 40% reduction in Alzheimers disease compared with those who did not sauna.

Those who had 4-7 sessions weekly experienced a 40% reduction in all cause mortality and a 65% reduction in Alzheimers disease compared to those who did not sauna.

This was a very well-designed, 20-year study in over 2,000 individuals ages 46-71 that accounted for individual differences in diet, exercise, previous risk factors, etc.

If that's not enough information to get you motivated to start a sauna regimen, then I don't know what is.





What Action Can We Take?

Get your **core temperature up** with:

- Daily sauna
 - FIR
 - IR
- Dry sauna
- Steam sauna
- Hot Tub
- Hot exercise sessions (**Hot yoga or HIIT outside**)





DANMILLER

Action Plan

- **Meditate** 20 minutes daily
- Get more than 8 hours of **sleep** per night
- Drink 100 ounces (3L) of **water** per day
- Eat single ingredient foods
- **MOVE** daily!
- **Exercise**-HIIT 20 minutes every other day
- Sauna or get really **hot** outside as often as possible



Total time commitment: 4 hours per week





DANMILLER

Why Did You Wake Up Today?

What gifts are you giving away?

How long do you want to live?





DANMILLER

The Right Supplements

Mandatory!

- CBD oil from Hemp
- Probiotics
- Omega 3 (Fish Oil) and Vitamin D
- Immune Support (Antioxidants, Polyphenols)
- Cellular Support





DANMILLER

NUTRITION | HEALTH | FITNESS

INFO@DANMILLER.TV

