



Healthy Habit Tracker

Track your habits and get the best results!



HEALTHY HABITS CHART

Below is a chart for you to log your health-related habits.

This chart is a tool to help you assess your habits in order to maximize the effects of PEMF - NeoRhythm is a wellness tool, not a magic wand.

By filling out this chart you can keep a log of all your healthy habits. And by maintaining good health habits, NeoRhythm will produce better, more powerful results.

Every chart section consists of 21 circles, each representing 1 day.

Color in each day that you've followed a healthy habit.

If you've colored 88 circles or more at the end of 21 days, your habits are great! If you've colored in less, keep coming back to this guide for more information and motivation.

The goal is to understand that without taking care of ourselves and our bodies, no supplement, medicine or wellness device will produce the desired results.

Small changes can make a big difference.

If a certain aspect of this chart doesn't fit in with your lifestyle, scrap it. We don't want this to be overwhelming to you - we are all different and our needs are different as well.

Sleep

Consistent Sleep Schedule.

No phone/television for an hour before bed.



Self-care

Exercise, meditate, journal, or read for at least 30 minutes per day.



Healthy Diet

Avoid large meals and beverages before bed. Consume fresh food and minimize processed foods.



Connect

Limit Social Media and Entertainment intake. Spend quality time with friends and family.



Hydrate

Drink water throughout the day.



Supplements

Take supplements as prescribed.



Circadian Rhythm

Know when to maximize your effort, and when to wind down.



1. SLEEP

Sleeping hygiene is all the practices and habits you set for having good sleep quality and full daytime alertness.

Maintain a strict sleeping schedule

As dull as it may sound, having a strict sleeping routine puts you to sleep automatically! Once you start falling asleep at the same time every day, your body will get used to it and will recognize the designated time to rest and put you to sleep automatically! **Each time you sleep at the same time, your brain sends a signal to your body**, and the signal grows stronger and stronger through routine and time.

Avoid blue lights at all costs

The blue light emitted from phones, TVs, computers, and tablets could be detrimental to your sleep. The light signals to your brain that it is daytime! Your brain responds by being awake as if it's daytime, even if you are drained. **Make sure to put your devices away and avoid blue lights.** Instead, consider picking up a book and immersing yourself in it. Just make sure it's not a book of complex legal, finance, or scientific concepts that will keep you alert.

Restrict Sugar and Caffeine Intake

Sugar puts your brain in 'active' and 'high alert' mode, making it much more difficult for you to relax your body and fall asleep.

Caffeine can also be detrimental to your sleep quality. The effects of caffeine on your body can last up to 14 hours!

Experiment by cutting sugar 3-4 hours before bed and perhaps restrict caffeine to mornings only.

Use the NeoRhythm's Sleep program

This is the closest you can get to hovering a magic wand over your head and getting yourself to sleep.

Most of our brainwaves are continuously fired up throughout the day and aren't always consistent with our needs. When it comes to finally get some rest, your brain isn't 'energetically' ready. When we have trouble sleeping it is mainly due to our brain not being able to just shut off, and can feel jittery and uncontrollable. **NeoRhythm's Improve Sleep program is explicitly designed to help you get into a state of 'sleepiness.'**

How to get the best sleep with NeoRhythm?



Hydrate extensively



No sugar or caffeine before bed



Avoid monitors before bed



Go to bed and wake up at the same time every day

Napping Tip:

One good trick is to use the caffeine boost in a surprising way: drink it right before you nap. Caffeine, once ingested, takes around 20 minutes to fully function and get our heart rates rising. **Therefore scientists now suggest that you drink a cup of coffee (a quick shot of espresso, for example) immediately before you close your eyes for a 20-minute nap.** As your alarm rings to wake you up, the caffeine will just be kicking in, speeding up the return to alertness after a refreshing cat nap.

2. SELF CARE

Why do we sometimes start feeling so overwhelmed and can't even pinpoint why?

It's because we forget to give our brains a break.

If we consistently overwhelm our minds with work, schedules, errands, plans, and responsibilities, we can get stuck in alert mode even when it is time to relax. By ensuring you take at least 30 minutes a day to either sit down and journal, meditate, or exercise, you will be able to give your brain a break, relax your mind and clear your head. It is vital that this becomes your daily practice, not only to ensure your mental health is at its optimal level but to also better your everyday performance and sleep.

Journaling can help you clear your head and reset your anxious thoughts. Set a challenge to not let your pen leave the paper until you've journaled one or two full pages. It may seem tedious and boring at first, but you will be surprised at the ideas and creativity that will bloom from it. Do it daily for maximum results.

Exercising for just 30 minutes can improve your sleep immensely. One study found that 150 minutes of moderate to vigorous activity per week can result in a 65% improvement in sleep quality.

However, exercise will speed up your metabolism, elevate your body temperature and stimulate your cortisol levels. Cortisol is a stress-regulating hormone, therefore exercising late at night isn't such a good idea. Try to finish your workout at least three hours before bedtime, if not sooner.

Relaxing exercises such as yoga or gentle stretching in the evening can even help you sleep better.

3. HEALTHY DIET

Be smart about what (and when) you eat and drink

Back in the day we used to believe that consuming coffee, alcohol and even smoking is somehow beneficial to our bodies. Today, those can be the silent killers of our health and our lives.

We are what we eat, and as Hypocrite said, “Let food be thy medicine, and let medicine be thy food.” Although we cannot solely rely on diet to combat all of our illnesses, ensuring healthy nutrition is crucial to how we work, sleep, and even relax, consequently, providing us with a better mind and healthier body.

The entire digestive process takes from 24-72 hours, depending on how rich our diet is; the body requires 30 minutes to process most raw vegetables, 3 hours to digest nuts, and 5-6 hours for cooked meat. The more enzymes our stomach requires to disintegrate food with stomach acid, the less energy our body has. Here are some guidelines to optimize your dietary habits:

- **Drink a glass of water 30 minutes before every meal** and when you wake up, to hydrate extensively and prevent nutrients from being washed away.
- Always **eat fruit before the meal and not after**; it digests the fastest, and if eaten on a full stomach, can start to rot instead of digesting properly.
- Eating foods with long digestion times (red meat) before bed can cause insomnia, as our bodies are still digesting.
- Processed foods have the longest digestion times due to their containing plenty of preservatives.
- The digestive times are a rough estimate and vary significantly from individual to individual. If you are experiencing fast digestion of certain foods, try combining them with longer-digesting foods - the best time to do so is at lunchtime.

Notice how your body reacts to certain foods and be mindful of what you consume - the cells in your body depend on the nutrients transmitted through the blood and lymphatic system - we have to understand that our bodies thrive on fresh, healthy food and have difficulties flushing out waste products when overwhelmed with preservatives and chemicals. We only have one body, let's nourish it from the inside out.

Ensure your diet is diverse in color and products; colorful fruits and veggies should be an everyday component of our meals, and protein and carbs are as important but to be consumed in smaller quantities. We tend to over-feed ourselves when our bodies don't really require this much protein or sugar. Protein deficiency is actually extremely rare, and mostly present in people with chronic diseases or in the elderly.

Also, be mindful of the effect **alcohol and caffeine consumption** can have on your body. By reducing the alcohol intake, not only will your body function with less effort, you will most likely sleep better and perform better the next day. Restricting caffeine to mornings only will yield similar effects.

4. CONNECT

For the past few years, psychologists and psychiatrists have been repeatedly warning us about the **harmful effects of over-consuming social media, entertainment content**, and the mental health issues that arose with it, targeting the youngest generations. The number of young people suffering from depression, anxiety, and even self-harm has tripled over the past 5 years.

Serving as a hit of dopamine, social media has conditioned our brains to anticipate “the hit” more and more, and our happiness has become dependent on phone notifications rather than sincere connections. In other words, our values have changed and we are finding less and less satisfaction in actions outside of this cyber world.

Connecting with people and places around us is crucial for our grounding and for resetting our values. Taking the time to nourish our friends and family with our attention and affection can result in more confidence, less anxious thoughts, and more rational, grounded living. Give yourself a daily task of calling or meeting up with some friends, taking a walk in nature, or spending time with your family. It’s important to seek validation and love in real life, and not on the internet.

5. HYDRATE

Your body consists of around 70% of water and your brain of around 80% of water, so keeping yourselves hydrated can greatly improve your experience with NeoRhythm.

Drinking at least a glass of water before and after a session is recommended. A little trick you can use is to add a small pinch of salt into your water, to improve water retention in the body. On the other hand, we recommend reducing alcohol consumption to a minimum.

6. SUPPLEMENTS

The cells that our bodies continuously generate are made out of nutrients provided through food and any enzymes we consume. It is important to know that no matter which therapies we undergo, including electromagnetic therapy, none of them will breed optimal success if we do not **correctly nourish and replenish our bodies** and, consequently, our cells.

It is possible to cause an imbalance by having what is considered a “healthy diet” - consuming only raw vegetables and fruits may not be beneficial for your body type and what it needs; resulting in hindering the cell’s ability to receive proper nutrients. The same goes for meat eaters; meat and fish can cause oxidative stress and leads to inflammation. Therefore meat eaters need to consume meats that are less fatty and ensure they are getting fresh fruit and vegetables to counteract this, and strict vegans and vegetarians have to be aware of their protein intake since the plants do have a lower density in nutrients than meat.

But setting up a diet that works perfectly is hard, and without a vast knowledge of each product’s nutritional composites, almost impossible. To create a “safety net”, supplements are advised to be taken daily.

The following supplements are recommended along with any multivitamin; Vitamin D3 (2000-5000 IU), 2x Omega Fatty Acids (1000-3000 mg), Vitamin C (1000 mg), curcumin or turmeric (500 mg), Magnesium (350 - 500 mg).

Magnetic therapies influence calcium movement in and out of cells, during which calcium will combine with magnesium. A deficiency of magnesium can render the therapy’s effects, therefore, in order to receive maximum benefits of the therapy, **it is important to have good magnesium levels in the body**, maintained by supplements.

7. CIRCADIAN RHYTHM

A circadian rhythm is a 24-hour period of our bodily processes, controlled and synchronized with a circadian pacemaker, located in our brain, the hypothalamus. A circadian rhythm is influenced by our environment, especially light, tying it to the cycle of night and day.

A circadian rhythm is a part of our biological clock, and it controls our production of proteins (timing of meals, nutrition) and regulates hormones in our endocrine system, leveling out the amounts of energy.

Light is the most powerful influence over a circadian rhythm. If you suffer from insomnia or have trouble sleeping, chances are your circadian rhythm is disrupted. It can occur in instances such as jet lag or 24-hour shifts, or it can be a result of burning out, higher levels of stress, improper diet, and so on.

Therefore, it is important to keep your day organized; you are **most active, engaged or energized in the mornings**. Reserve those to complete your biggest tasks and goals, even exercise if your schedule allows.

In the afternoon, accomplish the rest of your daily tasks, run errands or find time to exercise, walk or move around.

After 6 pm, your body needs to start winding down. Take this time to socialize and take care of yourself. Limit exercise and rigorous work to mornings and early afternoons. Go to bed sooner and wake up earlier - but don't overwork yourself into the night as this can disrupt your cortisol levels, consequently leaving you burned-out, sleepless and unable to perform at your best.

Implement your NeoRhythm to help you.

Completing small tasks results in a rush of dopamine - don't underestimate it!





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