



Preparing for the Wisdom Years: An introductory Talk

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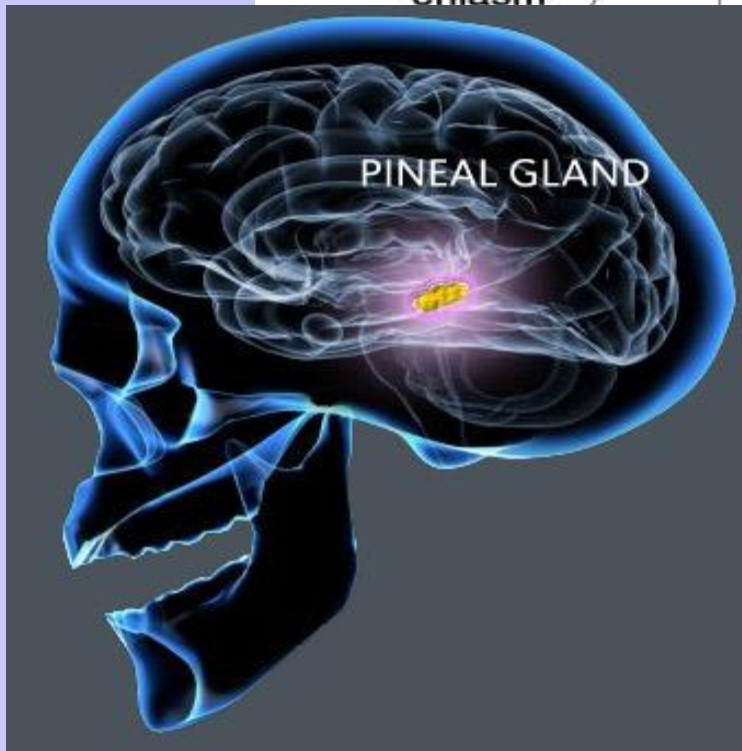
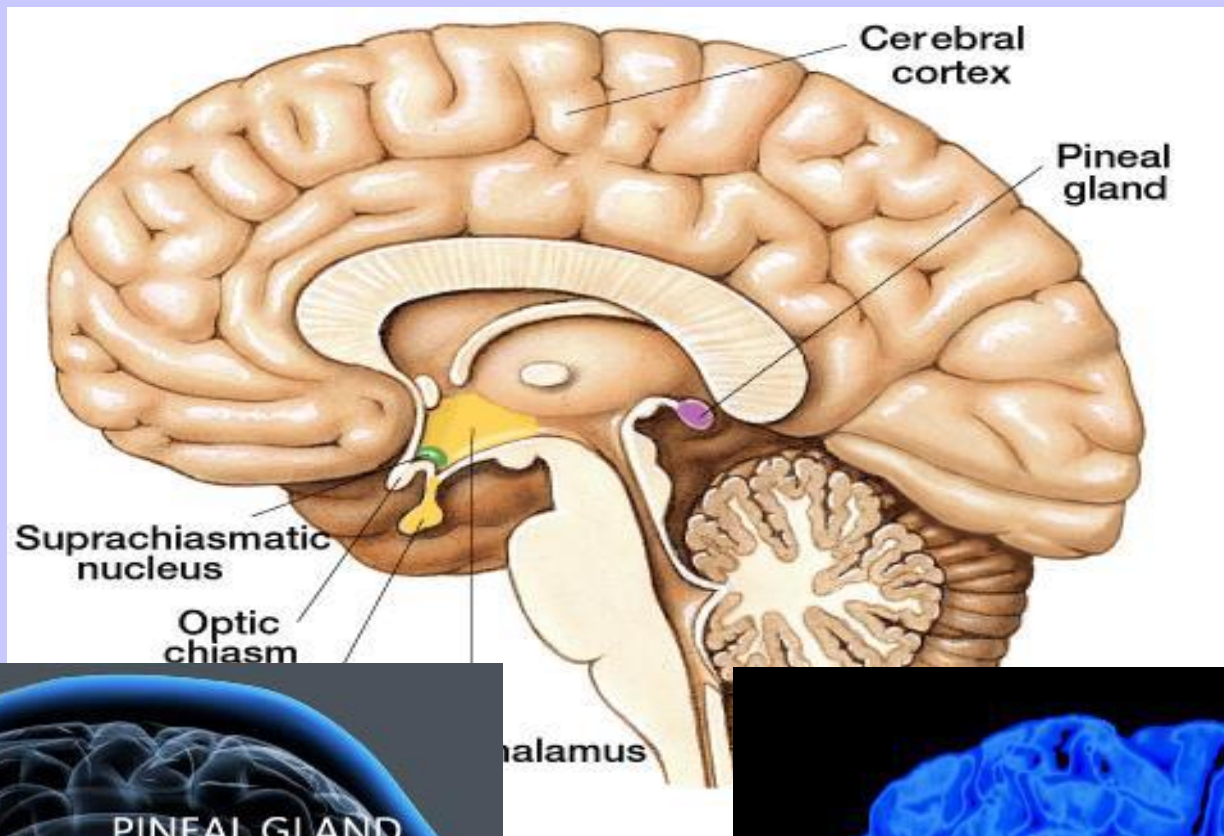


Mind-set: human beings can change their lives by changing their perceptions, attitudes, thoughts & limiting beliefs

- Natural age: 120 years. Latest research – 200!!
- Damage
 - stress, lifestyle, free radicals
 - stuck emotions of bitterness, resentment, unfinished business
- Setting your own biological clock
- Think, believe in the marrow of your bones: young, vigorous, alive, joyful



<p>L brain functions: Ego Gate keeper. Language. Conscious. β & high β</p>	<p>R brain functions: Soul Dreams, symbols, images. Subconscious. Super conscious α, φ, δ Rhythm - <u>Pineal gland</u> activation</p>
Analytical skills. Working well with things	Synthesis skills. Working well with people.
Judgmental	Accepting, receiving nature
Time consciousness	Non-time consciousness
Verbal acuity	Symbolic thought processes
Linear, logical thought progression	Non-linear thought processes
Rational thought process	Non-rational thought process
Math acuity	Intuitive nature, imaginative, metaphorical
Stress reaction	Spatial orientation
Skepticism, cautiousness	Music appreciation
Concrete, factual	Humour, playfulness. Refer: YouTube – Jill Taylor



Adapted Iceberg Model

Physical State of
Health/Wealth/Happiness

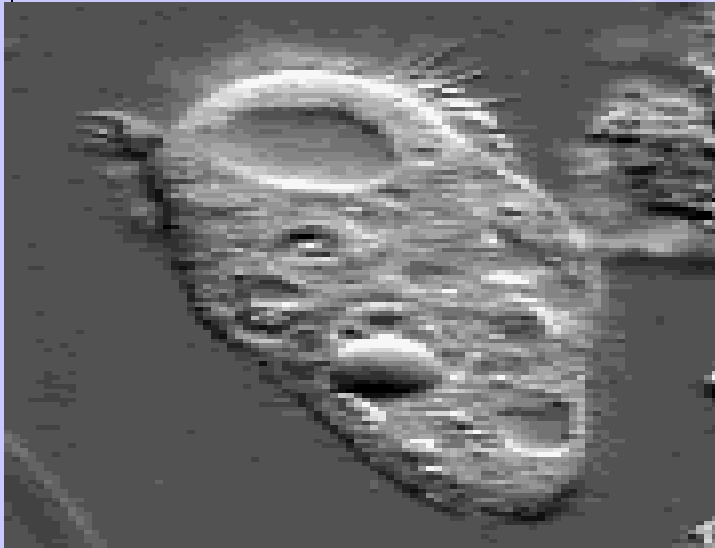
Lifestyle & Behaviour

Habitual Thoughts & Emotions; Beliefs

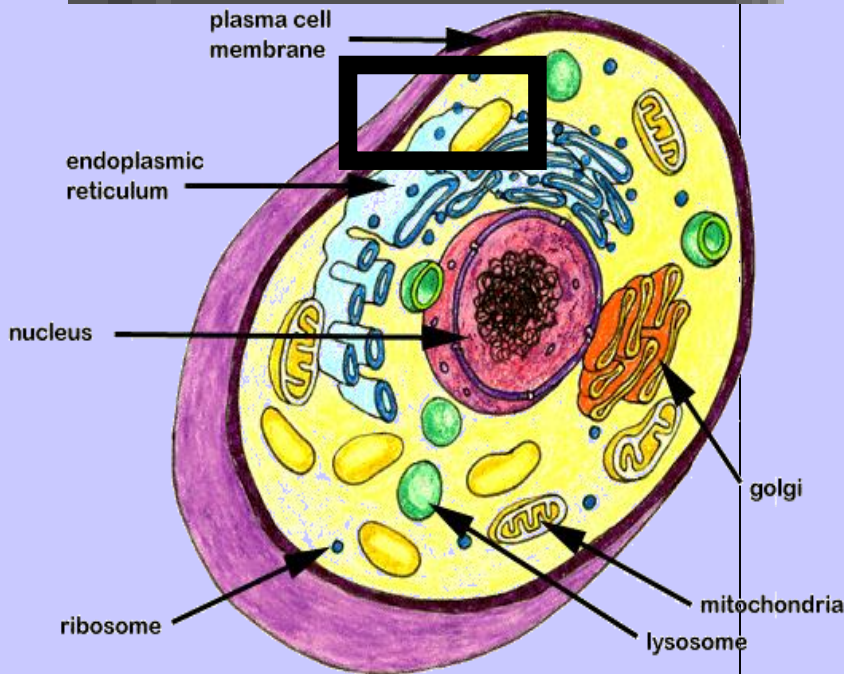
Spiritual, being, meaning realm

Source of Wellbeing/God/Higher Self: trying
every day to live in an inner state of joy,
peace, love & harmony

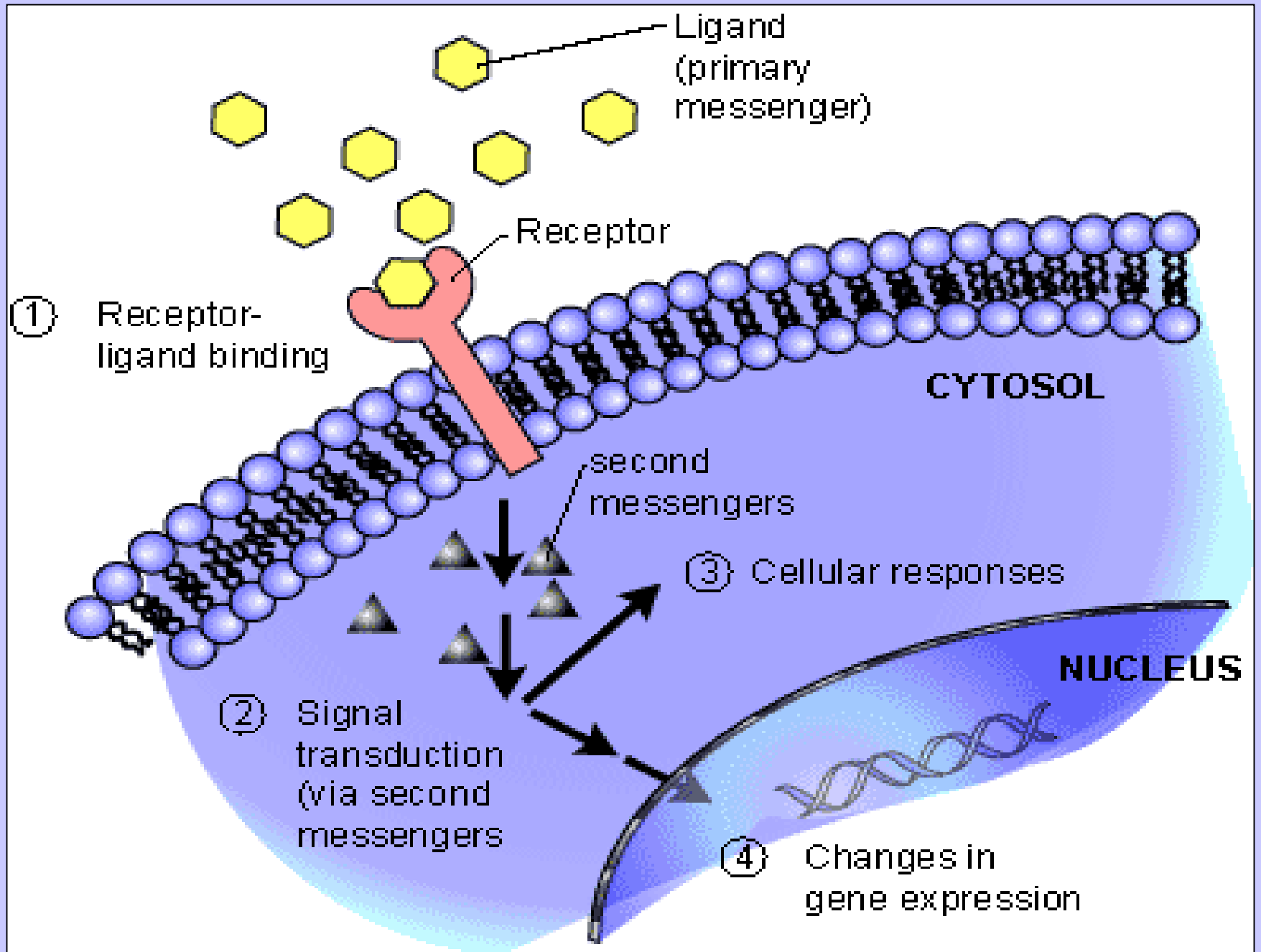
Genetics, epigenetics, cell membrane

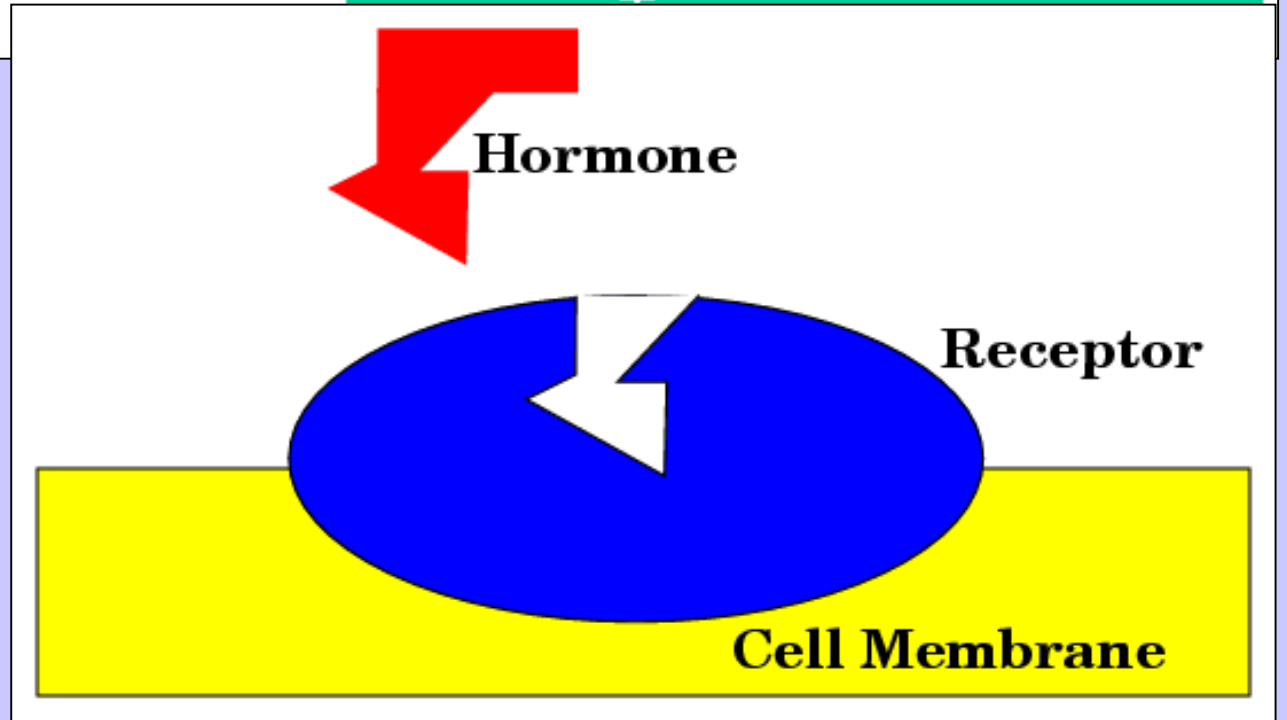
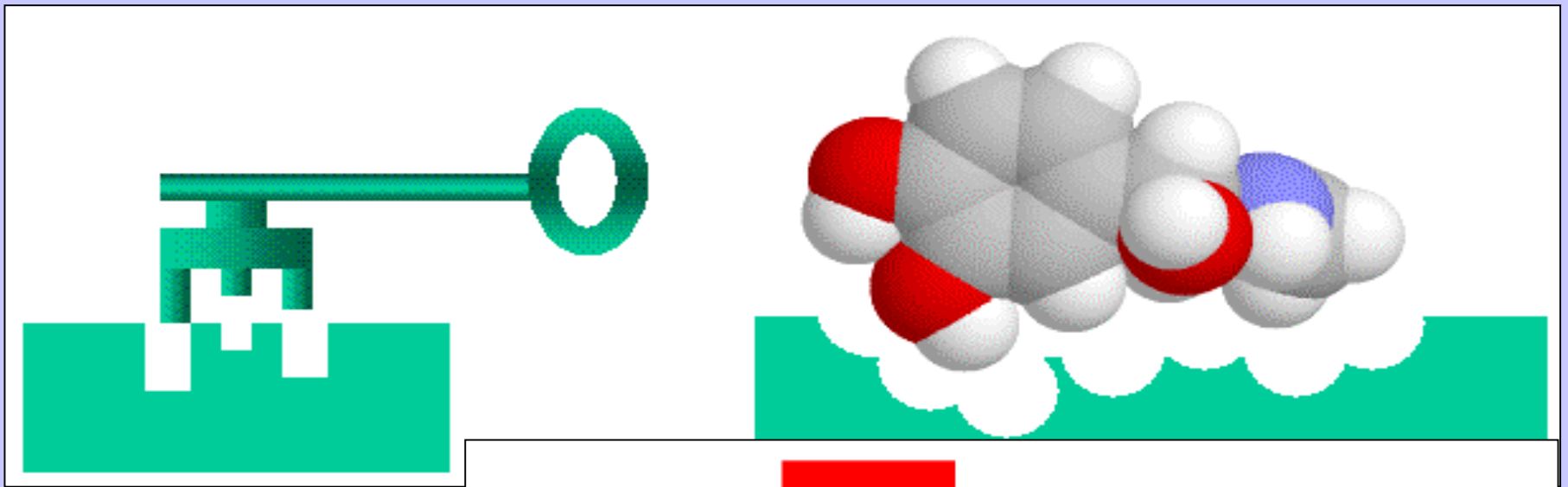


- ‘Biology of Belief’ (Ref. Bruce Lipton)
- **Epigenetic environment:**
 - H2O



- Oxygen: Breathing
- Nutrients, micronutrients
- Thoughts, emotions: vibration of ‘Molecules of Emotion’ (Ref. Candace Pert); spiritual aspect of wellness



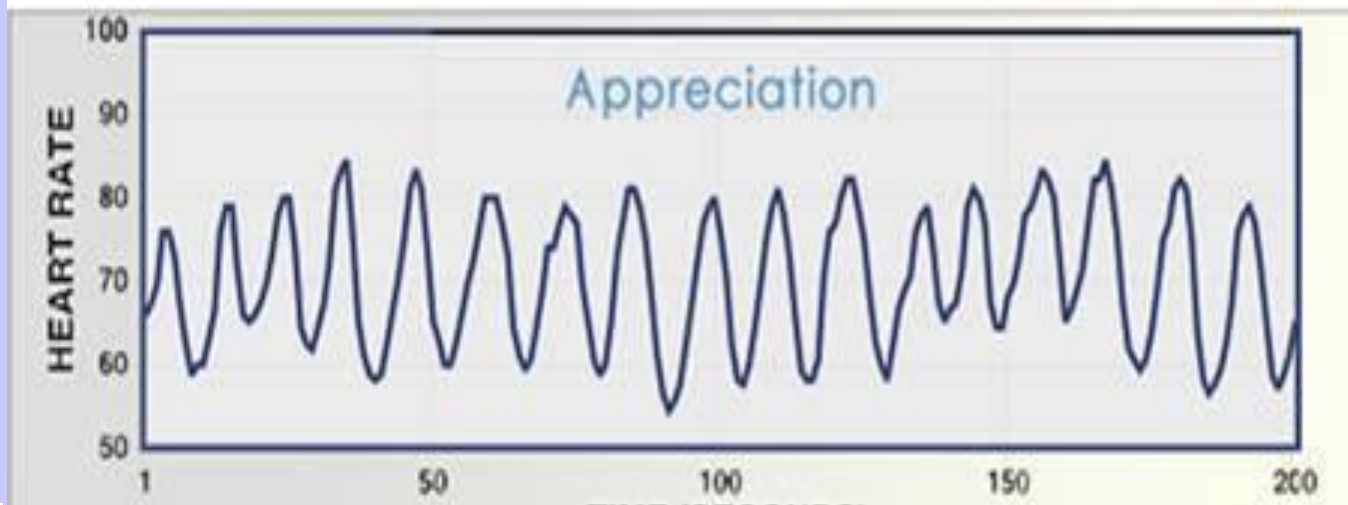


Heart rhythm, coherence & emotions

Refer HeartMath Institute research & web-site below: Heart as Brain



Cortical
Inhibition
(chaos)

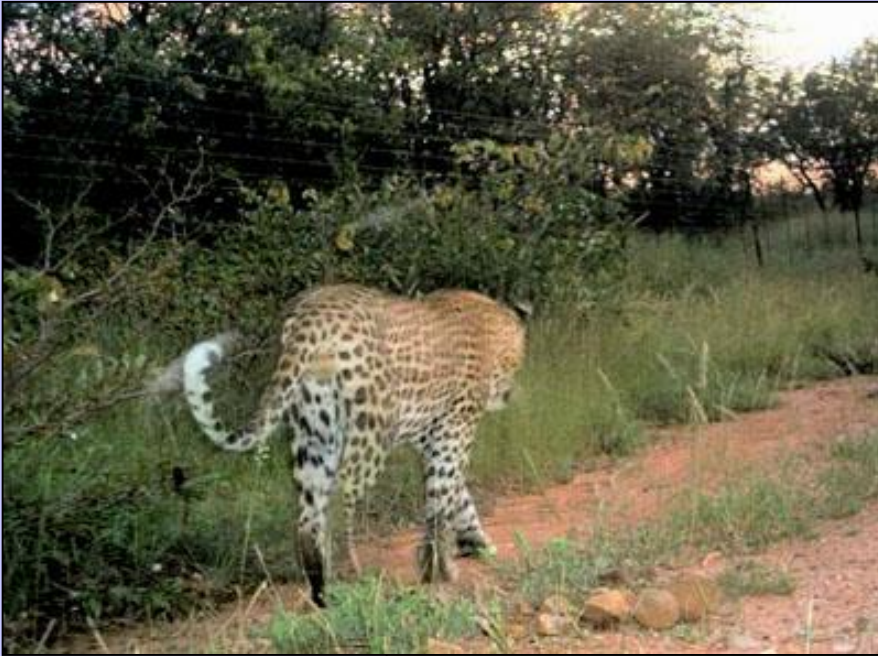


Cortical
Facilitation
(coherence)



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Antiageing, rather called Positive Ageing / Longevity! All about Inner beauty



- **Nutriceuticals: Food as medicine**
 - Superfoods
- Food supplements: **Basic 3** - refer www.drarien.co.za for more info on products

Fitness: meeting the needs of your lifestyle with ease - yoga, dance, Tai 'chi

- Hobbies, new career, self expression – creative practical exercises



Memory

- Concentration, motivation
- Attention, intention
- Relaxation: anxiety from stressful lifestyle, constant fear & worry – memory failure!
- Ginkgo biloba
- Choline, acetyl-L-carnitine,
- Garlic



McAbee Fossil Beds - 50 million years old (Eocene period) *Ginkgo biloba*.

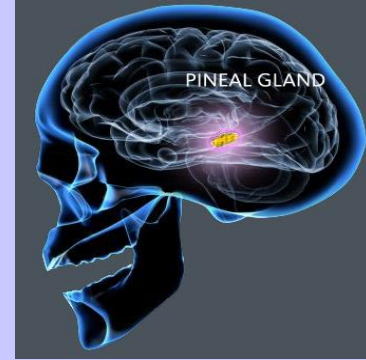
Memory

- Ginseng, grapeseed extract
- Antioxidants, B-vitamins, zinc
- Omega 3, 6
- Phosphatidylserine (soy lecithin)
- Alpha lipoic acid
- Biostrath
- CoQ10 - heart

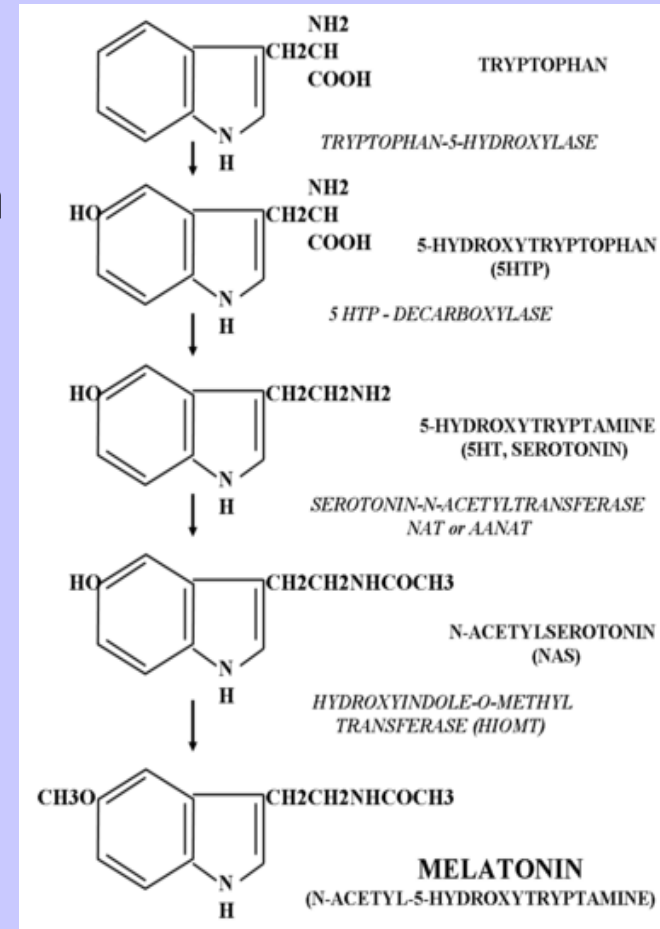




Feel good Serotonin to Melatonin



- Breathing – different techniques
- Sungazing– sunrise, sunset
- 5 HTP, SJW, Gingko
- Oils: lavender, rose, orange blossom
- Rice, potato, pasta
- Bananas, hot peppers
- Black eyed-peas
- Walnuts, almonds
- Sesame, pumpkin seeds
- Negative ionizer bedroom
- Exercise; making love



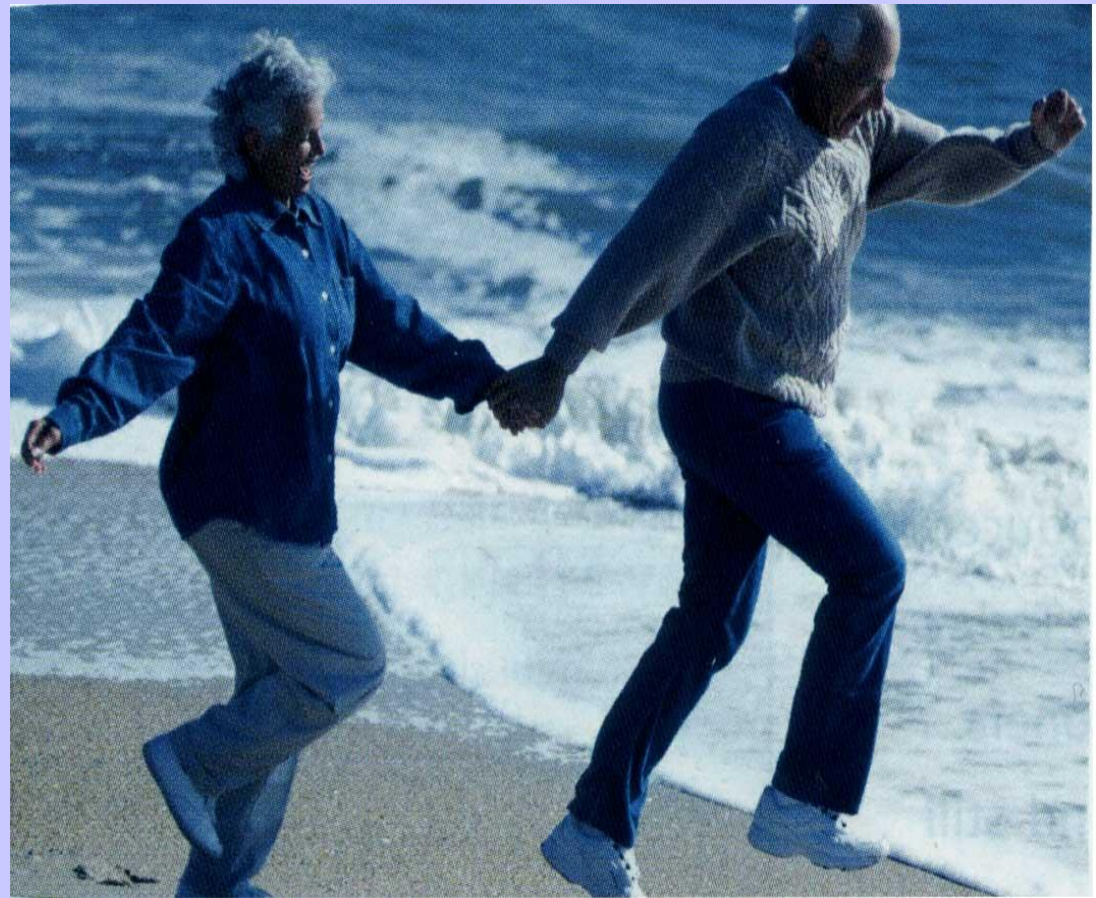
Superfoods: plant your own / buy organic

- Berries
- Nuts, seeds
- Cereal grains, grasses – wheatgrass, brown rice, oats
- Oils
- Algae - spirulina
- Raw honey
- Pulses/legumes
- Garlic
- Mushrooms
- Bee pollen
- Sprouts
- Aloe ferox - smoothie
- Seaweed
- Raw cacao – beans, nibs, powder, butter



Fitness

- Movement for the joy of living in your body
- Healthy spine, core: pelvis, chest, head
- Dance, yoga, walking
- NIA



Deep relaxation

Right brain mode into right mind
– pineal gland activation.
Learn to run the deep inner
peace circuitry of your right
hemisphere!

To connect to Inner/Higher
Self/Guide/God: silence of a
quiet mind, to listen, connect
to inner healer we all have
inside

Deep healing lies at the core of
our being: it is our natural
state!

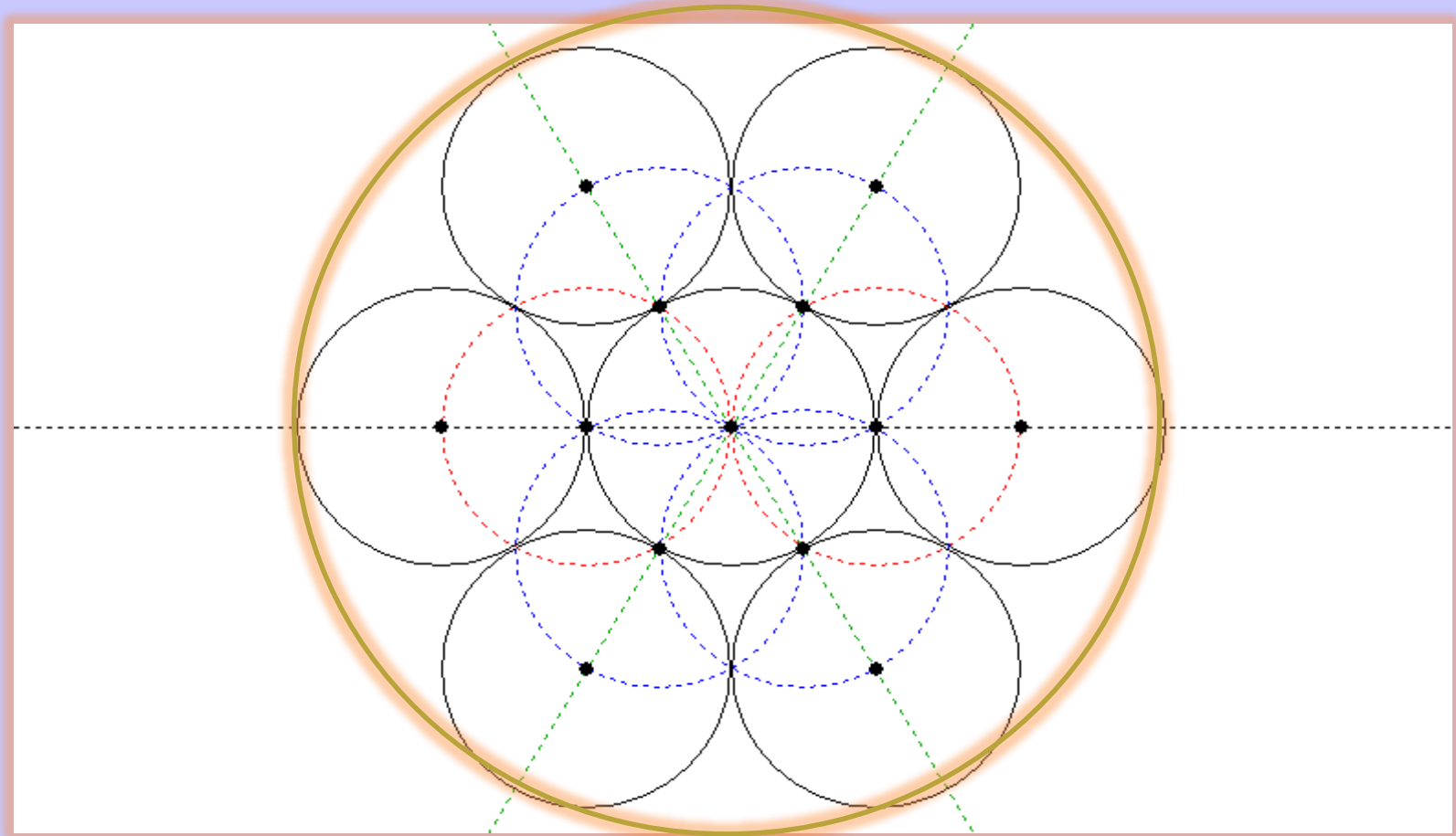


**3 P's: Patience,
Practice, Perseverance**



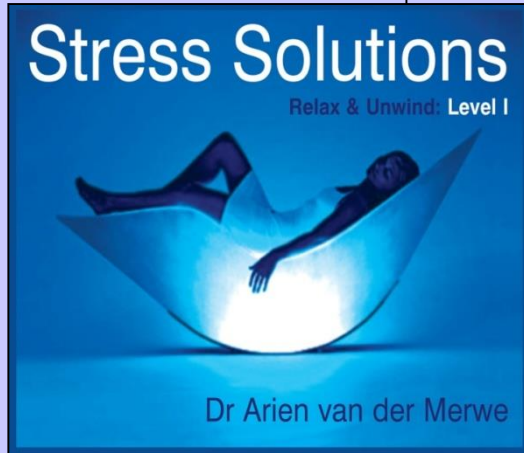


Life plan for your future: Areas of your life you'd like to expand, develop, improve on - e.g. Health, wealth, spiritual growth, 2nd career / turn a hobby into an income, family, friends, environment – getting away from it all because you can!



Resources, References & Retreats

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- Individual consultations, workshops, courses, E-courses, talks, group sessions, food supplements

- **Books, E-books:**

- Stress Solutions / Stres Strategie

Health & Happiness / Geluk & Gesondheid

- Kruie met Geneeskrag

CD: Stress Solutions: Relax & Unwind Level 1, 2, 3

