



WEEK FOUR PROGRAM MANUAL

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Get Better Sleep

Sleep deprivation disrupts your body's normal ability to process and control weight-related hormones such as glucose, cortisol, and thyroid hormones. An imbalance can raise your blood pressure, not to mention the fact that it can also encourage cells to store excess fat and lower your body's fat burning ability. Lack of sleep may also make it harder to control cravings and raise blood sugar.

The good news is though just three consecutive nights of full sleep will reverse this.

- Simply break and practice silence, even if it is for 5 minutes. Brief meditation may aid in restful sleep.
- A warm bath aids in good sleep. The drop-in body temperature can help leave you drowsy so avoid a hot bath as that will raise your body temperature.
- Develop sleep rituals. Listen to relaxing music or read something soothing for 15 minutes.
- Focus on deep belly breathing and a singular item. Try practicing this for 5 to 10 minutes prior to going to bed.
- Assess the temperature of your room and alter it if needed. Sometimes when people are too hot or cold it will alter sleep.
- Alcohol by itself after dinner may cause restless sleep. When you drink alcohol, have it with your dinner or food.
- Caffeine can stay in your system at least 12 hours. You may want to cut out caffeine in the afternoon.
- Try to practice stretches that lend themselves to better sleep.
- Make sure you are not dehydrated. Thirst is something that makes it difficult for people to get a good night of sleep.
- Focus on reading something positive before bed.
- Fall asleep doing a grateful list. Think of all the things that you were grateful for in the day.
- A warm cup of valerian, chamomile, or lavender tea might be of benefit. These herbs are helpful with sleep.
- Incorporating foods that help with sleep to affect melatonin and tryptophan into your diet might show some benefit. Here are some example foods: Cherries, cheese, walnuts, bananas, almonds, small glass of warmed milk.
- Normal levels of magnesium in the body are also important for proper sleep. Examples of some magnesium rich foods: Spinach, black beans, pinto beans, broccoli, cabbage, scallops, tuna, dark green leafy veggies.
- Leave the smart phone out of bed. Current research is indicating that using this device in bed causes restless sleep.
- Do not work on emails, writing bills, etc. in bed.



Improve Blood Pressure With The Three Part Breath

- If possible, dim or shut off the lights.
- Set an alarm for time you will be able to do the breathing practice.

Preparing for the breathing practice

- Sit comfortably, in a chair, feet resting on the ground and relaxing the shoulders (letting them drop)
- Close your eyes and focus on the breath
 - Inhale: belly goes out, Exhale: belly contracts
- Focus on only breathing in and out of the nose
- You may want to initially place your hands on your belly to feel the proper breathing technique (the filling of the belly with the inhale, and the contracting of the belly on the exhale)

Active breathing practice

- Inhale: visualize your stomach being a balloon and it is being filled with air
- Exhale: squeeze all the air out of your stomach (emptying the balloon)
- Remember to breathe in and out through your nose
- Breathe in, belly goes out
- Breathe out, belly button moves towards the spine
- Breathe in, fill the belly with air
- Breathe out empty the air from the belly
- Remind yourself silently:
 - Inhale, fill the belly, then the chest, then the throat
 - Exhale from the throat, then the chest, then the belly
 - Inhale belly goes out
 - Exhale belly moves in

Move into a 3 Part Breath

- The breath should be broken up into three parts:
 - On the inhale:
 - Fill the belly with air
 - Then fill the chest
 - Then fill the throat
 - On the exhale:
 - Empty the air from the throat
 - Then the chest
 - Then the belly
 - Continue to repeat the three-part breath developing a rhythm

Once the alarm sounds allow yourself just a minute or so to adjust to having your eyes open and then turn on the lights.



The three-part breath can be done anywhere.

If you do not have the option of practicing this in a place where you can shut your eyes, take advantage of practicing the breathing practice everywhere. Practice it on the bus, in the car, at your work station, etc. So, then when you do have the opportunity to practice this in a calm, quiet and stationary area you will have trained your body with the proper breathing technique and can take advantage of the full benefits this exercise can provide.

Even if you can only do this for 3 to 5 minutes a day, you will notice helpful results. Soon, you will be breathing like this on a consistent basis without having to consciously think about it.

Work towards making this a break in your day!

Sitting silently, breathing and decreasing the busyness of your brain is a simple, yet highly beneficial, tool for your health!

Take the Stress Test: www.stress.org.uk/stresstest.aspx



Recipes

The recipe section has been broken up into two sections:

1. Quick and easy recipes with general directions
2. Recipes with ingredients listed and directions



Quick & Easy Recipes

This list provides simple suggestions of ways to make veggies more a part of your lunches and dinners. This is simply just a guide, jazz up as you wish. Vary the herbs, and switch up the veggies, to make it work for you!

- Chop some onion and carrots into thin strips, sauté in a bit of olive oil. Season with salt and pepper (add some basil if you would like).
- Chop onions and mushrooms. Sauté in a bit of butter or olive oil.
- Steam broccoli, top with some parmesan cheese or a tiny bit of soy sauce.
- Sauté bok choy, or choy sum garlic and ginger in a little bit of sesame or olive oil, add a tiny bit of soy sauce.
- Chop tomato, cucumber, and cilantro, mix with lime juice, olive oil, salt.
- Thinly slice sweet potato, onion and mushrooms. Sauté in olive oil and season with salt.
- Mash steamed taro or sweet potato of choice with a little bit of milk, coconut milk or water and form into small 2 inch pancakes. Roll in panko and cook in skillet in some heated olive or coconut oil.
- Slice zucchini, onions and garlic sauté in olive oil.

- Chop up lettuce, cucumber, green onion, tomato and top with a mixture of lemon juice and olive oil (equal parts) pinch of salt.
- Sauté garlic and crushed red pepper in a bit of olive oil. Add chopped kale leaves and sauté till soft.
- Sauté collard greens in olive oil and crushed garlic. Let them go for a while until they are wilted. Top with a splash of hot sauce.
- Sauté red and green bell pepper with sliced onion in olive oil. Add a pinch of salt (and chili powder if you'd like)
- Chop carrot, coat with tiny bit of butter, pinch of brown sugar and cinnamon, roast in oven on 350 until tender.
- Chop cabbage toss with chopped onions sesame oil, pinch of crushed red pepper, and tiny bit of sugar and sesame seeds.



Recipes

Chicken Gyros

You'll Need

- 4 cloves garlic, smashed
- Juice of 1 lemon
- 2 teaspoons red wine vinegar
- 2 Tablespoons extra virgin olive oil
- 2 heaping tablespoons plain yogurt
- 1 tablespoons dried oregano
- Salt
- Pepper
- 1¼ pounds chicken pieces (boneless, skinless chicken breast halves)

Directions

- To prepare the chicken, combine the garlic, lemon juice, red wine vinegar, olive oil, yogurt, oregano, and salt and pepper to taste in a medium bowl. Whisk together until mixed well. Add the chicken pieces to the bowl and mix well to coat. Cover and refrigerate for about 1 hour.
- Cook the chicken as desired, either in the skillet or with the broiler. (I butterflied the chicken breasts and then cooked them under the broiler.) Once the chicken is completely cooked through, transfer to a plate and let rest for 5 minutes. Cut into strips.
- Serve with lettuce and tomato wrapped in a tortilla or pita.

Beet and Goat Cheese Salad

You'll Need

- 6 medium beets
- 3 Tablespoons olive oil
- 1 Tablespoon lemon juice
- 1/2 salt
- 1/2 teaspoon sugar
- 1/3 cup goat cheese
- Green onion, chopped

Directions

- Wash beets, place in pot and cover with water. Let boil approximately 15 minutes or until a knife can be inserted into the beet still being a bit firm not completely soft. Then remove beets from boiling water and rinse with cold water. Once cooled skins should peel right off.
- Chop beets into 1/4 inch cubes.
- Mix olive oil, lemon juice salt and sugar together in a small bowl. Pour over chopped beets.
- Top each serving with goat cheese and green onion.

Basil Pesto Sauce

You'll Need

- 1 cup packed basil leaves
- ½ cup toasted walnuts
- 1 garlic clove
- ½ cup Parmesan Cheese
- 1/3 cup olive oil
- Salt to taste
- Pepper to taste

Directions

Mix all in a blender or food processor until an even consistency is reached.

Tips

- You can add more garlic if you would like. You may want to mix it, have a taste and then decide.
- This pesto freezes wonderfully. Place the pesto in ice cube trays and once the pesto has solidified place the blocks in a plastic bag and use it in the future. The ice cube technique is nice because it freezes the pesto in handy portion sizes.
- The recipe can easily be doubled.
- You can try different nuts such as pine nuts or macadamias.
- You can try different herbs such as cilantro or parsley.
- Serve over top of pastas, grilled vegetables, and fish. Or turn a piece of French or Pita bread into a pesto pizza. The options are endless but all are delicious.
- Leave out the parmesan cheese for a vegan pesto sauce.