

Shelley Taylor-Smith's 10 Champion tips for Recovery of CFS

1. **Researched** and made an appointment with a respected Naturopath who diagnosed me with CFS after tests sent to the University of Newcastle, NSW, which specialises in CFS research.
2. **Undertook** a food and/or chemical sensitivity and intolerance test with my Naturopath.
3. **Re-assessed my lifestyle:** Made honest judgments and the necessary changes:
 - ✓ Respect myself
 - ✓ Listen to my body
 - ✓ When tired, stop and REST
 - ✓ Say NO
 - ✓ Dedicated ME time into my weekly planner
 - ✓ Re-scheduled my work timetable
 - ✓ Re-evaluated priorities in MY life: What Matters Most to Shelley!
 - ✓ Re-defined what is quality of life?
 - ✓ Re-discovered how to love ME
 - ✓ Re-created Champion Mindset
 - ✓ Reset the focus and positive attitude – yes I am going to get well
 - ✓ Re-commitment to Self
 - ✓ Re-aligned Beliefs and Eliminated doubts and limitations including those who did not support me (drainers, doubters, victims)
4. **Analysed my diet** and made changes after food intolerance test.

Out: wheat, yeast, dairy, red meat, caffeine, artificial sugar, rich sauces, rich foods, fried foods, takeaway foods
Anything synthetic, artificial and isolated eg. Vitamins

In: Increased protein – fish, lentils, beans, & soy products
Increased fresh fruit & vegetables
Rice crackers, rice milk, rice bread
Soy products
Grilled, steamed & stir fried meals
Only natural foods
5. **Therapy:**
 - Massages – at least one per week – preferably lymphatic drainage
 - Baths with epsom salts (raddox) and loofah body all over to increase circulation – at least twice a week
 - Meditation – ½ hr per day – to clear head and turn noises off, mind chatter and all negativity
 - Yoga – passive exercise, to regain control of the mind, body and spirit.

6. Introduced Juice PLUS+ supplementation:

Capsules: Week 1 & 2: started on 2 fruit capsules in the morning and 2 vegetable capsules in the afternoon or evening
 Week 3 & 4: increased to 3+3
 Week 5: increased dosage to 4 + 4 as my body was under more oxidative stress due to the chronic illness of CFS

Maintained 4+4 for 6 months

******Now 10yrs on I take 3+3. When I travel or workload increases I take 5+5. My only other supplementation is Omega 3 with Primose Oil. I take no other vitamins**

Complete: One scoop of either the vanilla or chocolate blend once a day, mixed with soy milk, banana & soy yoghurt then whipped up in blender into a smoothie. For variety – mix with water and other fruits.

******With my work schedule I travel a lot with flying and driving so I take the complete as both a meal supplement for breakfast and also on the plane when I know the food is not suitable to my dietary requirements.**

7. Resuming life in the world and workplace:

Once I started to heal, I had to hold myself back. Seeing the light at the end of the tunnel it was easy to forget how sick I had been as I was focussing on how well I was now feeling. Friends and family literally had me on a leash!

When I had a quarter of tank of energy, I waited.
 When I had a half tank of energy I waited.
 I waited until the tank was OVERFLOWING with energy.

8. Exercise:

Since we are unique individuals what is beneficial for YOU?
 I highly recommend you seek advice from your Naturopath and/or medical professional who is guiding you and supporting your treatment.

Your exercise should begin passively – eg. Meditative YOGA and as you begin healing your exercise programme adjusts accordingly.

LISTEN TO YOUR BODY – it will let you know loud and clear when enough is enough.

9. Your Balcony People:

Maintain strong support around you – family and friends.
 Find a CFS support group in your local community.
 It is essential for your wellbeing to surround yourself and associate with people who believe in YOU.



10. The Magic YOU Factor:

I highly recommend you seek the services of a Success coach to support you in eliminating the blocks that you may have about yourself in overcoming CFS. Removing all self sabotage, self doubt and limiting beliefs about yourself is crucial and what I refer to as The Magic YOU Factor in healing and going forward in control of you and your life.

BE GOOD TO YOURSELF – BECAUSE YOU DESERVE IT!

Shelley's motto: QUALITY OF HEALTH = QUALITY OF LIFE

If you really think about it, health is not an option it's a necessity. When it comes to my own health I only ever use and recommend the best. Juice Plus+ is unquestionably the best.

Call the Champion Mindset office on 1300 78 41 70 and speak with my Wellbeing Assistant who will advise you about Juice PLUS+, the research, how we can assist you on the road to better health! Better still review all the amazing research at: <https://www.juiceplus.com.au/st000145>

Cheers to your good health!
Shelley Taylor-Smith

Disclaimer: The information in this newsletter is of a general nature and may not suit everyone or every situation. While every care has been taken to ensure it is useful and appropriate, no responsibility can be taken for the results gained from its implementation. Please seek individual professional guidance for any difficulties you may have with your communication, inter-personal relationships, emotional management, spiritual development or psychological well-being.
Thank you.