



Renaissance
Retreat

fitness and wellbeing

Renaissance Retreat Concept

Insider secrets

to

holistic wellbeing





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Introduction

The Renaissance Retreat Concept is an holistic approach to bringing balance to the individual, through the combination of a healthy eating regime, exercise and holistic treatments and therapies, leading to a greater sense of wellbeing and happiness.

The Renaissance Ethos

The **Yin and Yang symbol** reflects our holistic philosophy of balance. By holistic we mean looking at the individual as a whole: ie **Mind, Body and Spirit**.

This triangle represents the three inseparable components of our wellbeing, and when one component is “off-track” the individual may feel unwell or unhappy. Balance is essential for harmony and health. When balance exists, the body will naturally reach its ideal weight.



The Holistic Approach

According to ancient Chinese philosophy, the dual principles of nature, Yin and Yang, manifest throughout nature and in the human body. They relate to mental, physical, and spiritual structure, and are affected by food, drink, action, and inaction.

For a true feeling of wellbeing and balance we must look at how we fuel our bodies, and how we treat them mentally and physically, with the aim of introducing lifestyle changes to restore balance.

Working on the Body through healthy eating and exercise is not enough to ensure total wellbeing. We must also work on the Mind and Spirit, changing habits and any negative thoughts and beliefs through the use of holistic treatments and therapies.

When balance exists.....

Benefits to the individual

- Stronger immune system
- Improved relationships
- Clarity and Focus
- Stress management
- Greater sense of wellbeing

Benefits in the workplace

- Lower absenteeism through illness
- Happier workforce
- Increased productivity
- Focused / Motivated staff
- Creativity & thinking outside the box



Why health is your best investment

Your daily life, both at home and at work, is no doubt full of demands; but what time do you allocate to yourself? When do you have quality “Me time”.

When you’re constantly running in emergency mode, your mind and body pay the price, resulting in major damage to:

- your Health,
- your Mood,
- your Productivity,
- your Relationships,
- your Quality of Life

“No amount of wealth can buy back your health”

Your quality of life in later years will be a result of your current lifestyle choices. Your biggest investment now should be in your health and wellbeing. Don’t wait until you have a health scare.

Decide now to make time for yourself and introduce lifestyle changes where necessary.

Start today!!

This ebook will outline the Renaissance Retreat Holistic Concept and guide you in making simple but effective, lifestyle changes for sustainable health and wellbeing results.

Those who have followed it for six weeks have enjoyed significant weight loss, inch loss, body fat % reduction, lower to normal levels of Blood pressure, reduced cholesterol, reduction in medication requirements, increased vitality and a “joie de vivre” Start to feel better today!

In the words of Nike and L’oreal.....”Just do it” ... “...because you’re worth it”

Before you start an exercise regime, visit your Doctor for consent to participate in physical activity if you have any doubts, are on medication or have suffered from conditions such as chest pain, dizziness, high blood pressure, joint pain, heart conditions etc. Men over 45 should consult a Doctor before exercising.



Renaissance Retreat Concept

Exercise

Movement is essential for your health and wellbeing and aids weight loss.

The American College of Sports Medicine (ACSM) has released a new position stand called *Appropriate Physical Activity Intervention Strategies for Weight Loss and Prevention of Weight Regain for Adults*. Here is a summary.

Prevent weight gain

- 150-250 minutes/week of moderate-intensity physical activity is associated with prevention of weight gain
- More than 150 minutes/week of moderate-intensity physical activity is associated with modest weight loss.

Weight loss

- 150-250 minutes/week of moderate-intensity physical activity provides only modest weight loss.
- Greater amounts (eg, >250 minutes) provide clinically significant weight loss.
- Energy/diet restriction combined with physical activity will increase weight loss as compared to diet alone.

For weight maintenance after weight loss

- There is some evidence that >250 mins/week of moderate-intensity physical activity will prevent weight re-gain.

Benefits of Cardio, Flexibility and Weight Training

Cardiovascular exercise eg jogging, aerobics, cycling, brisk walking **Recommended 3 – 5 times per week**

Cardiovascular exercise increases both, metabolism and lung capacity. The lungs thus become more efficient at delivering oxygen. The heart becomes stronger and beats at a slower rate when resting. The heart becomes more efficient and blood supply is enhanced. Circulation improves and Endorphins may be released causing us to feel happier and healthier.

Flexibility training

Stretching, Pilates and Yoga are forms of flexibility training and over time, allow your joints to move through a greater range of motion. By decreasing resistance in tissue structures you are less likely to suffer an injury. stretching after exercise reduces muscle soreness. Flexibility training improves posture and increases blood supply and nutrients to joint structures.

Weights / resistance training **Recommended 2 - 3 times per week**

Research has shown that Weight / resistance training, through building lean muscle mass, increases your Basal Metabolic Rate (ie resting metabolic rate) by up to 15%. For every additional pound of muscle you gain, your body burns around 50 extra calories every day. In addition to this, Resistance exercise can reduce bone deterioration and build bone mass, preventing osteoporosis.

A combination of the three types of exercise outlined above, is the most beneficial for health and wellbeing.



Obsession with the scales

As you build muscle, you might notice that whilst your weight might not be decreasing quickly, your clothes are feeling looser and your reflection shows a slimmer, more toned you. This is because muscle weighs more than fat. These physical changes are far more important than anything the scales have to say.

Don't focus on the scales - your **body fat %** is what you should be concerned with.

Did you know you have to burn 3500 calories to burn 1 Lb / 0.5Kg FAT?

To burn 3500 calories you need to walk 35 miles at a moderate rate. Check table below for calorie expenditure.

TIP Walk 10.000 steps daily to maintain health and weight loss.

Calories burnt per hour

- Lying down or sleeping 90
- Sitting quietly 84
- Sitting and writing, card playing, etc. 114
- Cycling (5 mph) 174
- Dancing (Ballroom) 210
- Golf (2-some, carrying clubs) 324
- Horseback riding (sitting to trot) 246
- Light housework, cleaning, etc. 246
- Swimming (crawl, 20 yards/min) 288
- Tennis (recreational singles) 450
- Walking (2 mph) 198
- Aerobic Dancing 546
- Circuit weight training 756
- Roller Skating (9 mph) 384
- Jogging (10 minute mile, 6 mph) 654
- Cross-country Skiing (5 mph) 690



Healthy eating regime overview

In addition to exercise you must also include good fuel. At Renaissance Retreat, the regime we follow is not a "slimming diet", something you do for a short period and then forget about until the weight starts to return.

This is a lifestyle change. The aim is to calm the digestive system, boost the metabolism and bring the body back into balance allowing you to reach your ideal weight.

You will now forget about calorie counting and weighing food and start to think of food as fuel and consider the nutritional value. The higher the grade of fuel, the healthier the body will be.

What you can expect

Applying the Renaissance Retreat Concept will not only cleanse your body through the detox and nourish it through the high intake of nutrients in the food but will also

- Boost your metabolism
- Refine your digestive system
- Decrease your body measurements proportionately
- Reduce your weight

How does it work?

Our motto is "Everything in moderation". Fresh and varied is the key. We do not believe in restriction and cutting things out forever. This will lead to cravings whether you like those things or not.

Those food groups ie Proteins, Carbohydrates and Fats are called *Essential nutrients* for a reason. Without them the body will not function properly so they must be included in your diet.

The stomach should never be bloated. Eating the wrong things for your body or the wrong combination can cause gas production and bloating. This is very common with wheat intolerance.

Many people claim to eat healthily but still continue to gain weight. We must look at WHAT we eat, WHEN we eat it and HOW we eat it and how we MIX it to establish if we are eating properly.

The benefits

The Renaissance Retreat Concept has many health benefits and ensures sugar levels are maintained evenly throughout the day which will help avoid

- mood swings
- cravings
- over-eating

Marked improvements have been seen in those with

- Diabetes
- High Blood Pressure
- Sinuses problems (high mucous production)
- Arthritis and Rheumatism

Weight loss

is a natural by-product of following the regime.

The body will continue to shed weight until it reaches a healthy level for the individual.



HUNTER GATHERER

Physiologically our bodies have not changed much since hunter gatherer days. With a healthy diet and sufficient exercise we could in theory, live to 135 years of age.

Our ancestors ate what was in season, fresh food, not stored. There wasn't too much choice so they didn't ask the body to deal with lots of variety at the same time. They didn't do anything else when eating such as watching TV etc.

Healthy eating regime guidelines

To feel real benefits and to achieve maximum results we suggest you follow the plan for a six week period.

A) During that time we suggest you avoid the foodstuffs mentioned below as these items affect:

- Acid levels in the stomach
- Sugar levels in the blood
- Dehydration
- Metabolism and how the body deals with food.

1. Alcohol is a direct depressant and remains in the blood stream for up to 30 hrs. It dehydrates.

2. Oranges create difficult digestion and challenge our systems by affecting the acid levels in the stomach. Those with Arthritis or Rheumatism should decrease or avoid the intake of oranges as joint problems will worsen due to the build up of uric acid

3. Caffeine affects sugar/fat metabolism and causes dehydration.

4. Dairy (Lactose in Cow's milk) Many suffer from an intolerance to this. The protein in milk causes a backlash in the stomach. The stomach is forced to produce a lot of acid to break down the protein. Those with stomach ulcers would be advised to reduce or eliminate their intake of cow's milk and dairy products.

5. Wheat intolerance will affect the metabolism and slow it down. It will cause bloating and water retention

6. Hot spices are considered to be metabolism boosters. During this six week period we are trying to calm the body and bring it back into balance naturally. By all means use herbs and milder spices to make tasty meals.

After six weeks We suggest you introduce one of the above every 10 days to see if it affects your body in a detrimental way before introducing the next. It may take up to 10 days for your body to react.

TIP Coming off alcohol and caffeine may result in severe withdrawal symptoms such as nausea and headaches. If you normally consume a high daily intake of either / both, then it would be better to gradually cut down over a few days. Avoid paracetamol as many contain caffeine. Replace tea & coffee with hot lemon water to flush the toxins out.



B) Start the day with **hot water and lemon**

This acts as a mini detox. Although lemons are an acid fruit, they metabolize as alkaline.

It has been scientifically proven that the body works best when the PH level is 7.36 Alkaline.

C) **Fruit until midday** to continue the detox process and to make the brain more alert

Fruit should be eaten by itself for two reasons.

1. You will absorb ten times the nutrient value than if you mix it with other foods.
2. Fruit digests within 15-20 minutes. If eaten after a meal the following occurs. The body digests the meal in the order in which it is eaten. With Protein and carbohydrate we are looking at 2 – 3 hours for digestion. If fruit is eaten on top of a meal it will sit in the digestive system waiting for the other foodstuffs to digest. During that time the fruit will ferment, turn to sugar and subsequently fat if not used up.

Eat fruit in season as it is of a higher nutritional value. Try to eat a variety of fruits each day.

TIP **Banana is a starchy carbohydrate, so do not include it in your fruit breakfast. It can be eaten with porridge before going to bed to help you sleep and avoid fridge raiding in the night.**

D) **Food combining**

By not combining correctly you can end up fat storing instead of fat burning. At Renaissance we eat according to ancient Chinese principles, now more popularly known as the Hay Diet or Food Combining.

Dr Hay had been unwell and his peers were unable to offer a solution. Through paying particular attention to

- what he ate
- when and
- how he constructed his meals

Dr Hay noticed patterns. This led him to devising the Hay Diet, curing himself in the process.

The Renaissance Retreat Concept includes the ***main principle of Food Combining:***

To avoid bloating etc and to make the process of digestion more efficient (which in turn will lead to more effective elimination); **do not mix Proteins with starchy carbohydrates.** Think vegetables or salad first and then decide if you are going to add Protein or starchy carbohydrate.



BASIC FOOD COMBINING SUMMARY

VEGETABLES / SALADS

STARCHY CARBOHYDRATES

- PASTA
- POTATOES
- RICE
- BREAD
- SWEETCORN
- PULSES / LEGUMES

PROTEINS

- FISH / PRAWNS
- CHICKEN / PORK
- RED MEAT / LAMB
- MILK / CHEESE
- QUORN PRODUCTS
- SOYA PRODUCTS

RULES

Hot water and lemon drink first thing in the morning to alkalise the body.

Fruit up until noon.

For the rest of the day **think vegetables** and then decide if adding protein or starchy carbs.

Drink a minimum of **2 litres of water** per day. If working out or doing physical work, drink more.

Do not drink with meals as this dilutes the gastric juices used in digestion.





E) Water

Water is equally as important as the air we breathe. Man can stay alive for some time without food but cannot stay alive for long without water. Water is an important element and the human body contains about 75 per cent of water. It is the basis of blood, digestive juices, urine and perspiration.

A regular fluid intake from our daily diet is crucial to maintain good health. This is because the human body does not store water in the way it stores calories (as glycogen or body fat), so we need a constant supply every day.

The human body loses on average the equivalent of 6-12 cups of water daily through breath and perspiration, urination and via the bowels (feces).

It is important to **keep the body hydrated with water** as it keeps the body healthy in several ways.

- It keeps the blood clean,
- It makes the skin soft and supple,
- It cools the body when it becomes overheated thus it maintains the body temperature.
- It lubricates and cushions organs
- It flushes toxins out of the bloodstream via the kidneys.
- If the kidneys do not function properly due to insufficient water intake, then the liver that metabolizes fat, has to focus more on eliminating toxins and as a result metabolizes less fat. If you want to decrease fat then you should drink enough water.

Dehydration

You can recognize dehydration by symptoms such as:

- dry and itchy skin
- coated tongue
- Indigestion
- Constipation
- Irritability
- lack of concentration
- urine the color of apple juice



Nutritional Tips and facts

For better digestion, avoid dining at your work desk or in front of the TV. Be aware of the food you are consuming so you are conscious of having eaten. Digestion of carbohydrates begins in the mouth so chewing plays an important role. Eat slowly and put your knife and fork down between mouthfuls.

Water and protein are the only two things that we can consume that will not turn to sugar and subsequently fat.

Protein will keep you feeling fuller for longer.

Excess protein is flushed from the body. Everything else that we put into our bodies turns to sugar. This will turn to fat if we do not burn it off.

Sometimes we confuse **thirst** for hunger, so try drinking a glass of water first.

Eat **natural products** as the body can easily break them down, such as honey instead of sugar and butter instead of the alternatives.

Avoid refined foodstuffs such as white sugar, white flour and white rice as the goodness has been stripped in the refining process and the body is not designed to digest them. Eat brown rice and wholegrain products instead.

The body will become **bored if you eat the same things** over and over and will not gain the same level of nutritional value. This applies to exercise too. You shouldn't expect different results from the same routine.

Fresh food is absorbed better and is more nutritious. Frozen vegetables contain about 95% of the nutrients.

Avoid tinned or processed foods as they are full of sugar and salt.

Always **read the labels** on food packaging for salt and sugar content as you may be surprised.

6mg of salt per day is the recommended limit. Most foodstuffs contain salt so there is no need to add more.

Don't eat anything that has more than 3% **fat content** while losing weight and generally avoid more than 5%.

You have undoubtedly heard of cholesterol and claims we should avoid fat. However, the body needs **good fats** to break down the bad fats so include cold pressed oils such as olive oil, avocado, nuts and oily fish in your diet.

PORTION SIZE Our bodies guide us as to how much we really should consume. An individual should only eat a meal that fits comfortably in his two hands, cupped.

SEEDS and nuts contain essential minerals and some vitamins. Put them in salads if you don't like eating them. If eating as a snack, do not have more than one handful of nuts as they are very high in calories.

A good healthy diet of organically grown fruit and vegetables should provide all the nutrients our bodies need.



Holistic Treatments and therapies

Working on the Body through healthy eating and exercise is not enough to ensure balance and wellbeing. We must also work on the Spirit and also the Mind, changing habits and any negative thoughts and beliefs.

Holistic health evaluates many aspects of your life such as your social, professional, and mental conditions while finding a way to treat you individually.

“...issues are in the tissues”

When dealing with imbalance, holistic practitioners ask the question "Why?" Holistic methods figure out what has gone wrong and why it has happened in an effort to establish and rectify the cause, instead of treating the symptoms specifically.

Comfort eating – substance abuse

We’ve all heard of comfort or emotional eating. Comfort eating is a symptom of an underlying cause. It is the stuffing down of emotions with food to avoid feeling the emotion. It is the same with substance abuse. To stop ourselves “feeling” we reach for the substitute.

To stop this process escalating, we must first Identify the emotion we are avoiding, which could range from stress, loneliness, boredom, fear to maybe guilt. Secondly we must establish and understand the underlying cause.

There are various therapies such as Neuro Linguistic Programming (NLP) which works on the sub-conscious mind and The Rosen Method, which works on the sub-conscious body, which will help you achieve this.

As we are all individuals, one treatment or therapy may be more beneficial to some than others so it is worth exploring to see which treatment or therapy is more suitable for you

Some examples of Holistic treatments and therapies that are used at Renaissance

- Neuro Linguistic Programming (NLP),
- Counselling,
- Hypnotherapy
- Emotional freedom Technique (EFT)
- Rosen Method
- Homeopathy

- Yoga
- Meditation
- Massage
- Craniosacral therapy
- Reflexology
- Accupuncture

**When you are happy on the inside,
It will be reflected on the outside!**



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Thank you,

For downloading our ebook.

We hope you enjoyed it and find it useful on your journey to a greater sense of wellbeing.

“A journey of a thousand Miles begins with a single step”

Lao-Tzu

Renaissance Retreat,

Exclusive fitness and wellbeing retreat,
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