



YOUR SUPER POWER SPACES

Top science proven
hacks to **Super Power**
your spaces and
DRAMATICALLY BOOST
Fat Loss | Fitness | Flow

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DISCOVER **FUNK**TIONAL FENG SHUI

The 4 Pillars of FUNKtional Feng Shui

Pillar 1: Decluttering and Organization

Pillar 2: Detoxification

Pillar 3: Spacial Intention Setting

Pillar 4: Optimization and Reset

Feng shui and wellness art sciences like it, such as Vastu Shastra have histories thousands of years old, and over the years have evolved and branched off into many directions. However, the goal has always been the same, to help make your home and other personal environments as healthy and energetic as possible.

Many people through misunderstand the intentions behind these arts, and the many myths revolve around them, leading people to view them as superstition, magical, and nonsense. Or many believe that in order to utilize the arts of feng shui or vastu into your lives they must use only Chinese or Indian decor. But all these are not true.

Feng Shui and Vastu are arts based on natural sciences. Granted, there are some aspects that are more art based, and some based on superstition or cultural beliefs; such as using a mirror to reflect negative energies, crystals to disperse energy, etc., but for a great part these practices are based in real sciences, health sciences and psychology.

What is important however is the intentions offered through these practices where the magic truly lies. These practices are designed to help you boost your health and energy, by helping set up your personal environments to help improve numerous aspects including; sleep, focus, productivity, fitness, inflammation, toxin load, relationships and mood.

This is where FUNKtional Feng Shui shines. You will not find any mirrors, crystal balls hanging on strings, Chinese waving cats, altars, or laughing Buddha's. What you will instead find is principles and practices based in natural sciences, health sciences, traditional wellness practices, health psychology focusing on elements of mental, social, and emotional wellness and behavioral psychology. It also uses some elements of the more modern bio-hacking and technology when needed to create holistic focus infused spaces with a bit of funk and vibe.



PILLAR ONE

ORGANIZATION & DECLUTTERING



The first step in any home health transformation is a solid cleaning and organization. However, the kind of cleaning and organization done in FFS is a bit more in-depth than just straightening up and a quick wash.

Step 1: In FFS we begin with going through your home and doing a primary survey of all your cluttered areas and disorganized areas. We then start to break things down into needed and not needed. Is there duplicates? Broken items? Things you have no real use for? If so get rid of them. This is usually the easiest step.

Step 2: Once we have done a basic survey of the needed and not needed, we then set off to organize. Placing things in boxes, labels, compartments, trying to make everything as clean as organized as possible. From your refrigerator, to your closets, to your kitchen drawers and even your laundry room (this room is nearly 100% of the time a relatively utilitarian space that gets very little recognition for the very important aspect it serves).

Step 3: Once we have found everything a home, we then set to clear surfaces. Clearing counters, shelves, tables, and desks. Modern psychology has proven that cluttered areas can draw attention away and create both a lack of focus and anxiety. Even having a cluttered area on your desk in your peripheral vision can create undue anxiety, leading to increased stress.

Step 4: Tying in somewhat with step three above, the final aspect is looking at the remaining items in our home, and doing a proper and introspective survey of whether or not that item(s) brings you joy. Is it a gift you don't like but you feel bad donating? Is it an item left to you? Is it a picture you have but you have never gotten around to hanging it in years? We have to make sure the few things we plan on showcasing in our homes only bring positive and/or useful interactions.

PILLAR TWO

DETOXIFICATION

Many people don't realize just how many micro-toxins are in our homes and environments. Perfumes, exhaust from cars, laundry scents, cleaning chemicals, xenoestrogens from plastics, air fresheners, smoke, gardening chemicals, chemicals in cosmetics, anti-bacterials like Lysol, even the soaps you're using are silently affecting your health. In fact there are over 144,000 man made chemicals currently, with over 2000 being released every year, making it impossible to know how all these could possibly interact with us. Or what combinations are unhealthy.

One of the most important aspects of our environments is getting back to using as natural materials as possible, and saying that, those that have been proven to have little to no health issues, or even potential health issues. Everything from what we clean with, to what we eat from, to what we sit on, and sleep on.

Now there will never be a perfect solution, nearly all of our clothing is also manmade materials, but there are a number of aspects of our lives we can control.

Step 1: Get your air under control. Open a window, run an exhaust fan a few hours a day, make sure you are not bringing outdoor substances inside (keep shoes outside), and make sure you are not re-polluting your air (see below). Another good tip is running your bathroom or stove fan for an hour twice a day to help ventilate your air.

Step 2: Filter your waters. Make sure to filter your drinking water, as well as mitigating your bathing water. Using a shower filter, bath ball, or vitamin C and baking soda in the bath.

Step 3: Reduce or remove the harsh cleansers and soaps. Anything with parabens, or other harsh or potentially harsh substances. Eliminate the non-natural anti-bacterial soaps.



Pro Note - There are many natural cleaners available, but vinegar, baking soda, lemon, and essential oils can do a whole lot.

PILLAR TWO

DETOXIFICATION

Get rid of the perfumed products, and start to replace with natural cleaners, and cosmetics. Personally I like vinegar, lemon, hydrogen peroxide, baking soda, and basic rubbing alcohol, laundry powders, and essential oils.

** A note on essential oils. Make sure to do some fast research on any oils you may plan on using, some are not good for pets or babies, while others **may** have potential negative health affects such as lavender, or tea tree, which some studies show **may** cause estrogen imbalances.*

Step 4: Start to reduce hard materials with toxic substances such as plastics, fire retardants, stick free coatings, Gore-tex, etc. Try to use glass, steel, copper, stone or wood. And more natural materials like wool, cotton, hemp and 100% natural latex.

Step 5: Start to reduce, or eliminate EMFs, and make sure you are not near any EMR fields when sitting or sleeping. This is usually done with the help of a Building Biologist, however, you can also get your own EMF detector to do your own analysis.

Step 6: Refreshen your air with natural scents. Use essential oils sparingly (as mentioned always research as they vary in quality and some even can have their own high levels of VOCs), potpourri, or flowers. But a quick formula of essential oil + rubbing alcohol + water makes great all-natural air freshener.



PILLAR THREE

SPACIAL INTENTION

When thinking about our home, I like to generally categorize the rooms into 2 categories. Yang energy or Yin energy, stimulating vs. relaxing. Saying this, each rooms will have and must have aspects of both, and some such as the washroom even change their balance depending on the time of day (see *bathroom on next page*). However, each room will more than often be dominate in one area. Once these rooms are categorized, you need to look at the ideal purpose of each room.

- I. What is the rooms primary purpose?
- II. What is the result you want to get from that particular room?
- III. How can we boost the intention of that room through various means such as materials, colors, scents, lighting, decor, etc.
- IV. Do we need to have some space dedicated to certain physiological/psychological affects?

This can be balanced between a number of factors including psychologies, health sciences, natural and environmental sciences, and personal preferences.

Below I will quickly cover the main purposes of each room, and following that we can look at what we can do to empower that purpose. I will also add in some of the more practical actions we can take from traditional feng shuis as well.





BEDROOM. Intention - Recovery. Relaxation. Relationships

The primary purpose of the bedroom is recovery and relaxation. This room also serves as a place of intimacy. The design of the room need to be calming, and relaxing, and also to strengthen relationships of the people using that room. The bedroom is 1 part of the health triad.



KITCHEN. Intention - Nourishment. Strength. Health

The primary purpose of the kitchen is nourishment. The kitchen is arguably the most important room when it comes to your health. This is the room where to create meals, and this room is literally the room that can make or break your health. This room has to be inspiring, and make you think health, natural, strength, nourishment. The kitchen is the 2 room of the health triad.



WASHROOM. Intention - Cleanliness. Recharge. Prepare

The washroom is often the most misunderstood aspect of the home, and in traditional feng shui was a bit of a black sheep, usually being added as far away as possible. But today's modern washrooms, and indoor plumbing have changed that. The washroom is now seen as a place of hygiene, a place to relax, and prepare. This is why I call the washroom a bit of a bi-energy space. In the morning you want a bright and invigorating feel to wash and prepare for the day, but at night, you want it to serve more of a calming spa like purpose. However, I do tend to lean more towards a spa like environment in the washroom over all. The washroom makes up the final part of the health triad.



OFFICE. Intention - Productivity. Creativity. Career Success. Stimulation. Focus

The office literally represents career and its purpose is proclivity and task completion. We want to make sure this room is bright, inspiring, yet organized and free of clutter. I also remind all my clients that we still have to focus on health even at work, and creating a space that influences movement is crucial to proclivity. In fact studies have shown that if you can be more active you will actually get more done and be able to focus more. However, we also need to still keep the room grounded so we don't get too overwhelmed with stress on more difficult days, so we will add some stress release hacks.

PILLAR **THREE**

SPACIAL INTENTION

Pro Note - A good temperature for sleep optimization is around 17 degrees C. or 68 degrees F.

Pro Note - Keep the colours calm, and natural. Avoid excessive vibrant colours like yellow. But a splash of red represents strong relationships.

The use of color, lighting scent, texture, and ambiance now will become very important in these rooms.

BEDROOM - Ideally neutral and subdued colors work well, pastels, beige, grays, and earth naturals. Ideally you don't want too much bright or aggressive colors such as bright white, yellows, reds and oranges. The room should feature lots of soft materials, and have a generally "cozy" feeling. Saying this you also do want to be sure to add in some yang energy colors such as dashes of red, orange or yellow. You also want the lighting to be subdued, preferably using table or standing lamps, as opposed to overhead bright lights. The earth and wood elements such as wooden, and stone furnishings make good additions.

Classical feng Shui also tells us the bed should be in the command position of the room meaning far from the door and facing to door (to see if anybody is outside your door), and to react in case you needed too. As well, having the bed below a window is not a good idea for the draft and temperature variations and outside noise. Also, don't place your bed against a wall that has a toilet or other noise making device on the other side, such as a garage door, dryer, washer, etc.

You should have no mental stimulations such as a TV, video hame system, or even shelves of books.

For art, it should be neutral to calming. Pictures should be kept to a minimum of you and your spouse together, pictures of groups, your mom, dad, kids, etc., are better placed elsewhere.

A few other considerations I will cover in the next section are being aware of the EMFs, and range of electrical fields in your bedroom. The scent of the room should also range from very neutral (no scent), to scents to help you relax, and engage the para-sympathetic system.

PILLAR THREE

SPACIAL INTENTION

The use of color, lighting, scent, texture, and ambiance will become very important in these rooms.

KITCHEN - Ideally the kitchen will reflect cleanliness, energy, purity and even wealth.

You want to keep the kitchen to bright colors such as white, along with some mid-yang colors such as yellows, and greens. Grays can also be used to compliment the whites, and bring down the overall “brightness”, after all you don’t want a glowing kitchen. I have also found that a small area dedicated as a blackboard wall can also add some depth, and a hint of class. It’s also a great addition for writing notes to each other, or for grocery reminders.

The use of the elements of metal, and wood are also handy to add some earthy feels to this rooms and the use of plants is VERY much recommended. Living plants have always been used to represent growth, nature and nourishment, and the kitchen is a great space for these. I suggest the use of herbs and even a small indoor herb garden.

Making sure the kitchen is clutter free and counters and stove are minimal and organized as well can be very powerful. Fen shui classically doesn’t like hanging pots and pans, yet I feel that they are very useful, providing A - they don’t hang where you will hit your head, and B - They are good quality and good looking. Stainless steel and copper exterior pots can look great, and emit the feeling of a 5 star restaurant kitchen. But saying this, make sure the area is large enough, and only hang a few key pieces.

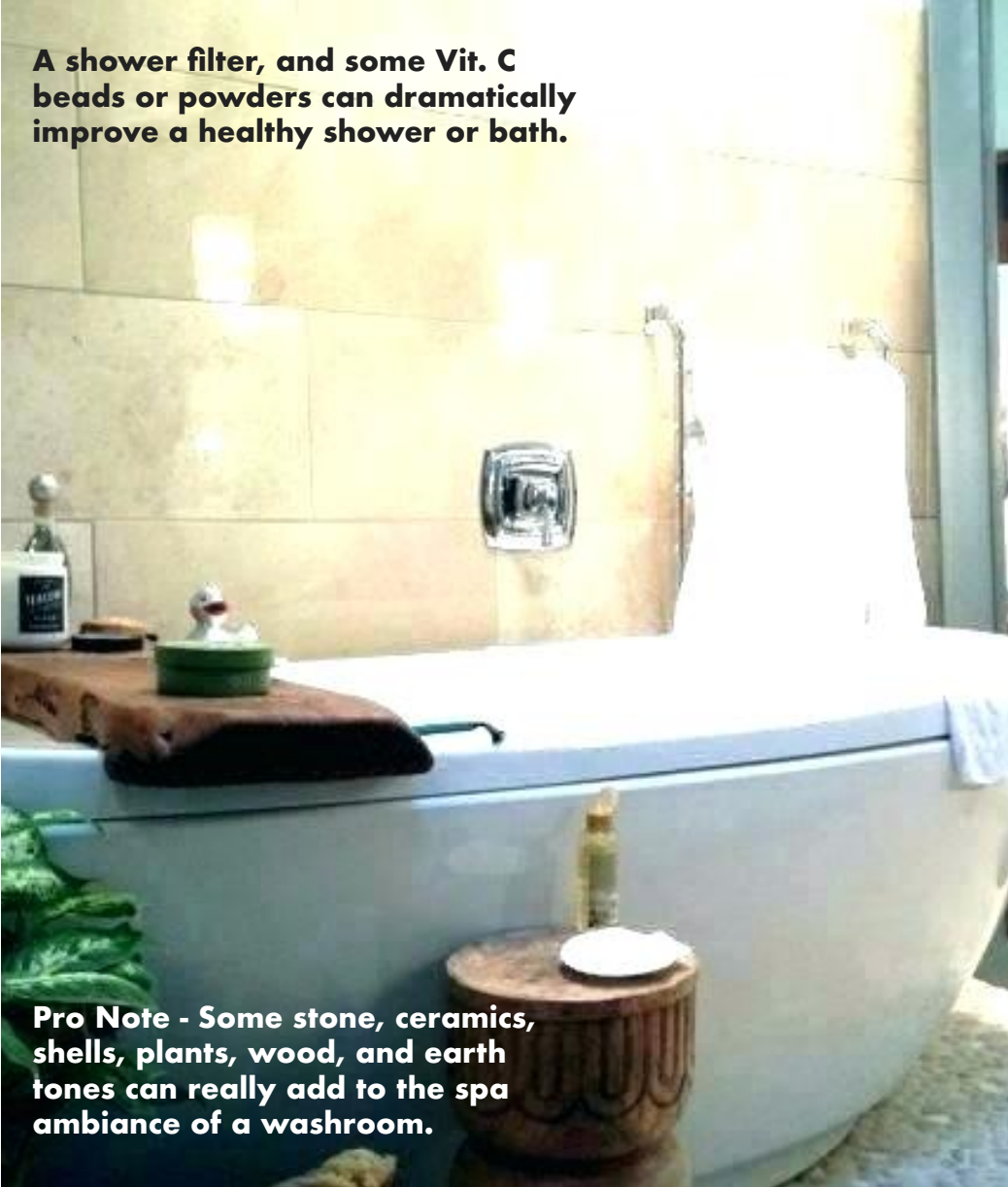
Make sure that all areas from the counters, to shelves to floors are easily washable as well.



Pro Note - Adding some yellows, greens, wood and stone elements can bring out the vibrance of a nourishing kitchen.

PILLAR THREE

SPACIAL INTENTION



A shower filter, and some Vit. C beads or powders can dramatically improve a healthy shower or bath.

Pro Note - Some stone, ceramics, shells, plants, wood, and earth tones can really add to the spa ambiance of a washroom.

WASHROOM - The washroom is usually not someone's favorite room, like the laundry room it often is kept very utilitarian, which is a shame since so much can be done with a washroom. But starting today I want you to start thinking about the washroom as your own private spa resort.

Who doesn't love the spa? Hot tub. Steam room. The scent of citrus, lemon grass and eucalyptus. And even a cold dip for those brave enough to strengthen their body, minds and resolution.

The washroom has two main main purposes; hygiene and relaxation, the washroom can wake you up and prep you for your day, or it can relax you, ease sore muscles, calm a wild mind, and help you get ready for a relaxing evening and deep sleep.

Washrooms need to be

1. Easy to clean.
2. Bright in the day to wake up and energize your morning, but also with the ability to be relaxing.
3. The ability to change mood, from energizing and purpose focused Yang, too relaxing and calming Yin.
4. Low toxin. So keep only natural products, and use shower filters.

I suggest the use of mainly white, creams, and some dashes of grey. Natural elements particularly some, marble, and wood go well to create the spa feeling, and some plants can add some vibrancy and energy (as well as cleaning the air). I also find a dash of orange or yellows can add some brightness without being overwhelming.

For lighting some bright over head lighting works well in the day, as well as a window open to get in some fresh air, but in the evening, I suggest blinds for privacy, to block outdoor light, and to use small lamps with softer glows. In my washroom I use only a single Bedtime Bulb after 7pm, and especially during my evening salt bath. If you have the space and money, a jet bath, or even steam shower are great investments. Hang a few branches of eucalyptus on the shower head.

PILLAR THREE

SPACIAL INTENTION

Pro Note - Your ZenZone does not have to be meditation themed. Have fun and decorate with your personality. Just keep in mind the intention of the space.

The latest-ancient tradition to the typical holistic home

ZENZONE - A space that is missing in nearly all homes in the west is what I call a Zen Zone. Throughout Asia and India you will often see small areas in home dedicated to religion, meditation, or prayer, such as the traditional Pooja rooms of India, or the small Buddhist shrines in many SE Asian homes, or Japanese homes called Butsudans. Yet we rarely see them here.

The main reason I think is often these areas are associated with religion and prayer, yet they in no way have to be. I design areas for myself and my clients that are just small areas to relax on “zen out”. These can have any theme you want, with the only rule being, it must be a place to help you relax.

Zen Zones can be a place to read, paint, write, sit back, mediate, practice breathe work, however you find works for you.

The colors should be kept soft, and natural, pastels, creams, whites, and grey's work well. The space should be quiet, and tucked somewhere when you won't be distracted. Often by a window is an excellent choice. The lighting should be natural, and relaxing. CFL's and fluorescents are not the best choice. Candles, rock salt lamps, a low wattage soft floor bulb lamp, and the Bedtime Bulb work well.


For seating, there are now many choices of floor cushions, Zafus, Zabutons available, as well as shag rugs, yoga mats, and meditation matts and cushions. If you're in Vancouver, check out www.mandalabooms.com and use the code **RorAlexander** at checkout to save 15% on your order.

A Zen Zone can be as small as 4 feet by 4 feet, to an entire room. The size is up to you and the space you have to use.



PILLAR **FOUR**

RESET & OPTIMIZATION



Pro Note - You want lights with low blue and green wavelengths after 7pm. Ideally the Bedtime Bulb™, an incandescent bulb, a red incandescent bulb, fire, or Himalayan Pink Rock Salt Lamps.

One of my favorite parts of FUNKtional Feng Shui is the optimization phase. Once we have organized, emotionalized, detoxified and set the intention of the rooms, then the fun can begin. A great amount of this is a fusion of natural health sciences, various aspects of a number of psychologies and modern technology biohacking.

Designing a healthy home involves so many aspects.

1. FUNCTIONAL HEALTH KNOWLEDGE
2. BEHAVIOURAL PSYCHOLOGY
3. EMOTIONAL PSYCHOLOGY
4. MODERN BIOHACKING USING TECHNOLOGY
5. NATURAL SCIENCES
6. NUTRITIONAL SCIENCES
7. ANCIENT EASTERN WELLNESS PRINCIPLES
8. PERSONAL PREFERENCES
9. CULTURAL PREFERENCES.
10. AN EYE FOR ART AND SPACING
11. SOME IMAGINATION

This is why I often suggest to everyone to bring in a specialist to help you start to design a healthier home. However, by following the guidelines from this book above, and the rest of the tips below, I can promise you will be WELL ahead of the regular folks who have no idea about how all the things I speak about in this book affect them. Moods, emotions, energy, career focus and family life.

PILLAR **FOUR**

RESET & OPTIMIZATION



BIOPHILIC DESIGN

Probably one of the oldest and most popular part of healthy home design even dating back thousands of years, is adding greenery to homes. From King Davids temple the Bible, to ancient Egyptian palaces, to Roman courts, to Buddhist temples, nature elements have always held a large place in design.

Nature offers many benefits, from fractal patterns that soothe the brain, to cleaning the air, to adding color and life, adding scents some of which can raise immunity, adding plants to your home is a must. Even artificial plants can have psychological benefits, and studies have shown that even images of nature can reduce stress. So no green thumb, no worries, there is a plant (or fake plant) for anyone.

FUN FACT!

Just one small bottle of 30ml orange essential oil, contains the oil from over 300 oranges!

NATURAL SCENT

Essential oils all come from plants, they are very concentrated oils harvested from any variety of sources, from fruits, to barks, to flowers. Essential oils make a far better solution to chemical rich room spray, perfumes, and plug-in air fresheners, which can have over 50 non-labeled non-natural perfumes, many of which are being linked to a variety of health issues.

Keep in mind however, essential oil qualities vary, and some research should still be done on whatever scents you choose. Flowers and potpourri are also great choices.

PILLAR **FOUR**

RESET & OPTIMIZATION



Pro Note - Washrooms truly serve a dual purpose, being at one point more yang, and other points more yin, should be able to have both bright lighting for the day, and spa like lighting in the evening

LIGHTING

We are probably not too far away from even the main stream considering lights as an essential nutrient in our lives. And indeed they would not be far off. If you think about it light plays a huge part in our lives. The sun provides warmth, is the best source of vitamin D production, can boost mood in moments, helps balance and reset our circadian rhythms (our sleep/ wake cycle), and is even a huge part of boosting testosterone and strengthening bones. On the opposite, think of the stereotype of depression and its correlation to dark rooms, lying in bed, lights off, and low energy, depressed people.

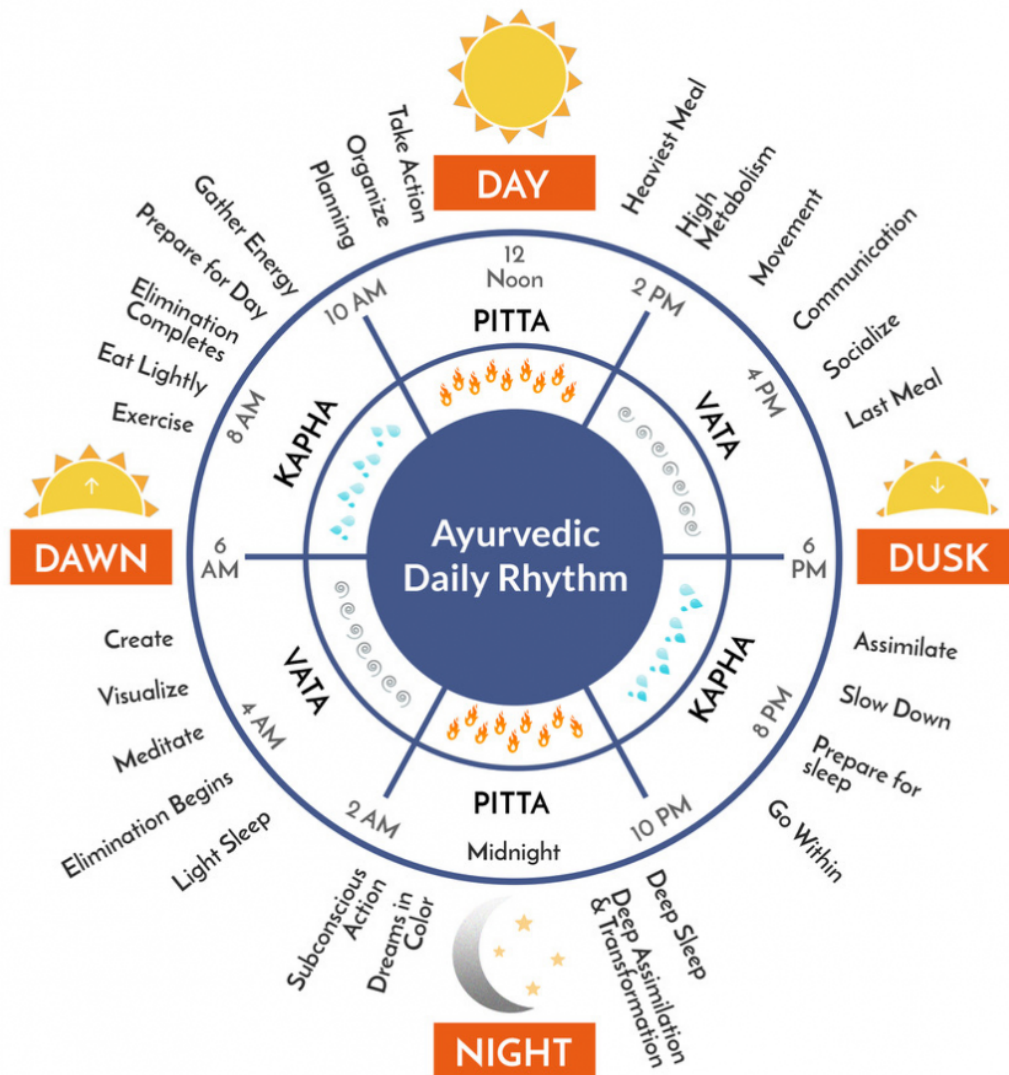
Light has been a huge part of our lives for years, as well as dark, and now we are quickly descending into what many health experts think of as a lighting problem, but can also be considered a harness issue. Here are the 3 main issues.

1. **We get very little full exposure sunlight. Spending 99% of our days inside, and many of us live in areas with long winter nights and short winter days, covered crown to toes in clothing.**
2. **We are using way too much “imperfect lighting” throughout the days and into the hours. Often referred to as junk light. Fluorescents, LEDs, and other ultra blue sources. And we are using these well into the evenings and late nights.**
3. **We have very little complete darkness. From the lighting I spoke about in the point above, to the lights from our phones, alarm clocks, and even coming in off the streets through our windows. One could say our issues is actually a lack of darkness issue”.**

Now that we know these points., what are some of the concepts of lighting we can start to apply to our homes, offices, and daily lives. As you will see Functional Feng Shui is not just about aesthetic changes, it's about also creating new habits that provide us with the environments we require to operate at peak optimization.

PILLAR FOUR

RESET & OPTIMIZATION



GET EARLY MORNING SUN

Making sure we get some early morning sunshine is rule #1. The sun is the most valuable form of light we will ever have, and even a cloudy day is often brighter than the brightest artificially lit room. The sun also contains a number of beneficial spectrums that science has been showing more and more benefits our minds and bodies. Evolutionary we got up with the rising sun, and went to bed with the setting sun, but the advent and high use of indoor lighting has quickly eliminated this healthy pattern.

Open your windows as soon as you wake, turn up the blinds, and on as many days as you can get outside. Even just have your morning coffee, tea or breakfast on your balcony or patio. Even if it's cooler outside, just bundle up, and get some real, unfiltered sun in your eyes.

GET BRIGHT

Besides the sun, I suggest a few other tools that can really help make your mornings a lot better, from improving mood, to helping significantly boost energy.

Wakeup lamp - I use a wakeup lamp all year round, even in the summer. The reason I have to use a wakeup lamp is I use blackout blinds in my bedroom in the evenings. This makes it impossible to "rise with the rising sun", as literally I do not see it. Yet, I have come to value my wakeup light as an important part of my mornings, and so do all my coaching clients, Youtube subscribers, and podcast listeners.

SAD light - A light I use exclusively in the winter is my SAD or Seasonal Affective Disorder tablet. This small table top light provides me with around 5000-10,000 lux of bright, white light, similar to that of the sun. With the sun not rising in Canada until nearly 8am in the winters, this light is very helpful. I drink my coffee at it daily.

PILLAR **FOUR**

RESET & OPTIMIZATION

GET DARK

On the opposite side of the spectrum, I need to talk about darkness. As I mentioned, whether I am looking at the latest science of the circadian clock, or the ancient science of the Ayurvedic clock, making sure we have darkness when we are supposed to have darkness is a key player in our health, as it has an obvious relationship to sleep, which has its obvious relationships to rest, recovery, and resetting.

Black Out Blinds - Unlike many people who only use black out blinds in their bedroom, I use them in ALL the rooms in my home. From the bedrooms, to living room, to washroom, I'd even have them in my kitchen if it had a window. It's important that after 7pm, or 8pm at the latest we start to set up our spaces to follow the ideal times for bed. I always tell my clients, "bedtime starts 3 hours before bed", so if you want to go to bed by 10pm (which FYI is the absolute latest you should be going to bed), then you need to start the sleep cascade by around 7-7:30pm. This means your home needs to be sunlight free", and in the summer, again in Canada, the sun can be out as late as 10pm. Meaning of course we need to facilitate our own darkness.

Blue Light Blocking Glasses - One thing I have all my clients start to wear nightly is blue blocking glasses. These are glasses, prescription or non-prescription, that block out the harmful blue and green spectrums which can affect our sleepiness state severely. Blue and green wavelengths are very prominent in CFL, LED, and halogen bulbs, as well as in all screens.

Bedtime Bulb - Without a doubt the best source of evening indoor lighting I have found bar none is the bedtime bulb. As I mentioned, we should strive to have low blue and low green spectrum sources of light in our home, leaning towards the red, and orange ends of the spectrum. Other lighting you can use are red incandescent bulbs, regular incandescent bulbs, and Himalayan Rock lamps.

PILLAR **FOUR**

RESET & OPTIMIZATION



FREE YOUR MOVEMENT

In western culture, we move very little. On average North Americans take only 4650 steps, and spent an average of 19 hours day in static positions, sitting in seats or lying in a bed. And we start this from such a young age. In Thailand my son went to pre-school and the entire class would sit on the floor, cross legged, and each day practicing both sitting and walking meditations, then once he started pre-school in Canada, it was directly into the small chairs with backrests the rest of us adults sit it. In Thailand he would also be in barefoot a lot more often, and in Canada, he is almost always in socks and shoes once out of the house.

FUN FACT!

Americans take an average of 4'300 steps a day, Canada 4'800, but Hong Kong? 7'900!

Our adult lives are just like this and worse, at least in his school, they go the park or playroom each day for at least 30 minutes. What do you do? If like everyone else here's your typical day. Lie overnight in a bed, roughly 7 hours, sit in a car, or on a bus/train, at a desk all day in work, then back in the car/bus/train, then once home plop down on the couch, and back to bed after. How much sitting? How much lying? How long did you wear those restrictive shoes and socks (foot casts I call them. Imagine wearing mittens for 12 hours day how your hands would develop, closer to penguin wings no doubt).

Some simple solutions to this is the use of furnishings that encourage passive movement, meaning you have little choice but to move, or that make movement relatively easy.

Use Less Seats - Living in Asia, we all tended to spend a lot more time sitting on the floor. Meals were often eaten on the floor, social gatherings on the floor, and of course there was

PILLAR FOUR

RESET & OPTIMIZATION

Pro Note: Try to have screen at eye level, NOT as in this image.

Standing Desk

Wobble Stool

Wobble Board

Pro Note: Consider a good quality fatigue mat.

meditation. In fact for 2 years in Thailand we didn't even own a couch, and back here in Canada, I live in what I describe as a "furniture free home", I have no typical seating, so that means no sitting in that everyday 90 degree position. For sitting we use a variety of floor cushions, zafus, zabutons, yoga mats, and nicer bean bag seats.

Use Shorter Furniture - Getting up and down from the floor is a fundamental skill many have trouble doing. And why not? How many times in our modern lives do we move from full standing to the floor outside of pushups or burpees in the gym?.

My dining table is also inspired from traditional Japanese culture, and stands only 14 inches off the ground. We often will sit cross legged on either This meditation mats, or Indian Zafus at it.

My bed is only 6 inches off the floor, and I use a 6 inch mattress, meaning my bed is only 12 inches high, significantly lower than today's average 25 inch to 36 inch high. Many of today's beds I find you are basically in the standing position as soon as you slide off of it. By having such a low bed I have to get quite low to both get in and out of it.

Stand Up For Your Health - On the flip side, we also need to move and stand more. And this can dramatically help you burn a few extra calories, and keep the hips more mobile and strong.

In my home I also use a number of standing solutions. My dining room table is a standing height glass bar table which I have my morning coffee at.

My desks at both my gym, and my home office area are both standing desks. At home I use a fully electric standing desk from **Anthrodesk.ca** out of Toronto Ontario, while at my gym

PILLAR **FOUR**

RESET & OPTIMIZATION



we have both an electric standing desk, and an Anthrodesk Sit Stand convertor for the standard desk, allowing me and my staff to both sit and stand whenever we choose.

Beside these solutions, I also have my clients optimize their standing desks and home by adding a number of elements to allow free movement right down to the toes.

I often suggest for the standing desk, something like a wobble board (as you can see in the image), and even a small walking treadmill made specifically for standing desks.

FUN FACT!

Fidgeting can burn up to 350 extra calories per day. That's a pound of calories in only 10 days!

MORE N.E.A.T. IDEAS

All of these little freedoms of movement tips may not seem important, but nothing can be further from the truth. This is where you need to understand the concept of NEAT or **Non-Exercise Activity Thermogenesis**. This concept tells us that even these small movements, like standing more, rocking in a seat, even just stretching our calves and toes, can add up to more burned calories at the end of the day. Research even shows that people who fidget can burn up to 350 calories more in a day than non fidgeters.

Even **More Ideas for FUNKtional Seating** - Wiggle on a Swiss ball, use a leaning bench, or a shag rug for lying on.

THE "REAL" ANYTIME FITNESS

Most people think about the gym as a place you have to go to, and while I do think it's important to have access to weights, barbells, dumbbells, pull-up bars, etc. there is no reason why we can't still have an exercise area at home. Even if you only have a small apartment, there is still an

PILLAR **FOUR**

RESET & OPTIMIZATION

A bright, modern room with a large mirror, a window seat, and a yoga mat. The room features a large window on the left with a built-in seat and cushions. A large mirror on the right wall reflects the room. A yellow patterned rug is on the floor, and a wooden crate holds a yoga mat. The ceiling has colorful circular patterns.

Natural Lighting will energize your workout

A long mirror can help the room look bigger, reflect light, and help with your exercise form.

The colour yellow can break up the heaviness of the solid and grounding greys and blacks.

A Simple Yoga/Workout/Stretching Area

opportunity to set up a small area for some stretching, core training, bodyweight training, and even yoga. All you need is a yoga mat, a few small exercise tools like a yoga block, a yoga strap, a couple massage balls for your feet, a roller, and a medicine ball or two. You can also turn your garage, an extra room, or basement into a full out gym if that's something that interested you.

FUN FACT!

In most traditional / older washrooms in Asia, there is no toilet, only a hole in the floor, meaning you have no choice but to get into a very deep squat holding position.

THE PERFECT POOP

Many don't think of the washroom as a place where they can get in some extra movement, flexibility and work on their full range of motions, but with the additional of a Squatty Potty you can do just that. Throughout Asia in many traditional homes and rest stops you will be surprised to find only a hole in the ground where you would be expecting a toilet. And when you think about it, that's actually the normal way of using the washroom, just squatting down and doing it. Yet even our toilets are getting higher. We went from full saluting using only our leg strength, to standard seated toilets set at 15 inches, and now to even higher seated toilets "comfort toilets" standing at 17-19 inches. However, human physiology tells us that we should in fact be closer to the full squat of our ancestors. Long story short, a Squatty Potty basically raises your feet up, placing you into a deep squat position.

FUN FACT!

Sitting at a 90 degree angle on the toilet is actually bad for your body as it affects Sphincter muscle angle negatively.

PILLAR **FOUR**

RESET & OPTIMIZATION



A PERFECTLY SMELLY SITUATION

The sense of scent is a strange thing, many people would happily say they would give it up much faster than any other sense, yet at the same time health sciences tell us about how important smell is, in fact smell has the strongest relationship to memory, and even the faintest whiff of a scent can send our minds flooding with memories from years or even decades earlier.

However, smells have also been connected to a number of other physiological and psychological affects as well.

Scent Can Set a Mood or Intention - There is literally a multi billion dollar business in scent, perfumes. Women and men for thousands of years have been using scent to attract others, and this trend shows no signs of slowing down. In fact in 2017, the Global Wellness Summit named functional scents as a top trend into the future of health and wellness, and the sheer amount of essential oils shops popping up proves this is a lasting trend. Spas use certain smells to help calm, cleaners use certain scents to signal cleanliness, yoga uses scents to set the yoga mood, steam rooms use certain scents to help boost the effect of the steam, and even high level college gyms use certain scents to boost performance in athletes.

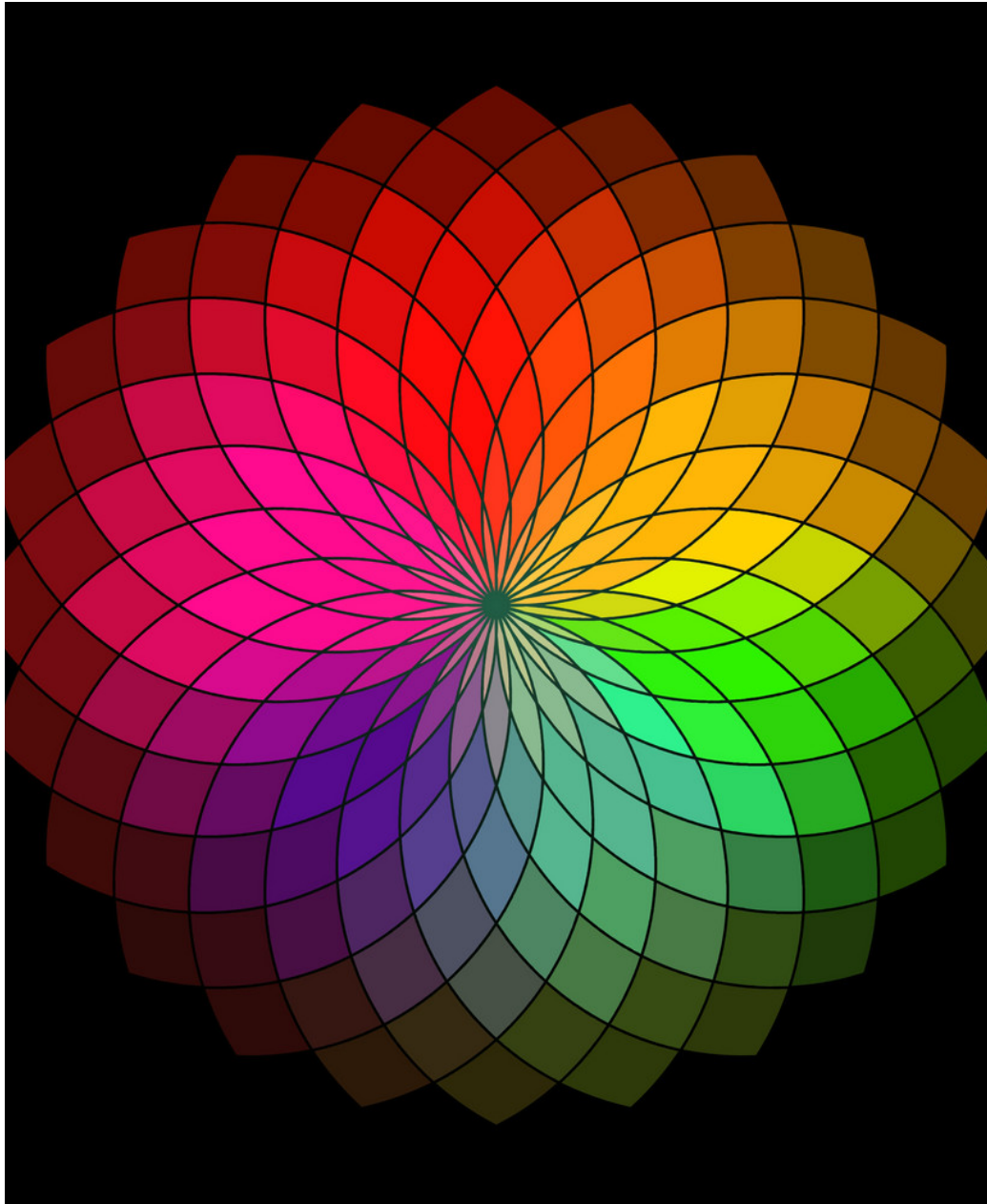
Boost Brainpower - There are scents that can help boost our energy, and focus, peppermint, and citrus are just 2 examples. While rosemary has been shown to boost memory and can help in study.

Calm Brain - Some oils such as lavender, lemongrass and chamomile can help ease anxiety, and create a sense of calm.

Scents are no longer to be ignored or overlooked in designing your healthy home.

PILLAR FOUR

RESET & OPTIMIZATION



MASTER COLOR

We don't give a lot of thought to how color affects us, yet there is an entire psychological practice built around colors; "Color Psychology", and colored lights and decorations have been used for a very long time. Color holds an important place in symbolism as well. Think of Halloween, we think of black and orange. Christmas is green, white and red, Easter tends to involve more pastel pinks, blues and greens. Chinese New Year features prominently with red and gold, while gold itself is revered in many cultures. Colors also have a cultural aspect. In India wedding dresses are red, while in the west white, yet white dresses in Chinese culture is traditionally seen as mourning clothing, while in the west it's black.

Color can have a very large impact on our psyche

Red - Symbolizes strength, aggression, alertness, attention getting. The "woman in the red dress" for example.

Black - Sophisticated, mysterious, too much can be depressing, depth, elegance. *Best used in moderation.*

White - purity, clean, bright, renewal, freshness, simplicity.

Yellow - Energy, productivity, alertness, brightening, focus.

Green - Natural, stability, harmony, relaxing, life, growth.

Purple - Royalty, wisdom, spirituality, dignity, compassion.

Pink - Feminine, love, beauty, sensitive, friendship.

Blue - Masculine, confidence, natural, freedom, loyalty, peaceful.

Gray - Balancing, stability, strength, neutral, practical, maturity. *Best used in moderation.*

Orange - Optimistic, fun, bright, stimulating, warmth

ABOUT ROR ALEXANDER BARBELLS TO BUDDHAS



A New Era of Health & Fitness

Ror Alexander is a world travelled healthy living expert. Beginning his journey into health and fitness at around 17 years old to lose a bit of weight, his love of health and movement has literally taken him around the world and back many times.

After attending McMaster University for health sciences, then living in Vancouver, Canada, Ror became bored and disillusioned with our very limited view of health & fitness, and this sent him on a still continuing 7 year journey, traveling and experiencing Asia, discovering its many traditions, foods, religions, and cultures. In India he dove deeper into his interests in Ayurvedic medicine, and Yoga. In Thailand he learned more about meditation, Buddhism and being happy with less. In China he discovered traditional Chinese medicine, herbs and Feng Shui, and he has collected more knowledge through these travels that could ever be listed here.

Personal Coaching For You and Your Goals

Together with his knowledge accumulated from the traditions and ancient practices of the East, with his deep investment and research into the modern health and exercise sciences of the West, he developed his **bagúa of health**, a novel look at how you and your environment interact for long term health. He also hosts the **BARBELLS TO BUDDHAS** podcast.

Ror is available for 1 on 1 Personal Health & Fitness Coaching at you can set up a 100% FREE personal call with him by visiting www.roralexander.com/freecall.

Answer the quick survey on the bottom of the page, and get ready to start living Stronger, Longer, and Better today.