

Trail Blazers' Wellness Handbook

Guidebook, Map and Cheerleading for your 30 Day
Wellness Journey



Grace Quantock



Welcome, Dear One, to the Trail Blazers' Wellness Handbook!

In this handbook we are going to explore and adore your inner heroine to give you:

- ★ Super insights into your unique and most fabulous self
- ★ The hot information you need to help fuel your Healing Journey
- ★ Support and strategies to build wellness habits to serve you for life

I am honoured and excited to be working with you. Thank you for taking the time and the money to invest in yourself and your growth in this way.

Feel free to share your thoughts and action-sheet answers in our secret [Trail Blazers' Community](#). if you are so moved, or just as far as you have got (don't worry, I'm not marking you and everyone gets a gold star at the end). This creates love and solidarity sweet lady, just what we need to heal!

I am dedicated and experienced in my work but it's not all fairy dust and sparkles. We'll be digging deep, detoxing from old patterns and dismissing blocks to your innate brilliance.

This handbook is not here to fix you or solve your problems for you but to facilitate and guide your healing.

Warning: There will be change. Change is good but birth pains are natural so please come to this experience with openness and congruence.

**Blaze strong, blue bird,
* Grace * xxxxxxx**



Contents

Awesome Action Sheet 1	4
Your Super Power	7
Wellness Tool Kit 1 - Physical Symptoms and Positive Solutions	8
Food - What We Are Letting Go and What We're Inviting In.....	11
Grace and Linus' Fabulous Recipes.....	13
Emotional Detox.....	23
Wellness Tool Kit 2 - Coping Techniques for Emotional Detox	24
Exercise.....	26
Wellness Tool Kit 3 - Brought to You By the Letter M	27
Meditation	30
Focus.....	34
Wellness Tool Kit 4 - Prayerful Prompts to Ignite Inner Faith	37
Wellness Tool Kit 5 - Radical Routes to Prayer and Connection	38
Awesome Action Sheet 2	40
Debriefing	43
Disclaimer	45



Awesome Action Sheet 1

We need to begin with some introspection. It's no good jumping into a journey if we don't know why we are running or where we are heading. So bear with me, print out the questions below, or scribble the answers in your journal. Make the time and you will see the change. We will circle back at the end of your 30 days to see what has shifted.

Here's the rub: we forget. Humans have a marvellous capacity to integrate. We get used to things and forget how it used to be. Maybe you have forgotten how it feels to be fully awake, or to have bubbling energy? Perhaps that's why you are here.

In the same way as we make changes we need to note how things were at the beginning, otherwise we will simply integrate the new fabulous things that come up and we get used to living at a higher, happier level. Our new normal feels good, but if we forget that it was our action that led to it, then we let the healing actions slide, and with that slides our wellness.

It's like a story my Reiki teacher told me:

One of her clients came to her complaining of migraines. The client had weekly sessions and after a few months my teacher checked in with her.

She asked how things were going and the client unburdened herself, "Oh, I've been so stressed, and the weather is awful, and I hurt my back running, and, and, and, I'm just so glad I'm here today, I feel so bad".

"Alright", said my teacher. "And can I ask, how are the migraines?"

"Oh," The client was surprised. "I forgot I had migraines. Now that you mention it I haven't had them for a few months now!"

I don't want to see you go up and down on the boom-bust roller coaster of relapse and detox.

Let's get things clear now shall we?

These questions can change your life on their own and I don't say that lightly. They might not always be comfortable but know that by coming on this journey you are moving towards your own happiness.



Grab your pencils, take a deep breath and dive in darlings. Either print this out or answer these questions on paper or in a journal:

1. If money, time, illness or other challenges were not relevant what would your life look like?

.....
.....
.....

2. Which direction in life do you think you should be taking? Which one do you dream of taking?

.....
.....
.....

3. What do you love, which activities make you lose track of time and feel truly alive?

.....
.....
.....

4. How do you want to change the world? What makes you angry or passionate?

.....
.....
.....

5. What do you consider to be stopping you from having the life of your dreams now?

.....
.....
.....

6. What do you yearn for?

.....
.....
.....



7. What self-care practices do you do regularly? e.g: yoga, walking, dry brushing, exercise, colonics, enemas, using a neti pot, deep breathing, osteopathy, Reiki, massage, meditation, prayer, journalling etc.

.....
.....
.....

8. Which self-care practices would you like to incorporate into your life?

.....
.....
.....

9. Do you watch TV / use the computer after 9pm?

10. Would you say your daytimes are pressured / under stress?

11. Do you exercise? What exercise and when?

.....
.....
.....

12. Do you meditate / have periods relaxation?

13. Are you happy with your diet?

.....
.....
.....

Take a break, you've done so well! Have a cup of tulsi tea and a moment to just breathe. When you are ready, return and read back over your answers and then go on to the last question.

14. What is the one thing that you could change for the next 30 days which would have the greatest impact on your wellbeing? Hint: it's not what you *want* to change, it's what you *need* to change.

.....



Your Super Power

Do it now!

Acknowledge your power and realise that how you live directly affects your mood.

This can seem like a lot of responsibility and it may feel boring if everybody else is, say, eating donuts and they're happy, so why can't you be?

The answer is, as you know, that not everybody is happy. Many people medicate with food, getting high on sugar, buzzed on coffee and sedated with huge, greasy meals.

You have the choice to switch on to joy. Just shift how you move, what's on your plate, in your head and in your glass.

If we expect to just cut something out of our lifestyle, we need to be prepared. Be it sugar, not moving your glorious body enough, old thought patterns, too much television or being sucked into Facebook for endless hours, it doesn't matter.

If we make a decision and then think 'easy peasy, it's all sorted'. But when the cravings hit we can just end up diving back into the sugar jar or sitting glassy eyed and sick on a surfeit of undigested information in front of the iPad at 2 am. Unplanned and unprepared is only another way to fall back into old habits. We want to succeed and so we need to set up a safety net.

If we have security we can soar! Read on for what to do if cravings come and sit by you.



Wellness Tool Kit 1 - Physical Symptoms and Positive Solutions

When we are travelling our Healing Journey and removing old habits from our lives, we often get what people call detox symptoms. These vary but can be spots, a change in bowel movements, nausea, headaches, tiredness and irritability. They can be mild or can hit you very hard. Emotional side effects are also common. This is your go-to guide for what to do when physical symptoms come to play.

NB. I am not a doctor and all symptoms and medical concerns should be checked with your physician.

Cravings

Prepare for them. Have substitutions and distractions on hand. Replace your current uses of sugar / bread / coffee with positive substitutes.

Always Work Up - Next, Better, Best

You might first replace sugar with say, xylitol, yacon, apple, date or agave syrup, dried fruit, fresh fruit and then work up to using stevia or only non sweet, low GI fruit or even removing sweeteners all together.

Do it Gently Step-by Step

Identify the times during the day you crave sugar. Keep a food / craving diary for a day or so then work out substitutions for each situation. For example, you could have agave in your cup of tea, a piece of fruit or a naturally sweetened health food shop snack instead of your afternoon chocolate bar. Remove sugar from the house and get your smoothies and good snacks ready and looking good. Make them convenient and easy to grab on the go. Remind yourself you are doing well.



Skin Breakout

Drink lots of pure water, use chemical free soothing facial wash and cream. Dab on diluted lavender oil if you can tolerate it. Don't smother the problem in makeup. If you have green clay you can use it as a face mask to draw out the spots, but they will get worse for a time. Not the thing to do just before the wedding ok? In that situation you need a facialist.

Bowel Problems

Be ready to adjust your diet, take time, relax, remember that this is temporary and that your body is letting go of what it no longer needs. If suitable for you, drink more water. Drink juice if constipated and eat more fresh veggies and fibre. Add in denser, more grounding, warming foods if bowels are too loose. Warming foods include things like ginger, cinnamon, paprika, baked root vegetables, gently warm soups and miso, tahini and salt are very grounding.

Headache

Rest, drink lots of fresh water, massage your head, gently tug your hair in small handfuls to relax scalp. Take a nap. If you have a headache for more than 3 days you must see your doctor.

Tiredness

Take a rest, do a mediation to revive yourself. 5 minutes in "the gap" can be worth much more time sleeping. Listen to your body and rest, it is doing hard work detoxing, it needs some understanding from you. Drink a reviving herbal tea; ginger, cardamon or lemongrass are good. You can order brilliant herbal teas made of whole herbs, (the only herbal brand I fully recommend) from [Healing Boxes CIC](#).



Irritability

Notice this, become aware. Do some of your favorite relaxing things to calm down. Give yourself a positive treat. You are working hard, you are lovely and it is good to give yourself things and love yourself. Pause before you reply to someone to avoid snapping.

Use some relaxing aromatherapy oils such as comforting rose, uplifting geranium, reviving bergamot, cheering grapefruit, relaxing lavender and supportive sweet orange. Use them in a burner (or put a drop into a mug of hot water), smell them on a handkerchief or dilute them in carrier oil like sweet almond and wear them on your skin.



Food - What We Are Letting Go and What We're Inviting In

If it is foods you are looking to clear I have all the information you've been looking for.

Sugar is our number one culprit. Processed sugar wrecks our blood sugar levels and puts stress on the pancreas. Sugar rushes are false energy and lead to huge crashes. Just not worth it. Of course, over time this can lead to longer term more serious health conditions too, not all of which are reversible.

Gluten is often a hidden problem. It can leave us feeling fatigued, sluggish, bloated and brain-fogged. Gluten and wheat intolerance and coeliac disease can cause massive issues. You can be intolerant or allergic to gluten but not wheat. You can speak to your doctor about your concerns and try taking wheat and / or gluten out of your diet for two weeks (replacing with healthy gluten free alternatives which are now widely available) and see if you feel better.

We can eat wheat at every meal easily nowadays with cereal or toast for breakfast, a sandwich for lunch and pasta for dinner. Too much wheat is mucous forming and exhausting. It is also an addiction, similar to sugar and it contains opioids peptides which effect our endorphin receptors and act like narcotics for our bodies.

Coffee is acidic, dehydrating and often full of chemicals. Yes even the decaf is stripped of the caffeine by harsh processes. You don't want to be taking those nasties into your lovely body. So if you must have your joe then go for organic, not after 3pm, and drink lots of water afterwards. Swap up your habitual mugfuls with green drinks, herbal tea and hot water with lemon and a teeny pinch of cayenne pepper.



Foods That Make Us Feel Fabulous

or

What to Replace That Bagel With

What your body loves most will of course depend on you, but generally;

- ★ Fresh, ripe, low GI fruit - apples, pears, all berries, plums, oranges
- ★ Fresh green salad
- ★ Home made smoothie or juice - recipes below!
- ★ Tempeh or tofu in moderation
- ★ Beans and soups are whole, filling, wonder boosting foods
- ★ Gluten free bread and flax crackers
- ★ Kale chips and carrot sticks for snacking and dipping (store the carrot sticks in a glass or jar of water to stop them drying out and going yucky)
- ★ Hummus and tahini dips - tahini (sesame seed paste) plus lemon juice and a little virgin olive oil, mix until sloppy and tasty

