

MAKING TIME FOR YOUR HEALTH

TEMPLETON
WELLNESS FOUNDATION

Time is a precious commodity. How we choose to spend each minute of our day can either make or break us — affecting the quality of our relationships, our work, and especially our health. Priorities really do matter.

When you are battling cancer, like it or not... your priorities are set for you. You have no choice but turn your attention to your new challenge and fight this formidable enemy. I know how hard it can be to feel on top of the world one minute and fighting for your life the next. Everything I thought I was doing right before I got sick... was wrong. My world was upside down — and I didn't take it very well.

In my personal battle to regain my health, I had to go away by myself and regroup, learn new strategies and set new habits. It paid off in spades! Thirty-three years later, I'm living proof that cancer is not a death sentence. Simply put, it is your body's urgent S.O.S. for help... a wake-up call you'd better answer.

People ask me all the time how I manage to own and operate a successful business and foundation for wellness, write a book, spend quality time with family and friends... and still make time to care for my health. One of the secrets I've learned is that creating a powerful daily routine is one of the most important steps you can take to ensure success, good health, and high energy throughout your workday.

With age comes the desire to give back, to share everything I've learned in my 33 year journey on my way back from stage IV melanoma to the best life I could ever imagine.

I urge you to make time for health. If I can do it... you can, too!





SECRETS TO A KILLER MORNING ROUTINE

After **eight hours** of all-important sleep, I take my morning probiotic dose of approximately 30 billion active cultures that support healthy gut flora. This is important because 70-80% of the immune system is found in the gut.

The next thing I do is a series of **yoga-type stretches** for 10-15 minutes. Now I'm ready to exercise! To me, exercise is as important as eating. My day is not complete without some kind of exercise.

I like to do at least **30 minutes of walking** outside in the fresh air (or on the treadmill as an alternative). I often mix it up and use other exercise equipment such as my elliptical, stationary bike, or my favorite — the Skier's Edge. It's a great workout and helps to strengthen my lower body. I also use a Bow Flex or weights twice a week to strengthen my upper body. My total work out usually takes 1-1.5 hrs. Time well spent!

Three or four days a week (when at home) after working out, I sit in my **Far Infrared sauna** for 30 minutes. Along with exercise, this is a powerful tool that helps in daily detoxification.

After working out I drink as much **pure, filtered water** as my body desires and then take several **enzymes** 30 minutes before eating or on an empty stomach. This helps in fighting off cancer cells, inflammation, and other unhealthy toxins in the body.

Then I prepare and enjoy **breakfast**. My breakfast can vary but typically consists of some kind of **protein and a vegetable or two and miso soup**. I usually have two organic eggs either boiled or scrambled with a small amount of macadamia oil. I like to make miso soup with seaweed (wakame) and cancer-fighting vegetables like broccoli, cabbage, carrots, and greens such as kale. This takes me about 30 minutes to complete. I also enjoy a cup of **organic herbal or green tea**.

If I'm in a rush I'll make a **gluten-free smoothie** that has 20 grams of protein derived from rice and peas. I add 1/2 cup of cancer-fighting fruits such as organic blueberries, red raspberries, or strawberries. I also like to add a green powder to this smoothie mix that is loaded with cancer-fighting vegetables and nutrients. One to two scoops does the trick! Just follow label instructions.

During or directly after my breakfast, I take an assortment of **nutritional supplements** to cover all my bases.





FIGHT BACK WITH A POWER LUNCH!

Since I have a very busy lifestyle that includes owning and running two businesses (Uni Key Health Systems and Templeton Wellness Foundation), I normally get to the office by 10 a.m. and tend to the businesses for 2-3 hours until time for lunch.

I take several **enzymes** at least 30 minutes before eating. I typically have my **lunch** delivered to the office which typically consists of an **organic salad** with **healthy lean protein** such as ground organic turkey and nuts and seeds. The salad dressing is an olive oil, lemon and herb dressing. I always use a variety of salad vegetables.

In the winter or on cooler days I saute my vegetables and protein with olive oil. Again, during or directly after the meal I take my **nutritional supplement** regimen with water.

Now it is time to go back to work and see to business matters. If I need a snack in the afternoon I'll choose cancer-fighting nuts or seeds, such as walnuts, macadamia nuts, almonds, or dry roasted pumpkin seeds. I may also enjoy a cup of hot tea.

One of the things I usually do is to have a few apricot pits (kernels) each.

A top-down view of a white bowl filled with a vibrant orange soup. A white cream or oil is drizzled in a decorative pattern across the surface of the soup. Finely chopped green onions are scattered throughout the soup and on top of the white drizzle.

WHAT'S FOR DINNER?

When my workday is complete, I go home and if there is time I like to **sit somewhere peaceful** either indoor or outside. This is my way of winding down from a busy day. A little **visualization or meditation** helps bring me back to center.

As dinnertime nears, I take my **digestive enzymes** at least 30 minutes before eating. Dinner varies like all other meals but always seems to be my main meal. I like to prepare something different each night and I enjoy rewarding myself out of simple appreciation for my life.

I usually start off with a warm, **comforting puréed soup** — something like a creamy broccoli cauliflower with shiitake mushroom soup or one of my very favorites, puréed butternut squash soup. I love bean soups such as lentil, or split pea soups, too.

If I don't choose a bean soup, then my protein might be something like grilled fish or chicken. And, of course, no matter what — always plenty of a variety of lightly steamed or cooked **cancer-fighting vegetables**.

I like to add a few tablespoons of **unpasteurized sauerkraut** for digestion at the end of the meal. And I always take my supplements.

NO REGRETS FOR A DAY WELL SPENT

After dinner I like to unwind by reading, watching TV, or enjoying good conversation. I don't go to bed for at least **3 hours after eating** — a practice I learned at the Kushi Institute many years ago.

Before I go to bed, I take more of the same amount of probiotics as in the morning along with water.

And there you have it
— my personal daily
regimen for staying
healthy and fit!

- James Templeton

