

**KUHLEFIT**  
RENEW YOUR VITALITY



# Trucker Service Association

LIVE HEALTHY  
DRIVER HEALTH CAMPAIGN

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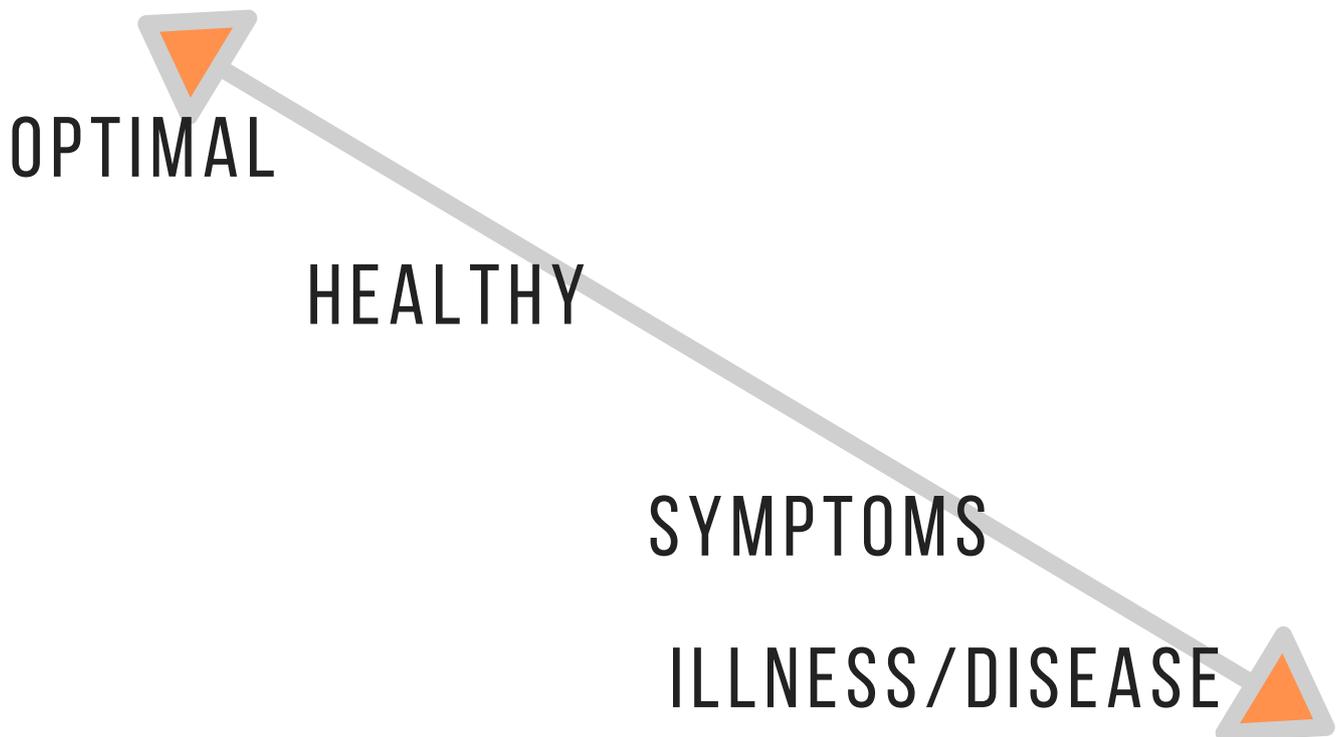
BEFORE YOU GET SICK, YOUR BODY WHISPERS ITS FATIGUE.

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# CAN YOU HEAR WHAT YOUR BODY IS TELLING YOU?

The body has infinite wisdom and once one listens to their own inner knowledge they are at a powerful place in their life. The body is whispering its fatigue, struggles, and concerns on a daily basis. This month is entirely about comprehending and interpreting one's inner wisdom to create true health, improve energy levels throughout the day, and lose weight.

Below is a visual of our health continuum and what happens when we neglect to listen to our body and the information it provides.



# YOUR BODY GETS HOT BEFORE IT GETS COLD



Everything we do from eating to living resides on a continuum. At the very peak is an optimized life that's vibrant, full of energy, overflowing with love, and free of illness and diseases. By living at the optimal level, there's always a buffer of "healthy" before falling down into the stage of symptoms. Striving for healthy is a great starting point because health and disease cannot coexist.

The symptoms level is where many currently reside. At this level if negative health habits are left unacknowledged or untreated, the stage of illness and death can follow. Without sounding morbid, an unwillingness to make changes can lead to an early death.

To think about this from a physical point of view. The body gets warm before it gets cold. When symptoms are neglected our body will get "hot" and produce aches, pains, inflammation, and swelling. For example, we can see this manifest within ourselves through "itis" such as arthritis, muscle aches and pains, swelling of joints, stomach inflammation, poor bowel movements, inflamed organs, etc.

As previously stated, if left untreated or masked with "band-aids" then the "heat" will start to cool and turn into the breakdown of the body. This will manifest itself as an "osis" such as tendonosis, where a specific body part is in a diseased state and starts breaking down.

# NAME IT, BLAME IT, TAME IT

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The simplest way to make a change is by identifying the triggers that produce the ill health. Once you can “name it” it’s much easier to “blame it” and then ultimately “tame it.” For example, if you can understand that brussel sprouts causes gastrointestinal distress and creates an unhealthy amount of gas than it’s very simple to point “blame” and state, “I will not eat brussel sprouts because when I do I will feel poor, have a lot of gas, and it’ll negatively impact the rest of my night.” From there it’s much easier to “tame it” because you don’t want to feel lethargic or gassy.

The simplest way to identify the root cause of your symptoms is to ask yourself specific questions. Below are 4 starting questions.

- Am I getting 8 hours of **quality** sleep every night?
- Am I drinking **half** my body weight in ounces each day?
- Are there specific areas of my life causing me **excess** stress that I need to deal with?
- Am I doing what makes **me** happy?

If any of the above are answered, "no" then putting some extra focus on that category would be advised. The ultimate question which we will cover next is in regards to nutrition.

Many of our symptoms arise from a diet lacking nourishment but an abundance in calories. This results in large amounts of inflammation within the body producing the ill-effects described above.

# THE ULTIMATE QUESTION

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In order to identify and master the understanding of which foods create health compared to which foods create symptoms, it's necessary to pay attention to the foods that are consumed and the feelings that occur after the foods are consumed. Simple as that, but not always as easy as it sounds. I highly recommend creating a food journal to document any and all food consumed and the times they are eaten..

Create hyper awareness of the feelings observed within 1-2 hours after eating specific foods, maybe even sooner. Are you getting stomach cramps, brain fog, lethargy, bloating, headaches, or even getting hungry again? Food should be energizing, uplifting, and produce a great mental state that is free of symptoms. If you're experiencing any of the symptoms above it is likely that the foods being consumed are promoting poor health.

Document any symptoms on the food log. Do this for a week, a month, or even multiple months and begin to examine the patterns. It will become obvious which should be avoided and which foods work well for you to create health. When beginning the food log, it is recommended to limit the foods consumed for ease of documentation. If consuming 20+ ingredients a day, it can be difficult to identify which foods are causing the ill-health. Foods can have a 1-2 day delay in their symptoms which is why a food log is imperative.

This is the simplest, cheapest, and most effective route to improve one's health. Good Luck!

