

# Worksheet Day 2

## The 5 Day Challenge

### Destroying Stress

#### Action Points

1. Complete The Farmer Fitness Workout from yesterdays training
2. Choose some more recipes from the NTX Recipes you downloaded yesterday, that's what you'll eat today.
3. Complete The Morning Stress Busting Routine (below) you'll be doing this every morning for the rest of the Reboot.

### The Morning Stress Busting Routine

This is my most potent 1-2-3 stress busting technique and needs to be performed first thing in the morning for maximum effect. I call it **“Strike, Stroll, Shiver,”** it goes like this:

#### 1. Strike (as in hunger strike):

This first step is optional, but it will give you an added stress busting effect, as a bonus this also helps melt fat. Prior to **“Stroll,”** (step 2), consume a cup of organic coffee or green tea to help mobilise fatty acids and slightly boost your metabolic rate. **It has to be plain-Jane coffee or tea**—no sugar, no cream, no MCT oil, no butter—but you can add a blood sugar stabiliser such as Panax notoginseng, astragalus membranaceus, wild bitter melon extract, or a shot of apple cider vinegar to enhance this fat-burning effect even more. Just remember: no calories. If you are concerned about losing muscle, you can also consume 10 to 20 g of Essential Amino Acids as well.

#### 2. Stroll:

While in this fasted state (which will allow your body to tap into its own fat for fuel), do a ten to forty-minute light aerobic session. Choose a simple exercise like a walk in the sunshine (*bonus: morning vitamin D and circadian rhythm alignment!*), an easy yoga session, bike ride, a leisurely swim, or even a sweat in a dry or infrared sauna. **Choose anything that's light, easy, aerobic, conversational, and low-stress.**

#### 3. Shiver:

Complete your **“stroll”** and dive straight into two to five minutes of exposure to anything cold, including a hot-cold contrast shower, a dip into a cold river or lake, or a cold bath. This step will not only help strip inflammatory white adipose tissue off your belly but also increase your metabolically active brown adipose tissue, which will **further enhance your capacity to burn fat whilst increasing your resilience to stress.**

**While for many this initially seems like a form of torture the benefits are VERY real and after a short amount of time you'll actually start to enjoy this process (trust me!).**