

FREE Health Mentoring NOTES & RESOURCES

[In this interactive audio presentation](#), I enjoyed offering you some health information and tips that have helped me in my journey (and my family's) over the many years that I've been researching, experimenting, and implementing strategies for overcoming health challenges and improving my overall well-being. I trust that some of them will help you, too.

Linda Osmond, Health and Fitness Coach,

Balancing Health and Motivating Movement

Good Morning! Or is it? It's Time to Wake UP!



The **Chinese Meridian Clock** gives us clues to which organs are being most affected during the various hours of our days and nights. If you wake up at a specific time consistently, it could be that one of these organs is having difficulty functioning as it should.

Circadian rhythm is a roughly 24 hour cycle in the physiological processes of living beings, including plants, animals, fungi and even some bacteria. Generally, these rhythms are hard-wired; however, they can be modulated by external sources, like temperature and sunlight.

Adjusting your circadian rhythm – this is particularly useful if you work a night shift or suffer from adrenal fatigue, when the natural rhythm has become disrupted by the dysregulation of cortisol, which is controlled by the hypothalamic-pituitary-adrenal axis. Stress aggravates it.

[Linda Osmond, certified Master T-Tapp Fitness Trainer & Holistic Health Coach \(Rev.06.25.18\)](#)

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Natural Light. One Simple Solution.



Seasonal Affective Disorder (SAD) – what is it?

SAD Lights - Phototherapy for the “winter blues” or mood disruption or lack of motivation due to lack of natural sunlight – I use one of these first thing in the morning to help reset my circadian rhythm and to increase serotonin levels.

Sunrise Clocks – These fancy clocks simulate the sunrise to wake you up in a more natural way.

Get outside as soon as possible to let the natural sunlight reset your internal clock and to get some **Grounding or Earthing** to reset your electromagnetic field (scrambled by EMF exposure by electronic devices, WIFI, etc) and reduce inflammation.

Earthing Sheets – These help to eliminate EMF exposure and allow for healing while you sleep—a crucial time of rest, healing, regeneration, and detoxification of the entire body.

Blocking the Invasive Blue Glow at Night



Ideally, when the sun goes down, we should be turning down the lights. But we don't. The blue light emitted from computer screens, cell phones, and other electronic devices and light bulbs can really suppress our melatonin production. Think anti-oxidant, genetic protection, hormones, and neurotransmitter production here, when you think of melatonin. Pretty important stuff.

[Melatonin](#) – our night-time friend...or our fleeting friend...

[Melatonin's important role in cancer prevention \(12 minute video\)](#)

[Sublingual Melatonin](#) - I have found that this sublingual melatonin to work the best of any form I've tried. It goes directly into the bloodstream and right to work. For those with adrenal fatigue and disrupted circadian rhythms, try taking melatonin at bedtime.

Did you know? One night of poor sleep and low melatonin production will affect how your body uses insulin and regulates blood sugar the next day! Insulin resistance from bad sleep. Wow!



[My fashionable blue-blocking glasses.](#) Ha!

Seriously though, read the reviews, and you'll become convinced that these are a powerful, practical, and wise little investment in your health toolkit.

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[Electromagnetic Fields—Possible DNA Damage and Worse \(as investigated by PubMed\)](#)

“A major concern of the adverse effects of exposure to non-ionizing electromagnetic field (EMF) is cancer induction.”



[Solid Detection and Protection from EMF Exposure](#) (An article I wrote, including our personal experience with dangerous EMF exposure and what we did about it).



[EMF Detector](#) – the one we use (hubby is an Electrical Engineer, so he researched this one)



By the way, **Smart Meters emit constant EMFs around the clock.** Most people now have these installed, so either plan your living and sleeping areas far away from the meter, or ask your power company to uninstall it and replace it with its predecessor. They will, but perhaps for an additional charge. I know people who have done it.

Another tip is to reducing EMFs is to **turn your WIFI off at night.** I know. I’m still working on this one.



Personal & Electronic Device EMF Protection for you and your home – [learn more about this important topic here.](#)

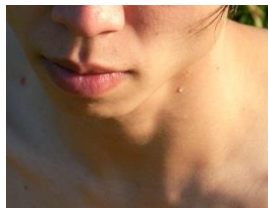
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Help Me Wake Up Well, Please.

Tips On First-Morning Supplements and Medications.



With thyroid and adrenal conditions (which are very common, even epidemic), it could be harder to wake up and face your day. Let's look at that for a moment.



Hypothyroidism – [Natural vs. Synthetic Supplemental Hormones](#)

Understanding your options.



The Brain-Body Wellness Workouts that Work!

[Lymphatic Movement](#) can help your thyroid, plus a whole lot more, including digestion!

[T-Tapp Lymphatic workouts](#) help to stimulate your thyroid and give great all-around support for your endocrine system and hormones. I am a [Master T-Tapp Trainer](#), I offer in-person and Skype health and fitness coaching. [Email me for details.](#)

SEE THE FINAL PAGE – for the annual **T-Tapp Challenge** details. It is free (w/rebate) to enter and fun! Chances to win a trip to a health retreat with Teresa Tapp.

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Thyroid Function and Hormone Conversion: The active form of thyroid hormone is T3, but only T4 is in synthetic thyroid medications. Many people have trouble converting T4 into the active T3 (more accurately Free T3) due to the lack of nutrients and other factors. Some of them are listed below.



- **Protein** (The building blocks of nutrition and amino acids)
- **Magnesium** (see the topical form I recommend)
- **B-12** (depending on genetics, this might need to be a [methyl B12 form](#). If you prefer a [sublingual methylB12 \(w/other B vitamins\) spray](#), here is one.
- **Zinc** (I have found that specific brands work well and others don't.) If you prefer a [liquid zinc](#), here is a good one.
- **Iodine** (Controversial as to how to supplement, but crucial for thyroid health and function)
- **B2** (Required for adrenal secretion of hormones)
- **Vitamin C** (Adrenals thrive on this and blow through a lot when under stress. Decreases inflammation in organs, as well.)
- **Selenium** (Required for the enzymatic conversion of T4 to T3)
- **Vitamin D** (A hormone with many functions)
- **Vitamin A** (Works with zinc, which can't enter the cells without it.)

[More about Iodine and other key supplements and nutrients for your thyroid](#), in an article I wrote.

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What's In YOUR Genes? AND Your DNA is NOT your Destiny!



[At-Home, Easy Genetic Test Kits](#) - You can test your genes to learn what you can do to correct some of the health concerns you and members of your family are facing. It's quick and easy!



One simple saliva sample is all it takes!

[The MTHFR genetic mutation](#) – at least 40% of the population has this SNP (single nucleotide polymorphism). **All of my family (7 members do), in one form or another.** I have done a lot of research and am implementing strategies that have been hugely helpful to me. [I like educating and coaching others](#) in figuring out what they're dealing with and learning how they can “bypass” their genetic issues with diet, nutrition, and other practical means. The MTHFR mutation contributes to mood disorders, problems with detoxification, possible anemia, and a many other health concerns. **It could possibly be a key to some of your unresolved issues.**

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Detoxification. Taking Out the Trash!



Did you know? Our bodies' prime time to try to detoxify is while we sleep.

There are simple things that we can do to help our bodies to help themselves.

Redox Signaling Molecules Products – These amazing molecules trigger regeneration and energy at the cellular level, just like they do when naturally produced inside of our cells. A good paradigm of health starts with healthy metabolism. That takes place within every cell, and it particularly involves the mitochondria – the powerhouses of the cells. These naturally occurring redox molecules tell the cells what to do (create new healthy cells, kill off old or “bad” cells, and perform other vital functions), even regulating genetics (see all studies at the link above). Over time, these essential molecules decline (with age and environmental factors), so our energy decreases, and other health conditions can develop. These redox signaling products have been life-savers for me, as I have worked through genetic concerns and hormone/adrenal issues.

[Email me, if you'd like more information.](#)



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Water. Keep It Clean!



Drinking clean, filtered water is an essential part of basic health practices.



Bromide ([bromated flour](#)), Chlorine, & Fluoride—all found in foods, drinks, & products consumed daily displace healthy Iodine, especially in the thyroid and breast tissues.

Did you know? Reverse Osmosis (RO) water, besides filtering out harmful chemicals, has the minerals removed, and is therefore acidic in pH. Replacing minerals in your water will take care of this problem and create a neutral (7.0) pH water that your cells require for optimal functioning.

[Liquid Trace Minerals](#) – can be added to your water to correct pH and to replete any mineral deficiencies, which are very common due to soil mineral depletion.

- Salts with Trace Minerals – are also good options to add to your water to correct pH and increase mineral consumption.
- Some good choices: [Pink Himalyan](#), [Celtic Sea Salt](#), [Redmond Real Salt](#)

A FRIENDLY NOTE on Alkaline Water - Although high alkaline water might have a place during periods of healing, the stomach requires a 3.5 pH or lower, the proper environment for gastric acid, so alkalizing it with high pH alkaline water long-term could be detrimental to digestion and the functioning of the entire body. Do your research to know what's right for you.

[Berkey Water Filtration Systems](#) – for homes and drinking

Driving Your Digestion



Lemon or [Apple Cider Vinegar \(ACV\)](#)

in your first-morning water, jumpstarts digestion and helps detoxify your liver

Did You Know? Lemon peels contains [d-limonene, a constituent touted for its cancer-fighting properties](#). The white below the rind contains **bioflavonoids** that help you to absorb the vitamin C in citrus fruits and their juices. Although acidic to the taste, citrus juices create an alkaline ash (residue) in the body that is very beneficial to health.

Bioflavonoids have been used in alternative medicine as an aid to enhance the action of vitamin C, to support blood circulation, as an antioxidant, and to treat allergies, viruses, or arthritis and other inflammatory conditions.

I use the entire lemon (organic) whenever I can, to get all the nutrients. The same goes for using the whitish inner portions of peppers and other similar fruits and vegetables.

Understanding & Healing the Gut and Digestion



Want to Learn More About Healthy Digestion and Tips and Tricks to Get & Keep It That Way? Here are some valuable resources for you.

[Practical Healthy Gut & Digestion Strategies & At-Home Test Kits](#) to see just what's living in there (good and otherwise).

Interviews I've had regarding digestion and its relationship to whole body health and lymphatic movement, and more.

- [With Donna Gates of The Body Ecology Diet](#) and [supporting information](#), from 10/13/15
- [With Stephanie Jackson of The Core Reset Gut Healing Program](#)



[Free Probiotic Mini-Course](#) – I SO highly recommend this practical and life-changing (for me and my family) resource!

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Living Water That Truly Penetrates & Hydrates



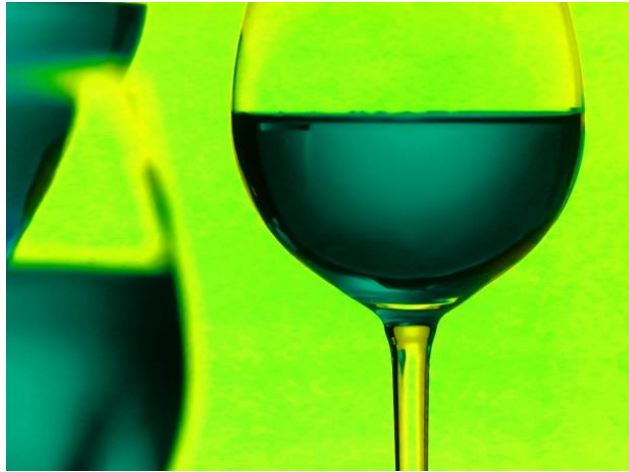
In nature, water is flowing, running over rocks and stones, and falling. This gives water its natural “structure” and keep it vital and alive. Stagnant, sitting water is not the same. Think about the water in your pitchers or the pipes in your home.



[Magnesium Prill Hydrating Water](#) (using kiln-dried beads contained in bags) – they do not impart magnesium, but break surface tension to restructure your water, allowing it to more easily penetrate the cell membranes and to take in nutrients and minerals and to take out wastes (detoxification). These bags are reuseable, portable, convenient, and affordable. We use them every day for drinking water, laundry, baths, and more!

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Color Me Green



I talked about my morning Green Lemon-Aid that I make, as well as [Green Powders I like](#).



[**Premium Blend Alfalfa**](#) has SO many health-promoting qualities. [Read more about them here](#). This is NOT your ordinary alfalfa, folks! **No seeds or sprouts**, so it won't trigger auto-immunity (ex: lupus) like some alfalfa products can.



I don't think I could live so easily without [my Vitamix Blender](#). If you ever get the chance to purchase one, you won't be sorry. I use mine daily, and it is so practical and efficient! Remember to consider using and/or wearing [EMF protection devices](#) when using any household electronics, especially high-powered ones.

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Mineralize & Moisturize While You Clean



I was asked for soap suggestions on the call, and I talked about [Miracle Soap](#) products. I think of them not as soaps or cleaners as much as I consider them remineralizing agents for the skin and other surfaces. They've become some of my favorite cleaning products for tub and shower.



The [Oil Cleansing Method](#) for soft, clear skin.

I had given up using soaps on my face and body and was only using oils, with the Oil Cleansing Method, which I still do incorporate into my routines. Some oil combination suggestions are:

- **Oily skin:** Use 2/3 [castor oil](#) to 1/3 carrier oil. (Or measure out 2 tsp castor oil and 1 tsp carrier oil.)
- **Normal skin:** Use equal parts [castor oil](#) and carrier oil. (Measuring out 1-1/2 tsp castor oil and 1-1/2 tsp carrier oil.)
- **Dry skin:** Use 1/3 [castor oil](#) and 2/3 carrier oil. (Again, 2 tsp carrier oil and 1 tsp castor oil.)

Some Good Oil Cleansing Carriers:

- [Sunflower](#) (all skin types)
- [Tamanu](#) (all skin types)
- [Jojoba](#) (all skin types, but very desirable for acne-prone skin)
- [Sweet almond](#) (all skin types, especially oily)
- [Grapeseed](#) (all skin types, especially oily)
- [Avocado](#) (dry and aging skin)
- [Apricot Kernel](#) (dry, aging, and normal skin)
- [Argan](#) (all skin types, especially aging skin)
- Coconut Oil is known to clog pores, so it is not recommended for this method.

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The Great Magnesium Deficiency



Stress, medications, and many other common lifestyle factors deplete magnesium every day. [This leads to a whole host of health conditions. Over 80% of Americans are deficient!](#)



[Transdermal magnesium products](#) bring up the cellular level in the quickest period of time without any of the side-effects of taking oral supplements. I really like these particular products for safety and efficacy. Contamination with heavy metals can be a concern with some oils.

The magnesium prill bags that I mentioned can be [ordered from me directly.](#) They are not for a source of magnesium but to make your water more hydrating and penetrating. For use in drinking water, washing machines, bathing, and for plants and cooking. I use mine every day!

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Breast Health & Prevention Are SO Important



I have many daily routines that revolve around breast health and prevention.

Lymphatic Massage

Dry Skin Brushing

Lymphatic Movement

Use of Therapeutic Breast Oil Blend – researched, created, and blended by a Certified Aromatherapist. You'll hear Joyce on the audio replay.

[You can learn more about all of these here.](#)

Breast health is essential. Please don't wait until you have a problem to incorporate these rituals into your life. Teach your girls early, too.

Custom Blended Oils For Your Specific Needs



On the call, we were privileged to have my friend and fellow health advocate, Joyce, join us. She is a certified Aromatherapist, Reflexologist, educator, and all-around wise woman. It has been my extreme pleasure to know and work with her.



Custom Blending! Would you like to have an Aromatherapist create a custom oil for you to meet your needs? Well, you do! [Contact me](#) with what you're looking for, and I'll work with Joyce to see what we can do for you. If you have ideas of blends that can be customized for a larger group of people, that's an option, too. Just [send your suggestions my way](#). This is a great opportunity!

Rest assured that the oils Joyce uses in all of her products are of the highest quality and purity. She told me that some of the top brand oil names have gotten their oils from the supplier that she uses. She is transparent about her sources and practices. I asked!

I Invite You To Conquer Your Own Health Challenges

[Start with the annual T-Tapp 60-Day Challenge](#) (Check dates & details)



It's free (w/rebate), it's fun, and oh so rewarding!



You define your own health and fitness goals.

LEARN MORE ABOUT MY FAMILY'S SUCCESSES

[Take a look at my winning photos and stories](#) from the first two years I entered and won the Challenge in 2010-11, 2012, & again in 2017. You will also see some magazine articles that featured my story and even my transformation from overweight to "sporting a bikini" at almost age 55!

My husband (2015) and [daughter \(2017\)](#) also won the 60-Day Challenges they entered, with my health and fitness coaching!!!

T-TAPP CHALLENGE CATEGORY WINNER 2015

Look What A Difference 60 Days Can Make!!!



BEFORE



AFTER

Lost 20 lbs and over 33 inches, including nearly an inch around the neck!

Fasting blood sugar dropped 40 points into normal range, and blood pressure also dropped to normal!

CONGRATULATIONS, BRIAN....MY HUSBAND 😊

Let's Focus on *Your* Goals

Every journey is unique and appreciated. It's not just about inch loss but about becoming a better you – however that looks and feels for you. Make this a healthier, happy year with progress in the right direction.

You deserve it!

To help you, I am offering to continue with you in the Health Challenge Mentoring Series during any T-Tapp Challenge, or anytime at all, with Functional Health and Fitness Coaching... to make your journey a successful, rewarding, and fun experience. [Email me for a list of current services offered!](#)

Are You READY for Personal Transformation?



Remember, I'm here to help YOU!

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Further Information, Products, and Services:

There were many other wonderful tips and products mentioned in the [Introduction to Health Challenge Mentoring audio replay](#).

Feel free to SHARE IT!



If you have questions or are interested in any resources, please contact me at linda@fitmehealthy.com for information or to order.

If you'd like to work with me as a rehab, lymphatic, inch loss fitness trainer or functional health coach, you can email me at linda@fitmehealthy.com.