

THE TOTAL HEALTH TRANSFORMATION BLUEPRINT

3 ALL-NATURAL WAYS TO BOOST IMMUNITY,
CLEAR STRESS, AND BECOME YOUR BEST SELF



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INTRODUCTION

Welcome! Thank you for requesting this free e-book. I don't think it's random that our paths have crossed. You are meant to be here. This e-book is for you if you're worried about your health and wondering how to take control. You want to use this time to transform into your best self rather than packing on extra weight or getting stuck in stress. Like so many of my clients, you are fed up with all of the fear the Corona virus is causing. You want to take action. You know that there is so much that can be done to boost your immune system, clear anxiety and worry, and live your best life during this time.

The way I see it, the Corona virus is a wakeup call to put our health first. Have you noticed how unhealthy our modern world has become? In the US, the obesity rate is now above 40%. Millions of people suffer with metabolic disorders, chronic pain, stress, and lingering health conditions.

The evidence is clear that this virus attacks people with vulnerabilities such these. Because so many of us are overweight, metabolically unhealthy, and immune compromised, this virus is wreaking havoc across the world.

How did we get here? Well, it's a complicated subject with many perspectives to consider. The main thing I see as a health coach and 26 years as a licensed acupuncturist and Chinese medicine herbalist is that we've been conditioned to believe that happiness is found through immediate gratification. We are taught from a young age that food is a source of pleasure and entertainment. We have mega corporations promoting this message to get us to buy their products. Our world has become hypnotized into the belief that addictive and toxic foods like sugar, refined carbohydrates, and alcohol are legitimate ways to find happiness.

Now, don't get me wrong. Of course, food is meant to be pleasurable! The thing is, the mega corporations in our world don't make money from promoting healthy foods. They profit from the mass production of foods that are cheap to make, which generally include low quality oils and flours, sugars, and various fillers and binding agents.

In order to put our health first, we have to be willing to overcome years of conditioning. We have to realize that genuine happiness cannot come from immediate gratification and using food as a habitual form of comfort and pleasure. I'll talk more about this in the three action steps below, but I invite you to consider for a moment how many messages you get every single day that suggest you're not enough.

We are bombarded by messages of 'lack' from the news media, social media, advertising, and the political arena. On top of this, we are taught that we should be afraid -VERY afraid- of this world we are living in. After all, we are powerless to change it, right?

When we feel stuck in fear and powerlessness, of course we are going to turn to toxic food, along with other negative lifestyle choices, in order to feel safe and comfortable.

If you want to create a level of well-being that you never knew was possible, it's going to take some courage. You'll have to rise above a lot of this widespread messaging of fear and lack. I assume that's why you're here, right? You know deep down that NOW is your time to make your health the top priority. After all, when you don't have your health, what do you really have?

Billions of people are finally coming to terms with this question right now.

This short e-book will give you a roadmap to follow. It will give you a newfound sense of self-belief. It will give you more clarity and confidence.

But... I want to be VERY clear. This e-book is JUST the beginning. All that I can do over these next few pages is scratch the surface and create some immediate shifts in your way of seeing things. Reclaiming your health is going to require accountability, support, and clear action steps. I can point you to the right path to follow here, but ultimately, the odds are that you're going to need some daily guidance in order to create real and lasting transformation.

I've seen it time and again with my clients. The ones who previously tried to do this all on their own spent years struggling, going through a lot of trial and error, self-sabotaging, and spinning their wheels. When they finally commit to working with me, they often say things like, 'Why didn't I do this years ago?'

When it comes to your health, don't try to do it alone. That's a recipe for frustration. I'll share at the end of this e-book how I can help you on a deeper level, or you can click [here](#) if you want to cut to the chase and learn about the Total Health Transformation Bootcamp

Alright, with that said, let's go ahead and jump right in! Here are the 3 steps you can take right now to boost immunity, clear stress, and become your best self.

ACTION STEP # 1: CREATE A VISION FOR YOUR IDEAL HEALTH AND LIFE

This is where I ALWAYS start with my clients. You see, most of us have never created a clear life vision. We don't know what we REALLY want in our heart of hearts. We haven't clarified why health is so important to us. Because of this, health gets put toward the bottom of our priority list and value system. We assume that we have to put work, money, family, and friends before our health.

This is also why we self-sabotage and are so vulnerable to lifestyle choices that may provide immediate gratification, but ultimately make us sick or unwell. If you've struggled with sugar, carbs, alcohol, or a sedentary lifestyle, I can practically guarantee that you lack a clear, compelling vision for your health.



Go ahead and spend 10 minutes writing down what ideal health looks like to you. If you experience the pinnacle of physical and emotional well-being, what would that feel like? How much energy would you have? How would you feel in your body? How would you look? What would your weight be? What would be the quality of your thoughts and emotions?

Do this exercise right now. Make it as vivid and descriptive as possible.

Once you have this written down, you are going to spend 10 minutes a day reading your vision out loud, as if it's here with you already. See yourself as already being this person. Use your imagination to see yourself exactly as you want to be.

This exercise is VERY simple, but you'll soon realize it's not always easy to do.

This is because your brain is going to kick out some resistance to you seeing yourself in this way. Your brain is wired to keep you safe. It does this by keeping you anchored in what is familiar. The average human thinks 60,000 thoughts per day and 95% of them are the same thoughts as yesterday. Your brain is going to keep pumping out the same circular thoughts and feelings every single day, until you get in there and change it. The reason this is so important is that you can't make real and lasting changes if you aren't giving your brain new input.

You have to start seeing yourself in a new way, even if it feels fake at first.

Have you noticed that your default thinking patterns are set to low grade worry, fear, and rumination? If you keep repeating these same thoughts over and over, you become convinced that these thoughts are who you are. When this happens, you'll form habits and behaviors that keep you locked into the same patterns and circumstances. Nothing can really change.

When you learn how to use your imagination to see yourself in a new way, it is like a doorway into a new world. You begin to wire your brain in a new way. You start to form new neural patterning around what you want, rather than what you don't want.

Most of us are terrified of change, even if it's positive. This is why losing weight, making healthy lifestyle choices, and making self-care a top priority feels so challenging. It's why we tend to self-sabotage and return to the same set point of substandard health over and over.

Quite literally, you have to shift into a new identity in order to become the healthiest and happiest version of yourself. If you don't know how to do this, you'll inevitably cycle through the same old patterns over and over. You've probably already noticed this playing out in your life, not to mention the millions of people all around you going through the same painful patterns, often for as long as they live.

This is why I am starting with your vision. If you don't know how to work with your mind effectively, nothing else that I say will matter. I can give you a detailed list of other action steps to take and they likely won't make much of an impact.

Let me be clear: What I am sharing with you here is the missing link in healthcare. The number one reason we struggle with chronic illness, obesity, and stress is this: We were never taught how to master our minds. We were never taught how to create a clear, compelling vision and use our imagination in a way that serves us.

Most of us are slaves to our unconscious beliefs and habits. When you know how to master your thinking and create yourself in an intentional way, reclaiming your health is infinitely easier. You actually enjoy the process. It doesn't feel like you have to use will power or force.

How refreshing would that be for you? To create your ideal body and mind without so much struggle? I know that for just about all of the clients I work with, it feels like a miracle! They had no idea this was even possible.

Obviously, there is so much more I could say about this action step. The main thing is to take action. Don't overthink it! Just do this simple exercise every day. Really FEEL what it's like to have your ideal body, mind, and level of health here with you now. Learn how to use your imagination as your most powerful ally in the healing process.

Another way of saying this is that most of us are using our imagination in a destructive way. When we worry, we are imagining negative outcomes. When we keep reaching out to sugar, we are imagining ourselves to be someone who needs that immediate hit of comfort or pleasure.

Here's what's really interesting: Who you believe yourself to be is NOT at all set in stone. Just because you've had the same thoughts and beliefs circulating through your brain for the past twenty years does not make them real. They just appear to be 'you' because of how many times they have been repeated.

You can change your thinking. You can change your beliefs. You can change your behaviors. And you can definitely change your results.

But- it has to happen in this order! And you need the tools to be able to do this in your daily life. Like I said, I can give you a taste of this here, but you'll get the full experience of how to do this in my [5-week Bootcamp](#).

Last point before we move onto the next action step: It'll take some practice to feel ideal health as a present moment reality in your imagination. Remember that the real power of this practice is seeing it as here with you already- not as something that may happen in the future. This is how you form new neural patterning. This practice is simple, but don't be surprised if it challenges you! It is meant to literally expand your mind into a new way of seeing yourself. Be patient and just stick with it every day. Over time, you'll likely see how profoundly it changes your life on all levels.

ACTION STEP #2: KICK THE CARBS TO THE CURB!



If I had to choose the single biggest lifestyle change that my clients make that leads to dramatic results, it would be this: Clear out the refined carbohydrates and sugars as much as you possibly can!

Now, I'm sure you already know this, but here's the thing: If your brain is wired for carbohydrate and sugar addiction, this step is going to be a lot easier said than done. Creating a vision for ideal health is a necessary prerequisite for doing this successfully and having it be a relatively easy process.

While there are many factors that contribute to poor health, the widespread abuse of refined carbohydrates is certainly at the top of the list.

Why do people appear more bloated, puffy, inflamed, and overweight than they did 40 years ago? (Look at pictures of people walking on beaches from the 1970's or 80's and it'll shock you). Mass consumption of processed carbohydrates is the culprit.

Once again, mega corporations know that these foods are very cheap to produce and highly addictive. It's a winning strategy for corporate profit but comes at a tragic consequence for millions of people who just don't know any better.

Let's bring this back to you. How many of the following foods do you eat on a regular basis?

Breads, muffins, pasta, breakfast cereal, pretzels, bagels, pizza, soda, chips, pastries...

You may not think you're getting many of these foods into your diet until you really sit down and examine it. I encourage you to do a 3-day food journal to do exactly this. Write down everything you eat, then go back and count how many times a day refined carbs found their way into your diet. Most people are shocked when they do this!

If you can even cut these foods down by 50%, you'll likely notice dramatic benefits. These are the foods that produce inflammation in the body. They are directly linked to increased risk of obesity, heart disease, and type 2 diabetes. There is even quite a bit of evidence that they are linked to increased risk of anxiety and depression.

"But Steven, I LOVE my carbs!! Please don't make me give them up."

I get it. I really do! I used to be a carb junkie myself. And I struggled for YEARS to finally gain control over my carbohydrate intake.

It wasn't until I did the vision exercise daily for a period of time before this really changed. I started to see myself as someone who is lean and fit. I imagined myself craving foods that would support this vision and I wired this into my brain. Amazingly, I found myself craving carbs less and less. My core identity no longer aligned with the pleasure that refined carbs were giving me.

If you love carbs like I did, it likely feels scary and threatening to consider giving them up. A couple helpful thoughts on this:

1. You don't need to force it. Just review your vision for ideal health daily. Allow your brain to get intimate with this new, upgraded version of yourself.
2. You can take baby steps. You don't need to give up refined carbs cold turkey starting today. Experiment. When you refrain from eating that bowl of pretzels or that piece of pizza, watch your mind. Notice the thoughts and feelings that come up without identifying with them.

Every time you resist the urge to indulge in refined carbs, you are rewiring your mind. You are gaining confidence and momentum. You are moving one step closer to your vision for ideal health.

While it's beyond the scope of what I can cover in this short e-book, I can assure you that you can train your mind to enjoy healthy foods such as vegetables and fruits. Your taste buds will have to go through a gradual reorientation, but it is 100% possible. Many Americans grew up eating pepperoni pizza, Captain Crunch, candy bars, and soda. Throw in some McDonalds and that was their well-rounded diet.

These days, I eat primarily whole foods. This includes lean protein sources, vegetables and fruits. Whereas when I was younger, I was repelled by these foods, now I absolutely love them. I love the way they make me feel and I even love the way they taste.

You can do this too. When you know how to work with your mind, it can be much easier than you ever thought possible.

I've seen dramatic changes in so many of my clients when they master their relationship with refined carbs. It's amazing! Not only is this a catalyst for weight loss, but it improves mood, regulates stress, boosts immunity, and makes us feel more at home in our bodies. When the inflammation dies down, we feel relaxed and settle in our sense of self. We feel closer to our true nature. I know that may sound a bit hyped, but it's actually true.

ACTION STEP #3 CONSUME MEANINGFUL, LIFE-AFFIRMING CONTENT



You and I both know that if you watch too much news, it leads to feelings of depression and anxiety. The world appears to be going to hell in a hand basket, especially now. It's so easy to get sucked into this toxic dynamic where we passively absorb the chaos of world events, given to us through the filter of various news agencies with obvious agendas.

The same is true for social media. You see a lot of divisiveness, conflict, and irrelevant stuff on all social sites that does nothing to help you become a healthier and happier person. We are seeing more evidence that social media negatively affects our dopamine levels. Have you ever noticed when you hop on a site like Facebook, you get an immediate hit of pleasure? That is a dopamine release.

The problem is that over time, this repeated habit of turning to social media to feel immediate gratification depletes dopamine. It's quite similar to any other addiction. We have to get that 'quick fix' in order to feel satisfied.

The point of this action step is to become very mindful of what kind of information you absorb. Are you allowing in too many toxic messages, not only from TV and social media, but possibly friends and family?

If you want to transform into your healthiest and happiest self, it's vital that you become highly intentional about the quality of information that you allow into your mind. I recommend that you fill yourself up with life-affirming, positive, and meaningful messages. This e-book is a great example! I'm here to empower and inspire you, rather than fill you with more fear or hopelessness.

Make it part of your daily self-care routine to consume uplifting information on personal development, health, and spirituality. Take in a lot more of this content than conventional news or social media. When it comes to the news, allow in just enough to stay informed and then let it go. News agencies make money from your attention. The way they grab your attention is through exaggeration and sensationalism.

We all have to make a commitment to not get sucked into the trance of fear-based news coverage around the Corona virus. I understand how easy it is to get lost in it. If you don't have a clear vision and intention for your life, you'll likely default to flipping on the TV and getting sucked in for hours a day. This is a recipe for depression and worry.

This is another reason why my [5-week Bootcamp](#) is likely the ideal fit for you right now. Over 5 weeks, you get inundated with positive messages that help you heal on all levels. Now more than ever, it's crucial that you become highly selective around what you allow into your mind and environment.

Creating ideal health happens through a combination of lifestyle choices and factors. In this short e-book, my goal has been to share the top three things you can do to get some immediate results. When you combine the right mindset work with the right nutritional and exercise plan, your life will transform on all levels. You'll likely tap into a level of well-being that is beyond what you could have dreamed for yourself.

Once again, I want you to know that this IS possible— no matter how long you've felt stuck, sick, or have been struggling with chronic health concerns.

I'd like to share a couple of case studies of clients who have transformed in dramatic ways. This will give you some inspiration and hope that you can do the same!

DANA: FROM CHRONIC PAIN AND FATIGUE TO CONFIDENCE AND VITALITY

When Dana initially came to see me, she was taking a host of medications to manage her chronic pain and depression. Everything in her body hurt. She had horrible joint pain and stiffness. Her energy was shot. Her emotions revolved around irritability, worry, and a general feeling of ‘meh’ as she described it. Dana was also suffering from constipation, likely from the meds she was taking.

Over a period of a few weeks, I had Dana work on the following:

1. She did the ideal health exercise every single day. She started to identify with the feelings of happiness, confidence, and inspiration. She started to see herself as healthy.
2. She reduced her refined carb intake by about 80%. Dana started eating way more fruits, vegetables, and lean protein sources. She found that her craving for sugar and carbs naturally resolved by doing the mindset work and incorporating healthier foods.
3. She committed to regular yoga and walking.

While Dana made a few other lifestyle changes, these were the big ones. Over the course of a few weeks, she was able to get off of her pain medications. Her constipation resolved and her metabolism improved. She lost 15 lbs and looked like a different person— happier, more confident, more glowing. That twinkle in her eye was back. Her energy level increased dramatically. Her self-esteem was noticeably improved and she exuded an energy of tranquility that was directly opposite to how she initially presented.

SUE: FROM CORPORATE SLAVE TO FULFILLED ENTREPRENEUR

When Sue first started working with me, she described herself as a corporate slave. She was stuck in a job that she was only doing for the money. She had wanted to get out for years, but she didn't have the courage or motivation. As you can expect, she was struggling with a variety of stress-related health problems. Her main complaint was insomnia, but she also had symptoms of IBS (alternative diarrhea and constipation), anxiety, and back pain.

Sue and I worked together to create a new vision for her health and life. She wrote down her ideal work situation. She got super clear on how she wanted to feel in her body. She began anchoring in this vision into her daily life.

Not surprisingly, Sue was turning to alcohol on a daily basis to soothe her pain and ease her mind. I had her reduce her consumption by half for the first 3 weeks of our time together. While she was initially resistant toward this change, she soon found it to be an easy shift that made her feel immediate improvement in her physical and emotional health. After 5 weeks, she gave up drinking altogether.

We also cleaned up Sue's diet so that she started eating more whole foods and less processed snacks. Amazingly, after just a few weeks of working together, Sue told me one day that she had just quit her job and was going to start her own business. She attributed this newfound confidence and motivation to the mindset work we had been doing as part of her healing regimen.

Even though she was initiating a lot of new, uncertain life events, she was sleeping better than she had in years. My guided meditations and mindset training helped her shift back into 'rest and restore' mode and out of 'survival' mode.

I love Sue's story because it shows how upgrading our health ripples over into all areas of life. Without making this dramatic shift in her health, she likely would have been stuck in her corporate job for years to come, relying on alcohol and processed snacks to get through each day.

In both of the case studies above, it's important to note that these clients had to do the work. They had to face themselves and deal with some discomfort and resistance. This is to be expected for all of us. What's amazing is that if you ARE willing to face yourself in this way, the path to healing can not only be relatively easy, it can be fun! Being healthy shouldn't feel like it comes at a huge sacrifice. If you have to use will power to get results, you'll usually find that you self-sabotage and come spiraling back to your old default setting.

HOW I CAN HELP YOU ON A DEEPER LEVEL....

As I've mentioned a few times, this short e-book is really only the beginning of our work together. Here's the next step: I have a 5-week online wellness program called the Total Health Transformation (THT) Bootcamp.

This program can be done from the comfort of your own home, on your own schedule. It will give you step-by-step guidance on creating your ideal level of health and optimizing your life. We are going to dive DEEP into the subjects I've covered in this e-book, plus a whole lot more. You'll get weekly video modules, guided meditations, and interactive Q & A to make this as easy and effective as possible.

I'm sharing some of the pearls of wisdom I've gained in my acupuncture & nutrition practice over many years to provide this Bootcamp for you. I will be providing you with video modules on nutrition and other lifestyle changes. And I will help you with the mindset training and guided meditations. After you click the link below select the [Wellness Health Coaching Package](#).

[Click Here to Learn About the Bootcamp Now](#)

Thank you so much for reading this e-book and I hope it has planted some new seeds of inspiration for you.

Remember- don't do this alone! Join us in the Bootcamp at the link above and get the support you need to become your happiest and healthiest self.

With Appreciation,

Steven Sonmore, L.Ac., Dipl. Ac.

Certified Life Coach

ABOUT STEVEN SONMORE



Steven Sonmore is a licensed acupuncturist, Chinese medicine herbalist with an active practice in Minneapolis and a health coach for clients all over the world. He has been featured in The New York Times, Qi Magazine and My 29 TV.

Steven offers a highly unique and proven approach to healing chronic health conditions without any unwanted side effects. His approach treats the root cause of your health concerns. He is a leading expert on immune health, digestive conditions, and mental/emotional balance.

Steven utilizes a powerful combination of whole foods, nutritional supplements, and stress reduction techniques to create profound and lasting changes in his clients. He offers the Total Health Transformation Bootcamp, a 5-week intensive coaching program that you can do from the comfort of your own home. If you're looking to transform your health and life from the inside out, this is the program for you!