

naked divorce

Your new life in 21 days

Naked Divorce

21
DAY

*Divorce Trauma
Diet*



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Foundation #2

NOURISHMENT

Whilst experiencing a trauma like divorce, a range of different responses are triggered; You may feel loss and pain and your feelings will dip and soar. One moment you long for your ex, desperate for them, and the next you want to rip their head off. This volatility and confusion add to the general sense of craziness.

Managing your health and diet

It is really key to take care of yourself when your life is disrupted by a trauma. To heal ethically, the first thing you need to focus on is re-establishing routines and taking care of yourself.

Getting divorced is a great opportunity to review your eating habits, your diet and your general health.

My story:

I used my divorce as an opportunity to really overhaul my state of health and general fitness. For two years prior to the end of my marriage, I was very unhappy with my weight and general health.

I decided that part of my healing programme would include an overhaul of my health and general fitness regime. I looked back to when I was nineteen and what I envisaged for my life and I realised that one of my dreams was to complete a triathlon.

It was a great goal during my own *naked divorce* because it gave me a lot of focus. I hired a trainer, reviewed my diet completely, and chose to become a Pescatarian as a result. I trained every day and the weight fell off me, my skin glowed and my confidence soared.

I found the regular running, cycling, and swimming cathartic because I spent time thinking about my life, my future and what I wanted to achieve in the next phase of my life. I also rested a great deal and balanced out the cardio exercise with Pilates and Yoga. Completing my first triathlon was an incredible experience. I could not believe I did it. I inspired myself do more and be more in my life, and used my routines as a way to learn discipline and focus.

My friends and family didn't recognise me after my divorce because I became incredibly disciplined. I also noticed that a few times whilst entering a venue, I was asked for my ID. I loved seeing the face of the bouncer when he noticed that I was born in the seventies.

This was not possible for me without learning about the value of focusing on my health and well being.

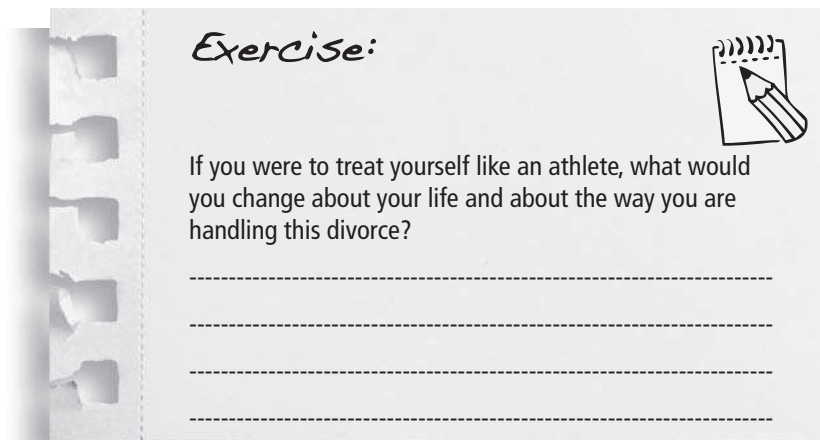
Regardless of whether or not you want to take on a personal physical challenge, it may be a great idea to consider treating yourself like an athlete during the *naked divorce* programme.

The 21-day programme is a marathon of sorts, with highs and lows. Giving yourself the vitality and energy to complete the journey will stand you in good stead.

Consider these principles of treating yourself like an athlete:

- ✓ A dedicated athlete never misses their workouts or practices.
- ✓ An athlete is aware that success is underpinned by regular exercise, disciplined training, healthy eating, sleeping well, and taking care of their body.
- ✓ An athlete will pace themselves, ensuring that they pay attention to their body during each exercise session. They don't want to overdo it or injure themselves during training.
- ✓ Athletes understand that to build strength and stamina they must practice regularly and plan their training as well as meals.
- ✓ An athlete participates fully in the process and in competitive situations. An athlete doesn't sit on the sidelines or shrink back from the game.

Thinking of yourself as an athlete and taking care of yourself in that way will produce extraordinary results in your life.



Exercise:

If you were to treat yourself like an athlete, what would you change about your life and about the way you are handling this divorce?

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Nourishment Lesson #1: our hormones and neurotransmitters go haywire during a trauma like divorce

The thoughts and feelings that make up our consciousness are linked to biochemical activities in our brain. These biochemical activities play a vital part in our behaviour.

Hormones: Cortisol and Adrenalin

There is a part of our brain called the Amygdala. The Amygdala is where we think the ‘fight or flight’ response comes from. It responds best to the senses, like sight, sound and smell. It reacts fast, like an alarm going off, saying “That’s dangerous, run away” or “That sounds worrying, go and look”. The Amygdala is not something we can control. To store memories in the brain, the Hippocampus and the Amygdala work together, with the Hippocampus largely controlling when and where the Amygdala fires. During trauma, however, the Amygdala takes over.

When the Amygdala gets overstimulated, it dumps out tons of Adrenalin, Noradrenalin and Cortisol, also known as Hydrocortisone, all hormones produced by the Adrenal Cortex. These hormones are released in response to stress or shock and with a bad break up or divorce, a great deal of stress is impacting your body. Together with Adrenalin, the primary function of Cortisol is to increase blood sugar. It helps us store sugar in the liver as Glycogen, aids in fat, protein and carbohydrate metabolism and suppresses the immune system. Mother nature equipped us with this hormone to assist us in fight-or-flight situations, such as having enough blood sugar in our body to give us the energy to run away from a lion. Its job is to quickly convert stored energy sources in the body into usable energy.

Although there isn’t a lion coming at you, a divorce situation can be a major shock and your body believes that your life is in danger. So it pumps out Cortisol to prepare you to run away.

Cortisol also stimulates gastric acid secretion. This is why you sometimes feel nausea or light-headedness – almost as if you’ve sustained a blow to the stomach. This is also why many people don’t eat much when dealing with heartbreak; they literally lose their appetite.

Elevated levels of Adrenalin and Cortisol also shut down the Hippocampus in the brain – it seems to sort of ‘fuse out’ because of the increase in stimulation. This is why you cannot remember anything when you feel traumatised and can only handle simple tasks right in front of you (this is why we have a Daily Checklist!)

Cortisol is also associated with a weakened immune system and this is why chronic elevations of Cortisol are detrimental to your health in the long term. Elevated levels of these hormones have been linked to Adrenal fatigue, hormonal imbalances, heart disease, excessive blood sugar levels, elevated cholesterol, and pretty much anything else that stress precipitates within the body. Getting your Adrenalin levels and Cortisol levels under control is all about sleep, diet and exercise and this is key to rapid healing.

Neurotransmitters

Neurotransmitters create and reflect your feelings, moods, thoughts, and behaviours. This powerful group of chemicals in the brain is responsible for physiological and psychological changes in how you experience your life. All behaviour has a corresponding chemical pattern in the brain.

There are more than a dozen neurotransmitters but Serotonin and Dopamine, play a crucial role in orchestrating your behaviour, thoughts, emotions, and experiences during a trauma like divorce.

When we're stressed, the increase in Cortisol and Adrenalin levels suppress Serotonin and increase our Dopamine levels. This change in chemical composition has the following effects...

1) Dopamine

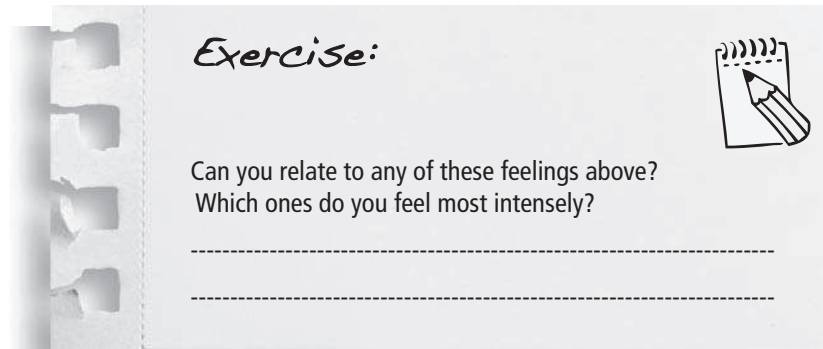
Dopamine is responsible for us being more alert and attentive during the fight or flight response. However, when we're not releasing the Dopamine by fleeing or fighting, the elevation of this neurotransmitter causes a massive 'aching' feeling in your chest. The feeling of heartbreak – like your heart is being torn in two, is caused by elevated levels of Dopamine.

When your Dopamine levels are too high, you may be caught in distorted perceptions of reality, leading to excessive risk-taking and increased aggression.

The feelings below are all linked to higher-than-normal levels of Dopamine in the body:

- ➔ Feeling jittery and restless.
- ➔ Urges to drive past your ex's house, to check their Facebook account, call them at three in the morning or talk to their friends.
- ➔ Becoming obsessed with work, to the point of becoming a workaholic.
- ➔ Feeling trapped and crazy, like a caged animal, or wanting to break things.
- ➔ A feeling that you might just drive your car into a wall. The need to convert emotional pain into something you can actually feel.
- ➔ A fear of being alone and having nothing to do. An inability to tolerate relaxation or calm.

- ➔ A feeling of hyper-vigilance or being overly controlling.
- ➔ Feeling impulsive, with a short attention span, blocked and scattered, and may be prone to easily fly off the handle.
- ➔ A compulsion to clean and organise things.
- ➔ An urge to succumb to violence or aggression. A tendency to deliberately create conflict.
- ➔ Avoidance in making connections with others.
- ➔ A feeling of insecurity or paranoia.
- ➔ A feeling of being chronically stressed, frustrated, and anxious.
- ➔ Being overly competitive and determined to win at all costs.
- ➔ An inability to concentrate, or feeling almost manic.



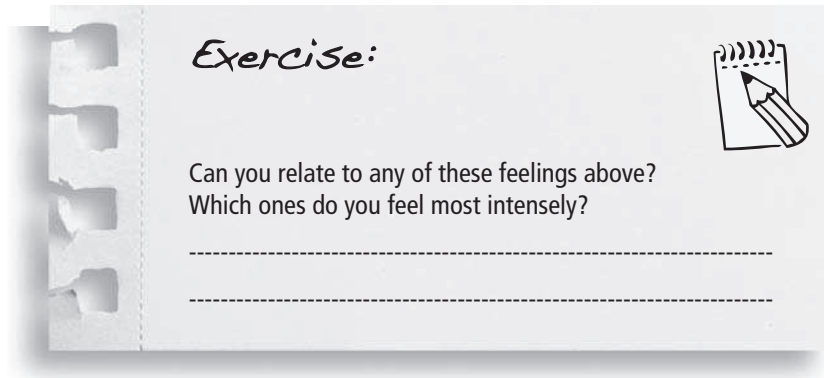
2) Serotonin

Serotonin is the Neurotransmitter associated with feeling good, peaceful or relaxed. Optimal Serotonin levels are required for all positive affective states and all balanced emotional conditions. When Cortisol and Adrenalin are released during divorce, Serotonin levels immediately drop as your body prepares for fight or flight. This depletion of Serotonin is why people become so incredibly weepy.

When Serotonin levels are extremely low, you may lapse into a cycle of struggle and hopelessness.

The feelings below are all linked to lowered Serotonin levels:

- ⇒ A feeling of being reclusive and wanting to avoid situations that might create anxiety.
- ⇒ Avoidance of all conflict and a need to hide away.
- ⇒ Feeling overwhelmed, resentful, or victimised by the circumstances.
- ⇒ Having a craving for sweets coupled with a tendency to overeat (especially comfort foods) in the afternoon or evening.
- ⇒ Suddenly prone to heat intolerance or feelings of panic.
- ⇒ A sudden experience of insomnia, or struggling to get to sleep.
- ⇒ Feeling depressed and hopeless and without any personal power.



Nourishment lesson #2: rebalancing your hormones and neurotransmitters is about altering your nutrition and lifestyle

Your behaviour and experiences affect your biochemical profile and your biochemical profile effects your behaviour and experiences. By being alert to the red flags that tell you when your brain chemistry is out of balance, you can take steps to restore your equilibrium and be in charge again.

The sad thing is that for most of us, when we experience heartbreak, we go and bury our heads in a tub of Ben and Jerry's ice cream or indulge in crisps or drink alcohol or coffee. Those foods and drinks actually INCREASE the Dopamine levels within our body and will lead you to feeling even more crazy and insecure. If you want to stop feeling the heartache, eating healthily is critical to stabilising your Dopamine levels and stimulating the release of Serotonin and Oxytocin that will help you feel better. It's really important to note that what society teaches us in order to cope with divorce often makes us feel worse!

Under the section, **Foundation of Transformation # 7: A GAME PLAN THAT WORKS**, you will begin preparing effectively for the programme. There is a range of supplements to take which combat or reverse the effects of Cortisol, boost Serotonin and decrease Dopamine back to normal levels. There are also dietary tips as all these chemicals can be affected by your diet.

- ➔ Use Cortisol-reduction supplements (shopping list section under **Foundation of Transformation # 7: A GAME PLAN THAT WORKS**)
- ➔ Serotonin levels can be controlled through diet and supplements. In particular, focus on getting more Vitamin C and omega-3 fatty acids, and eating more complex carbohydrates instead of eating sugary foods.
- ➔ There are specific tissue salts to use, which are effective for restoring the salts in your cells. These can be depleted through the hormonal imbalance precipitated by stressful events such as divorce. They can be found in most health food shops.
- ➔ Eat at regular intervals throughout the day. Don't skip meals or your body will release Cortisol.

- ➔ Avoid too many carbohydrates as they trigger a Cortisol release in response to constantly-elevated Insulin levels.
- ➔ Get to bed earlier.
- ➔ Avoid all stimulants (nicotine, energy drinks that contain ephedra-like compounds, and caffeine) or restrict yourself to only one-two per day. Stimulants shift the body into sympathetic dominance, in other words, the fight or flight reaction so they increase the levels of Adrenalin and Cortisol in the body. Stimulants can also disrupt your sleeping patterns. If you must have your daily coffee, try decaffeinated, or ensure you don't drink coffee after midday.
- ➔ Keep your workouts under one hour. At the one-hour mark, your testosterone levels begin to decline and Cortisol levels rise. 45-minute workouts are even better.
- ➔ Maca Root Powder is also known to reduce Cortisol levels and restore the adrenal glands to health.
- ➔ Use stress reduction techniques. To calm yourself and restore your hormonal balance, listen to the **naked divorce** Break Up Reboot. It's a relaxing audio programme designed to refocus your mind on your HEALING GOAL (discussed on Day 0) and realign the neurotransmitters in your brain. Listening to it every day for 21 days will dramatically increase your healing process and reboot those feel-good emotions. You can download your complimentary **naked divorce** Break Up Reboot today by signing up to our complimentary newsletter on the www.naked-divorce.com website.
- ➔ Massage therapy can reduce Cortisol as well as stabilise Dopamine levels.
- ➔ A study by a Japanese cosmetics company in 2006 showed that applying make-up or doing your hair or taking care of your grooming actually reduces Cortisol levels in a mentally stressful situation. So it's important to keep getting up in the morning, getting dressed and looking your best, even if you don't feel like it!

Optimising your brain chemistry and neurotransmitter profile not only supports you in healing faster after divorce, but the spin-offs include improved well-being, the achievement of your goals and dreams, and the attainment of the successful, healthy and integrated life you aspire to.



Nourishment Lesson #3: watch out for antidepressants

I completely agree that in many circumstances antidepressants are lifesavers and make an important difference in people's lives, but I am very concerned about the increase of antidepressant use in today's society.

A report written by Dr. Mark Olfson, a professor of clinical psychiatry at Columbia University/New York State Psychiatric Institute in New York City in 2009 showed that antidepressant use among US and UK residents almost doubled between 1996 and 2009, along with a concurrent rise in the use of other psychotropic medications.

"Over 10 percent of people over the age of six were receiving anti-depression medication" said study author Dr. Mark Olfson. According to background information in the study, antidepressants are now the most widely prescribed class of drugs in the United States. The expansion in use dates back to the 1980's, with the introduction of the antidepressant Prozac (Fluoxetine).

Although I will concede that there must be times when antidepressants are considered useful, many doctors are prescribing them left, right and center – particularly if patients look vulnerable or display signs of stress.

The long-term effects of antidepressants are unknown. I know from my own personal experience of taking antidepressants in my first few years at university that it took me months, even years to fully get the drugs out of my system once I started coming off them.

I would caution you to be wary of your doctor prescribing antidepressants when you're feeling low during your divorce.

Although antidepressants offer temporary relief while you get back on your feet again, studies have shown that they are not good in the long run. Charly Groenendijk who conducted his research into antidepressants in 2003, showed that in some instances antidepressants can actually increase Cortisol and suppress Dopamine completely so that you don't feel like doing anything. What you ideally want is Dopamine to return to normal levels VS. manic levels but the total lack of Dopamine creates lethargy and lack of ambition and drive which has long term repercussions for your life. Antidepressant medications artificially increase Serotonin levels at the synapse by blocking the re-uptake of Serotonin into the presynaptic cell.

Moving off antidepressants can also be very difficult in the future as your body has to get used to producing its own Serotonin once again.

If you feel you need support, please go to www.nakeddivorce.com or consult with your medical practitioner for more information.

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Your new life in 21 days



Adèle Theron helps high powered professional career men and woman heal from divorce using an intensive 21-day process. She has written other trauma programmes too which can all be accessed online and used around your busy schedule to maintain your high performance.

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