

SuperWellness™

Six-Week SUPERWELLNESS Program

w/ Dr. Edith Ubuntu Chan

SuperWellness.com

Course Syllabus & Outline:

Class # 1 - 'H' is for HOME.

This week we come “Home” to our inner wisdom and natural state of wellbeing. We uncover why True Lifelong Wellbeing is MUCH easier than we’ve been told!

- * Intro & overview of 6-week journey - acronym “H.E.A.L.T.H.”
- * **Health & Wellness redefined — What’s YOUR personal definition of Health?**
- * What are the root causes of illness & disease?
- * **Why “EAT RIGHT & EXERCISE” is NOT the Key!**
- * How the most potent self-healing tools are also free and abundantly available.
- * Why our doctors & media don’t tell us about these best bang-for-the-buck tools?
- * **How to nourish our wellbeing on all levels - Body-Mind-Emotions-Soul?**
- * Experience the medicinal healing power of Breath-work, Gratitude, and more!

Class # 2 - 'E' is for ENVIRONMENT. 'E' is for ENERGY!

This week we become conscious of fine-tuning our Environment. Learn the most simple and powerful ways to supercharge our Energy & vitality!

- * Group sharing of Week 1 experiences
- * Further deepen our understanding of Health & Wellness
- * Learn about the Electrical nature and circadian rhythms of our human body.
- * **How to get the deepest, most restful SLEEP?**
- * Besides Vitamin D, **why is SUNSHINE critical?**
- * Deepening our appreciation for time in NATURE?
- * Fascinating research into the science of **physical contact with nature!**
- * Deeper exploration into Breath, Gratitude Practice, & Meditation.

Class # 3 - 'A' is for AGUA, 'A' is for AAAARMPH!

This week, we explore what Water to drink, and what Foods to eat — Aaarmph!

- * Group sharing of Week 2 experiments.
- * **About WATER:**
 - * **How much WATER** should we drink?
 - * **What type of Water** should we drink?
 - * Spring Water, vs. Tap Water, vs. Distilled Water, etc?
 - * What types of water filters? What's the story about water fluoridation?
 - * Fascinating NEW scientific research into Water Structure — did you know that Water can store Memory, like a liquid crystal computer?
 - * Did you know? Water can charge & discharge electricity like a re-chargeable battery?
 - * What does this all mean for us?
- * **About FOOD:**
 - * **The perfect nutrition for you - demystified!**
 - * Bringing the Fun, Joy, and Confidence back to your eating again.
 - * **Why all these fad diets are obsolete for us.**
 - * **A powerful distillation of Dr. E's 15yrs experience** — what are the TOP 5 Foods that cause stress / inflammation / allergies for the vast majority of patients.
 - * Simple ways to find YOUR ideal diet.

**** Note: There's an extra week between Class #3 & #4 to allow participants to experiment & integrate the materials of Weeks 1 thru 3. ****

Class # 4 - 'L' is for LIGHTENING UP on all levels

This class is everybody's FAVORITE! We experience a delicious **Mindfulness Eating Practice**, enjoying every tasty morsel of our dinner together. Explore HOW we eat vs. What we eat, and also HOW we consume our media & digital devices. Together we find a beautiful new balance & alignment.

- * **Majority of this class is devoted to a deep meditative - mindfulness - eating - practice.**
- * **HOW we eat - vs. WHAT we eat?**
- * This class is everyone's favorite!

- * Note: In the upcoming week, we have a 72hrs of Juicing/Liquids cleanse. No deprivation - everybody LOVES how great they feel and often extend to 5 or 7 days!
- * We also explore Lightening up our consumption of Media & Digital Devices -
- * Experience a brand new level of Clarity & Lightness in our body-mind-emotions-spirit.
- * Find a new balanced relationship with our Foods & Media through mindfulness.
- * Scientific research on the power of Intermittent Fasting
- * Deepening our Breathwork & Meditation practices.

**** Note: between Class #4 & 5, there's a recommended 72hr liquids cleanse (juices & broths). It's a natural progression on our wellness journey, and students always LOVE how great they feel! The only challenge is the SOCIAL aspect. So please PLAN AHEAD for your social calendar. Better yet, invite friends/family to do the cleanse with you! Set yourself up for the most "juicy" experience!* (pun intended!) ***

Class # 5 - 'T' is for THOUGHTS, 'T' is for TRUTH

With the newfound lightness, this week our CLARITY & INTUITION will naturally Skyrocket! We use this opportunity to deepen our access to our INNER TRUTH and experience the best tools for letting go of Stressful Thoughts & Emotions.

- * **How to use your Body, Breath, and Meditation to access Intuitive Guidance.**
- * **Best self-care tools for Eliminating Stress & Anxiety**
- * Intro to EFT - aka Tapping
- * Finding the balance between "Positive Psychology" and doing the negative "Shadow Work". Why we must do both.
- * Intro to The Work of Byron Katie
- * **Scientific research on Forgiveness, Gratitude, Epigenetics, Breath, Meditation.**
- * Be supported, as we each continue to refine our new balance with lifestyle practices of the past 5 weeks.

Class # 6 - 'H' is for HEART. Living from our Heart.

The past 6 weeks we've found wellbeing on all levels - body-mind-emotions-spirit. What now? How does our personal well-being influence our community and the world? How do we carry this into the rest of our lives?

- * Group reflections - summarizing personal highlights of the past 6 weeks!
- * **What is intelligent "Heart-based" living?**
- * We have sayings like "Follow your Heart", "Listen to your Heart", or "That guy has such a huge Heart" - but what does that really mean - scientifically?
- * Explore scientific research from The Institute of HeartMath on the state of **Heart Coherence**.
- * How do our hearts radiate a field of information into our environment?
- * How can we leverage this "Superpower"?
- * **A beautiful guided meditation for "Living from our Hearts"**
- * Closing exercise — our inner wisdom & natural state of wellbeing.
- * **WOOO!!! Graduation! Let's celebrate!!!**

CONGRATULATIONS on giving yourself this powerful gift of SUPERWELLNESS!