

SLOW LIFESTYLE SECRETS

E- book



Julie Spark



SLOW MOVEMENT

PART 1: UNDERSTANDING THE BASICS

THE TRIANGLE

The Triangle: Movement - Nutrition - Mindset, is the secret to **maintaining balance through the movement of your life.**

In this book I'll walk you through the following concepts of nutrition:

- Intermittent and extended fasting
- Carb cycling
- Detoxification
- Liver cleansing
- Ayurveda: the science of life

The e-book covers plan 1, intermittent fasting. For all nutrition programs refer to the book [Slow Lifestyle](#).

Parallel to the nutrition program, we'll set up and test out a series of training schedules, where I'll combine a variety of movement classes to identify what works best for you.

Last but not least, I'll give you journaling prompts, which invite you to check in with yourself daily, release any blockages, address any questions, and broaden your perspective on life.



SLOW MOVEMENT

The concept of slowing down revolves around rethinking your speed of life and valuing efficiency over numbers.

When was the last time you were alone with your thoughts? Slowed down, no distractions, no background noise, and **mastered the art of doing nothing.**

How do you feel about maintaining balance through the movement of your life? Nailing the equilibrium between fast and slow.

SLOW DETOX PROGRAM

PART 2: PUTTING SLOW LIFESTYLE INTO ACTION THE SLOW DETOX PROGRAM

Perform once a year; DIY, or with coach Julie.

SIGNS THAT YOU NEED A DETOX

- Sugar cravings
- Constipation
- Bloating
- Gas
- Headaches
- Fatigue
- Aches and pains
- Nausea
- Belly fat (hard to lose)
- Skin problems
- Food cravings (especially for processed foods)
- Low energy
- Bad breath
- Irritability
- Mood swings

Do any of these sound familiar?

Thinking of making a change is the first step to changing your mindset. It's not easy, but when you have a positive mindset, it's a game changer for your physical, emotional, and spiritual well-being. Changing your thinking can change your life.



While gazing in the mirror, take a good look at yourself.

Is your target weight loss? Where would you like to see improvements? Where would you like to become more toned? What would you like to change?

Is it an addiction you are fighting? Alcohol? Drugs? How are you looking at your addiction?

Let us go into all the taboos and talk about them!

The first thing we want is, to be honest with ourselves.

SLOW DETOX PROGRAM

WHY SHOULD YOU DETOX YOUR BODY?

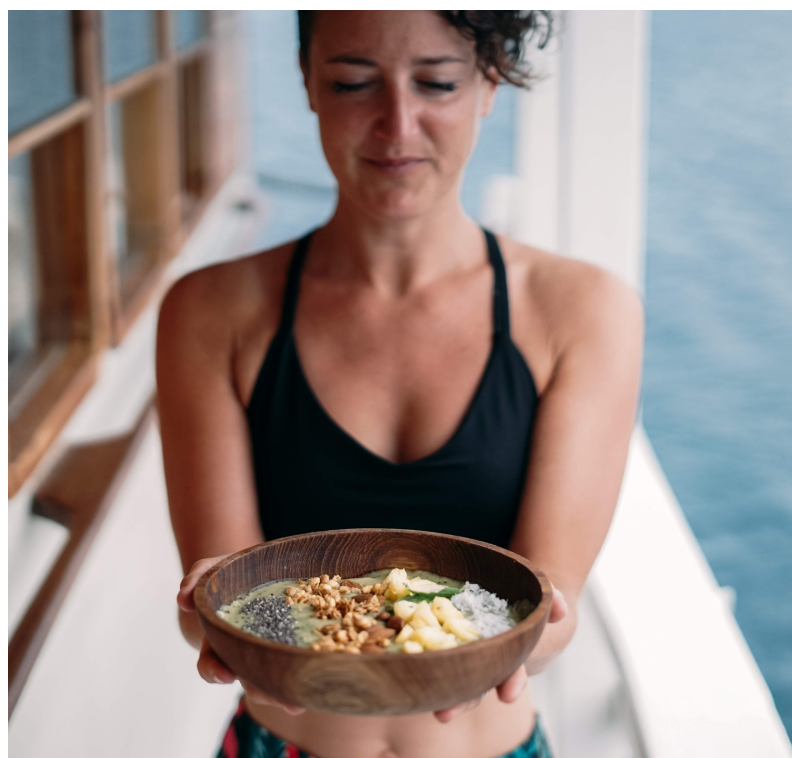
1. Cleans out waste in your digestive tract: waste builds up, it has to be eliminated for the digestive system to function properly.
2. Reduces pain: it reduces the amount of lactic acid that builds up in the muscles, which can reduce pain.
3. Reduces inflammation: helps with arthritis and other chronic diseases.
4. Boosts your immune system: vitamins and minerals boost immunity and cleanse the lymphatic system.
5. Slows ageing: by slowing the rate of cellular decay.
6. Reduces body odor: particularly when using fasting, after you get rid of the toxins in your body, there is a reduction in overall body odor.



7. Reducing toxins, reduces bad breath and tooth decay.
8. Improves your skin and hair: vitamins and minerals make your skin and hair healthier.
9. Clears your body of heavy metals: particularly mercury and lead.
10. Cleanses your body of toxins.

SLOW DETOX PROGRAM

11. Helps combat chronic disease: a healthy detox is rich in antioxidants, that help you combat chronic disease
 12. Helps with weight loss: vegetables, fruits, vitamins, and minerals make it easier to get rid of excess weight.
 13. Increases energy: Without the toxins in your body, you have more energy. You'll process food better.
 14. It helps you sleep better: more energy during the day, means better sleep at night.
 15. Detoxifies the liver: The liver is the key organ in detoxifying the body. Cleansing herbs and minerals help the liver.
 16. Boosts your ability to think: you think more clearly when you are healthier.
 17. It allows you to absorb vitamins better: a detox prevents chemical toxins to block the body from absorbing nutrients.
 18. Helps your body process drugs and alcohol better: when life and metabolism are boosted, the body will eliminate drugs and alcohol more efficiently.
 19. Restores your body's balance: your vitamin, mineral, and metabolism balance improve if you detox regularly.
- My red flag was that I'd only go to the toilet every three days. There was something wrong with my system. I needed to hit that reset button. My body was screaming for a detox.



SLOW DETOX PROGRAM



Everyone is unique. Be you.

There is not just one way to detox; there are several ways. All you need to do is find the one that suits you and make it your own. We all have a body type, a lifestyle, a posture—more in book and coaching programs and how to find your detox flow.

I came up with six different plans that I'll illustrate step-by-step in this book *Slow Lifestyle*. You can either choose to follow the “8-week Slow Detox Program”, or you can choose to mix and match.

FASTING VS. OTHER DIETS

Have you tried the “eat less, move more” approach for weight loss?

Have you ever felt discouraged during your weight loss quest?

What I ultimately found was that the caloric-reduction strategy wasn't working for me, yet FASTING has been more effective.

What do you think is the reason why “eat less, move more” doesn't work?

This model claims that the body reduces all foods to simple calories and stores those calories for use in a single compartment. Then that compartment is used by the body to burn calories for exercise.

The thing is, the body actually has two compartments. There are two distinct ways of storing energy in the body: as body fat, and as glycogen in the liver.

SLOW DETOX PROGRAM

Think of body fat as being a basement freezer. It has much greater capacity, but it's difficult to access. It's designed for long-term storage. Glycogen is like the refrigerator. The storage space is limited, it's very easy to move food in and out, and it's designed for short-term storage of food. When we buy food, we store it in our refrigerator first. When the fridge is full, excess food goes into our freezer.

In essence, the body can burn either sugar or fat, not both at the same time. In these two compartments, you'll need to empty out the fridge, before you can use what's in the freezer. When we fast, insulin levels are low, which gives us full access to the freezer full of stored fat.

When insulin level is low, stored fat is easily accessible without having to completely empty the glucogen refrigerator. To summarize, for weight loss to be effective, we must burn through most of our stored glycogen; and to release the fat stored, we must drop our insulin levels low enough.

All foods raise insulin levels. A diet low in refined carbs and sugar is a great start, but for some people, it's not enough. The answer for me is fasting—completely abstaining from food.

Scary! I know, right?

Above all, we are trying to avoid regaining the weight we have lost. The weight-loss approach of a low-fat, low-calorie diet incorporated with increased exercise (AKA “eat less, move more”) should work, but does it?

Over the past 20 years, obesity rates have exploded, and weight-loss predominant advice has been eat less, move more. All diets seem to produce weight-loss results in the short term, but all of them seem to fail in the long term.

The only conclusion that makes sense to me, having experienced it myself, is that we need a new strategy. Enter FASTING.



INTERMITTENT FASTING

A year and a half ago, I got introduced to intermittent fasting, I did it for a month and a half. Which equals 66 days, the period you'll need to make a new habit automatic. I experienced more energy; I was able to train more during my workouts. I lost on average 1 kilo (2.2 lbs) per week, and I was losing fat, not muscle. Intermittent fasting has changed my life! I have made it my way of life since!

It's not that there aren't enough calories available. There are so many calories stored in the freezer. But if insulin levels don't drop, then these calories aren't available for the body to use. Insulin is the crucial factor to consider, not the number of calories you eat.

Read that again so it sinks in.

Read more on intermittent fasting [here](#).

Fasting and eating disorders: be careful as fasting can increase the risk for future binge eating, and bulimic pathology for some people. Contact me first [@askjulie.spark](#).



INTERMITTENT FASTING

MY INTERMITTENT FASTING PROGRAM:

5:2

- 5 days of intermittent fasting / 2 days off (any day of the week)
- The days I'm working, I fast. (Tuesday – Saturday)
- Sunday and Monday, I eat normally.

16:8

- I fast for a minimum of 16 hours, with an eating window of 8 hours.
- I usually fast between 8 PM and 12 PM.
- While fasting only drink black coffee, black/green tea, and water (natural or with gas).

MONITOR CALORIE INTAKE

To lose 8 kilos in 8 weeks, my calorie intake per day should be 1240. I monitor it with an app called My Fitness Pal. Just remember that this is in conjunction with the other pieces of the plan and not to be taken as the only detox measure.



SLOW TRAINING

I'm inspired by Slow training. I love to walk around the island, **6000- 9000 steps a day**, to keep my joints in movement, and relax my mind. I'm not so much into the "Go fast, Go Hard, or Go home" mindset anymore.

I personally love yoga and pilates. It's an extremely complex workout. The breathing, combined with the increasing of flexibility, toning of the muscles, boosting blood circulation, and strengthening our immune system.

I have a coffee and train in the mornings. I aim for 6,000-10,000 steps every day, plus I do a daily 15-minute Yogalates flow.

Find my recordings and practice with me from home, on the beach of Gili Air. On Instagram [Slow Yogalates Flow](#), or youtube [Slow Secrets](#).



*Movement is medicine
for the soul*

Pilates will work on strength and flexibility.

It focuses on engaging the transverse abdominis muscle, which is like a natural corset that supports your entire body. While strengthening the TVA (transverse abdominal muscle), you'll release your lower back.

MINDSET

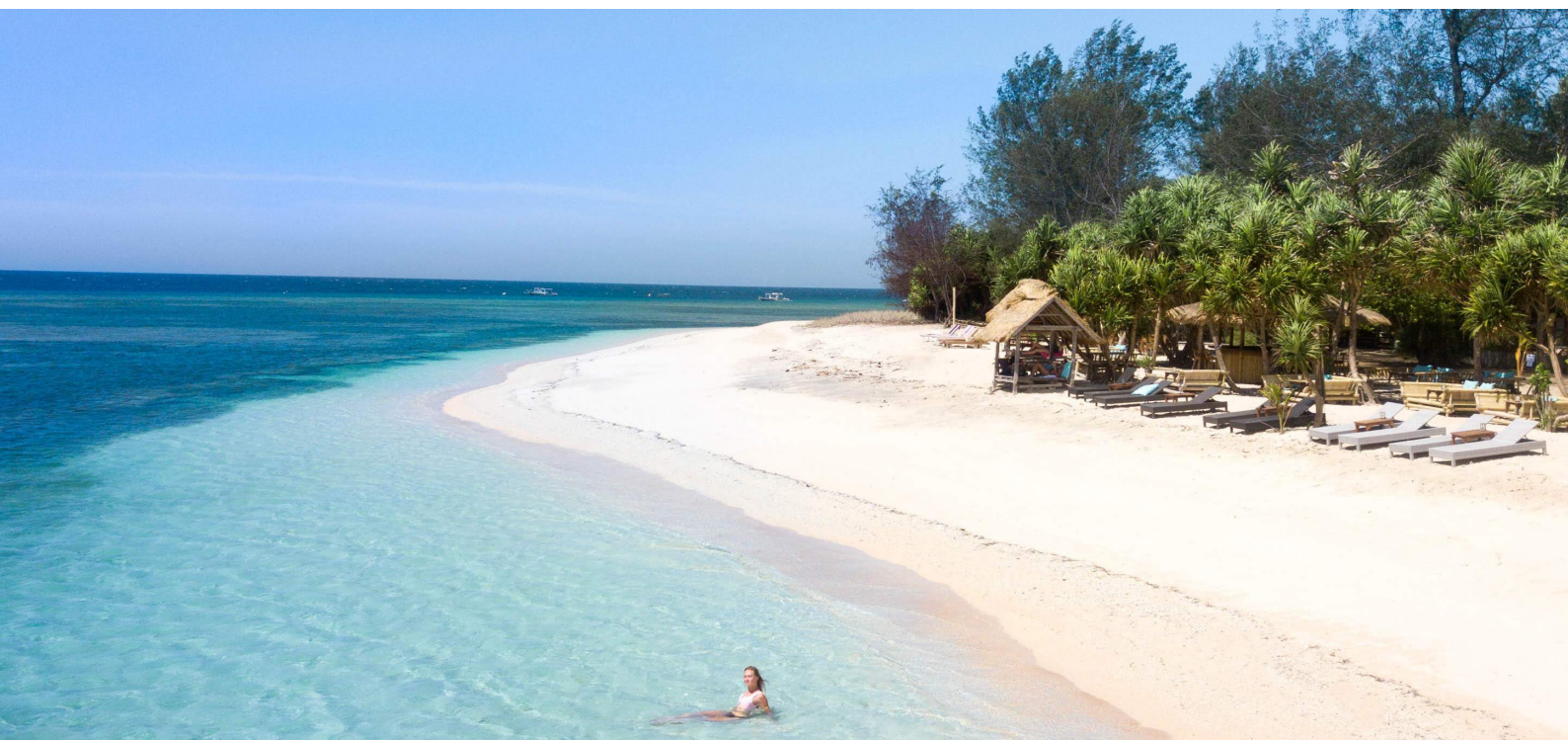
Something as simple as changing your way of thinking, can change your life.

Becoming more patient, and compassionate with ourselves, is when we begin to understand ourselves. Shifting our focus, grounding ourselves, and slowing down. To grow and expand your mind needs breathing room.

1. Slow down: when you slow down, you notice details that you then realize have so much value. You do things in full consciousness, and step away from your auto-pilot mode. You become present, your vibration aligns, shifting into a state of gratitude.
2. Look at things from a different angle: be open to other opinions and new ideas from a grounded, relaxed and calm place.
3. Step out of your control zone: being exposed to the possibility of change will influence the changing of your mindset.
4. Ask why: change your thinking with understanding why a certain reaction has been caused.
5. Find your anchor: that will propel you into the better version of yourself, giving you hope and trust in that one thing when everything else seems covered in darkness.
6. Show up: it's not always fun, but meeting these small goals will encourage you to meet the bigger ones that may seem far out of arm's reach.

Law of Attraction

The law of attraction believes that the universe creates and provides for you that which your thoughts are focused on; positive thinking produces desirable experiences; negative thoughts attract negative experiences. The universe provides.



MINDSET

MINDFULNESS AND GRATITUDE

Have you ever heard of the overview effect?

It's when you realize that Earth is just one drop in a vast expanse.

In mindfulness we can adopt the same overview effect. We back away from our thoughts, and feelings, to gain a fresh perspective and see the bigger picture.

We start appreciating the little things more, we look at the sun shining. We feel the freshness of the rain, the comfort of our sofa, the tastes of what we eat, and the smell of our morning coffee.

Many studies have shown that practicing gratitude is one of the most reliable ways to increase feelings of happiness. If you wanna feel happier, the easiest way is to start a gratitude journal.

To reduce stress, start committing to random acts of kindness, even for small moments in our day, you can really increase your sense of peace.

Awareness always has space for the most troublesome thoughts, and the strongest emotions. It somehow knows that sooner or later the weather will change. Your awareness is a little like the sky. While the thoughts and emotions are like the clouds, or the weather passing through. I like to remember the sky is never overwhelmed by the weather conditions. There is enough room for the strongest storms, even for most ferocious hurricanes.



MINDSET

SELF CARE

“Prendre du temps pour vous, c’est vous accorder de l’importance.”
Taking time for yourself is granting importance to yourself.

DAILY SELF-CARE EXERCISES

- Bake yourself a sweet treat.
- Buy yourself an orchid/bouquet of flowers.
- Get a massage.
- Have brunch with friends.
- Go to the hairdresser.
- Watch a favorite movie.
- Sleep in, and don’t set an alarm.
- Do something you used to love to do as a kid.
- Write a list of things you love about yourself.



MINDSET

GRATITUDE PRACTICE

1. Each day think of three things you are grateful for: nature, people, events, something about yourself, challenges, lessons, etc.
2. Make a commitment to write down good things each day. It will help you begin to notice good things, as they happen.
3. Practice gratitude rituals, like saying grace before meals. It doesn't have to be religious. Simply pause, and appreciate the blessing of having food on the table.
4. Express gratitude:
 - Tell someone you love what they mean to you, and how you feel (e.g. "Mom, your energy warms me." or "Honey, you make me feel safe")
 - Perform acts of thoughtfulness, or kindness. Pay it forward. (e.g. Hold the door for someone or let them pass in front of you at the grocery store.)
 - When someone does something nice, show them your appreciation.

Observe how doing this makes you feel. It's all about creating a circle of good, and feeling good, expecting nothing in return. It's for the pleasure of giving.

GIFT A SMILE

This French poem was my grandmother's favorite. It ends with saying give your smile to the ones that have lost theirs, because no one needs a smile more.



SLOW SECRETS

Hi,

I'M JULIE.

An entrepreneur, author, consultant, island pin-up and an unshakable optimist. I am an advocate of the Slow movement. Let's **rethink your speed of life** together, and guide you into becoming the best version of yourself.

Plan one, of the slow detox program, lasts two weeks, I lost 2 kg in two weeks.

Find more goodies on my website.
Join the Slow Secrets Tribe!

Books - Coaching - Podcast - Youtube Channel



GATHERINGS

There is no better way to transform than during an immersion, with like-minded people who are on the same mission as you. The connections you'll make and the networking opportunities you'll have will recharge your batteries immediately. Rediscover yourself while gathering the knowledge, tools and techniques to transform your perception of life.

Retreats - Festivals

SLOW SECRETS

GIVING BACK

LET'S CHANGE THE WORLD together, one island at a time.

Invest in your future self, and create a meaningful change for the people living on this magical island. Never underestimate the power of a good deed, for yourself, and others. With our programs, we are proud to combine both your wellness and the wellness of the islanders.

For every program purchased, Julie gives back to the island some of the magic it has given her.

Choose your favorite topic:

- education
- sustainable island living
- planting trees

Soraya Foundation is a private, non-profit organization located on Gili Air.



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