



# 6 WAYS TO *Free* YOURSELF

WRITTEN BY

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# Meditate

Meditation has been used for thousands of years. It is great for reducing stress hormones and bringing your mind into present moment awareness.

Stress causes inflammation in the body and inflammation is the number one cause for most chronic diseases. Scientific research has shown that meditation can tap into your brain's deepest potential to learn, focus, heal and adapt. It can also provide you relief from fear, anger, give you greater self-awareness and peace.

Meditation was my saviour. On my journey to recovery, I found that I was eating all the right foods, had a great supplement plan and was seeing the best natural doctors, although when I started to meditate that is when I truly began to heal. Meditation helped me find absolute peace and contentment in my life. I connected to a source that we all have which is a source of pure love and joy. I finally felt true inner happiness and wholeness. Meditation gave me light in my darkest hours. It helped my anxiety, depression, overall physical health and it provided me with a way to switch off from the millions of thoughts that consume our minds every day. There are many forms of meditation. I would suggest to try a few and just pick the style that most resonates with you. The beauty of meditation is there is no right or wrong, so just go with the flow and do what feels right with no judgement.

## Exercise

Sit comfortably with your eyes closed in a quiet area. Bring your attention to your breath. Just observe your in-breath and out-breath. You can even recite the word "So" on your in-breath and "Hum" on your out-breath. Don't force your breath, flow with your normal breath cycles. Do this for 5 – 10mins each day and you will notice that by focusing your attention on the in and out movement of your breath, your thoughts will naturally fade, bringing you back to your natural state of peace and calm.



# Love + Accept Yourself Unconditionally

*"I love and accept myself"*

I truly believe that all our problems, insecurities, illnesses, bad behavioural patterns, addictions, conflicts and much, much, more, stem from our inability to love and accept ourselves completely. I have witnessed first-hand the unbelievable change that can happen when we love and accept ourselves exactly the way we are. When I first became sick, my mum gave me the greatest gift. She bought me a Louise Hay book called "You can heal your life". This book taught me the value of loving and accepting myself and after committing to a daily practice of self-love and acceptance, I physically began to notice good changes in my energy, mood, happiness and passion to take on life. In society we are trained to believe that we are not good enough or worthy enough if we don't have the right job, earn a specific salary, have nice skin or the perfect body type. It is a real shame we don't get taught in school to love our imperfectly perfect selves just the way we are! Just being you is enough!

When you love yourself, you take time to nurture and nourish your body. You care about what you put into your mouth and the effect that it will have on your body. You put yourself and your health first, which isn't a bad thing, as if you don't love yourself first, then you cannot fully give love to others. When you accept yourself as you are, you stop judging yourself which instantly releases any emotional stress. You start to feel comfortable in your own skin which can often put a halt to addictions and other ego driven behaviours. You naturally become kinder to yourself and others. Most importantly you free your spirit to just be your authentic, amazing self!

## Exercise

Every morning before you leave the house, stand in front of a mirror looking yourself in the eyes. Say out loud three times "I love and accept myself". Make this part of your daily routine and observe the positive changes in how you feel in the weeks to follow.





# Practice Gratitude

Gratitude is one of my favourite virtues and self-help tools. It can free you from a bad mood instantly and allows you to find the beauty in your life, no matter what the circumstances. I started keeping a gratitude journal when I was first sick and still keep one today whenever I am feeling stuck or down. It profoundly helped me out of my depression and helped me find beauty in my day despite my limited abilities.

By practicing gratitude daily we can create an appreciation for life. There is now even scientific proof supporting a gratitude practice, which shows people become more forgiving, loving and more optimistic about the future, creating a ripple effect into the body preventing illness and disease.

## Exercise

Every morning write down three things you are grateful for. You can choose to keep a daily gratitude journal or simply make a conscious list in your mind. Find gratitude in the smallest things....“Today I am grateful for a nice warm bed” or “I am grateful to simply be alive”. Carry these thoughts into your day and I guarantee you will have more bounce in your step and light in your life.



# Keep a Food Diary

Keeping a food diary can be eye opening, empowering, freeing and can give you control back over your health. In today's busy life we tend not to be conscious eaters and can quickly forget all that we have consumed for the day. Then we are not conscious of what we are putting into our bodies, we cannot make the link between our symptoms, emotions and trigger foods. I am a big

believer that what we eat is driven by our emotional state of mind, our relationship with ourselves and our surrounding world.

A food diary can be instrumental if you are struggling with any physical or mental symptoms. It is a valuable tool if you want to lose weight, help your health or just take back control of your diet. By recording your daily intake of food for each day, you can track how much of the good stuff you are actually eating vs. the not so good. You can also track your portion sizes and any hidden food addictions you may have.

## Exercise

For one month, record what you eat each day for breakfast, lunch, dinner, drinks, deserts and snacks. Note when you have any physical or mental symptoms (depression, anxiety, anger, constipation, gas, bloating, acne, fatigue etc.) Even record when you feel great and energised after a meal! Make note of your appetite level and why you are eating (are you hungry, upset, sad)? You can even take pictures of each of your meals if easier. At the end of each week look back over your food diary and see if you can make any connections between your symptoms and certain trigger foods as well as making note of your emotional connection with the foods you eat.



# Practice Forgiveness

Practicing forgiveness is a way to instantly free yourself. It is the best way to let go of any dis-ease in your body, mind and soul. Holding onto anger and not releasing yourself from the past can eventually lead to physical illness in your body. There is a lot of psychological stress when you do not forgive and studies have proven that forgiveness can be a huge stress relief. There is research supporting the benefits such as improved heart health, low blood pressure, strong immune function, less fatigue, overcoming depression, better sleep quality and more.

Learning to forgive myself and others has been one of the greatest and most liberating practices I have ever done. When I forgive, I instantly feel like an emotional weight had been lifted from my shoulders and I felt lighter and brighter in my days. When you bear the burden of a grudge, the only person you are actually hurting is yourself. Forgiveness does not mean you are condoning, forgetting or excusing the wrong doing, you are simply removing yourself from the emotional burden of a past event so you can move forward with your life. Freeing yourself from the past and focusing on the present moment is truly liberating and it is where change and transformational shifts happen. Whether you get cut off in traffic or have been severely betrayed by someone, practice forgiving them and I assure you, you will instantly free yourself to move on with your life through better health and happiness.

## Exercise

Practice forgiveness each day. You can start with the small things at work, a client, or bad customer service. Forgive your loved ones and most importantly learn to forgive yourself for all your silly imperfections that actually make you so wonderfully great! Remember forgiveness is for you, not anyone else, so do what feels right for you. Whether you need to get your frustrations out first and then move on or write about it. Experiment and do what works for you. Forgiveness is a choice, it gives you back the power over your thoughts and life.

# Eat Healing Wholefoods

Wholefoods come straight from nature, as nature intended them to be. They are foods which are closest to their organic state, which have not been processed and have nothing added to them. Vegetables, good fats, whole grains, seeds, proteins and fruits are all wholefoods which have the ability to heal our bodies. Mother Nature is wonderful at providing us with everything that we need to nourish and nurture our body and sustain a healthy balance.

Every natural food has a miraculous healing power, loaded with vitamins, minerals and all the essential building blocks for life. Each wholefood has its own set of intelligent cells that communicate directly with our cells in a positive way influencing how they act. A few key benefits of eating wholefoods are; whole plant foods are loaded with phytonutrients which are powerful antioxidants that fight against disease. Wholefoods help decrease your consumption of bad fats as they are loaded with good fats (omega-3 and monounsaturated). Good fats help brain function, blood sugar and reduce inflammation in the body which prevents chronic disease. Wholefoods are loaded with fibre which keeps you full for longer and most importantly keeps your digestive system healthy. I have helped healed my body by simplifying my diet to eating wholefoods. As soon as I eliminated processed foods and additives from my diet, I noticed drastic changes in my overall health, moods, clarity of mind and energy!

***As a result I am thriving not merely survive!***

## Exercise

At every meal you sit down to, have a look at your plate. Make sure everything on there is whole and as close to its natural state as possible. Try putting aside the processed, additive ridden food for just one week and observe how you feel after each meal. Do you feel fuller for longer? Do you have more energy? Are you happier? More motivated? By being conscious at each meal and bringing awareness to what you are eating, you can slowly start to bring about change by making small amendments moment by moment



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## ABOUT DESIREE

After suffering from severe chronic fatigue syndrome and adrenal burn out in 2011, at the age of 26, Desiree embarked on a personal journey to help heal herself through natural medicine. Using her body as her own personal lab, she performed experiments based on different dietary theories, medicinal herbs and alternative therapies. She discovered the power of food as medicine and slowly started to heal herself.....body, mind and spirit. Desiree's journey led her to study at the Institute of Integrative Nutrition which is the world's largest nutrition school. Here she learnt over 100 dietary theories, practical lifestyle techniques and innovative coaching methods with some of the world's top health and wellness experts. Her education has equipped her with extensive knowledge in holistic nutrition, health coaching, and preventive health. Drawing on these skills and her knowledge of different dietary theories, Desiree works with clients to help them make lifestyle changes that produce real and lasting results.

## AS FEATURED IN.....

**Ambitious Entrepreneur Podcast**

"Putting Your Health + Wellness First"

**Guest Speaker at 'Girls Day Out' Festival 2015**

(Sponsored by McGrath Foundation)

**Guest Speaker at 'Mind, Body Spirit Festival' 2016 - 2017**

(Sydney, Melbourne & Brisbane)

**Nutritional Presenter at M&C Saatchi**

'12 Days to Wellness'

**E-Health Radio Network**

Expert Presenter - "How to gain more energy + vitality into your life"

**Reboot Your Life**

Published Author for the book with a chapter "Finally Awake"

**The Carousel**

Contributor - "How to overcome Chronic Fatigue Syndrome"

**The Australian Times Magazine**

Featured on the cover of Australian Times - Health Issue # 3

**Mouth of Mums**

Contributing Guest Blogger

**Sexy Sobriety**

Interview - "How I overcame my addiction to alcohol + 6 years sober!"



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