

# The Higher Strength System at a Glance

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**A Three-Piece Program for Total Body Health and Wellness**

## Introduction

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Have you been struggling to lose weight for what feels like forever?

Have you tried every fad diet and fitness trend in the book with no results?

Do you want to get stronger but you do not have time to spend hours in the gym?

Do you suffer from digestive problems, thyroid issues, or an autoimmune disorder?

If you answered “yes” to even one of these questions, the Higher Strength system may be exactly what you have been looking for. Even if you did not answer “yes” to any of the questions above, there are probably still a few aspects of your health or fitness that you would like to improve. It is natural to want to improve yourself but, for many people, positive change is difficult to achieve and even more difficult to

maintain – especially with the way the media and modern society push people to the extremes for diet and exercise. We are here to tell you that, no matter what your age or activity level, you have it in you to make a complete transformation!

Changing your body, your health, and your life is easier than you might imagine and making even the simplest of changes to your diet and routine can bring about big results. Those extra pounds you have been carrying around your middle? Imagine them disappearing. That flab of skin that hangs down when you lift your arms? Imagine it firming up and turning into muscle. That uncomfortable feeling you get after you eat or the need to down a handful of antacids after a meal? Imagine it never happening to you again. With the Higher Strength system you can achieve all of your health and fitness goals by incorporating three simple things into your life.

In this mini e-book we will introduce you to the Higher Strength system, a three-step process through which you will make simple changes to your lifestyle in order to achieve big benefits and amazing results. What are we talking about? We are talking about improving your fitness, changing your diet, and incorporating meditation into your routine. With these three simple tools you can completely change your life, improve your health, and maximize your longevity. Does it sound too good to be true? Well, it is not. In the next few pages we will provide you with an introduction to our kettlebell training program, our whole-food diet, and our favorite meditation practices to give you a sneak peek into the many ways in which the Higher Strength system can provide you with the tools you need to improve your health and transform your life. Are you ready to get started? Then keep reading!

## Part One: Fitness

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*“Nothing ages us faster than the lack of regular, effective exercise. Muscles melt away, bones go brittle, posture stoops, skin sags, flab hangs – and joints creak. Pain, fear, and fatigue become our constant companions. The less you exercise, the faster you decline.”*

- Andrea Du Cane, Master RKC, “The Ageless Body”



The media and modern society would have you believe that, in order to improve your fitness, you need to subscribe to a gym or participate in a grueling workout program. Popular workout programs like P90X and other at-home training regimens are supposedly designed to promote fast results and to get you in the best shape of your life. Popular fitness programs like these vary in structure and length, but they all have one thing in common – they are much too extreme for the average person, and they set unrealistic goals and expectations. At Higher Strength, we have the secret to improving

your stamina, endurance, stability, mobility, flexibility, and strength. What are we talking about? Russian kettlebell training.

Our Russian kettlebell training program is designed to improve what we like to call your “General Physical Preparedness,” or GPP. For the average person (we are talking you to!), GPP is not a measure of how well you are able to perform certain exercises, or your ability to lift a certain amount – it is a measure of your fitness as a whole. For the average person, GPP is the key to longevity and anti-aging and achieving GPP may simply involve improving your cardiovascular endurance and strengthening muscles enough to enable you to complete everyday activities. You probably do not need to be able to bench press your body weight, but you do need to be able to pick up your kids or carry a load of groceries from the car without being sore the next day. In essence, GPP is a practical and sustainable level of physical fitness for the average person.

At Higher Strength, we utilize the concept of hardstyle Russian kettlebell training to achieve GPP. Kettlebells are a type of cast-iron or cast steel weight that can be used to perform a variety of ballistic exercises – these exercises typically combine various aspects of strength, flexibility, and cardiovascular training. The term “hardstyle” does not refer to the difficulty of the exercises, it simply refers to a certain type of kettlebell training which draws on aspects of ancient Japanese-style martial arts. Hardstyle kettlebell training has the potential to transform your body and your life, helping you to achieve a level of strength and fitness that you never before dreamed possible. Kettlebells are the secret weapon for fitness and many people, especially women, do not even know that they exist.

Without going into too much detail, we would like to give you a little preview of what our kettlebell training program looks like. Unlike traditional exercise programs that require you to perform multiple sets of many different exercises, our program uses

two simple exercises to help you achieve a total body workout each and every time. These two exercises are called the kettlebell swing and the Turkish getup. The kettlebell swing is a type of ballistic movement where your power is generated and controlled in the hips. You will start by swinging the kettlebell back between your legs and then swing it forward and up to chest height. You will then return to the starting position and, in one fluid motion, repeat the exercise for the desired number of repetitions. When combined with full-body tension and proper breathing, the kettlebell swing is a total-body exercise that builds both strength and endurance.

The Turkish getup is a little more complex – it consists of a series of yoga postures starting with lying on your back and ending in the standing position. In a way, this exercise is like performing yoga with weights and, once you get the hang of the motion sequence you will feel an improvement in your balance, flexibility, and stability. The Turkish getup is an excellent example of the Greek concept of *kalos sthenos*, or “beautiful strength”. The Turkish getup is an excellent tool for building lean muscle, especially in women. Lean muscle is what makes you look firm and toned, but it will not make you look bulky or boxy like some isolated muscle group exercises can. It may take you a little while to get the hang of this exercise, but when you do, you will come to understand the true meaning of “beautiful strength”.

Hopefully by now we have piqued your curiosity about kettlebell training and its ability to help you transform your body. To add to that intrigue, we would like to close this section with a list of some of the top benefits kettlebell training can provide:

1. **Burn more fat** than you would with a traditional strength training program.
2. It provides **serious cardiovascular exercise** in a way that is much more engaging than traditional methods (ex: stationary bike or treadmill).

3. Avoid the monotony of free-weight strength training programs –gain **functional strength without the boredom**.
4. **Increase your mobility and flexibility** without having to maintain difficult poses like you would for yoga or similar exercises.
5. You do not have to invest in expensive gym equipment or pay a personal trainer.
6. You can squeeze cardio and strength training into a **short and simple workout** – no more spending hours at the gym!
7. Receive the benefits of a **full-body workout** with just two simple moves.
8. Kettlebell training is very versatile – not only can you use it to increase your strength and flexibility, but it may help you to lose weight, increase your athletic performance, and maintain a higher quality of life as you age.

As a direct result of kettlebell training, you will soon come to find that you are better able to fulfill the challenges of your daily routine with greater ease and comfort. The longer you participate in a kettlebell training program, the healthier, stronger, and more flexible you will become. In the next section of this mini e-book we will provide you with an introduction to our whole-food diet program.

## Part Two: Nutrition

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*“In our current Western culture, the health benefits of foods are evaluated by looking at the proteins, calories, carbohydrates, vitamins, and other nutritional contents. However, in a traditional Chinese diet, not only are vitamins and minerals taken into account, but also the energetic properties of food such as energy, and flavor... Like herbal remedies, food can be selected and prepared appropriately to tonify, cleanse, and regulate the body.”*

- “Healing from the Inside Out: Looking at Food as Medicine”



If we were to tell you that you could start losing weight and renew your energy levels without counting calories or following a fad diet, would you believe us? Maybe, but you would probably be a little skeptical. The modern media wants you to believe that the only way to lose weight is to follow some extreme fad diet or that you have to obsessively count calories and rid your diet of all your favorite foods. Celebrities are always sharing their “secrets” for how they slim down or keep their bikini bodies, but



when you try one of these fad diets for yourself, you do not get the same results. The problem with fad diets is that the results are often as transient as the diets themselves – here today, gone tomorrow.

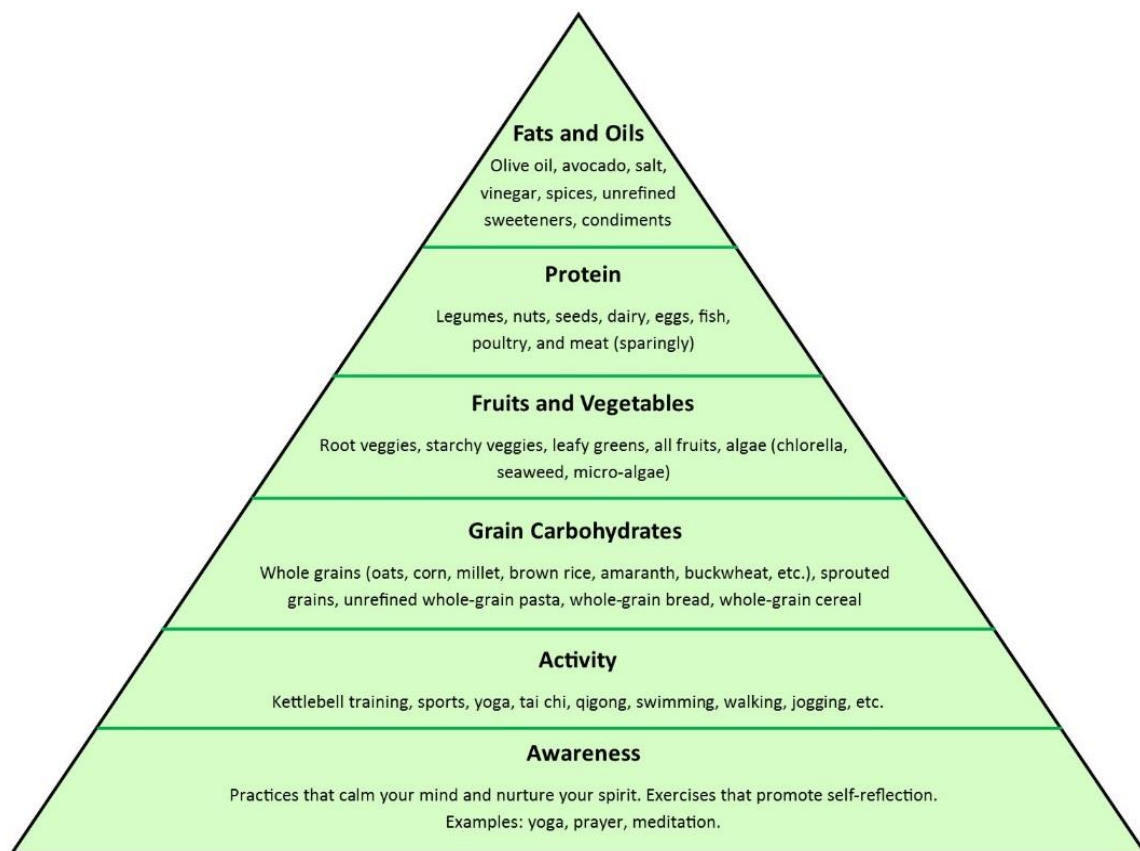
At Higher Strength, we understand that health is not a short-term goal. Sure you may want to lose a few pounds for your daughter's wedding or look great at your next high school reunion, but you also want those results to last. It is our goal to help you understand that you do not need a quick fix or a fad diet – you need a lifestyle change, a system that you can follow for long-term results. At Higher Strength we are firm believers in the fact that, by changing the way you view food and by altering your eating habits, you can transform your body and your life. You will lose those stubborn pounds and improve your digestion – you may even experience relief from certain medical problems like leaky gut syndrome, slow metabolism, thyroid issues, and autoimmune flare-ups.

What is the secret, you ask? Switching to a whole food diet - nutrition is the second piece in the puzzle for whole-body health. Not only can switching to a whole food diet improve your nutrition and support your kettlebell training program, but it can actually heal your body from all kinds of medical conditions including thyroid issues, autoimmune disease, digestive problems, and more. Our whole-food diet program is founded on the principles of Traditional Chinese Medicine. We believe that everything you put into your body has a direct impact on your health. If you fill your body with fast food, fried foods, and processed foods, your body will not function in the way it is supposed to.

The key to living a long and healthy life lies not in filling your body with medications and pushing yourself to the limits of physical exertion in daily workouts. In order to live a long and healthy life you simply need to fuel your body with whole foods. But what exactly are whole foods? Whole foods are the raw products of nature –

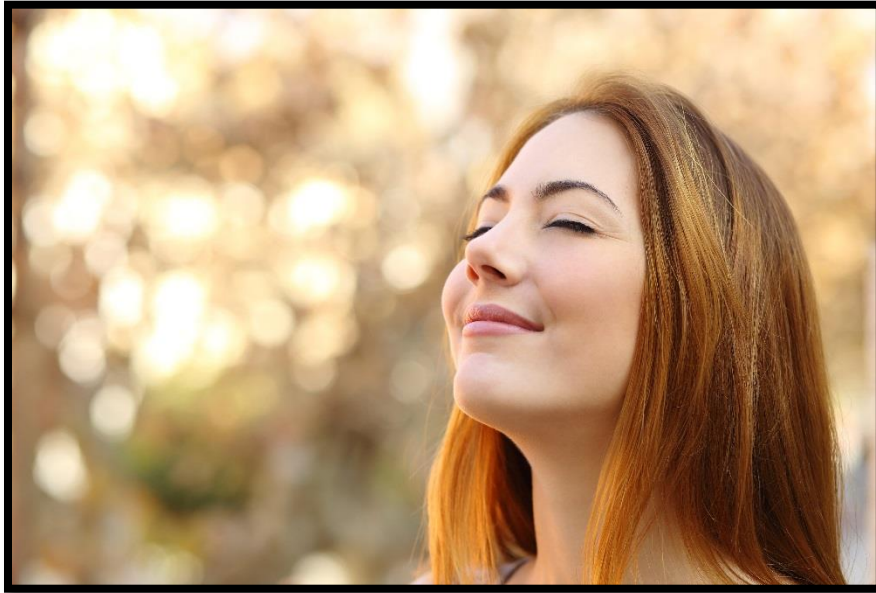
foods that have not been altered by humanity. Nourishing your body with whole foods is the key to not only increasing your longevity, but it can heal you from all sorts of major health problems including inflammation, chronic fatigue, migraines, allergies, skin problems, insulin resistance, high blood pressure, autoimmune disease, thyroid disorders and more.

To give you a sneak peek into our whole-food nutrition program, we would like to provide you with the following food pyramid. This food pyramid has been altered from the original to include the various aspects of the Higher Strength system including our dietary recommendations, activity goals, and meditation practices. In the next section of this mini e-book we will discuss what we believe to be the third piece in the puzzle for a whole-body system for health – meditation.



## Part Three: Meditation

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Having introduced you to the first two pieces of the Higher Strength three-part system we would now like to introduce you to the third and final piece, meditation. At Higher Strength, we are firm believers in the idea that the word “fitness” does not just apply to your physical fitness – it also applies to your state of mental wellbeing. Engaging in a kettlebell training program will help to increase your strength and endurance while fueling your body with whole foods contributes physical health, but meditation is what really brings it all together.

According to Traditional Chinese Medicine (TCM), the body is not a sum of its different parts and systems, but more of a complete entity, which is influenced by and influences the world around it. Furthermore, the key to total body health is to create and nurture balance and harmony throughout the body. Improving your fitness and your diet are only the first two pieces of improving your overall health and wellness -

achieving harmony in your mind and spirit involves meditation. At Higher Strength, our system for total-body health and wellness incorporates the concept of qigong as well as various breathing and meditation techniques to help you to not only calm and relax your mind, but to help your body heal from the inside out.

Before we give you a sneak peek into our meditation program, we would first like to address some common misconceptions about meditation to which you may subscribe:

1. **Meditation is only about relaxation.** While practicing meditation can help to relax you, it is not the only benefit. By focusing your mind and calming your body, you can gain self-awareness, promote harmony and healing, and escape from destructive thoughts and emotions.
2. **Meditation takes too long.** You do not have to meditate for an hour every day – you can do it for as long or as short a period as you would like. The paradox of meditation is that spending a few minutes doing it each day can actually give you more time – the mental clarity and focus you receive will help you to be more productive throughout the rest of the day.
3. **Meditation involves thinking about “nothing”.** Many people associate meditation with the phrase “clear your mind”. Meditation is not about turning off your brain, however, it is about slowing your thoughts, and increasing your own awareness of those thoughts, as well as your emotions and actions. Focusing your thoughts inward will help you to relax and de-stress.

Meditation is a great way to relax your mind and body but it can also provide some very real and measurable benefits. By relaxing your mind and body you can reduce stress, improve immune function, increase circulation, and experience relief from the symptoms of many diseases – it may also help you to stave off the effects of

aging and increase your longevity. Chronic stress is one of the top contributors to aging – it has a number of negative effects on your health that can make you look and feel older than you really are. Meditating on a regular basis, even if only for a few minutes each day, can significantly reduce your stress levels which will also help you to fight the effects of aging.

In addition to reversing the effects of chronic stress and aging, meditation can also provide some very real healing benefits. If you suffer from a chronic medical condition like a digestive disorder, a thyroid problem, or an autoimmune disease, you may feel as though prescription medications are your only option for treatment. In many cases, medication does provide relief from certain symptoms but it often neglects to treat the underlying issue. While meditation is by no means a magical “cure-all,” it can provide some significant benefits for healing the body to provide relief from medical conditions which may ultimately increase your longevity.

At Higher Strength, we believe that meditation is the third piece to the puzzle for creating a system for whole body health. We incorporate the concept of qigong as well as several meditation practices like the Inner Smile meditation and the Six Healing Sounds meditation to help you achieve balance and harmony in both your mind and body. When your mind is well, your body will be too – that is what we hope to help you achieve with the Higher Strength system.

## Conclusion

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Hopefully in reading this brief introduction to the Higher Strength system you have received some valuable insight into improving your health and wellness. We also hope that you have realized that achieving and maintaining whole-body health is not as complicated or as difficult as you once thought. You do not have to engage in a rigorously structured exercise program, nor do you have to obsess over every calorie you consume. Rather than striving to attain unrealistic goals set forth by the media and society, we encourage you to incorporate kettlebell training, a whole-food diet, and meditation into your routine as a means of transforming your body, improving your health, and changing your life.

If you are serious about taking control of your life and your health, the Higher Strength system is here to help. Our system is superior to other programs because it provides a three-part structure that will help you to achieve whole-body health and

wellness. Rather than just providing you with a routine of exercises to follow or list of foods to eat, we seek to provide you with the tools you need to completely transform your life for long-term results.

You should not feel trapped in your body, limited by mobility issues or health problems – you have the power to change your life and to transform your body, all you need is the right set of tools! Consider the words of famous English critic and writer James Henry Leigh Hunt, “**the groundwork of all happiness is health.**” With the Higher Strength system, we hope to help you change your life and improve your health, transforming you into the healthiest, happiest you that you can possibly be.