



Key Points and Actions Summary

of Jim Bunch's interview with:

Shore Slocum, who is a Master in personal achievement and wellness. Quaker Oats says, "He is this country's best kept secret." His keynotes and multiple-day retreats have been sought after by corporate clients ranging from FedEx to Southwest Airlines and he has worked with and collaborated with leaders such as Wayne Dyer, General Norman Schwarzkopf, Anthony Robbins, and Larry King.

Interview Title:

"The Ultimate Wellness Lifestyle: The Energy and Vitality You Need to Live Your Mission and Purpose in Life"

This document is designed to save you time and create greater learning from the master who was interviewed. We give you the salient points from the interview plus simple actions you can immediately take to achieve faster and more meaningful results in your life. When you combine hearing the interview, seeing and digesting this document, and doing the simple recommended actions, you can more fully live The Secrets of the Masters.

- **"On a national scale we know that health is not working"** – The reality is that a lot of us just do not know: we are asleep or just too busy to pay attention or ask questions about what is going on in the big picture. We're starting to become more aware, especially in the health and wellness arena. In the 1950's we spent 4% of our family's income on healthcare costs. Today we spend 23% and that percentage is going up. It is predicted that it will be more than 40% by 2021 if we do not do something radically different. Why is this happening? Some seeds have been planted for a long time in our own personal lives and as a country, and now we are reaping the rewards of what we planted—which are not good. Last year, we spent over four trillion dollars on healthcare. This could bankrupt our country if we do not get it under control, which is why it's a big issue right now in politics.
- **The Reason**– Our lifestyles. We're a fast food nation craving convenience and simplicity. We want food readily available, not only meals from a drive-thru, but also anything that is conveniently packaged, easy to cook, and microwaveable. When you don't have energy, health, and vitality, it's hard to have a great relationship or to have a great vision. It will be hard to spend the extra energy and effort to create what you want because you just won't feel like it! 42% of Americans right now are on some kind of antidepressant, and that includes children. We want the 'magic pill' that is going to make us feel better.
- **Wellness and a Great Lifestyle** – "I want to have wellness and a great lifestyle so that I have the energy and vitality I need to change my destiny, to learn my purpose and my gifts in my life. When I have that, I have more connection with my kids, more creativity. I am not cloudy all day. I do not wake up tired. I have all this energy to go out and to go after what I am here to do."
- **Take Personal Responsibility for Your Health** – "A turning point to taking personal responsibility for my health came when my stepfather, diagnosed with cancer, took the traditional western route for treatment—chemo and radiation and nothing else. The doctors didn't do anything to take care of his immune system or to get rid of the toxicity. He wasn't open at the time to anything

different—he only did exactly what the doctor said. Then the same thing happened with my father. I watched them both die and thought this way was crazy. This created my passion to learn more about health and my body and to find a better way.”

- **You’ve Got to Want To Get Better** – The first key is that you’ve got to really want to get better or you’ve got to want to take it up a notch. You’ve got to want to get out of your pattern and change the way you live and you feel.
- **Diets Don’t Work, Lifestyles Do** - What are the first three letters of the word ‘diet’? Die. That’s a good clue. Studies show that 93% of people that go on a diet lose weight *initially*. After the loss of weight in the first 30 to 60 days, 6 months later 93% of people will weigh more than they would than before the diet!! Diets do not work. Lifestyles work. *‘Lifestyle’ is a way of living when you no longer have to think about what you’re doing—it’s automatic.* You don’t have to think about what you eat, drink, and put in your body. You just want to take care of yourself because that’s just the way it is for you. We want your goals to not just to be attainable, not just to get your cholesterol down, lose weight, or have a little more energy—because those are attainable. But results that are sustainable so they carry on through time so you don’t have to keep thinking about it and working on it. It’s just because ‘that’s the way it is.’
- **Your Body is the Cause of All Healing** - Hippocrates taught that all healing comes from the body. Nothing external such as a pill or a drug will ultimately heal the body for the long-term. Disease means your body is ‘out of ease’ and out of balance, and some interesting things start to happen. The Western mindset is to treat the symptom, not the cause. Suppressing symptoms or taking drugs for them may rid the symptom in one area temporarily but other symptoms will show up somewhere else. Acid reflux, diabetes type 2 and sleep disorders are examples of people being ‘asleep’ or unaware of what they can do to live a healthy lifestyle. When you give your body what it needs to do its healing work and stop putting in what ultimately will cause it to breakdown further, you put yourself on a long-lasting track to ultimate health.
- **Eating Perfectly Healthy Won’t Work If Your Body Isn’t Eliminating Toxins** - We all have toxic lifestyles (air quality, stress, etc.). The body can build up toxicity. When the body cannot eliminate the toxins, it doesn’t matter how perfectly you eat, the body will become diseased. The body eliminates in four areas: skin, lungs, bladder and colon, the processes using 85% of the body’s energy during a day. If the toxins aren’t eliminated, the body puts it away so it can deal with it later. The body starts storing toxins in your fat cells. When these fat cells are overburdened and cannot hold any more, the storage moves to muscles or joints.
- **Ghandi said, “Be the Change You Wish to See in the World”** – “That’s what I think wellness is. When I show up to do whatever I am doing, I want to be that example of the way I wish to see the world. I think that’s the way that we are going to heal the world.”

ACTIONS to IMMEDIATELY start to improve your wellness and lifestyle: Understanding how to create a wellness lifestyle is one half of the formula. The other half is *action*:

1. **Educate Yourself:** Read *7-Day Detox Miracle* and *Diet for a New America*. Listen to this interview podcast recording several times. Continue your learning but be very selective of what you study.
2. **Modify Your Lifestyle:** Give yourself what your body needs to heal and stay healthy.
3. **Detox Your Body and Immerse Yourself in Learning and Seeing the Truth About Your Body**– Attend the Ultimate Health Workshop and Retreat to also learn about and begin living an ultimate wellness lifestyle. It’s the big picture and drilling down to the five areas of vibrant health and its causes and what causes pain and disease in the body. Build a foundation of health on our promise that you will feel better than you have ever felt before or if you are already living a very, very high level of health, you’ll just want to take it up another notch.

The most significant thing to **remember** is: If you remember nothing else from this interview, remember this: *that your body is the cause of all healing.*

The podcast audio recording is rich with details and additional tips. We encourage you to download and listening to it by ‘Registering for the Podcast’ at www.SecretsoftheMasters.com.

For links to our health and detox retreat with Shore Slocum and for more Secrets of the Masters interviews, go to www.SecretsoftheMasters.com.