

A MAGAZINE FOR HEALTH & MINDSET

# AGELESS MIND

ACCESS YOUR  
BASELINE

TOXIC  
INGREDIENTS

HEALTH &  
MINDSET  
VIDEOS

GLUTEN FREE  
DESSERTS

WHO SAYS PERFORMING AT YOUR  
PEAK HAS TO BE DIFFICULT?

NOVEMBER 2023

# AGELESS MIND

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**EDITOR IN CHIEF** Chu M. Tang

**PHOTOGRAPHER** Chu M. Tang



“Our mission is to transform your life using simple, convenient, non-invasive, and cost effective health options!”



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*Chu Tang*

**EDITOR-IN-CHIEF**

**chu@allhealth.info**

Chu Tang, the founder of **All Health & Mindset**, is a health & wellness entrepreneur and consultant.

She mainly helps tennis players from 40s to mid 60s whose health are declining with age to get their lives back and reach their peak health performance. Yes we can!

Too many of us are suffering with joint & muscle pain, low energy, insomnia, slow recovery, and other health challenges. We deserve to live a fuller and pain-free life.

Chu started her training in health & wellness 23 years ago in New Zealand, Australia, Arizona, and California after she lost her dearest person in her life to breast cancer.

She has meticulously designed a comprehensive health program that is simple, effective, affordable, convenient, non-toxic, non-invasive with no side effects.



FEATURES

ACCESS YOUR BASELINE

# YOUR STARTING POINT

*By Chu M. Tang*

**Building a Strong Health Foundation: A Step-by-Step Guide to Assessing Your Starting Point for Transformation!**

**Step 1: *The Starting Point.***

We cannot turn back our health if we don't know exactly where we are at. Evaluate the five pillars of health: hydration, micronutrients, exercise, breathing, and sleep.

## FEATURES



**Step 2: Symptoms.** Acute vs chronic symptoms such as allergies, headache, migraines, insomnia, pain, and other health conditions.

**Step 3: Toxicity Level.** Evaluate our quality of skin, hair, nail, and digestion for two weeks. These will show signs of how much toxins we have accumulated in our body.

**Step 3: Immune Health.** How often do we get sick and how quickly do we recover in the last 90 days?

**Step 4: Products.** List all the products we are using, Check all its ingredients against the toxic ingredients list.



## Understanding what makes your heart & gut healthy.

**Step 5: Food And Supplements.** How much synthetic pills, drinks, and processed foods we are consuming that are harmful to our gut.

**Step 6: Our Emotional Health.** Know our deep self, tap in deeply to what feeds our soul and our deepest fear/pain points.

**Step 7: Our Mental Health.** What zaps our energy, and what gives us more energy?

# TOXIC INGREDIENTS IN HOUSEHOLD PRODUCTS

A m m o n i a

C h l o r i n e

T r i c l o s a n

P e r c h l o r o e t h y l e n e ( p e r c )

## REPLACE WITH

H y d r o g e n P e r o x i d e

B a k i n g S o d a

V i n e g a r

E s s e n t i a l O i l s

## CLEAN BIODEGRADABLE BRAND

S h a k l e e

# TOXIC INGREDIENTS IN PERSONAL CARE PRODUCTS

Mineral oil

Aluminum

Phthalates

Triclosan

Parabens

Petrolatum

Propylene glycol

Sodium lauryl or laureth sulfate

FD&C color dyes

Fragrance (unknown source)

## CLEAN PERSONAL CARE BRANDS

LifeWave

Neora

USANA

Shaklee

Young Living

doTERRA

# HEALTH & MINDSET VIDEOS

Cellular Detox

The Pursuit Of Happiness



# BUCHE DE NOEL

## FRENCH CHRISTMAS DESSERT

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### RECIPE

- Modified version of [Buche de Noel recipe](#)
- For the egg white, I substitute confetti sugar with stevia. Use only 1/4 of the sugar amount in the recipe.
- For the egg yolk, I substitute sugar with coconut sugar. Use only 75% of the sugar of the amount in the recipe.
- For the coco cream, I substitute heavy cream with coconut cream plus 2 oz of melted butter.
- The “snow” is using stevia.
- I use organic lemon leaves from my garden for decoration.



# JUST FRUIT JELLO

**NO WHITE SUGAR**

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## RECIPE

- Use a food processor to blend watermelon and mango separately. For other colors, try strawberry, pineapple, banana, or kiwi.
- In a pot, add 1.5 teaspoons of agar agar powder to 1/2 cup of water. Cook at medium heat. Stir constantly until boil.
- Then add two teaspoons of stevia.
- Pull in 1.5 cup of the blended watermelon from above to the agar agar mixture. Stir well.
- Pull into silicon/ceramic/pyrex cups. Let them cool before putting them in the fridge.
- Repeat the same recipe but use blended mango or other colorful fruit.
- Ready to serve when they are cold about 30 minutes.



**START TODAY  
INVEST IN YOUR  
HEALTH**



# AGELESS MIND & HEALTH PERFORMANCE PROGRAM

Looking For Beta Participants!



Mastering Your Tennis Game:  
Unlocking Health  
*Winning Strategies*  
and Age Reversal Techniques!

[chu@allhealth.info](mailto:chu@allhealth.info)



[chu@allhealth.info](mailto:chu@allhealth.info)