A MAGAZINE FOR HEALTH & MINDSET AGELESS MINDEN

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!"



TABLE OF CONTENTS

4 About Editor-in-Chief

5 Access Your Baseline

7 Toxic Ingredients List

9 Health & Mindset Videos

10 Gluten Free Desserts





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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, nontoxic, non-invasive with no side effects. 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 exaclty 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?

CANVA

TOXIC INGREDIENTS IN HOUSEHOLD PRODUCTS

Ammonia Chlorine Triclosan Perchloroethylene (perc)

REPLACE WITH

Hydrogen Peroxide Baking Soda Vinegar Essential Oils

CLEAN BIODEGRADABLE BRAND Shaklee

AGELESS MIND | 7

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

AGELESS MIND | 8

HEALTH & MINDSET VIDEOS

<u>Cellular Detox</u>

The Pursuit Of Happiness

AGELESS MIND | 9

BUCHE DE NOEL

FRENCH CHRISTMAS DESSERT

RECIPE

- Modified version of <u>Buche</u> <u>de Noel recipe</u>
- For the egg white, I substitute confetti sugar with stevia. Use only 1/4 of the sugar amount in the recipe.
- For the egg york, 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

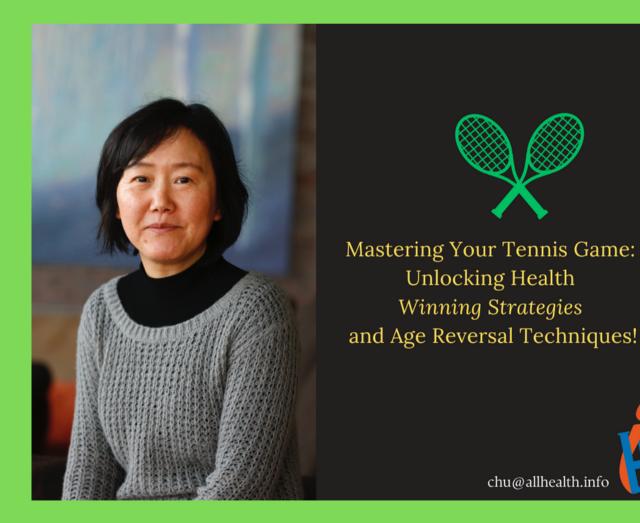
RECIPE

- 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.



AGELESS MIND & HEALTH PERFORMANCE PROGRAM

Looking For Beta Participants!



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