



# 10 TIPS to **BOUNCE BACK** TO **BETTER THAN EVER**

*Your guide to your ultimate comeback  
from illness, surgery, and stress.*

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# INTRODUCTION

If you've been through any type of illness, surgery, or stressful event, you KNOW how far it can throw you. It takes time to get back on track, even with the best of care.

You may have expected to feel better, sooner – and you're frustrated, because you don't. Perhaps you're exhausted – too tired to get back into action. Or, maybe you feel stressed, depressed, or even guilty that you haven't bounced back yet.

No matter what you're experiencing, these bounce-back tips are designed to assist you as you make your comeback. **YOUR AMAZING COMEBACK.**

I'm a seasoned traveler on the road back from illness and surgery. Along my way, I've collected some very powerful bounce-back techniques. Today, as my gift to you, I'm sharing some of my favorites with you. Enjoy.

*If you'd like personalized, one-on-one guidance, choose the service best for you: <http://goodfoodsolutions.com/services/>*



## **Bounce Back Tip 1**

### **CLEAR CONSTIPATION**

**Constipation is common after any type of illness, surgery, or stressful event.**

Flax and aloe vera juice are two super-star ingredients to help you clear out constipation. Flax will add bulk to ease movement within your digestive tract. Aloe will help loosen stuck debris. The following recipe is an easy, effective way to stimulate intestinal cleansing. Depending upon your condition, you may want to drink this twice a day.

Flax seeds are best when ground in a spice grinder immediately before use. The oils go rancid quickly. An alternative is to purchase ground flax seeds and store them in your freezer.

#### **Flax Seed Drink**

*1-2 tablespoons ground flax seeds*

*1 cup spring or filtered water*

*1 tablespoon plain organic aloe vera juice*

Mix together ingredients. Drink immediately.

## **Bounce Back Tip 2**

### **BOOST YOUR DIGESTION**

**Stress and illness inhibit digestion, making it harder to comfortably digest your food.**

In addition to clearing constipation, it's important to re-invigorate your digestion. Probiotic foods contain the beneficial microflora which actively



break down and digest your food. Medical procedures and medications can destroy beneficial microflora. Eating probiotic foods will help you replenish your system and get back on track.

Probiotic foods include Miso Soup, Yogurt, Kefir, Kombucha, and naturally fermented vegetables. In addition, a daily probiotic supplement is sometimes necessary to ease digestive discomforts.

\*Start slowly with probiotic foods and supplements – too many at once can cause gas and bloating.

For easy probiotic recipes, email me at  
[marian@goodfoodsolutions.com](mailto:marian@goodfoodsolutions.com).

### **Bounce Back Tip 3**

## **ALKALIZE TO ENERGIZE**

**Medication, stress, and illness create acid build-up in your body. The more acidic your system, the more fatigued you will be. To bounce back, it is crucial to alkalize your system.**

Green foods such as dark leafy greens and seaweeds are alkaline-forming – meaning they will help shift the acid load in your body. The greener you eat, the easier it will be to transform fatigue into energy. In addition to green foods, there are a number of foods which are also excellent alkalizers. Use what works best for you.

Here's a quick list of foods and activities which will help you alkalize your system. Remember – to truly bounce back, it is absolutely crucial to alkalize your system.



### **Alkaline Forming Foods and Drinks**

*Aloe Vera Juice (1-2 tablespoons)*

*Apple Cider Vinegar (1-2 teaspoons in water)*

*Dark Leafy Greens (kale, broccoli, collards, romaine lettuce)*

*Green Drinks (such as barley greens, wheat grass, fresh green veggie juice)*

*Lemon Water (squeeze lemon into water)*

*Sea Vegetables (such as nori, kelp, wakame, arame)*

*Organic Vegetable Soup or Stock*

### **Alkalizing Activities**

*Meditation*

*Prayer*

*Yoga*

*Qi Gong*

*Walking*

*Deep Breathing*

*Relaxing Music*

For my recipe for Energizing Vegetable Stock, email me at  
[marian@goodfoodsolutions.com](mailto:marian@goodfoodsolutions.com)

### **Bounce Back Tip 4**

## **RELAX WITH A CUP OF TULSI TEA**

**Tulsi tea helps reduce high cortisol levels.**

**Lower cortisol = a clearer, calmer, healthier you.**

Tulsi, or Holy Basil, is considered a sacred herb in India and is dubbed the “Queen of Herbs.” It has been used throughout the ages as a medicinal herb. Tulsi will help calm jitters, boost brain power, strengthen your immunity, improve metabolism, increase energy, boost endurance, and reduce stress.

Sharper focus. Calmer nerves. Better metabolism. More endurance. More energy. The golden keys to Bouncing Back to Better than Ever! – all in one delicious tea bag. **Organic India** produces a high quality tea, in a variety of flavors.



### **Bounce Back Tip 5**

## **SOOTH YOURSELF WITH A BAKING SODA BATH**

**There's nothing like a warm, relaxing bath to  
wash away stress and pain.**

Good old baking soda is an easy soothing remedy to add to your bath. Baking soda is highly alkalizing, which means it will help neutralize the acids and toxins in your system. Less acid means less pain. A 20-minute baking soda bath will help you re-balance the alkalinity in your body. It's wonderfully relaxing. Add some relaxing music and a candle if you like.

### ***Baking Soda Bath Recipe***

*Pour 1 cup baking soda in bath water.*

**ENJOY!**

### **Bounce Back Tip 6**

## **ENERGIZE WITH THE THYMUS THUMP**

**A quick simple way to boost your  
energy and your immunity.**

Your thymus is located at center top of your chest, below the collar bone, between your breasts. Tapping the thymus with your fingertips will trigger the production of immune-boosting t-cells, boost energy, and help increase strength and vitality.

Briskly tap your thymus for about 20 seconds while breathing deeply in and out. Notice the energy shift.





## **Bounce Back Tip 7**

### **DECIDE WHAT CHANGES YOU WILL MAKE**

**Your pain is your wake-up call. Use it to transform your life.**

Strengthen your resolve to transform your life. Put it in writing. Make a list of the health-inspired changes you want to make. Post it in your office, on the fridge, or on your computer.

Next, create an Action Plan. For best focus, and ease of accomplishment, start with one goal. Add goals as you feel able.

#### **Steps to Create Your Action Plan**

- Choose one change to make, for example: **reduce stress**. (You can choose more later.)
- List the benefits you will enjoy as a result of making this change.
- List the obstacles or challenges that might interfere with your success.
- List the people and resources which will help you succeed
- Brainstorm ways to reach your goal, and overcome obstacles. Write down all of your ideas – don't censor. Remember that the more enjoyable your plan, the more likely you are to follow it.
- Choose ideas (start with 1-3) from your brainstorm list. If necessary, break ideas down into smaller action steps. Schedule them into your calendar.
- Adjust your plan as needed. Make your action plan manageable, yet challenging and fun.
- Keep a journal of your successes and transformations.

**Having trouble staying on track to meet your goals? EFT (Emotional Freedom Techniques) is an easy and powerful technique to help you move forward. Learn more here:**

<http://goodfoodsolutions.com/what-is-eft/>



## **Bounce Back Tip 8**

### **LOOK FOR THE GOOD IN YOUR ILLNESS**

**Gems hide in dark places. Look for them.**

Make a list of everything good that's happened as a result of your illness or surgery.

For example, did you get some much-needed time off from your rigorous routine? Have you reconnected with old friends and family? Have you received compassionate care from others? Have you embarked on a journey of self-discovery which has led you to deeper wisdom?

Add to your list as you discover more good. Cultivate a sense of gratitude. Appreciation of your experience will empower you as you continue your recovery.

## **Bounce Back Tip 9**

### **LAUGH!**

**Nothing heals better than a good laugh!**

Laughter might just be the best way to boost your mood, and your health. Laughter has a number of health benefits, including: increased endorphins, relaxed blood vessels, increased oxygen, and better brain function. All of this promotes healing. And it feels so good!

But, if you feel crummy, how is it possible to laugh?

**Here are some suggestions.**

- Watch a funny movie.
- Read the comics.





- Watch a funny sitcom series on dvd.
- Read a funny book.
- Say ho ho ha ha ho ho ha ha five times.
- Talk to a funny friend.
- Watch a funny Youtube video.

## **Bounce Back Tip 10**

### **REDUCE YOUR STRESS!**

**Stress disrupts the healing process. Reduce it.**

When you're stressed, you feel the jittery sensation of stress hormones coursing through your system. Stressful thoughts, illness, and surgery all trigger the release of stress hormones from your adrenal glands. Ongoing stress taxes your immunity, your energy, and your ability to deal with daily demands.

When your adrenal glands are tired and depleted, so are you. When you reduce the burden on your adrenals, you increase the speed, and power of your recovery. Stress relief is the ultimate Bounce Back Tool

#### **Here are some suggestions:**

- Take a Yoga, Qi gong, or Tai Chi class
- Take a walk
- Spend time each day in Nature.
- Limit time spent reading, watching, or listening to stressful news.
- Listen to inspiring music, radio shows, and speakers.
- Practice EFT (Emotional Freedom Techniques) – one of most powerful ways to reduce cortisol.

**Learn more about how EFT can help you here:**

**<http://goodfoodsolutions.com/eft-emotional-freedom-techniques-session/>**



**T**hese are just a few of the many **Bounce Back Tips** to boost your energy, immunity, digestion and mood. It can feel difficult, and sometimes overwhelming, to integrate dietary and lifestyle changes into your daily life. I'm here to guide you, to help you stay on track, as you bounce back to better than ever.

Be Well,

Marian

**P.S I'd Love to hear from you!**

Email me: [marian@goodfoodsolutions.com](mailto:marian@goodfoodsolutions.com)

Find me on Facebook: [www.facebook.com/mbuckmurray.transformationalhealth](http://www.facebook.com/mbuckmurray.transformationalhealth)

Follow me on Twitter: [Marianbuckmur](https://twitter.com/Marianbuckmur)

**For one-on-one personalized guidance, choose from the following services:**

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[The Personalized Program](#)

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## ABOUT MARIAN

**Marian Buck-Murray**, MA, HHC, CNC, EFT-INT is a Transformational Health Guide and EFT Practitioner. She specializes in nutrition and mind-body techniques to help her clients bounce back from illness, surgery, and stress.



Marian is certified by the Natural Gourmet Institute for Health & Culinary Arts, The American Association of Nutritional Consultants, EFT Universe, and the Academy of Healing Nutrition, where she serves on the faculty. She is the author of the Mash and Smash Cookbook, a children's natural foods cookbook.

