

19 PreFormance Lifestyle Principles

1. Honor the temple

Your body is not spare parts. Scripture calls it a temple of the Holy Spirit (1 Corinthians 6:19-20, NIV). SelfCare starts with respect — you were bought at a price, so you honor God with how you fuel, rest, and move this body.

2. Let thy food be thy medicine

Food is the first protocol. Whole, biologically fitting meals do the daily work that pills are asked to fake. PreFormance treats the plate as the primary intervention, not an afterthought.

3. Supply the 90 essentials

Cells need raw materials: 60 minerals, 16 vitamins, 12 amino acids, and 2–3 essential fatty acids. When those 90 essentials are missing, the body improvises. SelfCare fills the gaps instead of guessing.

4. Your genes are not your destiny

Epigenetics means lifestyle can turn genes on or off without rewriting DNA. What you eat, how you sleep, and how you handle stress change how cells behave. That is health freedom in biological language.

5. Measure so you can manage

A Full-Body BioScan™ and essential nutrition testing establish a baseline. You cannot personalize what you never measured. Assessment is step one of the PreFormance journey.

6. Breathe pure air

Oxygen is a nutrient. Train, recover, and sleep in the cleanest air you can reasonably keep — outdoors when you can, filtered when you cannot.

7. Drink living water

Hydration is performance and detoxification. Clean water, consistently, is a non-negotiable essential — as basic as the minerals dissolved in it.

8. Move with purpose

Exercise is not punishment. Strength, mobility, and endurance protocols match your epigenetic profile so you can stay in the game — including ice hockey at any age you still love it.

9. Sleep as a skill

Recovery is trained. Deep sleep is when tissue repair, hormone rhythm, and memory consolidate. Guard the dark, the cool, and the clock.

10. Take the sun and keep the clock

Morning light sets circadian rhythm. Sensible sunshine on skin is part of the 19 factors of a body that still remembers it is an outdoor creature.

19 PreFormance Lifestyle Principles (cont.)

11. Clean inside and out

Detoxification is not a weekend cleanse. Identify toxic exposures, support the body's own pathways, and keep the environment you live in as clean as the food you eat.

12. Rest as hard as you train

Play, recreation, and true downtime are nutritive. Overreaching without restoration is how injuries become stories. Stronger. Faster. Safer. includes stop.

13. Steward stress on purpose

Stress management is biochemical. Cortisol and other hormones modify genetic expression. Breath, prayer, community, and boundaries are not soft extras — they are chemistry.

14. Keep emotional poise

Mental wellness sits beside physical optimization. The SelfCare pillars treat mind and body as one terrain, not two departments.

15. Belong to a team

Shared learning accelerates results. The Wholistic Provider Network and member community keep you from doing this work alone — athletes, families, trainers, and NDs on one thread.

16. Do useful work

Creative, useful work and a sense of security are part of optimal health, not separate from it. Purpose is a nutrient. So is honest labor.

17. Own your records

A personal digital health, wellness, and performance record should live independent of insurance-driven healthcare. You own the data. You share on your terms.

18. Practice self-mastery daily

Motivation fades. Systems remain. T.E.A.M.S. is the daily loop: technology, education, awareness, motivation, support. Mastery is repetition with better information.

19. Feed beauty and instinct

Play, art, nature, and the healthy expression of natural instincts are on the list because humans wither without them. Health freedom includes a life worth being strong for.