



**TRACKERS  
+ TIP  
SHEETS  
INSIDE!**



# **uninflamed** **workbook**

**21 Anti-Inflammatory  
PRIMAL HABITS**  
to heal, sleep better, intermittent fast,  
detox, lose weight, feel great,  
& crush your life goals  
with a kickass microbiome

**CATE STILLMAN**

# ARE YOU A FIT FOR THRIVE OR HERO?

YOU ARE DESIGNED TO THRIVE IN YOUR BODY AND  
YOUR LIFE.. CULTURE IS WORKING AGAINST YOU.  
CLUBS MAKE IT EASY TO HAVE THE EXPERIENCE  
YOU WANT TO HAVE NEXT.



You have symptoms of  
chronic inflammation.

You want to be lean, fit, and  
on top of your game.

You feel life is getting  
harder, not easier.

You want to surround  
yourself with people that  
have the habits you want  
next

You want to feel better than  
ever... even as you age.

VS



You are thriving in your  
body and want to take life  
by the horns.

You want focus, strategy,  
and planning to invest in  
your better future

You want to be with people  
who are thriving and  
realizing big life goals.

You want strategic design  
in the next chapter of your  
life.

You want to free up your  
time, your energy and enjoy  
your life.



# CIRCLE YOUR Symptoms of Inflammation

## IN YOUR BODY...

Fatigue

Stubborn belly  
fat/cellulite/man  
boobs/spare tires

Difficulty sleeping

Excess body weight

Feeling  
stuck/heavy/stagnate/dull

Tongue coating

Joint Pain, stiffness upon  
arising

Poor digestion: belly  
bloat/irregular stools/loose  
stools/constipation/heartburn/  
/indigestion/bad breath/

Skin issues - rashes/ hives/  
acne/ psoriasis/eczema

Allergies

Cravings for processed foods  
(poor nutrient density)

PMS, fibrocystic breasts, and  
hard periods

Puffiness/water  
retention/sinus  
congestion/lymph  
congestion/snot/mucus/post-  
nasal drip

Emotional eating/Overeating

Headaches

Susceptibility to  
illness/viruses/flu/candida  
or fungi

High blood pressure

Lack of sex drive

## IN YOUR MIND...

Overwhelm, anxiety

Chronic low-grade  
stress

Depression

Irritability

Brain fog

Difficulty sleeping

Feeling stuck/  
heavy/stagnate/dull

Difficulty making  
decisions

Poor willpower,  
unmotivated, low  
ambition

Headaches

Mental confusion

Poor concentration,  
difficulty focusing

## IN YOUR SOUL...

Lack of drive

Lack of direction

Complacency

Hopelessness

Overwhelm

Unclear direction

Disconnect from  
meaning in your life

Feeling trapped in  
consumerism

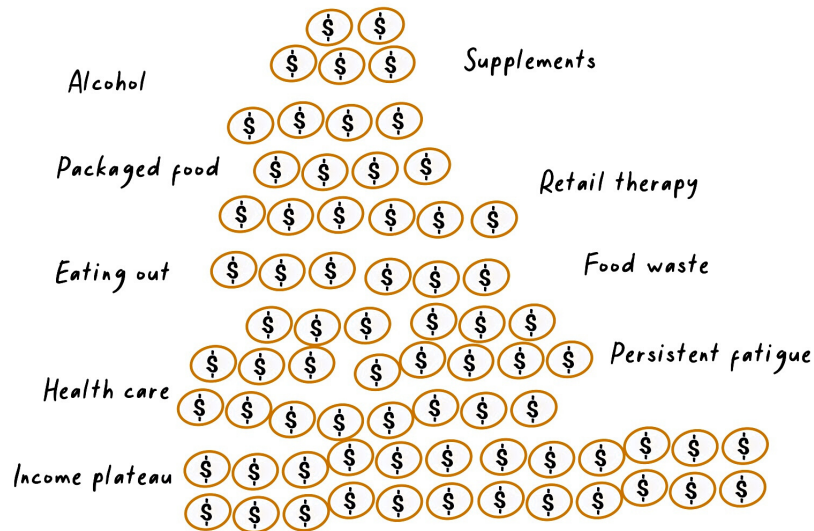


# Inflammation Calculator

Habits that work against the circadian rhythm are packed with hidden costs. The issue is these hidden costs seem like necessary expenses, even though the hidden costs are actually a long-term investment in inflammation. Want to find your hidden expenses?

Our BODY THRIVE members find the course pays for itself many times over due to the drastic decrease in hidden costs accompanied by breakthroughs in feeling great!

## COST OF INFLAMMATION



### MONTHLY COST:

SUPPLEMENTS: \_\_\_\_\_

PACKAGED FOOD: \_\_\_\_\_

ALCOHOL BEVVIES: \_\_\_\_\_

SUGAR/CAFFEINATED BEVVIES:  
\_\_\_\_\_

EATING OUT: \_\_\_\_\_

HEALTH CARE \_\_\_\_\_

### OPPORTUNITY COST:

RETAIL THERAPY: \_\_\_\_\_

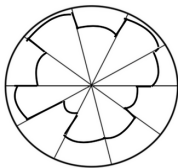
FATIGUE: \_\_\_\_\_

LOW ESTEEM: \_\_\_\_\_

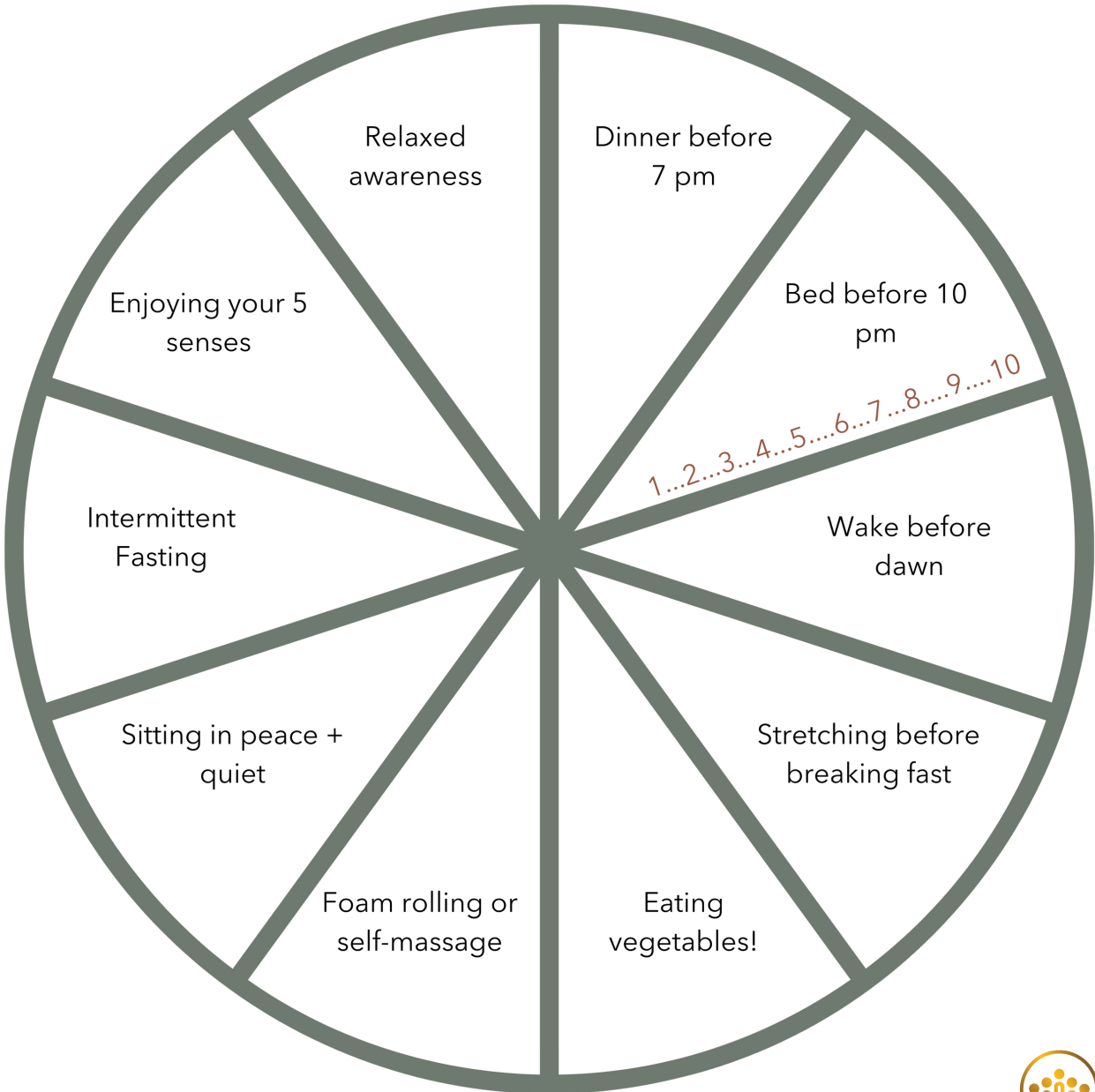
INCOME PLATEAU: \_\_\_\_\_

# CIRCADIAN RHYTHM WHEEL

INSPIRED BY YHC CATHY MINES



BODY THRIVE IS BASED ON THE 10 DAILY HABITS THAT ANCHOR YOU IN THE ANTI-INFLAMMATORY EFFECTS OF LIVING IN CIRCADIAN RHYTHM. RANK YOURSELF AT EACH HABIT AND CONNECT THE DOTS. THEN, WE'LL TALK.



# INFLAMMATION ANALYSIS

What you're buying	Current monthly expense	Desired monthly expense (ex. \$0, or \$50)	Happy, neutral, sad: Emotion when you buy it 😄 😐 😞
Caffeinated drinks			
Alcoholic bevies			
Clothes			
Packaged food			
Eating out			
Supplements			
Health books/courses			
Netflix			
Retail Therapy (ex. Tech gadgets)			

# INFLAMMATION ANALYSIS

Opportunity Costs of Inflammation	Current annual expense	Desired annual expense (ex. \$0, or \$50)	Happy, neutral, sad   
Food waste			
Health care			
Lack of peak performance			
Not getting promotion (\$9000 USD/ 15 lbs or 7 kilos)			
Medical expense (holistic or allopathic)			
Making decisions out of alignment with values			
Avoiding decisions to change			



# intermittent fasting

## 1. Do a One Week Challenge



Once you decide which 8 hours will be your feed time and which 16 hours will be your fast time, stick to it for a week, it will seem a lot easier to stick to the schedule.

## 2. Pack Nutrients into smoothies and juices.



With IF you will eat less. You'll naturally become aware of nutrient density... and filler foods will become less appealing. Break your fast each morning with nutrient-rich fruits and juices made from veggies, fruits, avocado or almonds and water. Notice the life force in these living foods!

## 3. Eat 2, not 3, "real" meals a day.



About an hour after your juice or smoothie, enjoy a "real" breakfast: eggs and toast, oatmeal, chia seed porridge. About 5 hours later, eat "dinner," your main meal. This eating schedule opens up a lot of time in your day, allows you to digest your food more completely, and generates a stronger digestive fire, a deeper, more even flow of energy, and more mental clarity throughout your day.

## 4. Change WHEN before WHAT



Make it easier on yourself! Too much change at once will result in resistance and will send you back into old patterns that don't serve you. If you want to evolve what you're eating, do it after you're comfortable with your new eating schedule

## 5. Nourish your Body from the outside.



In the evening, practice self massage with quality, organic, cold pressed oils. For an even more decadent experience, add essential oils. Self massage aids in detoxification and transformation of fat tissue. You'll sleep better too!

## 6. Don't give up tea or coffee . . . yet



Similar to tip number 4, don't take on too many changes at once. Caffeine can aid in the transition to intermittent fasting by suppressing the appetite in the morning. Avoid adding calories in the form of cream or sugar.

## 7. Hydrate during fasting times.



Too much water during feeding times can dilute digestive fire. Drink plenty of warm or room temperature water during your fasting times. During feeding times, eat foods with plenty of water content.

## 8. Eat quality fats



Your body needs high quality fat. Breaking your fast with good clean fats and protein will keep you from overeating. Choose avocado, sesame tahini, coconut, and soaked almonds and cashews. Cook with ghee and high quality, organic, cold-pressed oils like olive oil and coconut milk. Find out what nuts or seeds are local to your ecosystem... and eat more of those. If you eat animals - choose organic and enjoy the fat that is part of the meat.

## 9. Use the buddy system



It's easier to evolve when you're not doing it alone. Recruit friends and family to try intermittent fasting (IF) with you. It's not exclusive to Ayurveda, so point potential partners in the direction of other communities that are employing IF. If you can't recruit your family, let them know about the changes you're making and ask for support.

## 10. Have fun!



Eating 2 meals a day frees up a lot of time, especially in the evening. Use that time to do things you love to do. Walk, read, swim, play with your kids, practice yoga, garden, meditate . . .

Schedule your free BODY GOALS Session!

Schedule here →

[clubthrive.global/body-goals/](https://clubthrive.global/body-goals/)



# WEEKLY MEAL PLANNER

WEEK \_\_\_\_\_

	FEED TIME	MEAL 1	MEAL 2
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

30 DAY  
**PRIMAL HABITS  
CHALLENGE**

<input type="checkbox"/> SIP SPICE WATER	<input type="checkbox"/> MAKE GUT SHOTS	<input type="checkbox"/> FAST LONGER	<input type="checkbox"/> COLD PLUNGE	<input type="checkbox"/> GO TO BED EARLY
<input type="checkbox"/> SIP SPICE WATER	<input type="checkbox"/> MAKE KIMCHI	<input type="checkbox"/> FAST LONGER	<input type="checkbox"/> REVIEW YOUR LONG TERM GOALS	<input type="checkbox"/> CRAWL FOR A WORKOUT
<input type="checkbox"/> SIP SPICE WATER	<input type="checkbox"/> MAKE SAUERKRAUT	<input type="checkbox"/> FAST LONGER	<input type="checkbox"/> PRACTICE GRATITUDE	<input type="checkbox"/> SWISH, SNORT, HUM
<input type="checkbox"/> SIP SPICE WATER	<input type="checkbox"/> MAKE YOGURT	<input type="checkbox"/> FAST LONGER	<input type="checkbox"/> REVIEW YOUR LONG TERM GOALS	<input type="checkbox"/> TRIP
<input type="checkbox"/> SIP SPICE WATER	<input type="checkbox"/> MAKE PANCHAGAVYA	<input type="checkbox"/> FAST LONGER	<input type="checkbox"/> RUB	<input type="checkbox"/> WATCH THE SUNSET
<input type="checkbox"/> SWISH, SNORT, HUM	<input type="checkbox"/> FORGIVE SOMEONE	<input type="checkbox"/> FAST LONGER	<input type="checkbox"/> GO TO BED EARLY	<input type="checkbox"/> GROOVE

# primal habit tracker

DATE : \_\_\_\_\_

## MONTH - 1

HABIT :



REWARD :

GOALS :

---

## MONTH - 2

HABIT :



REWARD :

GOALS :

---

## MONTH - 3

HABIT :



REWARD :

GOALS :

---

## MONTH - 4

HABIT :



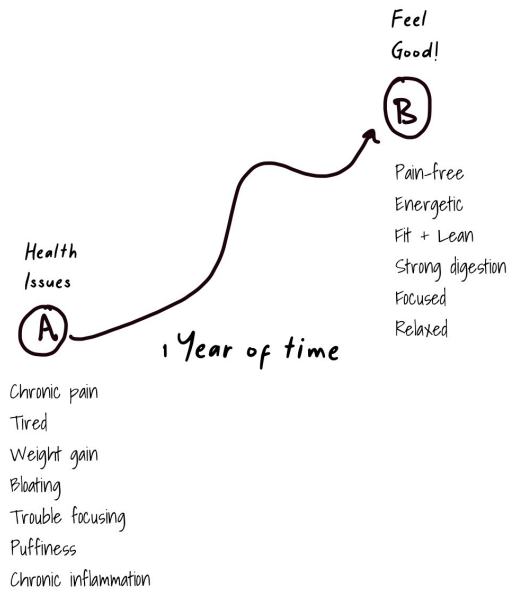
REWARD :

GOALS :

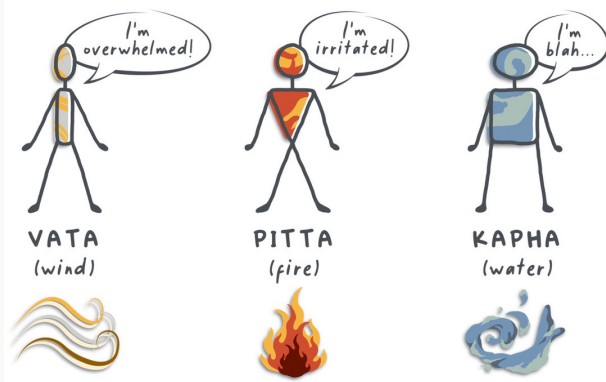


## WHAT HAPPENS TO CLUB THRIVE MEMBERS IN 1 YEAR?

- More consistent and better energy
- Healthier body weight
- Deeper sleep and nurturing habits
- A better diet and a more streamlined way to nourish yourself
- Save money
- Opens up free time



### EMOTIONS OF INFLAMMATION

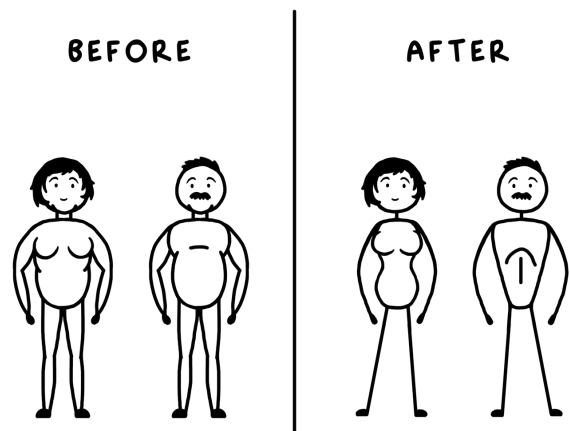


## DO YOU HAVE INFLAMMATION?

- Chronic low-grade stress Stubborn belly fat/cellulite/man boobs/spare tires
- Brain fog Difficulty sleeping
- Difficulty making decisions
- Allergies/Hormone issues
- Susceptibility to illness/viruses/flu/candida or fungi
- Digestion issues

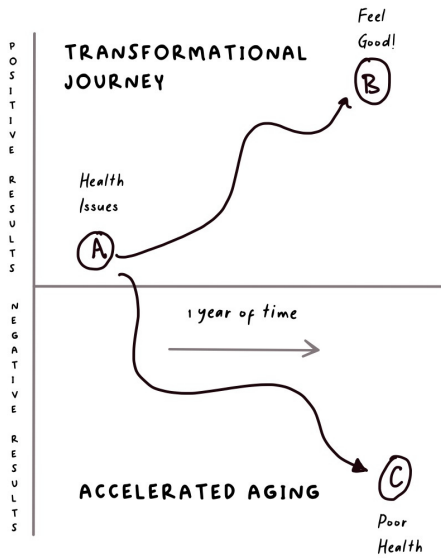
## FROM INFLAMED TO IMMUNE

And what happens? Members shift from late nights to early mornings. From snacking to intermittent fasting. From being busy to experiencing more time. The CLUB THRIVE habits make your life easier, better and save you money to boot.



# CLUB THRIVE

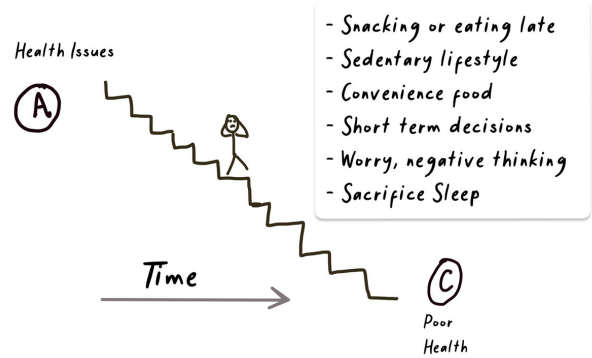
LIVE YOUR POTENTIAL IN REAL TIME, WITH US.



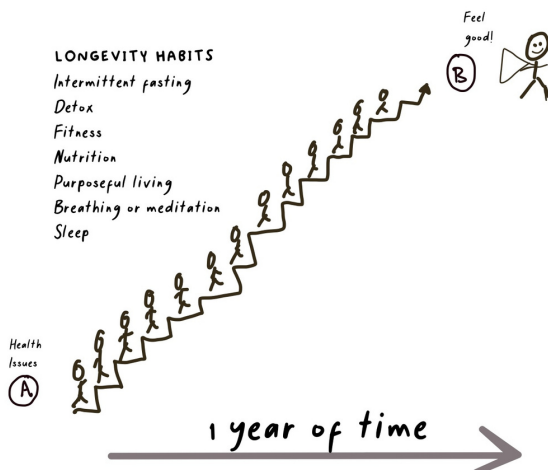
In CLUB THRIVE, we guide you with dynamic support and a proven track record to reverse chronic inflammation and regenerate a healthy microbiome.

In CLUB THRIVE, you reverse degenerative habits, save time and money, and quickly see results.

## DEGENERATIVE HABITS of CHRONIC INFLAMMATION



## POSITIVE STRESSORS



CLUB THRIVE is the 1 year experience that pays back for the rest of your life.

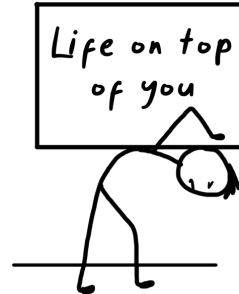


# CLUB THRIVE

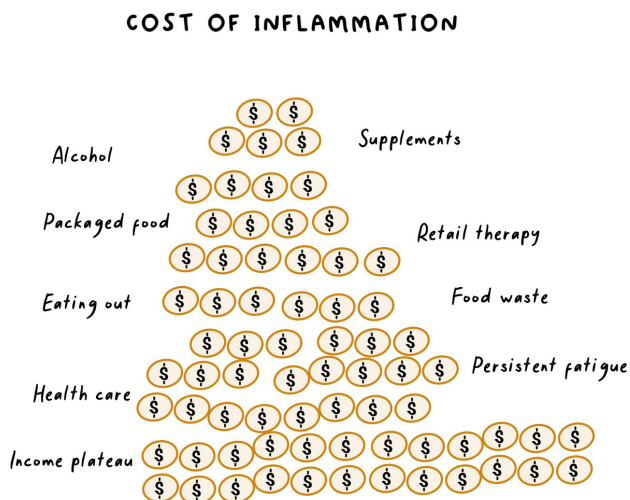
CLUBTHRIVE.GLOBAL

IN ONE YEAR WITH US...  
YOU COULD BE:

- Feeling great
- Physically Strong
- Well-rested
- Deeply nourished
- Connected in relationships
- Sleeping well
- Eating clean
- Digesting with ease
- Resilient + adaptable
- Positively happy



## CLUB THRIVE INVESTMENT: \$6700/YEAR WHAT IS YOUR RETURN ON INVESTMENT?



CLUB THRIVE members report an exponential return on investment. The better habits in life are free. When you experience deep rhythm and alignment in your body and mind you simply waste less energy and money. Our members report that the CLUB THRIVE habits upgrade their lifestyle while decreasing their cost of living.

Year over year.  
For life.



## FROM OUR MEMBERS



"Cate has a natural ability to distill complex concepts, making them not only understandable, but also completely accessible and actionable. Studying with Cate has given me a richer understanding of Ayurveda and a deeper appreciation of the power inherent in my daily habits – creating a significant shift in my physical, emotional and mental well-being."

~ **Frannie Ferrara** ~



"Cate's Club..has healed me from the inside out (wish I had pictures of my tongue 4 months ago..), emotionally energetically physically, and spiritually, and has set me on a path to evolved connectedness and mindfulness, not only for myself but for the world.

Body thrive has literally changed everything.  
Cate. Is. A. Badass...."

~ **Jacob Metzger** ~



"Following self-imposed rules felt like a tough sell, even though my mind and body were not at their best. The spectacular revelation for me and my clients was the effect of freedom due to these habits.

We have more time to think, work, and play and are able to do it with so much more clarity, energy and stability as a result of sleeping well, eating well, and being totally engaged and present in our lives!..."

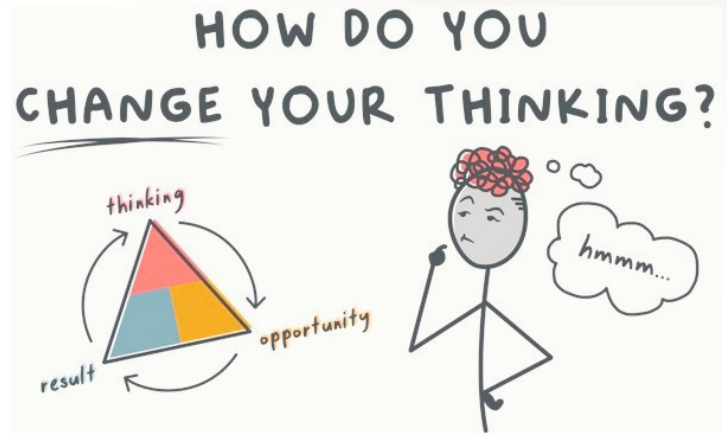
~ **Tamsin Astor** ~



## CLUB HERO MEMBERS EXPERIENCE

You have the power and the right to live a life of great meaning, deep fulfillment and to finally experience ease in your body, mind and heart.

The Master of You course does just that. We guide you through a whole-person system to fast-track your life goals, financial goals, career goals, relationship goals, and body wisdom goals.



This is the step-by-step roadmap to succeeding in all aspects of your life. Our mission is to define and achieve the multiplex of your life goals.

You deserve to thrive. You deserve this. It's time to grab the bull by the horns and live life, even with all its ambiguity, uncertainty, and complexity.



You know your bigger, brighter future is waiting to be activated



You want exclusive guidance through the challenging territory of meeting next level multi-dimensional life or career goals



You don't want to leave your body or core relationships behind as you tackle bigger projects. You want a holistic smarter system to scale your life.





## FROM OUR MEMBERS



"After only three months I see much greater possibilities for positive impact, I'm not thinking small anymore. I don't just see opportunities, but I've designed strategies to meet them. The path is clear and I'm walking it with my head held high, Shoulders back, Heart open, and eyes trained on the target. This feels great!"

~ Alicia Heyburn ~

Executive Director - Teens to Trails



"Besides identifying, the course provides the knowledge, tools, strategies, and support for me to align my actions, the current elements in my life, my beliefs, and my behaviors in the right direction to actually achieve these goals and bring them to fruition. Master of YOU literally has changed me as a person, my present circumstances, and the course of my future."

~ Monica Biasalo ~



"My experience with Cate has really been exceptional. I would say it's really been transformative. It's transformed me, in two major ways. I think one of the major ways it's transformed me is through the body thrive part of the course where you change the way you eat and, and you develop these healthier habits.

So it's really been, that's just been really fantastic. It's just makes me feel great. It makes every day, just better."

~ Bill Barret ~





## ABOUT CLUBS BY CATE STILLMAN

Since 2001 Cate Stillman has co-created journeys to guide people into their potential. Cate is an evolutionary thought leader, entrepreneur, global community builder, and author of *Master of You*, *Body Thrive*, *Wild Habits*, and *Upcycle Your Pee*.

Since 2001 Cate has run Yogahealer; an entrepreneur, a CEO with a remote team, a master coach, an author, a global leader, and a mother. She sits in a fascinating apex of ancient wisdom and modernity, a balance that allows her to persevere through wherever the world and the market is going next. Over the years, she's ignited ambition into aligned action with hundreds of people to experience their bigger goals.

Cate is a global tribe builder and an author in the field of personal achievement, Ayurveda, and Dynamic Groups. As an entrepreneur she grew Yogahealer.com to the top 2% of women-owned businesses by 2016, and continues to grow each year. Cate also leads thought leaders and wellness pros in leading their own member journeys and company growth.

She is renowned for her laser-sharp, no b.s. approach to enlightened living, which includes living your life on purpose for a bigger purpose.

Her course members are never disappointed and know they can't find this type of experience elsewhere.



**CLUB THRIVE**  
GLOBAL

## WHAT NEXT?

Talk to us. Schedule your UNINFLAMED YOU session.

We will have a deep dive conversation into what you most want to do next with your life, from body to career.

Bring your current goals, challenges, frustrations or breakthroughs.

We prefer a very high trust factor before a new member joins our CLUBS.

Then, if you are a fit and we'll both know we can help you reach your goals.

Schedule UNINFLAMED YOU

