

Self-Care Start Guide For Reassurance

JUST DO YOUR DAMN BEST



Realistic Insight On Transitioning
To A Healthier Lifestyle At Your
Own Pace (From a Holistic
Wellness Specialist).

BY SHEMAYAH CLEMONS

I Know Why You're Here—and I'm proud.

You're here because deep down inside, you know that you deserve better—better self-care, better self talk, and better self love. If this isn't what you want, then this guide just isn't for you, and I wish you the best. But, if this sounds right on time, I can assure you that you're in the right place.



hey new friend.

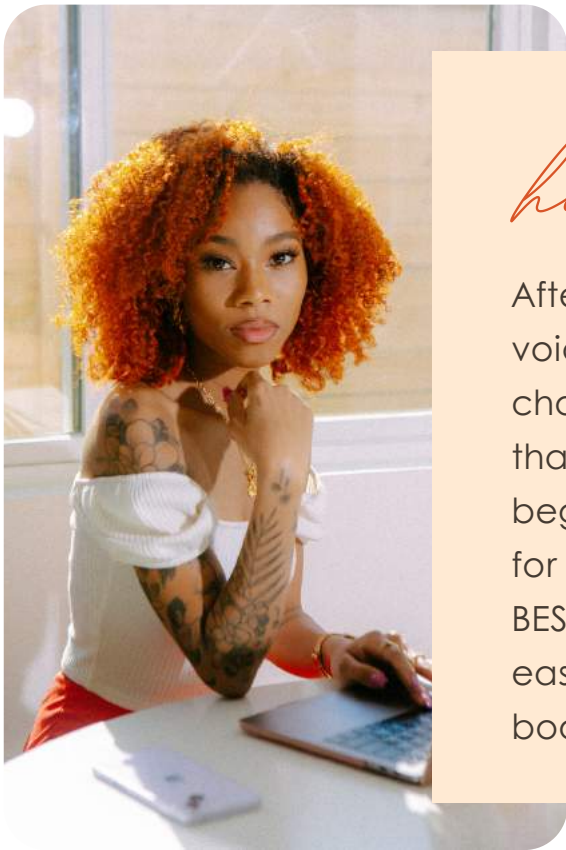
My name is Shemayah, but my loved ones call me Shem and my super awesome community knows me as Ancient Artery. I'm a holistic lifestyle and wellness specialist, with an emphasis in mindfulness, detoxing, plant-based nutrition, and herbalism. I want to set the tone with some transparency: I wrote this e-book for one reason, and one reason only. And that reason is YOU.

I was once where you are, and the thing I was most desperate for was guidance and reassurance. I wanted to know that I was doing the right things, eating the right foods, taking the right herbs, detoxing correctly, etc. I was—and still am—you. The only difference between the two of us is that I now have the confidence and experience needed to pass sound judgement and discernment over my own health. Can you guess what made the difference? It's the work I've put in to get to know my body, mind, and spirit inside and out. Unlike other "health coaches" or professionals in the health and wellness industry, I am not afraid to admit that I don't know everything, and I'm still learning every single day. However, I know one thing for certain: if I had known the things I know now—when I was where you are—it would've done more than helped!

My Story Goes A Little Something Like...

I was in high school when I first discovered the horrors of a menstrual cycle. Every period I had felt like a gruesome war in my body, and most of them were spent with me in the hospital or at home, heavily medicated on prescription drugs. During my sophomore year of high school, doctor's finally recommended a uterine ultrasound which revealed that I had ovarian cysts. Of course their solution was to put me on birth control, but this was the last option my mother, father, and I even wanted to consider. So without any genuine health guidance, I just proceeded to live my life normally... until that time of the month rolled around. 2 years and too many hospital episodes later , I was convinced to take birth control because my menstrual cycles weren't getting any better. The thought of a chaotic period episode away from my mother while in college scared the both of us—after all, she was the one who took care of me when I couldn't stand being alive. When I was 19, I courageously stopped taking birth control after seeking independency from prescription drugs. The period episodes returned, and I tolerated one last hospital visit before I realized how much my health issues didn't just affect me, but rather ate at the sanity of my loved ones. This is what motivated me to prioritize my healing instead of temporary relief.





how did I get here?

After years of neglect, poor self-care, and a void of self-love, I finally made a decision to choose myself, and I did my best to make that decision every day after that. In the beginning, when you don't know everything for certain, all you need to do is your DAMN BEST at choosing yourself. And no, it's not as easy as it sounds, but that's why I made this e-book.

The More Reason You Have, The More Consistent You'll Be.

Your reason is everything. Why you want to live a healthy lifestyle is your fuel. Admittedly, achieving a healthy lifestyle can look like a lot of change, but it's nothing unworthy of sacrificing and it damn sure shouldn't outweigh your reason. If I could attribute my discipline to my lifestyle to one thing, I would give it to my purpose to heal myself and change the narrative for my family—that's my reason. I believe God took me through the most traumatic health experiences to gift me with this reason when I didn't have a clear enough one to start making critical changes in my life. Despite all I'd endured with my health growing up, I was still stubborn. When you can't see that what you're entertaining is a direct reflection of whether or not you give a damn about your health, then you won't care about living a healthy lifestyle. You'll continue to entertain poor company, eat poor foods, consume poor energy, talk poorly, and so on. This is why most people don't invest in their health until they FEEL they need to, when the carelessness and negligence catches up.

Pop The Big Question On Yourself

I was once exactly like you, knowing I wanted to improve my health, but struggling to commit to doing it. And contrary to ALL the blame we place on not knowing “how” or where to start, the explanation for our lack of commitment really exists in our lack of REASON/PURPOSE. So, ask yourself, “Why do I want to be healthy?”.



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“To live is to choose. But to choose well, you must know who you are and what you stand for, where you want to go and why you want to get there.”

–Kofi Annan



Let's Unpack The Reasons You're Struggling to Commit to Your Health

1. You're easily discouraged, or distracted.
2. You don't believe you're worth it.
3. You're not inspired (you don't have enough reason).
4. You just don't know "how" or where to start.

You may be dealing with one or more of these reasons without even knowing. However, this isn't grounds for beating yourself up, because when you are not taught how to take care of your body or value your health, you can become desensitized and experience a disconnection with yourself. Many people who mock individuals that are more actively conscious of their health, project their ignorance, and cognitive dissonance through jokes and belittlement. In reality, this is usually a cry for help that translates to: "I wish I knew how to do what you're doing". I wrote this e-book to help you face these truths because improving your health is more mental and emotional than physical. So before we get into the thick of it, understand that being healthy means doing the work all around—upstairs, in between, and downstairs.



A top-down view of a desk with a lit candle, a notebook, a plant, and glasses. The candle is in a white container and is lit, with a small flame. The notebook is spiral-bound and has a "TODAY" tab. A green plant is in the bottom left corner. A pair of glasses is on the right side. The background is a light-colored wooden surface.

REASON #1

1. Easily Discouraged & Distracted

The truth is, if you find that you're easily discouraged and distracted on your health and wellness journey, it's important to note that it can be extremely difficult to maintain something you didn't properly build or structure in the first place. For example, imagine yourself as an in-house property manager for an apartment building that was designed poorly, built with cheap material, sitting on unstable ground, and some more shit. You'd experience the toughest time trying to manage a property you don't feel happy, safe, or sane in—not to mention the other unhappy tenants and they're piling complaints.

Why am I saying this? Because your body is the property, you're the manager, and the tenants and unstable emotions you're forced to deal with are the side effects of it all. When you're not investing enough in your “property” or personal internal wellness, you can experience outside obstacles that discourage you, and eventually you'll write your health off as “not worth it”. Focus more on your getting your body right internally and the rest will fall in line (we will build more on this later on).



2. You May Not Believe You're Worth It.

Not believing your health is worth investing in, is the same thing as not believing you're worth investing in— it's just dressed up differently with makeup and a wig. Either way, it's self sabotage.

I believe that you know you're worth it, but you just don't know if it's possible for you because you may have tried things that didn't work or are accustomed to band-aiding your health issues—which is expected when you're encouraged by health professionals to suppress your concerns with short-term fixes.

There was a time in my life where I didn't believe I was worth it, and I told myself that the reason I was reluctant to start doing things differently, was because I didn't know where to start. In reality, I can admit that I didn't love myself enough. I was extremely insecure and I did everything in my power to distract myself from the work that I subconsciously knew I needed to do (this is an example of cognitive dissonance by the way). I didn't think I had a good enough reason to start making changes. Now that I am more connected with myself, I realized that I was the only reason I needed.

You matter, and if you don't see that now, the only real ways to start seeing it, is by taking better care of yourself or developing chronic illness. You may be spending way too much time focusing on the things that you have to “lose” in order to achieve your wellness goals (i.e your favorite foods, snacks, etc.) This can really blind you from seeing all you have to gain. You are a BIG enough reason to invest in your health. You're sacrificing comfort for growth, and that's something that all the greats have to do. I know you have the potential to be great because deep down inside, you have your best interest at heart. Being committed to your health, and creating a healthy lifestyle, means ensuring that everything that you entertain shares that same interest, because you are worth it.



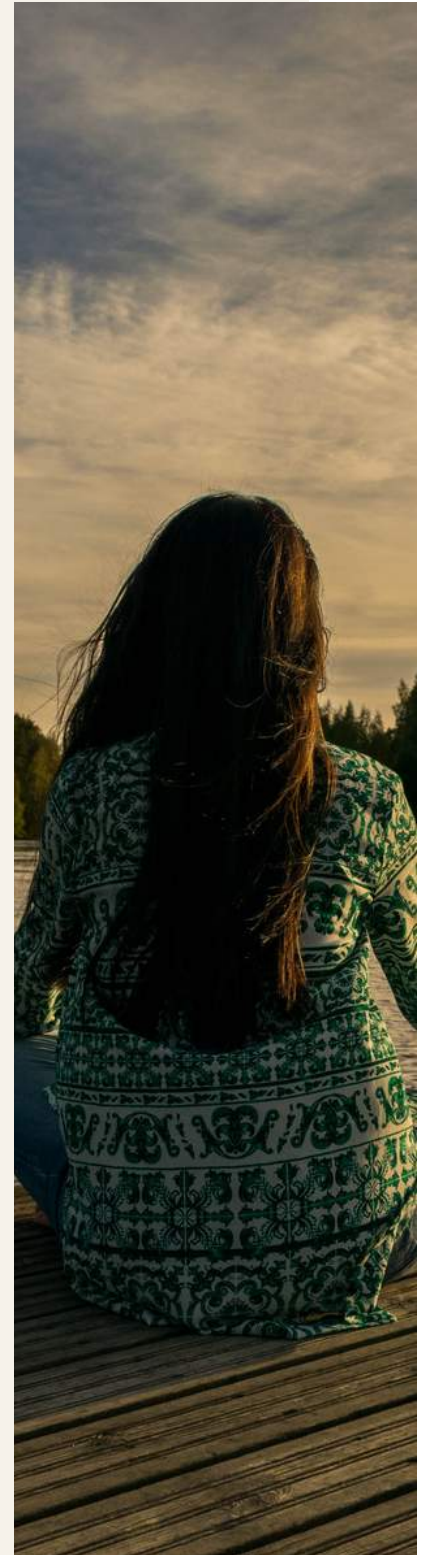


REASON #3

3. You're Not Inspired and Lack Reason.

As I mentioned earlier, we either realize that we're a valid enough reason to start making real health changes through 2 means. By 1. Taking better care of ourselves or 2. Becoming chronically ill. I wanted to share that I missed a golden opportunity to get a grip on my health at a younger age. Consequently, chronic illness had manifested as cellular degeneration, toxic spleen and lymphatic malfunction, leaky gut and chronic constipation, skin issues, and parasitic infections just to name a few. My confidence was shot, and my immune system had not only felt like it crashed, but it felt like my body had given up on me like I had given up on me for all my years of carelessness and negligence (karma that I'm never interested in experiencing again). This was enough to show me I was enough. Chronic illness humbled me and showed that I mattered enough to pursue healing. This is why I've made it my mission and purpose to encourage people to make changes FOR their health BEFORE sickness forces you to care.

If you're still having a hard time finding reason, allow your future to inspire you. Don't you wanna be around? Perhaps you have family or loved ones that would be crushed if they had to watch as your health deteriorated. Aren't there goals for you to accomplish? Your health either enables or disables you. It determines how you show up every day and whether or not you feel comfortable and confident enough to take risks and try new things. Investing in your health is going to be the reason you finally feel that alignment you've been yearning for; Investing in your health is going to be the gateway to all the blessings you've been praying for. When you start to care about yourself, you're putting a high frequency energy of self love into the world that affirms that you're deserving. Also, if you're naturally a loving person that tends to put peoples needs before your own, then you should know that you cannot be of service to anyone if your health feels like a burden. If you find joy in helping others, you will be more effective at being selfless by first being selfish. So love yourself, set the tone, and know that you're more than a good enough reason.



REASON #4



4. You Don't Know How or Where To Start

This is fair. Most of us need guidance when we're seeking to improve our health, and it's nothing to be ashamed of. There's an abundance of health information on the internet, and we've been pointed in so many different directions by doctors, influencers, family, specialists, etc. Truthfully, we're usually just in search of that one expert that genuinely speaks to us.

Here's my take on first steps: A healthy lifestyle is the byproduct of good health. The lifestyle doesn't come before the health, it follows. In instances, where we try to create a healthy lifestyle before addressing our health issues internally, we often find that we're still seeking answers to the health issues we were hoping the lifestyle could fix. I speak from both personal experience and my work with clients as a holistic lifestyle and wellness specialist. The lifestyle needs to be tailored to the body's health needs. I believe that the habits that typically constitute a healthy lifestyle such as a consistent diet, workout routine, supplementation, etc. can have little FELT impact when the body is still an uncomfortable place to be in.

Nonetheless, not knowing where to start is a beautiful opportunity. Let's further explore how we can take advantage of it!





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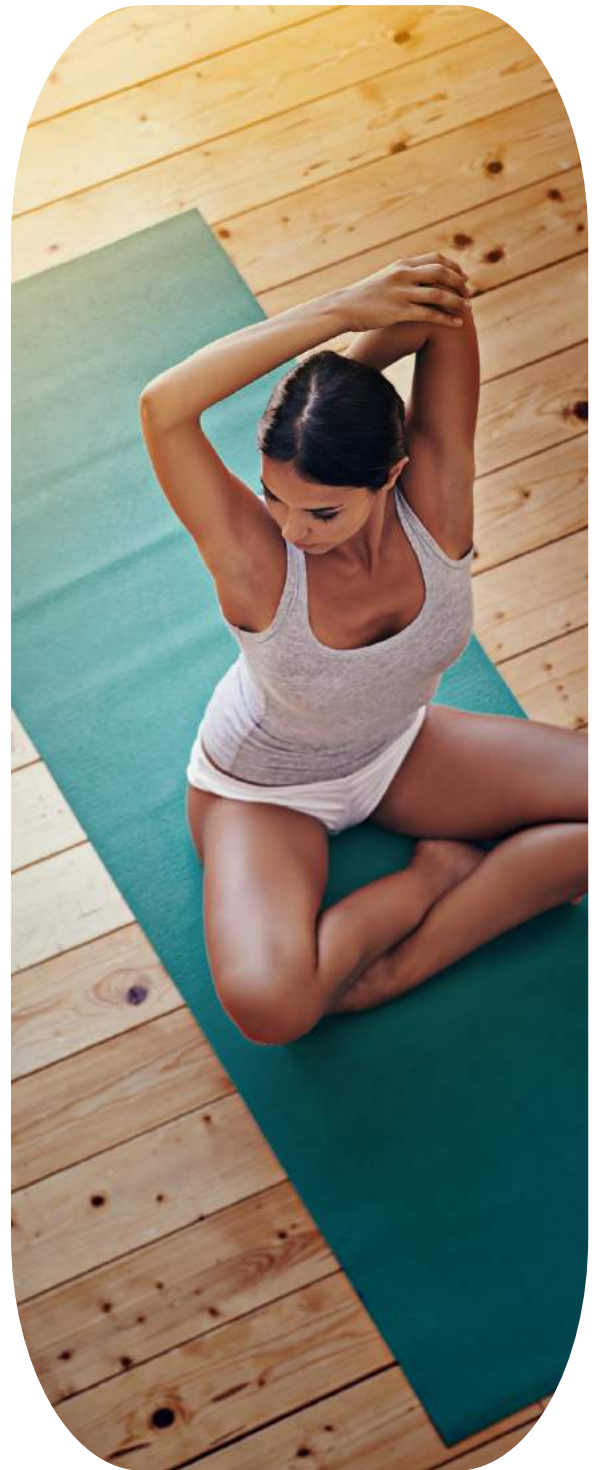
Success is created through the performance of a few small daily disciplines that stack up over time to produce achievements far beyond anything you could of ever planned for.

–Robin Sharma

Let's Get Into Talking About The "How"

So we unpacked the potential reasons why you may be experiencing a hard time either starting or staying committed to a healthy lifestyle. Now let's talk about how to lay a strong foundation for a healthy lifestyle.

You know how the name of this e-book is *Just Do Your Damn Best*? Well, I'm going to tell you 4 things that make up a basic yet effective healthy lifestyle and all you have to do is your DAMN BEST at accomplishing these things everyday!



*it's about to get
real (simple)*

Lay These The 4 Bricks

Getting serious about your health doesn't need to be a circus. You need to stop overwhelming yourself trying to have everything figured out from the beginning and start with these 4 things. Redirect your focus to healthy habits that pay you back in full. By nailing the following habits and practicing them **CONSISTENTLY**, your own unique healthy lifestyle will surely follow after.

1. **UNDERSTAND THE INNER-WORKINGS OF YOUR BODY AND CLEAN UP YOUR SYSTEMS!**

Picture your body as a well-organized factory, where every department relies on the others to keep things running smoothly. Without proper oversight (like workers in a factory), the efficiency of the systems diminishes, causing a slowdown in the entire operation. Your body is made up of various departments or systems, such as the respiratory system, endocrine system, digestive system, nervous system, and more.

Problems arise when these systems start to malfunction, affecting your overall health. Fortunately, our bodies have a natural ability to self-correct and maintain a delicate internal balance. A crucial aspect of this self-correction involves detoxification through systems like the lymphatic system, urinary system, and intestinal system—but even these systems can falter. One common mistake in the pursuit of a healthy lifestyle is overlooking detoxification and focusing solely on healthy eating, which can further stress out malfunctioning systems! When essential nutrients struggle to be absorbed, the body's restoration process is prolonged due to under-functioning and overworked systems such as the digestive system hindering progress.

Therefore, the first step in adopting a healthier lifestyle is to delve into understanding how your body's systems function. Prioritize detoxification to open major detox pathways, starting with the [intestines](#). In-depth exploration of your health issues and the associated systems and organs will provide a comprehensive understanding of where to start strengthening your weaknesses and vulnerabilities.

Lay These The 4 Bricks

2. **WAKE UP EARLY AND GET A GRIP ON YOUR MORNING ROUTINE—THIS IS WHERE DISCIPLINE IS BORN.**

The way you kick off your day sets the tone for everything that follows. Your morning routine should prioritize your mental well-being, nutritional needs, lymphatic and muscular health, exposure to sunlight, and intentional breath work. This may sound like a lot but it's nothing your body doesn't deserve. Not to mention, after fasting (resting at night) the body should be treated very delicately. Rising early and dedicating the initial hours to your well-being can result in increased time and energy throughout the day.

Always remember, you are a priority. Make the most of your mornings by incorporating deep breathing, sunlight exposure, exercise, and hydrating your body with fruit and structured water. Aim to consume a protein-rich meal about 30 minutes after having fruit, and don't forget your supplements. Mornings are your time for self-care, establishing a positive tone for the day. If it feels overwhelming to fit everything in, start by selecting two activities and gradually add more as your capacity expands. Habits like hydration, exercise, sun bathing, and deep breathing, when practiced at the beginning of the day, can rejuvenate you and foster a stronger sense of hope and confidence.

Keep in mind that everyone's routine will look different. Whether you have responsibilities like caring for children, pets, or family members, investing time in your health and well-being is essential. You are worth the effort, so ensure you carve out time for your own health and wellness journey.

Lay These The 4 Bricks

3. **EAT MORE REAL, WHOLE FOODS—ESPECIALLY RAW.**

What exactly do I mean by whole foods? Whole foods refer to ingredients that require cooking or preparation from scratch to make a meal—or even foods that can be consumed without cooking such as fruit or vegetables. If you have the ability to cook at home, consider it a valuable opportunity—especially if you work remotely. Cooking your own meals allows you the peace of mind of understanding the ingredients in your food. You have control over the type of oil, seasonings, energy, and more used in the preparation. Speaking of oils, steer clear of GMO and generic "vegetable oil"; instead, opt for healthier alternatives like coconut oil, olive oil, or avocado oil.

In essence, incorporating more whole foods into your diet promotes overall wholeness, as these foods provide a comprehensive nutritional profile that your body truly needs. The more processed foods you consume, the more strain you put on your digestive system, potentially harming your gut, contaminating your bloodstream, and dulling your taste buds. You deserve nourishment in its purest form available to you. Specifically, consider reducing your intake of starchy carbs, processed sugars, and ingredients with unfamiliar names to experience a boost in energy. Moreover, explore healthier alternatives or versions of your favorite meals; for instance, quinoa or authentic wild rice (which is actually a tall grass) can replace starchy rice, and lettuce cups can serve as a healthier alternative to corn or flour tortilla shells. Healthy transitions are achievable; they may just vary for each person, so find what suits YOU! Seek inspiration from YouTube videos for new recipes that you may end up loving!

Lay These The 4 Bricks

4.

GET YOU SOME QUALITY REST.

Proper rest plays a pivotal role in the regeneration and overall well-being of your body. It is an essential part that your body requires on a daily basis to rejuvenate and maintain optimal functioning. The benefits of rest extend far beyond mere relaxation; they are critical for physical health, mental clarity, and emotional stability.

When you prioritize rest, your body engages in a multitude of reparative processes. Cellular repair, muscle growth, and immune system strengthening are all enhanced during periods of rest. Adequate sleep also plays a crucial role in cognitive function, memory consolidation, and emotional resilience. In essence, it's during restful periods that your body undergoes essential maintenance and prepares itself for the challenges of the upcoming day.

Conversely, insufficient or poor-quality sleep can have a range of negative side effects on both physical and mental health. Chronic sleep deprivation has been linked to an increased risk of various health issues, including cardiovascular diseases, diabetes, and weakened immune function. Additionally, cognitive functions such as attention, decision-making, and problem-solving are significantly impaired when sleep is compromised.

Restlessness and difficulty sleeping can be addressed through natural remedies such as herbal sleep tinctures. Lemon balm, Hops, and Valerian are noteworthy herbs known for their calming properties and sleep-inducing effects. These herbal options may offer a gentle and non-intrusive way to promote relaxation, easing the path to a more restful night's sleep.

“Comparison is foolish. Your journey is simply not theirs, and your experiences are totally unique to the lessons you have to learn. Stay your course and remember why you started in the first place.

–Shemayah Clemons

Go At Your Own Pace.

Now that you know some of the emotional obstacles that stand in your way, as well as 4 power moves you can make to build a healthy lifestyle, take heed to one last piece of advice: GO AT YOUR OWN PACE. You are not in a race, and if you work to make these moves everyday, one day you'll wake up and notice how you changed your life on your own terms. Your only job is to outwork the person you were yesterday, and do your damn best at it. Take it slow, be kind to yourself, and don't give up on who you want to be.



Conclusion + Working With Me

Congratulations on finishing this guide! Thank you for caring enough about yourself to seek education and guidance on your health and wellness journey. In this short yet sweet e-book, you've learned how to acknowledge negative self beliefs, take the necessary steps to committing to yourself, and actionable power plays you can make every day in favor of your health.

I wish you the most success and I pray you found inspiration in this e-book! Of course there's only so much condensing I can do in a few pages, but feel free to explore my other digital e-books for additional guidance. Lastly, the strategies I employ for my clients are custom-fitted to their health needs and wellness goals. If you're interested in working with me one-on-one to build more on the things we discussed, I invite you to book a consultation with me and we'll work together to create a sustainable wellness routine that's aligned with your body's internal detox needs, budget, ideal diet, fitness goals, etc. (see next steps below). I look forward to having you a part of the Ancient Artery community. ***Don't forget to subscribe our weekly newsletter to get more free insight just like this, just visit my [website](#) and subscribe in the footer!***

Next Steps

Your wellness journey is about to take new heights from here, and I'd love to continue being a part of that. I offer private consultation services and hand-made wellness products to support your wellness journey. Regardless of your next step involving me or not, continue to pursue your healing. I'm rooting for you!

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