

Powerful Information & Recovery Stories: Showing What's Possible



I've created this page to share what I personally do each day to stay healthy. This is a transparent look into my routine, born from my own journey of trial, error, and discovery. It's what works for me, right now, in my life. **Please, make a difference in someone else's lives by sharing this with others who may also benefit.**

This collection of health resources is for informational purposes only and does not constitute medical advice, diagnosis, or treatment. It is only intended to support your health journey. [Full Disclaimer at stopthevoices.com/disclaimer/](https://stopthevoices.com/disclaimer/)



For two decades, I was trapped by a Schizophrenia diagnosis, battling medication-induced weight gain, paranoid delusions, and deep trauma. When my body began to fail—with facial numbness, a droopy lip and very high blood pressure—the medical system offered no real answers. Facing a dead end, I made a choice: to fight for my own life.

I rebuilt my health from the ground up, starting by committing to a powerful medical ketogenic diet fused with a Mediterranean approach for heart health. I wove this into a daily practice of intentional exercise, mindfulness, disciplined rest, and crucially, self-taught EMDR therapy to finally confront the trauma at my core.

The results were far beyond my expectations. It wasn't just the substantial weight loss or the normalized blood pressure and cholesterol; My paranoia, anxiety, mood swings and lack of motivation all disappeared. Lifelong hay fever, chronic skin rashes, and constant digestive issues also improved. My journey has convinced me that while our paths are unique, we all hold the power to reclaim our health and build a better life.

My Personal Health Philosophy (Adapted from THINK + SMART)

I've adapted principles from **Metabolic Mind's THINK + SMART Framework** to create a sustainable routine that supports my well-being. Here's how I apply these ideas to my own life.

My "THINK" Approach: My Nutrition & Health Strategy

T - Therapeutic Nutrition

I focus on what I call "**Immune, Gut & Heart Healthy, Nutrient Dense Ketogenic Food.**" This means I prioritize colorful vegetables and quality proteins, with plenty of healthy fats from sources like **fish oil, olive oil, avocado oil, walnut oil, and flaxseed oil.**

H - Health Oversight

I regularly see a **psychiatrist** to monitor my health. This professional oversight is my safety net, ensuring an expert can intervene in a crisis. My goal is overall health improvement, and I see medication as a valid tool if it helps me achieve that.

I - Intermittent Fasting

I practice a simple form of time-restricted eating by not eating for at least 3 hours before bed. This helps improve my sleep and metabolic health.

N + K - Navigating My Needs

I listen to my body. I don't chase perfect numbers. Instead, I focus on consistency and how I feel day-to-day. This is about building a foundation of habits I can stick with.

My "SMART" Approach: My Daily Lifestyle Habits

S - Sleep

I make sleep a **huge priority**. A consistent bedtime, a dark, cool room, and no screens before bed are non-negotiable for my mental health.

M - Move (Body & Mind)

I keep my body and mind active. My day starts with a **1-hour walk every single morning** during the "golden hour." Beyond that, I am always working on projects and maintain a very active lifestyle, both physically and mentally.

A - Avoid

I actively **avoid unnecessary stress** by setting boundaries. I also avoid inflammatory foods like sugar and processed carbs, as well as substances like **coffee, alcohol, and any drugs.**

R - Rebuild

Supportive, authentic relationships with my partner and friends are the cornerstone of my health and stability.

T - Track

To see the bigger picture, I track my progress with both subjective and objective methods. I monitor my mood and energy while also keeping a health journal and checking my ketones, weight, blood pressure, and blood work.