

# 3 Keys to an Abundant Life

**YOUR BEGINNER GUIDE  
TO LIVING AN AFRO  
BIO-MINERAL PLANT  
BASED LIFESTYLE**



By Tobias Truvillion

3 KEYS TO AN ABUNDANT LIFE

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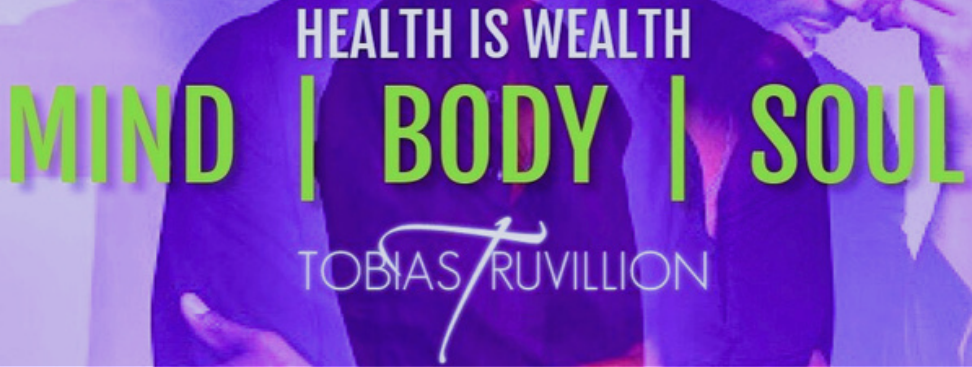
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TOBIAS TRUVILLION



## A PEACE OF MIND IS THE REAL BAG!

*“Take care of yourself inside out and watch the world bend to your heart and mind.”*

Tobias Truvillion is an actor and entrepreneur, passionate about healthy living and building his community.

Tobias is a Afro Bio-Mineral Balance diet enthusiast, having explored the practice of *qigong*, the benefits of breath work, the culinary background for a plant based diet and the harmony of health and spirituality.

He added immeasurable value to his life by adopting this lifestyle and shares the benefits to all who are ready through his company Tru to the Core.

*“I was inspired by some one and had a life changing experience that lead me to adopting this lifestyle”.*

*Author’s Disclaimer: Although our food is our medicine. Always consult with your Health Care physician before making any drastic dietary change. I am not a doctor and do not diagnose illness. We only making suggestions relating to nutrition.*

# The Philosophy of Abundant Living

***“Self-mastery is the name of the game.”***

There comes a time when you know that you have to make a change in your life.

My catalyst came from my experience working on the In Contempt show, losing my dear friend Rodney, and wanting to ascend spiritually.

What I discovered during my healing journey:

- Within small and consistent changes, abundance and alignment appears
- True wealth came from how we treat our bodies and what we eat
- I can see God’s presence in my life, every day

Through my trials and tribulations, I found that making changes in my life led to feeling more abundant and connected to my body and spirit than ever before.

After a taste of a better life, I didn't want to go back to my old ways, but I walked in the dark for four months. Finding Dr. Sebi’s cleanse really kept me on track; the cost of the program only motivated me not to ruin it!

When assessing my life, I asked myself when was the last time I truly challenged and disciplined myself. Self-determination was key, and I realized that I always ate healthily but there are levels to this health journey.

As I continued my journey, I discovered that with every new awakening moment, I found new purpose and a new tribe of kindred spirits. This translated into my work, leading to more freedom and abundance.

Now, I understand the importance of living a plant-based Afro bio mineral lifestyle. I live the process so much that I founded the Tru Food Academy, an online course introducing those who are ready to an Afro Bio-mineral plant-based lifestyle.

Today, I know the universe is receiving my signal, and I can see tangible evidence of God’s presence in my life.

Every day is a new chance to improve. The challenge is all internal, and I look forward to traveling and learning more about myself. The arts and this lifestyle have given me so much that I want to share my gifts with you, and the world.

***“Remember, always expand, never shrink.”***



## The Importance of Breath Work

After studying *Qigong*, pronounced “chi gong” a thousands year old Chinese medicine practice based around breathing, movement, meditation and posture, I found a mental clarity and flow state unlike any other. The goal is to improve and maintain your overall health and wellbeing by regulating the mind, breath and the body’s movement and posture.

Breath work helped me gain mental clarity to achieve some of my wildest dreams and get closer to my higher self, that God essence that’s within all of us.

At the most basic level, you can achieve this mental regulation from taking slow and steady breaths, deep in through the nose, with an extended hold, and then release long and steady through the mouth.

There’s no wrong way to do it. Try intentionally breathing for a few minutes, and assess how you feel.



# 5 Kitchen Tips You Can Act on Today!



## SWAP THE SALT

Replacing white iodized salt with pink Himalayan sea salt can provide a different flavor and additional minerals. Pink Himalayan sea salt is a natural, unrefined salt that contains trace minerals like magnesium, potassium, and calcium, which can contribute to overall health.

## DITCH THE DAIRY

Reducing or eliminating dairy products from your diet can be beneficial, especially if you have difficulty digesting lactose or casein. Dairy products can cause digestive issues for some individuals, leading to discomfort and potential nutrient malabsorption.



## UNLOCK KEY LIMES

Including key limes in your diet can provide unique flavor and potential health benefits. Key limes are a good source of vitamin C, which is essential for immune function and collagen production. Additionally, they contain antioxidants that can help protect against free radicals, reduce inflammation and provide a burst of energy.

## GET NATURALLY SWEET

Reducing white sugar intake and opting for natural sweeteners like agave and date syrup can offer health benefits. These natural sweeteners are often lower on the glycemic index, which can help regulate blood sugar levels and reduce the risk of type 2 diabetes.



## EMBRACE SEA MOSS

Incorporating sea moss into your diet can provide numerous health benefits. Sea moss is a nutrient-dense seaweed that contains essential vitamins and minerals, such as iodine, potassium, and calcium. It has been used to support thyroid function, boost the immune system, and improve digestion.

Citation: *29 Nutrition Tips for Better Health and Longevity*, by Louisa Richards, medically reviewed by Grant Tinsley, Ph. D., CSCS, D, CISSN, Nutrition - [Medical News Today](#).



# "Smooth Sailing"

## BANANA DATE SMOOTHIE

### INGREDIENTS

- 8oz Organic Irish Sea Moss
- 2-4 burro bananas
- 3-6 dates
- 1 tbs Ceylon cinnamon
- 1 1/2 cup hempseed
- 1/2 cup walnuts
- 1 tsp pure vanilla
- 1 tsp nutmeg
- 2 cups of ice
- Alkaline/Spring Water

Get \$10 off your subscription when you purchase your Organic Irish Sea Moss from [www.trutothecore.com](http://www.trutothecore.com)

CODE: "ABUNDANT"

### STEPS

01

Cut and prep your fruit for the blender, before adding all ingredients and blending together.

Add your favorite Protein to elevate your smoothie!

02

Add more coconut water as needed, to loosen the consistency. Use natural sweetener to taste.



**LEARN TO GLOW. INSIDE OUT.**



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BY TOBIAS TRUVILLION**

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*Thank you*  
for your time.  
- Tobias Truvillion

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