

## Nutritional - Tips for Success!

### Home Interventions

Good nutrition starts with your intention. By setting your intention you have mindfully planned ahead with recipes and your weekly food needs, from meals to snacks. Preparing healthful meals and snacks does not have to be a challenge when you have the right ingredients in your kitchen. Most of us tend to eat the same foods over and over. But variety truly is the spice of life – providing both an abundance of nutrients and pleasure.

Pursue quality. Choose fresh, whole – state organic foods. Pound for pound, fresh organic foods have more vitamins and mineral than their inorganic and mass-produced counterparts. Elevate the quality of your food and you elevate your metabolism. The problem with overeating in our nation is not that we have a collective willpower disorder. Yes, many of us do eat too much. But we do so, to a great degree because our food choices are nutrient deficient. It lacks the vitamins, minerals, enzymes, and many other energies we require. The body senses these deficiencies and wisely responds to the absence of vital chemistry by commanding us to undertake the most basic survival strategy: eat more food. You can't change your health until you change your diet, and eating healthy IS your 'diet'. If you keep good food in the home, you will eat good food. Remembering the true beauty and role of food in your life, embrace the process.

Set your intention, and then go grocery shopping. Grocery shopping is part of the joyous process.

Challenge yourself to explore and try new foods.

Food is much more than calories and chemicals. Food is energy and information for life!

### Tips for Success

- **A no excuses attitude.** There is definitely a heightened awareness regarding eating right for optimum health throughout our communities. As a result, grocers, restaurants, and public venues, are offering healthful, nutrient dense food options to choose from. If you are anticipating a situation that may have challenging options, plan by bringing what you will need to stay on track.
- **If it is not of added value, don't bring it into the house.** By now you have been given some empowering information as to what qualifies as foods of value and

quality. Recall the importance of the quality of the food you bring into your life relative to the efficiency of your metabolism.

- **At a minimum consume one half your body weight in ounces of pure water per day.** This is your baseline. When you are exercising you will need to increase this amount. This will also prevent the body's thirst signal being confused for a hunger signal.
- **Fill your tool box – Your kitchen is your tool box.** Have all the utensils and proper storage materials on hand to execute your plan. These tools will help you efficiently eliminate potential pitfalls. Also, having enough healthy and safe storage containers will help you portion out your meals and snacks, and have foods prepped and ready for future use.
- **Have a large variety of spices and healthy condiments on hand to maintain a, “boredom free” zone.** This can be so much fun while adding the health benefits that herbs and spices provide. Experimenting with a variety of spices will turn up the pleasure principle and any meal or snack.
- **Commit to at least three new recipes a week.** Keep them simple and clean. Even just trying a new homemade salad dressing. This will keep you out of any food rut you may have experienced in the past. Enjoy the foods that come with the changes of the season to help inspire you to new try new recipes.
- **Whether it is a meal or snack, savor it. Mindfully enjoy the dining process.** Experience your food with all your senses. Consider creating rituals when possible, even when eating a snack. For example, put your snack on a plate, stop what you are doing, sit, and mindfully savor. Acknowledging how it is nourishing your body.
- **Avoid the microwave. Slow the process down.** Not only does the microwave process have an effect on the nutrients in the food, the fast process can potentially create a momentum towards overeating.
- **Take cooking classes.** No matter what level of proficiency you have in the kitchen, there are classes out there for you to take. For the novice, this can truly help remove any barriers that have previously kept you out of the kitchen in the past. Not to mention the adventure of trying a new ethnic cooking experience. The social aspect of preparing and cooking in a group can be magical.

## Resources

### Reading Material

*What to Eat* – Marion Nestle

*The China Study* - T. Campbell, PhD and Thomas M. Campbell II

*The Sprouted Kitchen* – Sara Forte

*The Crazy Sexy Diet* – Kris Carr

*The 4-Hour Chef* – Timothy Ferris

*Eating For Beauty* – David Wolfe

*Rainbow Green Live-Food Cuisine* – Gabriel Cousens M.D.

*Superfood Kitchen* – Julie Morris

*Super Natural Everyday* – Heidi Swanson

*The Juice Lady's Turbo* – Cherie Calbom

### Films

Food, INC.

Hungry For Change

Food Matters

May I Be Frank

Fat Sick & Nearly Dead

The Gerson Miracle

Dying To Know

### Websites

[www.Naturalnews.com](http://www.Naturalnews.com)

[www.Drhyman.com](http://www.Drhyman.com) (great recipes too)

### Organic Food Delivery Companies

<http://www.organiclifestyle.com/canada/organic-local-food-delivery-companies-in-canada/>

[www.greenpolkadotbox.com](http://www.greenpolkadotbox.com) - This is when you are in the U.S.