



NUTRITION

PACK

3 PHASES TO LOOK AND FEEL BETTER FAST!

1

EAT NUTRIENT RICH, ANTI-INFLAMMATORY FOODS FOR 80% OF YOUR DAY

Make it a goal to eat unprocessed, natural foods for at least 80% of your day. By doing this you will see huge changes in your pain and fatigue levels and lose weight much faster. You can also allow yourself some wiggle room to eat a few of your favorite foods that aren't as "clean" without ruining your progress. This will prevent feelings of deprivation and prevent cravings from getting out of hand.

FOODS TO EAT 80% OR MORE OF YOUR DAY:

- Whole fruits & vegetables
- Lean meats, poultry and fish
- Unprocessed beans & legumes
- Nuts & seeds without processed oils
- Unprocessed oils like olive, coconut, sesame & avocado
- Unprocessed, low fat dairy (if you can tolerate it)
- Whole *gluten free grains like quinoa, brown rice, buckwheat, corn ect.

FOODS TO LIMIT TO 20% OR LESS OF YOUR DAY:

- Artificial sweeteners and colors often found in most foods that say "diet" or "sugar free" on the labels: (Aspartame, Sucralose, Neotame, Acesulfame Potassium (Ace-K), Saccharin, and Advantame)
- Refined sugars and High Fructose Corn Syrup often found in candy, soda, juice, cakes, pre-made sauces, and condiments
- Refined oils and trans fats often found in fried foods and restaurant meals: (Corn, Soy, Sunflower, Safflower, Canola, Cottonseed, Grape Seed, Peanut, Rice Bran, Margarine and Shortening)
- Foods containing preservatives often found in prepackaged items
- Foods with Potassium Nitrates or Sodium Nitrates often found in processed meats like deli meats, bacon, sausage and hot dogs
- *Foods with Gluten. Note: most people with autoimmune diseases or pain syndromes are intolerant to gluten but are not aware

2

INSTEAD OF DIETING, FOCUS ON EATING A VARIETY OF HEALTHY FOODS WITH DIFFERENT COLORS THROUGHOUT YOUR DAY

Instead of counting calories, which can lead to nutrient deficiencies, a decreased metabolism, and unnecessary stress on the body, focus on improving the quality of what you eat. By consuming a wide variety of colors throughout your day you will naturally increase the amount of vitamins and minerals your body needs, thus helping it to recover faster from many illnesses and or hormone imbalances.

EASY STEPS YOU CAN TRY TO ACCOMPLISH THIS:

- Make it your goal to eat three balanced meals every day with the following ratio: 40% veggies, 30% whole grains and 30% lean protein
- Try eating 2 healthy snacks each day between your meals that include a piece of fruit and a portion of lean protein
- Instead of counting calories to lose weight focus more on limiting your intake of calorically dense foods such as: restaurant food, full fat dairy, fried foods, foods with a lot of oil, snack foods like chips, candy and sodas.

3

INSTEAD OF CUTTING OUT ENTIRE FOOD GROUPS TO HELP YOU LOSE WEIGHT & LESSEN INFLAMMATION, ONLY AVOID FOODS YOU ARE CURRENTLY SENSITIVE TO

Food intolerances can cause a wide range of symptoms including weight gain, digestive issues, and increased pain and fatigue. By avoiding the foods you are sensitive to for a period of time you can help to heal your gut and improve your symptoms.

AT HOME TESTS TO SEE IF YOU MIGHT BE SENSITIVE TO A FOOD:

- If a certain food constantly makes you feel any of the following symptoms after you consume it, stop eating it for 3-6 months and then try reintroducing the food back into your diet slowly: nausea, stomach pain, diarrhea, vomiting, constipation, IBS, hives, eczema, dry flaking skin, psoriasis, anxiety, depression, learning disabilities, headaches, joint pain, fatigue, dizziness, asthma, runny nose, low grade fever
- Use a heart rate monitor watch to test yourself for spikes or dips in your heart rate. Here is how to do it: Take your HR before you eat. Next eat only the food you suspect is causing you issues and nothing else. Wait in a relaxed position for 15-30 minutes after you eat and test your HR again. If your HR has dropped or increased more than 10 points from your HR before eating then you are most likely intolerant to that particular food.