



# 6 EATING HABITS

FOR A HEALTHIER, HAPPIER YOU



## EAT NATURAL, WHOLE FOODS

# 1

FOOD IS MEDICINE

- Nutrients from plant foods help your body function as nature intended
- Colorful, whole foods contain antioxidants that stabilize weight, fight aging, reduce inflammation and protect the body from disease and infection
- Herbs and spices also heal and protect

# 2

## INCLUDE HEALTHY FATS

YOUR BODY NEEDS GOOD FATS



- Your brain is made mostly of fat
- Healthy fats keep your brain working right, reduce the risk of heart disease and improve insulin sensitivity
- Include avocado, coconut, nuts, seeds and their oils, as well as wild-caught fatty fish such as salmon, sardines and trout



## STAY HYDRATED

# 3

DRINK MOSTLY WATER

- Water and herbal teas are excellent and cheap hydrators
- Reduce caffeine and alcohol, both of which fatigue your adrenal glands and keep your body inflamed
- Don't drink your calories! Sweetened drinks like sodas add extra calories with no nutritional benefit
- Diet sodas contain chemicals that act as toxins, many of which are known carcinogens

# 4

## EAT HIGH-QUALITY PROTEIN

CHOOSE GRASS-FED AND PASTURED



- When animals are raised in sustainable and responsible way, they make products that are better for your body AND the environment
  - Grass-fed beef and lamb
  - Pastured chicken and eggs
  - Dairy from pastured cows
- Organics ensure that the animals have not been given antibiotics, growth hormones or inflammatory GMO feed



## ELIMINATE HARMFUL FOODS

# 5

AVOID:

- Highly processed and inflammatory oils such as trans fats (hydrogenated oils), vegetable, corn and canola oils
- Sugars, which activate your immune system, compromise your gut health and contribute to metabolic diseases
- Reduce top allergens such as gluten, dairy, corn and soy which are hard to digest, feed bacteria and are often GMO-produced
- Chemical additives such as MSG, nitrates and nitrites, as well as artificial colors, flavorings and sweeteners that cause cellular damage

# 6

## FAST AFTER DINNER

GIVE YOUR BODY A REST FROM DIGESTION



- Avoid eating between dinner and breakfast.
- Eating at night interferes with your sleep cycle and adds calories when there's no time to burn them
- Intermittent fasting, which can include the overnight hours, helps you maintain a reasonable body weight, resets body systems and improves memory and mood