



Welcome to your Nourishment Guide

A great place to start when implementing any change in your life is to develop a plan and set small yet attainable goals. Remembering to keep this plan and these goals realistic and to be gentle with yourself in the process. This mindset will help you stay engaged and eager for the growth that you seek. This is a lifestyle change and will take time.

I have put together this in this guide to help you find direction on your health and wellness path. Please take what works best for you, leave the rest, and be sure to make your path uniquely your own. This guide will lead you to the nourishment, nutrition, and wellness that works best for your specific needs. It reflects how I work within my 1:1 sessions with clients. It is a great resource to use when you seek nourishment, rather than restriction. It helps direct you along your path to optimal health.

Thank you for showing up here for yourself and your body.

Nutrition

Below I offer basic guidance, suggestions, and daily tools for nourishing your body. Remember to take what works for your body's specific needs and leave the rest. With any change you implement into your life, take these changes slowly.

Hydration | Make sure you are drinking enough water daily. The amount of water you may need varies based on your body size, activity level, medications, and many other factors. You can use [this calculator](#) to see a good range for you.

If you currently drink very little water each day, slowly begin to increase your water intake. Remember to try and drink clean filtered water, tea, and mineral water as your main sources. Two filter recommendations I suggest are [Alexapure](#) or [Berkey Water Filters](#).

Practice Mindful Eating | Mindful eating is a simple process of slowing down, becoming present at mealtimes, and listening to your body while you eat. We can carry emotions into mealtimes and this can interact with the digestive process. A great way to start is to make sure you are fully chewing your food, setting your fork down in-between bites, and taking around 20 minutes to eat per meal. I like to suggest taking three deep breaths before each meal to acclimate myself.

You can utilize any of the videos from my [Rest and Digest Workshop](#) to help find mindfulness around food.

Balancing Meals | Each of your meals should contain a protein, fat, and carbohydrate. This ratio should be targeted toward your specific needs. The key here is to try and balance each meal properly. This should be your goal with most of your meals, but make sure to be realistic. A great way to navigate this is by finding a good balance by adjusting your macros. This is something I work on within my client sessions. Depending on your goals and expenditure, your body will have its own specific needs.

Below I offer some basic meal suggestions to help you get started:

Breakfast:

Two eggs and two egg whites with turkey bacon, or chicken sausage for your protein source. A slice of avocado for your fat, and roasted squash or sweet potato for your carbohydrate. You can also add sautéed or steamed greens to the side to increase the nutrient value, making sure to cook them in a quality oil like coconut, avocado, or olive oil.

If mornings are rushed for you. I suggest making a protein smoothie that contains a high-quality protein source. The two I like to suggest are [Promix](#) for those who can digest dairy, and [Truvani](#) for those who prefer more of a plant-based protein.

If you are looking for more of a meal replacement shake, I suggest any of the [KaChava](#) varieties.

Lunch and Dinner:

4-6oz chicken, turkey, lean beef, or fish for your protein. With steamed veggies, or a side salad dressed or cooked in olive oil for your fat. Brown rice, buckwheat, quinoa, or squash for your carbohydrate.

Maybe add in a cup of bone broth for nutrient value if this agrees with your body.

Snacks:

If snacking throughout the day I recommend keeping your snacks balanced. For example, if you eat an apple, pair it with a small amount of nut butter for additional protein, plus the fat will help balance your blood sugar.

A balanced and healthy diet combines three macronutrients: proteins, fats, and carbohydrates. These should be reached in a balance that works best for you. Below I go over the basics of these macros.

Protein | Aim for 20-30+ grams of protein in each meal. Make sure this protein comes from a quality source. Keep meat grass-fed or organic if possible, and make sure you are getting your proteins from different sources to get a good essential amino acid profile. If you eat a vegetarian diet, you can still get this amino acid balance through eggs, and dairy. If you follow a vegan diet, I recommend working with a vegan-based holistic nutritionist or someone who is well-researched in this balance. I do not work with a vegan diet within my 1:1 client sessions.

Fat | Fats offer us many healing benefits. They are great for brain health, inflammation, blood circulation, and the immune system. But just like all things, some are better for us than others, and balancing your fat intake is key.

- For example, Polyunsaturated fat is good for our brain health, helps us stay full longer, and supports our heart. Saturated fatty acids are what we get from animal foods like meat, dairy, and coconut oil. Coconut oil is a short-chain fatty acid, and animal meats are long. The difference between these long and short chains is the number of hydrogen atoms that are attached to the carbon atoms in a molecule. This makes coconut oil a healthier option. Therefore I would suggest eating fatty cuts of meat more sparingly.
- The unsaturated fatty acids, monounsaturated and polyunsaturated, support the body in lowering cholesterol. Monounsaturated is found mostly in seafood, avocados, olive oil, and nuts, and monounsaturated is known as the healthiest form of fat. This fat helps with inflammation by normalizing prostaglandin levels that help regulate the dilation of our blood vessels when we have inflammation within our body.
- Polyunsaturated fats are found in vegetable oils, seafood, and walnuts. They help to balance your metabolic function but can also lower the levels of HDL your good cholesterol. Omega 3 fatty acids and omega 6 fatty acids are polyunsaturated oils. Omega 3's are a great addition to our diets for brain health and they come from cold-water fish, seaweeds, flaxseeds, and spinach. Omega 6's come from corn,

sunflower, black currant, walnut, chestnut, hemp, soy, and more. You only need a teaspoon a day to meet your omega-6 needs.

- Trans fats are hydrogenated oils that are not the healthiest for our bodies. These come from reintroducing the hydrogen from polyunsaturated fats. These fats raise our cholesterol, can put us at risk for cancer, lower cellular functioning, and alter our immune system function. This type of fat can be found in fried foods, margarine, and many processed foods. This type of fat stays solid at room temperature.
- Now that you have this knowledge of the types of fat in your diet, you can make sure to choose the best fats for your daily intake.

Carbohydrates | There are three main types of carbohydrates in food. These are starches - also known as complex carbohydrates, sugars, and fiber. While reading a nutrition label, the term “total carbohydrates” includes all three.

Foods that contain sugar as a carbohydrate are those where sugar occurs naturally. Some examples are milk, fruit, table sugar, brown sugar, honey, beet sugar, cane sugar, maple syrup, agave, and turbinado.

Foods that contain fiber as a carbohydrate are from sources of plant products. These are the ones you want to focus on. This fiber is an indigestible part of plant foods including fruits, vegetables, whole grains, nuts, and legumes. When you consume dietary fiber, most of it passes through the intestines and is not digested.

Ideally, we should get 25 to 30+ grams of fiber each day. Fiber is excellent for digestive health, keeps your bowel movements regular, and helps you feel full and satiated. It is also excellent for lowering your cholesterol levels and balancing hormones.

The carbohydrates you want to focus on are whole food sources like beans, legumes, fruits, vegetables, and nuts. Try to stay away from processed foods or foods high in sugar and starches. I also suggest excluding gluten for most of my clients. The grains of our present are not the grains of our ancestors. For some, gluten-containing foods are

more tolerable once the diet is balanced. I like to start by excluding it, then reintroducing it in time and with organic, ancient-grained sources.

To reach a good balance of macronutrients listen to your body first. Make sure you aren't eating too little or too much of one macro, and focus on quality food each meal. Remember, what you put into your body holds a vibration just as your emotions do. Practice a nourishment mindset.

Wellness

Wellness is defined as being in a state of good health. But I see it more as the path to optimal health and everything you do along the way. Each of us enters a relationship with our nourishment at a different level, therefore this relationship with yourself takes time and will be something you work on throughout your lifetime.

Knowledge of food and medicine is always shifting, so it is important to stay aware of the things that are trending but to remain at the roots of how our ancestors ate and behaved. This can be done by eating with the flow of the day, eating to mirror the seasons, moving your body daily, and simply listening to what the body wants. This can often be the hardest part of a healing path.

The true answer to our health is always within. Therefore it is great to combine the knowledge you gain by tuning into your own body with the knowledge you gain from your doctors and outside resources. Below are some good tools to help you on your wellness path.

Observance | The foods we eat, the things we watch, and the company of others are absorbed into our being. Start to pay attention to what feels good for you and what does not. Honoring this may show up differently each day, and paying attention to the nonlinearity of this as well. Simply accepting when something or someone does not feel good, and when something or someone does.

Journaling | To monitor the self-observance of how we are feeling on a day-to-day basis, I highly recommend journaling. This is also an excellent way to keep track of health concerns. The body is miraculous and allows us to forget the pain we have gone through very easily. Journaling is an excellent way to prepare for a doctor's appointment, noticing any cyclic or repeating patterns in your health. Journaling is also excellent for recording dreams. A great deal of guidance can come to us in a dream state. Lastly, journal just to journal. There is so much power in writing out how we are feeling. The best person to be vulnerable with is ourselves.

Developing a High-Frequency Inner Dialog | How we treat ourselves internally is often how we treat others. When we can speak to ourselves with respect and honor, we can learn to treat others the same. The frequency that a positive inner dialog creates is healing on an enormous level.

Daily Movement and Meditation | Create a relationship with meditation, and movement each day. This will show up differently for all of us as we each have specific needs. You can access any of my free meditations [here](#).

If movement is difficult for you, I suggest giving yourself small but attainable goals like getting the mail each day or emptying the dishwasher.

If you have moderate ability, you can rebound each day or jog in front of the television while watching your favorite show.

For those without any limitations, I recommend walking daily and combining that weight training.

I highly recommend gaining muscle. This is one of the best things that you can do for your body. Proper muscle is key to a healthy metabolism.

- Most importantly, give your body rest. Our ancestors went through periods of high activity and rest. For example, during the winter months, you may find your body needing more rest, and in the summer you may become more active. This is the body's natural connection to the rhythms of nature. Honor this beautiful flow.

Sleep | Proper rest is crucial for optimal health but developing a healthy relationship with sleep can take time.

Sleep occurs when the yang energies of the day turn into the yin energies of night. Yin energy is cooling, calming, and restorative. This is the time of the day when our body turns inward and regenerates. Below are some helpful tips for regenerative sleep:

Keep the bedroom cool. Creating a cool environment will help the transition from Yang to Yin. Think of the sun setting and the earth beginning to cool. Research has shown that 60-65 degrees is best.

Keep the lights low and try to limit screen time in the evenings.

Try not to eat right before bed and avoid sugar, caffeine, and alcohol. I would suggest 2-3 hours if possible. This is the time of the day when your body needs its energy to repair. If you do need something to eat before bed, I suggest a small snack. For some people, this balances blood sugar. Listen to your body without judgment to see what its specific needs are.

Practice sun-gazing by introducing sunlight first thing in the morning and evening by watching the sunrise and sunset. Please make sure to look at the horizon, never directly at the sun.

Your Healing Network | Find a healing team that works best for you and know that this will take time.

Think of your doctors and team as a serious relationship. Your time with them should be sacred, you should always feel respected, and you should show up to your appointments prepared as best as you can. Your role as a patient is equally as important as theirs as a healer.

For those new to a holistic or natural approach to health, I recommend taking your time to find a team that works best for you. Below are some things I suggest my clients approach their team with.

- Address any hormone imbalances. Making sure you run a full thyroid panel and look into taking a [DUTCH Test](#).
- Ruling out any food sensitivities, allergies, or intolerances.
- Addressing allergies and histamine issues.
- Healing your gut.
- Addressing any heavy metals or mold exposure.
- Addressing any traumas or addictions.
- Focusing on genetics and epigenetic factors.
- Looking into your dental history. Take the time to research a bio-identical or holistic dentist in your area.
- Introducing energy work.

Connect

I hope this guide gives you a good foundation for your health goals. If you're interested in working together, you can connect with me through any of the sources below.

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Sources:

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