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http://evidencemag.com/flexible-dieting-basics/

What is intuitive eating?

Definition from Intuitiveeating.com

Intuitive eating is an approach that teaches you how to create a healthy relationship with your food, mind, and body--where you ultimately become the expert of your own body. It's knowing that your health and your worth as a person do not change, because you ate a food that you had labeled as "bad" or "fattening". The underlying premise of Intuitive Eating is that you will learn to respond to your inner body cues, because you were born with all the wisdom you need for eating intuitively. On the surface, this may sound simplistic, but it is rather complex

PROS

• Focuses on the emotional relationship with food and your body

CONS

- Doesn't take into account the quality or nutrition
- No way to track what you are eating for reaching goals

http://evidencemag.com/flexible-dieting-basics/



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The 4 Essential Elements of Flexible Dieting

Flexible dieting has several different interpretations, but we're going to define it with the following four criteria:

Modifying your diet based on your preferences, goals, and tolerances.

Letting yourself enjoy your favorite foods in moderation without feeling guilty or deprived.

Staying calm and sticking to your diet <u>if you do overeat</u>, or have something that's not "on" your diet.

Please make sure to read the article to take a closer look at each of these principles broken down: http://evidencemag.com/flexible-dieting-basics/



More on IIFYM: http://iifym.com/category/faq/

Optional online macros calculator: http://www.macrofit.com/macro-calculator/ or http://iifym.com



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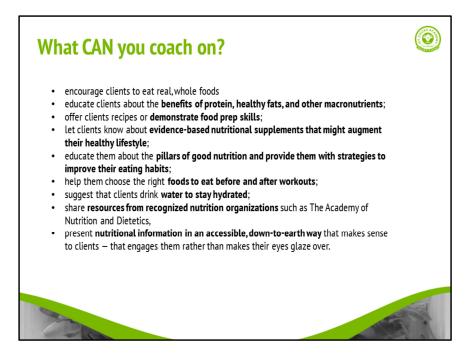


Source: http://www.precisionnutrition.com/can-personal-trainers-givenutrition-advice

So if you're a personal trainer or strength coach and a client comes asking what diet to follow to treat their diabetes — that's outside your scope of practice. It's MNT and therefore illegal unless you're a RD.

Another scenario: Let's say you're a fitness professional and you have an obese client. You're not allowed to "prescribe a diet" to "treat" their obesity. That's MNT and reserved for licensed dietitians or medical professionals.

In the end, it's best (unless you're a RD) to avoid "treating", "prescribing", and "diagnosing". (Note: In some states, giving someone a meal plan is considered "prescribing". However, PN-style "habit-based" approaches are not).



In other words, *how* you communicate with your clients about nutrition matters. Let's compare with a few examples:

You CANNOT "prescribe a diet" to "treat someone's obesity". You CAN "share a few nutrition ideas" to "support their healthy lifestyle". You CANNOT "diagnose diabetes" and plan a diet to "manage blood sugar". You CAN "share a recipe" for a tasty, high-fiber, slow-digesting meal. You CANNOT "recommend fish oil" for "treating arthritic knee pain". You CAN "share evidence" that "fish oil supports healthy movement".

In most places, you're allowed to talk generally about nutrition for supporting broad performance, health, and wellbeing goals.

Notice the quotation marks here: Legal regulations are highly dependent on the words you choose. So make sure to choose yours — in marketing and advertisement as well as in client discussions — carefully.

Also — and this is important — do your due diligence *first*. Don't guess. Check your <u>state or provincial guidelines</u> to be *sure*.

How can we get our clients to a place of healthy eating?

1. Review their current eating habits

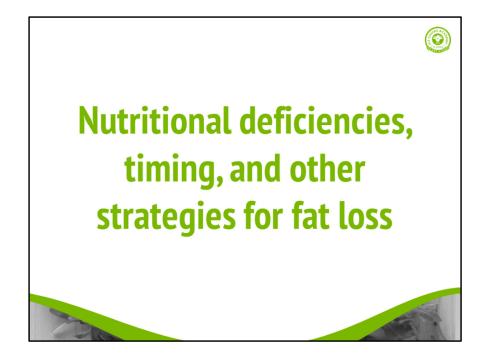
 Clients to fill out a 3 – 7 day food diary to give you a true picture of their eating and drinking habits

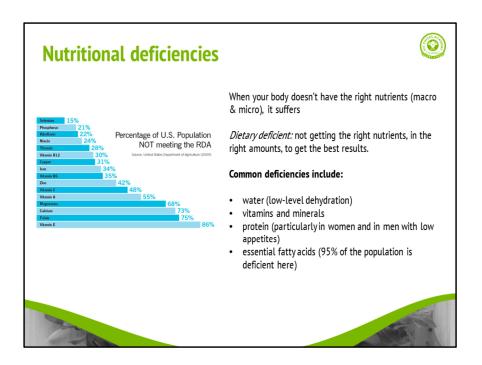
2. Educate them...knowledge is power!

- Explain blood sugar and how each macro works in the body (send resources & links!)
- Green Smoothies, protein powders
- How to read labels

3. Create a Healthy Habit Guide for to incorporate the following:

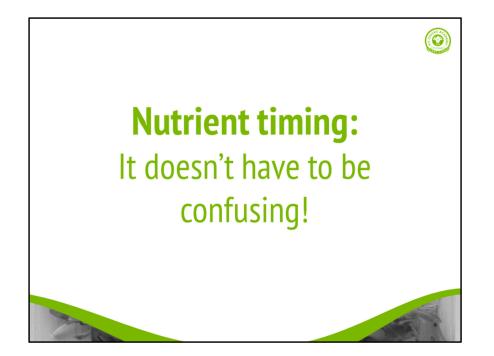
- Real, whole foods
- Complete in 3 Rule focusing on healthy fats, lean protein & low impact fibrous carbs
- Portion Control
- Sample Meal Plan and grocery guide of what are GOOD meal choices
- Incorporate green smoothies for nutrition
- Nutrient timing, fibre goals and hydration goals





Source: http://www.precisionnutrition.com/fix-a-broken-diet

If your client is feeling tired, lethargic, not reaching goals, the first thing to look at is if they are deficient in nutrients. By adjusting the diet to include more of the above, you may solve problems before taking drastic measures (testing may be required by a physician)



What is nutrient timing?

It is a concept of when / what time you should eat certain macro nutrients (ie protein, carbs & fat) to maximize goals and performance

To the average person who is not exercising, the principles of nutrient timing are not very important.

For some who is looking to lose weight, build muscle or an athlete, it can help to reach their goals quicker.

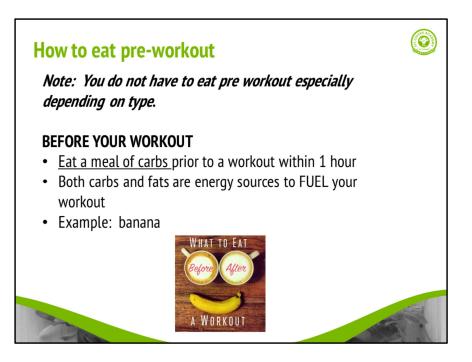




Nutrient timing tips for carbs

- 1. Do not eat a huge meal before working out
- Eat your carbohydrates within 1 2 hours AFTER exercise. This will make sure they are used effectively instead of stored.
- 3. Limit refined carbs and focus on lots of low impact veggies (think leafy greens, cucumbers, zucchini, cauliflower, broccoli...low starch...with every meal)
- 4. Both carbs and fats are sources of energy.
 - If eating a higher healthy carb meal, go lower on fats.
 - If eating a higher healthy fat meal, go lower on the carbs









http://www.fitchicks.ca/blog/2013/10/fit-chicks-tv-top-3-how-to-eat-post-workout-for-amazing-results-tips/



Get your H2O

Are you wetting your whistle as often as you should?

Our bodies are made up of 60% water which we lose throughout the day by breathing, sweating

and going to the bathroom (#1 and #2!). Chicks need this water in order to flush out the nasties

aka toxins, carry nutrients to your cells and keep your metabolism burning calories quickly.

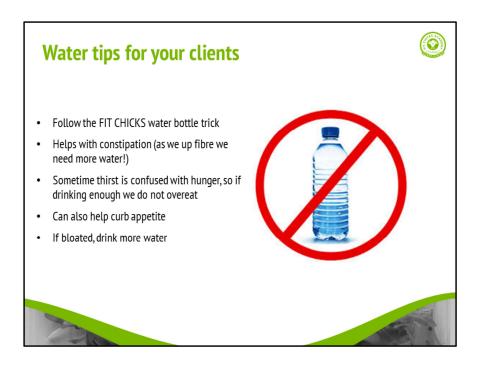
The average chick needs approx. 2.3 L/water a day (we say go for 3L!) to replenish the H2O they have lost from just

everyday living — and that does not even include all of water that is lost during your sweat

sessions!

To make sure you are drinking enough agua to keep your body functioning in tip top shape, try this trick:

- 1. Wrap 6 elastic bands around a 500ml reusable, BPA free water bottle
- 2. Every time you drink a full bottle, remove 1 elastic and refill
- 3. Drink 6 bottles until you have 0 elastics left on the bottle.
- 4. Voila you just consumed your daily intake of water 3L of water!



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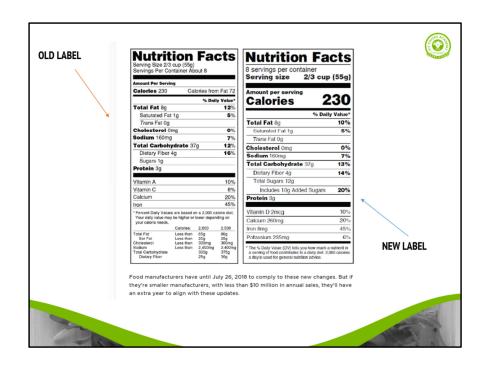
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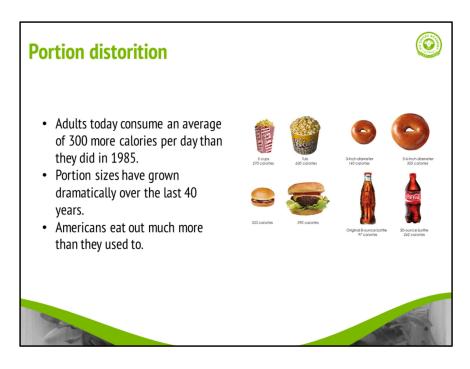
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Consider these statistics from the American Heart Association and the Robert Woods Johnson Foundation study "A Nation at Risk: Obesity in the United States": Adults today consume an average of 300 more calories per day than they did in 1985. Portion sizes have grown dramatically over the last 40 years. Americans eat out much more than they used to.

According to the National Institutes of Health, a "**portion**" is how much food you choose to eat at one time, whether in a restaurant, from a package or in your own kitchen.

A "**serving**" size is a specific amount of food or drink such as a cup of yogurt or a slice of bread.

Many foods that come as a single portion actually contain multiple servings. The <u>Nutrition Facts label</u> on packaged foods—on the backs of cans, sides of boxes, etc.— tells you the number of servings in the container.

Sometimes the **portion size** and **serving size** are the same, but sometimes they are not. Over the past few years portions have grown significantly in restaurants, as has the frequency of Americans eating ou











- 1. A good blender think Vitamix, Blendtec or Ninja for a lower cost option
- 2. Glass jars, bowls & cups ditch the plastic as it is full of BPA's aka toxins
- 3. Good knives invest! It will cut down on prep time and cooking
- 4. Food processor great to make cauliflower rice and chopping
- 5. Dark bottles for oil storage remember oils are very sensitive to heat, light and air so they want to be stored in tight, dark containers in a cool place so they don't go rancid

EXTRAS

- 1. Glass straws awesome for slurping a thick, delicious green smoothie
- 2. Nut milk bag to make homemade almond milks or juices
- 3. Lots of ice cube trays great for saving left over tea for smoothies or to blend water / organic spinach to have quick frozen greens to add to your smoothies
- 4. Spiralizer or julienne peeler super fun tool to make noodles out of vegetables

All of the above can be found on www.upayanaturals.com



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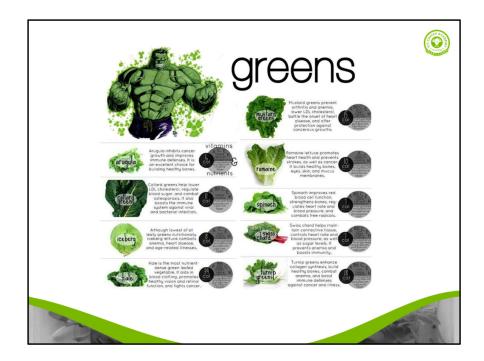


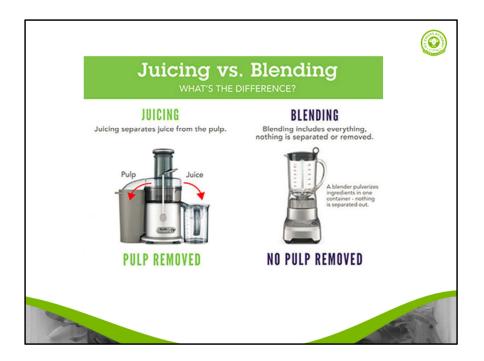


One common denominator that researchers have found in fully 95% of people with diseases is a non-nutritious diet. We've all heard it a million times, but just because it has become a cliché doesn't mean it isn't still true: in the long run, we really are what we eat. And, believe it or not, the road to disease can be altered and incubation cycles disrupted simply by consuming living foods (uncooked, non-pasteurized, minimally processed, live-enzyme containing fruits, vegetables, nuts, and seeds) and green foods. In fact, green foods alone have the capability of reversing the trend toward disease.

So, what are green foods? They're that stuff we baby boomers have been hearing about since we were little kids: **deep green leafy vegetables**. Not vitamins or medicines, just deep green leafy vegetables. Grandma knew what she was talking about when she told us to eat our spinach so we could grow up to be strong like Popeye. **Green foods contain chlorophyll**, the same green pigment found in plants. In case you've forgotten your high-school biology, chlorophyll is what makes life on earth possible. The oxygen we breathe comes from the chlorophyll in plants. To bring it down to its most simple terms: no chlorophyll, no human life.

Chlorophyll is identical to human blood with one exception: the center element in chlorophyll is magnesium, whereas the center element in blood is iron. Some researchers claim that chlorophyll has the ability to release magnesium from its center and absorb iron, and thus become hemoglobin. Chlorophyll literally becomes human blood. More blood means our body has more ability to disburse oxygen!



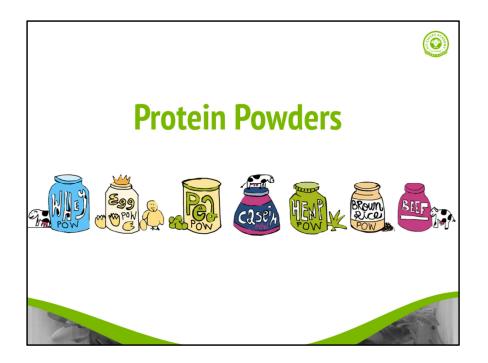


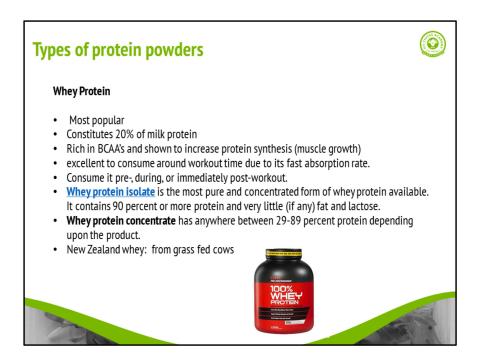


NOTE Addsome protein if the smoothie is replacing gour modil. Try a minimally processed protein powder. STEP 1 Baselliquid 1 = 15 cups. • Water • Nation and mini- strate and skip the powder. • STEP 1 Baselliquid STEP 2 • Family Step 1 • Advocado - Step 2 • Advocado - Step 2 • Advocado - Step 2 Note in the moning, keep 1: simple with state re- toria seed mini- tate and skip the powder. STEP 2 Heathy Fat 1-2 thp - Step 3 • Far cil - State and - Step 3 • Advocado
processed protein powder. STEP 2 Greens 2 handluks - Spinach - Danddolan green If you are harleng your green smootlike with your med that Includes protein (ie with eggs In the manning), keep t simple and skip the powder. STEP 3 Heathy Fat 1-2 top - Flax oil - Avocado Utabarre - State - Clainto - Basil - Beet greens - Flax oil - Avocado - Clainto - State - Clainto - Basil - Beet greens - Flax oil - Avocado - Clainto - State - Clainto - Avocado
and skip the powder.
Throw all ingredients into - Seed butter - Coconut o L
ablender and blend until. STEP 4 Fruit: 1 handful - Bernies - Plums ma oth. Vol.a deikieuzness In a glassi - Kiwi
STEP 5 OPTIONAL EXTRAS 2 top SUPERFOODS - See "Ramping up your smoothies below"
1-2 tsp ALL MATURAL SMEETE NER - Sterdo - Mople sgrup - Dates - Banana - Raw honey
1 scoop PROTEIN POWDER - All natural Wheng - Pea - Gg White - Brown rice - Remp

.For full chart and details how to create balanced green smoothies and tips, please reference your "Fierce in 8" Book that came with your DVD set







HTTP://WWW.BODYBUILDING.COM/FUN/CASEIN_VS_WHEY_PROTEIN.HTM

WHEY PROTEIN

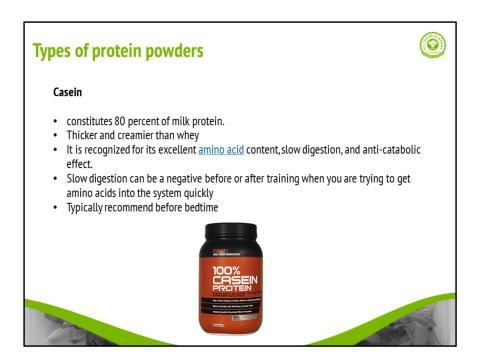
Whey is a natural byproduct of the cheese-making process (from milk).

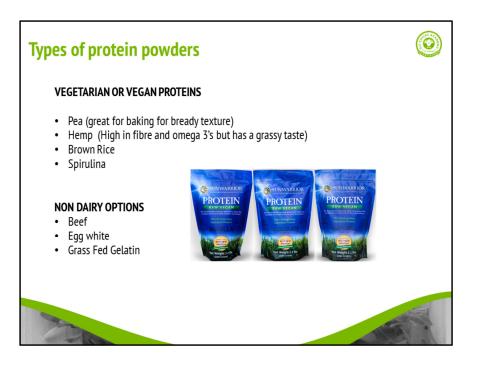
Approximately 20 percent of the protein found in milk is <u>whey protein</u>. Whey is rich in <u>branch chain amino acids</u>, lactose, <u>minerals</u>, and <u>vitamins</u> and contains lactalbumin (similar to serum albumin) and traces of <u>fat</u>.

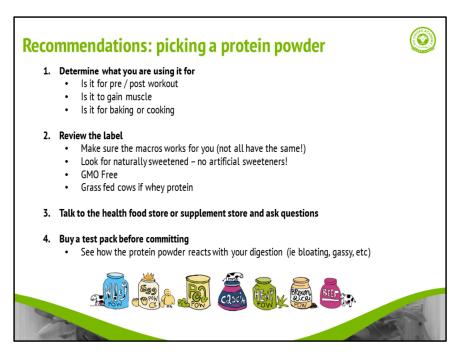
Whey protein has been shown to increase protein synthesis. Some <u>studies</u> have also indicated that whey contributes to <u>immune function</u> among others.

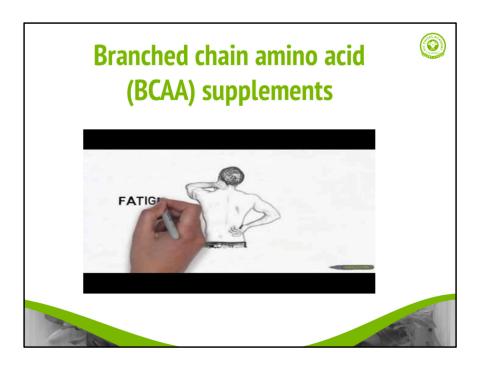
Whey has also shown powerful <u>antioxidant</u> effects as it enhances glutathione levels. Glutathione is a tri-peptide that contains one amino acid residue from each of the following: glutamic acid, cysteine, and glycine. Glutathione occurs widely in plant and animal tissues and plays a major role in protecting skeletal muscle and other body tissues from oxidative damage.

Glutathione helps maintain compounds such as <u>iron</u> in its proper oxidation state in hemoglobin. Protein sources containing high levels of cysteine (whey contains 2-2.5 percent cysteine) may be effective in maintaining or replenishing whole blood glutathione.









https://www.youtube.com/watch?v=YFJyNCPKs9I

Source: www.bodybuilding.com

Proteins are made up of <u>amino acids</u>. The difference between full spectrum amino acids and regular <u>protein powders</u> is that protein powders have fillers, sweeteners, dyes and extra carbohydrates. More than 20 amino acids are needed to build muscle, red blood cells, and hundreds of other molecules that sustain life. Your body can produce all but 8-10 amino acids which must be obtained through your diet or supplementation. A complete amino acid profile is needed by your body to reach your maximum fitness potential.

THE FUNCTION OF BCAA'S

They act as nitrogen carriers which assist the muscles in synthesizing other amino acids needed for anabolic muscle action. In simpler terms, BCAA's combine simpler amino acids to form a complex whole muscle tissue. In this action, BCAA's stimulate production of <u>insulin</u>, the main function of which is to allow circulating blood sugar to be taken up by the muscle cells and used as a source of energy. This insulin production promotes amino acid uptake by the muscle.

HOW DO BCAA'S WORK?

During <u>intense</u> weight training the body is normally in a highly catabolic condition. At this time glycogen stores are being rapidly depleted and the liver in turn must synthesize glucose by a conversion of <u>L-Alanine</u>. Alanine makes up over half of the amino acid content released from muscles during exercise.

The release of BCAA's is generally recognized as the signal to the body to stop protein syntheses in the muscles, especially during times of stress. Providing the Branch Chain Amino Acids, especially during those times of stress may profoundly affect this signal and allow protein synthesis to continue onward.







MEAL	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast Time: 10am	54 cup of sauerkraut (2 grams of fibre) 2 egg 34 cup of liquid egg whites 5 trawberries (4 grams of fibre) Decaf coffee with almond milk	34 cup of sauerkraut (2 grams of fibre) 1 eggs + 1/3 cup liquid egg whites scrambled 34 avocado 25 avocado 26 avocado 27 avotado 27 avotado 27 avotado	34 cup of sauerkraut (2 grams of fibre) 2 eggs + 1/3 cup liquid egg whites scrambled partial with almond milk	34 cup of sauerkraut (2 grams of fibre) 1 eggs + 1/3 cup liquid egg whites scrambled 1 pack of instant steel cut oats Decaf coffee with almond milk	% cup of sauerkraut (2 grams of fibre) 2 eggs+1/3 cup liquid egg whites scrambled Dated with almond milk
Snack Time: 11:30am	Peppermint tea	Apple (5 grams fibre) 1 litre of water throughout morning	Chai herbal tea Apple (5 grams fibre) Plum	1 litre of water	Apple (5 grams fibre) Almonds 1 litre of water
Lunch Time:1pm	3 bag of Dole colestaw mix (8 grams fibre) 1 can of white abacore tuna Broos et Leha Miracle white	300g of frozen strawberries (3 grams of <u>(Birel, mixed</u>) with 1/3 cup of Ofs greek . Yogurt, 1/3 cup of ots , 1 thgg, of chia seeds. (5 grams of fibre) Peppermit rea Riftle package of imarties (fun sce	1 pack of steel cut oats (5 grams of fibre) 1 scoop of vanilla whey protein powder 1 large salad (spring mix, carrots, peppers) (2 grams of fibre) Chal herbel tea	35 bag of Dole coleslaw mix (8 grams of fibre) 1 can of samon with bones 5 those of Upps Miracle whip 12 rice crackers 3 sheets of nori paper	Out for lunch: Sushi rolls with Spicy salmon - 10 pieces & pieces of thrimg temporal Green salad with miso dressing (3 grams of fibre)
Snack Time: 4pm	Simply Protein Whey Bar Chocolate Mint Apple (5 grams fibre) Coffee with almond milk	Simply Protein Whey Bar Chocolate Mint B chocolate almond Decaf coffee with almond mik	Simply Protein Whey Bar Chocolate Mint Coffee with almond milk	Pure Protein Bar Chocolate Deluxe Coffee with almond milk	n/a decaf coffee with milk

