

Topics- come up with a list of topics to discuss

Balanced meals/snacks & the Plate Method

Healthy carbohydrates & fiber- which are the best carbohydrate sources to choose from, why fiber and balanced carbohydrate intake is important.



Healthy fats- what oils to buy and avoid, which oils to use for cooking and which ones to avoid, other sources of healthy fats. Signs/symptoms of inadequate health fat intake

Healthy protein- how to find healthy options in the grocery store and the best ways to prep

Hydration- how much fluid to drink in a day, what counts towards overall hydration, how to get "clean" water, signs/symptoms of chronic dehydration

Simple strategies to increase fruits and vegetables

Food as Medicine- what does this mean and what are "superfoods"

Shortcuts to meal prepping and planning

Cravings- why causes them and what to do about them

Immune Health- ways to support the immune system to help reduce frequency of colds

Quick healthy snack options- what to grab when your in a convenience store, food to keep in your car when on the go

Digestion, why it's important, and how to improve gut health and function

Sleep and how it impacts overall health, including nutrition

Vitamin D- know your numbers and why vitamin D supplements with vitamin K2 are important.

Magnesium- what is it, why is it important, how to know if you have enough in your diet, foods to help increase intake.

Activities

- "Tea Time"- Fullscript has a variety of different teas to try each with their own unique benefit as part of an anti-inflammatory diet.

-Protein Bar Sampling- which are the best bars to grab when you are in a jam and need something quick as a "drive-thru alternative"

- Veggies smoothie- best ingredients for a breakfast smoothie

Topics + Provocative Questions:

Balanced meals/snacks & the Plate Method

If you want more energy which foods should take up 1/2 of your plate?
Chicken, rice, sweet potatoes, spinach, beets, pasta, etc

Healthy carbohydrates & fiber-

which are the best carbohydrate sources to choose from, why fiber and balanced carbohydrate intake is important.

Does carbohydrate source matter if you want to lower cholesterol levels?

Healthy fats-

what oils to buy and avoid, which oils to use for cooking and which ones to avoid, other sources of healthy fats. Signs/symptoms of inadequate health fat intake
If you want to lose weight should you avoid eating high fat foods?

Healthy protein-

how to find healthy options in the grocery store and the best ways to prep
Is it best to eat a vegetarian diet if you want to live longer?

Hydration

- how much fluid should you drink in a day?
- what counts towards overall hydration?
- how to get "clean" water?
- what are signs/symptoms of chronic dehydration?
- Will drinking more water make you hungry?

Simple strategies to increase fruits and vegetables

- What is the best time of day to eat a piece of fruit?

Food as Medicine-

- what does this mean and what are "superfoods"?
- Do you think food has the ability to cure diseases?

Shortcuts to meal prepping and planning

When is the worst time of the day to make a decision on what to eat?

Cravings

- what causes them and what should you do about them?
- Does sleeping only 7 hrs per night cause cravings?



Immune Health

- what are some ways to support the immune system to help reduce frequency of colds?
- Is it possible to prevent a cold?

Quick healthy snack options-

- what should you grab when you are in a convenience store?
- what foods should you keep in your car when on the go?
- What is the most balanced snack in a convenience store?

Digestion,

why it's important?

how do you improve gut health and function

Does good Digestion help you to think more clearly?

Can the gut "talk" to the brain?

Sleep and how it impacts overall health, including nutrition

- Is it better to sleep an extra hour or get up early to exercise?

Vitamin D

- know your numbers and why vitamin D supplements with vitamin K2 are important.
- Can vitamin D give you more energy?

Magnesium

- what is it?
- why is it important?
- how do you know if you have enough in your diet?
- What are some foods to help increase intake?
- Does magnesium help with anxiety?

Dr Geller Weekly Functional Medicine Groups

Format:

- 1 provocative question
- 1 in-group activity
- 1 at-home enrichment activity

Top 4 topics:

TOPICS:



1.) Balanced meals/snacks & the Plate Method

How to create a balanced meal- protein fiber non-starchy veggie

Q: If you want more energy, which foods should take up 1/2 of your plate? Chicken, rice, sweet potatoes, spinach, beets, pasta, etc

Activity: come up with 1 balanced meals you can try at home
White board- participants assist with creating a balanced meal by drawing it on the board

Enrichment: take a picture of your balanced meal to show the group to vote on the most delicious looking option the following week.

2.) Healthy Carbohydrates & Fiber:

which are the best carbohydrate sources to choose from, why fiber and balanced carbohydrate intake is important, how much fiber should you eat per day?

Q: Does carbohydrate source matter if you want to lower cholesterol levels?

What is the best food to lower cholesterol?

Activity: Guess the grams- show a food and guess the grams of fiber

Activity: Have each participant portion out what they believe is appropriate and I will weigh it on my food scale

Enrichment: choose 1 NEW high fiber food to try this week (ie raspberries or lentils)

3.) Healthy Fats-

what oils to buy and avoid, which oils to use for cooking and which ones to avoid, other sources of healthy fats. Signs/symptoms of inadequate healthy fat intake

Q: If you want to lose weight should you avoid eating high fat foods?

Activity: guess the avocado serving size

Enrichment: Identify one healthy fat that you can try this week that you have not had before (such as avocado toast or flax seeds)

4.) Healthy Protein-

how to find healthy options in the grocery store and the best ways to prep, why the body needs protein, PPI's and protein

Q: Is it best to eat a vegetarian diet if you want to live longer?

Q: is grilling a healthy way to cook meat?

Q: Does protein help you to lose weight?

Activity: Identify a serving of protein. Have each participant portion out what they believe is appropriate and I will weigh it on my food scale

Enrichment: Protein pic- Pic one day and do protein pics of all of your protein foods. The following week we can take a look to see if the intake is adequate.

5.) Hydration-

how much fluid to drink in a day, what counts towards overall hydration, how to get "clean" water, signs/symptoms of chronic dehydration

Q: Will drinking more water make you hungry?

Activity: Guess the glass. 3 different glass of different sizes all filled with water, guess the ounces.

Enrichment: Fill up a ½ gallon jug of water and put it on the counter or bring it to work with you. Use only that jug to drink out of. How much is left by the end of the night? Take a pic and share with the group.

6.) Fruits and Vegetables

Simple strategies to increase intake, how much does one portion look like, how much to eat per day

Q: What is the best time of day to eat a piece of fruit?

Activity: Have each participant portion out what they believe is appropriate and I will weigh it on my food scale.

Enrichment: Choose your challenge: try getting at least one serving of fruit or one serving of vegetables every day for the next week. Take a pic of your daily fruit or veggie

7.) Food as Medicine-

what does this mean and what are "superfoods"

Q: Do you think food has the ability to improve joint pain?

Q: What is the healthiest food to eat?

Activity: pick 2 superfoods out of a 5-food line up (garlic, raspberries, slice of bread, cereal, vanilla yogurt)

Enrichment: add one super food to your meal that is new to you

8.) Food Facts

Q: What feels the most confusing about food and nutrition?

Q: if you felt like you ate “perfectly” what would be on your plate?

Q: What is the hardest part about eating healthy?

Activity: Share a story about how you made a change for the better in your life that stuck and improved your quality of life.

Enrichment: Chose a 60 second activity to do EVERY DAY that feels like you are nourishing yourself- either food or non-food related (ie stretching, breathwork, guided meditation, drink a glass of water, floss your teeth)

9.) Shortcuts to Meal Prepping and Planning

Q: When is the worst time of the day to make a decision on what to eat?

Activity

Enrichment

10.) Cravings

- what causes them and what to do about them (hydration, sleep, BG regulation, candida, Plan B foods, delay method, apple cider vinegar)

Q: Does sleeping 7 hrs per night cause of cravings?

Activity- ACV drink (unless contraindicated)

ENRICHMENT: try one craving hack one time

11.) Immune Health-

ways to support the immune system to help reduce frequency of colds

Q: How do you ward off a cold?

Activity: Try Immune Charge+™ Quicksilver Scientific shot or other immune supporting drink (donation from Fullscript?)

Enrichment:

12.) Quick healthy snack options-

what to grab when your in a convenience store, food to keep in your car when on the go

Q: Is it better to go to 7-11 or McDonalds for on-the-go snacking?

Activity:

Enrichment:

13.) Digestion-

why it's important, and how to improve gut health and function

Q: Does your gut impact how your brain thinks?

14.) Sleep-

how it impacts overall health, including nutrition

Q: Is it better to sleep an extra hour or get up early to exercise?

15.) Vitamin D-

know your numbers and why vitamin D supplements with vitamin K2 are important, role of vitamin D in the body

Q: Can vitamin D give you more energy?

Q:- What is the best source of vitamin D?

16.) Magnesium-

what is it, why is it important, how to know if you have enough in your diet, foods to help increase intake.

Q: Does magnesium help with anxiety?

17.) Vitamin B12

18.) Added Sugars

Q: Is all sugar bad for you?

Q: What type of sugar can make you gain weight?

Activities

- "Tea Time"- Fullscript has a variety of different teas to try each with their own unique benefit as part of an anti-inflammatory diet.

-Protein Bar Sampling- which are the best bars to grab when you are in a jam and need something quick as a "drive-thru alternative"

- Veggies smoothie- best ingredients for a breakfast smoothie

-Crock Pot Cooking- 5 ingredients or less!

-Batching Salads

Dr Geller Weekly Functional Medicine Groups



Format:

- 1 provocative question
- 1 in-group activity
- 1 at-home enrichment activity
- Snack/New Food

Pick the top 4 topics: choose topic # 4 as the 1st topic to present and leave the best topic to present during week #4

TOPICS:

Tackling the Afternoon Slump. Sweet Dangers of Hidden Added Sugars (3)

What does sugar do inside of the body, what are added sugars, where are they found, how to reduce them, what foods do they hide in? (ie ketchup, tomato sauce, yogurt)

Q: Is ALL sugar bad for you?

Q: What type of sugar can make you gain weight?

Activity: pick the best sweetener option out of 5 possible options (cane sugar, equal, maple syrup, honey, date sugar)

Enrichment: look at food labels and identify which food or beverage is highest in sugar.

Snack: raw almonds

Crush your Cravings (2)

- what causes them and what to do about them (hydration, sleep, BG regulation, candida, Plan B foods, delay method, apple cider vinegar)

Q: Does sleep influence your food choices? Does poor sleep make you crave foods?

Activity- ACV drink (unless contraindicated)

ENRICHMENT: try at least one craving hack one time within the next week

Snack: ACV drink

Feel Better Fast //Kill your cold- How to Boost Immune Strength- (3)

ways to support the immune system to help reduce frequency of colds

Q: How do you ward off a cold?

Q: What is the best way to avoid being sick?

Q: Can the sun keep you healthy?

Activity: Try Immune Charge+™ Quicksilver Scientific shot or other immune supporting drink (donation from Fullscript?),

Enrichment: 5-minute morning walk, get 10-15 sun exposure on legs and arms, fresh garlic -add this into your diet and share your recipe next week

Snack: mandarin oranges

Hydration for Weight Loss (5)

how much fluid to drink in a day, what counts towards overall hydration, how to get “clean” water, signs/symptoms of chronic dehydration, electrolytes and water

Q: Will drinking more water make you hungry?

Q: Can drinking water help you to lose weight?

Activity: Guess the glass. 3 different glasses of different sizes all filled with water, guess the ounces. Calculate how much water/fluids you need per day (divide wt in pounds by 2)

Enrichment: Fill up a ½ gallon jug of water and put it on the counter or bring it to work with you. Use only that jug to drink out of. How much is left by the end of the night? Take a pic and share with the group.

SNACK: cucumber water, lemon water, fruit-infused water

How to Boost Energy Level & Feel More Motivated-Food and Energy/Stamina (3)

Balanced meals/snacks & the Plate Method

How to create a balanced meal- protein fiber non-starchy veggie

Q: If you want more energy, which foods should take up 1/2 of your plate? Chicken, rice, sweet potatoes, spinach, beets, pasta, etc

Q: Can food boost your energy levels?

Q If you want more energy how many times a day should you eat?

Q: if you had more energy what would you do with it?

Activity: come up with 1 balanced meal you can try at home

White board- participants assist with creating a balanced meal by drawing it on the board

Enrichment: take a picture of your balanced meal to show the group to vote on the most delicious looking option the following week.

Snack: snap peas

Losing Weight While Eating Carbs:

(Healthy Carbohydrates & Fiber)

which are the best carbohydrate sources to choose from, why fiber and balanced carbohydrate intake is important, how much fiber should you eat per day?

Q: Do carbohydrates make you fat?

Q: Is it possible to eat carbs and lose weight?

Q: Does carbohydrate source matter if you want to lower cholesterol levels?

Activity: Guess the grams- show a food and guess the grams of fiber

Activity: Have each participant portion out what they believe is appropriate and I will weigh it on my food scale

Enrichment: choose 1 NEW high fiber food to try this week (ie raspberries or lentils)

Snack: baby carrots

Fat- Does eating fat make you fat? (3)

what oils to buy and avoid, which oils to use for cooking and which ones to avoid, other sources of healthy fats. Signs/symptoms of inadequate healthy fat intake

Q: If you want to lose weight should you avoid eating high fat foods?

Activity: guess the avocado serving size

Enrichment: Identify one healthy fat that you can try this week that you have not had before (such as avocado toast, chia seeds, nuts or flax seeds)

Snack: chia seed pudding (send home with recipe)

Get-Strong, Boost Your Body Strength - (4)

how to find healthy protein options in the grocery store and the best ways to prep, why the body needs protein, PPI's and protein

Q: Is it best to eat a vegetarian diet if you want to live longer?

Q: is grilling a healthy way to cook meat?

Q: Does protein help you to lose weight? What is the best diet to lose wt

Q: What are the best types of foods to make you stronger

Q: How can food make you feel stronger?

Activity: Identify a serving of protein. Have each participant portion out what they believe is appropriate and I will weigh it on my food scale

Enrichment: Protein pic- Pic one day and do protein pics of all of your protein foods. The following week we can take a look to see if the intake is adequate.

Snack: edamame

How To Eat Less, Feel Full & Lose Weight (5)

(increase Fruits and Vegetables)

Simple strategies to increase intake, volumetrics, how much does one portion look like, how much to eat per day

Q: What is the best time of day to eat a piece of fruit?

Q: How do you make eating less food easier?

Q: What is the best way to eat less food?

Activity: Have each participant portion out what they believe is appropriate and I will weigh it on my food scale.

Enrichment: Choose your challenge: try getting at least one serving of fruit or one serving of vegetables every day for the next week. Take a pic of your daily fruit or veggie

Snack: cucumber sticks (demonstrate how to make them taste less bitter)

Food as Medicine

improving BP naturally, types of fiber help to reduce cholesterol, "superfoods"

Q: Do you think food has the ability to improve joint pain?

Q: What is the healthiest food to eat?

Activity: pick 2 superfoods out of a 5-food line up (garlic, raspberries, slice of bread, cereal, vanilla yogurt)

Enrichment: add one super food to your meal that is new to you. Grow sprouts at home (sprout kit sponsored by FS?)

Snack: raspberries

Clear the Food Confusion. Know Better, Do Better -Busting Food Myths (3)

Q: What feels the most confusing about food and nutrition?

Q: if you felt like you ate "perfectly" what would be on your plate?

Q: What is the hardest part about eating healthy?

Activity: Share a story about how you made a food change for the better in your life that stuck and improved your quality of life.

Enrichment: Write down one belief, curiosity, or unknown about a food

Snack: walnuts

Building Better Habits- What's the Best Place to Start to start changing your lifestyle (3)

Q: What is one habit you feel good about? What is one habit you would like to change?

Activity:

Enrichment: Chose a 60 second activity to do EVERY DAY that feels like you are nourishing yourself- either food or non-food related (ie stretching, breathwork, guided meditation, drink a glass of water, floss your teeth)

Snack: celery and PB (natural)

- Get confident with your food choices

Mastering Food Choices- Meal Prepping and Planning (5)

Q: When is the worst time of the day to make a decision on what to eat?

Q: What is the healthiest drive-thru option?

Q: How far in advance do you plan what you are going to eat?

Activity: name one easy meal that you have made in the past that is balanced (lean protein, healthy fat, high fiber)

Enrichment: Look at your schedule and figure out what day/time you can plan and prep on meal in advance

Snack: kiwi

Quick healthy snack options- (3)

what to grab when your in a convenience store, food to keep in your car when on the go

Q: Is it better to go to 7-11 or McDonalds for on-the-go snacking?

Activity: choose the best option (present 5 different snack options found in 7-11)

Enrichment: switch one snack for a high fiber food

Snack: avocado with lemon

Digestion, bloating constipation

why it's important, and how to improve gut health and function

Q: Does your gut impact how your brain thinks?

Q: Can constipation cause hormone imbalances?

Activity: write down all gut symptoms or check of gut symptoms via a questionnaire

Enrichment: keep a food and gut sx log for 1 week to review during the next group

Snack: Ginger tea

Sleep-

how it impacts overall health, including nutrition and immune health, sleep hygiene hacks

Q: Is it better to sleep an extra hour or get up early to exercise?

Activity: Breathwork and Heartmath monitoring (HRV)

Enrichment: pick one sleep hygiene hack and include it into the nighttime routine

Snack: camomile tea

Avoiding the Winter Blues

Vitamin D-

Foods that have vitamin D, know your numbers and why vitamin D supplements with vitamin K2 are important, role of vitamin D in the body

Q: Can vitamin D give you more energy?

Q: Does vitamin D influence your mood?

Q:- What is the best source of vitamin D?,

Q: Does vitamin D influence hormone levels?

Activity: making salmon salad (mayo, salmon pouch, celery, onion, dill, lemon juice lettuce wraps)

Enrichment: get 15 min of sunlight or contact your MD to get your vitamin D checked

Snack: chicken of the sea wild-caught salmon pouch

Relieving Muscle Cramps

Magnesium-

what is it, why is it important, how to know if you have enough in your diet, foods to help increase intake, symptoms of low magnesium levels

Q: Does magnesium help with anxiety?

Activity: try a high magnesium food (pumpkin seeds) or take an epsom salt bath or use magnesium lotion (Fullscript donation?)

Enrichment: incorporate one high magnesium food into your diet

Snack- pumpkin seeds

Boosting Brain Function//Boost Your Mood: Vitamin B12

Who is at risk of low b12? What are symptoms of low b12, where do you get B12, how can you figure out if you have low B12?

Q: Can food help improve depression?

Q: Are eggs good for your brain?

Activity: try nutritional yeast on popcorn

Enrichment: include one high B12 food in your diet- chicken, lean beef, eggs (w/ the yolk)

Snack: nutritional yeast on popcorn

Activities

- "Tea Time"- Fullscript has a variety of different teas to try each with their own unique benefit as part of an anti-inflammatory diet.

-Protein Bar Sampling- which are the best bars to grab when you are in a jam and need something quick as a “drive-thru alternative”

- Veggies smoothie- best ingredients for a breakfast smoothie

-Crock Pot Cooking- 5 ingredients or less!

-Batching Salads