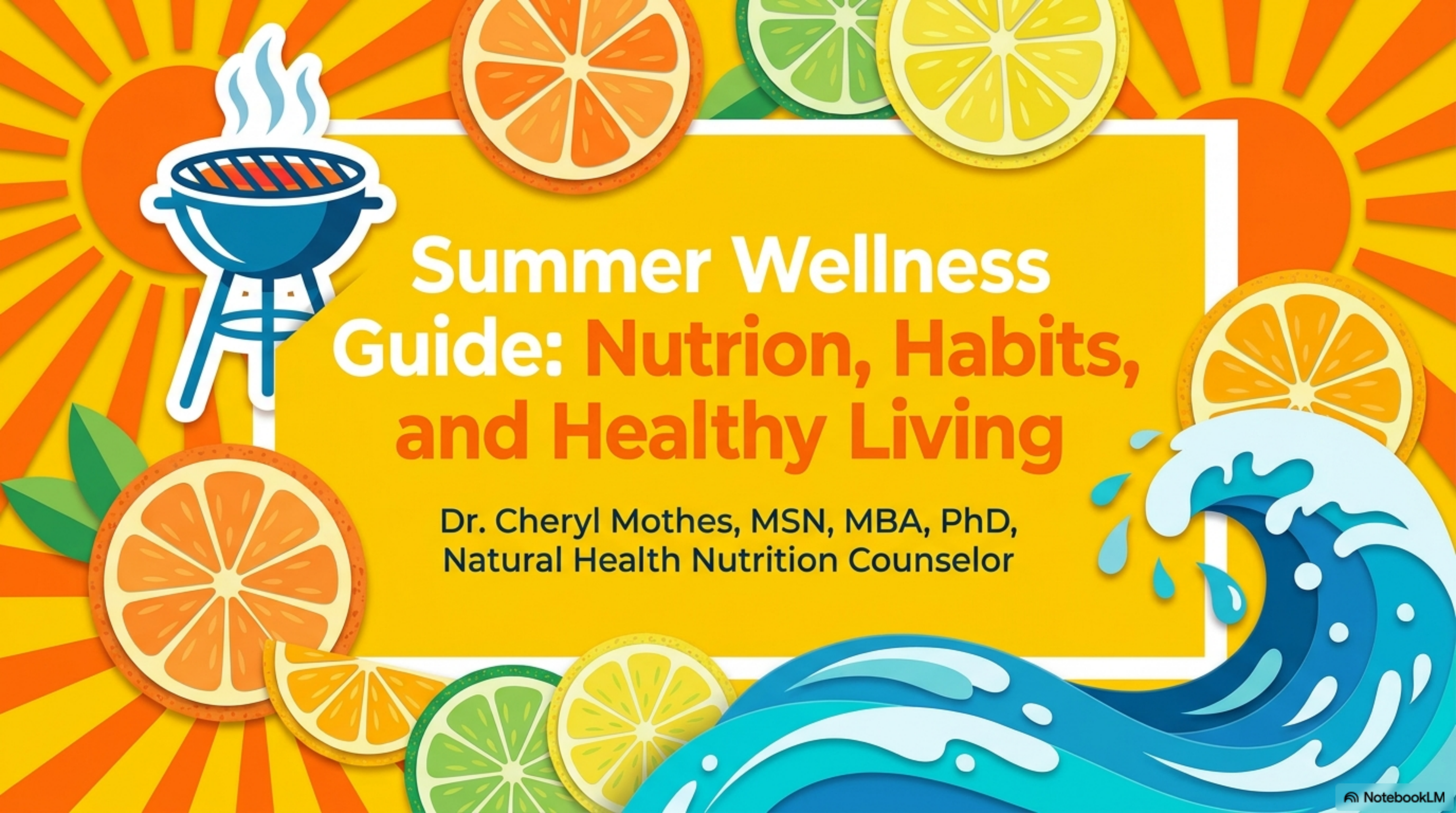


The background is a vibrant yellow with stylized orange and yellow sun rays. Various citrus slices (orange, lime, lemon) are scattered around the edges. On the left, there is a blue barbecue grill with white smoke rising from it. On the right, there is a blue wave with white foam and water droplets. The title text is centered in a white box with a thin white border.

Summer Wellness Guide: **Nutrition, Habits, and Healthy Living**

Dr. Cheryl Mothes, MSN, MBA, PhD,
Natural Health Nutrition Counselor

The Sizzling BBQ Trap

What **NOT** to eat this summer:
Processed meats.



Living with a smoker =

+15%
Lung Cancer Risk



Eating processed
meats daily =

+18%
Cancer Risk

Just one daily serving of sausage, bacon, hot dogs, or deli turkey acts as a massive hazard to your longevity—elevating your risk for heart disease, diabetes, and obesity.

The Celery Powder Loophole

Don't fall for the wellness sticker.



Buying “naturally cured” meats is an illusion. Your body processes the nitrates from celery powder the exact same way it processes synthetic chemicals. The natural curing still cures the meat.

The Problem with Plastic & Sugar

What we drink is just as important as what we eat.



Packed with dangerous, hidden additives in both sugary and diet varieties.

When left in the hot summer sun, heat accelerates toxicity, causing microplastics and BPAs to leach directly into your drink.

Scan Before You Sip: The Yuka App

Your free, pocket-sized nutritionist.



Use the free Yuka app to scan sodas and instantly uncover hidden dangerous additives.

It flags the bad stuff and immediately lists healthier options for you to consider.

The Top Yuka Recommendation

Need some fizz? Upgrade your can.

The Liquid: Sweetened naturally with Stevia—no sugar spikes, no chemical diet sweeteners.



The Package:

Aluminum protects you from the heat-leached microplastics found in sun-baked plastic bottles.

The Alcohol Reality Check

A global shift in consumption.

High Consumption



Low Consumption

Swapping Booze for Better Options

The social friction of not drinking is vanishing.



You can influence your friends by what you carry. Brands like Athletic Brewing (NA beer) and Liquid Death (aggressively cool canned water) provide the aesthetic and ritual of a summer beverage without the toxic side effects.

Breaking the Breakfast Rule

Is it really the most important meal of the day?



It's a myth that skipping breakfast makes you binge later. 95% of studies found that eating breakfast actually leads to consuming the same or more total calories in a day. It does not meaningfully boost your metabolic rate or suppress your appetite.

The Power of the Pause

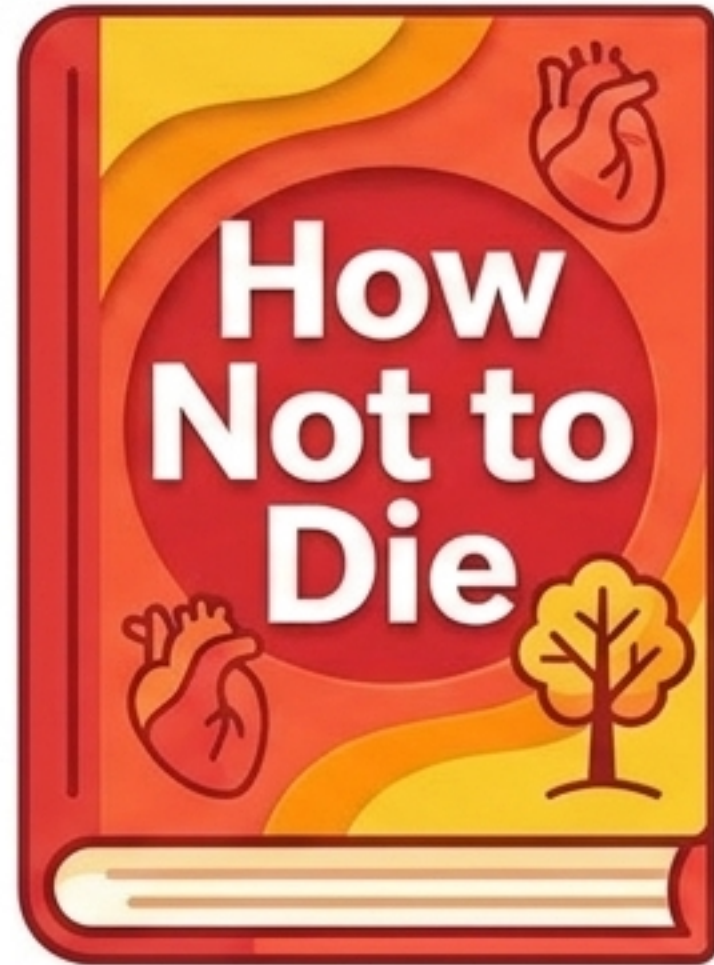
Give your digestion a summer vacation.



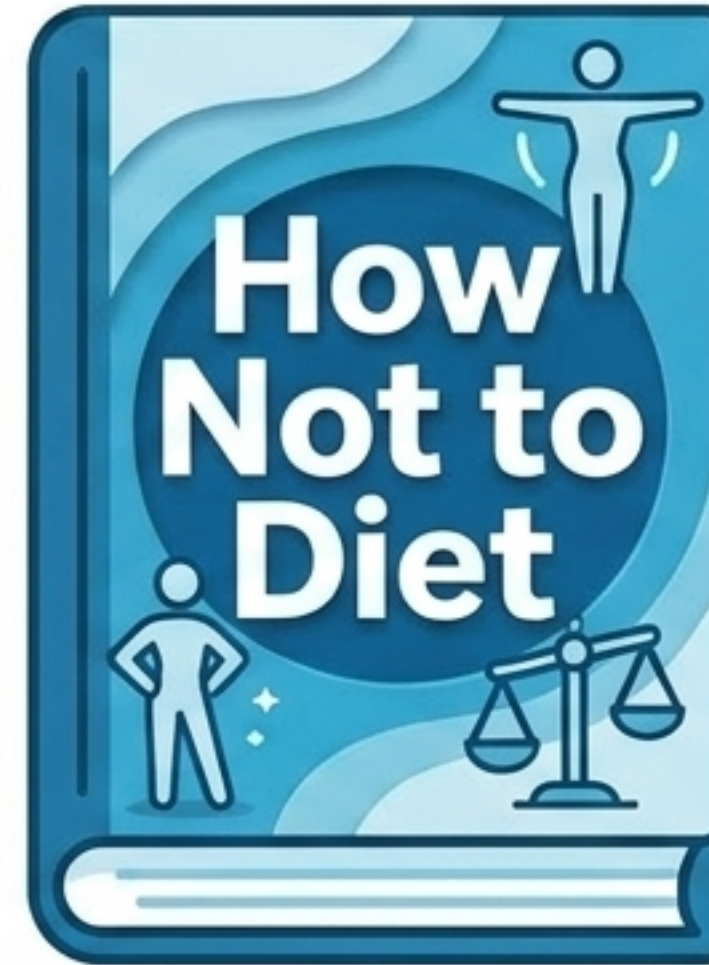
A “no breakfast” approach unlocks the amazing benefits of intermittent fasting. By extending your fasting window, you give your digestive system a crucial break, allowing your cells to clean house—a biological process vital for longevity and weight management.

The Science of Survival and Success

Dr. Michael Greger's evidence-based blueprints.



Focuses on preventing chronic, disabling illness and premature death through diet.



Focuses on achieving sustainable health and safe, science-backed weight loss.

Long-Term Health > A Number on a Scale

How *bad* do you want to ***FEEL GOOD?***



Weight loss is frustrating when we focus on conflicting information and scale numbers. Becoming healthier through nutrition is about feeling and functioning better so you can live a fuller, richer life.

Your Summer Habit Upgrade



Meat: Swap processed & “naturally cured” meats for plant-based alternatives.



Beverages: Swap plastic-bottled sodas & alcohol for aluminum Zevia, NA beers, & canned water.



Routine: Swap forced breakfasts for the cellular rest of intermittent fasting.



Mindset: Swap scale-watching for the long-term science of Dr. Greger's books.

A Question to Carry With You...

If supposedly “healthy” cured meats are a trap, and breakfast isn’t the metabolism booster we always thought...

...what other everyday wellness rules are you following that are *actually* slowing you down?