

Top Ten Nutrition Health Habits

My passion is transforming lives by teaching the real truths of toxic load, Nutrition, and Fitness! I seek to empower and transform the lives of my fellow ladies!

De Day
Mind Body Soul Wholistic Life Coach



Hi Friends,

Yep, let's face it, at the end of the day, we all just want two very important things! We just want to look good and feel great! It seems so simple! With such good intentions of improving our health, why is it so difficult to weed through all the mistruths, false information, and not to mention confusing fads that promise to make those two desires come true!

Well, I'm about to disclose to you just a few nutritional guidelines that are accurate and simple to follow. Adding these simple steps or disciplines into your life, will not only help to improve your overall health, but will set your pendulum in motion to create even more health habit changes that will help you to achieve those goals! It is so important to me to never mislead or give anyone bad information. Just know that today what
I'm offering you are just a few seeds to plant into your garden of daily life! And when you do, and you are consistently making a daily effort to apply these few tips/strategies, there is a not a doubt in my being, that you will be well onto your way to making those very two desires come true!

Yours in Health,
De Day

Top Ten Nutrition Health Habits

"Eat food. Not too much. Mostly Plants" Michael Pollan

1 **Eat Food!**
Try four small meals per day – approximately every 4 hours. These are simple and clean and consist of a balance of a clean protein (preferably non processed, fish, egg whites), a clean whole plant complex carbohydrate (potato), and either a fruit or a vegetable. (No limitations). So what I'm looking for is the non starvation diet. I'm looking for you to let your body know that you are going to give it the required energy it needs for the demands of your day…. translation it will begin trusting you for this fuel source instead of it having to hoard the extra adipose tissue (fat) it has so intelligently stored (in case of a famine you know! It doesn't know you have abundance at the supermarket a mile down the road! Your body is just doing it's job….protecting you!). EAT, don't starve…let your body trust you again!

2 **Measure your meals by using the size of your fist!**
That's right, dump your scales and books….oh my the burden of those. Simply use your hand. Protein – the size of your palm. Clean Complex Carbohydrate – the size of your fist. Fruit/vegi – the size of your fist again! You got it, you will never overeat and always consume your daily required if you are using these measuring guidelines by the size of your hand. The bigger the hand, the more you need quite simply! Sorry small fries, just know that being small has many advantages, huge dinner plates overflowing just are not one of them.

3 **Start your day on an empty stomach drinking 8oz of warm water with 3-4 drops of pure Lemon Essential Oil**
(Note: it needs to be therapeutic tested grade EO with no additives, just go with the Purest, doTERRA). This practice will not only help to nourish your digestive system, but will begin to get your metabolism started in the right direction – faster! Lemon oil has so many benefits, that I can't even list them all!

4 **Avoid a food that has some form of sugar (sweetners/artificial sugar) in the top 3 ingredients! (If at all)**
Sugar is Sugar!!! And Sugar in a known neurotoxin....translation – Bad for your health! Now i'm not saying to never eat plants and fruits that contain sugar – although i'm not green lighting you to splurge either. But, what I am saying is that if you are going to choose a packaged food....lest not have "Sugar" in the label. By the way, this habit in an of itself will help you to eliminate over 80% of the food packaged and marketed to you today!

5 **Add a whole food enzyme supplement daily!**
Why? Enzymes are required to live. They are necessary protein molecules that are responsible for constructing, synthesizing, carrying, delivering, and eliminating the many ingredients and chemicals our body uses all in a day of our life! Translation: they are the key to our health! They produce the chemical reactions that keep us alive....the more we have the better our metabolism functions! In youth are supply is abundant, as we age, we make less (oh soooo so many reasons why!) So for now until our lifestyle is in tip top shape & probably still....add a Enzyme supplement your body can use (doTERRA Terrazyme is my choice!)

6 **Don't Get Thirsty...Do Drink enormous amounts of water!**
Our body begins at birth over 80% water. As we age, it decreases to less than 55%. Yet, water and oxygen and protein in the source of our very life. Let's just make this one real, real simple...we all know we need to drink it...so cut out all the sugary, fake pretend like flavored substitutes, and get to drinking pure balanced filtered water....and good tip....add grapefruit, tangerine, or other Essential Oils that will help boost your immune and metabolic function and increase your body's own ability to create Glutathione (an important antioxidant that helps combat free radicals in the body!)

7 **Eat a lot of food with a lot of color!**
Nature is made up of many vibrant colors! Think: Color is Life! That's right most of the highest quality nutrition boasts the brightest and happiest colors!!! I'm talking major fruits and vegetables that are NOT sprayed with chemicals or close to farms that do! (Still working on my home garden!). Now i'm not saying you have to go all in and jump on the Vegan wagon – although many do and enjoy this healthy lifestyle that warrants some work, but I am saying the better you get at adding a variety of colors into your diet, the better you will look and feel (Note For insurance, you can always bridge the gap with Juice Plus capsules)

8 **Cut down on Animal Protein.**
I'm sorry friends...the research is so conflicting. But, what I can tell you, is not just from great research, but also experience....my body and customers function the highest with limited animal sources of protein. So if I do choose animal protein, what do I choose....fish, egg whites, a lean piece of organic chicken on a salad perhaps....but LIMITED. I use a vegan plant based protein daily (doTERRA V-shake) and I avoid meats as much as possible...and I truly eliminate processed sandwich pretend meats (yuck)

9 **Avoid all foods that are processed products that contain ingredients that a fifth grader cannot pronounce.**
Ex. Diglycerides, Cellulose, Xanthan, Ammonium sulfate! If you wouldn't go out and buy this single ingredient and put it in your pantry to use when you are cooking, then eliminate the packaged food altogether. Most of these ingredients are not meant to Improve your health, just to make the food look appetizing – but instead they have managed to possibly pose a potential hazard to our health (as most of these are untested)

10 **I saved probably the best for last…next to food, this is my staple and non-negotiable! Do ADD the Lifelong Vitality Pack to your daily regimen!**
Yep, things are about to get real supplemental serious here! Why? Because it is virtually impossible in the days that we live in to give our bodies All of the Optimal Nutrition that it needs to function at it's highest potential with depleted soil, foods harvested too early, and a supply of food that can be limited! This is where I have done my research, and there is NO DOUBT in my mind by adding a whole plant nutrient complex, Omega Fatty Acids, and an Essential Oil cellular combination supplement will not just enhance our operating systems, it will help to prevent future disease, decay, and other health challenges **(Ask me for details, and I will help you get educated and started!)**

Hope you have Enjoyed my list of Ten Nutrition Habits to Adopt… contact me for the top Ten Exercise habits next!



Hi friends! My name is De Day & I am a Health Educator and Fitness Coach at my gym, Siesta Key Fitness. I have over 20 years experience speaking and educating on Health and Wellness. My passion is transforming lives by teaching the real truths of toxic load, Nutrition, and Fitness! I seek to empower and transform the lives of my fellow ladies!

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