



## Welcome to August!

This month we wanted to share a beginners guide to healthy nutritional eating.

If you're currently not eating a healthy diet, it can be difficult to start such a plan. However, healthy eating along with some exercise is very important for maintaining a good bodily function and goes a long way towards living a more healthy life. If you struggle with healthy eating, then you know that breaking unhealthy habits can be the most difficult part of the process. Therefore, if you truly want to live the best lifestyle possible, it is important to follow tips in order to start eating a more healthy diet.

1. **Rid  
your  
home  
of  
all  
temptations**  
that  
will  
distract  
you  
from  
following  
better  
eating  
habits.  
Ideally  
it

would  
be  
a  
wise  
course  
to  
keep  
junk  
foods  
and  
beverages  
out  
of  
your  
house  
so  
as  
not  
be  
tempted  
to  
snack  
during  
the  
day.  
If  
you're  
worried  
about  
getting  
hungry,  
keep  
healthy  
snacks  
like  
carrot  
sticks,  
yogurt,  
fresh  
fruit,  
or  
whole-  
wheat  
crackers  
on  
hand.

If  
you  
cannot  
bare  
the  
idea  
of  
no  
treats,  
eating  
a  
few,  
(emphasis  
on  
few)  
of  
these  
won't  
ruin  
your  
diet  
but  
also  
will  
give  
you  
that  
little  
sugary  
fix  
you  
crave.

- 2. Take  
a  
few  
moments  
to  
learn  
what  
foods  
are  
the  
healthiest  
for  
you  
and**

how  
they  
work  
within  
the  
body.  
To  
start  
eating  
healthily  
we  
must  
begin  
by  
thinking  
healthily.  
Most  
people  
understand  
that  
fruits,  
vegetables,  
and  
low-  
fat  
meats  
and  
complex  
carbohydrates  
and  
plant  
proteins  
are  
good  
for  
you,  
but  
few  
people  
understand  
why.  
The  
key  
is  
learning  
about

nutrients.  
When  
you  
understand  
how  
specific  
nutrients  
work  
and  
why  
you  
need  
them,  
it  
becomes  
more  
reasonable  
for  
you  
to  
make  
healthier  
choices  
for  
your  
body.  
Knowledge  
really  
is  
power!

3. **Preparation**  
**is**  
**a**  
**major**  
**key**  
**in**  
**commencing**  
**a**  
**new**  
**healthy**  
**diet.**  
You  
must  
take  
into  
consideration

your  
schedule  
for  
meals.  
If  
you  
often  
eat  
in  
a  
rushed  
hurry  
at  
odd  
times  
of  
day,  
you  
are  
probably  
more  
inclined  
to  
grab  
a  
rushed  
meal  
which  
will  
probably  
do  
more  
harm  
than  
good.  
So  
plan  
ahead!  
Instead  
of  
grabbing  
a  
fast  
food  
lunch  
on

the  
go,  
take  
a  
bagged  
lunch  
to  
work,  
complete  
with  
a  
healthy  
wrap  
and  
some  
fresh  
fruit  
and  
vegetables.  
Remember  
not  
to  
forget  
your  
evening  
meal,  
a  
simple  
plan  
to  
have  
a  
meal  
ready  
before  
you  
get  
home  
would  
be  
perfect,  
but  
in  
our  
fast  
paced

lifestyle,  
sometimes  
this  
just  
can't  
be  
done.  
One  
way  
to  
solve  
this  
problem  
is  
to  
plan  
out  
your  
evening  
meals  
for  
the  
week,  
on  
your  
days  
off.  
Perhaps  
just  
before  
you  
do  
your  
weekly  
shopping.  
Another  
warning:  
when  
going  
to  
the  
shops,  
do  
not  
venture  
there



hungry  
because  
of  
all  
the  
temptation!  
That  
becomes  
the  
first  
break  
in  
your  
healthy  
eating.

Initially, many will find it very difficult to make those necessary changes to healthier eating. It is important to know that while making these changes, you may not feel well for a short period of time. It is coined, a "**healing crisis**". Usually this is normal as your body is adjusting to your new and improved life style and is cleansing itself from the unhealthy toxins built up from poor eating habits. However if this feeling continues or you are worried a visit to your doctor would be the correct thing to do.

Start with *baby steps*. Even if you only replace one soda a day with a glass of water, you are really improving your calorie intake. If you eat fast food every day for lunch, try replacing that half of the time with better quality foods.

When you start by taking small steps you aren't cutting out all of the foods you love all at once. By taking your time to learn about your eating habits and slowly replacing them with better meals, by taking the time to learn and understand why you should be doing that and making the necessary changes in an orderly fashion, you will feel much better within yourself physically, mentally and emotionally and well on the road to becoming as healthy as you can be.

## Upcoming

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We are excited to introduce our *NEWEST SERVICE* - **Strategy Sessions!** This is a one hour, one on one zoom meeting with both Ginette and I, to discuss any issues that you may be having with regards to nutrition, movement, stress management, holistic culinary skills or healthy habits in general.

In this hour, we will answer your questions and provide you with general strategies to help manage the situation that you may be experiencing. Because this is more of a general zoom meeting, we can offer it at a lower price point to help serve a larger part of our community!

If you have questions about how to incorporate more movement, more healthy foods, healthy sleeping habits, healthy stress management habits or if you have more specific questions such as how to manage heartburn, headaches or fatigue, book a Strategy Session and lets get talking. This is the perfect opportunity to pick our brains WITHOUT any commitments to any specific program.

Book your Strategy Session [HERE](#).

Have an idea that you would like to share with us? Contact us anytime.

[Janice's email](#)

[Ginette's email](#)

## Holistic Hub

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**Nourishment:** We are having fun with the nourishment section this month and sharing some fun facts about food. Dark chocolate was first seen in bar form around 1910. Raspberries are a member of the rose family. Broccoli contains more protein than steak. Apples give you more energy than coffee. Pecans are rich with antioxidants and pistachios are actually fruits.

**Lifestyle:** If you are anything like us, there are days we don't remember what day it is! That can certainly happen with your food intake. A great way to monitor what you are consuming is to write it down. Sometimes we forget that "little treat" and next thing we know we are reaching for another "little treat" and then you have eaten more treats than you wanted.

Thankfully, there are many applications available that are user friendly and at no cost that can help you to track your intake. Give it a try, we bet that you will be surprised with what you are and are not eating in a day.

**The Stress Connection:** There are more than 90 million cases of diseases with no known cause, such as Chronic Fatigue Syndrome, Fibromyalgia, IBS, reoccurring yeast infections, autoimmune disease and even chronic back pain. Science can absolutely relate stress as a major link to these and other diseases.

Most people understand that too much stress is bad, even our grandmothers knew that. Don't panic! What might surprise you is that you don't have to change your life as advocated by many of the self-help books.

What we need to realize is that even **small changes** make a **big difference** when it comes to managing our stress levels.

You can still live your completely frantic, out of control, stress-filled life (as some of us do) and enjoy every minute of it (as some of us do), while enhancing your health and performance through proper nutrition and exercise.

Make sure to follow us on social media as we share a myriad of stress relieving techniques and strategies.

### **Ongoing Initiatives**

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Our Supercharge Your Body program is coming to a close but the information is still available in our exclusive Strategies by Full Bodied Nutrition Facebook group. Follow this quick [LINK](#) and join us today. We want to thank all our members for participating and we look forward to our next group program.

Our Full Bodied Nutrition Wellness Initiative E-Book continues to be available for purchase at [fullbodiednutrition.com](http://fullbodiednutrition.com). You can check it out [HERE](#). The Full Bodied Nutrition Wellness Initiative E-book and Signature Wellness Initiative 12 -Week online program is designed specifically for people who are ready to ditch the diet mentality and feel healthy, strong, confident - and still enjoy the foods they love!

This wellness strategy is about eating real food... and enjoying the things we love too!

Because cupcakes and kale can totally coexist. :)

Our initiative is to bring wellness to everyone on their own terms. You decide your goal ... we will get you there!

You can check out our Signature Wellness Initiative 12-week online program by following this link.

[12 week Wellness Initiative Program](#)

Don't forget to Like and Follow us on social media for all kinds of tips, info and a few laughs. Just click the link below:

[Facebook](#)

[Instagram](#)

[Twitter](#)

Here is a reminder to go check out our previous Cupcakes and Kale podcast, available in iTunes and SoundCloud. Simply look us up in the search bar!

**Wishing you well,  
Janice and Ginette**



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