



Full Bodied Nutrition Inc

HOLISTIC NUTRITION &
STRESS MANAGEMENT STRATEGIES



Hello March!

March is National Nutrition Month so all month long we will be sharing our strategies to help upgrade your health.

Our role and goal, is to develop with you, a lifestyle that you will love, all while supporting the body and its systems as a whole. It's the **Full Bodied Nutrition Strategy!** This is all achieved through healthy upgrades and stress management techniques.

Another BIG belief we have is to always strive for balance through an 80/20 paradigm. This mean 80% of the time the meals you are ingesting are fairly balanced with complex carbohydrates (and yes you can eat bread), proteins, healthy fats, vegetables and fruit. The other 20% is to allow for life to happen. Life

is to short to obsess about everything you eat! Enjoy that pizza or burger night with family.

The FBN Strategy always includes the basics of nutrition that include the following:

1. Drink
lots
of
water.
2. Enjoy
movement
everyday.
3. Finds
outlets
that
you
enjoy
to
reduce
your
overall
stress
levels.
4. Spend
time
outside
everyday.
5. Nourish
the
body
without
stress
or
judgement.
6. Nourish
yourself
with
live,
whole,
good
quality
foods.
7. Understand
that

wellness
is
what
you
eat,
think,
see,
read
and
say.

These, we believe, are the cornerstones of a healthy more balanced lifestyle.



Upcoming

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We are refocusing our brand to better support our clients. We have transitioned to a new look and are specializing in Holistic Nutrition & Stress Management Strategies, so stay tuned for some great new additions to our line up.

As per usual, Come Dine with Us will be broadcast LIVE on Facebook on March 26th at 6 pm.

Love our Come Dine with Us series? Want to join us for a segment? Contact us for your own personal Come Dine with Us segment!

[Janice's email](#)

[Ginette's email](#)

Holistic Hub

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Nourishment: Nourishment can be defined as the "*food necessary for growth, health, and good condition*" (Oxford Dictionary). Take a moment to actually look at the ingredients of the foods we are ingesting. Most of these ingredients are considered "food stuff" that the body cannot identify. If it cannot be identified, the body has NO IDEA what to do with it! This cannot be considered nourishment but rather acts as a stressor on the body. We encourage you to look at labels and check ingredients. In fact, why not transition to food WITHOUT a label. Foods closest to their natural state will provide you with the most benefits by way of nutrients, vitamins and minerals.



Lifestyle: Lifestyle is the typical way of life of an individual. It is a very important part of the wellness equation. Finding ways to reduce stress, get in enough sleep, spending time in nature, reducing our toxic exposure and finding balance in this crazy world can be difficult. It is important to find what works for YOU!

Psycho/Spiritual Connection: Science has now begun to realize the powerful connections between emotional, spiritual, and behavioral factors and how they can directly affect health outcomes. The beliefs you hold about yourself and the world, your emotions, your memories, and your habits will all influence your mental and physical health. So speak kindly to yourself, give yourself some grace, try to resolve the past and be hopeful for the future.

Wellness Challenge: We are all about BALANCE and real life. We have to also keep in mind that balance doesn't mean 50/50. Balance means most of the time or 80% of the time you're choosing live, whole, good quality foods, then the 20% can be used for those "yes" moments. We encourage you this month to try the 80/20 paradigm. Try it out and see how it feels. We would also love to hear your feedback!



Ongoing Initiatives

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We want wellness for all. This is the reason behind our 12 week Wellness Initiative Program. This is a 12 week do-at-your-own pace mini course that provides you a strong foundation for a nutritional and lifestyle education needed for you to create YOUR BEST life.

[12 week Wellness Initiative Program](#)

Don't forget to check our social media for all kinds of tips, info and a few laughs. You can find them here:

[Facebook](#)

[Instagram](#)

[Twitter](#)

Our Cupcakes and Kale Podcast is off to a great start and we have more episodes heading your way. Missed it? You can catch our latest, Stress and Digestion podcast [HERE](#). A huge thank you goes out to our music producer, Troy Simpson, for our 3 fabulous intro music choices!

Wishing you well,
Janice and Ginette



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