



5 TIPS TO BETTER HEALTH

For busy professionals

Don't let being busy keep
you from accomplishing
your health goals!



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www.restorewellness.net

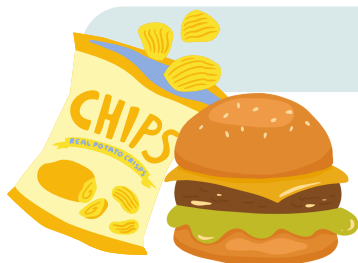
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Hydrate

Water supports functions that are essential for good health. Water transports nutrients, removes waste, and flushes toxins. So before you reach for some expensive detox potion, instead save your money, just make sure your hydration is on point. A good rule of thumb is to drink half your body weight in oz of water per day.



Limit Processed Food



If you eat the standard American diet, you get the standard American disease. Your plate should be full of non starchy vegetables, quality protein, and healthy fats. Keep in mind, the more colorful fruits and vegetables the more variety of nutrients your body gets.



Quality Matters

Organic produce and grass-fed meats are ideal, but if budget is a concern then conventional meat and produce is still better than a diet of majority processed food.

EWG.org is a great resource, check out their Dirty Dozen, Clean Fifteen shoppers guide to pesticides in produce.



Eat Healthy Fat



Quality fats are good for you. Some examples of healthy fats include, avocados, butter, nuts, seeds, and olives. Some fats that aren't so good for the body are hydrogenated oils, canola, vegetable, and soybean oil. Swap out your canola oil for avocado or coconut oil, both are great options for higher heat cooking whereas olive oil is ideal for lower heat cooking and great for salads.



Stress Management

You can drink all the water and eat all the healthy foods but if you are stressed out, your body is not going to be able to utilize the nutrients properly. A good practice to implement is to take a few deep breaths and make sure you are in a relaxed state before you start eating. This puts your body in a parasympathetic state, meaning it gets your body ready to receive and properly utilize the food that you are about to put into it. Adversely if you aren't in a relaxed state when you eat, your body won't digest properly and you may notice some discomfort and bloating.



Print this Guide to use daily

Daily Water Intake Goal:



*Drink half your body weight in oz per day. Example: If a person weights 160 lbs. their daily water intake goal would be 80 oz

Foods that don't require much prep, so that you can get dinner on the table in minutes!

Protein

Rotisserie Chicken
Grass-fed beef Sticks
Wild Planet Canned Salmon
Sardines

Healthy Fats

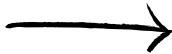
Walnuts
Almonds
Sunflower Seeds
Olives
Avocado
Butter
Avocado Oil
Coconut Oil

Carbs

Frozen Vegetables
Baby Carrots
Baby Bell Peppers
Strawberries
Blackberries
Blueberries
Oranges
Apples

Swap Cooking Oils

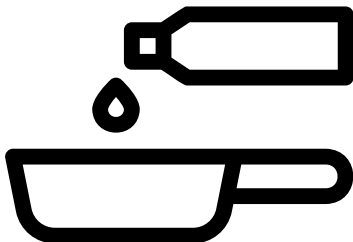
This



This

Canola
Vegetable Oil
Soybean Oil
Fake Butter

Avocado Oil
Olive Oil
Coconut Oil
Butter
Ghee



*Avocado oil, coconut oil, and ghee are good for high heat cooking, olive oil is ideal for salads or low cooking temps.

Tips to properly digest and absorb your food

1. Take 3 deep breaths prior to first bite
2. Be seated and away from distractions
3. Thoroughly chew your food



*Digestion only happens when you are in a parasympathetic state, also known as rest and digest.