

# My Empowered Nutrition Guidebook



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# My Empowered Nutrition Guidebook

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# My Empowered Nutrition Guidebook

## Introduction

**This guidebook is designed with the intention of unlocking the Nutrition Master Within so that you can make confident food choices - every time!**

I'm Brandy Yavicoli, Wellness Coach, and I truly love coaching and supporting your Mind Body Spirit journey through healthy, mindful eating and living practices. I am so grateful to be living my purpose of helping others make the shift of transformation in their lives. Thank you so much for allowing me into your life as a guide, mentor, and friend.

I am here to cheer you on as you look within to achieve your health and wellness goals – *Mind Body Spirit style!*

**Something awesome happens when we can rely on ourselves to make the right choice.** Through getting to know our body and it's signals, exploring the different ways of eating and discovering the unique combinations that may be best for us, listening to our intuition, and continuing to learn and grow with our bodies needs as we go through life, we gain the empowered ability to be our own guides, the Masters of ourselves.

This was written as a response to the urge we all have to look without. To follow the latest diet or eating trend, or the latest research study. The information can be conflicting and confusing. So what should we do? *The answer is to get to know yourself and your body, to be your own guide.* When you know what works best for you personally and intimately, you can wade through the information presented from all sources with the best point of view, your own.

**As you work your way through this guidebook, take the time to pause and listen to yourself; your body, your mind, and your spirit. You have more wisdom than you know!**

Wishing you health and happiness on this journey. Enjoy!

# My Empowered Nutrition Guidebook

## Step 1: Keeping Track

Here we start with the first step even the most frustrated omnivore can take to get clear on the right foods for you. Getting more in touch with how different foods are working with your body is something that you can start **right now**.

**The Magical Food Mood Journal** is a very powerful tool to focus on what your body is telling you, and in turn gain a greater connection with yourself. Writing down how food affects you on the physical, emotional, and energetic levels throughout the day is nothing short of eye-opening and is an essential tool on the journey to becoming your own Nutrition Master.

***This is more than a food diary - in addition to writing down what you eat, focus and note how you feel physically AND emotionally before, during, and after each meal, snack or beverage and then how you are feeling 2 hours later. Don't forget to log the drinks, they affect us to!***

At first it may feel odd or you may not feel any particular way. That is okay, you may just write "fine" or "good." I recommend that you do this for a minimum of 7 Days and revisit through any life changes. Here are hints to get you started:

### **Physical Symptoms**

1. Clues for imbalance: headaches, stomach pain, muscle cramps, coughing, fatigue, insomnia, restlessness, shakiness, muscle weakness, poor concentration, pallor, allergy symptoms, digestive symptoms.

2. Clues for balance: bright eyes, hunger, stamina, natural deep breathing, high energy or a sustained even energy, restful sleep, focus, alertness, strength, good attention span, good color, ease of digestion.

### **Emotional Symptoms (may be a little harder to notice)**

1. Clues for imbalance: anxious, bored, scared, mad, sad, depressed, scattered, restless, irritable, agitated, hyper.

2. Clues for balance: confident, excited, energized, humorous, happy, interested, focused, calm, relaxed, easygoing, patient, enjoying a personal place of wellness and connection.

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## The Magical Food Mood Journal

Date/Time	Food/Drinks	Hunger Level 0-5	Physical/Emotional/Mood	Notes
Pre-Breakfast				
Breakfast				
A.M. Snacks				
Lunch				
P.M. Snacks				
Dinner				
Evening				

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## Step 2: Explore Variables

While studying over 100 different dietary theories looking for Universal Truths, I found that there are many common themes (an emphasis on whole foods for example). However, the differences are rampant.

### **How then, did one theory work great for one person but not for the next?**

What, when, why, and how much we eat is highly individualized. This is the concept of Bio-individuality: there is no one-size-fits-all, but many variables to our diets. Here are some variables to explore that could factor into our diet and lifestyle needs:

- ◇ Activity Level, Type of Activity
- ◇ Age/Life Stage
- ◇ Blood Type
- ◇ Ancestry
- ◇ Metabolic Type
- ◇ Our Emotional Body/Emotional Health Needs
- ◇ Health Quality and Symptoms
- ◇ DNA Factors (propensity to Auto-Immune/Heart Disorders/etc.)
- ◇ Doshas/Ayurvedic Type
- ◇ Occupation
- ◇ Daily Routine/Eating Patterns
- ◇ Elemental Factors/5 Element Type
- ◇ Seasonal Eating Needs
- ◇ Digestive Health Needs
- ◇ Body Alkalinity
- ◇ Sleep Quality
- ◇ Religious Beliefs
- ◇ Personal Beliefs
- ◇ Geographical Location
- ◇ Energy Type
- ◇ Stressors (Environmental/Physical/Emotional)

It is not necessary to know the answers to all of these variables in order to become a confident guide of your own health. However, it is worth exploring. On the next page you are given space to reveal some of the factors that may have a bearing on not only your food choices, but your lifestyle choices as well.

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## Self Assessment Questions

The following Questionnaire is designed to give you a snapshot of your current health and wellness needs going forward.

**On a separate sheet of paper, explore the answers to the following questions:**

- 1) Age/Life Stage (may have a bearing on your nutritional needs):
- 2) Geographic Location/Season (determines which foods can serve you geographically):
- 3) Occupation (a Farmer has different diet requirements than an Accountant, What does your occupation require?):
- 4) Activity Level (can dictate requirements about food amount and type):
- 5) Ancestry (What did your ancestors eat? Might you add some of these traditional foods to your diet and see how you feel?):
- 6) DNA/Genetic Factors (What runs in the family? Does this point to needed diet changes?):
- 7) Health Quality and Symptoms (Which foods help or hinder your specific health concerns?):
- 8) Emotional Health (How does this play on your eating patterns?):
- 9) Religious/Personal Beliefs (How does this factor into your diet?):
- 10) Stressors - Environmental/Physical/Emotional (How does stress affect your eating and overall health and wellness?):
- 11) Based on the above answers, what might I need to address food wise?
- 12) What is drawing my attention as a variable that might have an influence on my eating patterns/choices?

Bring these and other variables into awareness as you go forward in this self-discovery process.

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## Step 3: Self Experimentation

Everyone is different with our own unique diet and lifestyle requirements and there are countless ways of eating and different variables to what will work for us. **By experimenting and being mindful of how different ways of eating work with our bodies we can start to form a picture of the best eating practices for us.**

This is where we start to really develop our “Master” muscles. By stretching and using your inner senses to observe, heightening your sense of self-awareness, and trusting your intellect to gather and analyze the information that comes to you from your inner knowing, you begin to gain clarity and confidence in your choices. **You learn what works and what doesn't.**

Don't know where to start?

I recommend starting with **The Breakfast Circus**: have a radically different breakfast each day of the week for 7 days straight. Note how you feel before, during, directly after, two hours later, and at lunch time. Experiment until you find the breakfast that gives you energy, makes you feel great, and keeps you full till lunch time!

Here are some sample breakfasts:

- ◇ Green Smoothie
- ◇ Oatmeal w/Nuts and Berries
- ◇ Omelet w/Turkey Bacon + Sprouted Grain Toast
- ◇ Muffin or Granola Bar w/Banana
- ◇ Coffee and a Donut
- ◇ Tofu Scramble w/ Avocado + Salsa
- ◇ Big Farmer's Breakfast
- ◇ Boxed Breakfast Cereal
- ◇ Vegetable Bowl (add Grains and/or Beans)
- ◇ Dinner for Breakfast
- ◇ Fresh Fruit Bowl (w/ Yogurt?)
- ◇ Traditional Ancestral Breakfast

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## Breakfast Circus

Jot down what you eat and how you feel both right after eating, two hours later, and before lunch. Note how your energy level, moods, and physical symptoms are affected by the food in your body. The aim is a breakfast that feels great, gives you energy, and keeps you full.

Day	What I Ate	How I Feel Right After Eating	2 Hours Later and Before Lunch

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## Step 4: Strengthening Intuition

### **Accessing your intuition and inner wisdom is at the heart of Empowered Nutrition.**

Checking in with yourself and listening to the “voice within” around your eating and food choices takes attention, honesty (with yourself), and most of all - **Courage**. Taking charge of your health choices as your own advocate is both imperative and noble. *The vulnerability that comes with it is strengthened by trust in yourself and inner voice.*

**Practice listening to your inner wisdom and developing a healthy relationship with the Nutrition Master within.** Stand up for your own needs and embody your new role!

On the next page, I present you with Journaling Prompts to explore and experiment with for the next week.

- ◇ Before beginning, set the mood for a light state of meditation. Light a candle, maybe burn some incense or warm some essential oils. Put on light music. Sit comfortably, close your eyes, and take a few deep breaths. Let it go and clear your mind.
- ◇ Read the question/exercise for the day, and without thinking of your answers ahead of time, just write. No judgement here, just releasing and exploring.
- ◇ Write for as long as you need to. What comes out isn't as important than the process of giving yourself space to let your inner knowing flow.

After the 7 days, your intuition will be primed and ready to be accessed in this way at any time.

Feel free to make the process of deliberately accessing your intuition a daily habit. After awhile, you will be able to recognize how intuition shows up for you in other ways throughout your day, and you will get more familiar with how it communicates uniquely to you.

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## Intuition Journal Prompts

**Day 1: Focus your attention on your body.** What does it feel? What does it want to tell you?

**Day 2: Take time to listen to yourself, and your wants and needs.** What are your wants and needs around the following areas in your life; Health, Career, Relationships, Environment, Family, Education, Creativity, Physical Activity, Joy, etc.? What does your Mind, Body, Spirit need?

**Day 3: Universal Alignment Exercise.** What does the Universe want to tell you?

To help with this, do the following: 1. With a long piece of paper, make three columns. 2. At the top of the first column, write "WHAT DO I WANT FROM THE UNIVERSE?" Then, as quickly as possible write your answers down that first column. 3. NEXT, on the top of the second column, write "WHAT DOES THE UNIVERSE WANT FROM ME?" Without thinking and with pure stream of conscious, write whatever comes to you down the second column. 4. NEXT, on the top of the third column, write "WHAT DO WE, THE UNIVERSE AND I, WANT TOGETHER?" Again, quickly write down the third column the answer you receive. 5. Note the similarities and differences between the columns.

**Day 4: Morning Pages.** There's a time every morning when we are half awake, half asleep and not quite fully conscious. At those moments, we have access to our unconscious mind and our inner workings. Listening to these tender morning wisps allows us to reach into our inner world, the deeper part of ourselves that helps guide us on our path of transformation. Morning Pages are a stream of consciousness written in a journal first thing in the morning. Keep your journal by your bed and reach for it while you are still half asleep. Watch your breath. Watch your mind. It's like a meditation. Be still and just let it all pass from your mind onto the paper.

**Day 5: Where has your intuition been correct in the past?** Surrounding your health and wellness? In your life?

**Day 6: Flow Write!** Ask your intuition for information at any time and just write!

**Day 7: Times in my life I have felt empowered: & I feel empowered when....**

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## Navigating Information

We are constantly being bombarded with confusing, conflicting information regarding our diets. I love information, but I don't like to constantly feel confused, detached, and frustrated with something as primal and basic as nourishing my body (or even with just having a snack!).

### **Continued education is important for every Nutrition Master.**

As our variables change, our optimum eating and living practices change. This is accomplished by continually checking in with ourselves and being mindful of our needs.

Also, outside information can also be extremely useful and a healthy part of our continued growth.

I am constantly fascinated by the new discoveries being made and wisdom being shared.

However, this step is only accomplished successfully when we have already established our personal roles as Nutrition Master of our own bio-individuality. Only then can we confidently use this information in the best way for us and take the pieces that resonate and "fit".

In this way, when assembling our team of trusted health experts and advisors, we can bring our wisdom to the table and be active participants in facilitating our health in the most effective and efficient way possible.

**But, the biggest mistake we make is looking outside of ourselves and ignoring what our bodies are telling us.** Not taking responsibility for how we care for the sacred temples that are our bodies also causes us to remain detached, confused, and frustrated with not only our diets, but also our bodies and the state of our total health.

By stepping into our role as Masters of not only our own Nutrition, but our own bodies, minds, spirits, and ultimately – lives, we step into a full participation of being. We are ready to process the information inside us *and* all around us.

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## Connecting with Brandy

**Thank you and I hope you enjoyed using your Guidebook to identify the unique healthy eating practices that work best for you so that you can make empowered food choices - every time!**

When we cultivate healthy eating and living practices and make them ingrained habits in our daily lives, we build the foundation for long term health, and nurture our highest selves. As an added bonus, we experience less stress, a greater quality of life, and more joy and fulfillment!

**In the spirit of that, I want to support your journey further!**

For further tips get the “Sacred Self-Care” book at [SoothsayersAria.com/books](https://www.SoothsayersAria.com/books)

If you are interested in working one-on-one with me, book your Sacred Self-Care Package or check out more programs at [SoothsayersAria.com](https://www.SoothsayersAria.com)

**I look forward to having you as part of my community and together nourishing our Spirits through healthy eating and living practices!**

In Health and Happiness,

Brandy Yavicoli

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