Base Nutrients Macronutrients- Calories

Fats-Omega 3

ALA EPA Choose Quantity

DHA

*As Low As Possible Carbs-Nutrients Fiber Choose Quantity

Protein- 20 Amino
*9 Essential Choose
Quantity

11 Nonessential

Gut Biome-Fermented Foods, Probiotics

Micronutrients-Vitamins, Minerals

Water

What We Can Do

Movement Health

*Resistance Training

*Cardio

*Balance

*Flexibility

Avoid the toxins that are everywhere!

Neurotoxins, Carcinogens, Obesogens, Endocrine Disruptors, Heavy Metals

Mental Health

*Stress
*Psychological
*Commitment
*Sleep
*Self-Care

Not all exercise and food is good or bad for us!

Hidden Threats

Food Threats/Toxins

Processed Foods Fried Foods, PUFA, Excess Carbs

Household Toxins

Non-stick Cookware, Plastics, Aluminum, Make up, Lotions, Shampoos, Soaps, Air fresheners

Environment

Water Quality
Air Quality
Soil Quality
Pesticides

Workplace Toxins

Chemical Exposure Noise Pollution Light Pollution