



Eat your Way to health...

Hi, Gorgeous!

I'm SO glad you're here! I've created a simple guide to help you get started on your journey to **your best health yet!** Say Goodbye to dieting & restrictive eating & Hello to TRUE nourishment, food freedom & sustainable energy & vitality! We CAN feel empowered with our choices, find our happy weight AND feel our absolute BEST!

Inside you'll find a **self assessment** that gives you a starting point on where your body is today & how it's trying to communicate with you (via those nagging symptoms). Our body is a profound messenger that communicates imbalances in the form of symptoms. It's time we stop managing, masking or ignoring those symptoms and start listening to what our body REALLY needs! And I bet somewhere in there it's asking for more nourishment, a little balance & some extra kindness.

If you score **below 15 its the 1st sign of distress, think of it as "whispers"** from the body, a score of **15 and above is more of a medium-high priority.** Either way, even the whispers are important to pay attention to. This will take a bit of self awareness, vulnerability & honesty. Remember, this is all just information (no judgement here!) on how the body can fall out of balance & communicate with us when it needs attention. Kinda like the check engine light in your car. Don't stress, I'm here to help you get started on a new path!

Then, be sure to **print out and post the Top 10 healthy Habits to Adopt today.** This practical 10-step guide is a simple, yet powerful place to start! It's a compilation of where my clients begin to see the most transformation, start with 1 or 2 on the checklist then slowly add on to make these a part of your daily lifestyle!

I also added a few **delicious & nourishing recipes** to help you along the way!

xo Deanna

But first... *how did we get here?*

Over 80% of chronic disease is not genetic but environmental, meaning our daily CHOICES, HABITS & BEHAVIORS directly impact our health- now, in the future, and that of future generations.



1. The habits that 'diet culture' sells us today are the very habits causing imbalance, fatigue, anxiety, unhappy weight and poor health.

- Skipping meals, fasting, undereating, restricting calories
- Eliminating entire food groups (carbs)
- Demonizing Sugar
- Limiting saturated fats, animal proteins and healthy sugars
- Overdoing plant fats from Nuts/seeds (loading our body with the exact foods animals use to slow their metabolism & hibernate in the winter)
- Excessive exercise (cardio)
- Creating food fear & "mind over matter" mentality

These habits are driving down our metabolism, disrupting our hormones, trashing our thyroid, and in turn we're either feeling overwhelmed, exhausted, unhappy with our bodies, or on our way there.

Let's change this story and ditch the diet culture for good!

2. We live in a "busy" world where convenience & modern demands rule our day. Leaving us exhausted, overwhelmed and feeling trapped with anxiety & stress.

- Consuming too much processed food devoid of real nutrients
- Skipping meals, inconsistent meals & eating on-the-go
- Living on stimulants like coffee to get going & downers like alcohol to unwind
- Shallow breathing creating 'fight or flight' mode in the body
- Living sedentary lifestyles with limited movement
- Staying 'busy' as a sign of productivity & ignoring what brings us joy
- Ignoring the impact of chronic stress on the body
- Prioritizing "fast, cheap & convenient" over "quality, sustainable & natural"
- Consuming too much screen time & allowing the outside world to create our inner reality



This doesn't have to be your story, there is another way!



Self Assessment

Signs Your Body May Need Support



Rate each symptom from 0-4 with complete honesty.
Remember this is just a baseline to see where your health is today.

POINT SCALE

- 0 = Never have the symptom
1 = Occasionally have it, effect not severe
2 = Occasionally have it, effect more severe
3 = Frequently have it, effect not severe
4 = Frequently have it, effect more severe

ENERGY / ACTIVITY

- ☐ Fatigue, sluggishness
☐ Apathy, lethargy
☐ Hyperactivity
☐ Restlessness
Total _____

DIGESTIVE TRACT

- ☐ Nausea or vomiting
☐ Diarrhea
☐ Constipation
☐ Bloating feeling
☐ Belching, or passing gas
☐ Heartburn
☐ Intestinal/Stomach pain
Total _____

EMOTIONS

- ☐ Mood swings
☐ Anxiety, fear or nervousness
☐ Anger, irritability, aggressive
☐ Depression
Total _____

MIND

- ☐ Poor memory
☐ Confusion, poor comprehension
☐ Poor concentration
☐ Poor physical coordination
☐ Difficulty in making decisions
☐ Stuttering or stammering
☐ Slurred speech
☐ Learning disabilities
Total _____

HEAD

- ☐ Headaches
☐ Faintness
☐ Dizziness
☐ Insomnia
Total _____

NOSE

- ☐ Stuffy nose
☐ Sinus problems
☐ Hay fever
☐ Sneezing attacks
☐ Excessive mucus formation
Total _____

EYES

- ☐ Watery or itchy eyes
☐ Swollen, reddened or sticky eyelids
☐ Bags or dark circles under eyes
☐ Blurred or tunnel vision
Total _____

EARS

- ☐ Itchy ears
☐ Earaches, ear infections
☐ Drainage from ear
☐ Ringing in ears, hearing loss
Total _____

LUNGS

- ☐ Chest congestion
☐ Asthma, bronchitis
☐ Shortness of breath
☐ Difficult breathing
Total _____

HEART

- ☐ Irregular or skipped heartbeat
☐ Rapid or pounding heartbeat
☐ Chest pain
Total _____

MOUTH / THROAT

- ☐ Chronic coughing
☐ Gagging, frequent need to clear throat
☐ Sore throat, hoarseness, loss of voice
☐ Swollen/discolored tongue, gum, lips
☐ Canker sores
Total _____

JOINTS / MUSCLES

- ☐ Pain or aches in joints
☐ Arthritis
☐ Stiffness or limitation of movement
☐ Pain or aches in muscles
☐ Feeling of weakness or tiredness
Total _____

SKIN

- ☐ Acne
☐ Hives, rashes, or dry skin
☐ Hair loss
☐ Flushing or hot flushes
☐ Excessive sweating
Total _____

WEIGHT

- ☐ Binge eating/drinking
☐ Craving certain foods
☐ Excessive weight
☐ Compulsive eating
☐ Water retention
☐ Underweight
Total _____

OTHER

- ☐ Frequent illness
☐ Frequent or urgent urination
☐ Genital itch or discharge
Total _____

Grand Total _____



Top 10 Checklist

Healthy Habits to Adopt Today!



Print + Post On Your Fridge as a Daily Reminder

1. Start your day with 1 quart of filtered room temp or cool water.
2. Eat breakfast within 1 hr. of waking up. Aim for a protein + whole carb.
3. Set an intention for your day- What would you like to experience?
4. Drink 1/2 your body weight in ounces of water throughout the day.
5. Create at least 1 moment in your day to connect + check in w/your body.
6. Eat every 3-4 hrs. combine a quality protein + whole food carbohydrate.
7. Move for at least 15-30 minutes (take a walk, exercise, dance, play...)
8. Avoid glyphosate in your food- Eat organic as much as possible.
9. Do at least one thing during the day that you enjoy!
10. Get 7-9 hrs. of sleep- Reduce EMFS: unplug wifi, phone in airplane mode

Your health is a sum of your habits, behaviors, and the environment you choose.

What small habit can you start incorporating today?



Top 10 Checklist

Healthy Habits to Adopt Today!



Print + Post On Your Fridge as a Daily Reminder

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Here's a blank checklist to personalize your own daily habits that best support your lifestyle!