

Basics To Health & Wellness Transformation.

by Mary Tambe



A New Health

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Introduction

My name is Mary Tambe, I am a certified Integrated Nutrition Health Coach. As an integrated nutrition health coach, we speak about both food and feelings. Health and wellness is our goal as we help improve the lives in our community.

Adopting a new healthy lifestyle means letting go of the old unhealthy lifestyle. This is a process, it take about 6 months to let go and adopt a new healthy behavior/habit. So as you put in the work, exercise patience as well.

I believe the basics below will be of very helpful to you.

CH. 1

What is Health and Wellness

Health: It is both the physical and mental state of being free from any illnesses and injuries.

Wellness: This is maintaining the state of good health.

Therefore, if you are healthy but do not maintain it, then your wellness is compromise. This means health and wellness go hand-in-hand.

There are **7 dimensions of wellness**, and that will be discussed below in the next section.

Ch. 2

The 7 Dimensions of Wellness

1 Physical: Creating healthy behaviors like balance nutrition, identifying signs of disease, healthy habits.

2) Emotional: You create the ability to feel and express emotions. Having a sense of fulfillment in life.

3) Intellectual: You developing stimulating mental activities. Just as your body need exercise to be stimulated so do the mind.

4) Social: It is your ability to create interactions with others in your community as you live to your full potential.

5) Spiritual: You develop your own principles, beliefs and values that will guide your path in life.

6) Occupation: Using our gifts, talents to improve your life. (Career, businesses).

7) Environment: Your surrounding and habits will affect you. Bring balance.

Ch. 3

The 4 Component of Your Plate.

- 1) **Carbohydrates:** This include simple and complex carbs. From grains, vegetables and any other source.
- 2) **Protein:** This can be either animal or plant protein, beef/meat or seafood.
- 3) **Vegetables:** These are vegetables of your choice and these are high in fiber as well.
- 4) **Fruits:** They are soft and also high in fiber. Make effort to limit sweet fruit due to increase sugar content.



Ch. 4

Your Portion Control

We may be tempted to eat one big meal daily thinking that will be helpful, but in actuality it is damaging to our internal system. It will cause a disruption with the hormones and ability to effectively and efficiently digest the food.

Small portion: Instead of having one big meal in a day, break it down into 3-4 portions and eat throughout the day. This will improve metabolism and create hormone balance. Use a smaller plate, it gives the brain a sense of satisfaction,

small quantity looks bigger on a smaller plate.



Ch. 5

Benefit of Soup.

Soup: There is a lot more nutrients in a bowl of soup than you know of. With soup you can adjust and add as many nutritious component as you desire. Because it contain high amount of fluid which is also good for your body, it will make you fill full quicker.

Mistake: Do not add too much fat and oil in your soup as it will become unhealthy. Too much fat, oil, creams makes the soup heavy, then the body do not break it down effectively and efficiently.



Ch. 6

Importance of Vegetables

Vegetables: This is a power house, this means it contain many vitamins and other essential nutrients plus high in fiber. We need fiber to help flush out our system so as to keep us healthy.

All of the nutrients and vitamins in vegetables benefit our skin, internal system and brain function.

Let your plate be colorful, mixup your vegetables, let it be appealing to the eyes, remember we eat with our eyes first.



Ch. 7

Water, Fluid Intake

Water is very good for the body to be efficient. I know many will prefer juice of some kind but juice contain more than 6 components/ingredients while water do not. The digestive system will break down things that are not heavy better than things that are heavy.

The digestive system will use up the water efficiently compare to breaking down juice. Don't get me wrong it will down the juice, but in comparison to

clean water or water and lemon, the digestive system will prefer water.

The car/train/bus: They transport people and things from place to place. **Water** is the **train/car/bus** service that will transport nutrients and vitamins from one cell to another cell. The nutrients, vitamins are the people in the car/bus/train. So what will happen when the car stop working, there's a problem, same goes for water deficiency.