RESTORATION WELLNESS

LIVING WELL

LIVING WELL

Transitioning to a wellness mode merits a moment to refocus. This journal will serve a variety of purposes to support you in that capacity. Being a reference for a handful of wellness concepts will no doubt be a primary reason to keep it close! These pages will provide a place for you to record your daily nutrition, supplements, fluid intake, and other helpful information. A favorite quote of mine is – 'We are what we repeatedly do...' I've personally found a lot of value in note taking/ journaling. This ensures what I'm doing is worth repeating! It provides a way to review what you've done with objectivity and highlight positive and negative patterns. My hope is that this practice of journaling will continue to bear fruit in your metabolic health journey! I look forward to expanding on these concepts through the in-office connection with your wellness coach and continuing the conversation online via various digital means. Let's dive in!

WELLNESS JOURNAL CONCEPTS

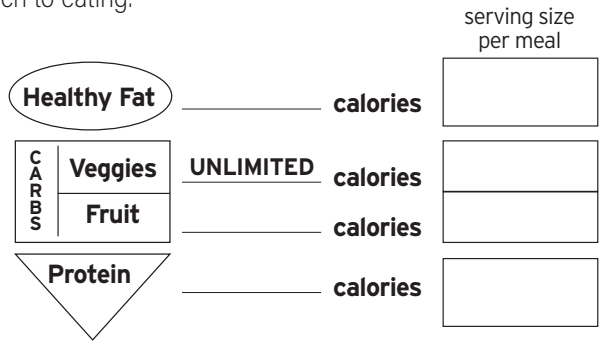
Let's start by emphasizing a few of the principles that we introduced during our core weight loss program. Some will take on a slightly different appearance when your objective shifts from weight loss to maintaining a healthy weight. I'd like to discuss which of these are important, what may shift/change, and what can and should fall away.

1. DAILY TRACKING

Journaling/tracking is a practice we highly recommend you continue. The level of detail you choose to record may change over time and depends on your exact short term/long term goals. A valuable way to stay intentional about your health is to take a few moments throughout your day to make journaling a consistent practice. At a minimum, we would suggest you record the foods you eat (even if not weighed), amount you drink (water and electrolytes specifically), and supplements you are taking.

2. SANDWICH CONCEPT

This has been discussed, but it's important enough to revisit. The idea here is to visualize any clean carbohydrate (veggies/fruits) being 'sandwiched' between a healthy fat and a protein. This is important because your body will maintain a better fat-burning state when we consistently consume blood-sugar stabilizing nutrients like fat and protein. The combination makes it easier to break down carbohydrates (simple or complex). This is strongly suggested to be the pattern for all meals and even snacks. There will be occasions when it is impossible to have a healthy fat and/or protein with the given food you're eating. That's ok! The point is to make this a regular part of your approach to eating.



FASTING (intermittent)

There are two points to make with regard to intermittent fasting (calorie and "calorie free" time). One reason we would discuss an "eating window" is for the metabolic benefit. Utilizing a certain amount of time with and without calories can positively affect specific hormones and encourage your body in the fat metabolism direction. Generally, you can take advantage of this by continuing the "overnight fast" into the morning. We usually target for adding 4-6 hours on top of that overnight time. Some may find this difficult initially, while others will adapt with little or no challenge. It's important to understand that this strategy is specifically about food timing, not a method to reduce calories. You can still benefit metabolically when you eat more than just lunch and dinner as long as the calories that you consume fall within a specific amount of time. Ideally, that eating window is between 6-8 hours. This window can become more person specific, so please discuss how to optimize a timing strategy for your goals and lifestyle/schedule with your wellness coach.

Utilizing a certain amount of time with and without calories can positively affect specific hormones and encourage your body in the fat metabolism direction.

Another value inherent to eating only within a specified number of hours is to simply give your body a break! We don't commonly consider the amount of energy that eating requires – but it's an important conversation. You make a choice when food is consumed. The body has little option but to do the work of digestion. Setting specific time with and without food can increase efficiency and allows the body to do the necessary healing and repair work to keep you strong and healthy. The majority of that repair work is done during calorie free time and specifically the overnight hours. This trends into a separate but related concept of start & finish. It's why we talk about cutting off any calorie consumption a set number of hours before going to bed. We'll discuss that in more detail separately. The takeaway here is this – for the most significant weight loss and metabolic benefit, we should be intentional about when we do and do not eat.

START & FINISH

The "open" and "close" of the day nutritionally has tremendous positive or negative potential. This idea becomes a conversation that mainly involves timing, but with a different focus and application compared to the fasting information already stated.

- **Starting your day strong requires intention.** We could easily apply this outside of a nutritional context, but for our purposes I'll keep it focused on food/water only. There's a common perception surrounding breakfast as the "most important meal of the day". I personally enjoy breakfast, but I haven't seen enough evidence to support that as a fact. In my opinion the initial (morning) hours are the most important time of day. To take full advantage of this leverage point I'd suggest you consider an 'eat now or don't eat' approach. If you eat breakfast, then "break the fast" early – ideally within the first hour of waking. In this way you are going to tell the body that the plan for today is to start early with calories! The alternative looks similar to the fasting or 'intermittent fasting' approach we've already discussed. When you decide to skip food in the morning – make that additional time most effective by stacking a minimum of 4 additional hours on top of the overnight fasting hours. You can gradually work outward from 4 hours and stretch to 6+ depending on how consistently you implement this approach and how well your body adapts to a "fat burning" state.

  Another thing to consider at the start of the day is water intake. It's estimated that our bodies lose as much as a pound of water overnight due to perspiration and exhaled water vapor – that amount does not include what's passed via urination after waking from overnight. To jump start the body, it's a good practice to replenish that essential resource right away – even before that precious first cup of coffee. Get a tall glass of water and drink it down. For extra benefit, consider adding a squeeze of fresh lemon juice to help alkalize the body.

- **Finishing the day with purpose can give you a great head start on the day to come.** Visualize the way you end the day nutritionally as investing in tomorrow. We generally recommend

all calories be consumed a minimum of 2-½ - 3 hours before your intended bedtime. I say calories in general because both food and beverage calories count. Be especially mindful of alcohol – if you are going to partake, at least drink with your meal. This concept means that dinner is likely your last food of the day. If you eat an early dinner and opt for an after-dinner snack, plan to maintain that minimum buffer between that last food and your bedtime (no matter if it's a full meal or not). As always, there will be exceptions; the idea is to make this a commonly followed pattern.

HYDRATION

Staying hydrated is a wellness essential! I'm sure that's not a surprise to anyone reading this. I want to emphasize the point of hydration because there can be confusion surrounding how much water you should be drinking and also what it takes to properly hydrate the body.

Let's start with the foundation. Water is THE essential detoxifying agent our bodies require. Essential – meaning you must add it to the body. A generally healthy goal for daily water intake is half of your body weight in ounces. A simple example – if you are 200lbs, your goal should be 100 oz. The nuance becomes how we get there and how quickly. This needs to be a process, especially if there is a large discrepancy between your current intake and the calculated target. If the volume of water is quickly and dramatically increased, (especially without any or much electrolyte) the body can actually DE-hydrate. To ensure your body can acclimate and hydrate properly, increase your fluid intake by 5-10 additional ounces per week until you've reached the target mark.

Minerals and electrolytes are essential for proper cellular hydration! This is a frequently overlooked aspect of hydration and optimal cell function. It is my understanding that the majority of us are trending toward increasing mineral deficiency. Many factors have led to this problem of a reduced nutrient density in our food/water. For example, changes in heritage farming principles, such as crop rotation and natural fertilization are creating progressively worsening soil conditions. When the soil has less nutrient (vitamin/mineral) available the plants/ animals become slowly less nourished and the effect continues to

trickle down. One way to address this "globally" is by purchasing certified organic produce. Shop directly from a local farmer, who you know and trust, that follows organic practices.

There are three primary options that you can talk about with your wellness coach. Start implementing them immediately to make the most impact on your body.

> **Our homemade "rehydrate" recipe.** If you don't particularly love the recipe as written, there are a number of possible variations that could make a huge difference. Be sure to discuss this with your wellness coach.

> **Coconut water.** I'd strongly suggest it be pure coconut water – watch out for added sweeteners. Coconut water is inherently super-hydrating. While it won't carry the fat content of coconut oil, it is still a wonderfully healthy addition.

> **Harness the inherent power in quality supplementation.** We carry a handful of powder-based supplements that are simply added to water. They provide good-tasting hydration naturally.

We often get questions about bottled water specifically and I want to make a quick mention inside our water conversation. Our general recommendation is spring water. The rationale here is that based on a recent comprehensive analysis of the majority of commercially available water brands, the higher end (more expensive) waters were no better – and sometimes far worse - in terms of purity compared to the simplest/least costly. An important general consideration about bottled water is that regardless of the initial purity bottled water sits in plastic containers for an unknown amount of time before being consumed. Additionally, bottled water is likely to be exposed to heat during storage and transportation. This increases the potential for plastic particles to leach from the plastic container into the water.

In my opinion, the best practice is to consider investing in a quality water purification system for your home drinking water. You're likely to

consume the most water from your home so this has the potential to cut cost as well as improve the quality of your water dramatically. There are many good options available for home water systems depending on your needs and the level of purification that you are looking for (drinking water only vs whole-whole house). Please discuss with your wellness coach or check our website for suggestions. An added value of the particular water systems we recommend is the alkalization that they perform over and above filtration. This is a big concept to discuss, but what's important to know is drinking alkaline water is positive. Water should be slightly basic (alkaline) on the pH scale. The other major factor to consider regarding alkaline water is its natural tendency to be a positive part of weight loss. This is largely due to the way alkaline water helps balance the acidic by-products of fat metabolism. The body can fight against fat loss simply because it cannot "afford" to allow any more progress into an acidic state. I've personally seen positive changes in weight with no other variables changed except moving to alkaline water consumption.

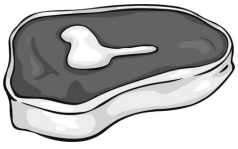
EATING OUT

One of the most challenging aspects of keeping a healthy weight and metabolism can be dining out. This information is circumstantially important. The usefulness of this particular content will depend on how often you choose to purchase prepared food, based on lifestyle or circumstances outside of your control. What I'd like to point out is something that's probably quite obvious. It is very difficult to truly eat healthy without preparing food at home. The purpose for making such an insightful comment is twofold – 1st more than likely, there will be a time to embrace the moment and call it what it is... an indulgence. It is important to know yourself. Is it worth it to you? How much work will you need to put in to "recover" from that treat/cheat meal? What is the likelihood one meal is going to become a week of not-so-good nutritional choices? These are personal questions, but I firmly believe that you must ask yourself ahead of time. Avoid the stress after – go in with eyes open!

2nd we are going to walk through a few specific strategies that can address the most common offenders found in prepared food. We want to make these situations as "healthy" as they can reasonably be:

- **Cut the fat:** Most prepared food that isn't void of fat is likely to contain some of the worst type of fat you could consume (vegetable oils in general – canola and soy specifically). My suggestion is to avoid whatever fat you can (at restaurants, etc.) and if possible, bring your own. A salad is a perfect example of how we can make a "healthy mistake". It can be a nutritional trap. Bringing your own dressing ensures you can at least get a good fat/oil added to whatever inherent nutrition is in the salad. If that's not practical or desirable, then adding as much replacement fat as possible is a second best. Olives are a great choice as they inherently contain a very healthy fat. Many restaurants will have a pure olive oil and a balsamic vinegar you could add to your salad. It's worth asking.

- **Animal protein:** Because of a principle called biological accumulation, it's more important to pay attention to animal proteins and make the swap to organic/free-range before vegetables and fruits. Think tuna fish – we know they tend to accumulate mercury (maybe the highest of the commonly consumed fish). The reason for this issue is that tuna can grow quite large in size/weight. This means they have consumed a significant number of smaller fish over a period of time – creating a higher toxic potential in their own bodies. As a side note – this is a reason to limit your consumption of tuna fish specifically and/or consider purchasing only "pole and troll" caught tuna (it's also the most sustainable). Dining out makes it difficult to find "all-natural" meat options. It's even less likely to find restaurants with fully organic options (especially meat). Our goal is to opt for more plant-based proteins when dining out. As always, make the judgment call for yourself based on how often you buy your meals. Our salad example shows that it is quite easy to add things like nuts, seeds, cheese, olives, chickpeas, and even eggs (although this walks the line as an "alternative" protein). Making choices like these can still provide solid nutrition and an enjoyable dining experience but keep you in a positive place of health.



- **Focus on the greens:** Thinking about food by nutrient type – and what those nutrients do for your body – can be a potentially challenging/encouraging way to view what you put on your plate and in your body. We've talked a bit about fat and protein relative to dining out, so let's finish up by looking at the veggie side of "clean carbs" (fruits being the other half). Vegetables often contain the highest concentration of vitamin and mineral of any food type. They have a high nutrient density – meaning you can eat very few calories and reap a disproportionate benefit looking purely at the nutrients gained. It's "cheating in the positive"! Understanding this inherent value may help you see why they're so essential. Being armed with that knowledge can inspire better nutritional choices when you sit down with a menu. Considering the vitamin and mineral content of veggies, it's easy to see why we should place a high value on consuming a lot of them! These vitamins and minerals are essential because they are catalysts for the many processes our body performs daily (detoxification, cellular regeneration, etc.). Putting an emphasis on consuming veggies when dining out can provide a lot of benefit and side-step a lot of bad. This should be especially clear when the prior discussion about the quality of fat and animal protein found at most restaurants is considered.

FAIR EXCHANGE

This is an interesting nutritional idea I've generally followed most of my adult life. Although it's not quite this simple – it may be helpful to think of this as deposit vs withdrawal in a nutritional context. The reason I feel this is a valuable point to discuss is because there are inevitably going to be occasions to indulge. **To make those planned indulgences that you have invested in balancing ahead of time, can create a much healthier physical and mental situation.** This would be a good conversation to have with your coach, because some of us are going to eat clean 99% and don't feel that pull to eat whatever might qualify as a treat. Others are going to be battling what probably feels like a persistent pull to "junk food" and there's a lot of

in-between. What's good about pro-actively investing in the positive is then you can enjoy a dessert or specific food without that guilt afterward. Knowing you have been fueling your body well, keeping inflammation down, and promoting fat burning gives a little more flexibility when you're not aggressively working to move the scale down.

The other side of this fair exchange concept is getting back to stable nutrition (clean eating) right away. Avoid the slippery slope and the temptation those junk foods can have on your metabolism and hormones by making those circumstances situational and not habitual. One way I've found this to be especially effective is in making the next day a nutritionally strong day. This will help your body flush the inflammation that comes from sugar, processed foods, and bad fats as quickly as possible. My top tools to accomplish this are:

- **Extra supplementation** (things that are easy to mix into water – i.e. electrolytes, whole food powders, protein, etc.)
- **Intermittent fasting** (using a "metabolic coffee/tea" or a pure fast in the morning)
- **Swapping one sit-down meal for a smoothie** (usually lunch). On a side note – if you use the smoothie be sure it's very nutritious. Check all the same boxes we emphasize (good fat, protein, and plenty of vegetables – fruit, if desired). As always, my goal is to present these concepts and give them enough context to be independently usable. This would be a good conversation to have with your coach. They can optimize a strategy with you!

LOSING WELL

It is possible (within a wellness lifestyle) to make progress toward your ultimate weight loss goal. Let's discuss a few specific strategies to best leverage what you've learned, and the metabolic improvements you have made.

Strategy 1: TRACK IT

Cutting calories is usually the first thought many of us have when looking to lose more weight. Although this approach can be useful, it's not usually the most effective first step. When you are ready to begin, I would suggest a consistent routine of carefully

tracking what and when you eat (no coincidence that's what we started this journal talking about). Usually a full 5-7 days will provide an accurate representation and allow for objective assessment of the good (and potentially not so good) going into the body. This will also help highlight what's missing in quantity or substance. If you're working with a wellness coach this information would also help them to provide quality insights.

- **Strategy 2: STAY HYDRATED**

  This cannot be overlooked. Because we've already devoted an entire section to discussing hydration, I won't dive deep into this again. An important thing to remember is that hunger can be easily mistaken for thirst. When you are truly dehydrated and not replacing that needed water, the body will start pushing you to food (and often foods that are not ideal nutritional choices). It will try for water first (creating thirst), but quickly pivot to demanding calories, knowing the potential for nutrients and possibility to extract water from food. There's a dichotomy about the body – it is incredibly complex and simultaneously very simple. It will do what is necessary to keep you alive and functional. Unfortunately, there's a gap between the innate wisdom of the body and what you know consciously. Keep water with you as much of the time as possible; keep drinking it! Prevent the pull to unnecessary and inappropriate calories when water is actually what's needed!

- **Strategy 3: EXERCISE**

  Exercise is also a common strategy that is often implemented early in a weight loss plan. The interesting thing to consider here is more the potential for continuity instead of the likeliness for exercise itself to create short term weight loss results (or just frustration). We'll talk specifically about optimal exercise strategies in the next section – but my point about continuity is to ask yourself what's the likelihood of beginning AND maintaining a movement pattern. Reason here is twofold:

- The way I'm talking about exercise as a movement pattern is important. Exercise will only be positive (for your health and weight) if you do it consistently. Movement is life. We all need to be moving well, and those who have sedentary jobs carry an increased need for regular times of "exercise" or intentional movement. To stay consistent requires that you enjoy what you're doing. It can't just be about sweating out the weight (we all know how effective that is). Taking the pressure off trying to "burn calories" and thinking of exercise more in terms of overall health can create a much better mental framework for this to become part of your lifestyle.

- When exercise is the sole weight loss driver (or an integral component) and suddenly time gets tight, injuries occur, etc. What happens? All that hard work can disappear quickly. The mechanism creating a calorie deficit is gone, but the body will still demand the same relative dietary calories for a period of time. By the time your metabolism adapts to the sudden change in output (exercise), many or most of your hard-fought results have likely evaporated. This completely overlooks the reality that the majority of common weight loss exercises are very stressful on the body and carry an inherently high risk of injury.

  My suggestion is to view exercise in light of its inherent health benefits and look at weight loss (via exercise) as a potential side benefit. Find a "movement" type that you enjoy and can commit to daily or most days. A simple example is walking. Walking is the most efficient form of exercise. I recommend it first thing in the morning or immediately post-meal for the most metabolic benefit.

Strategy 4: SMALL ADJUSTMENTS

The final word on wellness weight loss strategies would be to try small adjustments weekly and listen to your body for feedback. Although we are each genetically similar – the expression of those genes creates incredible diversity. Take advantage of that fact and experiment (intelligently). You will benefit greatly by taking things a few days at a time. Consider concepts like:

- **Intermittent fasting** (skipping breakfast or skipping lunch)
- **Swapping a meal for a smoothie**
- **Include more alternative proteins** (animal byproducts or plant-based options)
- **Consuming fruit only with meals** or reducing/eliminating it
- **Integrating supplements**/adjusting current supplement regimen, etc.

EXERCISE

One of the most confusing and controversial concepts in weight loss is exercise. There will always be plenty of information out there about creating a calorie deficit to lose weight. Exercise tends to be the most common method utilized to create that gap. What's often ignored is the fact that all exercise is not created equal. You can burn calories with a given activity and never burn fat or change your metabolism. In fact, certain forms of exercise could actually frustrate your weight loss goals by keeping your body stuck outside of fat burning.

Let's look at the best and worst type of exercise for healthy weight loss and a little practical discussion regarding movement in general:

- **Best:** HIIT – High Intensity Interval Training

  Research is abundant behind this type of exercise and its inherent metabolic and fat metabolizing benefits. Highlights about this form of exercise include:

  - Versatile for any age
  - Requires a minimal time commitment (typically 12-20 minutes)
  - It is practical and requires no equipment to be purchased

  You can do a HIIT workout with body weights, bands, hand weights, kettlebells, elliptical, or treadmill. The opportunity for variation is incredible. There's no way to get bored.

  This approach is easy to get started. You will increase the difficulty level as your ability and stamina improve. Start by selecting a work:rest ratio. It's advisable to begin with a 1:3 pattern – 30 seconds of work with 90 seconds of rest. If that's too intense, take

the work time down initially but do not increase the rest period. Simple examples to use for "work" are squats, jumping jacks, pushups, sprints, etc. for 30 seconds and rest for 90 seconds. Repeat these cycles or "sets" until you can't go on, or you've hit the time allotted for your training. During the "rest" period it's wise to slow the movement to a walk instead of a full pause. Hopefully it's easy to see how simple it is to modify (increase/decrease) the speed and intensity as your fitness level changes. A good indicator of your readiness to change the work/rest ratio is when it becomes easy to complete the total exercise routine. Move the ratio from initially favoring rest, to a balanced amount of time, and finally to a position favoring work.

- Worst: Cardio – generally avoid

  It is my opinion that there is little value to cardio, with a few exceptions (sport or specific athletic endeavor). We are made to move but sustaining that movement at a set level for a prolonged period of time only offers the body a new place to stick. When a strong metabolism and balanced weight are the goals, cardio can often be counterproductive. Ironically, cardiovascular exercise has shown to cause significant stress on the cardiovascular system. Some forms of stress can lead to growth, but the body is made to manage stress for a period of time and then repair. Prolonged stress, held at a relatively constant level, causes breakdown and damage. Cardio is built around the idea of an elevated demand on the body that is sustained over a significant amount– this becomes a static concept. The opportunity for perpetual growth is severely limited. These types of exercise have a propensity for joint and soft tissue injury and tend to demand a significant amount of time (45-90 minutes). Bottom line – cardio does burn calories, but it tends to push the body further away from a fat-burning state. To encourage the body into a fat burning state and incentivize it to stay there requires a more dynamic approach.

- Most efficient: Walking

Walking is a fundamental activity. It is known as the most efficient form of exercise; that doesn't mean it is the best or most effective. To be fair, when referencing walking as exercise I'm not considering just total steps for the day. What we know is for the time and energy invested, walking yields the greatest return. I like the idea of walking because of its simplicity and low intimidation factor. To use it well, I'd suggest walking for a minimum of 15 minutes per session and aim for either first thing in the morning (empty stomach) or the opposite extreme of immediately post-meal. Both applications have their inherent benefits and it's generally helpful to associate walking with a set time of day or typical activity. This plan will help you remember and cement the habit quickly.

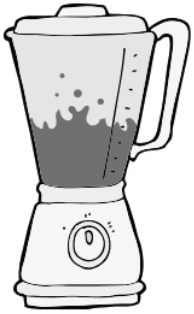
Final thoughts on exercise: calorie change(s) & supplements

As we discussed earlier, there's a general tendency to jump into slashing calories with the hope of motivating the body to let go of unwanted pounds. Using exercise to "burn calories" is a recipe for disaster and is compounded by eating less to further reduce net calories. Creating an increased demand and simultaneously giving the body fewer resources is more likely to freeze the scale and weaken a metabolism. To avoid this pitfall, it's important to ensure that movement patterns and nutrition align with the goal of fat metabolism. To encourage the body to release stored fat, more care is needed than when adjusting calories without exercise in place.

Using exercise to "burn calories" is a recipe for disaster and is compounded by eating less to further reduce net calories.

- STEP 1: Add "exercise" and maintain calories
  For the initial 7-10 days pay special attention to your hydration. If you are lower than 50% of your body weight in ounces, stay here until you have worked your way to that level before step 2 (see hydration section for more detail).

- STEP 2: Optimize electrolytes; add post-workout support



  The following 10-14 days should be dedicated to bringing quality mineral/electrolyte rich fluid into your day (especially surrounding your active exercise time). It's also valuable to consider a post-workout support at this time. My suggestions include a whey or pea protein along with a collagen. There are many options to consider and your coach could be a wonderful resource to determine what fits best for you. **We all need protein because it's an essential building block; incorporating dietary collagen alongside added activity is wise because production declines as we age.** Increasing the demand on the body merits extra support from the outside in. Protein will help the muscles heal/repair and grow more efficiently post-exercise. Collagen is valuable because it will specifically target the connective tissues (tendons/ligaments) and provide the essential resources they need to stay strong and healthy with activity. A quick note regarding protein (whey or pea) – there's an amazing number of these products commercially available today. Some good, most terrible, and a few that are great. Please discuss ingredients to avoid and what to expect from a quality product with your wellness coach.

- STEP 3: Move your macros
  Please don't be intimidated by the lingo. What I want to emphasize, here in this final step, is the importance of adjusting the relative balance of nutrients instead of simply cutting calories. Usually, at this point in time, the body is beginning to adapt to the exercise. You may start to see and feel physical improvements, but the scale shows minimal change, holds static, or has elevated slightly compared to where it had been prior. That's largely dependent on the form of

exercise you've selected and your genetic predisposition to muscle development. Now is the time to start tinkering with the quantity of what you've been eating (fat, protein, "clean carbs"). To restate the rationale here – when exercise is present, nutrients must stay high to facilitate fat burning (nutrient density is key). This is especially important when exercise is a key part of the weight loss strategy. Start by taking your fat content up by 15-20%, maintaining your protein content at meals (assuming you've already added a post-workout protein/collagen), and eat as much veggie as possible. If you're willing, this would be a good time to eliminate fruit or at least consume within the context of meals only. Again, (disclaimer) this cannot be an exact science when information is provided in this general written context. Experiment with the fat content to find what fits best for you. Pay attention to the feedback of your body (any indigestion, changes in bowel movements, energy levels, etc.). The idea here is to leverage the extra (consistent) activity and assure the body it's ok to release stored calories (body fat) by way of eating a progressive quantity of good dietary fat.

10. AVOIDING "METABOLIC SLUDGE"

Moving forward is important, but it's also quite helpful psychologically to avoid big setbacks. A few important pieces of information can go a long way to help avoid common pitfalls that could otherwise cause a lot of frustration.

It seems to me that the nutritional gap is continuing to widen. There's more awareness for the role that food plays in our health and longevity. This is driving an increased demand for fresh, local, and organic foods. On the other hand, it seems that we have more "fast-food" options than ever before. What's left in the middle are the "processed" foods that can sometimes be good and in other cases are subtle nutritional disasters. What I'd like to highlight are the host of common ingredients that can lurk under the surface of otherwise decent or even apparently "healthy" packaged foods. I call these ingredients "metabolic sludge".

- **Bad fats –** eating food that is intentionally processed to remove all fat (fat-free) is almost as bad. Fat-free foods lack key nutritional fat. This alone can slow a metabolism. However, given the choice, I would rather see a meal consisting of no fat compared to one containing these pseudo-nutritional fats. This is not a comprehensive list, but I would put most vegetable oils (rapeseed/canola, soy oil, corn oil, etc.) in this category as well as fat from conventionally raised animals. The reason vegetable oils are not the healthy choice they would seem to be is based on their unnatural beginning. You can squeeze an olive and watch the oil run from the flesh of the fruit. Butter (from grass-fed cows) is very basic in terms of production from milk. Coconut oil is extracted using simple mechanical pressure (similar to olive oil production).

Fat-free foods lack key nutritional fat. This alone can slow a metabolism.

Comparatively, vegetable oils require high heat and harsh chemicals to be produced. This wasn't an issue at the start, because they were never meant for human consumption! Originally, vegetable oils were primarily used in industrial applications and some animal feed. When animals started to develop ill-health and industry demand dropped, there was a need to shift these products elsewhere. It was incidentally discovered that these oils reduce blood cholesterol levels when consumed, so they were repurposed for human consumption and branded as heart healthy. The reason for concern lies in the mechanism by which cholesterol drops when vegetable oils are consumed. These are not nutritional fats, which means the body can do very little with them. They're not broken down and metabolized as fuel (don't get excited – that's not good). As they pass through the body (largely undigested), inflammation is triggered which increases the potential for nutrient malabsorption, "leaky gut", and even auto-immunity. Cholesterol drops because the body is deprived of a key component it needs to manufacture cholesterol (yes – your body makes cholesterol because it's a necessary building block of every cell and precursor of many

hormones). The levels do not fall because of a positive change in your health. It would be like having the check engine light turn on and you pulling the light bulb that is responsible for illuminating the light (instead of fixing the problem) and saying the car is operating properly again.

- **HFCS (high fructose corn syrup) –** this added sugar has become increasingly prevalent in the recent past and poses quite the threat to a healthy metabolism. It's helpful to understand the difference between glucose and fructose before we go further. Glucose is the basic sugar most carbohydrates are converted into. Essentially every cell in the body has glucose receptors and is able to pull glucose out of the blood and use it for fuel. Fructose is much less flexible – only the liver is able to process it. In the small amounts that fructose appears naturally (fruits and vegetables), this is of little to no concern (it's very difficult to consume too much fructose via whole foods). HFCS is used more commonly than ever before because it tastes naturally sweeter than glucose. This increase in use makes it worth our attention to better understand the associated concerns.

  There are three main issues surrounding high fructose corn syrup that stand out. The requirement for the liver to process has already been stated. This is problematic because our liver is responsible for an incredible number of daily tasks that are vital to keeping our bodies functional. Putting an additional unnecessary "stress" on the liver (i.e. processing unnatural amounts of fructose) is simply unwise if it can be avoided. The second issue is the tendency for fructose to be more easily converted into adipose (fat) – specifically visceral fat. Visceral fat is the type that deposits around the organs. It's naturally occurring and necessary in small amounts to protect the organs. HFCS promotes development of this type of fat and specifically causes accumulation in the liver. Finally, there's an especially insidious trick that HFCS plays on the body. As we eat a meal the body actively tracks the calories and provides feedback to ensure we don't overeat. Insulin is produced to take the calories out of the blood and into our cells. HFCS sneaks in and is not accurately tracked – if you're following, that means extra calories that have a tendency to be stored as fat! On top of that HFCS also tends to reduce insulin sensitivity setting the stage for diabetes. Hopefully this brief detail on HFCS provides enough incentive to watch ingredient lists closely and steer clear whenever possible.

- **Artificial sweeteners –** this is another general heading (like bad fats) that encompasses a handful of items. HFCS would certainly fit under this banner, but I felt it was justifiable to address it as a stand-alone because of the host of negative effects it can cause. The primary sugar-free items I'd like to highlight are Aspartame, Sucralose, and Acesulfame K.

  - > Aspartame is likely the most common artificial sweetener you will come across. It's found in many different types of food and drink. This particular 0-calorie sweetener is well known by its distinctive aftertaste. Problems range from claims of neurotoxicity (brain cell death) to possible carcinogenic connections.
  - > Sucralose is 600 times sweeter than traditional sugar and was originally discovered through a pesticide development process involving derivatives of chlorinated sucrose. Yes – (you ready that correctly) This came to be from experiments involving chlorine and sugar originally intended as a toxic lure for pests.
  - > Acesulfame K (ACE/ACE K) is an interesting artificial sweetener because it's not broken down by the body. This may remind you of our conversation regarding "bad fat". Being able to consume something tasty (sweet or savory) without the body metabolizing is like something out of a movie – too good to be true. That's exactly it – this would sound like guilt free calories. Problem here is the body doesn't appreciate trickery. It likes real foods, not items that have come out of a laboratory. Because your body cannot break down or use ACE K, it is a recipe for increased inflammation and metabolic imbalance. This artificial sweetener is especially common in "sugar-free" chewing gums.

FINAL THOUGHTS

I'm so proud of the intention and effort you are putting into your health each day. My hope is the information we've discussed equips and empowers you to make even better choices with regard to the food you provide to your body and your lifestyle decisions. Take advantage of the tracking pages that follow and stay close with your coach and our team as we all keep learning together. We only get one body and one opportunity to go through this life - so let's do it well!

LIVING WELL

RESTORATION WELLNESS

MONDAY

WAKE-UP TIME :		BED TIME :	
BREAKFAST :	LUNCH :	DINNER :	WATER
			EXERCISE
			TOTAL CALS
CALS	CALS	CALS	

SUPPLEMENT	CIRCLE
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D

TUESDAY

WAKE-UP TIME :		BED TIME :	
BREAKFAST :	LUNCH :	DINNER :	WATER
			EXERCISE
			TOTAL CALS
CALS	CALS	CALS	

SUPPLEMENT	CIRCLE
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D

WEDNESDAY

WAKE-UP TIME :		BED TIME :	
BREAKFAST :	LUNCH :	DINNER :	WATER
			EXERCISE
			TOTAL CALS
CALS	CALS	CALS	

SUPPLEMENT	CIRCLE
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D

THURSDAY

WAKE-UP TIME :		BED TIME :	
BREAKFAST :	LUNCH :	DINNER :	WATER
			EXERCISE
			TOTAL CALS
CALS	CALS	CALS	

SUPPLEMENT	CIRCLE
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D

FRIDAY

WAKE-UP TIME :		BED TIME :	
BREAKFAST :	LUNCH :	DINNER :	WATER
			EXERCISE
			TOTAL CALS
CALS	CALS	CALS	

SUPPLEMENT	CIRCLE
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D

SATURDAY

WAKE-UP TIME :		BED TIME :	
BREAKFAST :	LUNCH :	DINNER :	WATER
			EXERCISE
			TOTAL CALS
CALS	CALS	CALS	

SUPPLEMENT	CIRCLE
	B L D
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	B L D
	B L D
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SUNDAY

WAKE-UP TIME :		BED TIME :	
BREAKFAST :	LUNCH :	DINNER :	WATER
			EXERCISE
			TOTAL CALS
CALS	CALS	CALS	

SUPPLEMENT	CIRCLE
	B L D
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WEEK OF _____

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			EXERCISE
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CALS	CALS	CALS	

SUPPLEMENT	CIRCLE
	B L D
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TUESDAY

WAKE-UP TIME :		BED TIME :	
BREAKFAST :	LUNCH :	DINNER :	WATER
			EXERCISE
			TOTAL CALS
CALS	CALS	CALS	

SUPPLEMENT	CIRCLE
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WEDNESDAY

WAKE-UP TIME :		BED TIME :	
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CALS	CALS	CALS	

SUPPLEMENT	CIRCLE
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SUPPLEMENT	CIRCLE
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SUPPLEMENT	CIRCLE
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BREAKFAST :	LUNCH :	DINNER :	WATER
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SUPPLEMENT	CIRCLE
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			TOTAL CALS
CALS	CALS	CALS	

SUPPLEMENT	CIRCLE
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WEEK OF _____

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FRIDAY

WAKE-UP TIME :		BED TIME :	
BREAKFAST :	LUNCH :	DINNER :	WATER
			EXERCISE
			TOTAL CALS
CALS	CALS	CALS	

SUPPLEMENT	CIRCLE
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D

SATURDAY

WAKE-UP TIME :		BED TIME :	
BREAKFAST :	LUNCH :	DINNER :	WATER
			EXERCISE
			TOTAL CALS
CALS	CALS	CALS	

SUPPLEMENT	CIRCLE
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D

SUNDAY

WAKE-UP TIME :		BED TIME :	
BREAKFAST :	LUNCH :	DINNER :	WATER
			EXERCISE
			TOTAL CALS
CALS	CALS	CALS	

SUPPLEMENT	CIRCLE
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D

WEEK OF _____

MONDAY

WAKE-UP TIME :		BED TIME :	
BREAKFAST :	LUNCH :	DINNER :	WATER
			EXERCISE
			TOTAL CALS
CALS	CALS	CALS	

SUPPLEMENT	CIRCLE
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D

TUESDAY

WAKE-UP TIME :		BED TIME :	
BREAKFAST :	LUNCH :	DINNER :	WATER
			EXERCISE
			TOTAL CALS
CALS	CALS	CALS	

SUPPLEMENT	CIRCLE
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D

WEDNESDAY

WAKE-UP TIME :		BED TIME :	
BREAKFAST :	LUNCH :	DINNER :	WATER
			EXERCISE
			TOTAL CALS
CALS	CALS	CALS	

SUPPLEMENT	CIRCLE
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D

THURSDAY

WAKE-UP TIME :		BED TIME :	
BREAKFAST :	LUNCH :	DINNER :	WATER
			EXERCISE
			TOTAL CALS
CALS	CALS	CALS	

SUPPLEMENT	CIRCLE
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D

FRIDAY

WAKE-UP TIME :		BED TIME :	
BREAKFAST :	LUNCH :	DINNER :	WATER
			EXERCISE
			TOTAL CALS
CALS	CALS	CALS	

SUPPLEMENT	CIRCLE
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D

SATURDAY

WAKE-UP TIME :		BED TIME :	
BREAKFAST :	LUNCH :	DINNER :	WATER
			EXERCISE
			TOTAL CALS
CALS	CALS	CALS	

SUPPLEMENT	CIRCLE
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D

SUNDAY

WAKE-UP TIME :		BED TIME :	
BREAKFAST :	LUNCH :	DINNER :	WATER
			EXERCISE
			TOTAL CALS
CALS	CALS	CALS	

SUPPLEMENT	CIRCLE
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D

WEEK OF _____

MONDAY

WAKE-UP TIME :		BED TIME :	
BREAKFAST :	LUNCH :	DINNER :	WATER
			EXERCISE
			TOTAL CALS
CALS	CALS	CALS	

SUPPLEMENT	CIRCLE
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D
	B L D

TUESDAY

WAKE-UP TIME :		BED TIME :	
BREAKFAST :	LUNCH :	DINNER :	WATER
			EXERCISE
			TOTAL CALS
CALS	CALS	CALS	

SUPPLEMENT	CIRCLE
	B L D
	B L D
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	B L D
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WEDNESDAY

WAKE-UP TIME :		BED TIME :	
BREAKFAST :	LUNCH :	DINNER :	WATER
			EXERCISE
			TOTAL CALS
CALS	CALS	CALS	

SUPPLEMENT	CIRCLE
	B L D
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			TOTAL CALS
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	B L D
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	B L D
	B L D

WEEK OF _____