



What does it feel like to need more or less of the Big 3?

with Heather Fleming, C.C.N.

- 1. How the Big 3 supports your organ functions**
- 2. Why the brain wants more!**
- 3. When to decipher when to add another helping and when to not.**

The Big 3

- There are 3 **Macronutrients**

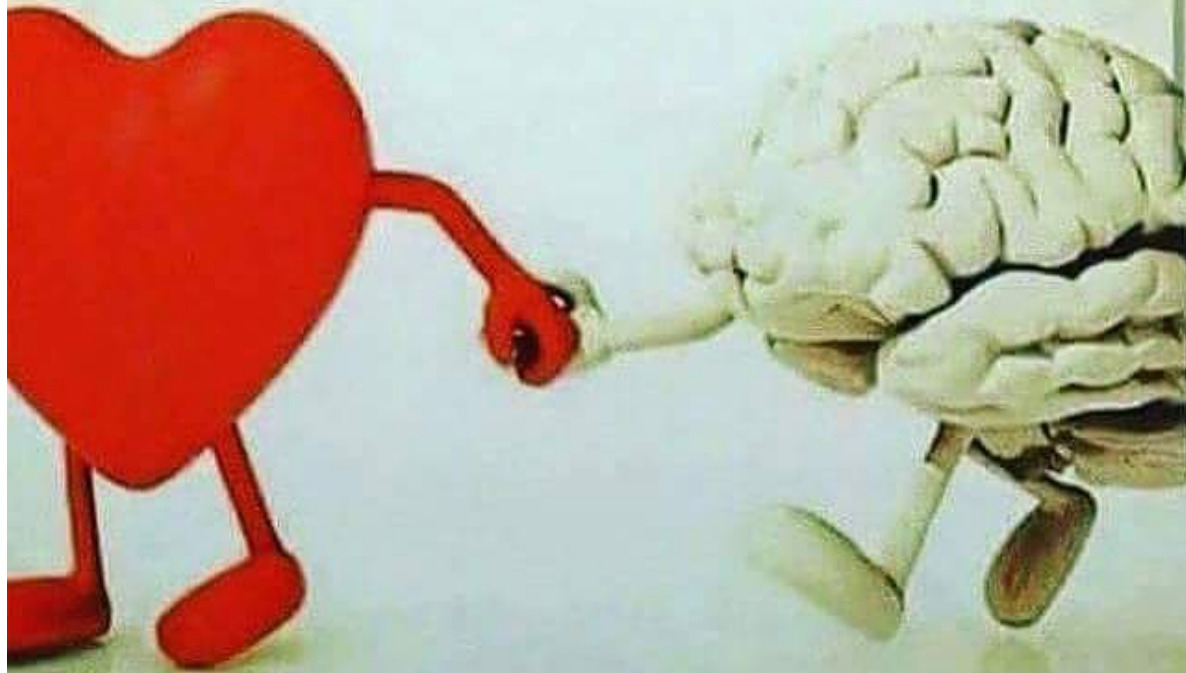
1. Protein
2. Carbohydrates—Live Food
3. Fat—Omega 3's.

There has been every diet under the sun that has tried to manage these, usually by % or Calorie restriction.

However, it is all about implementing **quality!**

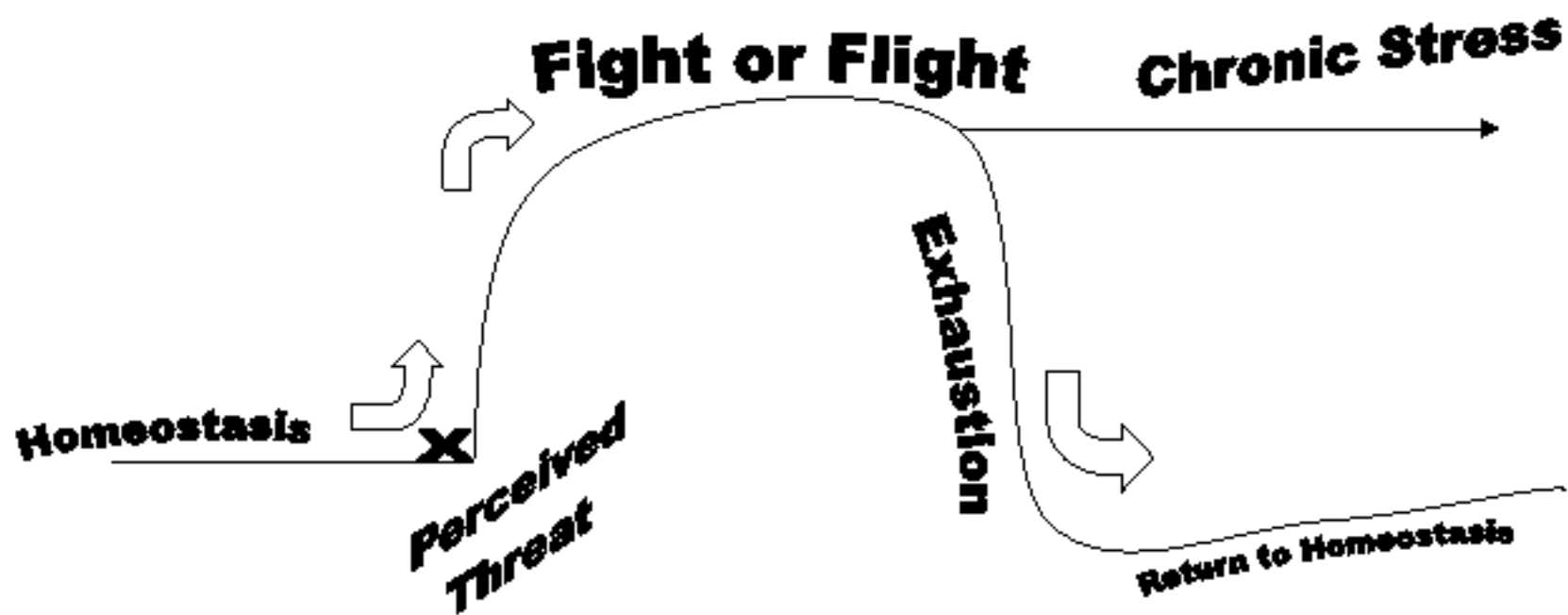


Me and you need to go

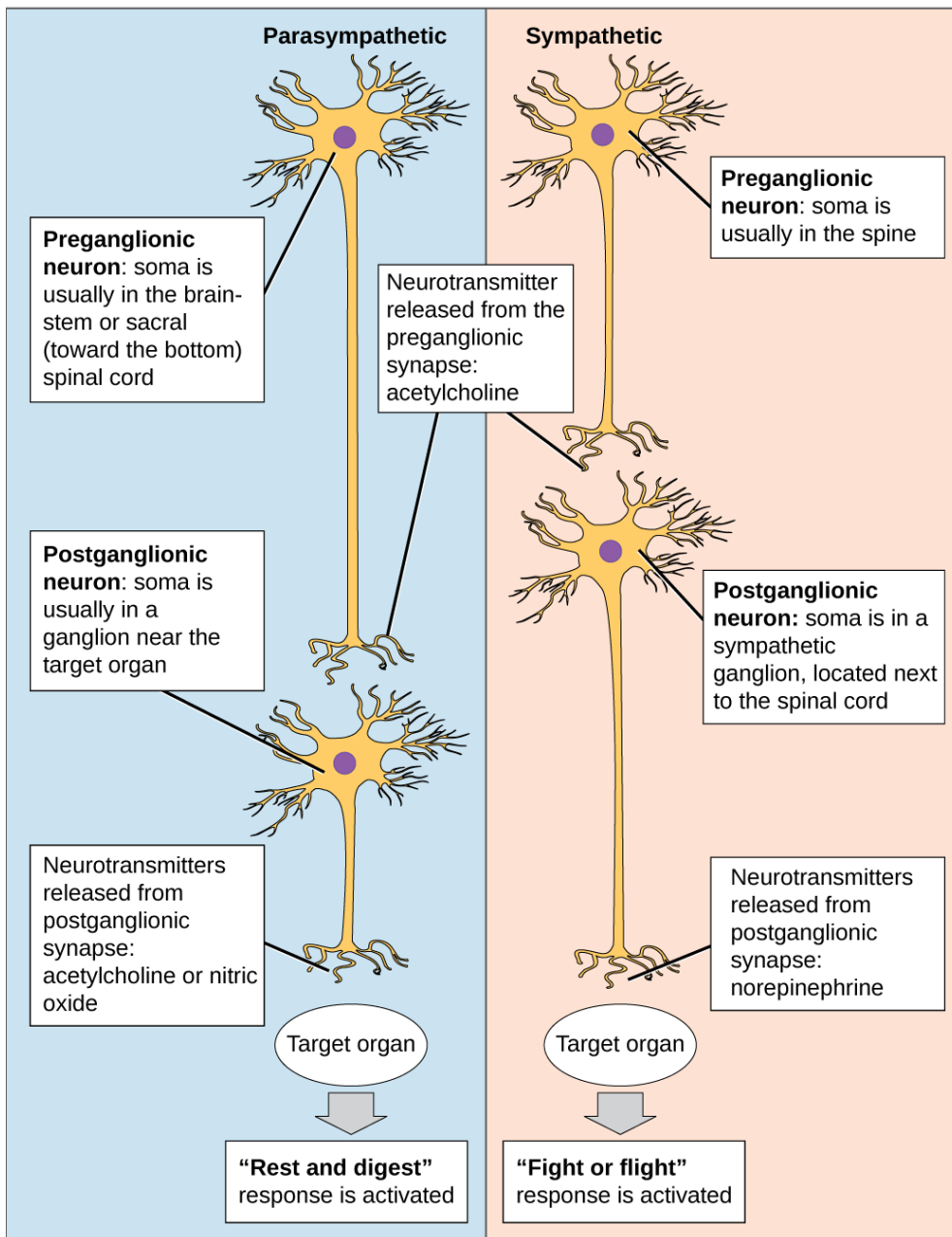


Someplace quiet where we can

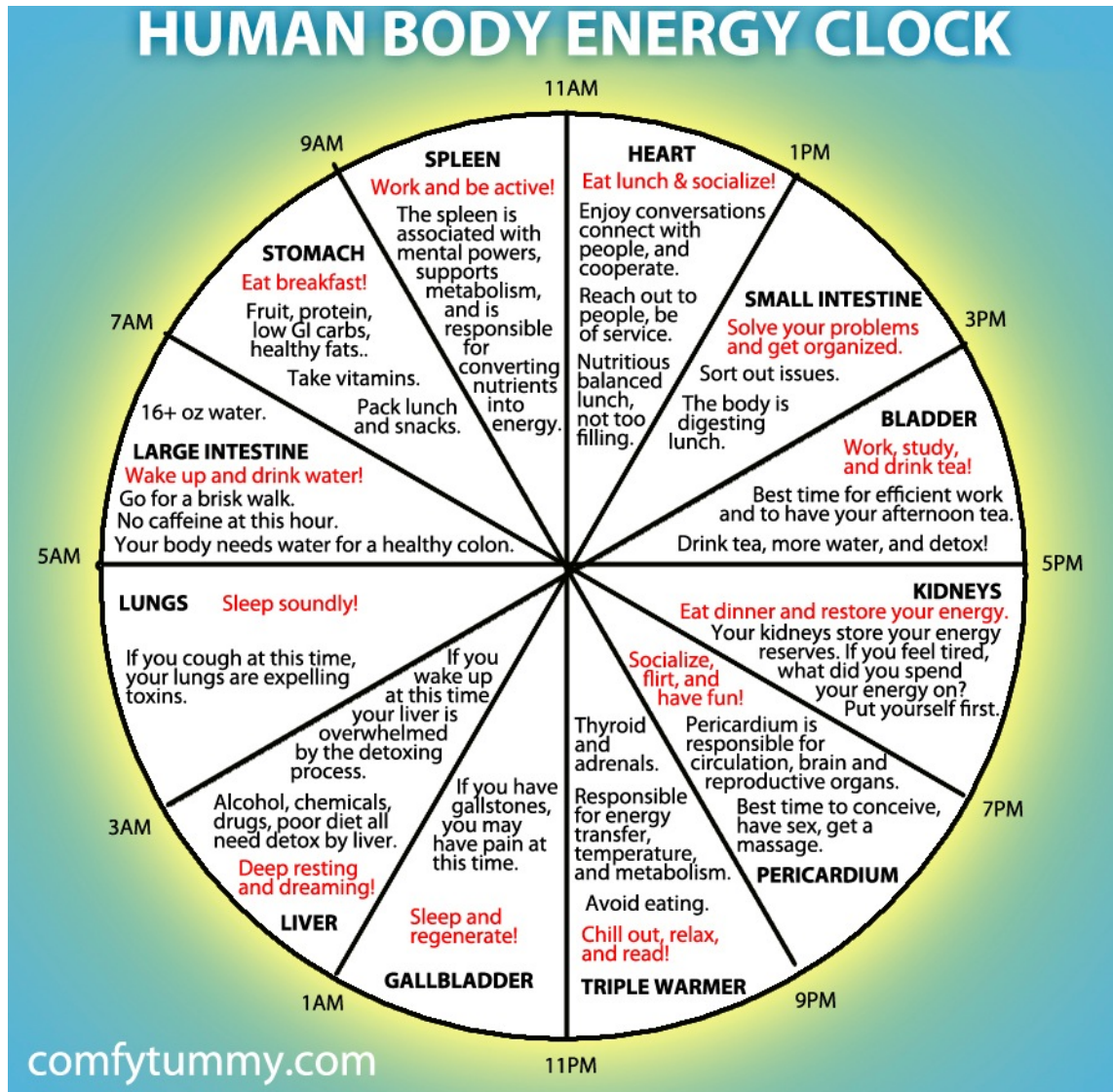
Talk and agree on things



Autonomic Nervous System



Healthy Daily Reminder



Keep It Simple

- There's no such thing as "perfect"
- Don't overcomplicate your protein shake and meals.
- Do meal planning and grocery shopping when you're relaxed and have time—avoid adding stress to your life
- Ask yourself: Acceptance Mode: 5 deep breaths & "What do I need in the present moment to offer my body more balance & nourishment?" How do I adjust to the inflammation and hormone state my body is in?
- Make shopping, cooking, and eating a stress-relieving experience, one of joy and creativity



Structure with Awareness

What we have to take into account regarding Awareness:

- **Mental & Emotional Well-Being:** Some days it feels like you can accomplish anything and some days you feel stuck. The goal is to always have self compassion for ourselves even if we miss the exercise class or have some regrets about the behavior we chose or did not choose.
- **Physical Well-Being:** Do you do body self assessments daily? Do you know when your body feels good and not good? Are your knees sore? Is that the perfect time to do squats?:)
- Our **Rebellious** Nature (Mine is HUGE): Talk compassionately to him or her. Allow her to feel safe and accepted without any judgement. My eating and watching TV example:)
- **Our personality** (Olympic Athlete Mind Set vs Trying to Manage Life Mind Set) Knowing how we work helps set us up for success. Doing taxes at 9 pm on a Friday night:)

What you may need?

- Oxygen
- Hydration
- Nutrition
- REST!!!!!!

Your Daily Body Scan

- How Did you Sleep? How many times did you wake up to Urinate? (The Goal is VERY minimal, your bladder is large enough to hold it)
- Did you have a Healthy Bowel Movement? Bristol Scale
- How is your energy level? Emotionally, Physically & Mentally?
- What is your body missing and needing for self care today?
- How am I feeling after meals? Satiated, Bloating, Tired, Energetic?

How do you know you are Eating Enough of the Big 3?

- Detoxification is happening: Quality Bowel Movements, Clear urine, Fat burning zone, Sugar is balanced, strong cravings are reduced, cells are oxygenated
- Nervous System is back to its **natural rhythm**. Sleeping through the night and waking up with energy. Noticing that your body is naturally hungry and you are not having blood sugar crashes.
- You should feel energetic, mental clarity, no bloating and calm, and NOT craving SUGAR, especially after meal times (this is success):)
- You are absorbing vitamins and minerals. If you do not break down your food properly in the stomach, it can ferment causing heartburn, gas, bloating, and other digestive issues.
- Your body is becoming less inflamed and your gut is healing.



**I HAVE NO SPECIAL
TALENTS. I AM ONLY
PASSIONATELY
CURIOUS.**

-ALBERT EINSTEIN

Create your own Journal or Check in!

What to Notice?

- ENERGY LEVEL
- Less bloating after meals
- Less sugar cravings after meals.
- Better sleep, not waking thru the night
- Bumps on the back of arms disappear.
- Bowel movements are consistent and solid
- Balanced Moods
- LESS obsessive thoughts and overthinking about food
- Healthy organ function
- O, yah.. Fat releases:)

Learn to Trust Yourself

- Turn your knowledge into inner wisdom
- Enjoy new foods and learning what your body craves
- Learn how to **decipher** what **YOU** need
- Create a new relationship and freedom with food
- Create a loving journal to observe patterns and gather information.



THE
GABRIEL
METHOD™



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