



Trusting your New Year's Flow & how to Create a Nourishing Day! -Gabriel Method Nutrition

with Heather Fleming, C.C.N. (Nutritionist & Gabriel Method Coach)

Happy New Year



Deepak Chopra

- We know - and have known all along - that our body is not a structure. Rather, it is a process. When we experience the body as a process, we recognize that it never stands still.
- The fact is that the body we have right now is not the body we had one year ago.
- Our stomach recycles every 5 days.
- Our skeleton recycles every 3 months
- The actual raw material of our DNA changes every 6 weeks.

Being Body Wise Can...

- Save Your Life
- Practicing body intelligence by discerning what your body truly wants?
- Am I eating to fill a certain emotion? Bored, Angry, Sad, Scared, Happy, Anxious?
- If you are craving something you may just need a hug.
- Your body is in a healthy state when its energy is in a healthy state.
- Harm caused to the body is traceable to distorted energy in your life.
- Awareness that is limited by fear, doubt, anger, lack, addiction, insecurity, and judgment is conditioned. Conditioned awareness does not heal the body, it merely repeats the patterns from the past. In everyone there's a level of awareness that isn't conditioned or lacking.

Physiological Cravings

- When you are tired
- Thirsty
- Malnourished
- Overly stressed
- Feeling a strong emotion
- Imbalanced Chi
- Withholding love
- Not creative or fulfilled
- Overly task focused vs flow and connected focused

Non-Food Treats

- Hot bath
- Essential oils
- Nature
- Sunshine
- Call a friend
- Watch a funny show
- Dance
- ADD in pleasure

My Favorite Question?

What are you NOT eating?

Feel into the Craving + Connection + Intuition
(Awareness) & Truth = What you truly need

A Couple of Flavors we Crave....

<p>Ice cream & Creamy</p>	<p>Why: Dehydration and malabsorption of vitamins and minerals.</p> <p>Wanting to "cool" down an emotion, usually anger.</p>	<p>What To do: Add in probiotics, fermented veggies, kombucha, chia seed pudding, substitute for coconut ice cream.</p> <p>Journal regarding why you are feeling angry. The ice cream can't always fix it, however observing and honoring the emotion can.</p>
<p>Pastries</p>	<p>Why: Sign of low & improper absorption of essential fatty acids. Craving more connection and nurturing.</p>	<p>What To do: Drink lemon water. Add sweet potato with ghee (clarified butter) or quinoa drizzled with avocado oil. Try our gluten free pancake recipe. Make a relaxing brunch for your friends.</p>

More....

Peanut butter	Why: low amino acids and vitamin B. Wanting a quick fix in your life. Lack of self nurturing.	What to do: Eat organic, non-GMO peanut butter, try almond butter for variety, and increase your Omega 3's. Take time daily to nurture yourself, even if it is 5 minutes to watch and listen to the birds.
Pizza	Why: Imbalanced macronutrients and minerals: Not enough of the protein, fat and veggie side of the tree. Stress hormones are high.	What To do: Add in cooked tomatoes. Try our pizza recipe below. Take deep breaths and add in Omega 3's. Implement visualization and meditation practices to lower your stress levels.

Crunchy

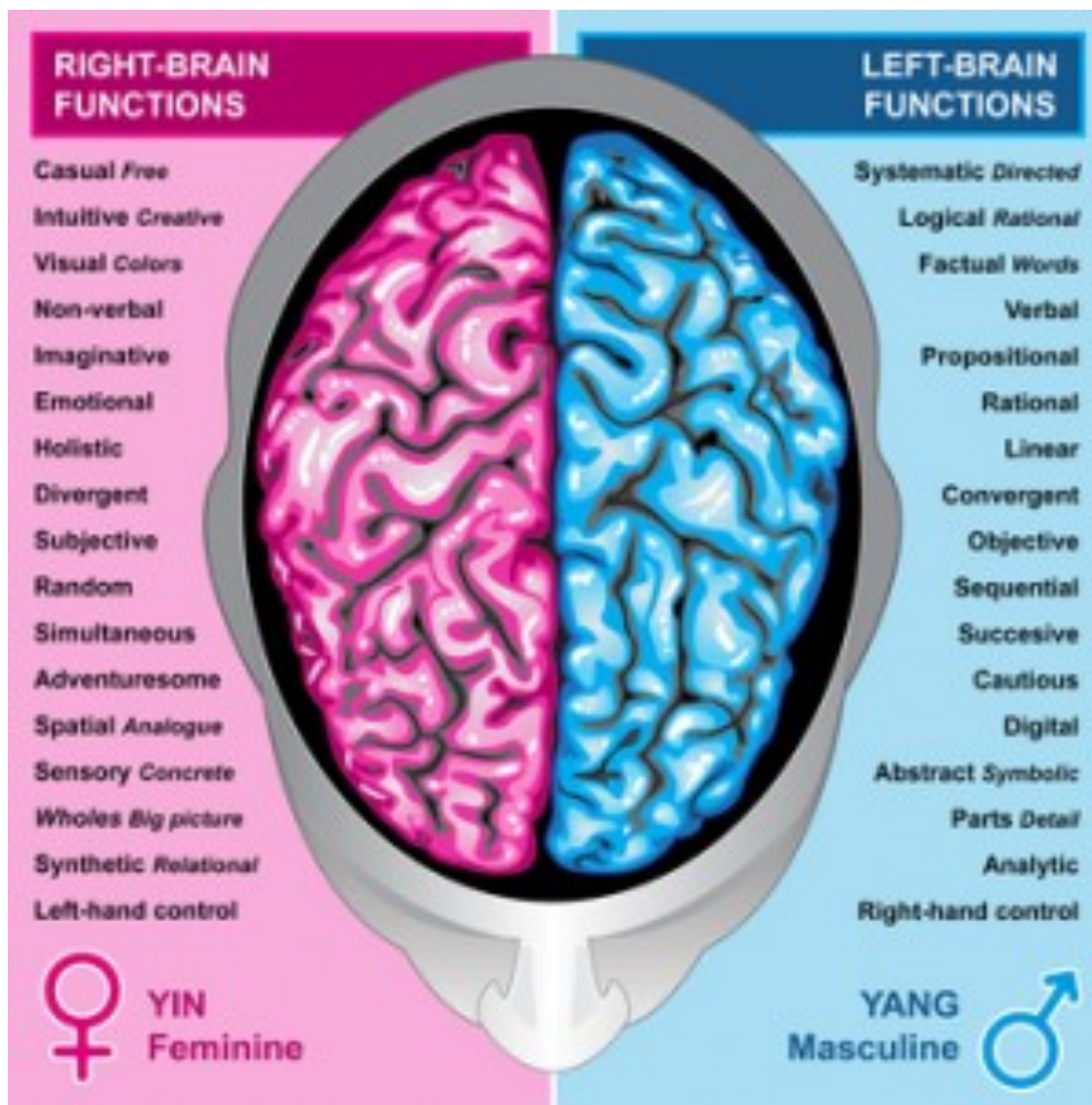
Why: Chloride deficiency & Essential fatty acid deficiency. Feeling overwhelmed and can't keep up.

What To do: Celery, olives, tomato, kelp, Himalayan sea salt, radishes. Increase Omega 3's (EPA and DHA)- Flax oil, ground flaxseeds, chia seeds, walnuts. Take a time out and prioritize what is really important to you. Drink hydrating tea to support you, such as ginger, chamomile, and lemon flavors.

Recipe Ideas

New Awareness around choosing which is the most supportive for you.

- Celery Juice: For cooling, calming, hydrating
- Cauliflower “Risotto”: Rich & Creamy
- Banana Boats, chia seed pudding, protein shakes
- Parsnip Fries: Comfort:)
- Crunchy ideas: Kale chips



More Intensive Modalities—Recommend to experiment more short term.

- Juice Fast
- Cleanses
- Master Cleanse
- Intermittent Fasting
- Paleo Diet (Meat heavy)
- Vegetarian Diet (Unless Religious or Personal Beliefs)
- Eat certain number of times a day plans
- Don't eat at certain times plans
- Don't eat fruit
- Only eat fruit:)
- Raw Foods

Did Jon follow and all or none program? NOPE!

Balanced Modalities

- Mediterranean Diet
- Ayurvedic Medicine
- Adding in the Big 3, Conscious Paleo Plan
- Oriental Medicine
- Alkaline/pH Meal Plans
- Food Elimination Plans
- Food Combining
- GAPS—Gut and Psychology Syndrome (focuses on Digestion)
- Balance of Macro & Micronutrients Plans

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

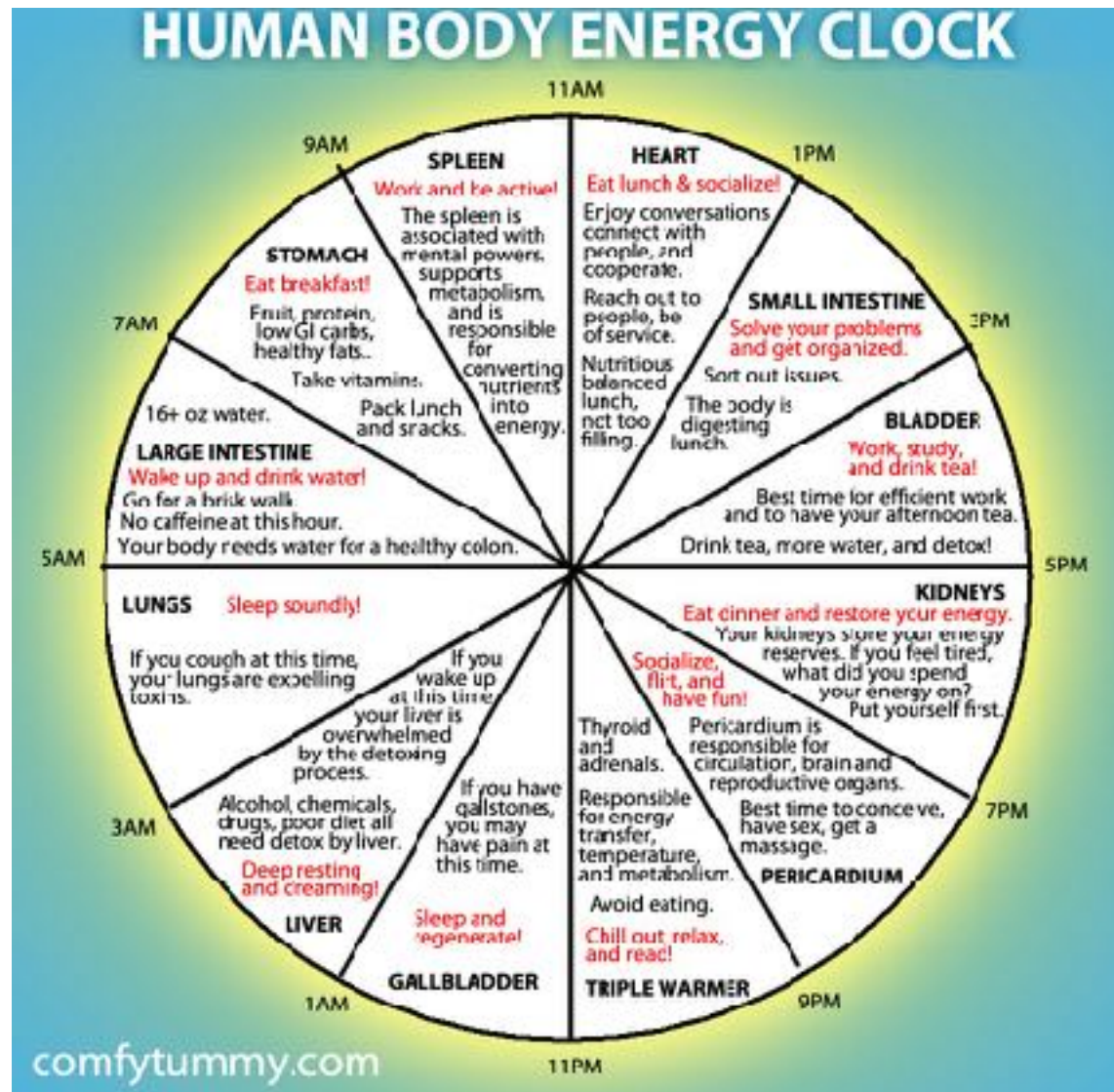
- Detoxification is happening: Quality Bowel Movements, Clear urine, Fat burning zone, Sugar is balanced, strong cravings are reduced, cells are oxygenated
- Nervous System is back to its **natural rhythm**. Sleeping through the night and waking up with energy. Noticing that your body is naturally hungry 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.



If you crave Post Meals...

- Then your circadian rhythm and hormones are off. Client example with her sleep & hormones
- You did not eat ENOUGH of the Big 3 or enough at the right times.
- You did not absorb nutrients properly
- Your Stress is High
- You are trying to out think it and may not feel safe to trust your body.
- Hormones and emotions are running a bit full on.

Healthy Daily Reminder



Where & How do you begin to trust yourself?

- Try different combinations of the Big 3 and journal which combo felt better in your body? For example...
- Breakfast: Day 1: More protein, Veggies & Omega 3's/no starch or fruit
- Breakfast: Day 2: Omega's & Fruit
- Breakfast: Day 3: Veggies, less protein & Omega's.

Try lunch and dinner in this type of flow and experimenting with meal times.

Keep a journal. This is a relationship between you and your body that you are discovering. Not a journal for control or accountability, however a journal for empowerment and health.

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
- Healthy organ function
- O, yah.. Fat releases:)



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