



The Balance between Structure & Self-Trust

~Gabriel Method Nutrition

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

How structure can support and hinder you?

How much structure do you need to feel safe?

Learn self-trust and creating a positive food relationship.

SATIATE YOUR “MENTAL MIND” SO YOU CAN FEEL!



HOW MUCH STRUCTURE DO YOU NEED TO...

- Feel SAFE?
- Keep your life organized?
- Meal plan?
- That is truly realistic for you?

- Does this structure cause you more stress or help you with stress?

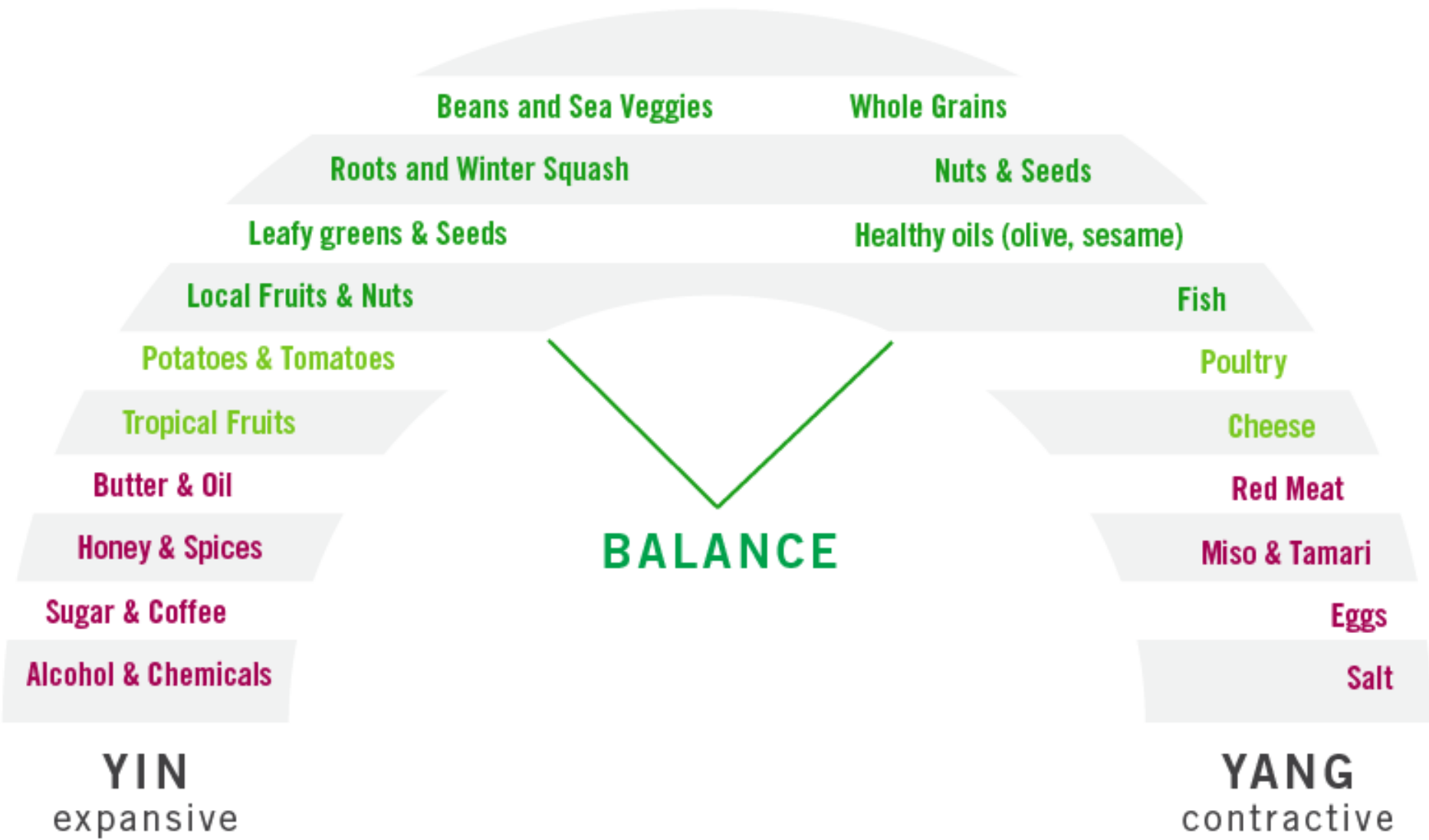
- EVERYONE is different!



YIN-YANG BALANCE

- According to Traditional Chinese Medicine, every food has an energy.
- Yin food is cool and expanding; Think of a shell of iceberg lettuce (Yin)
- Yang food is warm and contracting; Think of beef steak (Yang),
- Eating too much of either Yin or Yang upsets the body balance.
- Yin and Yang body balance is also created through our activities (sitting still is Yin, exercise is Yang), and our environments (a cold weather climate and a sleepy country town is more Yin; a hotter climate and busy city is Yang).





5 SAFE YIN MEALS

KEEP IT SIMPLE!

Look up 2-3 Recipes with these ingredients.

Peruse through your cupboards & fridge to see what needs to be eaten.

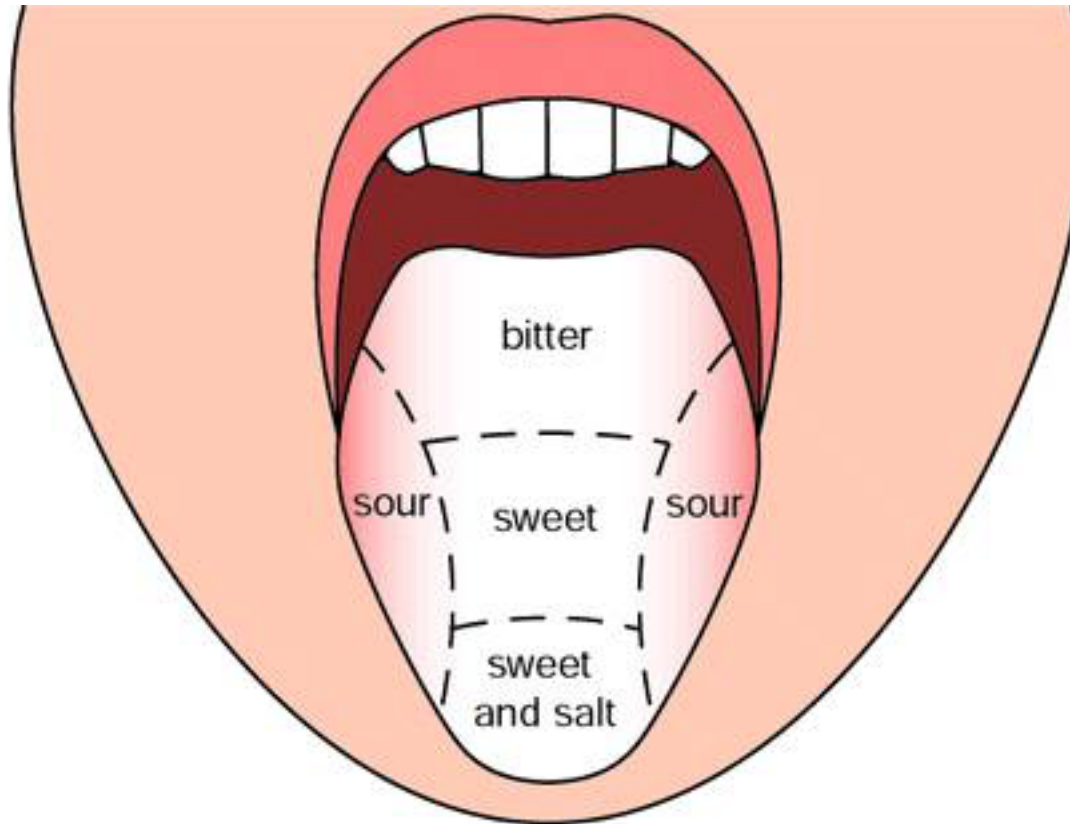
Substitute if you need to!

- Spaghetti Squash with Pesto & Cherry Tomatoes
- Salad of Leafy Greens with Tahini Dressing
- Roasted Sweet Potatoes & Beets drizzled with avocado oil.
- Soaked Beans wrapped with Collards or Coconut Wraps
- Savory Nut & Seed Balls or Burgers

5 SAFE YANG MEALS

- Salmon with creamy tartar sauce (try whole fat yogurt with dill and lemon:)
- 3 lightly scrambled Eggs in coconut oil! Try no whites and see how your body feels
- Dark Meat chicken with Gluten Free Tamari Sauce
- Steak Salad with cucumbers, red bell peppers & sautéed Zucchini on top
- White Fish and Veggies in Coconut Milk Curry

TASTES



TASTE	ACTIONS	SOURCES
Sweet	Builds tissues calms nerves	Fruit, squash
Sour	Cleanses tissues, increases absorption of minerals	Sour Fruits, yogurt fermented foods
Salty	Improves taste to food, lubricates tissues	Natural salts, sea vegetables
Bitter	Detoxifies & lightens tissues	Dark leafy greens & herbs and spices
Pungent	Stimulates digestion & metabolism	Chili peppers, garlic herbs and spices
Astringent	Absorbs water, tightens tissue, dries fats	Legumes, raw fruits vegetables, herbs

Sweet Meals

Hot:

Protein + Live Food + Omega 3's

- Blueberry Pancakes: Eggs, Coconut flour, berries, flax seeds
- Almond Breaded Chicken Thighs over stir-fry veggies: Almond meal, Dark meat chicken, Veggies, Rice bran oil, topped with chia seeds
- Hot Chocolate: Dark chocolate, coconut milk, cinnamon, cayenne pepper, drizzle of flax oil



▪ COLD

- Smoothies
- Salads topped with lemon & orange dressings
- Fruit kebabs & yogurt dip
- Fruit and Nuts



Savory Meal Ideas

HOT

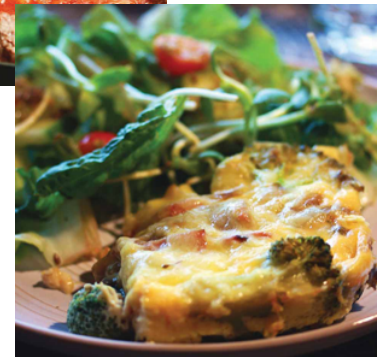
Protein + sautéed vegetables + Omega 3's:

- Eggs sautéed spinach topped with Avocado and drizzle of flax oil
- Turkey Meatballs with pesto and fresh tomatoes

COLD

Protein + Live Food (Seasonings & spice) + Omega 3's

- Muesli
- Nori Wraps with salmon, cucumber and avocado
- Tabouli



FEEL.MEAL.HEAL

Yourself

STEP 1 FEEL

HOT or **COLD** and **SWEET** or **SAVORY** (spicy, salty, rich)
Take 5 deep breaths and place your hand on your heart to see if your body wants a hot or cold meal that contains sweet or savory.



STEP 2 MEAL

Try rotating between the Meal Types at different times of the day.
Choose a meal type from the [Conscious Nutrition Food Tree](#)



STEP 3 HEAL

After meals and each day, observe your poop, sleep and energy levels.



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INTUITIVE BIG 3 MEAL PLANNING

Sunday or Best day with more YOU time for Reflection:

What is and isn't working for me this last week?

What meals did I enjoy and feel great from?

When did I have challenges? What could I have chosen differently for more self care to support me better for this upcoming week?

How to Eat intuitively?

1. Go grocery shopping more frequently so you can be connected and have fresher foods
2. Journal so you observe times of day when you feel less supported by the foods you chose
3. Journal so you know what meals made you feel great and you didn't crave sugar after

What doesn't work?

When I have my meals planned then everything is great (IS THAT REALISTIC?)

You are not living in the present moment and tuning into your body. It is challenging to keep up with this mind set and it feeds more compulsive behaviors.

Instead, meal plan from this new mind set, but tuning into flavors, balance, creativity, intuition

Be compulsive by tuning into your body and feeling a new way to connect with yourself.

Why to Eat the Big 3?

- **DIGESTION. DIGESTION. DIGESTION.**
- Supports **absorption** of essential vitamins and minerals
- Enhances **detoxification** of your major organs
- **Nourishes and Enhances** the Nervous System and Immune System
- Balances **Blood Sugar & Hormones**

I have a feeling
that my check liver
light may come on
this weekend.



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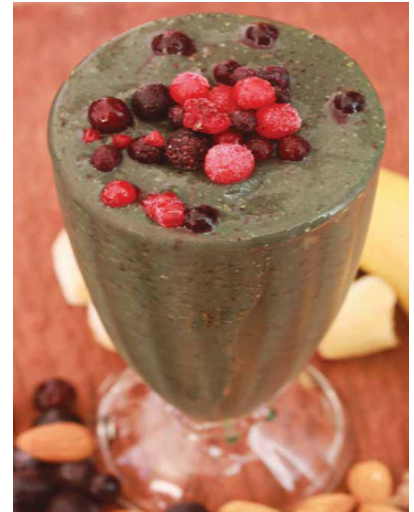
How do you know you are Eating Enough of the Big 3?

- 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.



Cravings are a Good Thing!

- Strong physical cravings such as salty, creamy, crunchy, sweet are usually from:
Lack of: OXYGEN. HYDRATION.
NUTRITION
- Learn to listen to cravings, they give you information if you ask good questions
- Your taste buds enjoy umami, savory, sour, salty, and sweet at different times
- “How can the pizza craving fit into the Big 3?”
“I’m craving chocolate, why is that?”



A Couple of Flavors we Crave....

Ice cream & Creamy	Why: Dehydration and malabsorption of vitamins and minerals. Wanting to “cool” down an emotion, usually anger.	What To do: Add in probiotics, fermented veggies, kombucha, chia seed pudding, substitute for coconut ice cream. Journal regarding why you are feeling angry. The ice cream can’t always fix it, however observing and honoring the emotion can.
Pastries	Why: Sign of low & improper absorption of essential fatty acids. Craving more connection and nurturing.	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.

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.

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



Typical Day in the Life of you

- Upon waking: Drink water with lemon & Probiotics; Visualization
- Within an hour of waking: 5 Deep Breaths; Ask your questions; Have a Big 3 Breakfast
- Pack the snacks that help you feel safe
- Try to body check every 2-4 hours to assess what your body needs: **Oxygen. Hydration. Nutrition**
- Try eating the Big 3 every 3-5 hours to build a solid foundation.
- Recommended supplements throughout the day
- Night time Visualization & Quality Sleep (no electronics)



Typical Month in the Life of You

- Some WEEKS you crave more meat
- Some days you want small meals and snacks
- Some days you want larger meals
- Your body will fluctuate and everyone is different.
- If you are craving low energy foods; incorporate more of the Big 3
- **RELEASE** eating “perfect” Monday thru Friday then feeling fulfilled on the weekends
- Nourish First **BEFORE** you cleanse and experiment
- Experiment & Try Eliminating foods for minimum 3 days to 3 weeks, then bringing them back one by one for 48 hours at a time to see **HOW YOU FEEL.**

Health is the
greatest gift,
contentment the greatest
wealth, faithfulness
the best relationship.

Buddha

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