



Tender, loving,
kindness.

It's essential....

- Be gentle with yourself, as there will be hard days. Stay positive.
- Focus on your inner strength and your body's desire to be healthy.
- Share your success stories with a loved one.
- Tell yourself, "I love you," and feel every cell in your body come alive!
- Meditate on the space in your body that is innately healthy and strong. Carry that to the surface and be that person.
- Your reward is the strength and energy to do the things you enjoy most in life. Relish that!



Image credit: Societ6.com

Lesley Herrmann—Holistic Nutritional Consultant

AwakenedTaste@gmail.com * 406-546-1996

AwakenedTaste.com



First 6 Steps Down Your Path to Health

Ready, Set, Get Healthy!

- **Step 1 - Commit:** Making a change starts with making a commitment. Pledge to yourself and to a loved-one that this endeavor of nourishing the body and mind are a long-term commitment and you *will* succeed. Put it in writing and display it somewhere as a daily reminder, such as your bathroom mirror.
- **Step 2 - Build:** A support group that is. Make a list of the people in your life that will support you through this transformation. These people will energize and encourage you through the hard days and celebrate with you on your days of victory!
- **Step 3 – Eliminate:** Throw out the nutritional bandits that occupy the pantry and refrigerator (see page 2 for a list of what to toss). If, by throwing out these foods you think you're throwing away your money, think again! It could be less than the doctor appointment you'd otherwise have to schedule if you ate these foods. So you may be saving money! Consider this an opportune time to declutter other parts of your life too. Donate unwanted, reusable goods to a thrift store near you, file important documents away, and toss out the clutter.
- **Step 4 – Restock:** Fill your pantry and refrigerator with healthy, nourishing foods, including fresh, organic fruits and vegetables, organic meat and dairy products, herbs and spices, nuts and seeds, and healthy oils including extra virgin olive oil and unrefined coconut oil.
- **Step 5 – Move:** It doesn't matter what kind of exercise you do, as long as you move your body. Whether it's dancing, walking, yoga, running, hiking, biking, swimming, playing tennis, gardening, or doing some simple strengthening exercises in your living room, there's something for everyone.
- **Step 6: Detox:** Clean out your body with foods that encourage detoxification and elimination. This doesn't necessarily mean a 7-day juice fast. Simply cutting out sugar and refined foods is a great start. Clean out your mind too. Start a journal of your goals and dreams; the first step to making ideas a reality is getting them out of your head and onto paper. This helps you visualize and plan. Write down positive and negative thoughts; it's better for the negative ones to be in a journal rather than in your mind and body where they fester into dis-ease. Balance every negative thought or emotion with two positive resolutions, such as the wisdom you gained from an unpleasant experience.



Lesley Herrmann—Holistic Nutritional Consultant

AwakenedTaste@gmail.com * 406-546-1996

AwakenedTaste.com



First 6 Steps Down Your Path to Health

Nutritional Bandits

The following foods can rob your body of essential nutrients and weaken your overall health. Clean up your diet by eliminating these products from your cupboard.

- **Fruit juices and sports drinks:** Did you know commercial orange juice is artificially flavored and the raw nutrients that once were are added back in in less bio-available forms? Shocking but true. Also, sports drinks contain added sugar, flavorings, and food colorings definitely not fit for athletes!
- **Artificial sweeteners:** Nothing can replace real food, not even sugar. These chemically active alternatives cause a number of negative health effects including, but not limited to nausea, stomach cramps, dulled senses, headaches, bloating, vomiting and diarrhea. Some have even been shown to have the same effect on the body as real sugar².
- **Refined oils:** Most common vegetable oils (including corn, soy, and canola) have become oxidized (damaged) in the refining process. These oils create free-radicals in the body; not to mention, most are genetically modified. Using Crisco? Pitch it too. It's a source of trans-fat that can lead to cardiovascular diseases.
- **Refined carbohydrates:** Including pasta, most popular brands of bread, refined flour, cake, cookies...
- **Processed meats:** Deli meat, salami, sausage, and jerky typically contain sodium nitrate, a known carcinogen.³
- **Excessive caffeine:** If you tend to reach for an afternoon caffeine boost, try starting your day with a protein-rich breakfast, maintain blood sugar throughout the day, and kiss the 2 PM cup of Joe or Big Gulp good bye!
- **Other things to avoid:** Genetically modified (GM) products including corn, soy, canola, US sourced papaya, some zucchini and yellow squash, sugar (not sugar cane)⁴; conventional fruits and vegetables; and conventional animal products (which contain growth hormones and could have been feed GM feed).

Sources:

1. Chan, C. (2011). *Dirty Little Secret: Orange Juice is Artificially Flavored to Taste Like Oranges*. GIZMODO. July 29, 3011. Available at <http://gizmodo.com/5825909/orange-juice-is-artificially-flavored-to-taste-like-oranges>
2. Bauman, E., Friedlander, J. (2014). *Therapeutic Nutrition Textbook*. Penngrove, CA: Bauman College.
3. Williams B. (2014). Sodium Nitrate and Cancer. Livestrong.com. Available at <http://www.livestrong.com/article/433933-sodium-nitrite-cancer/>. Last accessed Oct 15, 2014.
4. Perry, M. (2013). *7 Most Common Genetically Modified Foods*. Huffington Post. December 3, 2013. Available at http://www.huffingtonpost.com/builtlean/diet-and-nutrition_b_4323937.html. Last accessed October 22, 2014.