INTRODUCTION:

This is a compilation of information from various doctor friends and my own doctors I’ve worked with in the last 2.5 years for my own health and personal needs. The sicker I became, the more I realized, I really didn’t know how my body worked. Desperate and hungry for knowledge, I dove deep into lectures and articles on the subjects of autoimmune conditions, inflammation, metabolism, hormone regulation, preventative medicine and general health. I have been fortunate enough to have spoken at length with over 20 people who’ve been all over the spectrum of health, from minor health problems to chronic illnesses and deadly diseases.

THE GOAL:

This program is meant to bring your attention to some of the not-so-well-known information and facts out there to help YOU develop the tools you will need to improve your own health. Sometimes too much information can be more confusing, overwhelming and harmful than helpful. This over abundance of information can quickly become a rabbit hole of it’s own, but no fear! This is a journey of pursing sustainable health and that’s why we must go slow to keep ourselves from becoming overwhelmed and burning out.

The secret to staying on track, is always being willing to learn, critically think and compare notes. We only have so much energy and time each day, and deciding what you’re going to give or literally “pay” attention to, is so important. I want you to develop this mental tool of knowledge + experience to make better and more informed choices in your own home when it comes to you and your family’s health.

YOUR LIFESTYLE TO BETTER HEALTH HAS TO BE SUSTAINABLE!

When I say “sustainable”, I am talking about habits that will work for us and last us a lifetime.

Even the “healthiest” lifestyle, isn’t worth much if you can’t stick to it for the rest of your life. Without sustainability, you’ll only end up yo-yoing on an endless cycle with less and less confidence to lasting habits. Yes, having a busy life can throw us off routines. Work and stress are common things that bring an end to our progress. But, if you focus on sustainability and longevity being the goal, (even with mistakes) more than the primary goal to just short-term weight loss or any short term goals, you will see your goals met with consistency and time. I promise. Don’t be discouraged when life happens, because it will! Being consistent doesn’t mean you kill it in the gym everyday, your diet and sleeping schedule is on point 100% of the time. All you need to see results, is being consistent 70%-80% of the time forever! Approaching the next three months like a personal experiment to find what truly works best for you and your individual needs is key. And finally, be patient with yourself! We can’t have everything instantaneously. The things most full-filling and rewarding in life, TAKE LOTS OF TIME!

Questions to ask yourself moving forward.

1.

Ask and observe what habits and foods make you feel really good and what doesn’t. This is why we will incorporate food and symptoms journaling periodically. You must come to a point where you see these changes in yourself. If you don’t know how you feel after eating something for example, how will you know what to change to improve?

2.

What is motivating you to continue with “bad” habits? Addiction or perhaps coping mechanisms? Finding ways to work with “bad” habits can be as simple as working yourself down how frequently you do these things or finding healthier alternatives. For example, I had a MAJOR sugar addition. Allowing fruit back into my life has been a game changer. Once, I thought fruit was “bad” because it contains sugar. Today, I allow sweets now and then because yes, I still like cheesecake but, I’ve found a way to work with this addiction by acknowledging it instead of ignoring it. This is how we make true long-term progress. I would eventually like to reduce the amount of natural sugar I eat but, sugar no longer controls me like it used to. By ignoring your triggers, and forcing yourself to be “good” and relying solely on self-control, it only ends in a binge or a major relapse that you’re emotionally unable to bounce back from, furthering the toxic emotional battle with addiction. Your progress will entirely depend on YOU! I can’t make you do anything. I do not understand the unique emotional or relational struggle you may have with food. I do know however, if you do not address the emotional and psychological connection between your habits and triggers, unhealthy relationships with food will always be a problem in your life. For some people, food is not an outlet for stress, but that doesn’t mean it’s not being directed somewhere else self-destructive and toxic. Working out setting healthy boundaries with yourself will be a key focus for next 3 months. I want you to identify what are the hardest problem areas of your diet and routine so that we can find solutions together so you can finally see progress that lasts.

3.

How do you want to feel 5, 10 or 20 years from now? What are your health goals? How do you want to feel mentally too not just physically. How do you want to be involved in your loved ones lives and what would you ideally like to be doing with your life that poor health is holding you back from? Remind yourself of these goals. Write them down and be OKAY if they take 10+ years to reach! We are playing the long-term game here. It is an absolute LIE that you cannot be in better health and shape in your 40s and 50s than in your 20s! Let that lie die in the ground where it belongs and let’s do this!