

Weekly Check-In Health and Dietary Inventory

Name: _____ Date: _____

Current symptoms you are experiencing

Rate on a scale of 1-10. (1=no problems/symptoms 10=daily symptoms / severe)

Explain your symptoms:

1-10	Energy Level: ----- -----
	Sleep Quality (restful, restless, wake up often, hard to get to sleep, etc?): ----- -----
	Mental Focus (poor concentration, anxiety, depression, wired feeling, etc..?): ----- -----
	Joint Comfort (pain, swelling, stiffness, etc.?) ----- -----
	Skin (acne, rashes, hives, eczema, psoriasis, very dry, etc.?) ----- -----
	Heart Health (pain in chest, palpitations, etc.?): ----- -----
	Digestive System (burping, bloating, reflux, gas, nausea or pain?) ----- -----
	Male/Female organs ----- -----
	Pain level (where is the pain and how bad is it?) ----- -----
	Elimination (how often are your bowel movements? 1 x day, 2-3 x a day, or do you skip days?) ----- -----
	Allergies (foods, environmental, pollen, grasses, chemicals, etc.?): ----- -----
	Immune system (frequent colds, other infections, get sick easily?) ----- -----

Current weight: _____ Blood pressure: _____ Blood sugar: _____

Other health concerns : _____

Check the box that best describes your overall health changes since your last visit

Better	Much Better	The same	Worse	Much worse
<input type="checkbox"/>				

What has improved since the last class?

What have been your biggest challenges since our last class?

What have been your biggest wins since our last class?

On a scale of 1-10, how would you rate your effort since our last class?

** 1= I didn't put in any effort, 10= I made my best effort

What would help you be more successful in implementing the recommended lifestyle/
dietary changes?

How are you going to make sure you make that happen?

Reclaim Your Health: What to Eat?

As we discuss the foods and habits that are beneficial to your health, I want you to place your energy and attention on what you can add to your life. As you feed yourself foods that support your body and supply your system with the nutrients needed for optimal health, you'll naturally lose cravings for foods that don't serve you. You will find yourself drawn to smarter, health-promoting eating choices.

Many health and cleansing books promote diets that are a temporary, near-starvation way of eating. The cultivation of a lifetime of healthy eating choices is overlooked, and instead, people adopt the false belief that depriving your body of the nutrients it needs is healthy. But as we have already seen from the work of Weston Price, it is the missing nutrients in our diets that are keeping us in poor health. Dieting or restricting calories upsets the balance the human body needs for constant nourishment. When you diet, your body perceives a famine and starts to slow down metabolic functions in an attempt to conserve its own lean body mass. The trouble with diet programs that do not focus on natural whole foods but rather on calories and fat grams is that it does not respect the natural laws of the body. While weight may be lost in the short term and kept off with tremendous effort and restraint, the cause of a sluggish body is never addressed. If your body systems are sluggish and toxic, your organs will never function at an optimal level, and you will always be fighting against the scale.

When you eat refined foods with preservatives and chemicals, your body cannot fully utilize the man-made chemicals, food additives, and preservatives, so your body will store it as waste. These foreign compounds are toxins to the body, which your body must detoxify. The body regards natural whole foods and processed foods very differently. To the processed food, it says, "That's sugar and chemicals, which I was not created to break down. That will cause me to store waste and gain weight." But to the natural whole food, it says, "Oh, I know exactly what to do with you, I can break you down completely." So, as you can see, the number of calories, fat grams, and carb grams are not the information you need to make informed choices about what to put in your body. Natural foods are recognizable by the body and can be broken down, whereas unnatural substances cannot be broken down and will actually contribute to the slowing of your metabolism, degeneration of your organs, weight gain, and premature aging.

Foods to Enjoy ~75% or more of the time

- Fruits: fresh, frozen, or dried without sulfites
- Vegetables: fresh or frozen (canned tomatoes are good)
- Nuts and seeds: raw (not roasted) or as nut butters
- Meats: organic or grass-fed
- Fish: ocean-caught (not farm-raised)
- Whole grains, and 100% whole grain bread without preservatives (such as Ezekiel bread), gluten-free
- Eggs: organic or high omega-3
- Dairy: organic and raw milk (cow or goat milk) is ideal, nut milks, rice milk
- Fats: organic butter from pasture-raised grass-fed cows, cold-pressed olive oil, cold-pressed coconut oil,
- Sweeteners: raw honey, agave nectar, stevia, organic maple syrup, unrefined sugar
- Beans and Legumes: dried (soaked before cooking) or canned
- Condiments: Raw apple cider vinegar, organic mustard, organic ketchup, organic mayonnaise, herbs and spices (without additives), sea salt, flavoring extracts without sugar added (vanilla extract, etc...), soy sauce without additives or preservatives, miso, salad dressings made with olive oil (not canola or soy),
- Beverages: purified water, naturally sparkling water, herbal teas, fresh juices

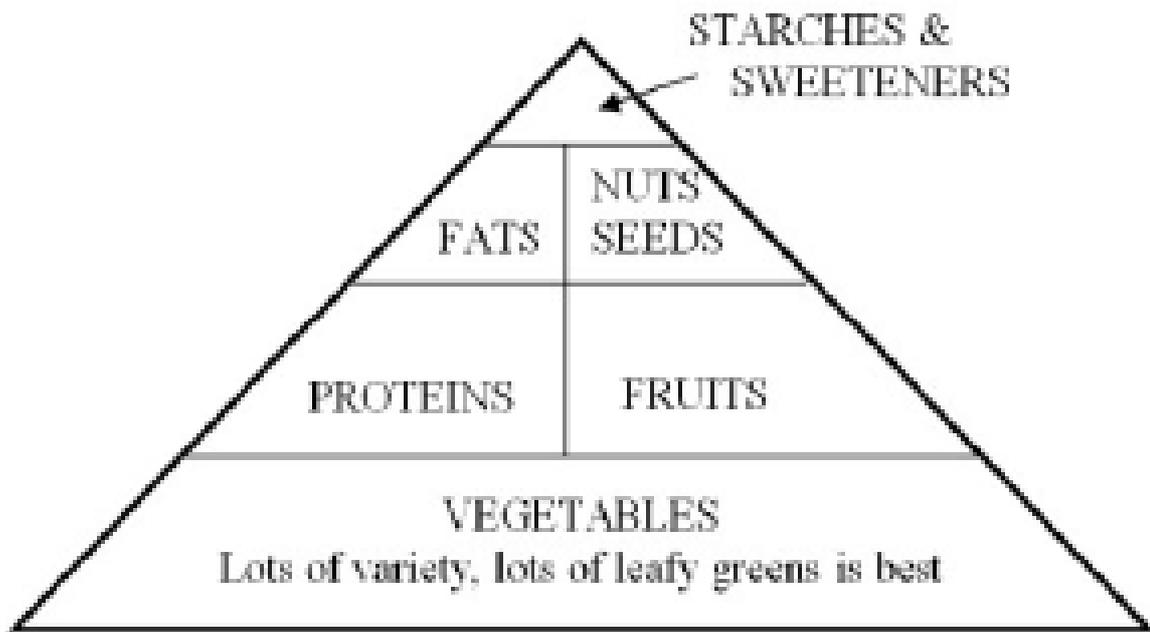
Foods to eat less often ~ 25% or less

- Fruits: canned with added sweeteners
- Vegetables: canned
- Nuts and seeds: roasted
- Meats: commercially raised with hormones and antibiotics
- Fish: farm-raised fish, and tuna fish (due to high mercury content)
- Eggs: commercial
- Dairy: pasteurized and homogenized commercial dairy products
- Fats: Canola oil, peanut oil
- Sweeteners: heated honey, sugar alcohols (xylitol, sorbitol)
- Condiments: with added preservatives or sugar, seasoning mixes with additives or MSG, salad dressings with canola or soy oil and preservatives, refined salt, pasteurized vinegar
- Beverages: coffee, black tea, tap water, pasteurized juices, wine

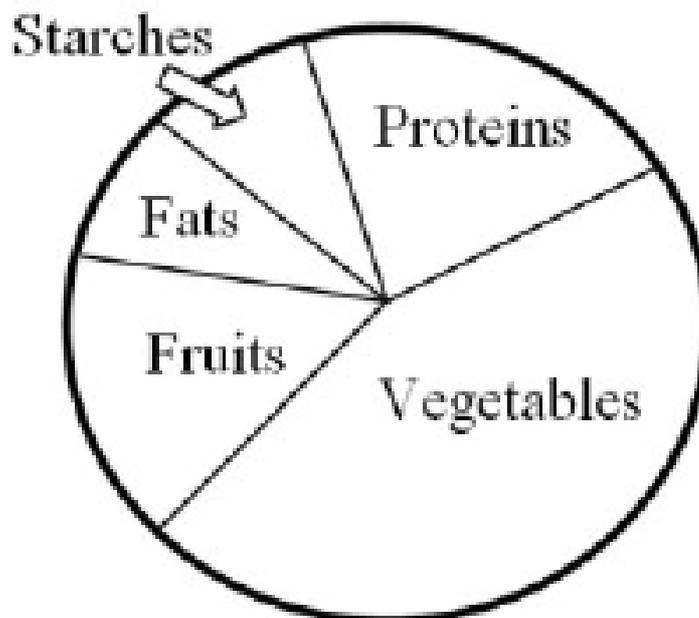
Foods to Avoid Completely

- Meats: processed meats or imitation meats
- Deep-fried foods
- Eggs: imitation eggs (such as Egg Beaters)
- Dairy: processed cheese (Velveeta), sweetened condensed milk, ultra-pasteurized products,
- Fats: soybean oil, corn oil, vegetable oil, margarine, hydrogenated tub spreads, shortening
- Sweeteners: artificial sweeteners (Equal, etc..), high fructose corn syrup, sugar, corn syrup
- Beverages: Diet and regular soft drinks, sports drinks with sugar and preservatives, hard liquor,
- Genetically modified foods

Basic Proportion of Foods



The Proportion of foods should be: 6 vegetables daily, 2 fruits daily, 1 starch daily, and 2 proteins daily. This proportion should keep the diet 80% alkaline and 20% acid-forming foods. Protein or starches in excess of what the body needs leads to illness and disease. Most people on the typical American diet eat too much protein and too many starches (breads, chips, fries, etc.). Your ideal weight will be more easily attained if you limit your carbohydrate consumption to 1 serving a day. This chart below will help you picture what your dinner plate should look like, with the largest amount of food being vegetables, not protein or starches.



Ideal Daily Food Proportions

Changing your diet does not happen in a weekend or a week. If you want to make changes last, it's best to take one small step at a time. This PDF will be your guide along this journey to help you live the Pure Vitality life. It will lead you along the path to better eating.

SWITCHING TO HEALTHY EATING IS ABOUT TWO THINGS

- **Small, intentional swaps:** Using coconut oil instead of canola oil, using real butter instead of margarine, and using real maple syrup instead of pancake syrup.
- **Learning to cook using real ingredients:** Real food is about ingredients that are as close to their natural state as possible. Jamie Oliver says, "Real food doesn't have ingredients; real food is ingredients." Oats, almonds, grains, beans and meat are all ingredients, used to create meals or, at times, enjoyed on their own.

FOOD SWAPS



Switch to natural salt that has trace minerals and is not going to harm your health.



Switch to real butter. Margarine is highly processed and full of rancid fats.



Say no to mayo with vegetable or soybean oils and ingredients you cannot pronounce.



Switch to eggs from pasture raised chickens for more nutrition and better flavor.

DAIRY PRODUCTS

INSTEAD OF THIS



CHOOSE THIS



Dairy products, such as cheese come from unhealthy cows and contain growth hormones, antibiotic residues. A healthier option is nut based cheeses such as Miyoko's. Find out where to purchase it here: <https://miyokos.com/>

SALAD DRESSING

INSTEAD OF THIS



CHOOSE THIS



90% of the salad dressings use soybean oil as the base along with other unhealthy ingredients. Choose healthier ones made with olive oil, avocado oil, or sunflower oil, such as the brands pictured above: Primal Kitchen, Annie's Naturals, and Tessemae's.

BROTH OR STOCK

INSTEAD OF THIS



CHOOSE THIS



Say no to broth that is not made from real bones. They take short cuts and add MSG!

Switch to broth made from animal bones, filtered water, and simmered for hours. It's also easy to make your own!

INSTEAD OF THIS:	REPLACE IT WITH THIS:
Bread made with white flour	Whole grain bread
Boullion cubes, paste, or canned broth	Homemade broth
Cereal with sugar and additives	Oatmeal or other whole grains
Canned fruits and vegetables	Fresh or frozen fruits and vegetables
Candy	Dried fruit, raw bars, raw chocolate bars
Cheese, processed	Cheese made from raw milk
Cookies with sugar and preservatives	Cookies made with natural ingredients
Deli meat with nitrates	Organic meats without nitrites
Eggs, commercial with antibiotics, etc...	Organic eggs from healthy chickens
Fish, farm-raised and fed soy	Fish caught from the ocean
Ice cream with sugar and additives	Organic ice cream without additives
Margarine or hydrogenated spreads	Organic butter, palm oil, or coconut oil
Mayonnaise with soy oil	Homemade mayo or organic mayo
Meats, commercial with antibiotics, etc..	Organic or grass fed meats
Milk, pasteurized and homogenized	Almond, coconut, rice milks
Oils, highly refined soy, canola, etc..	Cold pressed oils (olive, sunflower, etc..)
Pasta made with white flour	Pasta made from whole grains
Popcorn, microwaved with additives	Popcorn made at home
Rice, white	Brown rice
Salt, refined	Sea salt
Soft drinks	Juices, tea, mineral waters, etc...
Syrup with sugar or corn syrup	Maple syrup
Tap water	Filtered water, mineral water, spring water
Vinegar, white or heated	Raw apple cider or red wine vinegar
White flour	Whole grain flour
White sugar	Honey, agave, stevia, molasses, etc..
Yogurt, with sugar and flavorings	Organic plain yogurt

Eating Habits to avoid:

Do you do any of these? (Check all that apply)

- Load up on refined grains for breakfast: ex; Cereal, toast, bagels, donuts, breakfast sandwiches, breakfast burritos with flour tortillas, and oatmeal.
- Rushing through meals, not chewing well.
- Not planning your meals so when it's finally time to eat you are starving so you just grab whatever is convenient and available which is mostly unhealthy.
- Eating large meals late at night (after 8 pm) - food will not digest properly and you won't have the desire to eat breakfast the next morning. Eating a lighter evening meal will help your body digest it and will stimulate your natural appetite for breakfast.
- Drinking lots of water with meals. You dilute digestive juices when you drink with meals. Drink a lot of water before you eat, then drink only a small amount with the meal.

Typical breakfast foods such as cereal, bagels, donuts, pancakes, waffles, and toast made with white flour- are all high in sugars and simple carbohydrates which cause the blood sugar to spike up and then crash.

When your blood sugar drops too low (after eating a high sugar, high carbohydrate meal) or stays too low after eating nothing at all) many symptoms can occur. The first symptoms to set in are usually mental difficulties because the brain requires a lot of fuel to do it's job. And it also requires amino acids which come from protein, not carbohydrates. So, you may have trouble concentrating of processing information, being forgetful, or feeling mentally dull. Other symptoms can include anxiety, feeling overwhelmed, irritable, depressed, addictive behavior and cravings for sweets and starches. Many people rely on caffeine to pick themselves up when they crash. But caffeine only puts further stress on the body and weakens the adrenal glands.

Eating some protein, healthy fat, and fiber for breakfast will give your body what it needs to carry you through the morning successfully.

Cravings

Foods such as refined sugar and caffeine can be addictive and it can be difficult to reduce the cravings for them. Here are some tips:

- First of all, make sure you understand why the substance isn't healthy
- Give yourself time to wean yourself off of it, don't go cold turkey
- Focus on healthy new habits to replace the old ones.
- For sugar, slowly decrease it in your diet and make sure to eat some protein with each meal. Have a piece of fruit or dried fruit and nuts when you want some-thing sweet. Find natural sweeteners to replace sugar like honey, agave, or ste-via.
- 200 mcg of chromium per day can also help ease sugar cravings.
- For caffeine from soft drinks or coffee, allow 2-3 weeks to withdrawl from it. Gradually taper off the caffeine by mixing it with decaffeinated versions, while you increase your vitamin C and B-Complex to support the adrenals during this process. The B-Complex will help boost your energy levels during this process. Find a replacement beverage, like herb tea or a natural coffee substitute.
- The desire for caffeine comes from poor nutritional intake, emotional stress, or not enough quality sleep. Examine your life and improve those areas that are depleting you.

What foods or substances does your body crave?

List foods you already eat that are healthy:

List those foods that you are not ready to give up yet:

How often do you really **NEED** to eat them?_____

[I want you to know that you have the option of eating it from time to time. Eat it *guilt-free* - and maybe a little less often. I don't want you to feel pressure to change your diet overnight. Knowing you can have something you love to eat when you want it really makes a difference in the ultimate success of you transitioning to healthier food choices.]

Write the ingredients of those foods you are not ready to give up yet:

List those foods that you are ready to replace with healthier alternatives:

Our food habits are deeply ingrained in us and it can be very difficult to handle making too many changes at one time. And it can be overwhelming to change too much at once.



7- DAY CHALLENGE

1:

PICK ONE MEAL OR ONE FOOD ITEM TO WORK ON.

Start to replace sugary snack foods with fresh fruit and nuts, or other natural snacks. Start using whole grain bread. Learn how to make smoothies. Replace candy bars with organic 70% chocolate bars. Start to replace commercial meats and dairy with more naturally raised meats and dairy products without antibiotics and hormones. Introduce a little more variety into your diet.

Try new fruits or vegetables you've never eaten before. You might find a new favorite!

2:

INCORPORATE A SALAD INTO YOUR DAILY DIET

Remove and replace immediately all hydrogenated oils.
See the Oils Guide for replacement suggestions