



LINDGREN  
functional medicine

# Quality Proteins



LEGUMES



RED MEAT



POULTRY

EGGS



GRASS-FED  
DAIRY



QUINOA



BEANS &  
LENTILS

NUTS & SEEDS



FISH & SEAFOOD





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# Whole Food Carbs



LENTILS



BEANS &  
LEGUMES



PLANTAINS



SWEET  
POTATO



HONEY & MAPLE SYRUP

WINTER SQUASH



FRUIT



ROOT  
VEGETABLES



DATES



*soaked & sprouted*  
GRAINS





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# SOURCES OF Trace Minerals

chromium | copper | iodine | iron | manganese | molybdenum | selenium |  
zinc



LIVER

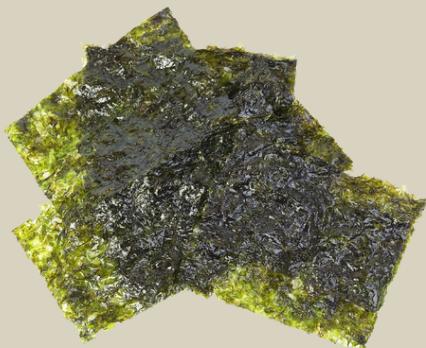
HIMALAYAN  
SALT



LEAFY  
GREENS &  
HERBS



RED MEAT



SEAWEED



SHELLFISH



SEEDS



BONE BROTH



MOLASSES



VEGETABLES





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# SOURCES OF Potassium



SALMON



AVOCADO



ACORN SQUASH



BEET GREENS

PRUNES &  
DRIED FIGS



TIGERNUTS



TOMATO



BEANS



SWEET POTATO



BANANA



BAKED  
POTATO

COCONUT  
WATER &  
MILK





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# SOURCES OF Magnesium



BRAZIL NUTS



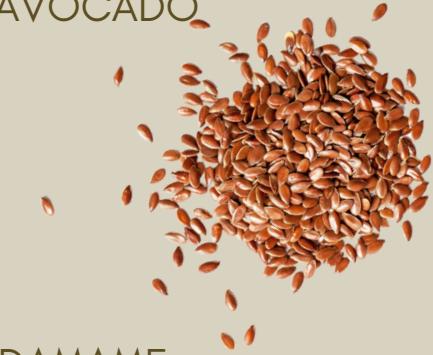
AVOCADO



ALMONDS



BLACK BEANS



FLAXSEED



EDAMAME



GREEN HERBS



BAKED  
POTATO  
& SKIN



SUNFLOWER  
SEEDS



PUMPKIN SEEDS





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# SOURCES OF Zinc



BEEF



OYSTERS



CASHEWS



PORK CHOPS



YOGURT

LENTILS



CHICKPEAS



OATMEAL



SHIITAKE  
MUSHROOMS



CHICKEN



SPINACH



HEMP  
SEEDS

FIRM TOFU



PUMPKIN SEEDS



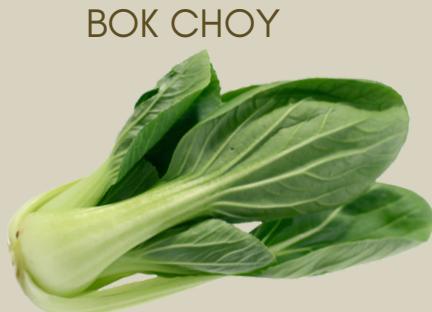


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# SOURCES OF Calcium



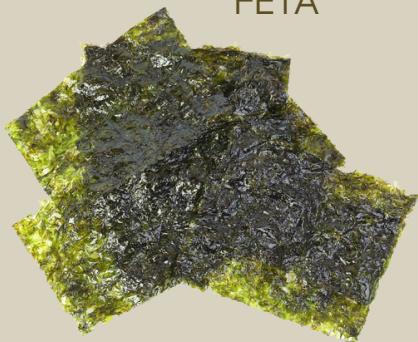
COLLARD  
GREENS



BOK CHOY



FETA



SEAWEED



SARDINES



RICOTTA



DRIED  
FIGS



FIRM TOFU

SESAME  
SEEDS



YOGURT

BROCCOLI



MILK



CHEDDAR





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# SOURCES OF Iron



POULTRY



FISH

LENTILS



OYSTERS



LIVER



PORK



BEEF

SARDINES

MOLASSES



CHICKPEAS



EGGS



SPINACH



PUMPKIN  
SEEDS



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# SOURCES OF Sodium



SAUERKRAUT

SALTED  
BROTH



FETA



CANNED  
BEANS

NATURAL  
SALT



SALTED  
NUTS &  
SEEDS



CANNED  
TOMATOES



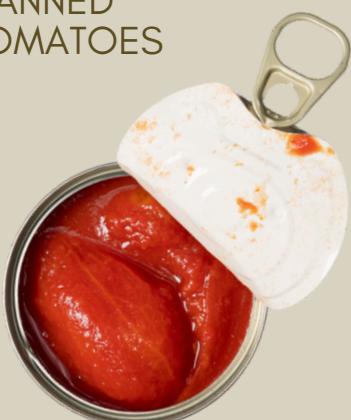
PICKLES



GOUDA



OLIVES



COTTAGE  
CHEESE

CHEDDAR





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# SOURCES OF B Vitamins



FISH



POULTRY



MEAT



LEAFY  
GREENS

SEAFOOD



EGGS



LIVER &  
ORGAN MEAT

BEANS  
&  
LENTILS



WHOLE  
GRAINS



ACORN  
SQUASH



NUTRITIONAL  
YEAST



DAIRY



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# SOURCES OF Vitamin C



GUAVA

KIWI



BERRIES



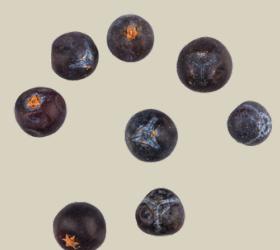
LEAFY GREENS

BELL  
PEPPERS



PAPAYA

BLACK  
CURRANTS



PINEAPPLE



CITRUS



TOMATOES



BROCCOLI



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# SOURCES OF Vitamin A



SWEET POTATO



FISH



CARROTS



LEAFY  
GREENS



EGGS



BUTTERNUT  
SQUASH



CANTELOUPE



COD LIVER OIL



DAIRY



LIVER

BROCCOLI



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# SOURCES OF *Vitamin D*



PORK



BUTTER

COD LIVER OIL



LIVER



MUSHROOMS



FISH



SARDINES



FORTIFIED  
DAIRY





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# SOURCES OF Vitamin E



ALMONDS



AVOCADO



RED BELL  
PEPPER



HAZELNUTS



SUNFLOWER  
SEEDS



PEANUTS



PINE NUTS

PUMPKIN

EXTRA-  
VIRGIN  
OLIVE OIL



SPINACH





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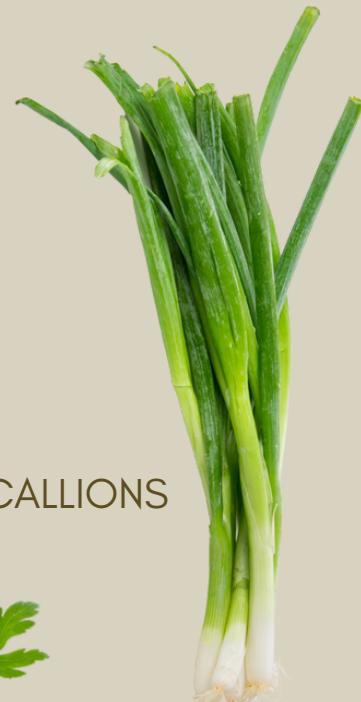
# SOURCES OF Vitamin K



KALE



KIWI



SCALLIONS



BROCCOLI



CABBAGE



OKRA

EGGS



ASPARAGUS



BRUSSELS  
SPROUTS





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# FERMENTED FOODS



SAUERKRAUT

PROBIOTIC  
PICKLES



COTTAGE CHEESE



KIMCHI



SOURDOUGH BREAD



KOMBUCHA &  
WATER KEFIR



GOUDA  
CHEESE



YOGURT & KEFIR  
(ideally raw)



CHEDDAR  
CHEESE





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# FEED YOUR MICROBIOME



RICE & POTATOES  
(cooked & cooled)

APPLES



CRUCIFEROUS  
VEGGIES



MUSHROOMS

LEAFY GREENS



CHICORY ROOT



GARLIC,  
ONIONS, &  
LEeks

EXTRA VIRGIN  
OLIVE OIL



ARTICHOKEs



BANANAS & PLANTAINS





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# SOURCES OF ANTIOXIDANTS

APPLES



GARLIC



BERRIES



GREEN TEA



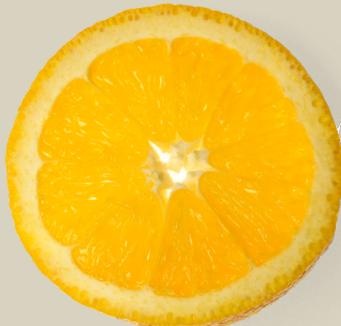
PECANS



EGGS



CITRUS



LEAFY  
GREENS



TOMATOES



ARTICHOKE



BEANS



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# SOURCES OF FIBER



AVOCADO



ALMONDS



BROCCOLI



PSYLLIUM  
HUSK

WHOLE GRAINS



LENTILS



BEANS



CHIA SEEDS



PEAS



APPLE



COCONUT



ASPARAGUS



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# FOODS TO SUPPORT DETOXIFICATION



FISH

CABBAGE



GREEN,  
BLACK, &  
DANDELION  
TEA



ROSEMARY

PARSLEY &  
CILANTRO



CITRUS



BRUSSELS  
SPROUTS

BROCOLLI



GARLIC &  
ONION



CAULIFLOWER



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# FOODS TO SUPPORT HORMONE HEALTH



COCONUT



EGGS



FISH

AVOCADO



BERRIES



LEAFY GREENS



ALMONDS



BROCCOLI



OYSTERS



MACA



# FOODS TO SUPPORT *BUTYRATE PRODUCTION*



PSYLLIUM SEEDS



RICE & POTATOES  
(cooked & cooled)



CRUCIFEROUS  
VEGGIES



APPLES

GREEN  
BANANAS &  
PLANTAINS



BEANS &  
LEGUMES



OAT BRAN



PARTIALLY  
HYDROLYZED  
GUAR GUM



WHOLE GRAINS





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# LOW-FRUCTOSE FOODS



AVOCADO

MUSHROOMS



BERRIES

BANANA



COCONUT



PEAS



LEAFY  
GREENS

CITRUS



KIWI



GLUCOSE  
&  
SUCROSE



MAPLE SYRUP





# HIGH-FRUCTOSE FOODS



APPLES & PEARS



DRYED FRUIT



JUICE



GRAPES

SWEET SAUCES



BEETS



MANGO



MELON



AGAVE & HONEY



CHERRIES & STONE FRUITS



HIGH  
FRUCTOSE  
CORN  
SYRUP

SUGAR ALCOHOLS  
(xylitol, erythritol, sorbitol, etc)  
*impair fructose absorption*



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# Dirty Dozen™

## PRIORITIZE ORGANIC



BELL & HOT  
PEPPERS



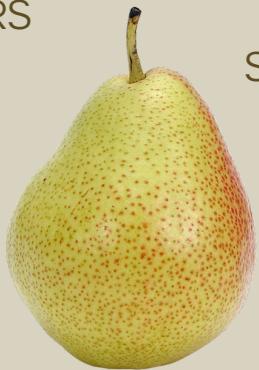
SPINACH

BLUEBERRIES



CHERRIES

KALE & COLLARD  
GREENS



PEARS



PEACHES



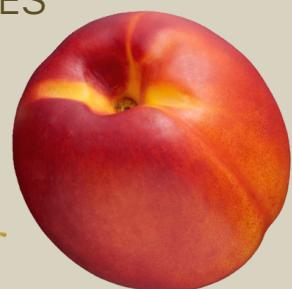
NECTARINES



GRAPES



STRAWBERRIES



GREEN BEANS



APPLES



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# Clean 15™

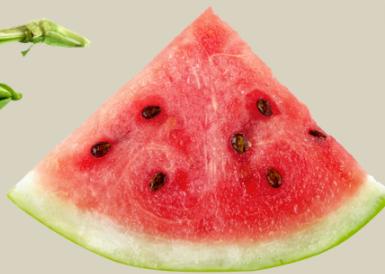
NOT NECESSARY TO BUY ORGANIC BUT PREFERRED



ONIONS



SWEET PEAS



MANGO



SWEET POTATO



WATERMELON



SWEET CORN\*

MUSHROOMS



CABBAGE



CARROTS



HONEYDEW  
MELON



AVOCADO



PAPAYA\*



ASPARAGUS



KIWI



PINEAPPLE

\*sometimes genetically modified in US, buy organic to avoid GMOS



# Low-FODMAP Meal Blueprint

## 1 VEGETABLES 50% of plate

### leafy greens

beet greens  
mustard greens  
leaf lettuce  
collard greens  
dandelion greens  
microgreens  
bok choy  
watercress  
romaine  
spinach  
sprouts  
arugula  
endive  
chard  
kale

### nightshades

eggplant  
potatoes  
peppers  
tomatoes

### miscellaneous

green beans  
cucumber  
celery  
seaweed  
fennel  
okra

### herbs & spices

not garlic &  
onion

### cruciferous vegetables

brussels sprouts  
cabbage  
cauliflower  
broccoli

### squash

acorn  
butternut  
buttercup  
delicata  
kabocha  
pumpkin  
spaghetti  
yellow  
zucchini

### roots

carrots  
rutabagas  
radishes  
parsnips  
celeriac  
turnips  
daikon  
jicama  
ginger  
yams

## 2

### palm size PROTEIN

#### animal

eggs  
seafood  
fish  
beef  
chicken  
turkey  
hard cheeses

#### plant

macadamia nuts  
peanuts  
brazil nuts  
walnuts  
seeds

## 4

### whole food CARBS

#### fruit

berries (not  
black)

unripe banana  
plantains  
cantaloupe  
honeydew  
pineapple  
grapes

#### oranges

lemon

lime

kiwi

#### grains

GF oats  
corn  
quinoa  
millet

#### other

maple syrup  
table sugar  
dark chocolate

## 3 healthy FAT

butter  
avocado oil (not fruit)  
coconut oil/milk/cream  
fat from quality protein  
olives (and oil)  
some nuts  
seeds



# AIP Anti-Inflammatory Protocol Meal Blueprint

## 1 VEGETABLES 50% of plate

**leafy greens**  
beet greens  
mustard greens  
leaf lettuce  
collard greens  
dandelion greens  
microgreens  
bok choy  
watercress  
romaine  
spinach  
sprouts  
arugula  
endive  
chard  
kale

### herbs & non-seed spices

**miscellaneous**  
artichokes  
green plantain  
asparagus  
avocado  
cucumber  
celery  
fennel  
okra

**onion family**  
green onions  
onions  
shallots  
garlic  
leeks

**cruciferous  
vegetables**  
brussels sprouts  
cauliflower  
cabbage  
broccoli  
**mushrooms**  
portobello  
shiitake  
button  
cremini  
morel

**squash**  
acorn  
butternut  
buttercup  
delicata  
kabocha  
pumpkin  
spaghetti  
yellow  
zucchini

**roots**  
carrots  
sweet potatoes  
rutabagas  
radishes  
parsnips  
celeriac  
turnips  
daikon  
jicama  
ginger  
beets  
yams

## 2

palm size  
PROTEIN

seafood  
fish  
beef  
bison  
chicken  
turkey  
duck  
lamb  
pork  
bacon  
wild game  
collagen & gelatin  
organ meats

## 3 healthy FAT

avocado  
coconut oil/milk/cream  
duck fat, lard, & tallow  
fat from quality protein  
fish/cod liver oil  
bacon grease  
olives (and oil)

## 4

HEALING  
foods

fermented veggies  
organ meats  
bone broth  
kombucha

## MISC

fruit  
honey  
tapioca  
cassava  
tigernuts  
arrowroot  
maple syrup  
nutritional yeast



# PALEO Meal Blueprint

## 1 VEGETABLES 50% of plate

### herbs & spices

#### leafy greens

beet greens  
mustard greens  
leaf lettuce  
collard greens  
dandelion greens  
microgreens  
bok choy  
watercress  
romaine  
spinach  
sprouts  
arugula  
endive  
chard  
kale

### onion family

green onions  
onions  
shallots  
garlic  
leeks

### miscellaneous

artichokes  
asparagus  
avocado  
cucumber  
celery  
fennel  
okra

### nightshades

eggplant  
potatoes  
peppers  
tomatoes

### cruciferous vegetables

brussels sprouts  
cauliflower  
cabbage

### mushrooms

portobello  
shiitake  
button  
cremini  
morel

### squash

acorn  
butternut  
buttercup  
delicata  
kabocha  
pumpkin  
spaghetti  
yellow  
zucchini

### roots

carrots  
sweet potatoes  
rutabagas  
radishes  
parsnips  
celeriac  
turnips  
daikon  
jicama  
ginger  
beets  
yams

## 2

### palm size PROTEIN

#### animal (complete)

organ meats  
seafood  
eggs  
fish  
beef  
bison  
chicken  
turkey  
duck  
lamb

#### plant (incomplete)

nuts  
seeds



## 3 healthy FAT

avocado  
coconut oil/milk/cream  
duck fat, lard, & tallow  
fat from quality protein  
fish/cod liver oil  
bacon grease  
olives (and oil)  
nuts & seeds

## 4 whole food CARBS

### fruit

berries  
melons  
dates &  
figs  
pineapple  
mangoes  
bananas  
peaches  
cherries  
grapes  
apples  
plums  
pears  
citrus

### starchy veggies

roots  
potatoes  
winter squash  
sweet  
potatoes  
green  
plantains



# KETO Meal Blueprint

1

low carb  
**VEGETABLES**  
(50% of plate)

**leafy greens**  
beet greens  
mustard greens  
leaf lettuce  
collard greens  
dandelion greens  
microgreens  
bok choy  
watercress  
romaine  
spinach  
sprouts  
arugula  
endive  
chard  
kale

**nightshades**  
eggplant  
tomatoes\*  
peppers

**onion family**  
green onions  
onions  
shallots  
garlic  
leeks

**herbs & spices**

**mushrooms**  
portobello  
shiitake  
button  
cremini  
morel

**crucifers**  
brussels sprouts  
cauliflower  
cabbage  
broccoli

**miscellaneous**  
green beans  
artichokes  
asparagus  
avocado  
cucumber  
celery  
fennel

**roots**  
rutabagas  
radishes  
celeriac  
turnips  
daikon  
jicama  
ginger

2

palm size  
**PROTEIN**

**animal (complete)**

full-fat (FF) dairy  
whey protein  
cheese

eggs

fish

seafood

beef

bison

chicken

turkey

duck

lamb

liver

**plant (incomplete)**

nuts

seeds

tempeh

tofu

peanuts

**low sugar fruit &**

**sweeteners**

blueberries\*  
strawberries\*  
blackberries\*  
raspberries\*  
lemon\*  
lime\*  
grapefruit\*  
stevia\*  
monkfruit\*

3

healthy  
**FAT**  
(until satisfied)

cream  
fish oil  
avocado  
MCT oil  
coconut oil  
full-fat dairy  
lard & tallow  
butter & ghee  
olives (and oil)  
bacon (and grease)  
nuts & seeds (and oil)  
fat from quality protein

\*in moderation



# MEDITERRANEAN Meal Blueprint

## 1 VEGETABLES 50% of plate

### herbs & spices

- leafy greens**  
beet greens  
mustard greens  
leaf lettuce  
collard greens  
dandelion greens  
microgreens  
bok choy  
watercress  
romaine  
spinach  
sprouts  
arugula  
endive  
chard  
kale

### onion family

- green onions  
onions  
shallots  
garlic  
leeks

### miscellaneous

- green beans  
artichokes  
asparagus  
avocado  
cucumber  
celery  
fennel

### nightshades

- eggplant  
potatoes  
peppers  
tomatoes

### cruciferous vegetables

- brussels sprouts  
cauliflower  
cabbage  
broccoli

### mushrooms

- portobello  
shiitake  
button  
cremini  
morel

### squash

- acorn  
butternut  
buttercup  
delicata  
kabocha  
pumpkin  
spaghetti  
yellow  
zucchini

### roots

- carrots  
sweet potatoes  
rutabagas  
radishes  
parsnips  
celeriac  
turnips  
daikon  
jicama  
ginger  
beets  
yams

## 2

### whole food CARBS

### whole grains

- amaranth  
buckwheat  
rice  
teff  
corn  
millet  
quinoa  
sorghum  
oats  
rye  
barley  
sprouted wheat

- fruit**  
berries  
melons  
dates &  
figs  
peaches  
cherries  
grapes  
apples  
plums  
pears  
citrus

## 3 healthy FAT

- olives  
extra-virgin olive oil  
nuts & seeds (& oil)  
tahini  
avocado  
fat from fish  
fat from quality dairy\*

### plant

- nuts  
seeds  
whole grains  
quinoa  
beans  
lentils  
peas  
peanuts  
tempeh  
tofu

### palm size PROTEIN

### animal

- fish\*  
seafood\*  
eggs\*  
kefir\*  
yogurt\*  
cheese\*  
poultry\*  
red meat\*\*

### other

- red wine\*  
sweets\*\*



## 4

\*in moderation \*\*special occasions



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# SUGAR DETOX

## Daily Meal Blueprint

1 VEGETABLES  
50% of plate

2 palm size  
PROTEIN

3 healthy  
FAT

4 whole food  
CARBS

### BREAKFAST

avocado + hard-boiled eggs  
sausage + roasted veggies  
smoothie bowl with greens + fats  
omelette + sautéed veggies  
chia seed pudding  
leftovers



### LUNCH

nourish bowl  
veggie + protein wrap  
loaded salad with protein + avocado  
canned fish + raw veggies  
chicken salad on lettuce wrap  
soup or stew



### DINNER

taco bowl  
steak salad  
vegetable + chicken stir-fry  
burgers + cabbage coleslaw  
meat sauce over roasted veggies  
slow/pressure cooker protein + veggies



# SUGAR DETOX Meal Blueprint

## 1 VEGETABLES

50% of plate  
(non-starchy carbs)

### herbs & spices

#### leafy greens

beet greens  
mustard greens  
leaf lettuce  
collard greens  
dandelion greens  
microgreens  
bok choy  
watercress  
romaine  
spinach  
sprouts  
arugula  
endive  
chard  
kale

### onion family

green onions  
scallions  
onions  
shallots  
garlic  
leeks

### cruciferous mushrooms

broccoli  
kohlrabi  
cabbage  
cauliflower  
raw sauerkraut  
brussels sprouts  
Chinese cabbage

### roots

portobello  
shiitake  
button  
cremini  
morel  
carrots  
rutabagas  
radishes  
parsnips  
celeriac  
turnips  
daikon  
jicama  
ginger  
beets

### nightshades

eggplant  
peppers  
tomatoes

### miscellaneous

water chestnuts  
hearts of palm  
alfalfa sprouts  
bean sprouts  
green beans  
yellow squash  
bamboo shoots  
snow peas  
amaranth  
cucumber  
artichokes  
asparagus  
avocado  
zucchini  
chicory  
celery  
fennel  
okra

## 2

palm size  
PROTEIN

#### animal (complete)

liver/offal  
wild game  
seafood  
fish  
eggs  
beef  
bison  
chicken  
turkey  
duck  
lamb  
dairy\*

#### plant (incomplete)

tempeh  
miso  
natto  
tamari  
1-ingredient  
protein powder\*

## 3 healthy FAT

avocado  
butter\* & ghee  
coconut oil/milk/cream  
duck fat, lard, & tallow  
fat from quality protein  
fish/cod liver oil  
bacon grease  
olives (and oil)  
nuts & seeds\*

## 4

whole food  
CARBS

some people do  
require more carbs:

**fruit** winter squash\*  
lime sweet potato\*  
lemon gf grains\*  
grapefruit\* legumes\*  
blueberries\*  
raspberries\*  
blackberries\*  
granny smith apple\*  
green-tipped banana\*

\*in moderation

# Daily 3 Meal Blueprint

**1** VEGETABLES  
50% of plate

**2** palm size  
PROTEIN

**3** healthy  
FAT

**4** whole food  
CARBS

## BREAKFAST

avocado + egg toast  
sausage + roasted veggies  
smoothie with greens + healthy fat  
overnight oats with collagen + nuts  
omelette + sautéed veggies  
leftovers



## LUNCH

nourish bowl  
veggie + protein wrap  
loaded salad with protein +  
avocado  
canned fish + hummus + raw veggies  
oysters + sweet potato chips  
quinoa + chicken salad



## DINNER

burrito bowl  
soup or stew  
vegetable + chicken stir-fry  
burgers + sweet potato fries  
meat sauce over roasted veggies  
slow/pressure cooker protein +  
veggies



# Meal Blueprint

## 1 VEGETABLES 50% of plate

### herbs & spices

#### leafy greens

beet greens  
mustard greens  
leaf lettuce  
collard greens  
dandelion greens  
microgreens  
bok choy  
watercress  
romaine  
spinach  
sprouts  
arugula  
endive  
chard  
kale

### onion family

green onions  
onions  
shallots  
garlic  
leeks

### miscellaneous

green beans  
artichokes  
asparagus  
avocado  
cucumber  
celery  
fennel

### nightshades

eggplant  
potatoes  
peppers  
tomatoes

### cruciferous vegetables

brussels sprouts  
cauliflower  
cabbage  
broccoli  
mushrooms

### squash

acorn  
butternut  
buttercup  
delicata  
kabocha  
pumpkin  
spaghetti  
yellow  
zucchini

### roots

carrots  
sweet potatoes  
rutabagas  
radishes  
parsnips  
celeriac  
turnips  
daikon  
jicama  
ginger  
beets  
yams

## 2 palm size PROTEIN

### animal (complete)

cottage cheese  
plain yogurt  
whey protein  
cheese  
kefir

### plant (incomplete)

eggs  
fish  
seafood  
beef  
bison  
chicken  
turkey  
duck  
lamb  
liver

nuts  
seeds  
tempeh  
tofu  
quinoa  
beans  
lentils  
peas  
peanuts

## 3 healthy FAT

avocado  
butter & ghee  
cream  
coconut oil  
fish oil  
lard or tallow  
nuts & seeds (and oil)  
olives (and oil)  
fat from quality protein

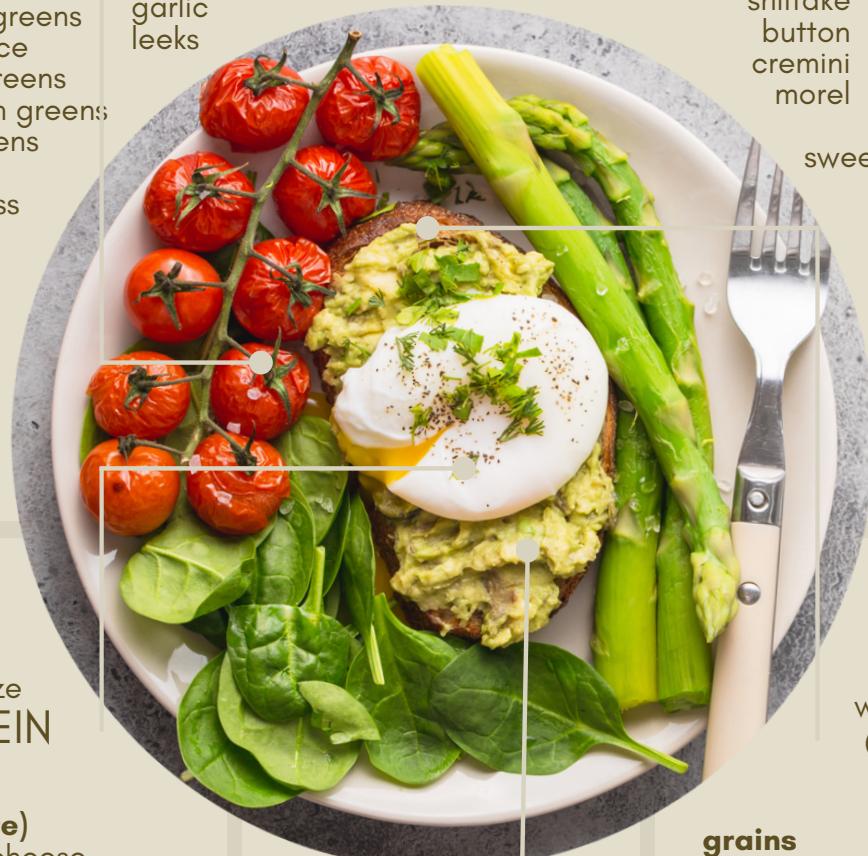
### grains

amaranth  
rice  
wild rice  
buckwheat  
teff  
corn  
millet  
quinoa  
sorghum  
oats  
barley  
rye  
sprouted wheat

### fruit

berries  
melons  
dates & figs  
pineapple  
peaches  
mangoes  
bananas  
apricots  
cherries  
grapes  
apples  
plums  
pears  
citrus

## 4 whole food CARBS





LINDGREN  
functional medicine

# Daily Meal Blueprint for Kids

**1** VEGETABLES  
50% of plate

**2** palm size  
PROTEIN

**3** healthy  
FAT

**4** whole food  
CARBS

## BREAKFAST

overnight oats with collagen & berries  
smoothie bowl with fruit & granola  
nut butter + honey + banana toast  
chocolate chia seed pudding  
egg + cheese + sausage cups  
yogurt or applesauce parfait



## LUNCH

"sushi" tortilla rolls (sweet or savory)  
meat + cheese + sweet potato chips  
veggie dippers + savory hummus  
fruit + pretzels + chocolate hummus  
kid-'cuterie snack board  
veggie + cheese kebobs



## DINNER

taco or nacho bowl  
build-your-own mini pizzas  
burgers + sweet potato fries  
sheet pan chicken + veggies  
tomato sauce + grilled cheese dippers  
spaghetti with veggie + beef meatballs





# Daily Meal Blueprint for Kids

## 1 VEGETABLES 50% of plate

### herbs & spices

### mushrooms

### leafy greens

mixed greens  
leaf lettuce  
romaine  
spinach  
sprouts  
kale

### onion family

green onions  
onions  
garlic

### miscellaneous

green beans  
asparagus  
avocado  
cucumber  
celery

### nightshades

potatoes  
peppers  
tomatoes

### roots

carrots  
sweet  
potatoes  
radishes  
jicama

crucifers  
cauliflower  
cabbage  
broccoli

### squash

acorn  
butternut  
pumpkin  
spaghetti  
yellow  
zucchini

## 2 palm size PROTEIN

### animal

cottage cheese  
plain yogurt  
kefir  
cheese  
eggs  
fish  
beef  
chicken

### plant

nuts  
seeds  
beans  
lentils  
peas  
peanuts

ready-made  
refried beans  
cheese sticks  
deli meat  
summer  
sausage

## 3 healthy FAT

avocado  
butter & ghee  
coconut oil  
nuts & seeds  
nut butter  
olives (and oil)  
fat from quality protein

### grains

rice  
corn  
oats  
wheat  
quinoa

## 4

## whole food CARBS

### fruit

berries  
pineapple  
peaches  
mangoes  
bananas  
apples  
cherries  
grapes

ready-made  
melon  
sprouted bread  
cassava tortillas  
sweet potato chips  
brown rice pasta  
almond/rice  
crackers



# Batch Prep Meal Blueprint

**1** VEGETABLES  
50% of plate

**2** palm size PROTEIN

**3** healthy FAT

**4** whole food CARBS

## BREAKFAST

**overnight oats** + cream/berries/nuts  
**chia seed pudding** + coconut/fruit  
**roasted veggies** + sausage/eggs  
**rice + veggies** in breakfast burrito  
**frittata or egg cups**  
**leftovers**



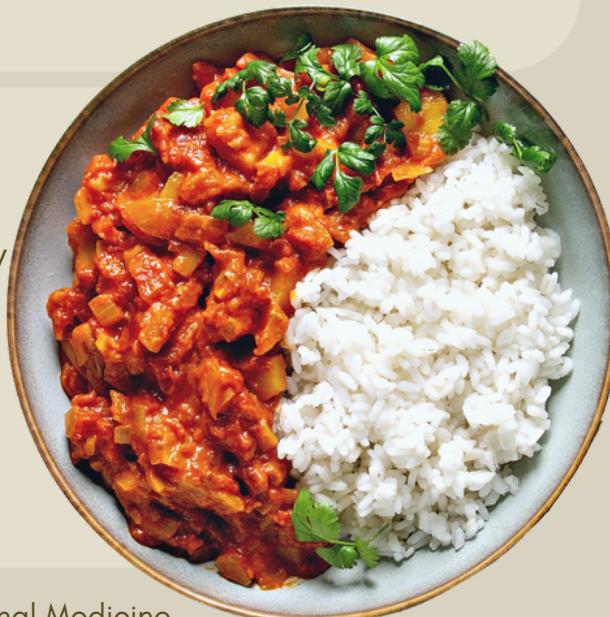
## LUNCH

BATCH PREP:  
**protein**  
meat, fish, beans, lentils, hummus  
**carb**  
whole grain, potatoes, yams  
**veggies**  
chop, sauté, or roast

wrap  
skillet  
tacos  
nourish bowl  
burrito bowl  
loaded salad

## DINNER

**vegetables + protein** in soup or stew  
**chickpea/lentil curry + rice**  
**broccoli + chicken + quinoa** skillet  
**vegetable + shrimp** stir-fry + rice  
**meat** sauce over **roasted veggies**  
casserole with **mushrooms + beef + rice**





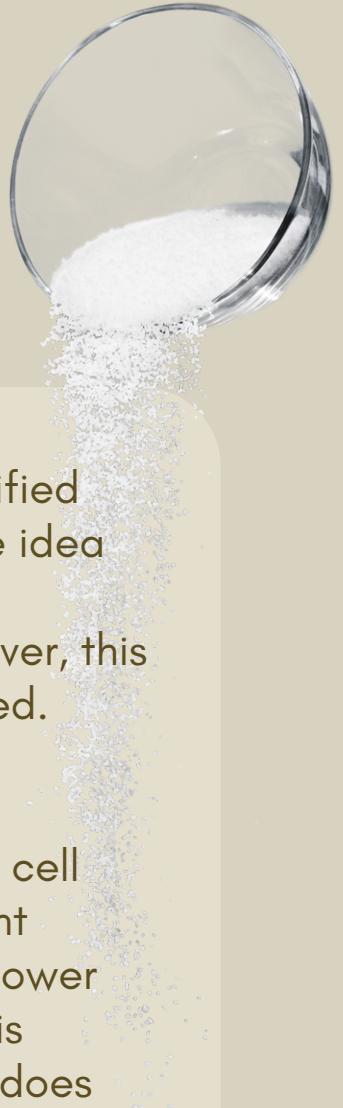
# Low Sodium Explained

"Low-sodium" is a marketing term that has unduly vilified salt in the minds of consumers. It originated from the idea that decreased sodium levels lowers blood pressure, translating to improved cardiovascular health. However, this hypothesis is oversimplified. The truth is more nuanced.

Sodium (the main mineral in salt) is one of the most important electrolytes in the body. It is necessary for cell signaling, muscle contraction, water balance, nutrient absorption, and many other functions. It is true that lower sodium consumption lowers blood pressure, but this is because it changes the fluid balance in the body. It does

not address the reason that the body is raising blood pressure in the first place! If you want to support healthy blood pressure, the most valuable things you can do are to eat a whole food diet and to increase levels of other nutrients that balance sodium, like potassium and magnesium.

In short, there is no need to restrict the salt you add to your food. Let your cravings guide you (your body is telling you how much sodium it needs)!





# Low Calorie Explained

Many dieting messages promote calorie reduction (calories-in < calories-out). Thermodynamically, a calorie deficit is necessary for a body to dip into its fat stores and lose weight. However, that's not the whole story...

One issue with this reductionist approach is that it fails to consider the complexities of metabolism. Different types of calories (carbs, fat, and protein) are broken down and utilized differently. Food is information, so if your body senses scarcity, it will shift into starvation mode and begin conserving and storing more fat.

Another issue with this approach is that the calorie count of a food does not reflect its nutritional wealth. Sure, nuts are high calorie and kool-aid is low, but there is an extreme difference between how nourishing these foods are!

Finally, this hyper-focus on calories can lead to disordered eating. You are much better off to forget about calories, listen to your body, and choose foods in their natural form.





# Low Fat Explained

It is unfortunate that dietary fat has the same name as body fat, because people assume that eating fat makes them fat (so reducing it leads to weight loss). "Low-fat" is a common but somewhat deceptive marketing term.

Just as with low-calorie diet messaging, this is not the whole story. This reductionist approach fails to consider the complexities of metabolism. Different types of calories (carbs, fat, and protein) are broken down and utilized differently. In fact, eating more fat promotes your body's ability to burn it (versus being stuck in a sugar-burning mode, which often leads to unhealthy weight gain)!

Fat is necessary for many things in the body: nutrient absorption, inflammation management, hormone production, consistent energy, cell membrane structure and signaling... A diet without enough healthy fats will lead to fatty acid deficiency. In addition, low-fat products often have more added sugar to compensate for the missing fat. So be wary of low-fat marketing claims and choose to eat healthy, whole-food fats.





# "Sugar-Free" Explained

"Sugar-free" is a marketing term that may or may not be informative. In general, it is a good idea to limit processed and added sugar. However, the question you must ask yourself when you see this claim is "why"?

There are 2 reasons a product may be labelled as "sugar-free". The first is that it may be naturally low in sugar (unsweetened tea). The other is that it may be sweetened with an alternative sweetener (sugar-free tea that still tastes sweet).

Alternative sweeteners are not an innocent substitute for sugar. Many think they are harmless because they do not contain calories. However, your body still senses and responds hormonally as if it were real sugar (causing undesired blood sugar swings, cravings, and unhealthy weight gain). The compounds in alternative sweeteners (like aspartame, sucralose, anything that ends in -itol and even stevia) can disrupt your gut, brain, and hormones. Your best bet is to choose foods that are naturally low in sugar or that contain sugar from nature (like honey, maple syrup, or fruit).





# "Plant-Based Explained

"Plant-based" is another popular marketing term to describe foods that are sourced from plants.

However, it is important to differentiate between an EXCLUSIVE plant-based diet and an INCLUSIVE one. An exclusive plant-based diet is completely vegan. In contrast, an inclusive plant-based diet could contain meat and animal products, but plants make up the majority of the plate.

The term also says nothing of quality. Oreos and gummy worms are plant-based, but that doesn't mean they are healthy! But a plant-based diet that is loaded with colorful fruits and vegetables is going to be incredibly nourishing!

Takeaway: be wary of flashy marketing and choose food that doesn't have a label!



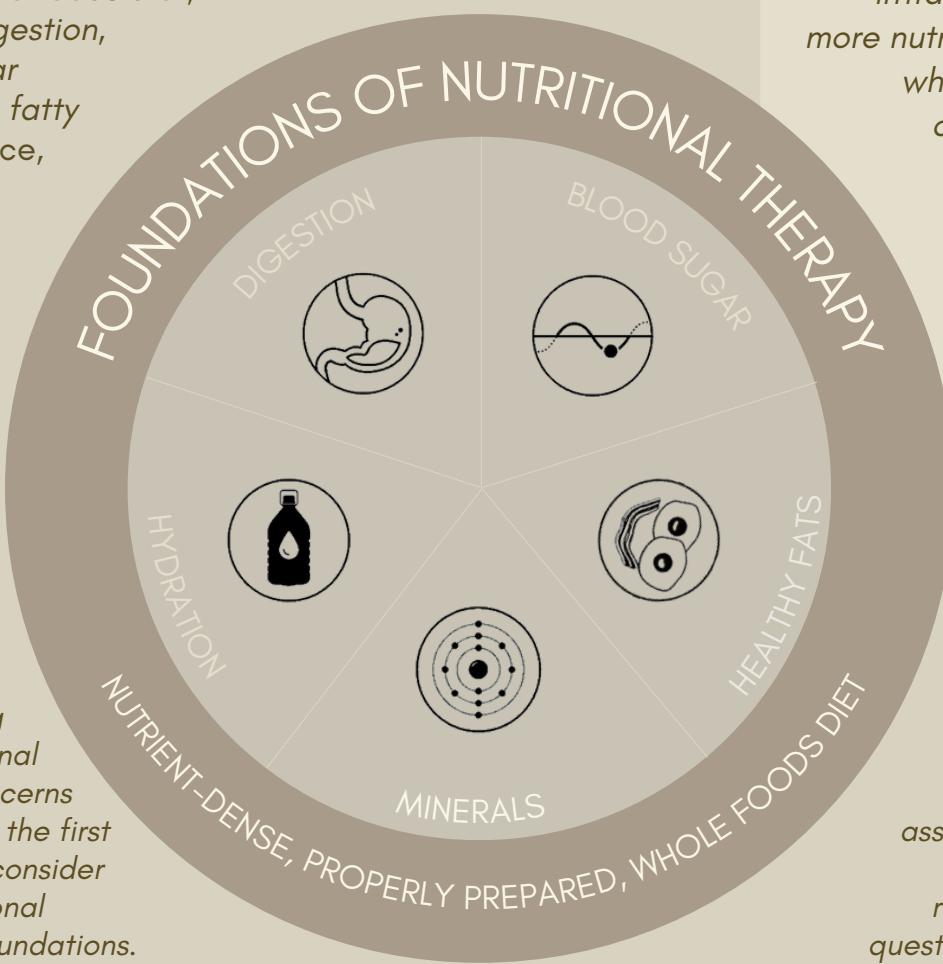


# What Is Nutritional Therapy?

*Nutritional therapy* is based on the idea that health can be achieved through a holistic and bioindividual approach to nutrition and lifestyle.

The nutritional therapy approach considers poor nutrition—and the consequent weaknesses in the body's physiological foundations—to be at the root of many modern health problems. To address this, nutritional therapy focuses on honoring the body's innate feedback system and incredible capacity to restore, regenerate, and correct itself (when given the support to do so).

Nutritional Therapy Practitioners (NTPs) take a foundational, holistic approach to wellness by supporting the foundations of health: a properly-prepared nutrient-dense *whole foods diet*, optimal digestion, blood sugar regulation, fatty acid balance, mineral status, and hydration.



When addressing your personal health concerns and goals, the first step is to consider the nutritional therapy foundations.

**HOLISTIC:**  
considers the health of a person as a whole: body, mind, and soul

**BIOINDIVIDUAL:**  
each person has unique genetic, ancestral, and biochemical needs and preferences

**PROPERLY-PREPARED:**  
some foods are less irritating to digestion and more nutritionally bioavailable when soaked, sprouted, cooked, or fermented

**NUTRIENT-DENSE:**  
rich in micronutrients like vitamins, minerals, and phytonutrients needed for optimal health and vitality

As your NTP, I take the role of guide and coach. My training allows me to assess your current diet and lifestyle, make recommendations, answer questions, and accompany you on your healing journey.



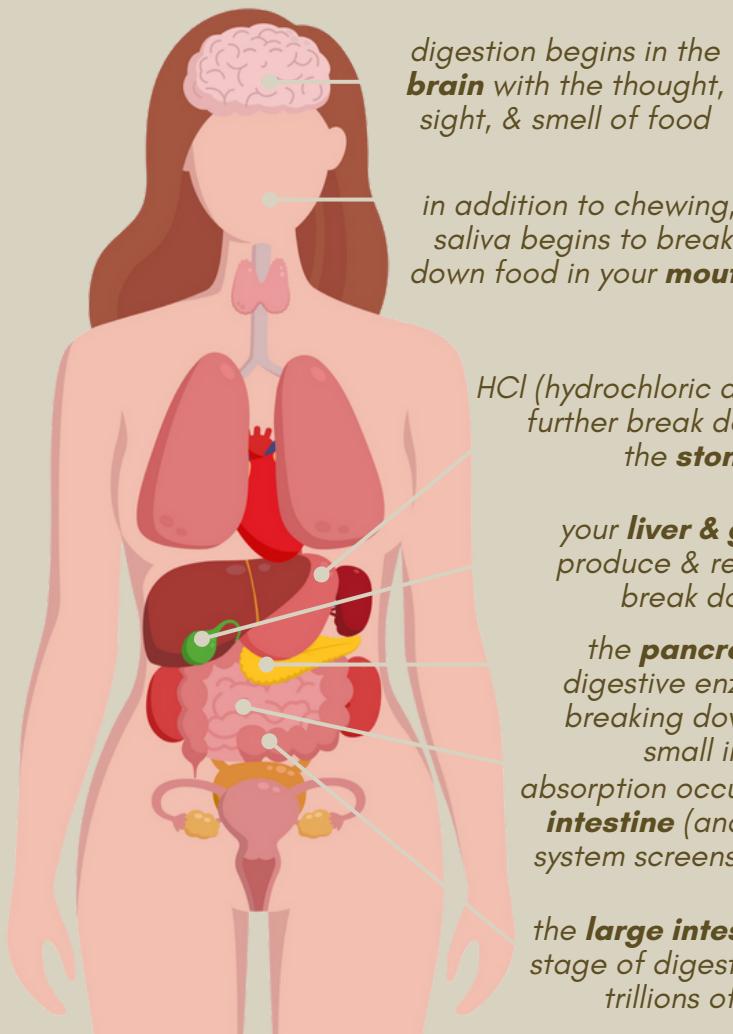
# DIGESTION FOUNDATION

## YOU ARE WHAT YOU ABSORB

You may have heard “you are what you eat.” But the truth is “you are what you absorb.” It is essential to eat a nutrient-dense, properly-prepared diet, but you must also break down and absorb the nutrients you consume! Optimizing digestion is one of the most critical ways to support whole-body health.

## A NORTH TO SOUTH PROCESS

*should be optimized in this order*



## IMPROVE DIGESTION

- REST TO DIGEST  
*eat in a parasympathetic state of receiving when you are sitting down, not distracted, calm, and relaxed*
- SUPPORT STOMACH ACID  
*try digestive bitters or a little apple cider vinegar or lemon in your water before eating (and minimize drinking water with meals)*
- EAT INTENTIONALLY  
*practice gratitude, take your time, chew each bite to a liquid, enjoy the colors, smell, texture, and flavor of your food*

*if you tend to eat too fast, try putting your fork down between bites or holding it with your non-dominant hand*

*all health begins in the gut*

- bloating, burping, gas
- stomach pain
- acid reflux/GERD
- nausea
- infrequent, hard, and/or loose stools
- allergies/sinus pressure
- autoimmune issues
- mental health issues
- acne and rashes
- hormone imbalance
- unhealthy weight gain



# HYDRATION

## THE MOST IMPORTANT NUTRIENT

Water is the most important nutrient in the body and proper hydration is essential for overall health. The H2O in your cells and bodily fluids makes up 60% of your total body mass. Fun fact: the average adult carries 10 to 13 gallons of water inside of them! Most people can go about 8 weeks without food, but only days without water. Why? Because water is essential for so many body processes.

## WATER IS LIFE

### 1. TRANSPORTING NUTRIENTS & WASTE

*water helps deliver nutrients, hydration, and oxygen to our cells, while removing toxins and cellular waste*

### 2. CELL-TO-CELL COMMUNICATION

*proper hydration allows cells to communicate and maintain proper electrical charges*

### 3. PROTECTING TISSUES

*water helps cushion bones and joints, absorb shocks to the body, regulate body temp, and moisten air for easier breathing*

- smooth, clear, hydrated skin
- mental clarity & attention
- balanced energy
- regular bowel movements
- kidney & bladder health
- healthy blood pressure
- joint health & comfort
- inflammation balance
- detoxification
- athletic performance

what  
does proper  
hydration  
look  
like?

*listen to your body and let your thirst guide your water intake*



## IMPROVE HYDRATION

- ADD SALT & LEMON TO WATER  
*a pinch of unrefined Himalayan or sea salt in your water provides electrolytes to improve hydration*
- GO EASY ON THE DIURETICS  
*coffee, tea, soda, and even fruit juice are diuretics that PULL water from your cells, rather than hydrating them*
- SIP WATER BETWEEN MEALS  
*too much liquid with meals can dilute stomach acid and enzymes (sip water between meals instead to optimize both digestion and hydration)*



# MINERALS FOUNDATION

## ENZYME & HORMONE COFACTORS

There are nearly 100,000 enzymes and 50 hormones in the human body, many of which require specific minerals to function. Insulin cannot function without chromium. Thyroid hormones need iodine. Cobalt is needed to synthesize vitamin B12 in the gut. Selenium and zinc are needed for healthy sexual function in men. The list goes on and on!

## MASTER REGULATORS

Calcium does more than just make strong bones. It also helps maintain proper blood pH (which must be tightly regulated between 7.35 and 7.45). If the blood becomes too acidic, calcium is pulled from your bones to make the blood more alkaline. Conversely, if the blood becomes too alkaline, calcium is transferred back into your bones.

## CELLULAR TRANSPORTERS

Minerals help facilitate the transfer of nutrients across cell membranes and ensure a proper balance of sodium and potassium inside and outside of cells.

*aka "trace minerals"*

### MACROMINERALS      MICROMINERALS

- calcium
- phosphorus
- magnesium
- sodium
- potassium
- chloride
- sulfur
- chromium
- copper
- iodine
- iron
- manganese
- molybdenum
- selenium
- zinc

*mineral balance is a game of cofactors*

*your body cannot synthesize minerals and must instead obtain them from food (this means eating a nutrient-dense diet and optimizing digestion, hydration, and fatty acid balance)*



## SOURCES OF MINERALS

- LEAFY GREEN VEGETABLES  
*vegetables—especially leafy greens—are packed with many essential minerals (choose local or organic when possible, enjoy with fat to help absorption)*
- SEA SALT, SEAWEED, & SEAFOOD  
*foods from the sea are an excellent source of macro- and microminerals (such as zinc from oysters and iodine from seaweed)*
- MINERAL WATER & BONE BROTH  
*you can drink your minerals too (clean mineral water and homemade bone broth are 2 easy ways to enjoy minerals)*



# FATTY ACID BALANCE

## TYPES OF FATS

### SATURATED

= SOLID  
= SAFE TO HEAT

### MONOUNSATURATED

= MODERATE HEAT

### POLYUNSATURATED

= PROTECT FRAGILITY

### DAMAGED

INFLAMMATORY

RANCID

TOXIC

## A FABULOUS FUEL

Fats burn like logs in a fire: slowly, cleanly and consistently. When your body is in fat-burning mode, you will experience satiety and steady energy throughout the day. The process of converting fat and ketones into ATP (cellular energy) is more efficient and produces fewer free radicals (compared to burning sugar).

## NUTRIENT ABSORPTION

Dietary fats are required to absorb the fat-soluble vitamins A, D, E, and K. Think of a reduced fat diet as a reduced vitamin diet too!

*most fats are friends,  
some are foes*

*processed and hydrogenated seed oils are often rancid  
and inflammatory  
(that means the structures built from them will be too)*

## BUILDING BLOCKS



Fat and cholesterol form many essential structures in the body: cell membranes, hormones like estrogen and testosterone, and the myelin surrounding nerve cells. Without the right raw materials, the structural integrity of your cells can be compromised, the delicate balance of hormones can be thrown off, and your skin is more likely to burn when exposed to sunlight.

## EAT MORE FAT

- ADD TO VEGGIES

*not only does fat make vegetables taste better, it is necessary for maximizing nutrient absorption*

- FATTY FISH

*salmon, mackerel, anchovies, sardines, and herring (SMASH acronym) are rich in essential omega-3s EPA & DHA*

- GARNISH

*finish off your meal with a drizzle of extra-virgin olive oil, chunk of grass-fed butter, or half an avocado*



# BLOOD SUGAR BALANCE

## WHY IS THIS IMPORTANT?

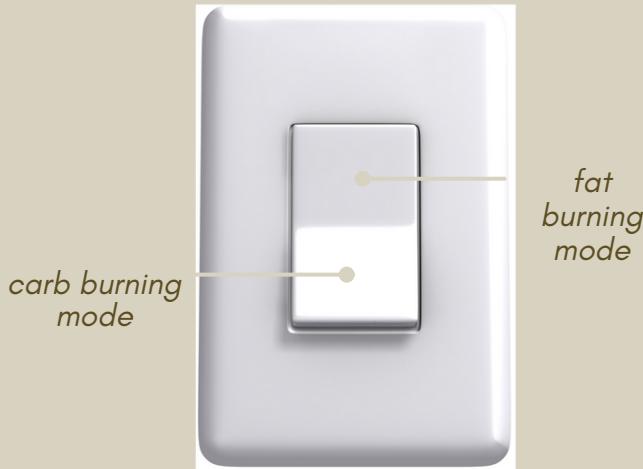
You need energy to get through your day. Your body has a sophisticated system for keeping energy levels steady. However, in our modern carb-centric, fat-phobic world, this system is easily stressed. The choices you make about your diet and eating patterns can either support or sabotage this delicate balance. Healthy blood sugar regulation should be a priority for anyone seeking to support health through diet and lifestyle.

*what goes up,  
must come  
down*

*think of blood sugar balance like flying a plane: you want to keep your energy steady and level (and avoid extreme ups and downs)*

## METABOLIC FLEXIBILITY

A healthy metabolism means your body can seamlessly switch from one mode to the other. This starts with supporting blood sugar balance.



## WHAT IS INSULIN?

When you eat a high-carb (low-fat) meal, glucose floods the bloodstream. To bring your blood sugar back into a stable range, your pancreas releases a hormone called INSULIN. Insulin tells all your cells to take IN energy (translated: fat storage). You may feel great at this point, but it is not a sustained effect. Often insulin can get overzealous and drop your blood sugar too low, an emergency that triggers cravings and sends you back to the fridge.

If you ride this blood sugar rollercoaster every day, your body will eventually become INSULIN RESISTANT. This means that when insulin comes knocking—asking cells to take in energy—they do not listen. This can evolve into chronic metabolic issues, like type II diabetes and obesity.

## HOW TO BALANCE

- **COMBINE FUELS**  
*balance out the quick energy of carbs with the sustained energy from healthy fats, protein, and fiber*
- **LOOK AT LIFESTYLE**  
*regular movement and adequate sleep are extremely influential for promoting insulin sensitivity*
- **REDUCE SNACKING BETWEEN MEALS**  
*you want your body to be able to burn fat between meals (instead of needing a pick-me-up)*

*if you really NEED a snack as your body transitions, choose something higher in fat*



# WHOLE FOOD DIET

NUTRIENT-DENSE, PROPERLY-PREPARED

## NUTRIENT-DENSE

You are likely familiar with the macronutrients: fat, protein, and carbs. However, micronutrients, like vitamins, minerals, and phytonutrients, are arguably **MORE** important for optimal health. Try to maximize nutrient intake with every food choice you make! A helpful trick is to look for the brightest, richest colors: this often reflects nutrient content. Richly colored fruits and vegetables are the most nutrient dense (think spinach vs iceberg lettuce). Quality also matters: butter from grass-fed cows and eggs from pasture-raised chickens tend to have richer color due to their superior nutrient content.

## TRANSITION TO REAL FOOD

- DO A CUPBOARD CLEANSE  
*cleanse your pantry and fridge of everything that doesn't fit the criteria of "real food" (you will eat what you have)*
- GET 5+ COLORS ON YOUR PLATE  
*color typically indicates nutrient content, so aim for at least 5 colors at each meal*
- GET A CSA BOX  
*community supported agriculture (CSA) is a great way to get a weekly delivery of nutritious food directly from a local farmer*

*or plant a few pots or small garden plot with your favorite herbs and veggies*



## PROPERLY-PREPARED

Sourcing and preparation also influence diet quality. Seek foods that are grown or raised using natural methods and minimal chemicals. Some foods are best eaten raw, while cooking increases the nutrient bioavailability of others. Soaking, sprouting, and fermenting can also improve the digestibility and nutrient content of certain foods.

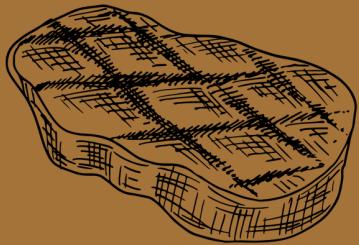
*instead of asking  
"how many  
calories?"  
ask "how many  
nutrients?"*

## THE WHOLE FOOD RULE

Overwhelmed by finding healthy food at the grocery store? (You're not alone...) The WHOLE FOOD RULE makes it simple: just choose food as found in nature. Have you ever seen apple juice, blueberry muffins, or fish sticks on a hike? Of course not, but you could see an apple tree, blueberry bush, oat field, or fish in the stream! Foods in their natural form are minimally processed & maximally nutritious!

# PROTEIN GUIDE

## MEAT



"grass-fed" alone means that the cows may still have eaten grain

- 100% grass-fed
- pasture finished
- no antibiotics
- no hormones
- no growth promoters
- non-GMO fed
- organic

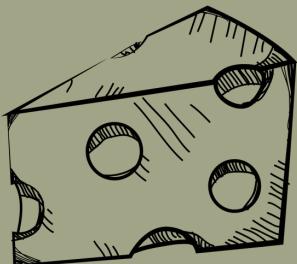
## POULTRY & EGGS



be careful: "all natural" is not a regulated term

- pasture raised
- free range
- soy free
- no antibiotics/hormones
- no growth promoters
- non-GMO fed
- organic

## DAIRY



healthy animals = healthy products

- same as meat standards
- raw, unpasteurized
- fermented
- live active cultures
- full-fat
- A2
- goat or sheep

## FISH & SEAFOOD

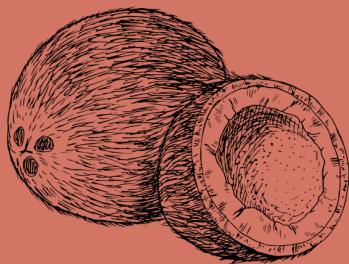


for lowest toxin fish, remember SMASH: salmon, mackerel, anchovies, sardines, herring

- sustainably wild caught
- non-GMO fed (if farmed)
- no added colors
- no sodium tripolyphosphate
- third-party verification
- see MCS Fish Guide

# FAT & OIL GUIDE

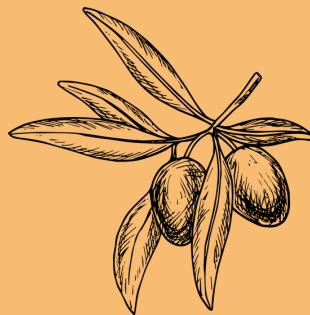
HIGH HEAT



SATURATED  
=  
SOLID  
=  
SAFE TO HEAT

- coconut oil
- butter & ghee
- red palm oil
- duck fat
- goose fat
- lard
- beef tallow
- lamb tallow

LOW HEAT



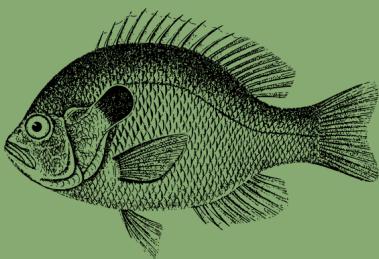
MONOUNSATURATED  
=  
MODERATE HEAT

- olive oil\*
- avocado oil\*

\*if quality, can handle higher heat because of protective polyphenol content

- sesame oil
- macadamia oil

DO NOT HEAT



POLYUNSATURATED  
=  
PROTECT FRAGILITY

- almond oil
- flaxseed oil
- pumpkin seed oil
- grapeseed oil
- hemp oil
- walnut oil
- fish & cod liver oil
- any omegas

DO NOT EAT



DAMAGED  
INFLAMMATORY  
RANCID  
TOXIC



- canola oil
- corn oil
- soybean oil
- rapeseed oil
- sunflower oil
- safflower oil
- vegetable oil
- hydrogenated oils

# BRAND GUIDE

beef & poultry	Thousand Acres   Belcampo   Steakhouse Organics   Mary's Poultry
fish	Dr. Praeger's   Fishpeople   Orca Bay   Henry and Lisa's   Natural Sea
canned fish & shellfish	Wild Planet   Crown Prince   Bela   Safe Catch   Patagonia Provisions
sausage & deli meat	Niman Ranch   True Story   Organic Prairie   Diestel   Applegate   Plainville
eggs	Farmers Hen House   Vital Farms   Blue Sky   Organic Valley   Full Circle
dairy	Organic Valley   Horizon   Kalona Supernatural   Maple Hill Organic
cheese, yogurt, & kefir	Rumiano   Good Culture   Nancy's   Stonyfield   Wallaby   Liberté   Lifeway
dairy alternatives	Dayia   Green Valley   SO Delicious   Kite Hill   Miyokos   Follow Your Heart
ice cream & desserts	Alden's Organic   Cado   Straus   Maxine's   Nadamoo   Three Twins
frozen meals & pizza	Amy's   Primal Kitchen   Deep Indian   Against All Grain   Caulipower
frozen produce	Cascadian Farm   Woodstock   Earthbound Farm   Alexia   Stahlbush
kraut & kimchi	Farmhouse Culture   Wildbrine   Eden Organic   Sonoma Brinery
olives & pickles	Mediterranean Organic   Jeff's Naturals   Divina   Woodstock   Bubbies
condiments & dressings	Primal Kitchen   Bragg   Annie's   Sir Kensington's   Fody   Mother Raw
fats & oils	Nutiva   Spectrum   4th & Heart   Epic   Cali Olive Ranch   Napa Valley Nat
sugar & honey	Wholesome   Nutiva   Lakanto   Madhava   Wedderspoon   NOW
flour	Bob's Red Mill   King Arthur   Pamela's   Jovial   Otto's   Arrowhead Mills
bread	Food for Life Ezekiel   Dave's   Rudis   Silver Hills   Alvarado St Bakery
gluten-free bread	Canyon Bakehouse   Paleo Thin   Little Northern Bakehouse   Schar   Udis
nut butters	Justin's   Artisana   Once Again   PB and Co   Earth Balance   Maranatha
jams & jellies	Bonne Maman   Santa Cruz   Crofters   St Dalfour   Eden   Stonewall

Asian foods	Lotus Foods   Koyo   Big Tree   Native Forest   San-J   Thai Kitchen
seaweed	SeaSnax   Gimme Organic   Annie Chun's   Emerald Cove
soup & broth	Amy's Organic   Pacific Foods   Kettle & Fire   Bonafide Provisions   EPIC
beans & chili	Eden Organic   Westbrae   La Preferida   Field Day Organic   Bearitos
tomatoes & sauces	Muir Glen   Bio Natura   Raos   Organico Bello   Pomi   Eden Organic
pasta	Jovial   Montebello   Explore Cuisine   Tinkyada   Ancient Harvest
oats, rice, & grains	Bob's Red Mill   Better Oats   Lundburg   Ancient Harvest   Simple Truth
granola	Purely Elizabeth   One Degree   GrandyOats   PaleoNola   Bear Naked
cereal	Nature's Path   Cascadian Farms   Forager   Food for Life   Love Grown
breakfast bars	Bobo's Bars   Simple Mills   Nature's Path   Made Good   Pamela's   KIND
protein bars	RXBars   Lärabar   Primal Kitchen   Perfect Bar   GoMacro   NuGo   Orgain
crackers	Mary's Gone Crackers   Simple Mills   Flackers   Milton's   Crunchmaster
chips	Terra   Siete   Boulder   Late July   Kettle Org   Garden of Eatin   Hippeas
jerky	EPIC   Nick's Sticks   Chomp   Kalahari   Vermont   The New Primal
candy & gum	Ocho   Yumearth   Cocomels   Wholesome   Surf Sweets   Spry   Glee
chocolate	Lily's   Theo   Chocolove   Endangered Species   Divine   Alter Eco   Hu   TCHO
beverages & soda	Rebbl   Harmless Harvest   Alō   Zevia   Virgil's   Maine Root   Blue Sky
kombucha	GTS   Health-ade   KeVita   Brew Dr   Rowdy Mermaid   Wild Tonic
juice	Lakewood   RW Knudson   Santa Cruz   Suja   Evolution   Uncle Matt's
iced tea	Yerba Mate   Steaz   Runa   Tatze   Pure Leaf   Honest T   Teatulia
tea	Teeccino   Yogi   Traditional Medicinals   Steep   Organic India   Rishi   Numi
coffee	Equal Exchange   Kicking Horse   Solar Roast   Cafe Altura   Four Sigmatic
water	Essentia   Proud Source   Alkaline Enhanced   Eternal   Mountain Valley

# SWEETENER GUIDE

*Sugar tolerance is very bioindividual. Some can handle moderate amounts of whole food sugars without issue, while others will feel better with less. If you have symptoms of blood sugar imbalance or dysbiosis, it is best to limit all sweeteners (even zero-calorie alternatives).*

LEVEL

1

WHOLE FOOD  
SUGARS

- raw honey
- real maple syrup
- molasses
- date syrup
- fruit puree

LEVEL

2

OKAY IN SMALL  
AMOUNTS

- coconut sugar
- stevia
- monkfruit
- xylitol
- erythritol

LEVEL

3

MINIMIZE WHEN  
POSSIBLE

- raw sugar
- agave syrup
- white sugar
- brown sugar

LEVEL

4

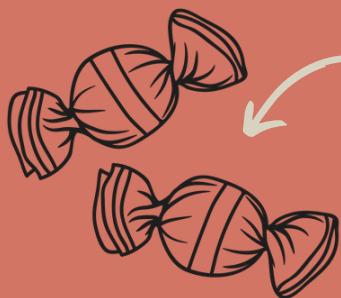
AVOID WHEN  
POSSIBLE

- corn syrup
- high-fructose corn syrup
- sucralose
- aspartame



# TYPES OF SUGAR

## OBVIOUS SUGAR



*obvious sugar is processed, sweet-tasting, and often listed on the label*

- candy
- ice cream
- cookies, cake, etc
- sweetened beverages
- syrups & jams
- baking sugar
- corn syrup

## SNEAKY SUGAR



*sneaky sugars are often hidden in food products marketed to be "healthy"*

- yogurt
- granola
- energy bars
- smoothies
- salad dressing
- nut butters
- kombucha

## PRE-SUGAR



*pre-sugars do not necessarily taste sweet, but convert to glucose in your body almost immediately*

- bread
- pasta
- cereal
- crackers
- puffs & pretzels
- anything with flour
- potato products

## FRUIT SUGAR



*fruit sugar metabolism is aided by the fiber, enzymes, and nutrients also contained in whole fruit*

- low sugar fruits
  - berries
  - melons
  - citrus
- high sugar fruits
  - tropical
  - grapes

# SAVING AT THE GROCERY

- **Shop the perimeter.** You will find the freshest whole foods around the outside of the store (produce, meats, dairy, etc).
- **Buy in bulk when possible.** You don't have to buy the gallon jug of ketchup, but be conscious of when you are paying for extra packaging. For example, applesauce in a jar is much cheaper per ounce than individual applesauce cups.
- **Compare & contrast.** Many stores will put the price per ounce in the corner of the price tag—this makes it easy to compare products that come in different sized packages.
- **Don't be afraid to buy the store brand.** You will pay extra for the name brand on the label, not necessarily for a better product.
- **Keep it simple.** Remember, convenience is costly and extra packaging = extra price.
- **Be attentive to marketing claims.** Products are covered with symbols, buzzwords, and health claims. Sometimes they are helpful, but they can often be misleading. For example, Oreos are "plant-based" and gummy worms are "fat-free", but it doesn't make either healthy.
- **Check ingredients.** If there are 6 or more—or if there are any you cannot pronounce—best to skip it.





# READ A FOOD LABEL



**serving size** indicates *typical*—not recommended—consumption amount

**calories** say nothing of the overall health of the product (focus on ingredients first)

**fat content** is not about quantity, but quality (minimize trans fat & processed seed oils)

dietary **cholesterol** has little impact on cholesterol levels in your body (so do not worry too much about this measure)

**sodium** is not bad (but essential), focus on overall food quality and your kidneys should balance your sodium levels

**total carbohydrate** equals fiber + sugar

**fiber** will balance the impact of other sugars, improve gut regularity, and nourish your microbiome

**added sugar** is one of the most important things to look at (and minimize)

extra **nutrient content** is great, but most micronutrients should come from whole foods that have no label

read the **ingredients list** first (if you do not recognize something, your body will not either)

- <6 ingredients is ideal
- listed by descending weight
- manufacturers will use 2+ forms of sugar so they appear lower on the list
- parenthesis can make certain ingredients seem to be more/less
- be cautious of vague ingredients like "natural flavors" or "spices"
- gluten is not listed as a top allergen

**INGREDIENTS:** Whole Grain Oats, Corn Syrup, Rapeseed Oil, Rice Puffs (Rice Flour, Salt), Dried Cranberries, Honey, Salt, Soy Lecithin, Maltodextrin, Natural Flavors  
**CONTAINS SOY; MAY CONTAIN TRACE AMOUNTS OF PEANUTS OR WHEAT**



# PANTRY UPGRADE CHALLENGE

DITCH	STOCK
corn, soybean, canola, & vegetable oil	extra-virgin olive, avocado, & coconut oil
margarine	butter or coconut oil
dressings & sauces with inflammatory oils	dressings with healthy oils, vinegars
chips, crackers, cookies with many ingredients or hydrogenated oils	snacks with healthy oils, nuts, & seeds
microwave popcorn	whole kernel or pre-popped popcorn
cereal & granola (esp with added sugar)	oats, whole food granola, coconut flakes
candy, chocolate, cookies, pudding, jello, baked goods, sugary granola bars	dried fruit, 70% dark chocolate, cacao nibs, trail mix, natural energy bars
refined pasta	whole grain/pasta from rice, quinoa, beans, lentils, veggies
refined bread & bagels	sourdough or sprouted bread, rice cakes
refined baking flour	whole grain, nut, coconut, root flours
refined baking sugar	honey, maple syrup, dates, coconut sugar
baking ingredients & mixes with artificial colors or flavors	baking ingredients & mixes with whole food ingredients
fake syrup, jelly with lots of added sugar	maple syrup, honey, date syrup
processed peanut butter	natural nut butter
artificial flavor mixes; anything with MSG	spices & herbs
canned soup & broth with many ingredients, MSG, artificial flavor	canned soup & bone broth with whole food ingredients
soda, juice, beverage mixes with lots of added sugar or artificial coloring	sparkling water, tea, coconut water, drinks with natural or minimal sugar
misc: anything with many ingredients, toxic oils, sugar, flavorings, colors, etc	misc: canned fish, olives, beef jerky, tahini, seaweed, superfood powders, etc



# PHYTONUTRIENT CHALLENGE

Eat 1-2 servings of each color group each day.

	EXAMPLE FOODS		S	M	T	W	T	F	S
RED	tomato   red onion   red lentils beet   strawberries   raspberries cranberries   goji berries   papaya cherries   rhubarb   red pepper pomegranate   watermelon								
YELLOW ORANGE	apricot   pumpkin   sweet potato carrot   mango   squash   orange grapefruit   lemon   cantaloupe peach   pineapple   tangerine yellow pepper   ginger   turmeric								
GREEN	salad greens   asparagus   kale cucumber   green pepper   broccoli peas   avocado   chard sprouts   green beans   zucchini   green tea   kiwi   fresh herbs								
BLUE PURPLE	red cabbage   purple kale   eggplant   blueberries   grapes   blackberries   acai berries   plum dates   red wine   raisins   cacao kidney & black beans   currants								
WHITE	onion   garlic   leeks   celery cauliflower   mushrooms   fennel banana   apple   pear   coconut black & white tea   cabbage parsnip   rutabaga   jicama								



# WHOLE FOOD CHALLENGE

Swap out processed foods for whole foods. Tally your swaps over the next 5 days.  
Notice how whole foods are simple, more natural, and have fewer ingredients.

PROCESSED, TOXIC, OR SNEAKY	WHOLE FOOD AS FOUND IN NATURE	SWAP = 1 point
flour tortilla	butter or coconut oil	
frozen potato products	quinoa salad	
salad dressing	fresh & natural nut butter	
spaghetti pasta	nuts & dates	
soda	rice cake or sourdough	
ranch dip	olive/avocado/coconut oil	
fruit yogurt	pink or sea salt	
coffee creamer	veggies or nuts	
flavored instant oats	red wine	
iceberg lettuce	dark chocolate or cacao nibs	
mayo	honey or maple syrup	
jelly	infused water	
juice	honey & banana	
white sugar	mashed avocado	
milk chocolate	spinach or greens	
cocktail	rolled oats	
crackers	cream & honey	
table salt	greek yogurt & fresh fruit	
vegetable/corn/canola oil	hummus	
toast or bagel	sparkling water or kombucha	
energy bar	spaghetti squash	
processed nut butter	olive oil & vinegar	
pasta salad	roasted or baked potato	
margarine	lettuce wrap	

TOTAL SCORE

# Listening Challenge



Record your thoughts and feelings before and after each meal.  
Indicate your level of fullness and whether you ate in a state of receiving.

## BREAKFAST

thoughts &  
feelings

level of fullness


before      after

state of receiving

## LUNCH

thoughts &  
feelings

level of fullness


before      after

state of receiving

## DINNER

thoughts &  
feelings

level of fullness


before      after

state of receiving



# Meal Challenge

Record what you eat and check what components that meal satisfies.  
Some foods will satisfy more than 1 component.

## BREAKFAST

what I ate

## LUNCH

what I ate

## DINNER

what I ate

- 50% vegetables
- palm size protein
- healthy fat
- whole food carbs

- 50% vegetables
- palm size protein
- healthy fat
- whole food carbs

- 50% vegetables
- palm size protein
- healthy fat
- whole food carbs



# State of Receiving Challenge

Give yourself 1 point for each intentional eating tip you practice.  
Total your score for each meal.

## BREAKFAST

<input type="checkbox"/> choose nourishing foods	<input type="checkbox"/> portion out food	<input type="checkbox"/> sit at table	<input type="checkbox"/> gratitude before eating	<input type="checkbox"/> no distractions	<input type="checkbox"/> relaxed & not rushed	<input type="checkbox"/> chew each bite 20x	<input type="checkbox"/> respect level of fullness	<input type="checkbox"/> STATE OF RECEIVING SCORE
<input type="checkbox"/> choose nourishing foods	<input type="checkbox"/> portion out food	<input type="checkbox"/> sit at table	<input type="checkbox"/> gratitude before eating	<input type="checkbox"/> no distractions	<input type="checkbox"/> relaxed & not rushed	<input type="checkbox"/> chew each bite 20x	<input type="checkbox"/> respect level of fullness	<input type="checkbox"/> STATE OF RECEIVING SCORE
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## LUNCH

<input type="checkbox"/> choose nourishing foods	<input type="checkbox"/> portion out food	<input type="checkbox"/> sit at table	<input type="checkbox"/> gratitude before eating	<input type="checkbox"/> no distractions	<input type="checkbox"/> relaxed & not rushed	<input type="checkbox"/> chew each bite 20x	<input type="checkbox"/> respect level of fullness	<input type="checkbox"/> STATE OF RECEIVING SCORE
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## DINNER

<input type="checkbox"/> choose nourishing foods	<input type="checkbox"/> portion out food	<input type="checkbox"/> sit at table	<input type="checkbox"/> gratitude before eating	<input type="checkbox"/> no distractions	<input type="checkbox"/> relaxed & not rushed	<input type="checkbox"/> chew each bite 20x	<input type="checkbox"/> respect level of fullness	<input type="checkbox"/> STATE OF RECEIVING SCORE
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notes:

notes:

notes:



# SPICE FLAVOR GUIDE

allspice	beef   chicken   curry   fruit   ginger   onion   pumpkin   winter squash
basil	cheese   chicken   eggs   fish   garlic   lemon   olive oil   tomato   zucchini
bay leaf	beans   broth   fish   meat   parsley   rice   soup   stew   thyme   tomato
cardamom	chicken   cinnamon   coffee   dates   ginger   lamb   orange   rice   tea
chili powder	beans   cilantro   coconut   cumin   curry   garlic   ginger   lime   tomato
chives	cheese   eggs   parsley   potato   soup   sour cream   tarragon   vegetables
cilantro	avocado   citrus   chile pepper   coconut   cumin   ginger   rice   salad   salsa
cinnamon	apple   banana   chocolate   ginger   honey   nuts   warm drinks   vanilla
cloves	apple   chocolate   cinnamon   ginger   ham   lemon   nutmeg   orange   pork
coriander	chicken   citrus   cumin   curry   fish   garlic   lentils   black pepper   pork
cumin	beans   chickpeas   coriander   curry   lentils   potato   sausage   tomato
dill	beet   cabbage   carrot   cucumber   eggs   fish   potato   tomato   yogurt
fenugreek	cardamom   chicken   curry   garlic   lamb   potato   rice   vegetables
garlic	cheese   lemon   meat   mushrooms   olive oil   onion   salt   tomato   vinegar
ginger	cream   curry   fish   honey   lime   scallions   soy sauce   turmeric   vinegar
marjoram	cheese   eggs   fish   meat   mushrooms   oregano   green salad   vegetables
mint	beans   chocolate   cream   cucumbers   fruit   lamb   salad   tea   yogurt
mustard	meat   cabbage   cumin   cheese   fish   fruit   honey   potato   vegetables
nutmeg	apple   cheese   cloves   cream   fruit   ginger   meat   mace   rice   spinach
onion	butter   cheese   herbs   meat   nutmeg   soup   thyme   vinegar   vegetables
oregano	beans   bell peppers   fish   lemon   meat   salad   soup   tomato   zucchini
paprika	beans   beef   chicken   chickpeas   eggs   fish   garlic   pork   potato
parsley	carrot   meat   clams   eggs   garlic   lemon   mint   soup   tomato   vegetables
black pepper	beef & steak   citrus   eggs   red meat   strawberries   turmeric   warm spices
rosemary	beans   fish   garlic   lamb   meat   poultry   olive oil   onion   potato   tomato
sage	beans   cheese   chicken   onions   pork   root vegetables   stew   walnuts
tarragon	chicken   eggs   fish   citrus   melon   parsley   shellfish   tomato   vinegar
thyme	goat cheese   fish   meat   mushrooms   onion   potato   rosemary   soup
turmeric	black pepper   chicken   cumin   curry   fish   garlic   ginger   mustard   rice



# BATCH PREPPING BASICS

## VEGETABLES

- **roasted veggies**

combination of carrots, potatoes, beets, squash, broccoli, cauliflower, asparagus, sweet potatoes, zucchini, cabbage, onions, etc cubed; drizzle with coconut or olive oil; sprinkle with salt, pepper, or herbs; roast on sheet pan at 400°F until soft and golden



- **dice/cube veggies** for quick omelettes or skillets throughout week, store in resealable bag(s)
- **cut veggies to eat raw** with hummus or guacamole, store in container with water to keep crisp

## WHOLE FOOD CARBS

- **whole grains** - soak/cook several servings of rice, quinoa, or whole grain
- **beans/lentils** - soak/cook beans or lentils (or use canned)
- **potatoes or sweet potatoes** - bake whole (just poke a few holes in the skin with a fork) or cube and roast on a sheet pan



## PROTEIN

- roast whole **chicken** or several pieces of chicken (inside to 165°F)
- **brown ground beef/chicken/turkey** with chopped celery and onions, salt & pepper (brown in kettle with lid to keep it from drying out, you can drain at the end if preferred)
- make **meat patties** with ground beef/chicken/turkey and herb/spices, and salt/pepper (freeze and pop out to cook individually)
- prep **chicken or egg salad**
- make **meatloaf or meatballs** - mix ground meat with egg (or ground flax), oatmeal or grated veggies, herbs/spices, salt/pepper and bake (this is a great way to stretch your meat and your grocery budget)



## MISCELLANEOUS

- **guacamole**
- **hummus**
- **overnight oats**
- **chia pudding**
- **energy balls**
- **chocolate avocado pudding**
- **cold salad**
- **homemade broth or sauerkraut**



# MEAL BUILDING IDEAS

Every weekend, prep one or two items from each of the following categories. Then throughout the week, you can build meals with these components and a few additional ingredients. This means less work without boring leftovers!

CUSTOMIZE	VEGGIE	PROTEIN	CARB	ADD
SOUP	X	X	X	celery + onion + herbs + broth
SALAD	X	X	X	greens + seeds + vinaigrette
WRAP	X	X		tortilla + greens + olives + sauce
BOWL	X	X	X	fresh veggies + avocado + vinaigrette
BURRITO BOWL		X	X	beans + taco spice + salsa
SKILLET	X	X	X	oil + fresh herbs
BREAKFAST SKILLET	X		X	eggs + avocado + salsa
CURRY	X	X		oil + curry spices + rice
TACOS		X		taco shell + spices + greens + salsa
CASSEROLE		X	X	broth + fresh herbs + spices
OMELETTE	X			eggs + cheese
SANDWICH	X	X		bread + greens + sauce



# SIMPLE BREAKFAST IDEAS



## EGGS & VEGGIES

one of the best ways to have veggies, protein, and healthy fat for your first meal of the day

## LOADED OATS

soaking oats overnight makes them easier to digest (enjoy hot or cold)  
get your protein and fat by loading with toppings

*note: try ground flaxseed, cinnamon, walnuts, raisins, and sea salt*

## FRUIT & NUTS

fruit (fresh, frozen, or dried) + nuts or nut butter  
*frozen bananas are tasty with almond butter & granola*

## MEAT PATTY

*(prepped and stored in freezer)*  
compliment with fruit, veggies, or breakfast potatoes

## LOADED TOAST

(or rice cakes)

- fried egg
- avocado, salt, pepper, + chia seeds
- nut butter + banana
- nut butter + honey + cinnamon

## PARFAIT

base: plain yogurt/kefir OR unsweetened applesauce OR chia pudding (chia seeds + milk + honey/maple syrup, let sit overnight)  
*note: try fruit (fresh, frozen, dried) + granola, nuts, seeds, raw coconut*

## SMOOTHIE BOWL

pour your smoothie into a bowl and top with fruit, granola, cereal, nuts, seeds, coconut, nut butter, honey, etc  
*note: chewing helps your body recognize that you are eating food*

## LEFTOVERS

a very under-rated breakfast food  
*note: it is okay to break the "breakfast food boundaries"*

## ON THE GO

- prepped energy balls
- granola bars (*just be cautious of added sugar*)
- smoothie/protein shake
- fruit



# HOW TO BUILD A NOURISH BOWL

## 1 VEGETABLES

- greens or kale
- shredded cabbage
- shredded carrots
- sauerkraut/kimchi
- roasted veggies
- artichoke
- beets
- squash
- peppers
- mushrooms
- radish
- cucumber

*maximize nutrients  
with veggies*

25-30g  
(palm size)



## 5 SAUCE

- olive oil + apple cider vinegar + honey + mustard
- herbs + mayo + salt + pepper
- tahini + lemon juice + cumin
- plain yogurt + lemon juice + garlic
- your favorite homemade dressing
- clean store-bought dressing

*put all  
ingredients  
in a jar &  
shake well*

## 2 PROTEIN

- chicken or turkey
- beef, lamb, or pork
- fish or seafood (fresh or canned)
- quality dairy (if tolerated)
- hard-boiled egg
- tofu & edamame

## 3 HEALTHY FAT

- avocado
- quality dairy (if tolerated)
- olives
- nuts & seeds
- olive & avocado oil

## 4 WHOLE FOOD CARBS

- sweet potato
- quinoa
- rice
- millet
- amaranth
- beans
- chickpeas
- lentils
- fruit

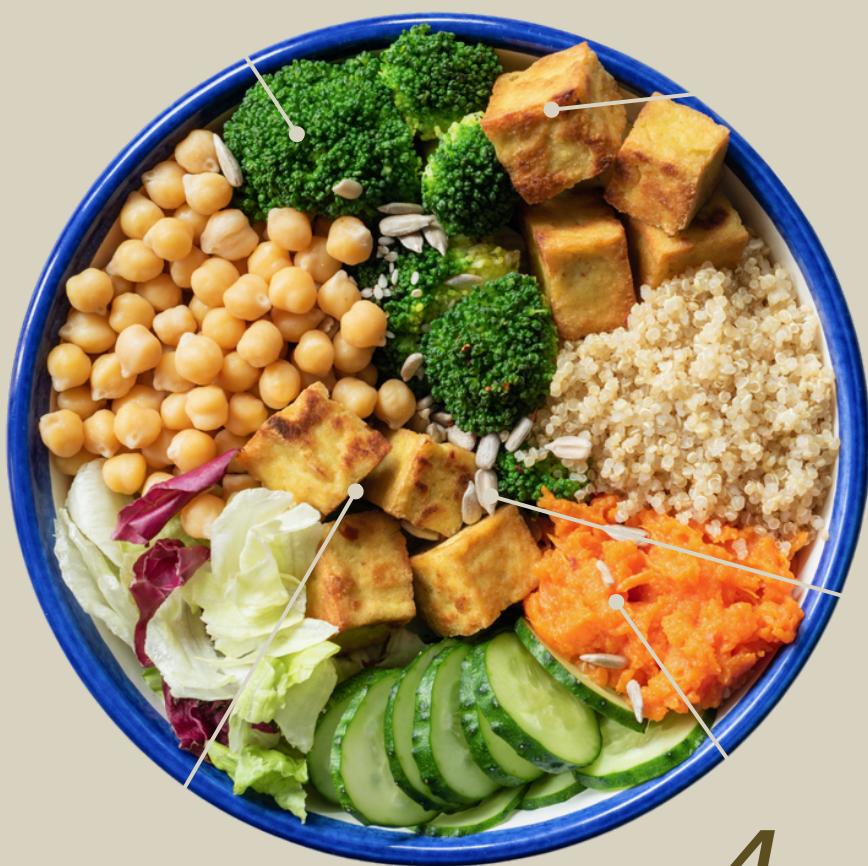


# HOW TO BUILD A VEGAN BOWL

## 1 VEGETABLES

- greens or kale
- shredded cabbage
- shredded carrots
- sauerkraut/kimchi
- roasted veggies
- artichoke
- beets
- squash
- peppers
- mushrooms
- radish
- cucumber

- tomato *maximize nutrients with veggies*
- peas
- broccoli
- green/red onion
- sprouts
- fresh herbs



## 5 SAUCE

- olive oil + apple cider vinegar + mustard
- herbs + vegan mayo + salt + pepper
- tahini + lemon juice + cumin
- your favorite homemade dressing
- clean store-bought dressing

*put all ingredients in a jar & shake well*

## 4 WHOLE FOOD CARBS

- sweet potato
- whole grains
- beans & legumes
- apples & pears
- citrus
- dried fruit

## 2 PROTEIN

- tofu
- edamame
- quinoa
- rice
- millet
- amaranth
- beans
- chickpeas
- lentils

*variety is key for getting all amino acids*

## 3 HEALTHY FAT

- avocado
- vegan cheese
- olives
- nuts & seeds
- olive & avocado oil



# HOW TO BUILD A PALEO NOURISH BOWL

## 1 VEGETABLES

- greens or kale
- shredded cabbage
- shredded carrots
- sauerkraut or kimchi
- roasted veggies
- artichoke
- beets
- squash
- peppers
- mushrooms
- radish
- cucumber
- tomato
- cauliflower
- broccoli
- green or red onion
- sprouts
- fresh herbs

*maximize nutrients  
with veggies*

*25-30g  
(palm size)*



## 5 SAUCE

- olive oil + apple cider vinegar + honey + mustard
- herbs + mayo + salt + pepper
- tahini + lemon juice + cumin
- coconut cream + lemon juice + garlic
- your favorite homemade dressing
- clean store-bought dressing

*put all  
ingredients  
in a jar &  
shake well*

## 3 HEALTHY FAT

- avocado
- olives
- olive & avocado oil
- nuts & seeds
- coconut oil
- lard, tallow, or duck fat

## 4 WHOLE FOOD CARBS

- sweet potato
- potato
- squash
- taro
- cassava
- plantain
- apples & pears
- citrus
- dried fruit



# HOW TO MAKE SAUERKRAUT

YOU NEED: *cabbage, kosher/pickling/sea salt (not iodized)*

1. Cut cabbage head in half, removing the core.
2. Slice into thin, 1/8-inch shreds (by hand or with a mandolin slicer).  
Put cabbage shreds into a large bowl.
3. Add ~2 tsp salt for every pound of cabbage.
4. Mix and mash the cabbage for a few minutes until it begins to juice.
5. Fill very clean jars (or a crock) 2/3 full with the juiced cabbage.  
Pack down until all cabbage is submerged in juice.

*OPTIONAL: Set a smaller jar or weight on top of the cabbage to keep it submerged.*

*if you need more liquid, add 2 tsp salt in 1/2 cup water*

6. Cover with cloth or lightly-tightened lid.  
Store in a dark place at room temperature

*if you see mold growing around the top, the cabbage was not completely submerged (you can skim off green/gray mold, but if it is pink/black, smelly, or slimy, discard the kraut)*

7. Let the kraut ferment for a few days to a few weeks until you like the taste (it gets tangier the longer it ferments).
8. Store in refrigerator for a few months (where it will continue to ferment, but more slowly).

*enjoy the probiotic kraut on salads, bowls, or in cooked dishes*





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# HOW TO MAKE BEET KVASS

## WHAT IS IT?

Beet kvass is a fermented beet drink traditionally made in Eastern European cultures.

It has an earthy, salty, tangy flavor and is full of beneficial probiotics (much like kombucha and sauerkraut). It is simple to make with just a few starting ingredients!

**YOU NEED:** *whole beets, pink/sea salt (not iodized),  
filtered water*

1. Cut tops and tails off beets (no need to peel).
2. Cut into 1/2 inch cubes.
3. Fill (very) clean jars with beets.
4. Mix 1 heaping Tbsp unrefined salt with 3 cups filtered (or boiled and cooled) water.

*chemicals or microbes in tap water can influence fermentation*

**OPTIONAL:** Add a little brine from raw sauerkraut/pickles or whey from raw yogurt to quick-start the fermentation process.

5. Fill jar with salt water so all beets are submerged.
6. Cover with lid, set jar in bowl (to collect leaking juices), and store at room temperature.
7. Check every few days to release air, skim off any harmless mold or foam that forms.
8. After 2 weeks (or until you like the taste), strain out beets.
9. Store in refrigerator for up to a month.

*some people also add pickling spices, ginger, garlic, onion, or lemon to change up the flavor*

*enjoy a  
tablespoon or 2  
every day*





# HOW TO MAKE BONE BROTH

YOU NEED: *beef, chicken, or turkey bones*

## ROASTING BONES

1. Heat oven to 400°F.
2. Arrange bones on baking sheet or in cast iron pan, drizzle with extra virgin olive oil.
3. Roast for 30 minutes or until slightly brown.

*this step is optional, but greatly improves the flavor*

*ideal if sourced from organic or pasture-raised animals*

## SIMMERING BROTH

1. Transfer bones to a heavy stock pot, kettle, or slow/pressure cooker.
2. Fill with water until bones are covered.
3. Add a splash of apple cider vinegar or wine.
4. Drop in bay leaves and peppercorns.
5. Bring to a boil over medium-high heat, then immediately reduce to low (or turn on soup mode).
6. Simmer on low at least 8 hours and up to 16 hours.
7. Skim off any foam that appears on the surface.
8. Season with sea salt to taste.
9. Serve immediately or store in jars, refrigerated up to 1 week and frozen up to 6 months.

*the acidity helps release nutrients from the bones*

*you can also strain the floating bits to improve clarity, but they actually contain many nutrients*

*if you plan to freeze, leave 2 in space at the top of the jar to accomodate expanding*

What about the fat layer that forms at the top?

*This can actually serve to seal the broth and extend how long it stays fresh in the fridge. You can toss when ready to eat if you prefer.*





# HOW TO BUILD A JAR SALAD



## FLAVOR COMBOS

- balsamic vinaigrette + chicken + goat cheese + beets + walnuts
- soy sauce/oil/rice vinegar + salmon + cucumber + kimchi + almonds
- honey mustard dressing + sardines + olives + sprouts + sweet potato
- poppyseed dressing + quinoa + swiss + pear + craisins + cashews
- vinaigrette + black beans + tomato + cilantro + avocado + pepitas

## 5 CRUNCH

- pepitas
- sunflower seeds
- walnuts
- slivered almonds
- cashews

*make as colorful as possible*

## 4 NUTRIENT BOOST

- shredded cabbage
- shredded carrots
- sauerkraut/kimchi
- sprouts
- beets
- radish
- avocado
- sweet potato
- red onion
- herbs
- peas
- tomato
- cucumber
- broccoli
- berries
- apple/pear
- citrus
- dried fruit

## 3 GREENS

- mixed greens
- spinach/arugula
- kale
- dandelion/mustard/collard greens
- romaine/leaf lettuce

## 2 PROTEIN

- chicken/turkey
- beef/lamb/pork
- fish/seafood (fresh or canned)
- quality dairy (if tolerated)
- hard-boiled egg
- quinoa/beans/lentils

## 1 SALAD DRESSING

- olive oil + balsamic vinegar
- olive oil + apple cider vinegar + honey + mustard
- your favorite homemade dressing
- clean store-bought dressing

*combine, shake, & store in jar*



# HOW TO BUILD A SMOOTHIE



## FLAVOR COMBOS

- pumpkin + yogurt + dates + cinnamon + ginger + vanilla
- beet + berries + ginger
- spinach + cucumber + apple + avocado + milk
- pineapple + coconut milk
- banana + cinnamon + nut butter + maca powder
- kiwi + mango + zucchini
- carrots + vanilla + dates + cinnamon + nut butter
- blueberries + lemon + honey

*maximize  
nutrients  
with  
veggies*

## 1 VEGETABLES

- beets
- carrots
- pumpkin
- cauliflower
- zucchini
- cucumber
- celery
- sweet potato
- spinach or kale
- greens powder

## 2 FRUIT

- berries
- apple
- pear
- peach
- cherries
- mango
- citrus
- kiwi
- pomegranate
- pineapple
- mango
- banana

## 3 PROTEIN

- protein powder (plant, whey, collagen)
- greek yogurt or kefir

## 4 HEALTHY FAT

- coconut cream or oil
- avocado
- full-fat dairy
- nuts, seeds, or nut butter

*makes it  
creamy*

## 5 SUPERCHARGE

- cinnamon
- ginger
- dates
- honey
- maple syrup
- chia, hemp, or flax seeds
- spirulina or chlorella
- maca powder
- cacao powder

## 6 LIQUID

- milk (dairy or non-dairy)
- aloe vera juice
- coconut water
- kombucha
- tea
- water/ice

*fill up as  
needed*



# HOW TO BUILD A FRITTATA



## FLAVOR COMBOS

- spinach + artichoke hearts + feta
- broccoli + chives + cheddar
- arugula + mushroom + goat
- tomato + basil + mozzarella
- asparagus + olives + feta
- fresh herbs + onion + parmesan
- dill + salmon + capers + goat
- pepper + onion + tomato + taco seasoning + cheddar
- potato + parsley + onion + goat
- red pepper + sausage + avocado
- bacon + spinach + tomato + feta
- asparagus + ham + swiss
- zucchini + mozzarella
- sweet potato + chive + goat
- kale + tomato + sausage
- mushroom + carrot + goat
- potato + bacon + arugula + feta
- kale + olives + ham + cheddar

## 1 VEGETABLES

3 cups, chopped & sautéed

- spinach
- kale
- arugula
- herbs
- asparagus
- onion
- bell pepper
- artichoke
- mushroom
- tomato
- carrot
- zucchini
- broccoli
- potato
- sweet potato

## 2 EGGS

1 dozen, whisked

## 3 DAIRY

3-4 Tbsp

maximize  
nutrients with  
veggies

- whole milk
- heavy cream
- half & half
- crème fraîche
- sour cream
- yogurt
- unsweetened
- non-dairy milk

## 4 SALT

1/2 tsp

## 5 HEALTHY FAT

1 cup

mix in or melt  
cheese on  
top

- goat cheese
- feta
- cheddar
- parmesan
- swiss
- mozzarella
- olives
- avocado
- bacon, ham, sausage
- salmon

## INSTRUCTIONS

1. Preheat oven to 425°F.
2. Sauté chopped veggies with olive oil in cast-iron or non-stick pan until tender.
3. Whisk eggs. Add dairy, salt, and fats.
4. Pour over veggies. Cook 30-60 seconds on stovetop.
5. Transfer into hot oven, bake 20-25 min until just set (do not over-bake).

Alternative: Bake at 350°F in muffin tins ~15 min.



# HOW TO MAKE BUILD A LUNCHBOX



## COMBO IDEAS

- PIZZA: crackers/tortilla + cheese + olives + pepperoni + tomato sauce
- SUSHI: veggies + meat + cheese OR nut butter + banana wrapped in tortilla, sliced
- DIPPERS: savory hummus + guacamole + veggies OR chocolate hummus + fruit + pretzels
- PARFAIT: yogurt/applesauce + berries + granola
- BACON & EGGS: hard-boiled eggs + bacon/sausage slices + veggies

## 1 VEGGIES

- carrots
- cucumbers
- radishes
- pickles
- snap peas
- sweet potato
- grape tomatoes
- lettuce (a fun wrap)
- avocado/guacamole
- peppers
- broccoli
- cauliflower
- jicama

*try cutting veggies in unusual ways for fun variety*

## 2 PROTIEN

- deli meat
- sausage slices
- chicken chunks
- burger
- hummus
- chicken/tuna salad
- hard-boiled eggs
- cheese
- yogurt
- nuts/nut butter

## 3 HEALTHY FAT

- olives
- avocado/guac
- nuts/nut butter
- grass-fed butter

## 4 WHOLE FOOD CARBS

- veggie/corn chips
- granola
- oatmeal
- whole grain bread
- crackers/pretzels
- tortilla/flatbread

## 5 SWEET TREAT

- fresh fruit
- dried fruit
- applesauce
- dry cereal
- trail mix
- date/granola bar
- honey & nut butter
- chocolate milk
- juice
- cookie

*a sweet treat can be enjoyed, as long as the rest of your lunch is full of colorful and nutritious foods*



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# LUNCHBOX CHALLENGE

Give yourself a point for each meal component you eat!

	M	T	W	T	F
VEGGIES					
PROTEIN					
HEALTHY FAT					
WHOLE FOOD CARBS					
SWEET TREAT					
TOTAL SCORE					



# HOW TO SOAK & SPROUT

*make dormant, hard-to-digest grains, seeds, lentils, beans, and nuts more digestible and nutrient-dense*

## SOAK

1. Fill glass jar 1/3 with grains/seeds/nuts/dried legumes.
2. Add twice as much filtered water (grains/dried legumes will expand as they absorb water).
3. Add a pinch of baking soda or apple cider vinegar.
4. Let sit at room temp for ~2-12 hours (see soaking & sprouting time chart).
5. Drain and rinse with clean water.
6. Enjoy raw roast nuts and seeds, further cook grains and legumes, or continue to sprouting.

## SPROUT

1. After soaking for the appropriate time, completely rinse grains/seeds/nuts/dried legumes.
2. Cover jar opening with a piece of cheesecloth or sprouting lid (should allow air flow).
3. Turn jar at an angle to allow slow water drainage (balance in bowl).
4. Let sit at room temp, exposed to sunlight.
5. Rinse with clean water every 2 hours (or at least twice daily) until germinated.
6. Enjoy on salads and bowls, in sandwiches and wraps, or in sautéed dishes.

*the process "awakens" the living seed, breaks down anti-nutrients, and activates beneficial enzymes*



*sprouts can become contaminated with pathogens like e.coli, so be sure to rinse regularly*





# SOAKING & SPROUTING TIMES

GRAINS	oats	6	2-3 (groats)
	rice	9	3-5
	wheat	7	3-4
	quinoa	3	2-3
	barley	6-8	2-3
	millet	7	2-3
BEANS & LENTILS	chickpeas	8-12	1-3
	most beans	8-12	3-4
	most lentils	7	1-2
	mung beans	24	3-5
SEEDS	pumpkin	6	1-2
	flax	6	-
	chia	2-4	-
	hemp	-	-
	sesame	6	1-2
	sunflower	2-4	2-3 if raw
NUTS	alfalfa	8	2-5
	brazil	3	-
	almonds	12-16	1-3 if raw
	cashews	2-3	-
	walnuts	4	-
	pecans	6	-
	macadamia	2	-
	pistachios	8	-
	peanuts	12	-



# PLANT-BASED PROTEIN SOURCES

## LEGUMES & BEANS

- peanuts
- peas
- soy\* (tofu, edamame, miso, tempeh)
- kidney beans
- pinto beans
- black beans
- navy beans
- butter beans
- garbanzo beans
- mung beans
- lentils

*improve nutrient content and digestibility of plant-based proteins by soaking and sprouting*

## WAYS TO INCORPORATE

- granola
- curry
- soup
- cold salad
- oatmeal & museli
- component of nourish bowl
- hummus
- nut & seed butters
- fermented soy products

## GRAINS

- buckwheat
- quinoa
- millet
- amaranth
- sorghum
- rice
- corn\*
- oats
- wheat
- barley
- rye
- wild rice

## SEEDS & NUTS

- hempseed
- chia seed
- flaxseed
- sesame seeds
- pumpkin seeds
- sunflower seeds
- almonds
- cashews
- brazil nuts
- macadamia nuts
- hazelnuts
- walnuts
- pecans
- pine nuts



*variety is key for getting all the essential amino acids from plant proteins*

*\*find organic & non-GMO if possible*



# COLLAGEN

## WHAT & WHY

Collagen is the most abundant type of protein in your body, forming your bones, joints, cartilage, gut lining, skin, hair, and nails. When you consume collagen-rich foods, the amino acid building blocks are used to build and maintain structural tissues. When you have an abundance of collagen building blocks, your body can dedicate them to promoting glowing hair, skin, and nails (these standards of beauty are in fact indicators of nutrient status). As you age, your body produces less collagen, making it an important nutrient to include in your diet (this is why collagen is often marketed as a beauty product).



*collagen is not a "complete protein" because it does not contain the essential amino acid tryptophan*

## HOW TO CONSUME

Traditionally, people obtain collagen by consuming the skin, cartilage, marrow, or bone broth from animals. These are rich (and generally inexpensive) sources of whole food collagen that you can incorporate into your diet (that also contain many minerals). Hydrolyzed collagen peptides have recently entered the health food market as an easy way to boost your collagen intake. These products are usually sourced from eggshells or the bones/skin of beef, chicken, or fish, so quality should be considered. Collagen powder has a versatile taste and texture for incorporating into your favorite foods and beverages.

*there is no such thing as plant-based or vegan collagen because it is a protein only found in animals*

## ADD TO

- coffee
- tea
- smoothies
- soup
- protein balls
- oatmeal
- baked goods

## WHY ARE THERE 5 TYPES?

There are 5 types of collagen proteins: I, II, III, X, V. Some collagen products advertise containing all 5, others contain only I and III because they are the most abundant and useful in the body.

*collagen powder dissolves well in hot or cold liquids*



# TYPES OF PROTEIN POWDER

## WHEY

*source: dairy milk*

- + inexpensive
- + good for building muscle
- + popular taste & texture
- can be very processed
- can be allergenic
- can be difficult to digest for some



## SOY

*source: soybeans  
(can be GM)*

- + inexpensive
- can be very processed
- can be allergenic
- can be hormone-disrupting



## PEA

*source: pea*

- + inexpensive
- can be very processed
- can be allergenic



## EGG

*source: egg whites*

- + good animal-sourced alternative if sensitive to dairy
- can be allergenic



## HEMP

*source: hemp plant (not marijuana)*

- + not as allergenic as other plant-based options
- + source of nutrients & fiber
- earthy taste



## COLLAGEN

*source: bones, hide, joints of beef, fish, chicken*

- + good for building gut, hair, skin, bone, joint tissue
- + popular taste and texture
- + easy to add to coffee/tea
- can cause histamine reaction
- expensive

## RICE

*source: brown rice*

- + inexpensive
- + source of fiber
- grains can be difficult to digest for some



ANIMAL  
SOURCE



PROCESSING/DIGESTIBILITY: concentrate < isolate < hydrolysate



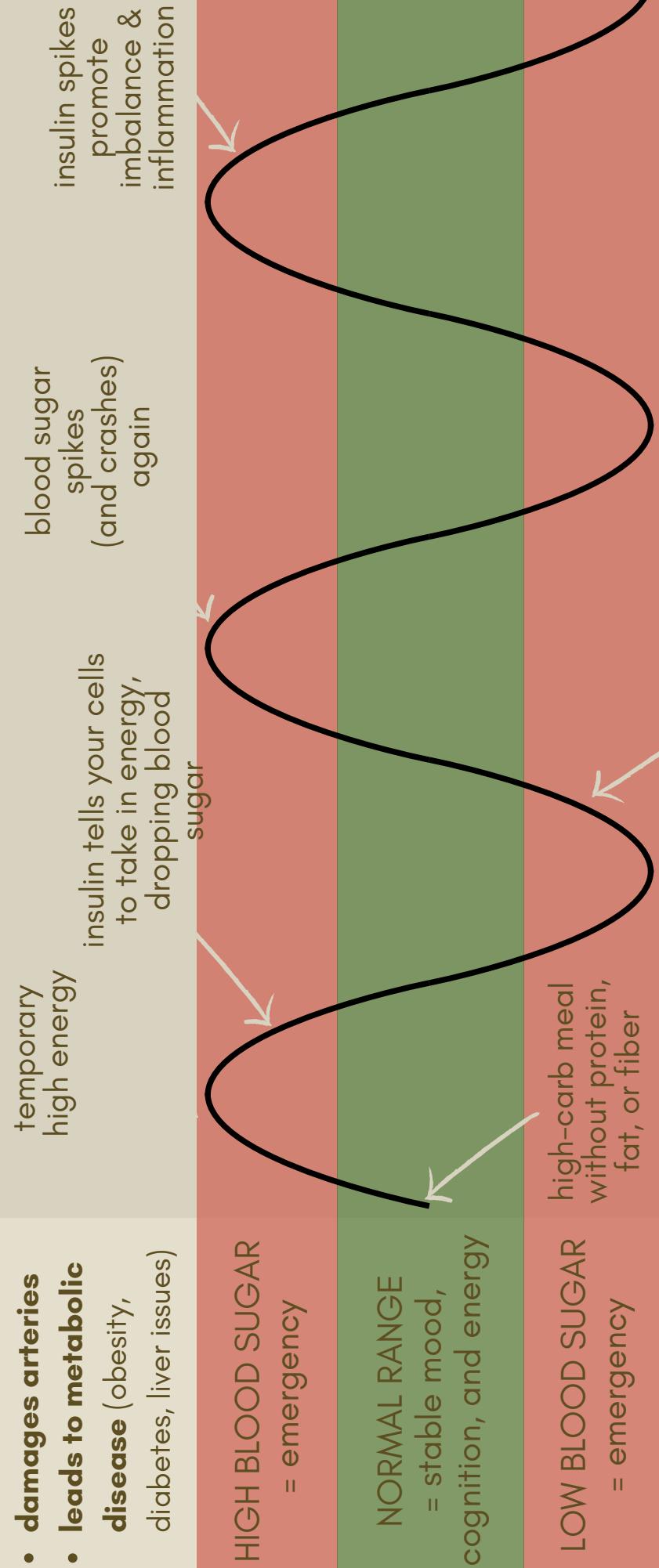
INCOMPLETE



COMPLETE

- **release of insulin**  
(fat storage hormone)
- **weight gain**

# Blood Sugar Imbalance



- **release of cortisol**  
(stress hormone)
- **brain fog**
- **hungry & crabby**
- **low energy & fatigue**
- **cravings** (especially sugar & caffeine)
- **stresses adrenals**
- **promotes binging**

eat sugar for a "pick me up"

now all the energy is stored, leaving you tired and hungry

more cravings and brain fog

blood sugar balance is *essential* for healthy *rhythm*

- **release of insulin**

(fat storage hormone)

- **weight gain**

- **inflammation**

- **damages arteries**

- **leads to metabolic disease** (obesity, diabetes, liver issues)

# Healthy Blood Sugar Balance

## **disease** (obesity, diabetes, liver issues)

eating will raise blood sugar & insulin slightly, but not dangerously

**HIGH BLOOD SUGAR**  
= emergency

eating will raise blood sugar & insulin slightly, but not dangerously

your body navigates slight ups and downs seamlessly

balanced blood sugar is key for healthy and sustainable weight loss

**NORMAL RANGE**  
= stable mood, cognition, and energy

**LOW BLOOD SUGAR**  
= emergency

- **release of cortisol** (stress hormone)

- **brain fog**

- **hungry & crabby**

- **low energy & fatigue**

- **cravings** (especially sugar & caffeine)

- **stresses adrenals**

- **promotes binging**

*blood sugar balance is essential for healthy rhythm*



# CONSTIPATION

Digestive regularity is a critical part of your body's detoxification process. If you are not going daily, then your waste will sit there and be partially resorbed (rather than excreted). Constipation and loose stools can be thought of like 2 sides to the same coin: both indicate an imbalance in the gut. To support healthy digestion and detoxification, let's get things moving!

## FOODS FOR REGULARITY

### osmotic/water pulling

**MAGNESIUM**

- leafy greens
- chlorella
- spirulina
- mg. oxide supplement

### VIT C

- kiwi
- citrus fruit
- broccoli
- leafy greens

### SORBITOL

- prunes
- dates
- apples
- peaches
- apricots

### stimulant

#### FATS

- oily fish
- avocado
- coconut oil
- olive oil
- nuts & seeds

#### HERBS

- aloe vera
- triphala
- senna
- smooth move tea

### bulking

#### FIBER

- chia seeds
- flaxseeds
- berries
- apples
- figs

### microbial

**PROBIOTICS**

- sauerkraut
- kimchi
- kombucha
- yogurt
- kefir

*beyond food, here are some tips for getting things moving:*

- drink enough water
- walk & move your body
- carve out time (digestion is only active when you are calm & relaxed)
- stimulate by massaging stomach & lower back
- pull your knees to your chest to be in optimal position
- support upper digestion (eat slowly, chew completely, use bitters, etc)
- support pelvic floor strength
- use castor oil packs





# BRISTOL STOOL CHART



1 separate, hard lumps



2 sausage-shaped &  
lumpy



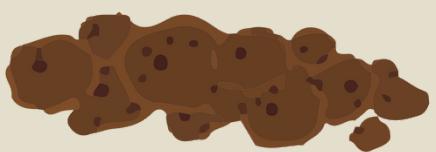
3 sausage-shaped with  
cracks on surface



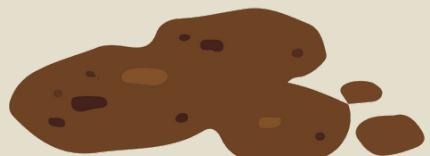
4 sausage-shaped,  
smooth & soft



5 soft blobs with sharp  
edges



6 mushy & fluffy with  
ragged edges



7 watery liquid



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# STOOL JOURNAL

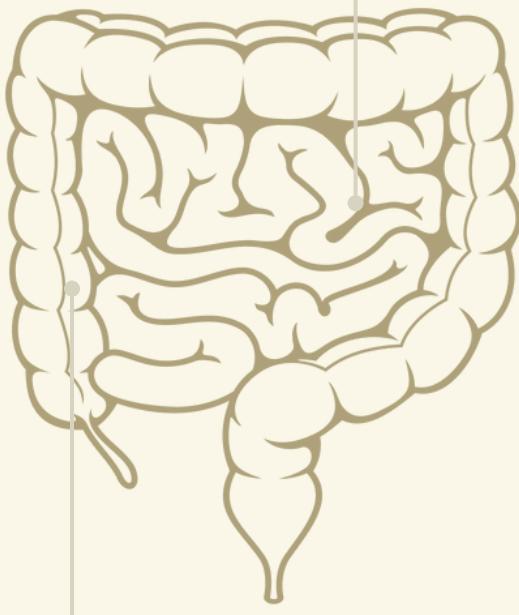
Record your bowel movements. You may have more than 1 in a day.  
Consult the Bristol Stool Chart to indicate the type.



# THE GUT MICROBIOME

*the ecosystem of microbes in your gut*

*microbial overgrowth in the small intestine (SIBO) can cause bloating & other IBS symptoms*



*most colonize in the large intestine, where they influence your digestion, immune system, & brain*

## HOW TO NURTURE

**SEED** happens in infancy, probiotics you consume as an adult do not colonize

**FEED** with prebiotics from 30 different fruits & vegetables each week

**WEED** unwanted species by limiting sugar & junk food

*think of it like a garden: you want a balance of beneficial species (and no weeds)*

## ROLES OF GUT MICROBES

- influence gut permeability & motility
- break down macromolecules
- produce vitamins & short chain fatty acids
- regulate immune function
- compete with pathogens
- influence mood & mental health
- synthesize neurotransmitters
- regulate appetite
- influence adiposity & insulin sensitivity
- regulate energy metabolism
- interplay with hormones
- modulate inflammation

*there is a wealth of research supporting probiotic supplementation, just understand that the benefits are strain-specific & transient*

### FERMENTED FOODS

- sauerkraut
- kimchi
- lacto-fermented veggies/pickles
- yogurt/kefir
- kombucha/water kefir

### PREBIOTIC FRUITS & VEGETABLES

- leafy greens
- crucifers (broccoli, cabbage, etc)
- garlic/onions
- bananas/plantains
- mushrooms

### HEALTHY FATS

- avocados (and oil)
- olives (and oil)



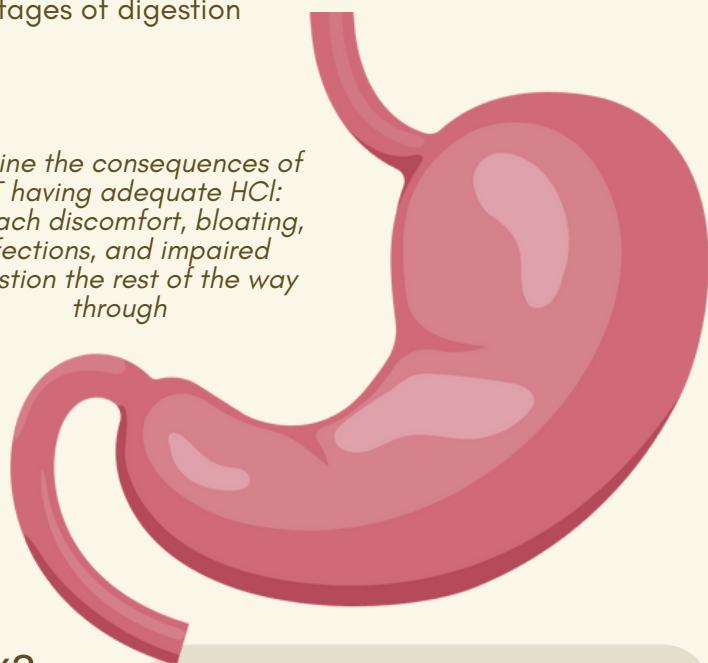
# STOMACH ACID

Stomach acid (aka hydrochloric acid or HCl) is one of the most important players in the domino effect of digestion. When you eat food, this acid is produced by parietal cells that line the stomach. Beyond its role of breaking down and sterilizing the food you just ate, HCl also triggers the next stages of digestion in the small intestine.

## ROLES

- activates pepsin (main enzyme in stomach)
- breaks down proteins
- kills bacteria & viruses (sterilizes food)
- stimulates hormone cascade, leading to release of bile & digestive enzymes

*imagine the consequences of NOT having adequate HCl: stomach discomfort, bloating, infections, and impaired digestion the rest of the way through*



## WHAT ABOUT ACID REFLUX?

Acid reflux (aka heartburn or GERD) affects many people. It occurs when stomach acid/contents flow back into the esophagus, causing a burning sensation in the chest. It is often caused when the flap of tissue that controls that junction is weakened, which allows stomach acid to escape and irritate the tissue.

If you experience this, try eating smaller meals, reducing alcohol consumption, chewing food to a liquid, and minimizing water with meals.

Melatonin, d-limonene, licorice, chamomile, aloe vera, and turmeric have also been shown to relieve symptoms and promote healthy stomach function.

*common reasons for this: chronic stress, poor diet, alcohol consumption, & hidden gluten intolerance*

## SUPPORT HEALTHY STOMACH ACID

- TASTE BITTERS  
*gentian, fennel, dandelion, or a tincture made from bitter herbs*
- ADD ACID  
*sipping a bit of lemon juice or apple cider vinegar in water stimulates stomach acid production*
- ENJOY ENZYME-RICH FOODS  
*pineapple, papaya, kiwi, kefir, yogurt, bananas, mango, miso, soy sauce & tempeh, sauerkraut & kimchi, avocado, bee pollen*



# DIGESTIVE ENZYMES

Digestive enzymes (DEs) serve to chemically break down food into molecules that can be absorbed and used by the body. Most DEs are produced by the pancreas, but they are also active in the mouth, stomach, and small intestine. If the body does not have sufficient enzymes to break down the food you eat, that food passes into the large intestine undigested (where microorganisms feed on it, causing cramping, bloating, gas, and altered bowel movements). You could be eating the healthiest diet in the world, but if you are not properly digesting and absorbing, you may still feel sluggish and fatigued.



## SUPPLEMENTATION

DEs are often supplemented to manage digestive symptoms and to help increase nutrient levels. They are most appropriate to take in cases of food allergy, when gut function is compromised, or during intense healing. Ideally, DEs should not be supplemented long-term because a healthy digestive system will produce what is needed.

*If taken with a meal, DEs will break down food.  
If taken on an empty stomach, DEs will break down other proteins in the body (helping manage inflammation in the skin, muscles, and joints).*

## COMMON ENZYMES

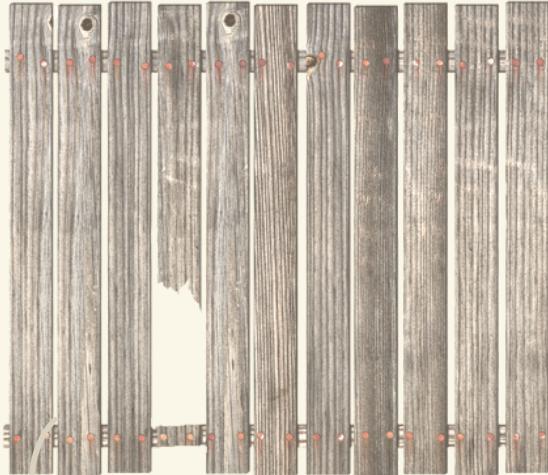
and what they break down

- AMYLASE - *starch*
- CELLULASE - *cellulose*
- SUCRASE - *sucrose sugar*
- MALTASE - *maltose sugar*
- LACTASE - *lactose sugar*
- LIPASE - *lipids/fats*
- PROTEASES/PEPTASES/PROTEOLYTIC ENZYMES - *proteins*
- PEPSIN/TRYPSIN - *proteins*
- BROMELAIN - *proteins (from pineapple)*
- PAPAIN - *proteins (from papaya)*
- BETAINE HCL - *not a DE, but stomach acid (needed to activate some enzymes, often found in DE blends)*
- OX BILE - *not a DE, but bile (needed to emulsify fats, often found in DE blends)*

*Lactase insufficiency (followed by microbial fermentation) underlies what people know as lactose intolerance. Counterintuitively, eating MORE dairy can upregulate lactase production and reduce symptoms of lactose intolerance.*



# INTESTINAL PERMEABILITY



*leaky gut involves disruption of the tight junction proteins that keep the gut lining sealed & selective*

## CAUSES & IRRITANTS

- infection
- pesticides & toxins
- dysbiosis
- stress
- poor sleep
- impaired upper digestion
- corticosteroids & NSAIDs
- alcohol
- gluten
- processed oils & sugars
- emulsifiers & gums
- anti-nutrients found in raw grains, beans, nuts, seeds, and some vegetables (lectins, phytates, saponins, digestive enzyme inhibitors, etc)

More commonly referred to as "leaky gut", intestinal hyperpermeability is a condition in which the gut barrier is compromised, leading to a heightened immune response, endotoxin absorption, increased inflammation, and adverse GI symptoms.

## A DAMAGED BARRIER

You can think of your gut barrier like a fence with an army of soldiers behind it. The cells that line your gut (enterocytes) are like fence panels: their primary function is to separate the inside of your body from the outside (until you absorb the nutrients, food in your gut is still technically outside your body). They also control what is (and is not) allowed into the body. Immediately beyond this first line of defense is an army of soldiers (your immune cells): their role is to attack anything foreign that may have snuck through the fence.

In cases of leaky gut, those enterocyte fence panels have been damaged, leaving open gaps for undigested proteins, bacteria, pathogens, and toxins to enter the body. As it should, the immune system army sounds the alarm (by increasing systemic inflammation) and mounts an attack (allergic reactions) against the invaders. However, this attack often gets out of control, leading to food allergies, neurological issues, autoimmune disease, and chronic inflammation.

## LEAKY GUT & AUTOIMMUNITY

Leaky gut is typically involved with the development of autoimmune diseases. Many people have found healing with the autoimmune protocol (AIP) diet. It does not require that you give up irritating foods forever, but just until your gut heals and symptoms improve.



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# SWEET TREAT CHALLENGE

Your body needs nutrients to grow and be healthy. Colorful fruits & veggies give you these nutrients, but sugar takes them away! It is okay to enjoy a sweet treat sometimes, but can you pair it with fat, protein, or fiber?

SWEET TREAT <i>candy, desserts, ice cream, sugary drinks, etc</i>	FAT <i>avocado, coconut, olives, oils, butter, etc</i>	PROTEIN <i>meat, eggs, dairy, beans, nuts/seeds, etc</i>	FIBER <i>veggies, fruit, beans, whole grains, etc</i>

# ELECTROLYTE DRINKS

Hydration involves more than water. It is a balancing act of several ionic minerals (aka electrolytes) that regulate how, when, and where that water is stored.

Sports drinks are designed to provide the minerals needs to rehydrate after a workout, but they are not all created equal.

## DITCH

processed sports drinks & beverages

- **ADDED SUGARS:** *can spike blood glucose & insulin, promote hormonal imbalance, and increase inflammation in the body*
- **ZERO-CALORIE SWEETENERS:** *contribute to glucose intolerance, increase sugar cravings later, and many have negative side effects*
- **FOOD COLORING:** *can trigger hyperactivity & allergic reactions in some individuals*



## DRINK

natural & clean hydration

- **NATURAL SALT:** *add a pinch of pink Himalayan, Celtic, or sea salt*
- **INFUSE:** *infuse your water with flavor & nutrients from fresh fruit, cucumbers, herbs*
- **NATURE'S SPORT DRINKS:** *coconut water, cactus water, aloe vera juice, electrolyte water*
- **HOMEMADE SPORT DRINK**  
*1 tsp maple syrup, 1/16 tsp salt, and a squeeze of lemon in 20 oz water*





# HISTAMINE

*Histamine* is a biochemical produced by immune mast cells as part of the normal inflammatory immune reaction. It functions as a neurotransmitter and helps regulate digestion. Histamine only causes issues in the body when someone has *too much*. Symptoms of excess histamine include: seasonal allergies, congestion, hives, heartburn, or adverse reactions to high-histamine foods.

## HISTAMINE ISSUES

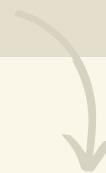
Why would someone have too much histamine (aka "histamine intolerance" or "mast cell activation syndrome")? There are 2 primary reasons: their body is either producing too much OR not breaking it down properly. This dysregulation can be influenced by genetics (i.e., poor methylation), hormonal imbalances, or gut dysbiosis (the majority of your immune system is in your gut).

What should you do if you suspect you have too much histamine? Many experience relief by avoiding high-histamine foods in their diet and reducing exposure to irritants like dust and pollen.

If the root issue is gut dysbiosis, then addressing that imbalance can help manage symptoms. Finally, there are many herbs and nutrients that help the body moderate its histamine response.

## NUTRIENTS FOR ALLERGIES

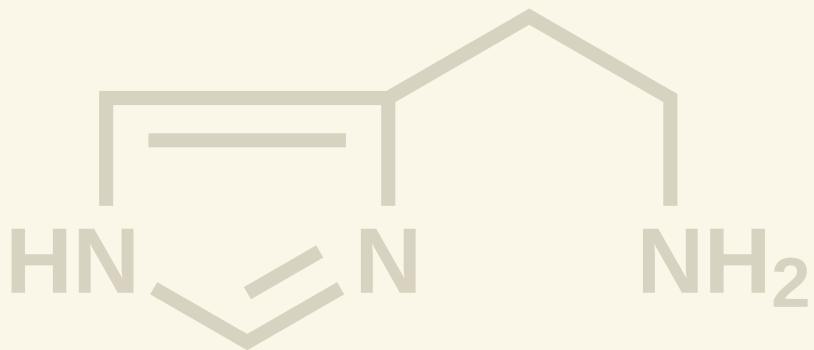
- probiotics (esp. *B. infantis* & *L. rhamnosus*)
- raw honey, propolis, bee pollen
- vitamin D
- vitamin C
- quercetin
- bromelin
- butterbur
- stinging nettle
- peppermint
- ginger
- turmeric



*Find these anti-histamine nutrients & herbs as whole foods, supplements, or tea.*

## HIGH-HISTAMINE FOODS

- pickles & sauerkraut
- cheese, yogurt, kefir
- wine
- vinegar
- bone broth
- smoked & cured meats
- canned fish & seafood
- grains



*Grains are not necessarily high in histamine, but reducing grain consumption can help alleviate symptoms of gut dysbiosis, allergies, and sinus pressure.*



# TOP 9 FOOD ALLERGIES

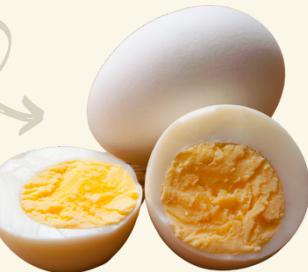
## SESAME

- sesame oil
- tahini
- hummus
- sushi
- seasonings (za'atar, everything bagel, etc)
- cosmetics



## EGGS

- baked goods
- bread
- pasta
- mayo & dressings
- meringue
- battered meat & fish



## FISH

- fish oil
- broth & stock
- imitation crab
- seafood flavoring
- Caesar salad dressing
- Worcestershire sauce



## SHELLFISH

- shrimp, crab, lobster
- clams, oysters, scallops, mussels
- sushi
- Asian foods
- fish sauce
- supplements



## SOY

- protein powders
- energy bars
- baked goods
- Asian foods
- chocolate
- other legumes (cross-react)



## PEANUTS

- peanut oil
- trail mixes
- Asian foods
- cookies & crackers
- other nuts & seeds
- other legumes (cross-react)



## TREE NUTS

- trail mixes
- cookies & crackers
- cereal
- flavored coffee
- desserts
- dairy alternatives



## DAIRY

- milk, cheese, cream, yogurt, whey, etc
- baked goods
- sauces
- creamy soups
- chocolate & caramel
- beverage mixes



## WHEAT

- bread & baked goods
- soups & gravies
- flavorings
- processed meat
- soy sauce
- ale & beer





# FOOD SENSITIVITY Pulse Test

**1. Gather recording materials and a stopwatch.** Have your 'test foods' within reach when you begin the test. Sit down, take a deep breath, and relax.

**2. Determine your resting pulse** by counting your heart beat *for 1 full minute\**. You can use your wrist or your neck, as long as you use the same place each time. Record your 'before' pulse.

- *This test might not be accurate if you are taking a heart rate controlling drug, such as a calcium-channel blocker or a beta-blocker.*

**3. Take a bite of test food and chew several times**, but do not swallow. You can also do this with a drink or a supplement. Make sure you taste it for at least 30 seconds, so your central nervous system can sense whether this food is 'safe' for you or not. If this food is perceived to be stressful for your body, your pulse will increase slightly.

- *For clear results, test one food at a time. You can test a food with multiple ingredients, but you will need to test each ingredient individually to identify the real culprit. For example, if you test a muffin, how do you know if you are reacting to the flour, banana, eggs, baking soda, or spices?*

**4. Take your pulse again** for 1 full minute\* while holding the food in your mouth. Record your 'after' pulse. Spit out the food if you plan to test another.

- *You can do the Pulse Test with as many things as you like, as long as you wait for your pulse to return to your 'before' rate prior to testing the next food.*
- *If you react to a certain food, it helps to rinse your mouth out with filtered water (and spit out). Wait about 2 minutes and retest your pulse to see if it has returned to the starting rate. (If not, wait a few more minutes and try again.)*

**5. Interpret results:** An increase of 4 or more beats is considered the result of a stressful reaction. The greater the pulse change, the more stressful your body considers this food. If you have a stressful reaction to a food, leave it out of your diet for about 6 weeks.

\* You must take a full 1 minute pulse each time. Taking a 15 second pulse and multiplying it by 4 will not be as accurate because the variation in your pulse can occur at any time during that minute.



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# *Pulse Test Journal*

### RESTING "BEFORE" PULSE:

DATE:

# Gluten Free 101

## WHAT IS GLUTEN?

Gluten is a hard-to-digest protein found in wheat, barley, and rye. When combined with water, it forms a stretchy, doughy consistency (it is what makes bread "bready".) You can remember it as a GLUE.

Beyond bread, anything that contains wheat, rye, or barley flour, malt, or germ will contain gluten. This includes many foods found in the Standard American Diet, because wheat flour is used in most processed products.

## SHOULD I EAT GLUTEN-FREE?

Because of the glue-like structure of gluten, it is difficult for many people to digest. It can cause the gut membrane to become more permeable, or "leaky". This can lead to inflammation, immune reactions, and adverse symptoms in your gut, brain, joints, and skin.

## SNEAKY GLUTEN

- bread & baked goods
- pasta, ramen, cous-cous
- processed & breaded meats
- cereal, oatmeal, granola
- crackers & flavored chips
- energy & breakfast bars
- processed soups & gravies
- ice cream
- baked beans
- salad dressings, BBQ, soy sauce
- foods with caramel color, malt flavoring, MSG, food starch, vague "spices", yeast extract, wheat maltodextrin



## NATURE'S GF FOODS

- all vegetables
- all fruits
- all (unprocessed) meat & fish
- all beans & legumes
- oats (check to be GF), rice, quinoa, corn, buckwheat, sorghum, tapioca, arrowroot, cassava
- olives & coconut (and oils)
- nuts & seeds
- coffee & tea (not chicory)
- dairy products
- whole food herbs, spices, vinegars
- ketchup, mustard, salsa



# Low Fodmap 101

## WHAT ARE FODMAPS?

FODMAP stands for fermentable oligo-, di-, mono- saccharides, and polyalcohols. These carbohydrates are found in certain fruits, vegetables, beans, grains, and sweeteners.

## SHOULD I MINIMIZE THEM?

FODMAP carbs are difficult for some individuals to break down, leaving them for gut microbes to digest instead. If microbial populations are out of balance (aka dysbiosis), FODMAP fermentation can exacerbate or contribute to IBS symptoms like gas, bloating, cramping, and irregular bowel movements. Minimizing FODMAP consumption cannot solve the root cause of microbial imbalance, but it can be a way to manage symptoms as the gut heals.

High-FODMAP foods can be thought of as *prebiotic foods* because they feed gut microbes. Therefore, a low-FODMAP diet should only be followed for a few weeks at most to support health and diversity of the microbiome.

## TIPS TO TRANSITION

- PREPARATION MATTERS

*the FODMAP content in a food can change depending if it is fresh, canned, or cooked*

- FIND AN APP

*to guide your shopping & cooking*

- FOCUS ON WHAT YOU CAN EAT

*rather than what you cannot*

- REINTRODUCE LOW & SLOW

*so your body and microbiome can heal and establish balance*



## HIGH FODMAP FOODS

- honey
- apples & pears
- peaches, plums, apricots, cherries
- ripe bananas
- watermelon
- mangoes
- artichokes
- asparagus
- cauliflower
- brussels sprouts
- garlic, onions, leeks, shallots
- avocados
- sweet potatoes
- sweet corn
- peas
- beans & lentils
- soy
- cashews
- pistachios
- gluten (*wheat, barley, rye, many processed foods*)
- high lactose dairy (*milk, cream, soft cheese, yogurt*)
- processed meats
- sauces & condiments with garlic/onion
- artificial sweeteners that end in -itol (*sorbitol, mannitol, xylitol, erythritol, etc*)



# Self-Assessment

- I am always thinking about the next time I can eat
- I need pick-me-ups throughout the day
- I get sleepy after meals, especially lunch
- I have tried to watch what I eat and count calories but I cannot seem to lose weight
- Short term diets do not work for me
- I feel like I am a slave to my cravings and need for snacks
- I feel like my energy level is related to what I eat
- I crave sugar or caffeine
- I only drink coffee/tea in the morning
- I usually eat carbs (cereal, toast, bagel, fruit, juice, sweetened yogurt, granola, etc) as the base of my breakfast
- I usually eat carbs (bread, pasta, grains, fruit, sugar-sweetened foods) as the base of my meals
- I tend to skip meals
- I am vegan/vegetarian
- I feel out of touch with my body
- I have trouble sleeping and wake up in the middle of the night
- I get shaky and weak if a meal is skipped
- If I do not eat regularly I get moody or "hangry" (hungry + angry)
- I have brain fog throughout the day
- I feel like I eat a lot of sugar
- I eat at random times throughout the day

**TOTAL**

*a score of 10+ indicates need to establish and support blood sugar rhythm*



# *Bioindividual Diet Self-Assessment*

What words come to mind when I think of an ideal diet/health?

What are my top 3 health priorities?

- 1.
- 2.
- 3.

What are the 3 most healthy foods I currently eat?

- 1.
- 2.
- 3.

What are the 3 most unhealthy foods I currently eat?

- 1.
- 2.
- 3.

What foods do I want to eat more of?

What foods make me feel best?

Which foods make me feel worst?

# Continued...

What are my 5 favorite foods?

- 1.
- 2.
- 3.
- 4.
- 5.

Are there any foods I do not prefer?

Do I have any intolerances or allergies I already know of?

Are restrictive diets a trigger for disordered eating?

Do I need a healing diet?

What type of diet am I most inclined to begin with?



Do I like to start all at once or gradually transition?



How much time do I have for meal prep?



How much money am I willing to spend on my diet?





# Digestive Health Self-Assessment

- I often feel excessively full after eating
- I experience burping, gas, or bloating
- I experience acid reflux or heartburn
- I experience nausea after eating, especially fatty or greasy foods
- Sugary foods make me bloated about an hour after eating
- Certain foods cause a gnawing feeling in my stomach
- I have several food sensitivities or other allergies
- I have acne, rashes, or other skin conditions
- I experience joint pain and stiffness
- I experience sinus pressure and excessive mucus production
- I experience brain fog, mood swings, anxiety, or depression
- I crave bread, pasta, sugar, and yeasty foods
- My stools tend to be soft and runny
- My stools tend to be hard and difficult to pass
- My stools fluctuate between being very soft and very hard
- I have a bowel movement less than once a day
- I can often see undigested food particles in my stool
- I tend to eat quickly or when distracted
- I eat at random times throughout the day
- I try to eat a healthy diet but sense that I should feel better than I do

**TOTAL**

*a score of 8+ indicates need to support and optimize digestive health*



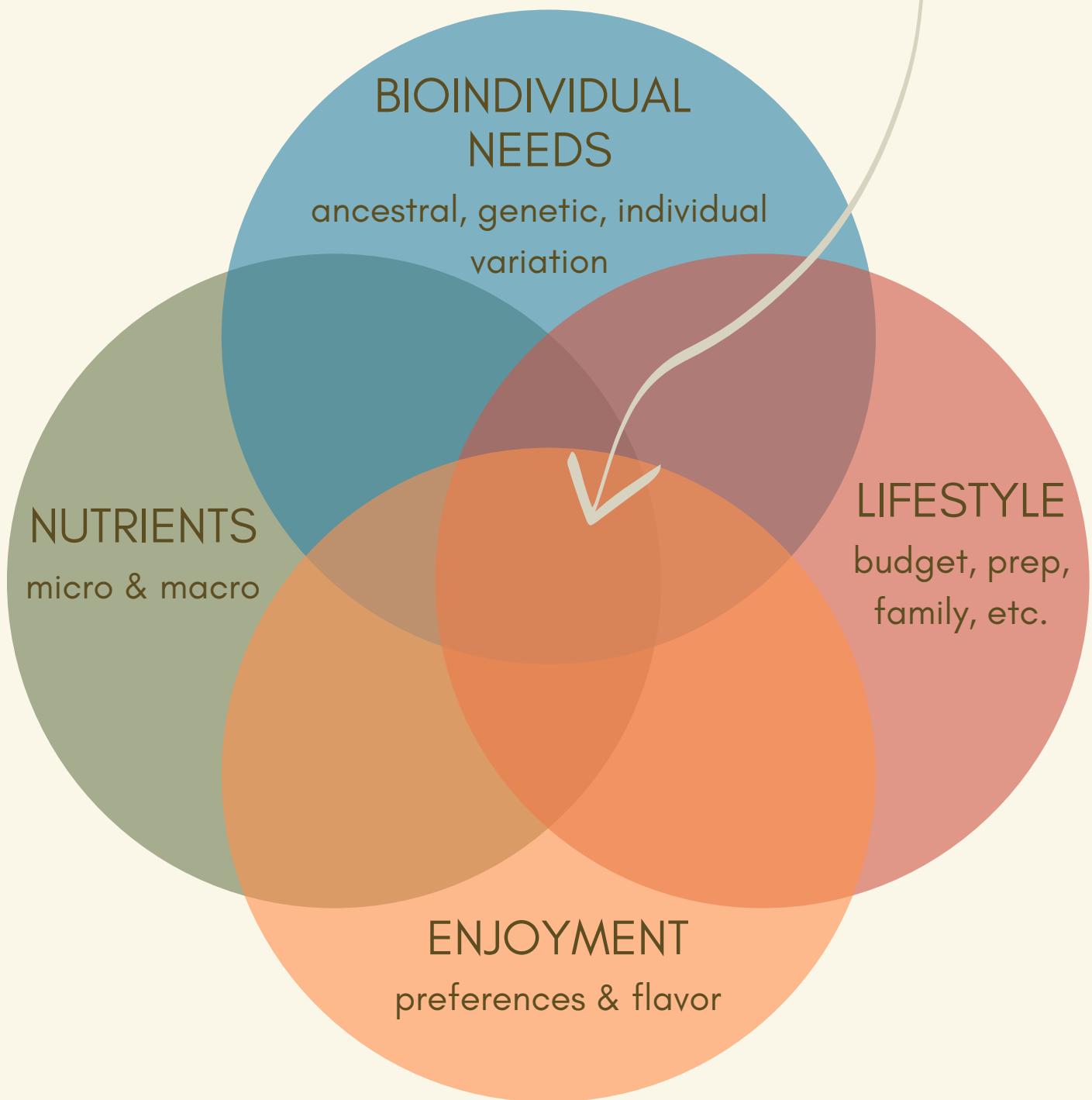
# Disordered Eating Self-Assessment

- I am always thinking about the next time I can eat
- I eat when I am emotional or stressed
- I play mind games with myself, making food the enemy or the reward
- I will restrict myself or skip meals to lose weight
- I feel trapped by my relationship with food
- I feel like I am a slave to my cravings and need for snacks
- I count calories and macros, feeling guilty if I eat more than usual
- I feel out of touch with my body
- I feel disgusted when I overindulge or eat certain things
- I will make myself throw-up after eating
- I sometimes binge on large amounts of food, feeling out of control
- I tend to skip meals
- I am somewhat obsessive about what I eat
- I feel out of touch with my body
- I feel out of control when it comes to eating
- I prefer to eat alone
- I want to hide what I eat from others
- I get anxious about social situations that involve food
- I try to compensate for what I eat by eating less or exercising more
- I get stressed when I eat something unhealthy

TOTAL

*a score of 10+ indicates opportunity to develop a healthier relationship with food*

# YOUR OPTIMAL *Bioindividual* *Diet*





# My WHY Activity

## STEP 1

Identify which of the *Goals of Intentional Eating* speaks to you most and circle your top 3.

## STEP 2

Brainstorm your values & goals.

3 adjectives to describe myself

---

---

---

3 things I would do if I had more energy

---

---

---

3 things I want most out of life

---

---

---

## STEP 3

Now circle your most important item from each list. Write each circled item alongside the corresponding list number below.

A: program goal (from Step 1) \_\_\_\_\_

B: adjective \_\_\_\_\_

C: short term goal \_\_\_\_\_

D: ultimate goal \_\_\_\_\_

## STEP 4

Using each of the four choices you picked, complete the statement by filling in the blanks (note: you may need to tweak a few words until your statement flows with authenticity).

*I am \_B\_ and I want to \_A\_ so I have more energy to \_C\_ and greater freedom to pursue \_D\_.*

Write out your WHY statement and hang it where you will see it often.



# Goals of Intentional Eating

- I want to be more in tune with when I am hungry and when I am satisfied
- I want to be able to listen to my body
- I want to have more energy to do the things in life that I love
- I want to know how to make decisions that nourish and honor my body
- I want to feel good about how I look and maintain a healthy weight
- I want to reset and refresh my relationship with food
- I want to know what is healthy for me and make decisions to honor that
- I want to have freedom from food
- I want to feel energized, strong, focused, light, and healthy
- I want to have more focus and mental clarity
- I want to be able to enjoy food without obsessing over it, counting calories, or feeling guilty
- I want to have a properly ordered relationship with food
- I want to reduce inflammation and disease by eating a nutritious diet
- I want balance in my life
- I want to see food as a good way to nourish my body, but not be controlled by it
- I want to have freedom to eat foods that I enjoy
- I want to have more self-confidence



# Signs of Not Eating Intentionally

- I experience stomach discomfort, burping, gas, bloating, or excessive fullness after eating
- I eat when I am emotional or stressed
- I eat out of habit or boredom, whether I am hungry or not
- I am always thinking about the next time I can eat
- I play mind games with myself, making food the enemy or the reward
- I feel trapped by my relationship with food
- I have low energy, cravings for sugar, & often need a pick-me-up
- I feel like my relationship with food is disordered
- I feel like I am a slave to my cravings and need for snacks
- I count calories and macros, feeling guilty if I eat more than usual
- I have tried to watch what I eat and count calories but I cannot seem to lose weight
- Short term diets do not work for me
- I feel out of touch with my body
- I feel disgusted when I overindulge or eat certain things
- I feel like nutrition advice is always changing and I do not know who or what to believe
- I feel out of control when it comes to eating
- I know that a healthy diet is important for long-term health and disease prevention but I do not know how to make that part of my lifestyle



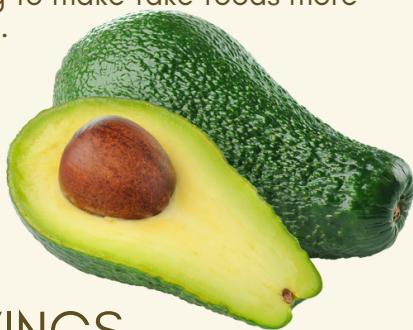
# 10 Signs of A Healthy Relationship With Food

1. I know what foods are optimal for me as a **BIOINDIVIDUAL** (unique needs based on genetics, physiology, and lifestyle).
2. I think about food as something that is **NOURISHING** and **HONORING**.
3. I practice living in a **STATE OF RECEIVING**
4. I have ordered **RELATIONSHIPS** with food, nature, myself, others, and with God.
5. I know how to **LISTEN** and respond to my body.
6. I practice living a **RHYTHM** of life.
7. I live in **FREEDOM** from food (mentally and physically).
8. I practice the art of **BALANCE** in my life.
9. I focus on **MEALS** as a sacred and intentional part of each day.
10. I practice **INTENTIONAL SIMPLICITY** (cooking & eating simple dishes).

# Psychology of Food

## GUIDED BY COLOR

Our brains are wired to eat bright, colorful foods (because that usually indicates nutrient content). Food manufacturers exploit this instinct by using food coloring and bright packaging to make fake foods more appealing.



## CRAVINGS

Think of cravings as your body's cries for nutrients. The exception is cravings for sugar and hyperpalatable foods, which hijack reward pathways in your brain. Cravings for protein, red meat, seafood, healthy fat, vegetables, and even salt are reliable cues to respond to.



## LOW-HANGING FRUIT

We crave sweets and carbs because our brains are wired to seek out easy energy from sugar (in nature, that means ripe fruit or honey). We do not have any mechanism to put the brakes on this craving, which is why it is so easy to overeat sugar when it is widely available in our modern world.

## HYPERPALATABLE

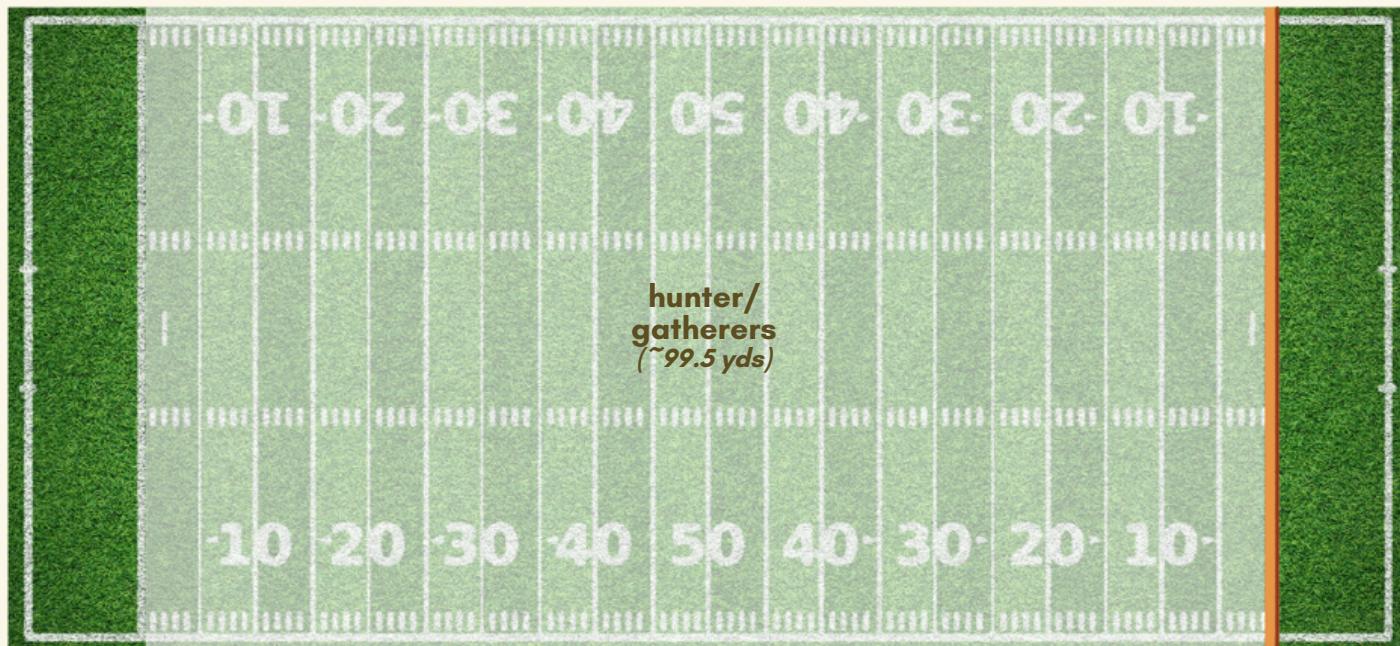
"Hyper-" means excessive and "palatable" means tasty. You got it, hyperpalatable foods are extremely appealing—to the point of over-riding our body's satiety mechanisms. They activate the same areas of the brain as addictive drugs like cocaine.



## HISTORY OF HUMAN EATING AS A FOOTBALL FIELD

For most of history, humans survived on whole foods they could hunt or gather from nature. In other words, our bodies have evolved to thrive on whole, natural foods. Highly-processed modern foods are "new" and foreign to our physiology.

**agriculture** **modern food**  
(~0.5 yds) ← (~4 in)



# A Healthy Mentally About Food

## SHOULD I DIET?

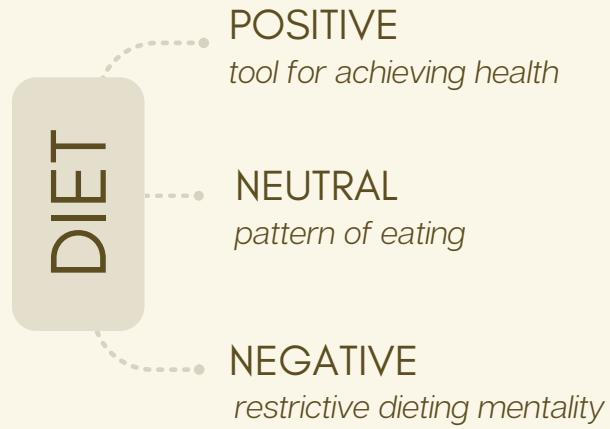
Yes! And no... It depends what you mean by "diet". A diet is just a pattern of eating, so you already follow a diet (whether you knew it or not).

However, our culture has distorted dieting by reducing health to weight loss. The diet industry tells us to eat less, exercise more, and count every calorie so we can be thin. These destructive messages promote a restrictive mentality and a disordered

relationship with food (not to mention that yo-yo dieting often leaves you with more fatigue, gut issues, hormone imbalances, and unhealthy weight than you began with)!

On the flip side, diets can be incredibly healing! The food (and way) you eat should nourish your body so you can have minimal disease, mental clarity, joyful confidence, and the energy and freedom to live fully alive!

*think of a diet like a moving truck: both help you reach a destination*



*Your diet (or moving truck) is not serving you if:*

- *you want to live there forever*
- *you don't know your destination*
- *it prevents you from living to the fullest*



### THE SHACK

*Where are you?  
What do you want to improve?*

### DREAM HOUSE

*Where do you want to be?  
What is your goal?*

DATE:

## SPECIFIC

*What do you want to do?*



# SMART Goals

## MEASURABLE

*How will you know you have accomplished it?*

1

## ACTIONABLE

*Is it within your power?*

2

## RELEVANT

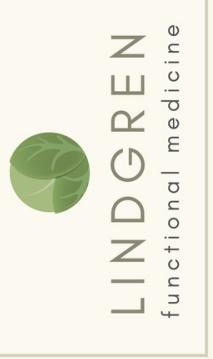
*Does it make sense for your life?*

3

## TIMELY

*When do you want to accomplish it by?*

# Wholeness Goals



MONTH:

## BODY

physical health

whole food diet:

hydration:

movement:

other:

## MIND

mental health

technology:

learning:

relationships:

other:

## SOUL

spiritual health

prayer/meditation:

detachment:

reading:

other:

# Wholeness Goals

MONTH:

**BODY**  
physical health

**MIND**  
mental health

**SOUL**  
spiritual health



NAME

MONDAY



each glass represents 8oz water = 80 oz goal

DATES

TUESDAY



each glass represents 8oz water = 80 oz goal

### BREAKFAST

what I ate

notes

sluggish & heavy,  
still hungry

light & energized,  
satisfied

### LUNCH

what I ate

notes

sluggish & heavy,  
still hungry

light & energized,  
satisfied

### DINNER

what I ate

notes

sluggish & heavy,  
still hungry

light & energized,  
satisfied

WEDNESDAY



each glass represents 8oz water = 80 oz goal

### BREAKFAST

what I ate

notes

sluggish & heavy,  
still hungry

light & energized,  
satisfied

### LUNCH

what I ate

notes

sluggish & heavy,  
still hungry

light & energized,  
satisfied

### DINNER

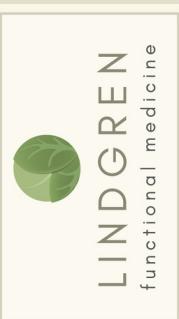
what I ate

notes

sluggish & heavy,  
still hungry

light & energized,  
satisfied

# Food & Mood Journal



Lindgren Functional Medicine

## THURSDAY



each glass represents 8oz water = 80 oz goal

## BREAKFAST

what I ate

notes

sluggish & heavy,  
still hungrylight & energized,  
satisfied

## LUNCH

what I ate

notes

sluggish & heavy,  
still hungrylight & energized,  
satisfied

## DINNER

what I ate

notes

sluggish & heavy,  
still hungrylight & energized,  
satisfied

## FRIDAY



each glass represents 8oz water = 80 oz goal

## BREAKFAST

what I ate

notes

sluggish & heavy,  
still hungrylight & energized,  
satisfied

## LUNCH

what I ate

notes

sluggish & heavy,  
still hungrylight & energized,  
satisfied

## DINNER

what I ate

notes

sluggish & heavy,  
still hungrylight & energized,  
satisfied

## SATURDAY



each glass represents 8oz water = 80 oz goal

## BREAKFAST

what I ate

notes

sluggish & heavy,  
still hungrylight & energized,  
satisfied

## LUNCH

what I ate

notes

sluggish & heavy,  
still hungrylight & energized,  
satisfied

## DINNER

what I ate

notes

sluggish & heavy,  
still hungrylight & energized,  
satisfied

## SUNDAY



each glass represents 8oz water = 80 oz goal

## BREAKFAST

what I ate

notes

sluggish & heavy,  
still hungrylight & energized,  
satisfied

## LUNCH

what I ate

notes

sluggish & heavy,  
still hungrylight & energized,  
satisfied

## DINNER

what I ate

notes

sluggish & heavy,  
still hungrylight & energized,  
satisfied

# Recommendations

## LIFESTYLE

- eat in state of receiving
- eat 3 balanced meals
- daily movement
- pray/meditate/breathe
- prioritize sleep
- reduce toxins
- technology boundaries
- hydration goal:

## FOODS TO ADD

- leafy greens
- non-starchy vegetables
- starchy vegetables
- healthy fat
- protein
- bone broth
- fermented foods
- organ meats

## SUPPLEMENTS



# Weekly Meal Plan

MON      TUES      WED      THU      FRI      SAT      SUN

## BREAKFAST

## LUNCH

## DINNER

## SNACKS

example meal



# Eating On-the-Go

Eating on-the-go can be a challenge, especially if you are seeking whole foods, following a specific diet, or navigating dietary restrictions. Here are some tips and tricks for how to honor your body while traveling. Remember that you don't have to be "perfect"—food is meant to be enjoyed!

## FOOD TO PACK

- avocados or guacamole cups  
*great with sweet potato chips*
- raw veggies  
*carrots, celery, peppers, broccoli, etc*
- fresh fruit\*  
*apples, pears, bananas, citrus, etc*
- dried fruit\*  
*dates, pineapple, mango, figs, etc*
- applesauce cups  
*great with granola*
- nuts & seeds\*  
*almonds, pepitas, pistachios, etc*
- nut butter  
*with fruit, crackers, or by spoonful*
- trail mix\*  
*buy or create your own*
- clean energy bars\*  
*Lärabars are great*
- granola  
*eat dry or with applesauce or yogurt*
- instant oatmeal  
*add hot water from gas station or hotel*
- rice cakes or plantain chips  
*great with nut butter or hummus*
- crackers & salty snacks\*  
*ideally with olive or avocado oil*
- seaweed snacks  
*great with hummus*
- jerky/meat sticks\*  
*watch for gluten if GF*
- canned salmon, sardines, or oysters  
*great with crackers or chips*
- olives  
*closable jar is best for storage*
- hummus  
*savory or chocolate*
- clean deli meat  
*ham, turkey, sausage, etc*
- cheese\*  
*sticks or slices*
- yogurt cups\*  
*freeze or keep cool*
- hard-boiled eggs\*  
*buy or cook yourself*
- smoothie  
*make ahead and/or freeze*
- green juice\*  
*check for sugar*

## GENERAL TIPS

1. Grab silverware, napkins, condiments, salt & pepper from gas stations.
2. Pack tea bags & brew with hot water from gas station or hotel.
3. Seek out a grocery store at your stops or destination.
4. Freeze water bottles to use as ice packs in cooler (and drink when thawed).



# Eating at Restaurants

Eating out can be a challenge, especially if you are seeking whole foods, following a specific diet, or navigating dietary restrictions. Here are some tips and tricks for how to honor your body while eating at restaurants.

## GENERAL TIPS

- Ask the waiter or waitress for their recommendations or information about ingredients.
- Ask for hot water or lemon in your water to support digestion.
- Ask for salad dressing on the side (so you can control how much you want).
- Eggs, bacon, meat, fish, baked potatoes, cooked vegetables, and fruit are whole food options that many places offer.



## DIETARY RESTRICTIONS

- Tell the waiter or waitress your restrictions (they often have a special menu or make note in the kitchen).
- Request a custom combination of protein and a side (even if it is not on the menu, they can usually still make it).
- Salads can be a great starting point (ask them to add or remove toppings to fit your needs).
- If worried about seasonings or sauces, ask if it can be cooked without.
- If sensitive to gluten, order burgers, unbreaded meat, or sandwiches without a bun.
- If extremely sensitive to gluten, avoid fried foods (the oil can be contaminated).
- Take a digestive enzyme supplement before eating (just in case you consume something suboptimal).
- Do not feel guilty about advocating for your needs!

*Remember that you don't have to be "perfect"—food is meant to be enjoyed! You should have the freedom to order and enjoy a delicious meal as a special occasion (even if it does not match your everyday diet).*



# Sauna Therapy

## 101

### HOW TO

- Drink lots of water before, during, and after your session to prevent dehydration.
- Start at a lower temperature and increase each session as your body can tolerate.
- Enter with light clothing, a swimsuit, or naked.
- Read, talk, meditate, stretch, or rest during your session, but do not sleep.
- Keep your session between 15-30 minutes for optimal benefits and safety.

Saunas are buildings or rooms designed to increase your body temperature as a way to achieve many health benefits. Traditional saunas have high heat and low humidity, which promotes sweating. Infrared saunas use infrared light to heat your body more directly, which means the surrounding air is cooler but the physical effects are more intense.

### BENEFITS

- promote relaxation
- improve mood
- support detoxification
- manage inflammation & pain
- relieve muscle soreness
- reduce joint stiffness
- support healthy circulation
- promote lymph flow
- improve sleep
- support healthy skin
- recalibrate temperature regulation



Avoid sauna therapy or consult your health care provider if you are pregnant, elderly, sensitive to heat, take medications that impact fluid balance/histamine, or have hyper/hypotension or cardiovascular issues.

# Cold Water Therapy 101

## HOW TO

- Start in a warm shower and gradually decrease temperature until cold.
- Start in a cold shower (best right after workout).
- Add ice to a cold bath (sit submerged for ~10 min).
- Take a swim in cold water.

Cold water therapy (aka hydrotherapy) has traditionally been used to support overall health and vitality. It has therapeutic benefits for nearly every system of the body and can easily be incorporated into your existing routine.

*Benefits can be achieved in a few minutes.*



*Most research has tested water temps between 50-59°F (10-15°C).*

## BENEFITS

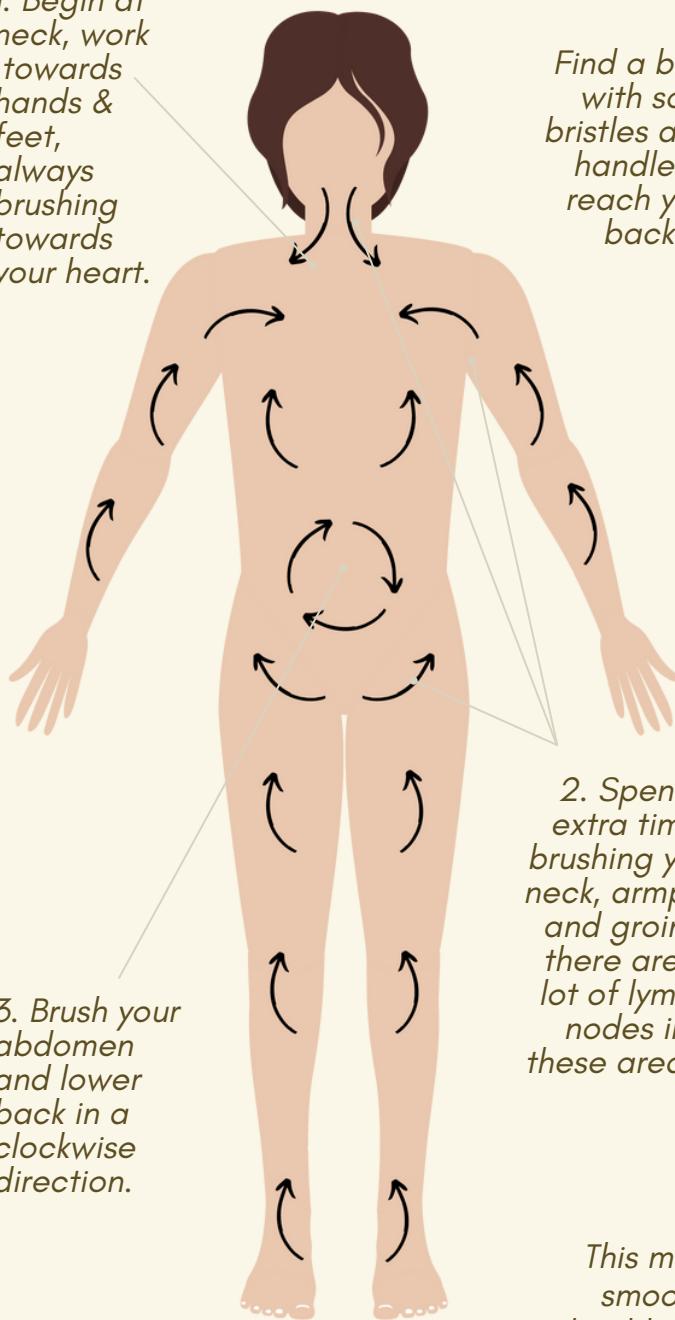
- manage inflammation & pain
- boost cellular metabolism
- support immune health
- relieve muscle soreness
- cool down after workout
- improve mood & energy
- support healthy circulation
- promote lymph flow
- improve sleep
- support healthy skin
- recalibrate temperature regulation



# Dry Brushing 101

Dry brushing is a technique that gently supports your body's natural detoxification pathways, improves skin health, and feels amazing. A great time to brush is right before you shower (do not brush once your skin is wet).

1. Begin at neck, work towards hands & feet, always brushing towards your heart.



Find a brush with soft bristles and a handle to reach your back.

2. Spend extra time brushing your neck, armpits, and groin—there are a lot of lymph nodes in these areas.

3. Brush your abdomen and lower back in a clockwise direction.

This means smoother, healthier skin.



## BENEFITS

- improves circulation
- stimulates lymph flow
- reduces cellulite development
- clears pores
- sheds dead skin cells
- benefits detoxification
- supports digestion
- relieves stress
- feels amazing



# Oil Pulling 101

## HOW TO

1. Hold ~1 Tbsp oil in your mouth (if using solid coconut oil, you will have to let it melt).
2. Swish around like mouthwash for 10-15 minutes.
3. Spit in the garbage (oil can coat pipes).
4. Rinse your mouth with water and floss/brush as normal.
5. Repeat daily or a few times each week.

Oil pulling is a traditional technique used to cleanse your mouth and teeth. It supports a healthy microbial balance, cuts through plaque, and freshens your mouth! A great time to oil pull is in the morning (as you shower or get ready for the day).

## BENEFITS

- kills harmful bacteria
- improves bad breath
- prevents gingivitis
- soothes & strengthens gums
- cuts through plaque
- pulls toxins
- reduces inflammation





# Hidden Toxins

We live in a world of toxins. It is impossible to completely eliminate toxic exposure, but important to reduce when possible.

- food
- water
- cooking pans
- cleaning products
- personal care products
- makeup
- fragrances
- candles & air fresheners
- plastics & microplastics
- BPA (cans, plastic, receipts)
- building materials
- vehicle exhaust
- alcohol
- medications & supplements
- relationships
- media
- mental habits



*Do not let this list overwhelm you, simply focus on swapping one thing at a time.*

SWAP OUT

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SWAP IN

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# Endocrine Disruptors

Endocrine disruptors are chemicals—natural or synthetic—that mimic or block your body's hormones. This means that they act like a hormone OR bind to the receptor, preventing your actual hormones from functioning. They have been linked to developmental, hormonal, immune, metabolic, and neurological issues. In our modern world, it is not realistic to completely avoid these chemicals, but it is important to reduce exposure when possible.

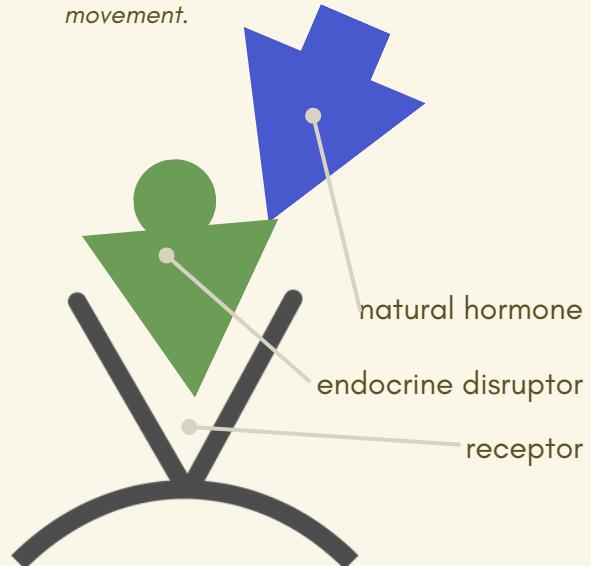
## COMMON DISRUPTORS

- BPA (bisphenol A)  
*plastics, store receipts, aluminum can lining*
- DIOXINS & PCBs (polychlorinated biphenyls)  
*new building material, electrical equipment, water supply*
- PARABENS  
*personal care products, cosmetics*
- PERFLUOROCHEMICALS  
*teflon pans, microwave popcorn bags, new clothing*
- PESTICIDES & INDUSTRIAL WASTE  
*exposure in water supply, farming communities*
- PHTHALATES  
*plastics, food packaging, toys, cosmetics, medical tubing*
- PHYTOESTROGENS  
*processed soy foods*
- TRICLOSAN  
*anti-bacterial soap & body wash, Colgate Total toothpaste*
- SOME ESSENTIAL OILS  
*tea tree & lavender*
- STEVIA  
*in large amounts*
- HORMONAL CONTRACEPTIVES  
*designed to alter hormone actions*

## WAYS TO REDUCE EXPOSURE

1. Swap soaps, personal care products, and cosmetics for cleaner versions.
2. Use cast-iron, stainless steel, or ceramic cookware.
3. Use glass water bottles and food storage containers (especially when heating).
4. Drink filtered water (replenish electrolytes if filtered via reverse osmosis).
5. Eat whole foods with minimal packaging.
6. Reduce processed soy protein, milk, and oil.

Beyond reducing exposure, you can support your body's ability to eliminate these chemicals by eating a whole food diet, drinking enough water, managing stress, and getting adequate sleep and movement.





# Common Food Additives

	FOUND IN	SOURCE	NOTES	
<b>artificial coloring</b> (Red 3, Red 40, Yellow 5, Yellow 6, Blue 1, etc)	candies, drinks, condiments, pickles, yogurt, fresh citrus	petroleum	tricks brain to think food has nutrients; known carcinogens; can trigger allergies & hyperactivity	
<b>artif. sweeteners</b> (sucralose, aspartame, saccharin, acesulfame)	"sugar-free" products, gum, drinks	chemically produced	most reported negative side-effects of all food additives; promote weight gain & blood sugar issues	
<b>high fructose corn syrup</b>	baked goods, bread, drinks, candies, ice cream, syrup	corn	a cheap/ideal form of sugar for food production; promotes weight gain, blood sugar issues, & inflammation	
<b>hydrogenated oils</b> (aka trans fat)	baked goods, crackers, chips, margarine	chemically produced	promote inflammation, cardiovascular issues, weight gain, blood sugar issues	
<b>MSG</b> (monosodium glutamate)	processed & restaurant food, canned soup, Asian food	fermented sugar	enhances umami flavor; can trigger nervous system symptoms (migraines, numbness)	
<b>carageenan</b>	dairy & gluten free products, nut milks	red seaweed	thicken & blend food products; appears to promote inflammation, gut issues, & glucose intolerance	
<b>processed oils</b> (canola, corn, soy, vegetable, etc)	baked goods, dressings, processed & restaurant food	processed from grains & seeds	often rancid from heating & bleaching during production; promote inflammation & cardiovascular issues	
<b>sodium benzoate</b>	carbonated drinks, juices, condiments, dressings	chemically produced	can trigger hyperactivity; with citric/ascorbic acid it converts to carcinogenic benzene	
<b>sodium nitrite</b>	processed meat	chemically produced	antioxidant to prevent bacterial growth & retain pink color in meat; converts to carcinogenic nitrosamine	
<b>sugar alcohols</b> (xylitol, erythritol, sorbitol, anything that ends in -itol)	"sugar-free" products, gum, drinks	processed plant sugars	promote cravings & blood sugar issues; can cause digestive issues in large amounts	
<b>citric acid</b>	sweetened drinks, candy, jelly, ice cream, canned fruit	<i>Aspergillus niger</i> (black mold)	flavor & preserve food products; can be inflammatory for some people sensitive to mold	
<b>food starch</b> (cornstarch, maltodextrin, corn syrup solids, etc)	baked goods, processed food, dairy & gluten free products	corn, potato, tapioca, wheat	blend & thicken food products; GF unless indicated as wheat starch; can be allergenic for some people	
<b>gums</b> (guar, xanthan, gellan, tara, carob, etc)	dairy & gluten free products, nut milks	soy, corn, wheat; legumes	thicken, blend, & bind food products; feed gut microbes (for better or worse, depending on person)	
<b>lecithin</b>	chocolate, ice cream, baked goods, supplements	soy, sunflower, canola, egg	blends food products; aka as phosphatidylcholine supplement; minimally allergenic if from soy	
<b>yeast extract</b>	cheese products, salty foods, canned soup	yeast	enhances umami flavor; often used in place of MSG; often found in small amounts	

significant concern,  
reduce at all cost



moderate concern,  
reduce when possible



minimal concern,  
some may need to  
reduce



# Water Quality

## THE MOST IMPORTANT NUTRIENT

Water is the most important nutrient in the body and proper hydration is critical for optimal health and vitality. It is essential for transporting nutrients and waste, protecting tissues, and facilitating cellular metabolism and communication. Think you already drink enough water? You may be drinking a large **QUANTITY**, but hydration also depends on water **QUALITY**.

### 1. PURITY

Water can be contaminated with pathogenic microorganisms, heavy metals, pesticides, and endocrine-disrupting chemicals. Finding a pure drinking water source or effective filtration system is important for reducing exposure to these contaminants.

#### TYPES OF WATER

- TAP  
*variable purity / high minerals*
- DISTILLED  
*high purity / no minerals*
- SPRING & MINERAL  
*variable purity / variable minerals*
- REVERSE OSMOSIS  
*high purity / no minerals*
- CARBON FILTRATION  
*variable purity / variable minerals*
- ALKALINE (*high pH*)  
*high purity / high minerals*
- IONIZED (*variable pH*)  
*high purity / high minerals*

*Plastic & aluminum bottles can leach chemicals & metals into the water, so a glass bottle is a great non-toxic option.*



### 2. MINERAL CONTENT

Beyond the contaminants you DO NOT want in your drinking water, there are nutrients that you DO want: major minerals (sodium, potassium, magnesium, calcium) and several trace minerals. Not only do these minerals make the water you drink more hydrating (think of an electrolyte-boosted sports drink) they are essential for proper muscle contraction, nerve signaling, digestion, liver function, and much more. Look for a water source that preserves these natural minerals OR adds them back into purified water.

*look up your local water quality at  
[www.ewg.org/tapwater](http://www.ewg.org/tapwater)*



# Detox 101

## SHOULD I DETOX?

It is a good and healthy urge to want to "cleanse" or "detox", but that doesn't mean you need to spend a week in the bathroom! By definition, your body is **ALWAYS** detoxing (your liver, kidneys, lungs, GI tract, and skin are all detox organs). Unless you need a major detox protocol (should be guided by a qualified practitioner), these are the best strategies for a general detox:

- **reduce toxic exposure**
- **support your body's natural detoxification processes**



## TOXIC EXPOSURE

It is impossible to completely eliminate toxic exposure, but important to reduce when possible:

- food
- water
- cooking pans
- household products
- personal care products
- building materials
- alcohol
- medications & supplements
- relationships
- media
- mental habits



*Do not let this list overwhelm you, just focus on swapping one thing at a time.*

### 1. DIGESTIVE SYSTEM

*Gut health should be prioritized first because it is the final path of elimination. If you are not regular or if your gut lining is compromised, the toxins dumped there may be reabsorbed instead of passed out.*

- **get regular** (at least 1 BM/day)
- **nurture your microbiome**
- **heal leaky gut**
- **focus on fiber** (acts like a sponge to bind and a brush to sweep out toxins)
- **drink enough (clean) water**

### 2. LIVER

*When people think "detox", they often think of the liver. It is where your body breaks down drugs & alcohol, centralizes most biochemical detoxification processes, and filters your blood (your kidneys help with this too).*

- **eat beets** (great for liver, gallbladder, and cardiovascular health)
- **eat liver** (yup, that helps your own)
- **support with supplements** (milk thistle, dandelion root, colorful antioxidant foods)

### 3. SKIN

*Your skin is your largest organ and the barrier where many toxins enter the body. It reflects inner health, especially of your liver & gut.*

- **check your products** (are you adding more toxins to your system?)
- **try dry brushing**
- **massage** (stimulates lymph flow)
- **sweat it out**

# Digestion Pathway

## 1. BRAIN

Where digestion begins—with the thought, sight, & smell of food, your brain tells the other organs to begin digestive processes. Mindless or distracted eating means that your body does not recognize it is being fed, impacting every subsequent step.

## 2. MOUTH

In addition to mechanical chewing, saliva begins to chemically break down food.

Are you chewing enough?  
Food should be liquid before swallowing.

## 3. STOMACH

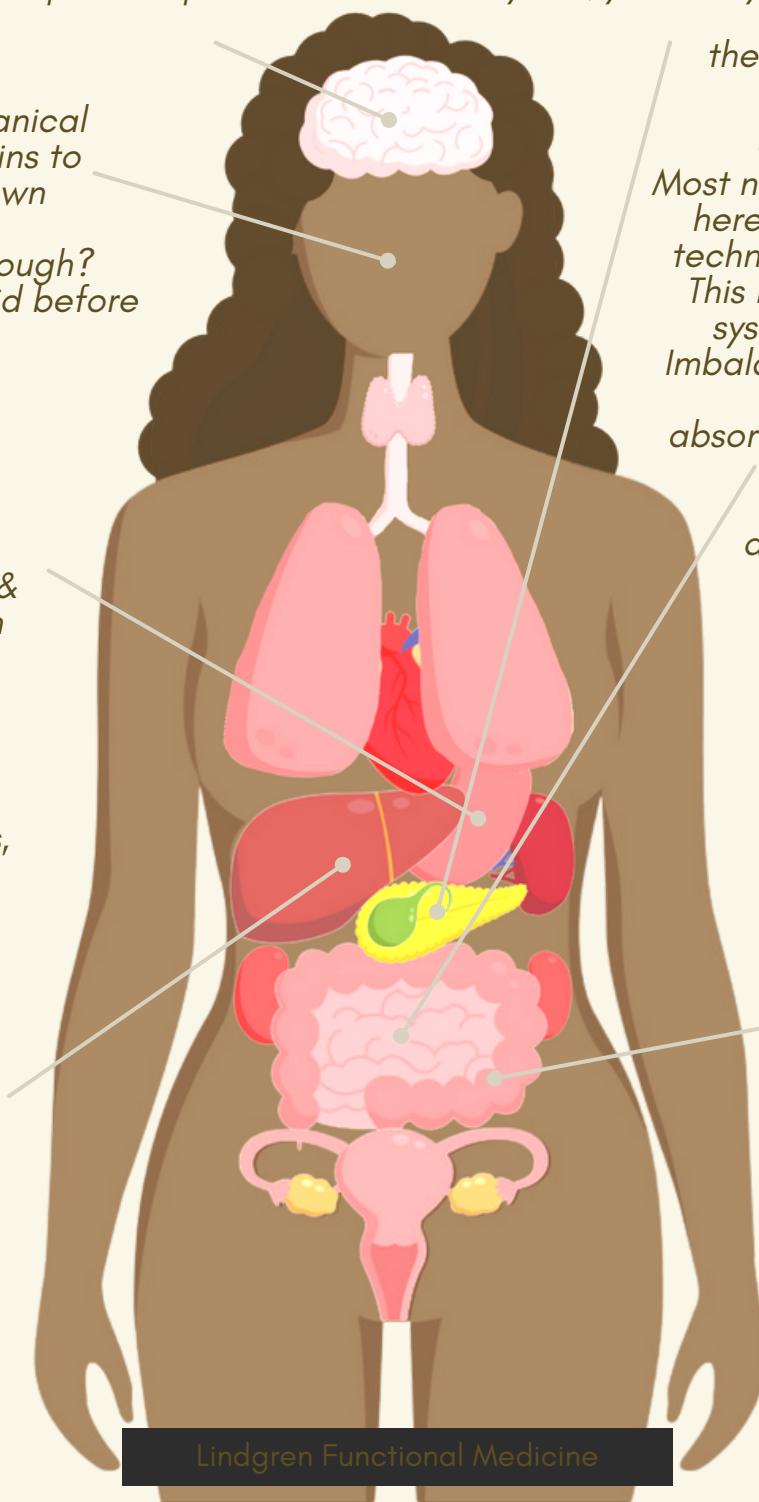
HCl (hydrochloric acid) and pepsin further break down & kill any pathogens in your food.

Insufficient stomach acid can hinder the rest of digestion, leading to a feeling of excessive fullness, constipation, or gut infections.

## 4. LIVER & GALLBLADDER

These organs produce & release bile to help break down fats.

If impaired, a person may experience fatty stools, nausea, and a long-term fatty acid deficiency.



## 5. PANCREAS

This organ creates & releases digestive enzymes to finish breaking down food once it enters the small intestine. It also neutralizes the acid coming from the stomach.

Without sufficient pancreatic digestive enzymes, your body may not be absorbing & using the nutrients you are eating.

## 6. SMALL INTESTINE

Most nutrient absorption occurs here (until now, food was still technically outside your body).

This is also where the immune system screens for invaders. Imbalance can lead to nutrient deficiencies (not enough absorbed) OR food allergies & inflammation

(if the wrong molecules are absorbed). If bacteria overgrows here (from insufficient HCl, constant snacking, etc), you may experience bloating & cramping.

## 7. LARGE INTESTINE

This is the final stage of digestion & home to trillions of microbes that help modulate your immune system, impact your mood, keep you regular, and synthesize valuable nutrients.

If food was not properly digested earlier in the process, bacteria feed on it now, leading to bloating, gas, & dysbiosis.



# Detox Pathways

## BRAIN

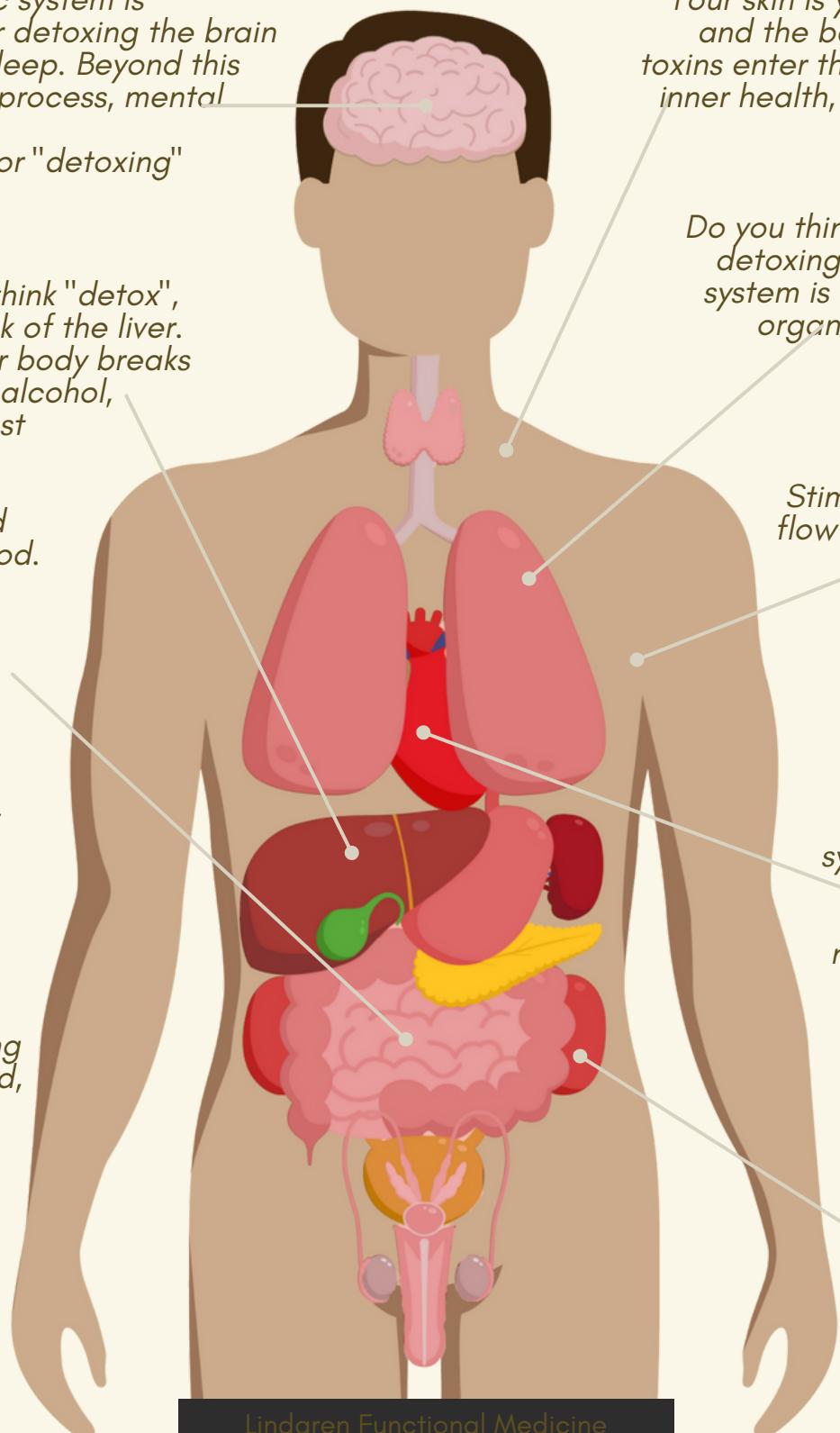
The glymphatic system is responsible for detoxing the brain tissue during sleep. Beyond this physiological process, mental health habits are essential for "detoxing" from stress.

## LIVER

When people think "detox", they often think of the liver. It is where your body breaks down drugs & alcohol, centralizes most biochemical detoxification processes, and filters your blood.

## DIGESTIVE SYSTEM

Gut health should be prioritized first because it is the final path of elimination. If you are not regular or if your gut lining is compromised, the toxins dumped there may be reabsorbed instead of passed out.



## SKIN

Your skin is your largest organ and the barrier where many toxins enter the body. It reflects inner health, especially of your liver & gut.

## LUNGS

Do you think of "exhaling" as detoxing? Your respiratory system is actually a primary organ system for detox.

## LYMPHATIC SYSTEM

Stimulating lymphatic flow is one of the best ways to support immune health & detoxification.

## BLOOD

Your blood is the main transportation system in the body. Not only does it deliver oxygen & nutrients, it carries away carbon dioxide and cellular waste.

## KIDNEYS

Along with the liver, your kidneys filter your blood and help maintain fluid balance.

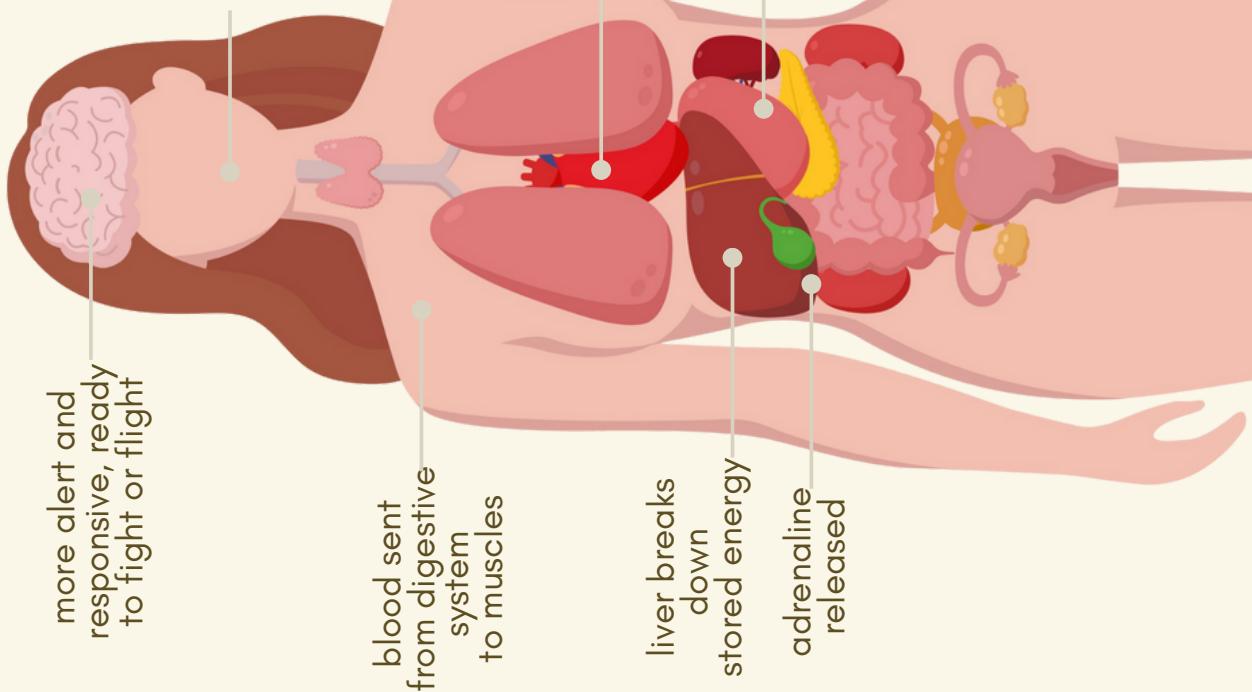


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## State of Stress

"I am distracted & rushed."

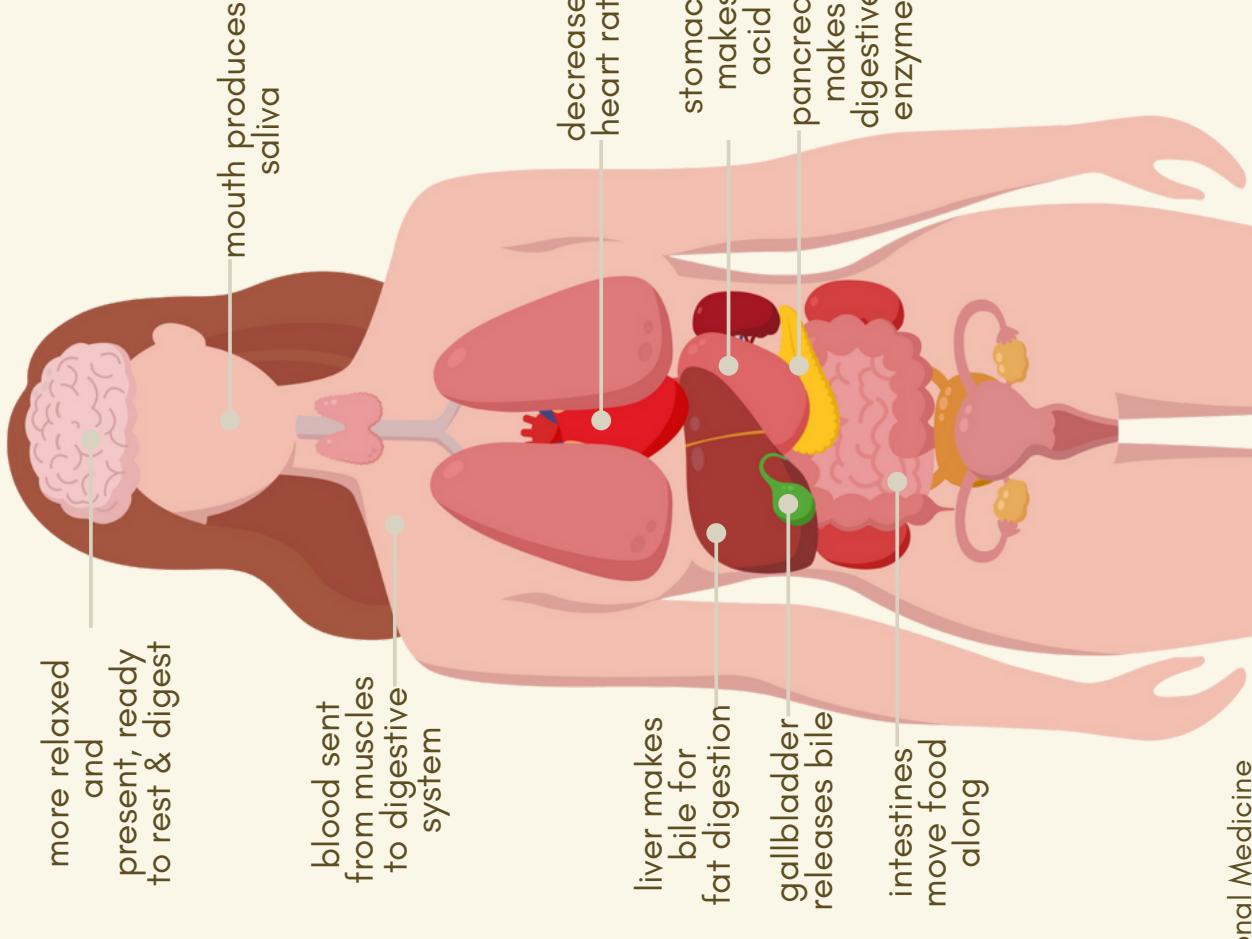
sympathetic



parasympathetic

## State of Receiving

"I am calm & intentional."





# 20 TIPS FOR EATING IN A *State of Receiving*

1. Put away DISTRACTIONS while eating (phone, book, TV, etc). Digestion begins in the BRAIN, so it is necessary for your body to be consciously AWARE of what you are eating.
2. Sip WATER WITH LEMON OR ACV before eating. This stimulates STOMACH ACID production, which is important for proper digestion.
3. Sit AT A TABLE to eat - do not stand or eat at your desk or bed, which have other purposes. You can easily fall into the habit of eating every time you are at your desk or in your bed.
4. Take time to transition: change your clothes, wash your feet, make a cup of tea, or stretch when you come home (rather than searching for a snack right away). This helps you slow down and make INTENTIONAL EATING decisions.
5. Take 5 deep BREATHS before eating. Your body processes food best when you are in a STATE OF RECEIVING.
6. Ask yourself "HOW DO I FEEL?" (rather than "HOW DO I LOOK?"). Let your body tell you.
7. Practice GRATITUDE before eating - pray, meditate, or verbalize your thankfulness for the GIFT of food. Not only does gratitude require attentiveness, it fosters relationship and REWIRES our brains.
8. Put your food on a plate or in a bowl (versus eating right out of the package). PORTIONING out your food helps you to RECEIVE rather than take.
9. Ask yourself "DO I WANT THIS?" (rather than "CAN I HAVE THIS?") This attentiveness is the key to intentional eating.
10. Chew each bite of food 20 TIMES before swallowing. This is important for proper digestion and ENJOYMENT of your food.
11. Pay attention to how food FEELS in your stomach before eating seconds. It takes about 20 MINUTES for your body to communicate to your brain that you are full.
12. Save your favorite food for last to end your meal with a feeling of SATISFACTION.
13. Take the extra time to make a really BEAUTIFUL meal as a way to HONOR your body.
14. Do something ENJOYABLE after eating (if you tell yourself you will clean the bathroom after you are done eating, you will not want to be done eating).
15. Drinking minimal LIQUID while eating, especially carbonated beverages. Too much dilutes and WEAKENS the acid and enzymes of digestion.
16. Sit for at least 5 MINUTES after your meal to let your body RELAX and focus on digestion.
17. Go for a SLOW WALK after a meal to help digestion (but wait to do really strenuous activity for at least 1 hour).
18. Finish eating at least 2 HOURS before bed. Late night snacking is usually MINDLESS and can affect your ability to fall asleep.
19. Eat in a BEAUTIFUL SPACE: outside, by a window, or put a big bouquet of flowers on your table. The entire experience of your meal should be enjoyable and REJUVENATING.
20. Eat your meals with OTHERS. Not only is it important for RELATIONSHIPS, but it also helps you eat slowly and more intentionally.



# HOW DO I KNOW IF I AM IN A *State of Receiving?*



portion out  
food



calm & relaxed

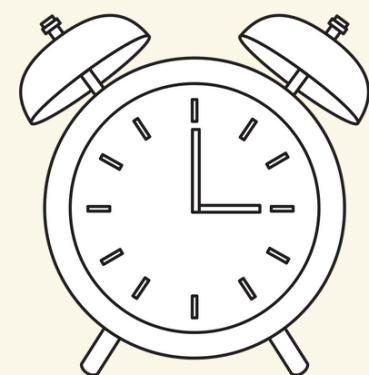
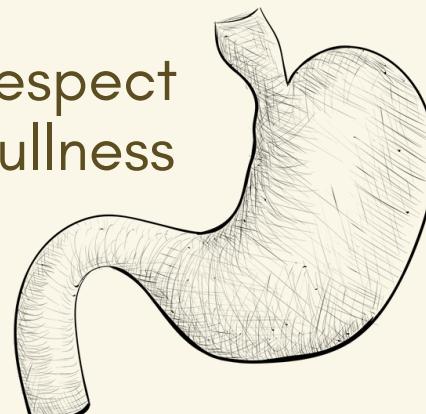


gratitude



nourishing  
foods

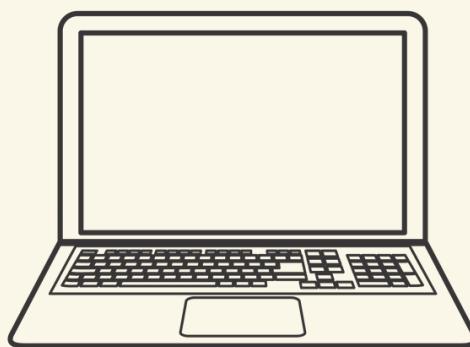
respect  
fullness



not rushed



chew each  
bite 20x



no distractions



sit at  
table

# Spring

## SEASONAL EATING

MARCH - JUNE

### FOOD FOCUS

- *pungent*
- *bitter*
- *light*
- *dry*
- *warm*
- *fasting*
- *avoid: heavy*

### TEA & SPICES

- black pepper
- cardamom
- cayenne
- chicory
- cinnamon
- cloves
- dandelion
- ginger
- hibiscus
- orange peel
- strawberry leaf

### MISC

- dried fruit
- raw honey
- goat milk
- sprouted beans
- lentils

### PRODUCE

- alfalfa sprouts
- asparagus
- bean sprouts
- beets
- broccoli
- brussels sprouts
- cabbage
- carrots
- cauliflower
- celery
- collard greens
- dandelion greens
- endive
- ginger
- green beans
- hot peppers
- kale
- lettuce
- mushrooms
- mustard greens
- onions
- parsley
- peas
- radishes
- spinach
- swiss chard
- turnips



# Summer

JULY - OCTOBER

## SEASONAL EATING

### FOOD FOCUS

- sweet
- *fresh*
- *raw*
- *astringent*
- *cool*
- *heavy*
- *avoid: spicy*

### TEA & SPICES

- chamomile
- chicory
- coriander
- dandelion
- hibiscus
- mint

### MISC

- coconut (and oil)
- olives (and oil)
- pumpkin seeds
- sunflower seeds
- almonds
- rice
- barley
- garbanzo beans
- mung beans
- ghee

### PRODUCE

- apples
- apricots
- artichokes
- beet greens
- bell peppers
- blueberries
- cantaloupe
- cherries
- cilantro
- cucumbers
- fennel
- grapes
- guava
- jicama
- lettuce
- mango
- melon
- okra
- peaches
- pears
- pineapple
- plums
- raspberries
- seaweed
- strawberries
- tomatoes
- zucchini





# Winter

NOVEMBER - FEBRUARY

## SEASONAL EATING

### FOOD FOCUS

- sweet
- salty
- heavy
- warming
- cooked
- fatty
- avoid: cold

### TEA & SPICES

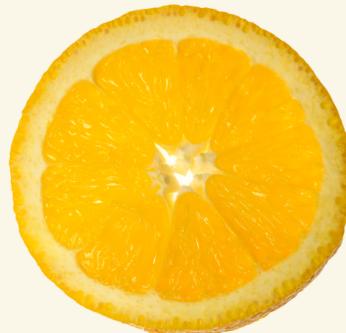
- anise
- basil
- black pepper
- cardamom
- cinnamon
- cumin
- ginger
- turmeric

### MISC

- whole grains
- dairy
- maple syrup
- avocado oil
- coconut oil
- olive oil
- eggs

### PRODUCE

- avocados
- bananas
- beets
- brussels sprouts
- carrots
- chilis
- dates
- figs
- garlic
- grapefruit
- lemons
- limes
- oranges
- papaya
- persimmons
- potatoes
- pumpkin
- winter squash
- sweet potatoes
- tangerines
- tomatoes



### MEAT

- red meat
- poultry
- fish
- seafood



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# Spring

## SEASONAL EATING BINGO

Can you get 5 in a row?



LENTILS	GINGER	SPROUTS	BROCCOLI	SPINACH
CABBAGE	DRIED FRUIT	CELERY	KALE	GREEN BEANS
ONION	PARSLEY	FREE	HOT PEPPER	TURNIP
LETTUCE	RADISH	MUSHROOMS	GOAT MILK	HONEY
MUSTARD	CAULIFLOWER	PEAS	BEANS	ASPARAGUS



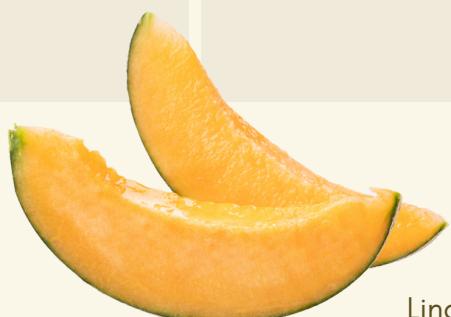
# Summer

## SEASONAL EATING BINGO

Can you get 5 in a row?



COCONUT	BELL PEPPER	CILANTRO	ALMONDS	RASPBERRY
APRICOT	JICAMA	PINNEAPPLE	MINT	CUCUMBER
CHERRIES	GRAPES	FREE	BLUEBERRY	SEAWEED
MANGO	STRAWBERRY	LETTUCE	ZUCCHINI	PLUM
TOMATO	MELON	PEAR	PEACH	CHICKPEAS





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# Fall

## SEASONAL EATING BINGO

Can you get 5 in a row?



ALMONDS	ZUCCHINI	CINNAMON	SWEET POTATO	PUMPKIN
DATES	ONION	GARLIC	CRANBERRIES	BRUSSELS SPROUTS
WHOLE GRAINS	KALE	FREE	MUSHROOMS	PEAR
POTATO	GINGER	GREEN BEANS	APPLE	TOMATO
BELL PEPPER	MAPLE SYRUP	BEET	SQUASH	CARROT



# Winter

## SEASONAL EATING BINGO

Can you get 5 in a row?



AVOCADO	ORANGE	GARLIC	WHOLE GRAINS	BEEF
BANANA	TOMATO	PUMPKIN	FISH	CINNAMON
BRUSSELS SPROUTS	GRAPEFRUIT	FREE	DATES	POTATO
CARROT	SQUASH	TANGERINE	APPLE	MAPLE SYRUP
CHICKEN	BEET	LEMON	SWEET POTATO	GINGER





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# Healthy Fat



## BINGO

Can you get 5 in a row?



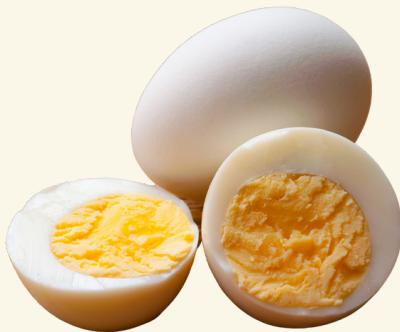
OLIVES	RAW COCONUT	MACADEMIA NUTS	SARDINES	FLAXSEED
ALMOND BUTTER	SALMON	COCONUT OIL	GHEE	EXTRA VIRGIN OLIVE OIL
AVOCADO OIL	SUNFLOWER SEEDS	FREE	FULL-FAT YOGURT	TALLOW
PUMPKIN SEEDS	SOUR CREAM	WALNUTS	HEMP SEEDS	AVOCADO
FLAX OIL	EGGS	DUCK FAT	GRASS-FED BUTTER	COCONUT CREAM





# Low Carb Snacks

## under 15 net carbs



- **almonds** - 1 handful
- **mixed nuts** - 1 handful
- **sunflower seeds** - 1 handful
- **nut butter & celery** - 2 Tbsp
- **coconut flakes** - 1 handful
- **olives** - 1 cup
- **artichoke hearts** - 1 cup
- **snap peas** - 1 cup
- **berries & heavy cream** - 1 cup
- **cacao nibs** - 1 small handful
- **pickles** - 6 spears
- **avocado** - 1 whole
- **raw carrots, broccoli, cauliflower, peppers, celery, cucumber** - 1 cup
- **seaweed snacks** - 20 sheets
- **cottage cheese** - 1 cup
- **cheese** - 1 palm size
- **plain Greek yogurt** - 1 cup
- **jerky** - 1 palm size
- **deli meat** - 1 palm size
- **hard-boiled eggs** - 3 whole
- **canned fish & shellfish** - 1 tin
- **hummus** - 4 Tbsp
- **chia pudding (seeds & milk)** - 1/2 cup
- **guacamole & veggies** - 1 cup
- **kale chips** - 2 cups
- **cucumber & cream cheese** - 2 Tbsp
- **grapefruit** - 1 half
- **egg salad** - 1 cup
- **tuna salad** - 1 cup



# Whole Food Desserts

## COMBO IDEAS

- dates + walnuts
- baked apple/pear/peach/apricot + ginger + cinnamon
- yogurt/kefir + fruit + coconut flakes
- frozen banana + nut butter + cocoa nibs
- black bean brownies
- coconut milk ice cream/popsicle
- coconut cream + berries + honey



FRUIT

*Find canned coconut cream for a delicious alternative to dairy.*



DATES

*"nature's caramel"*



CACAO NIBS



DARK CHOCOLATE

*70% or darker*

# Foods to Include

AIP ELIMINATION PHASE

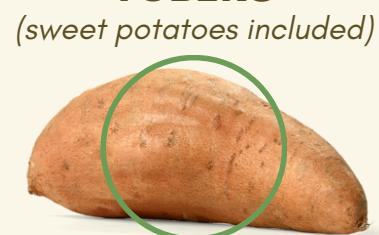
## LEAFY GREENS



## VEGETABLES



## TUBERS



## FRUIT



## HONEY & MAPLE SYRUP



## OLIVES

*(and high quality oil)*



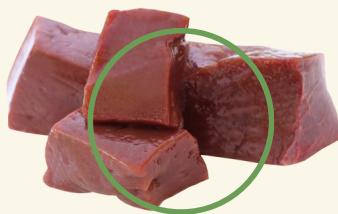
## RED MEAT & POULTRY



## FISH & SEAFOOD



## ORGAN MEATS



## FERMENTED FOODS



## BONE BROTH



## HERBS & SPICES

*(from leaves, flowers, roots)*



## COCONUT





# Foods to Exclude

AIP ELIMINATION PHASE

## GRAINS & GLUTEN

(and pseudograins like quinoa)



## DAIRY



## LEGUMES

(soy, beans, peas, lentils, peanuts)



## REFINED SUGAR



## REFINED OILS

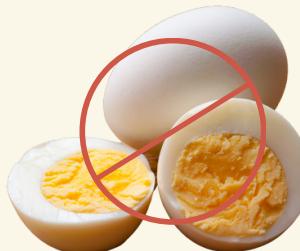


## SWEETENERS

(sugar alcohols, aspartame, stevia)

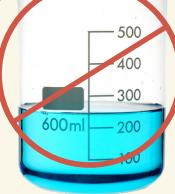


## EGGS



## ADDITIVES

(color, flavor, gums, preservatives)



## NIGHTSHADES

(tomatoes, white potatoes, peppers, spices)



## COFFEE & CHOCOLATE



## NUTS



## SEEDS

(whole, oils, spices)



## ALCOHOL

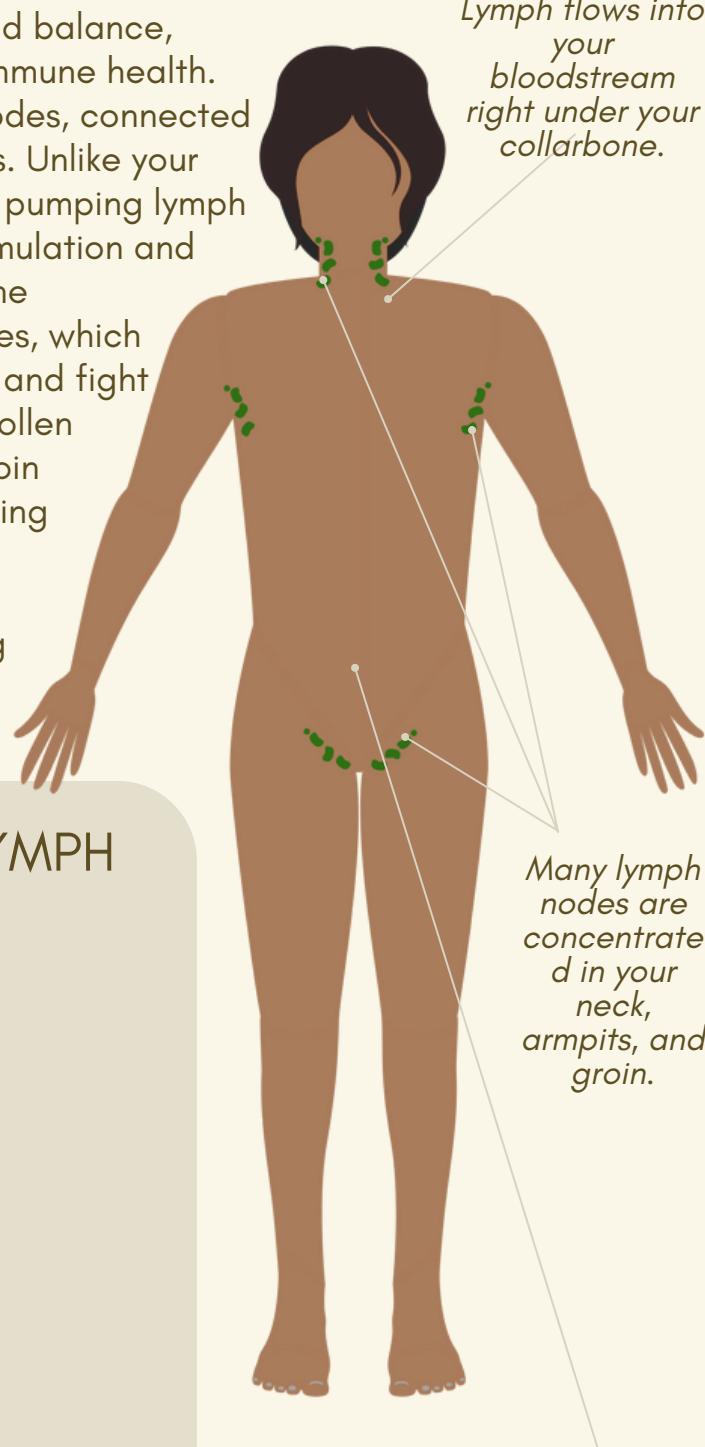




# Lymphatic Health

## GO WITH THE FLOW

Your lymphatic system is involved in fluid balance, nutrient delivery, waste removal, and immune health. It is made up of bean-shaped lymph nodes, connected by an extensive system of lymph vessels. Unlike your cardiovascular system, there is nothing pumping lymph through your body. Instead it needs stimulation and muscle movement to keep it flowing. The lymphatic system is home to lymphocytes, which are white blood cells that help identify and fight pathogens. This is why you may feel swollen lymph nodes in your neck, armpit, or groin area when you have an infection. Keeping your lymph fluid and flowing is key for supporting immune health, preventing edema (swollen tissue), and eliminating collected toxins.



### SUPPORT HEALTHY LYMPH

- drinking enough water
- regular movement
- stretching & yoga
- deep breathing
- dry brushing
- face roller
- massage
- alternating hot & cold showers
- skipping rope or jumping on trampoline
- minimal toxins
- healthy fat
- vegetables
- herbs: calendula, ginger, cleavers, garlic, astragalus, echinacea, dandelion

*There are also many lymph vessels in your gut to absorb and deliver dietary fat and fat-soluble vitamins to the rest of the body.*



# The Stress Response

## THE HPA AXIS

The HPA axis is the communication network between the **Hypothalamus**, **Pituitary** gland, and **Adrenal** glands. It is the body's primary system for recognizing and responding to stress. Whenever the brain recognizes stress, it triggers a hormone cascade to alert the rest of the body. This results in a release of cortisol (aka "stress hormone"), which tells the body to react AND turns off the signals from the brain.

This system is designed to respond to stress in a balanced way. In fact, some stress is actually beneficial for keeping the brain and body in tip-top shape. Examples of *eustress* (good stress) include regular exercise, cold exposure, fasting, excitement, or new challenges.

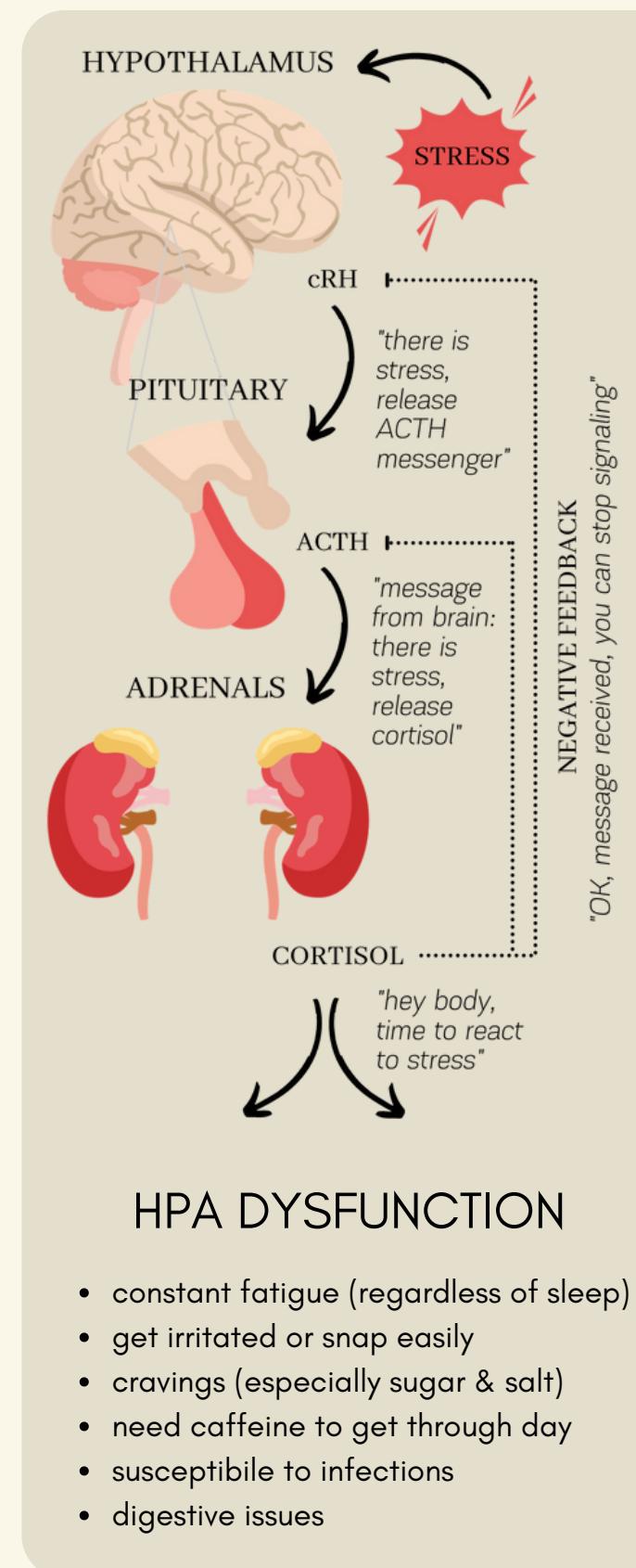
## CHRONIC STRESS

However, when stress levels become negative or overwhelming, it is considered *distress*. If someone is overloaded with chronic distress, the system can get worn out (often described as "HPA dysfunction" or "adrenal fatigue").

Over time, the body stops responding to cortisol, leading to *cortisol resistance*.

Chronically elevated levels of cortisol are like the "boy who cried wolf". To compound the problem, communication between these glands is disrupted, the HPA axis becomes imbalanced, and the body loses the ability to respond appropriately to everyday stressors.

What to do? Try to eliminate and manage stress, prioritize sleep, and eat to nourish.



## HPA DYSFUNCTION

- constant fatigue (regardless of sleep)
- get irritated or snap easily
- cravings (especially sugar & salt)
- need caffeine to get through day
- susceptible to infections
- digestive issues



# Stress Management

Stress is your body's response to a challenge or demand. Because it is your *response*, rather than the stressor itself, that means you can manage it. Additionally, the *challenge or demand* is not necessarily negative.

That's right, some stress is actually beneficial for keeping the brain and body in tip-top shape. Examples of *eustress* (good stress) include regular exercise, cold exposure, fasting, excitement, or new challenges. However, when stress levels become negative or overwhelming, it is considered *distress*. If someone is overloaded with chronic distress, the body can get worn out.

## MANAGEMENT

- prayer & meditation
- enjoyable movement
- time in nature
- yoga & stretching
- journaling & reading
- set boundaries
- reframe as a positive
- eliminate unnecessary stressors
- block off time for fun
- herbs: rhodiola, valerian, ashwagandha



## TOP STRESSORS

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## HOW TO BALANCE

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# HEALTHY Movement

## BENEFITS

- cardiovascular/heart health
- respiratory health
- brain & nervous system health
- digestive health
- lymphatic movement
- muscle strength
- bone strength
- joint comfort
- inflammation reduction
- metabolism regulation
- hormone & insulin sensitivity
- skin detoxification
- stress reduction

What comes to mind when you hear "exercise" or "workout"? Many people cringe or feel a sense of guilt for not moving more (we all know that it is healthy). However, shift your mindset to think of *movement* as something enjoyable, refreshing, and aligned with the needs of your body. This can be intense one day and gentle the next, whatever feels right! Making movement a regular part of your day is one of the most beneficial (and enjoyable) ways to support your overall health!

## ENJOYING MOVEMENT

### BE CONSISTENT, NOT CHRONIC

*chronic overexercise can be unhealthy when it is TOO stressful*

### DO SOMETHING YOU ENJOY

*movement doesn't have to involve a treadmill (try hiking, rock-climbing, kayaking, biking, tennis, yoga, or an activity you look forward to)*

### FIND ACCOUNTABILITY

*plan movement with a friend, family member, or dog to get you going when you're not motivated*

### LISTEN TO YOUR BODY

*there is a difference between being lazy and being gentle with yourself (if intensity feels wrong today, opt for something more relaxed)*





# HOW TO OPTIMIZE Sleep

Quality sleep: you may think of it as a luxury, but it is actually a necessity! It is crucial for cellular & liver detoxification, brain glymphatic cleansing, memory consolidation, digestive rest, stress management, and hormone regulation (which contributes to unhealthy weight gain when unbalanced). Prioritizing sleep is one of the most beneficial (and enjoyable) ways to support your overall health!

## SUPPLEMENTS

- Lavender
- Chamomile
- Valerian
- Hops
- Poppy
- Magnesium glycinate
- Melatonin
- L-tryptophan or 5-HTP
- L-theanine
- GABA

*A comfortable mattress & bedding can go a long way in improving sleep.*



## SLEEP SUPPORT TIPS

### MAKE BED SACRED

- *for only sleep & sex (not eating, scrolling, working)*

### MAKE BEDROOM DARK AS POSSIBLE

- *invest in blackout curtains*
- *unplug devices with lights*

### REDUCE STIMULATING SCREENS

- *blue light destroys melatonin (sleep hormone) up to 2 hours before bed*
- *wear blue light blocking glasses*
- *turn on blue light filter in device settings*
- *put devices in airplane mode when sleeping*

### GET BRIGHT MORNING SUNLIGHT

- *syncs your circadian rhythm*
- *gives energy during the day*
- *helps sleep at night*

### MOVE YOUR BODY

- *movement during the day benefits sleep at night*

### FINISH EATING 2 HR BEFORE BED

- *a big meal can keep you awake*
- *support overnight blood sugar with protein, healthy fat, and complex carbs at dinner*
- *if you need a bedtime snack, choose protein & complex carbs*

# Healthy Weight

## WHY YOU ARE NOT "FAILING" AT WEIGHT LOSS

A desire for weight loss is the most common reason that people "diet". But if you are like most Americans, your attempts to eat healthy and lose weight have either failed or backfired. Why is it so difficult? It is not that you need more willpower or discipline, but that you need to work *with* your body instead of *against* it. That begins with understanding why you are not "failing" to establish a healthy weight:

### 1. Health is more than weight

*our culture has reduced health to appearance (instead health should be about nutritional wealth, vitality, and fullness of life)*

### 2. Calorie restriction does not work biologically

*your body is smarter than a decision to cut calories, so it will respond as if there is a famine (by increasing hunger and decreasing energy expenditure)*

### 3. Restriction messes with your mind

*when you cannot have something, you want it more (so true food freedom and healthy weight management cannot come from a restrictive dieting mentality)*

## 4 STEPS FOR HEALTHY WEIGHT

### 1. SHIFT YOUR FOCUS

*resolve to make lifestyle changes to honor your body and promote vitality (rather than treating your body like something to be manipulated)*

### 2. REDUCE SUGAR

*body weight is regulated by hormones, including insulin (limiting processed sugar will keep your metabolism-regulating hormones in balance)*

### 3. EAT REAL FOOD

*nothing messes with your metabolism and hunger hormones like engineered food (eat food in its whole form, as found in nature)*

### 4. EAT REGULAR MEALS

*help your body find its rhythm and flood it with nutrients (so there is no need to "store for later")*



*Your body will definitely respond to these changes, but you may still need to go one step further and troubleshoot a deeper imbalance:*

- microbiome dysbiosis
- hormonal imbalance
- stress (including too little sleep or too much exercise)
- toxins (fat is a protective mechanism)

# WHAT & WHY *Bone Broth* *Fasting*

Bone broth fasting is a type of fasting where you take a break from food for ~24 hours and only drink water, herbal tea, and bone broth. While regular fasting can be a stressor for some people (especially if their blood sugar is out of balance), bone broth fasting is a gentler way to fast.

The bone broth provides your body with a source of electrolytes, minerals, and protein to help you feel energized and focused throughout the day. However, being in a semi-fasted state still promotes fat burning and metabolic flexibility. You can reap the many benefits of regular fasting—including cell regeneration, metabolic calibration, digestive rest, immune health, hormone balance, weight management, and healthy aging—while nourishing your body with a rich source of nutrients.

## TIPS FOR A BONE BROTH FAST

- **TRANSITION TO FASTING**  
*fasting is like running, you cannot just get off the couch and run a marathon; support a successful transition by first increasing fat & protein, supporting blood sugar, and optimizing sleep*
- **QUALITY MATTERS**  
*make or purchase a quality bone broth (not flavored stock)*
- **AVOID STRESSFUL EXERCISE**  
*the nutrients from bone broth will help you get through the fast, but wait to do strenuous exercise until your body has more fuel*
- **LISTEN TO YOUR BODY**  
*each person has a bioindividual response to fasting, so listen and respect your body's needs*



*Bone broth is a rich source of collagen & gelatin, which are proteins that support healthy hair, skin, nails, bones, joints, and gut lining.*



# Intermittent Fasting

Intermittent fasting (IF) is a pattern of eating that controls *when* you eat rather than *what* or *how much*. There are 2 general types: WEEKLY (eat regular 5 days, fast 2) and DAILY (eat in ~8 hour window, fast for ~16 hours). Each can have wonderful benefits for metabolism, cell regeneration, digestive rest, immune health, hormone balance, weight management, and healthy aging.

Fasting can be a form of eustress (like exercise) that trains your body to be better for next time. However, just as you cannot get up off the couch and run a marathon on a whim, you need to gradually work up to a fasting period that your body can handle. Otherwise, long fasts can actually rock the boat too much and cause unhealthy stress on your body. If you have a history of disordered eating, you should not practice IF.

The keys to successful IF are to focus on nutrient-dense foods during your feeding window, gently build fasting endurance, and to listen to your body (fast intuitively).

*For example, if you are a cycling woman, you will probably find that it feels best to fast during your follicular phase (10-14 days after period). Fasting should be minimal during the week before menstruation.*



*If you experience headaches, dizziness, nausea, or constipation when fasting, try replenishing your body with unflavored electrolytes or Himalayan salt in your water.*

## TRANSITION TO FASTING

### 1. START WHERE YOU ARE

*you are already fasting overnight, so you can gradually condense your eating window (by eating earlier in the evening and later in the morning)*

### 2. EAT REGULAR MEALS

*snacking keeps your metabolism slave to constant feeding (if you are stuck in a "sugar-burning mode", fasting will be very difficult)*

### 3. INCREASE FAT & PROTEIN

*support your body's ability to thrive in a "fat-burning mode" while fasting (which means eating enough healthy fats and protein to feel satisfied)*

### 4. PRIORITIZE SLEEP

*this is key to supporting detoxification and hormone balance (which are essential for reaping fasting benefits)*



# Female Fertility

## THE INVESTMENT OF PREGNANCY

In nature, females have to be more selective about when (and with whom) they become pregnant. They have a limited number of eggs and are only fertile during a small window of their monthly cycle. Pregnancy requires a significant biological investment for a woman, so her body is designed to support a child only when there is a high chance of success. Through diet & lifestyle, women can support the conditions for a successful and healthy pregnancy.

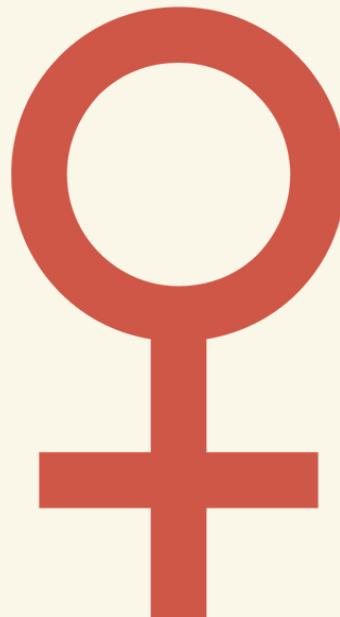


*The first moment of a child's life is when the father's sperm penetrates the mother's ovum (or egg). Those eggs have been present in the woman's ovaries since she was in her own mother's womb!*

## FOOD IS INFORMATION

Fertility is intricately connected to nutritional status. Food is information, so if your body senses a nutrient deficiency or potential famine, it will not invest in a pregnancy at that time. The same is true with stress: in nature, pregnancy makes a woman vulnerable. So if the body senses that it is not safe, it will wait to get pregnant until the threat has passed. In our modern world, those threats often look like everyday stress, toxins, poor diet, or a hyper-focus on conceiving in the first place.

Avocados, greens, and seafood are particularly nourishing for female fertility.



## SUPPORT FERTILITY

- PRIORITYZIE NUTRITIONAL WEALTH  
*start storing up nutrients and sending signals that it is a good time to conceive*
- BALANCE HORMONES  
*increase healthy fats, support liver detox, and identify what is driving the imbalance*
- SUPPLEMENT HERBS & NUTRIENTS  
*B vitamins, minerals, selenium, maca root, dong quai, chasteberry*



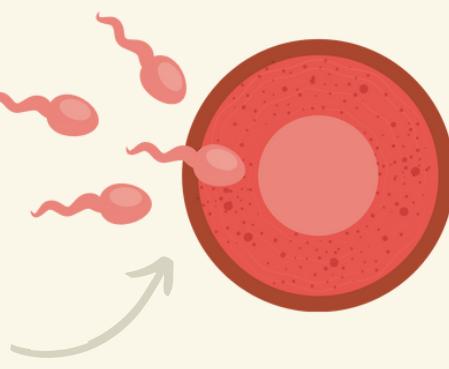
# Male Fertility

## THE INVESTMENT OF PREGNANCY

In nature, males do not have to be as selective as females about when (and with whom) they become pregnant. They are always producing an abundance of sperm and are fertile throughout the month. Pregnancy is an investment for a man insofar as he has an invaluable role to support the mother of their child. A male's body is designed to maximize the chances of successful fertilization by maximizing the amount of sperm he produces (and number of times he has sex). However, male fertility is not only about sperm *quantity*, but also sperm *quality*. Because he produces billions of sperm throughout his lifetime, a man has a unique opportunity to improve the success and health of a pregnancy.



*The first moment of a child's life is when the father's sperm penetrates the mother's ovum (or egg). Sperm motility refers to their ability to reach & penetrate the egg (the strongest one "wins").*



## LIFESTYLE MATTERS

Fertility is intricately connected to nutritional status. The food a man eats (and doesn't eat) can have a profound influence on the success of the pregnancy. Exercise and stress management are two key lifestyle factors that improve healthy testosterone and libido levels.



## SUPPORT FERTILITY

- PRIORITY NUTRITIONAL WEALTH  
*nutrient levels impact not only sperm quality & quantity but also libido*
- REDUCE TOXINS  
*alcohol, smoking, chemicals, electromagnetic radiation, and processed soy are all connected to impaired sperm production*
- SUPPLEMENT HERBS & NUTRIENTS  
*zinc, vitamin C, maca root, fenugreek, ashwagandha*

*Pumpkin seeds, tomatoes, and bananas are particularly nourishing for male fertility.*



# Prenatal Nutrition

Pregnancy is an incredible and beautiful season of life. Proper nutrition is more important than ever, because what a mother eats (or doesn't eat) not only impacts the health of her children, but also her children's children (via an effect called epigenetics). Beyond this overview of how & what to eat during pregnancy, the best way to nourish yourself (and your child) is to **LISTEN** to & **HONOR** your body's needs.

## NUTRITIONAL WEALTH

The focus during pregnancy should be putting your body into a state of **NUTRITIONAL WEALTH**. This means taking every opportunity to maximize the nutrients in your diet and body.

1. Fill your plate with *whole foods*, such as colorful fruits & vegetables, healthy fats, and quality protein.
2. Avoid *fasting* & *detoxes* during this time, as they are additional stressors (and can influence your baby's development).
3. *Supplements* (like a prenatal multivitamin, probiotic, or omega 3 fatty acid) can be helpful for some. Do your research before taking herbals (many have not been studied during pregnancy).
4. Listen to your *cravings*, that is your body communicating its needs!



*Nutrients are more than building blocks for growth—they also regulate genetic expression (whether certain processes are turned on or off).*

Should I eat fish?

Yes. Mercury in fish is only an issue because it binds selenium, a necessary nutrient. This is not an issue if there is more selenium than mercury (as in most fish). There are more consequences from inadequate consumption of the essential nutrients and fatty acids found in fish & seafood.



## NUTRIENTS OF FOCUS

- **FAT SOLUBLE VITAMINS (A, E, D, K)**  
*dairy, meat, fish, greens*
- **OMEGA-3 FATTY ACIDS**  
*fish & seafood*
- **CHOLINE**  
*eggs, beef, liver, crucifers*
- **FOLATE**  
*greens, crucifers, legumes (whole food > synthetic folic acid)*
- **IRON**  
*meat, fish, seafood, liver*

*These nutrients are essential for proper development of the baby's brain & nervous system.*



# Menopause

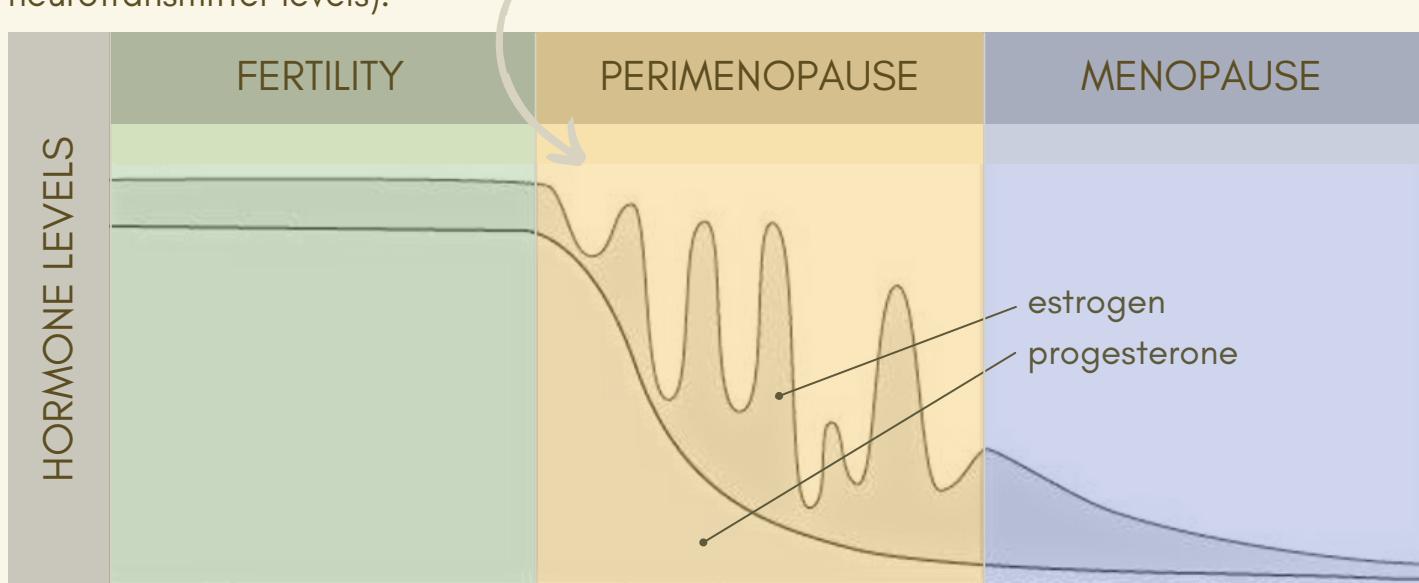
## WHAT IS HAPPENING?

A woman's hormone system is one of the most complex and beautiful systems in nature. Throughout her lifetime (and fertile months), her hormone levels will fluctuate greatly. After her fertile years, her body will enter a period called perimenopause (~10 years before menopause, or complete cessation of menstruation). This period is characterized by variability. As progesterone steadily declines, estrogen fluctuates wildly. During this transition, it is common for women to experience brain fog, mood swings, anxiety/depression, lack of motivation, difficult sleep, lower libido, hot flashes, and weight gain. The best way to support a seamless hormonal shift is to avoid extremes in diet, exercise, and schedules (and therefore support healthy cortisol, insulin, thyroid hormone, and neurotransmitter levels).

*These same fluctuations can be experienced by younger women who stress their hormones with excessive exercise & dieting.*

## HOW TO NAVIGATE

- **AVOID EXTREMES**  
in diet, exercise, and schedules
- **PRIORITIZE SLEEP**  
arguably the best way to balance hormones
- **BALANCE BLOOD SUGAR**  
insulin interacts with sex hormones
- **TRY INTERMITTENT FASTING**  
rather than caloric restriction
- **FOCUS ON GENTLE MOVEMENT**  
rather than intense exercise
- **MANAGE STRESS**  
with prayer/meditation, nature, journaling, reading, laughter, etc
- **LOVE YOUR LIVER**  
so it can detox excess estrogen
- **GET REGULAR**  
so those detoxed hormones are completely eliminated





# Estrogen Balance

## IT'S ALL ABOUT BALANCE

Estrogens are 1 of 4 types of female sex hormones that are all in delicate balance with one another. The others are progesterone, luteinizing hormone, and follicle-stimulating hormone. If these hormone levels become imbalanced, they can negatively impact a woman's fertility, menstruation, bone strength, energy, mood, cardiovascular health, inflammation, and weight. A common imbalance is estrogen dominance, which is experienced when the body is overloaded with estrogen-like chemicals, cannot produce enough progesterone to balance estrogens, or cannot detoxify estrogens properly.

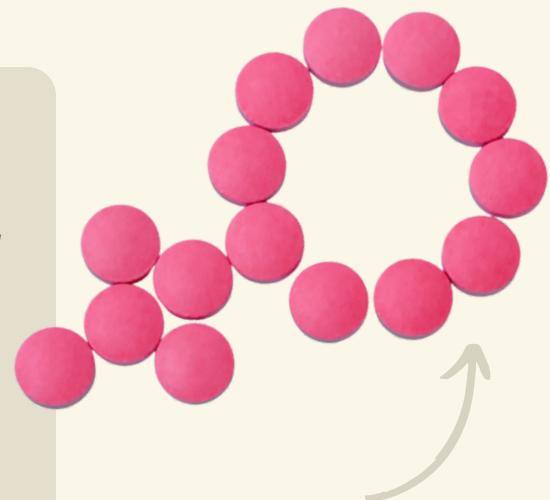
A woman's body has many mechanisms for regulating this delicate hormonal balance: synthesis rates, binding, enzyme action, microbiome metabolism, liver conjugation, and excretion. These mechanisms can be influenced by genetics, environmental toxins, stress, and diet. To promote hormone health, it is crucial to address the root causes of imbalance and to support foundational health (digestion, blood sugar regulation, whole food diet).

## SUPPORT ESTROGEN DETOX

- GET REGULAR *daily bowel movements are essential for excreting toxins (and excess estrogen) from the body*
- PRIORITIZE SLEEP *when your body detoxes and calibrates hormones*
- CRUCIFEROUS VEGGIES *broccoli, cauliflower, kale, cabbage, and brussels sprouts contain compounds that support estrogen breakdown*
- SUPPLEMENTAL NUTRIENTS *milk thistle (liver), vitex/chasteberry (progesterone production), calcium-D-glucarate (gut estrobolome), indole-3-carbinol/DIM (hormone detox pathways)*

## ENDOCRINE DISRUPTERS

- plastics/BPA (especially if heated)
- bleached tampons
- cleaning & beauty products
- artificial birth control
- unfiltered water
- pesticides
- preservatives
- excessive soy consumption



*Many girls & women are encouraged to take birth control pills to manage undesirable symptoms; but rather than addressing the root issue, these artificial hormones often make the imbalance worse long-term.*



# Menstrual Hormones

## PHASE 1: MENSTRUAL

"not pregnant"

all hormone levels are low as the body sheds the old uterine lining

## PHASE 2: FOLLICULAR

"preparing for pregnancy"

hormone levels rise as the ovary prepares an egg for ovulation

## PHASE 3: OVULATORY

"likely to become pregnant"

many hormones peak (and rapidly drop) to trigger the egg release

## PHASE 4: LUTEAL

"potentially pregnant"

the uterus lining thickens to nourish a (potentially) fertilized egg

### FOLLICLE STIMULATING HORMONE (FSH)

*stimulates the ovary follicle to prepare an egg for ovulation and estrogen release*

### LUTENIZING HORMONE (LH)

*triggers the ovary to release an egg at ovulation, which leaves an empty follicle (now called the corpus luteum)*

### ESTROGENS

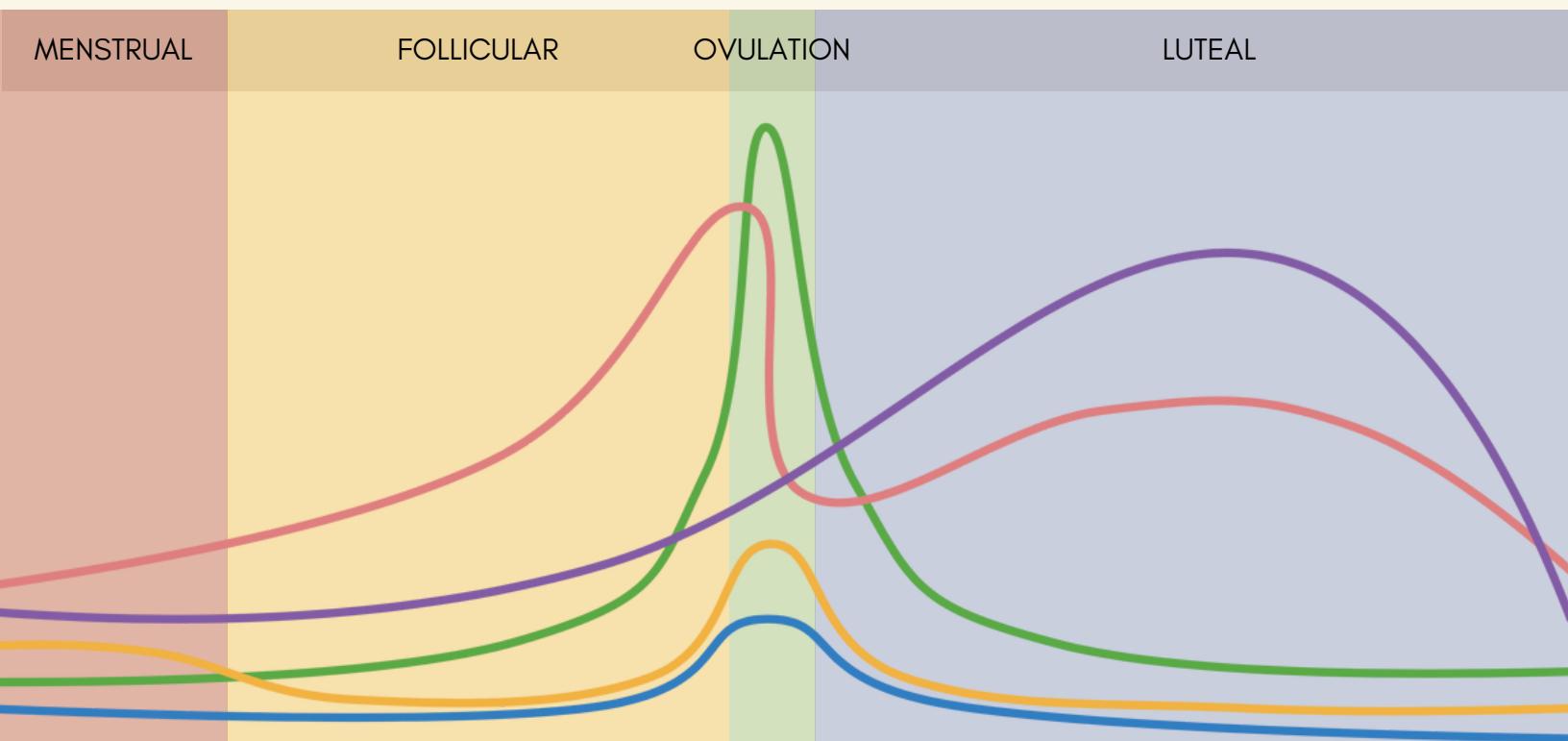
*prepares the uterus lining for possible pregnancy and thins cervical mucus (so sperm can enter)*

### PROGESTERONE

*thickens and maintains uterine lining, turns off LH/FSH, triggers menstrual bleeding when it drops*

### TESTOSTERONE

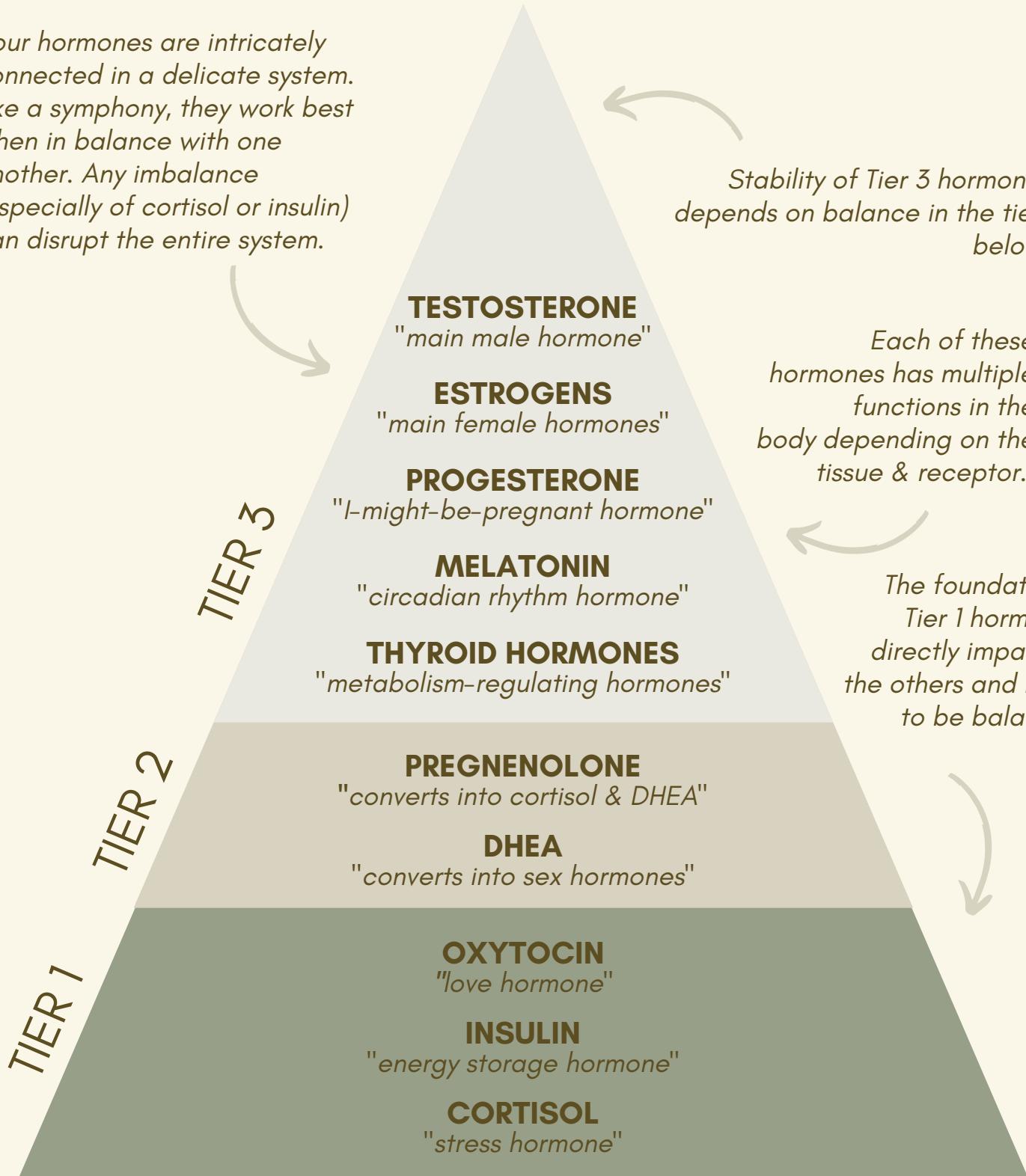
*much lower in women than men, but peaks around ovulation to increase libido (when she is most fertile)*





# Hormone Hierarchy

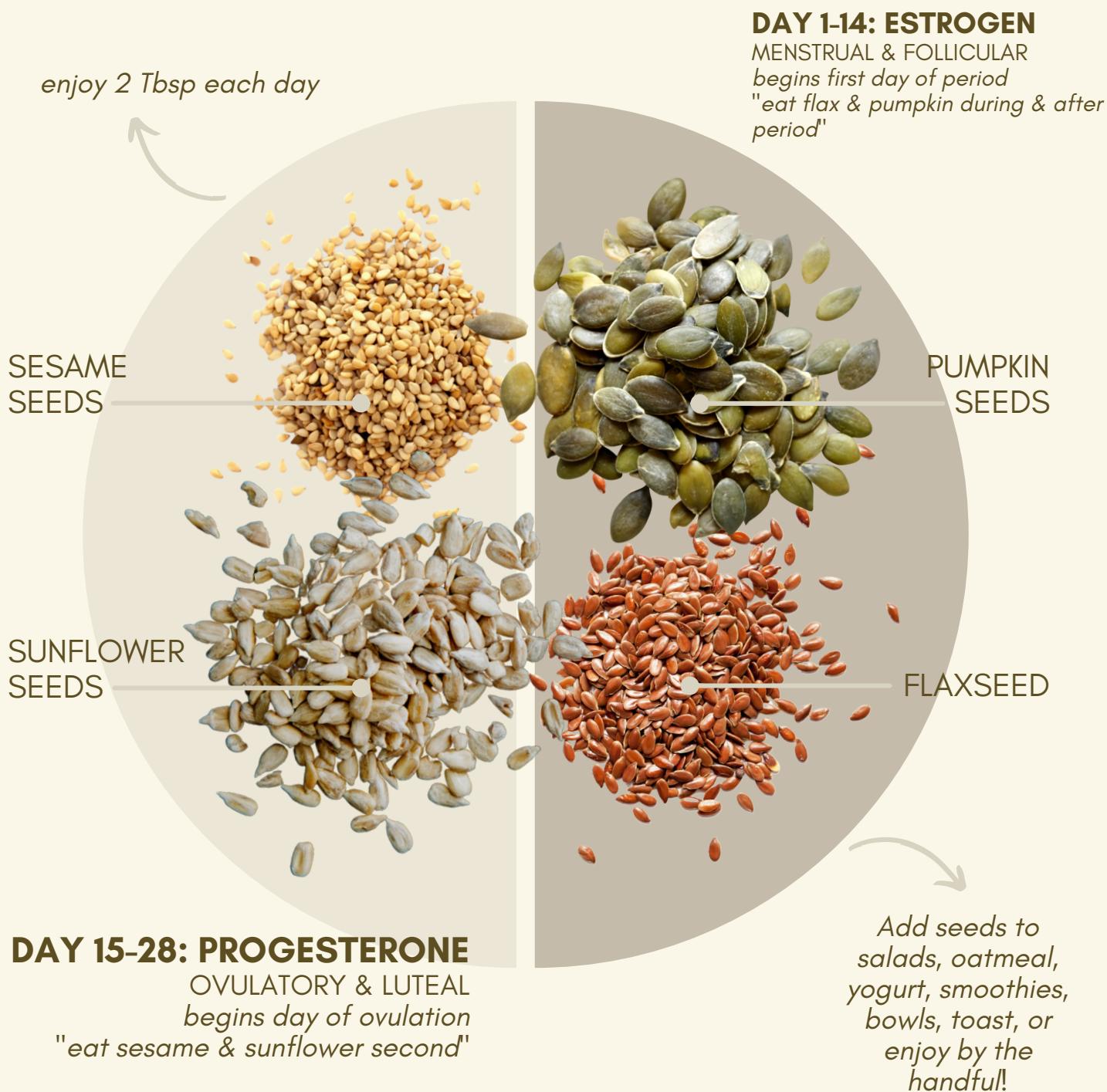
Your hormones are intricately connected in a delicate system. Like a symphony, they work best when in balance with one another. Any imbalance (especially of cortisol or insulin) can disrupt the entire system.





# Seed Cycling

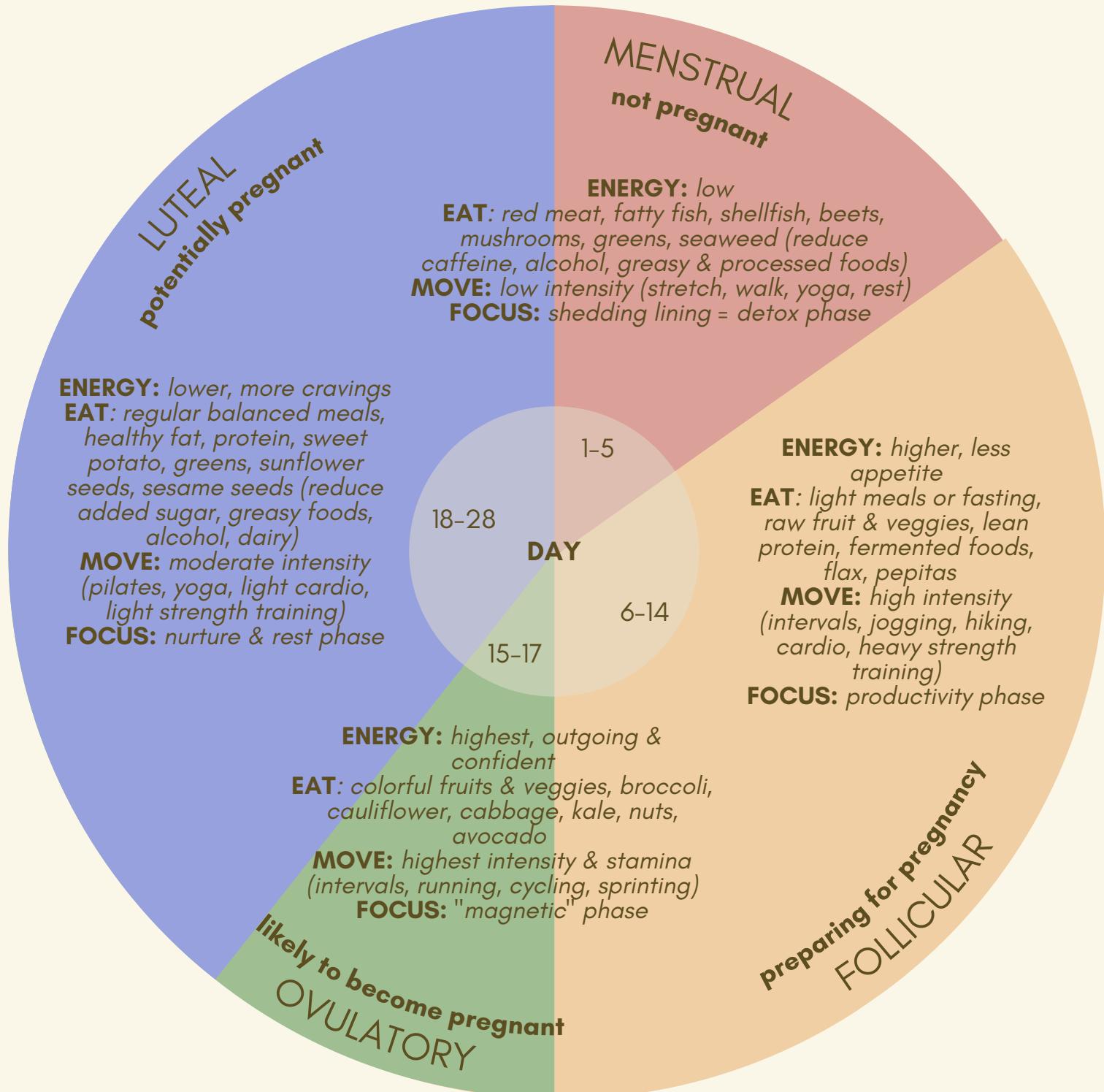
Seed cycling is a simple way to support female hormone balance, promote fertility, and manage undesirable period symptoms. Eating certain seeds during certain phases of your monthly cycle supports the production of either estrogen (high during the first half) or progesterone (high during the second half).





# Cycle Syncing

*making lifestyle choices to support your monthly hormone cycle*





# Menstrual Phase

CYCLE SYNCING GUIDE

## BODY'S MESSAGE:

"Not pregnant."

## FOCUS:

*shedding lining = detox phase*

## ENERGY:

*low*

## PHYSIOLOGY:

*uterus lining is shedding  
because there is no pregnancy*

## HORMONES:

*lowest concentrations, giving  
you ability to make integrated,  
strategic decisions*

## WORK:

*evaluate projects & goals*

## MOVE:

*low intensity (stretch, walk,  
yoga, rest)*

## NUTRITION:

*protein, fat, nutrient-  
dense foods to  
replenish nutrients,  
hydration*

*Be extra gentle with  
yourself during this  
"monthly detox" phase of  
your cycle.*



ALCOHOL



RED MEAT



FATTY FISH



LEAFY GREENS



SEAWEED



MUSHROOMS



BROTH



# Follicular Phase

## CYCLE SYNCING GUIDE

**BODY'S MESSAGE:**

*"Preparing for pregnancy."*

**FOCUS:**

*productivity phase*

**ENERGY:**

*higher, less appetite*

**PHYSIOLOGY:**

*ovaries preparing to release an egg, uterus lining re-growing*

**HORMONES:**

*estrogen levels rise in preparation for ovulation*

**WORK:**

*create, brainstorm, and start projects*

**MOVE:**

*high intensity (intervals, jogging, hiking, cardio, heavy strength training)*

**NUTRITION:**

*raw foods, light meals, or gentle fasting*

*If possible, schedule big projects & creative tasks during this phase of your monthly cycle.*

*Flaxseed & pepitas support estrogen production.*



FLAXSEED



LEAN MEAT



RAW VEGGIES



RAW FRUIT



PEPITAS



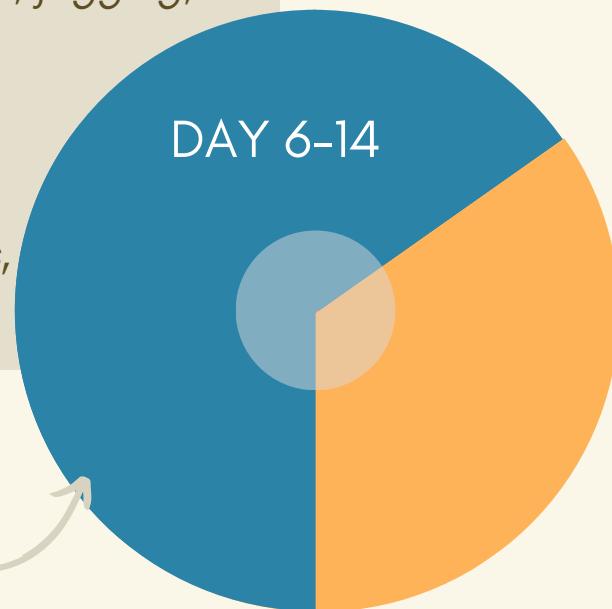
FERMENTED FOODS



BEANS & LEGUMES



WHOLE GRAINS





# Ovulatory Phase

CYCLE SYNCING GUIDE

## BODY'S MESSAGE:

*"Likely to become pregnant."*

## FOCUS:

*magnetic phase*

## ENERGY:

*highest, outgoing & confident*

## PHYSIOLOGY:

*ovary releases an egg, cervical mucus is slippery, and libido is high*

## HORMONES:

*LH & FSH trigger your ovary to release an egg, testosterone peaks and drives desire*

## WORK:

*communicate & collaborate*

## MOVE:

*highest intensity & stamina (intervals, running, cycling, sprinting)*

## NUTRITION:

*fruits & veggies high in fiber & antioxidants*

*This is the window of your monthly cycle when you are most likely to conceive.*



*Cruciferous vegetables support healthy estrogen detoxification*



AVOCADO



CABBAGE



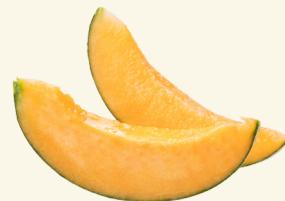
CAULIFLOWER



ASPARAGUS



KALE



RAW FRUIT



BERRIES



QUINOA



# Luteal Phase

## CYCLE SYNCING GUIDE

### BODY'S MESSAGE:

*"Potentially pregnant."*

### FOCUS:

*nurture & rest phase*

### ENERGY:

*lower, more cravings*

### PHYSIOLOGY:

*hormones build up uterus lining in case a fertilized embryo has implanted*

### HORMONES:

*progesterone (and estrogen) increase, then decrease if not pregnant*

### WORK:

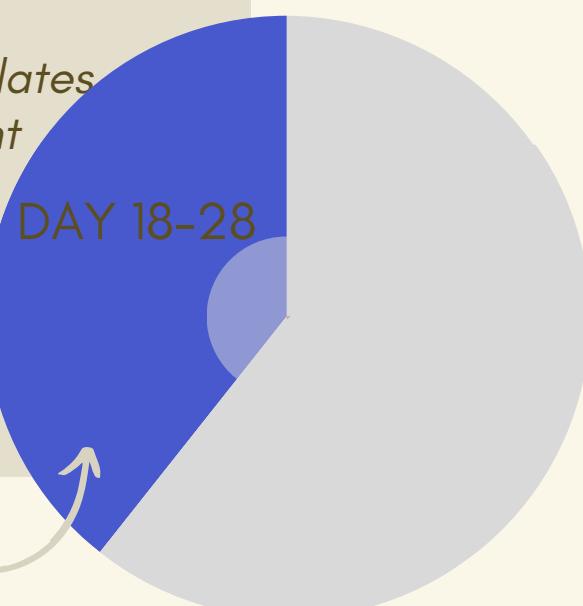
*work on detail-oriented tasks*

### MOVE:

*moderate intensity (pilates, yoga, light cardio, light strength training)*

### NUTRITION:

*regular balanced meals to support blood sugar balance*



*This is the phase when some women experience PMS from fluctuating hormones.*



DAIRY



SUGAR & CAFFEINE



FRIED FOODS

Sesame & sunflower seeds support progesterone production.



SUNFLOWER SEEDS



SESAME SEEDS



LEAFY GREENS



SWEET POTATO



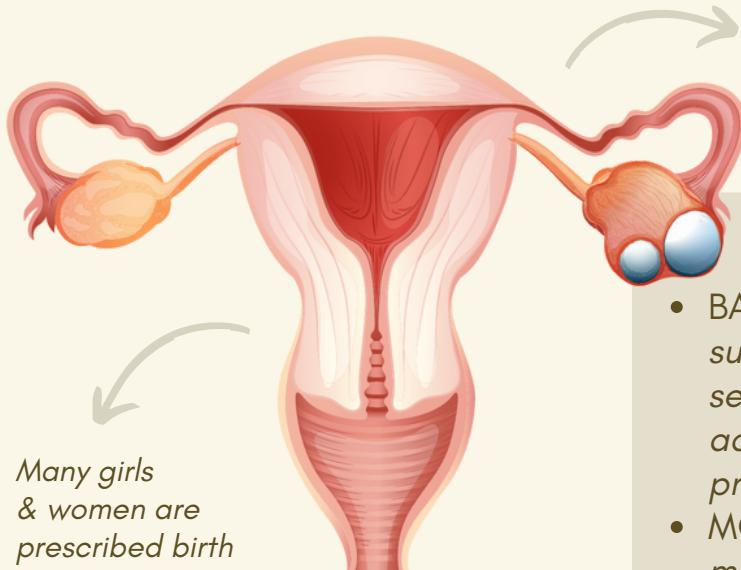
HEALTHY FATS & PROTEIN



Polycystic Ovarian Syndrome (PCOS) describes the combination of symptoms experienced by a woman who has high levels of androgens (like testosterone & DHEA) along with metabolic dysfunction (poor blood sugar regulation & insulin resistance). It is not completely understood what causes PCOS, making it difficult to address the root cause. Contributing factors include stress, HPA-axis imbalance, environmental endocrine disrupters, gut dysbiosis, and a diet high in sugar & processed foods. Each woman will have a unique situation, symptoms, and solutions, but a clear way to manage this hormonal imbalance is to focus on healthy blood sugar balance.

## SYMPTOMS

- excessive androgens
- thinning hair
- facial hair
- acne
- weight gain or obesity
- irregular or absent periods
- cysts on ovaries (seen with ultrasound)
- infertility or difficulty conceiving



Ovaries hold unfertilized eggs and produce most of the sex hormones: estrogen, progesterone, and testosterone. A cyst forms when the egg is NOT released each month as it is supposed to.

Many girls & women are prescribed birth control pills to manage undesirable symptoms. However, rather than addressing the root issue, these artificial hormones often make the imbalance worse long-term because they suppress natural ovulation.

Some women benefit from intermittent fasting OR a low-carb diet (if their body can handle it).

## SUPPORT HORMONE BALANCE

- **BALANCE BLOOD SUGAR**  
*support healthy blood sugar levels and insulin sensitivity by eating regular meals, reducing added sugar, and focusing on healthy fats, protein & fiber*
- **MOVE YOUR BODY**  
*movement is one of the best ways to improve insulin sensitivity, which promotes a healthy weight*
- **ELIMINATE DAIRY**  
*dairy products can exacerbate acne and promote weight gain*
- **SUPPLEMENTAL NUTRIENTS**  
*myo-inositol, magnesium glycinate, zinc, vitamin D3 & K2, berberine, metformin (pharmaceutical), B12*



# Insulin Resistance

## WHAT IS INSULIN?

Your body wants to maintain a constant supply of easily-accessible energy in the form of blood glucose sugar (like a fuel line to an engine). Just as you do not want to flood your engine, your body is careful to keep blood sugar levels in a narrow optimal range. "Flooding the system" with high amounts of sugar or refined carbohydrates triggers the pancreas to release a hormone called insulin. Insulin tells all your cells to take in and store excess energy, effectively removing it from the bloodstream. Insulin also turns off glucose production in the liver and fat burning in cells (there is no need to pull from savings if you have sufficient income).

## HOW DO YOU BECOME INSULIN RESISTANT?

If your diet is high in sugar and refined carbohydrates, your body is constantly pumping out insulin to keep your blood sugar in the optimal range. Over time, your cells can become desensitized to insulin constantly "knocking at the door". Like the boy who cried wolf, cells stop responding to insulin's signals, a phenomenon called *insulin resistance*. This leaves the excess sugar in the bloodstream, where it can damage the blood vessels (and contribute to inflammatory diseases). Similarly, the signaling pathway that controls production of new glucose in the liver is disrupted, resulting in unnecessary sugar production to add to the already elevated levels in the blood. This vicious cycle continues unless insulin sensitivity is restored through diet (reduce carb/sugar intake) and lifestyle (movement, sleep, regular meals, etc).

## CONSEQUENCES

- **HIGH BLOOD GLUCOSE**  
*because it is not properly lowered*
- **INCREASED INFLAMMATION**  
*from excess blood glucose*
- **HIGH INSULIN**  
*which promotes energy storage (weight gain)*
- **EXHAUSTED PANCREAS**  
*from high production of insulin & glucagon*
- **IMBALANCED HORMONES**  
*that are affected by the insulin imbalance*

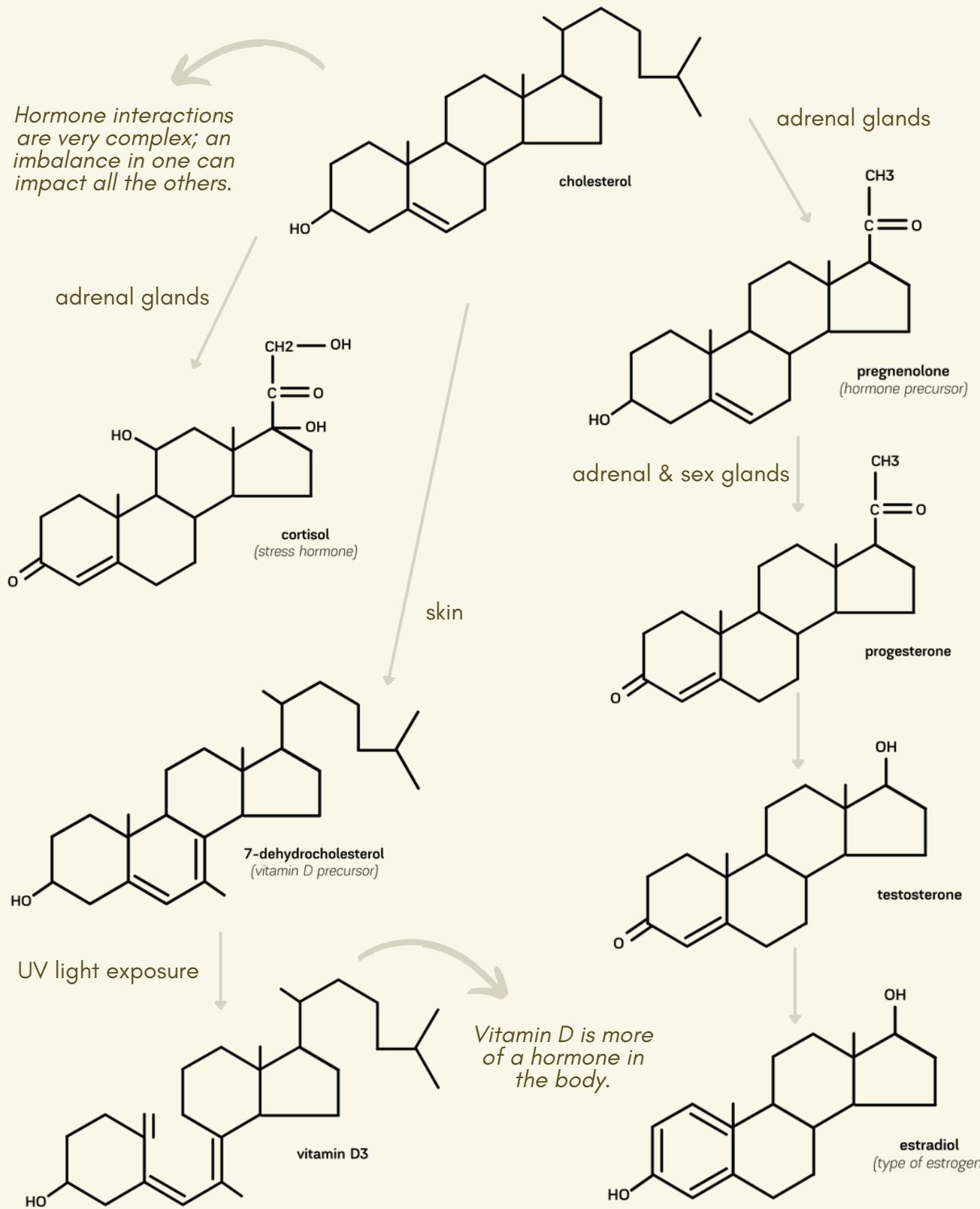


*A sugary beverage on an empty stomach is a sure way to spike your blood sugar & insulin.*

*Type II diabetes occurs when the pancreas loses capacity to properly regulate blood sugar levels.*



# STEROID Hormone Synthesis





# Cholesterol

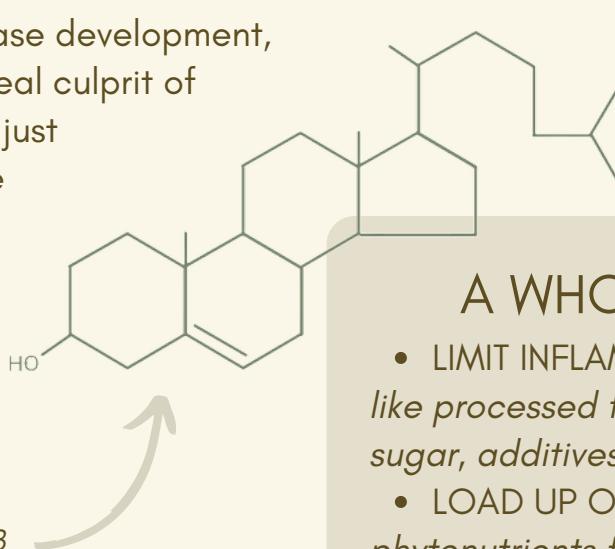
## AN IMPORTANT MOLECULE

Cholesterol is a type of fat used to build healthy cell membranes, digest fats, manage inflammation, and produce hormones & vitamin D. This essential molecule has been misunderstood to be the cause of cardiovascular disease, leading many health-conscious people to cut it from their diets. However, the story is not that simple.

## SHOULD I REDUCE CHOLESTEROL?

Most of the cholesterol in your bloodstream is not from dietary sources but is actually produced by your body. Therefore, a low cholesterol diet does not address hyperlipidemia (or high serum cholesterol). Furthermore, there are many types of cholesterol particles: HDL is protective, while LDL can be damaging to tissues when damaged itself. This damage—or oxidation—is triggered by stress, chemicals, bacterial endotoxins, and inflammatory sugars & oils. So while hyperlipidemia is often a warning sign of disease development, inflammation is the real culprit of disease. Cholesterol just happens to be at the scene of the crime.

Rather than looking at total cholesterol levels, it can be more informative to look at the ratio of apoB to apoA-1 (LDL:HDL). A higher ratio = higher risk.



The best way to support heart health (and overall health) is to manage inflammation.

## A WHOLE FOOD DIET

- LIMIT INFLAMMATORY FOODS  
*like processed foods with refined carbs, sugar, additives, and refined oils*
- LOAD UP ON ANTIOXIDANTS  
*phytonutrients found in colorful plant foods counteract the damage of oxidation*
- FOCUS ON FIBER  
*as it balances blood sugar, feeds gut microbes, and improves elimination—all of which support healthy cholesterol levels*
- ENJOY ANIMAL PRODUCTS  
*eat quality meat, dairy, and eggs in moderation*

## A NOTE ON STATINS

If you take a statin drug to lower cholesterol, consider supplementing CoQ10, an important nutrient that is depleted by statins.



# Atherosclerosis

Atherosclerosis occurs when plaque builds up along blood vessel walls, raising blood pressure and increasing risk of a blood clot blockage. This plaque contains cholesterol, so it is commonly misunderstood that it is caused by a diet high in cholesterol.

However, inflammation is often the root cause of this condition. This means that an anti-inflammatory diet is a powerful way to support cardiovascular health.

## STAGES OF DEVELOPMENT

### 1. INITIAL INFLAMMATORY DAMAGE

the layer of cells that line the blood vessel becomes damaged—typically from toxins, high blood pressure, high amounts of sugar, or oxidized (damaged) fats or cholesterol in the bloodstream

### 2. CHOLESTEROL BUILDUP

LDL cholesterol (the unwanted kind) accumulates around the damaged area

### 3. IMMUNE CELL INVOLVEMENT

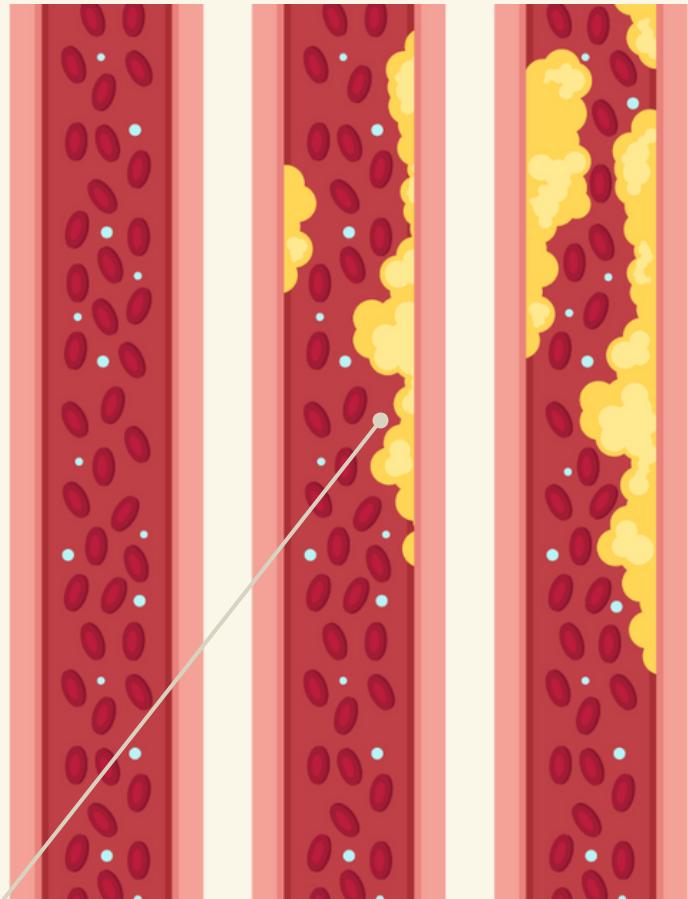
macrophages work to clean up this mess by consuming the LDL particles (and also accumulate at the site)

### 4. MUSCLE CELL MANAGEMENT

smooth muscle cells that line the blood vessel try to contain this growing mess by forming a hard cap around the area (this is a plaque)

### 5. BLOOD CLOT BLOCKAGE

if this scabby plaque breaks free, it can lodge in the blood vessel, causing a blood clot (stroke if in the brain or myocardial infarct if in the heart)



## ANTI-INFLAMMATORY EATING

- CHOOSE WHOLE FOODS  
*foods in their natural forms have maximal nutrients and minimal toxins*
- REDUCE REFINED SUGAR & OILS  
*processed sugars and refined oils are the most inflammatory foods and can cause initial damage to the vessel*
- SUPPLEMENT EPA & DHA  
*these fatty acids from fish help decrease the inflammatory response*



# Hypertension 101

Hypertension (high blood pressure) is the main consequence of most metabolic diseases, including obesity, atherosclerosis, insulin resistance, systemic inflammation, and impaired mitochondria, liver, and kidney function. All of these conditions—for one reason or another—impact the body's ability to maintain sodium balance, fluid balance, and/or vascular health. Consequently, hypertension is the greatest risk factor for heart attack, stroke, and premature death. A functional approach seeks to address the root causes of blood pressure imbalance by focusing on diet, lifestyle, and metabolic health.



*Blood pressure is measured as systolic over diastolic (heart contraction/relaxation).*

**NORMAL: <120/<80 mmHg**  
**AT RISK: 120-139/80-89 mmHg**  
**HYPERTENSION: 140&/90& mmHg**  
\* references ranges may vary by provider

## SUPPORT HEALTHY BLOOD PRESSURE

**MINIMIZE SUGAR & SWEETENERS**  
*support healthy blood pressure (and blood sugar) levels by choosing foods that are higher in protein, fat, & fiber*

### EAT WHOLE FOODS

*a Mediterranean-style diet is very supportive for cardiovascular health, especially fish, seafood, garlic, and vegetables high in potassium & magnesium*

### MOVE YOUR BODY

*daily exercise is one of the most powerful ways to support metabolic & cardiovascular health*

### SUPPLEMENTAL NUTRIENTS

*potassium, magnesium glycinate, vitamin C, CoQ10, EPA & DHA*

## WHAT ABOUT SODIUM?

Reducing sodium seems to make a difference in individuals with salt-sensitive hypertension. Sodium molecules pull water molecules, so reduced sodium levels reduce fluid levels, which then reduces blood pressure. So the simple physics of osmosis means that lower sodium intake can result in lower blood pressure in the short term. While that may motivate some to use less table salt, the main source of sodium is highly-processed foods (even those that do not taste overly salty). Nutritionally, the most powerful ways to support healthy blood pressure are to eat a colorful, diverse, whole food diet and to increase levels of other nutrients that balance sodium, like potassium and magnesium.



# Genetically Engineered Food

The controversy about genetically engineered (aka GE, GM, or GMO) food is complicated, to say the least. Current research is inconclusive and stances of authorities are varied. Weeding out fiction from fact is challenging, especially when the jury is still out about the long-term health and environmental impacts. When it comes to making educated food decisions, there are a few things to consider about GE foods.

## ARE GE FOODS SAFE?

GE foods are "generally regarded as safe" in the US. This is based on studies and expert claims reporting no harmful health impacts from the consumption of GE foods. To be fair, GE technology has greatly advanced agricultural yields in the US and around the world, which increases food security and decreases food cost. Considering those financial and production benefits, GE crops have been viewed as "safe until proven harmful".

## LABELING GE FOODS

- USDA ORGANIC  
*highly regulated, always non-GE & pesticide-free*
- NON-GMO PROJECT  
*indicates non-GE product, often added for marketing*
- BIOENGINEERED  
*USDA label indicates products that DO contain detectable amounts of GE ingredients*



*Most processed foods contain GE ingredients in the form of high-fructose corn syrup, sugar, and refined oils (corn, soybean, canola/vegetable, cottonseed).*



## US APPROVED GE FOODS

- corn
- soybeans
- canola
- cotton
- sugar beets
- apples
- alfalfa
- papayas
- pink pineapples
- summer squash
- potatoes
- salmon
- pigs

*Only certain varieties of these foods are GE. For example, not all apples on the market are GE.*

Opponents argue that this is the wrong approach because we do not completely understand the long-term effects of GE on human, animal, microbial, and environmental health. Despite research supporting the safety of GE foods, many of those studies have been funded by corporations that produce GE seeds and accompanying pesticides. Suspected health consequences from GE foods (and pesticides) include immune dysfunction, gut dysbiosis, infertility, and neurological issues, but more research is needed. This is why many scientists, consumers, and health experts argue that GE crops should be treated as "harmful until proven safe".



# Complementary Medicine

*The carpenter's skills & tools are not of much use when the house is on fire. The firefighter is the expert in this situation.*



## CONVENTIONAL MEDICINE

*Conventional medicine (aka allopathic, mainstream, or Western medicine) is the approach to health care in which doctors, nurses, pharmacists, and therapists treat symptoms and diseases using drugs, surgery, technology, and emergency medical procedures. In the last century alone, life-saving medical technology has advanced exponentially—benefiting millions of lives.*

The conventional medical system excels at treating acute, life-or-death issues. Think of conventional medical professionals like *firefighters*: they are well-trained to "put out fires" and are the first to respond in an emergency.

## ALTERNATIVE MEDICINE

*Alternative medicine (aka functional, holistic, or complementary medicine) is the approach to health care that focuses on healing the whole person using non-pharmaceutical therapies to support vitality and longevity. This approach often prioritizes proper nutrition and focuses on addressing the root causes of disease, which is never a "quick fix".*

Alternative medicine excels at treating chronic issues when the body needs to heal. Think of alternative medical professionals like *carpenters*: they are well-trained to "rebuild" and support strong foundational health.



*Once the fire is put out, the carpenter is the expert for rebuilding the house. The firefighter's hose is no longer useful (in fact, it can do more harm when not needed).*



# Magnesium

## A MULTI-PURPOSE MINERAL

Magnesium is one of the most versatile and essential minerals for overall health. It is necessary for over 300 chemical reactions in the body—name a system, magnesium is involved! You can think of it as the "anti-stress" mineral because it relaxes muscles, including those in the gut, heart, and blood vessels.

You can obtain adequate magnesium through a nutrient-dense diet. Herbs, nuts, seeds, legumes, leafy greens, green vegetables, and dark chocolate are great sources. Some people may benefit from supplemental magnesium, including those who experience migraines, muscle or menstrual cramping, trouble sleeping, alcoholism, impaired digestion, blood sugar issues, fatigue, high blood pressure, or who take birth control.

*Just as you need iron to make hemoglobin (turns blood red), plants need magnesium to make chlorophyll (turns leaves green).*

## SUPPLEMENTAL FORMS

### AMINO ACID CHELATES (*key-lates*)

- glycinate, aspartate
- best absorption

### ORGANIC ACID CHELATES

- citrate, lactate, carbonate, malate
- moderate absorption

### THREONATE

- cognitive benefits
- can cross blood-brain barrier

### NON-CHELATED FORMS

- oxide, sulfate, hydroxide
- poor absorption, used as laxative

## ROLES

- nerve conduction
- muscle contraction
- blood sugar regulation
- bone strength
- protein synthesis
- cell regeneration
- energy production
- cardiovascular health
- blood pressure regulation
- sleep support
- digestive regularity



## SUPPLEMENTATION TIPS

- *balance magnesium with calcium 2:1*
- *increase magnesium if taking more vitamin D, phosphorus, or protein*
- *best taken on empty stomach before bed*
- *DEFICIENCY: common*
- *TOXICITY: rare (kidneys excrete)*
- *work with your provider to identify potential medication interactions*



# Omega Fatty Acids

Omega fatty acids are essential polyunsaturated fats that play an important role in the body's inflammatory response. Depending on their chemical structure, they are classified as omega-3s or omega-6s. Omega-3s "reduce inflammation" and are found in fatty fish and seafoods. Omega-6s "increase inflammation" and are found in seeds and oils. Both are necessary, but balance is crucial so the inflammatory response can be turned on when needed AND off when not needed.

The ideal ratio of omega 3 to 6 is about 1:4. But because the average American eats so much processed food (and so little seafood), it is estimated that most people's omega ratio is around 1:15 (favoring inflammation).

What about walnuts & flaxseeds?  
Do they provide omega-3s?

While plant sources do contain precursors to omega-3 fatty acids, they require conversion into a form that is useful for the human body.



## IT'S ALL ABOUT BALANCE

Inflammation itself is not bad—it is actually a necessary part of the immune response. However, chronic inflammation becomes an issue when the body cannot turn it off.



Fish is by far the best dietary source of omega-3s because their bodies have already done the conversion process. If you struggle to get enough fish in your diet, a quality fish oil supplement can be an alternative (if vitamin E status is adequate).

### OMEGA 3

*anti-inflammatory*

- salmon
- mackerel
- anchovies
- sardines
- herring
- clams
- oysters
- algae
- fish oil
- cod liver oil

### OMEGA 6

*pro-inflammatory*

- corn oil
- canola oil
- sunflower oil
- soybean oil
- grapeseed oil
- cottonseed oil
- sesame seeds
- pepitas
- walnuts
- peanut butter



## WHAT IS PALEO?

The Paleo Diet mimics the pre-agriculture diet eaten by hunter-gatherers in the Paleolithic Era. It excludes foods that came after the agricultural revolution (grains, dairy, legumes, and processed foods). Because these modern foods are still very "new" to humans in the context of human history, many people have a difficult time digesting them. The Paleo Diet focuses on whole foods that you could hunt or gather from nature, which tend to be nutrient-dense and more aligned with our body's evolutionary design.

## A TEMPLATE

Your bioindividual needs may not perfectly match the Paleo guidelines, so use them as a starting point rather than a dogma. The Paleo Template (as any diet) should lead to food freedom, rather than feelings of restriction.



*Perhaps the most valuable aspect of the Paleo Diet is that it focuses on eating food in its natural, unprocessed form without modern additives & chemicals.*

### MINIMIZE

- GRAINS: *wheat, barley, rye, rice, oats, corn, quinoa, etc*
- DAIRY: *milk, cream, yogurt, cheese (some people consume small amounts of butter and/or ghee)*
- LEGUMES: *beans, lentils, peas, peanuts, soy*
- ULTRA-PROCESSED INGREDIENTS: *sugar, artificial sweeteners, colors, preservatives, gums, etc*

### ENJOY

- VEGETABLES
- FRUITS
- MEAT, FISH, SEAFOOD, EGGS
- TUBERS: *tapioca/cassava/yuca, arrowroot, taro, sweet potatoes, yams*
- HEALTHY FATS: *olives, coconut, nuts, seeds, and respective oils*
- TREATS: *chocolate, coffee, tea, honey, maple syrup*
- MISC: *whole food herbs, spices, vinegars*



# Hair Tissue Mineral Analysis 101

## WHAT & WHY

Hair Tissue Mineral Analysis (HTMA) is a functional test used to provide a unique cellular reading of the mineral

and heavy metal levels in your body. By analyzing small samples of recent hair growth, you can get a snapshot of what your body has been exposed to and what it is eliminating through the hair. This data is valuable for prioritizing which diet and lifestyle strategies will be most effective for addressing your bioindividual needs.

## KEY RESULTS

### 1. METABOLIC TYPE

*rates how quickly your body is metabolizing energy and what macro ratios are ideal for you*

### 2. MINERAL STATUS

*shows an overall snapshot of the major minerals in your body and if any are very high or low*

### 3. HEAVY METAL EXCRETION

*indicates if you are being exposed to any specific heavy metals and whether your body is excreting (or storing) them*

### 4. MINERAL RATIOS

*all minerals effect each other to some degree, so these ratios highlight which systems need the most nutritional support*



*Sampling involves cutting small amounts of hair from a few spots on your head.*

## MINERALS & METALS

Minerals are elements that are essential for hundreds of physiological functions, including nerve signaling, muscle contraction, electrolyte balance, digestion, pH regulation, bone structure, blood sugar balance...the list goes on! You can think of minerals like "spark plugs" because they act as cofactors for thousands of metabolic reactions in your body. Mineral balance is essential for health and vitality!

Heavy metals are elements that are toxic when they accumulate in the body. We are exposed to heavy metals everyday via our food, water, and environment. While important to reduce exposure whenever possible, it is also critical to support the body's ability to detoxify and excrete heavy metals. The HTMA provides insight into how to best support this detoxification process.



# Fast Metabolic Type

## WHAT ARE METABOLIC TYPES?

Your *metabolic type* or "oxidation rate" describes how quickly your body breaks down and uses energy from food. By measuring carbon dioxide & acidity levels in the blood, you can determine if you are a slow or fast metabolizer. The scale ranges from 1 to 4 in both directions: a 1 is more balanced, whereas a 4 needs more support.



Fast metabolizers are always in an unhealthy sympathetic "fight or flight" mode.

## FAST METABOLIC TYPES

If you are a "fast metabolizer", your body burns through energy and minerals too quickly (often influenced by overactive thyroid and adrenal glands). This can leave you feeling anxious and wound-up. Other signs of fast metabolism include low calcium & magnesium, high sodium & potassium, high blood pressure, high blood sugar, oily skin, frequent sweating, water retention, and poor muscle definition.



Whole food diets like Real Food Keto (with vegetables) are supportive of a fast metabolic type.

\*if you are a fast 4, you are nearing burnout, which will swing you into a slow type (so follow slow type diet)

## FAST METABOLIC TYPE DIET

### • NUTRITIONAL WEALTH

nourish your body with cooked vegetables, bone broth, and mineral-rich water

### • HIGH FAT & LOW CARB

50% fat - 30% protein - 20% carbs

### • MORE HEALTHY FATS

olive oil, coconut oil, quality meat, seafood, dairy

### • MORE CALCIUM

sardines, almonds, dairy, broccoli, collard greens

### • MORE MAGNESIUM

leafy greens, nuts & seeds, herbs, dark chocolate



# Slow Metabolic Type

## WHAT ARE METABOLIC TYPES?

Your *metabolic type* or "oxidation rate" describes how quickly your body breaks down and uses energy from food. By measuring carbon dioxide & acidity levels in the blood, you can determine if you are a slow or fast metabolizer. The scale ranges from 1 to 4 in both directions: a 1 is more balanced, whereas a 4 needs more support.

## SLOW METABOLIC TYPES

If you are a "slow metabolizer", your body has a hard time producing enough energy to get through the day (often influenced by sluggish thyroid and adrenal glands). This can leave you feeling fatigued and craving sugar for a "pick-me-up". Other signs of slow metabolism include dry skin & hair, constipation, depression & apathy, low blood pressure, low blood sugar, and chronic allergies.



Balanced, whole food diets like Whole30 are supportive of a slow metabolic type.



80% of people are stuck in an unhealthy parasympathetic "rest & digest" mode.

## SLOW METABOLIC TYPE DIET

- **NUTRITIONAL WEALTH**  
nourish your body with cooked vegetables, bone broth, and mineral-rich water
- **HIGH PROTEIN & COMPLEX CARBS**  
40% carbs - 35% protein - 25% fat
- **MORE COMPLEX CARBS**  
whole grains, sweet & white potatoes, root vegetables, sprouted bread
- **MORE POTASSIUM**  
coconut water & milk, avocado, potato, tomato, acorn squash, beet greens, celery juice
- **MORE SODIUM**  
natural salt, sauerkraut, pickled veggies, eggs

# Phytic Acid

Phytic acid is the molecule that plants use to store phosphorus. It also serves as a protective antioxidant in the fragile seeds. This molecule binds with minerals such as copper, calcium, magnesium, iron, and zinc and prevents them from being absorbed or used by the body (when bound, the whole complex is called phytate). Binding minerals is detrimental when they are needed by the body, but beneficial when they are not (for example, binding excess iron). Because of this, phytic acid is considered BOTH an antinutrient and an antioxidant. The main dietary sources of phytic acid are legumes, grains, nuts, and seeds.

## REDUCE PHYTATES

- boil
- soak
- sprout
- ferment
- pressure cook
- consume with vitamin C

## TO EAT OR NOT TO EAT?

So should you worry about phytic acid in your diet? It depends on your gut... In addition to preventing mineral absorption, phytic acid also inhibits digestive enzymes that are needed to properly digest protein and fat. If your digestion is compromised in any way, consuming lots of phytic acid will likely aggravate those issues. This is why traditional preparation methods (like soaking, sprouting, and fermenting) make legumes, grains, nuts, and seeds more digestible—you are basically "pre-digesting" them before eating. It is also helpful to remember that foods high in phytic acid are also typically high in fiber, which can benefit digestion. While your body cannot digest phytates, certain gut bacteria can.

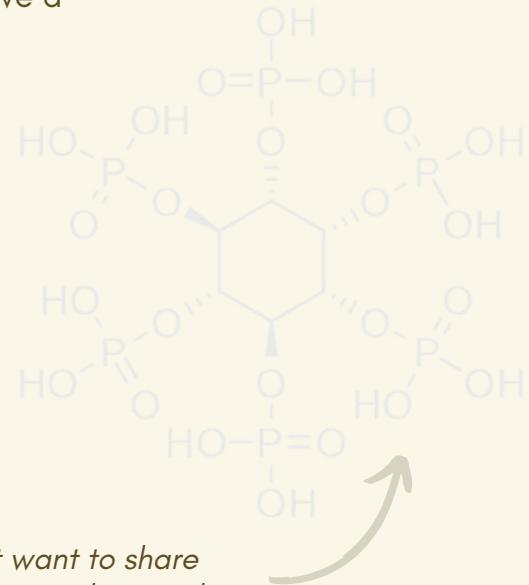
There is also evidence that therapeutic levels of phytic acid (usually referred to as IP6) can have a protective effect against inflammation and cancer development.

## HIGH-PHYTATE FOODS

- beans
- lentils
- soybeans
- peas
- peanuts
- whole grains
- nuts
- seeds
- cocoa
- coconut

In short, there is no need to avoid foods simply because they contain phytic acid. If your digestion is compromised, the key is to focus on proper preparation so you can optimize nutrient absorption.

*Phytic acid has lots of oxygens that want to share electrons, making it attractive to unpaired mineral ions.*





# Lectins

Lectins are proteins that bind to carbohydrates. They are found in most organisms, including humans, where they play a role in cell communication, tissue development, and immunity. Plants produce lectins as a defense mechanism (in other words, to protect against being eaten). Plant lectins are usually concentrated in the seed, which is the most precious part of the plant because it holds the potential for new life. The main sources of dietary lectins are beans, legumes, grains, nuts, and seeds.

## TO EAT OR NOT TO EAT?

Lectins have received a lot of attention as a compound to minimize. Some people—particularly those with autoimmune responses—may experience digestive issues from consuming high-lectin foods. However, this is not a reason for everyone to eliminate lectin-containing foods from their diet. Lectins are almost completely destroyed when soaked, sprouted, or cooked. When properly-prepared, these plant foods can be valuable sources of vitamins, minerals, fiber, protein, and phytonutrients. In fact, there is preliminary research into using lectins to inhibit cancer growth. While there are bioindividual exceptions, most people do not have to worry about lectins in the context of a properly-prepared, whole food diet.

### HIGH-LECTIN FOODS

- raw beans (kidney, mung, pinto, garbanzo, black)
- raw lentils
- raw soybeans
- raw peanuts
- raw whole grains (esp wheat, barley, corn, quinoa, oats)
- raw nightshades (potatoes, eggplant, peppers, tomatoes)
- raw nuts (esp almonds)
- raw seeds



Soaking—such as making overnight oats—is a great way to deactivate lectins.

Some people have a bioindividual need to minimize high-lectin foods to manage inflammation or promote gut healing.



# Oxalates

Oxalates are compounds that can bind with minerals such as sodium, potassium, calcium, iron, and magnesium. Your body produces some oxalates and some come from eating oxalate-rich plant foods. Once an oxalate molecule binds with a mineral, it forms a salt that cannot dissolve in water (think about that white buildup around a faucet). Dietary oxalates have been considered beneficial because they can bind toxic heavy metals and help eliminate them from the body. On the flip side, oxalates have also been considered detrimental because they bind necessary minerals and contribute to the development of kidney stones.

## REDUCE OXALATES

- boil
- steam
- soak
- pressure cook
- consume with high-calcium foods

## TO EAT OR NOT TO EAT?

### HIGH-OXALATE FOODS

- wheat bran
- cornmeal
- millet
- quinoa
- parsley
- spinach
- arugula
- beet greens
- swiss chard
- potatoes
- sweet potatoes
- beets
- okra
- rhubarb
- soy
- peanuts
- almonds
- beans & lentils
- cacao
- black tea

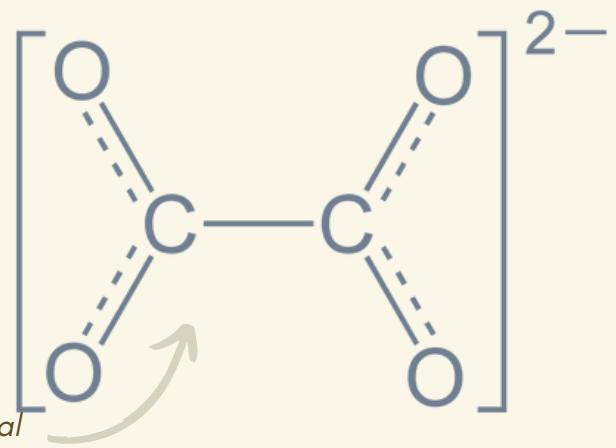
So should you eliminate high-oxalate foods from your diet to prevent kidney stones? Maybe not so fast. Oxalates can be reduced through proper preparation methods, especially in the presence of water. Additionally, research shows that adequate intake of minerals like potassium, magnesium, and calcium has more of an influence on kidney stone development than oxalate intake.

For most people, oxalates are not something to worry about. For individuals with compromised gut health (or autism spectrum

disorder), dietary oxalates seem to be more of an issue. This may be related to dysbiosis or intestinal hyperpermeability.

While more research is needed, individuals who need gut healing can benefit from a low-oxalate diet.

*Oxalic acid has 2 electrons that it wants to share, attracting & binding it to mineral ions.*





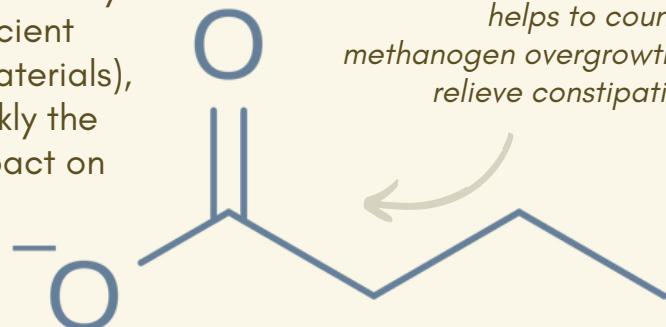
# Butyrate

## A KEY SHORT-CHAIN FATTY ACID

Short-chain fatty acids (SCFAs) are produced when gut microbes ferment certain indigestible fibers. SCFAs benefit the body by improving cholesterol & triglyceride levels, insulin sensitivity, immune function, mitochondrial health, and systematic inflammation. Butyrate is the SCFA that remains concentrated in the gut and serves as the primary fuel for colon cells. It also promotes gut health by improving nutrient & water absorption, decreasing colon pH, increasing blood flow to the intestines & liver, and protecting against the development of colon cancer.

As with a factory assembly-line, optimal butyrate production depends on three things: 1) sufficient levels of butyrate-producing species (the machinery), 2) sufficient levels of food for those species (the raw materials), and 3) balanced gut transit time (how quickly the assembly-line moves). Diet has a major impact on the composition of the gut microbiome, so eating a variety of fibrous plant foods is ideal for maximizing SCFA production.

*Supporting healthy levels of butyrate-producing bacteria helps to counter methanogen overgrowth & relieve constipation.*



## BUTYRATE PRODUCING BACTERIA

### species

- *Faecalibacterium prausnitzii*
- *Roseburia* spp
- *Intestinibacter*
- *Eubacterium rectale*
- *Blautia*
- *Subdoligranulum*
- *Clostridium* cluster IV

### increases

- soluble fiber & cellulose from beans, whole grains, apples, sweet potatoes, vegetables
- resistant starch from oat bran, barley, cooked & cooled potatoes, inulin, green bananas
- psyllium seeds
- partially-hydrolyzed guar gum (6 g/day)

### decreases

- low-FODMAP diet
- specific carbohydrate diet
- ketogenic diet
- high-protein, low-carb
- high-fat, low-carb
- Standard American Diet
- diets low in fiber or vegetables
- metformin



# Drug & Nutrient Guide

DRUG TYPE	DEPLETED	INTERACTIONS
<b>ACID SUPPRESSING</b> (H2 antagonists, antacids, proton-pump inhibitors)	B9   B12   D   calcium   iron   zinc   magnesium	goldenseal   ginger   green tea   metabolism
<b>ANTIBIOTICS</b>	all Bs   K   calcium   magnesium   potassium   gut microbes	mineral absorption   green tea   metabolism   St John's wort (SJW)
<b>ANTI-ANXIETY</b>	calcium	kava
<b>ANTI-DEPRESSANTS</b>	CoQ10   B9   B12	melatonin   5-HTP   tryptophan   SJW
<b>ANTI-DIABETICS</b>	CoQ10   B9   B12	additional blood sugar-lowering herbs & nutrients
<b>ANTI-EPILEPTICS</b>	D   calcium   B9	B9 (if excessive)   gingko biloba   SJW
<b>ANTI-PYSCHOTICS</b>	B2	echinacea   ginseng   ev. primrose   gingko   goldenseal   SJW
<b>BILE ACID SEQUESTRANTS</b>	A   D   E   K   fatty acids	fat digestion
<b>B PRESSURE LOWERING</b> (ACE inhibitors, beta blockers, Ca channel blockers)	zinc   potassium (CCB)	calcium   potassium (ACE)   D   omegas   BP-lowering herbs
<b>BLOOD THINNING</b>	none known	K   C   E   CoQ10   many herbs
<b>CHOLESTEROL LOWERING</b> (statins)	CoQ10   A   D   E   K	omegas   red yeast rice   garlic   SJW
<b>CORTICOSTEROIDS</b> (usually end in -one)	calcium   magnesium   potassium	licorice   SJW   many herbs
<b>DIURETICS</b>	magnesium   potassium   zinc   B1   B9	calcium   omegas   CoQ10   ginkgo
<b>HORMONE REPLACEMENT</b>	B2   B6   B9   B12   magnesium	caffeine metabolism   D   calcium   red clover   soy isoflavones   SJW
<b>ORAL CONTRACEPTIVES</b>	B2   B3   B6   B9   B12   magnesium   selenium   zinc	copper   iron   garlic   green tea   metabolism   SJW

*This guide is not comprehensive or diagnostic; consult with your medical provider if you are taking drugs that may deplete/interact with nutrients.*



# NUTRITION FOR Acne

## WHAT CAUSES ACNE?

Acne is caused by bacteria that feed on dead cells and oily sebum in your skin, leading to painful pimples. Excessive sebum production, microbial imbalance, and inflammation contribute to the development of acne. Cystic acne—a more severe form—is often driven by high levels of insulin and/or androgen hormones. To get to root cause, it is key to balance blood sugar, hormones, and the gut microbiome. As annoying as it can be, acne should be thought of as your body's signal that there is something deeper that needs attention.

## THE POWER OF FOOD

Certain foods can improve (or worsen) the factors that cause acne. A diet high in processed oils, sugar, refined carbs, and dairy will promote inflammation, high insulin, increased sebum production, dysbiosis, and hormone-like growth factors—all which contribute to the development of acne. In contrast, a whole food diet with lots of fiber-rich vegetables, leafy greens, and healthy fats supports proper blood sugar rhythm, healthy hormone levels, and microbial balance.



## WAYS TO REDUCE

- REDUCE SUGAR, DAIRY, & TOXIC OILS  
*this is a major way to reduce inflammation & imbalance*
- BALANCE BLOOD SUGAR  
*eat regular meals with healthy fats, protein, and fiber*
- SUPPORT HEALTHY HORMONES  
*with foods like broccoli, cauliflower, cabbage, fresh herbs, fish, and avocados*
- PRIORITIZE PROBIOTICS  
*support microbial balance with fermented vegetables or a probiotic supplement*

*The most common dietary triggers of acne are dairy, sugar, processed grains, processed oils, and fried foods.*

# HOW TO USE AN *Enema*

## WHAT IS IT?

An enema is a strategy to flush your rectum & lower colon and to stimulate a bowel movement. It can be done by a health professional or at home.

YOU NEED: *enema kit, enema liquid, coconut oil, towels, time*

1. Sanitize enema kit with hot water.
2. Lie on your left side on a towel on the floor (in the bathroom is best).
3. Bend your right knee towards your chest (use a rolled towel to support if needed).
4. Apply plenty of coconut oil to the anal opening as a lubricant.
5. Using your right hand, insert the tip of the enema bulb/tube ~2 inches into your rectum.
6. Release the enema contents into your body.
7. Slowly remove the tip.
8. Prepare for a bowel movement (or several).

*This may be uncomfortable, but should not be painful.*

*NOTE: Work with a trusted healthcare provider to determine if and with what liquid you should use home enemas.*

*Enema bulbs can be found at most drugstores. You can also use a bag & tube assisted by gravity.*





# Organ Meats

Organ meats are some of the most nutrient-dense foods you can eat. For most of history, humans have consumed the entire animal "nose to tail", considering the organs to be the most valuable parts. Nutritionally, they are extremely rich sources of many nutrients, including bioavailable vitamin A, vitamin D, B vitamins, iron, and zinc. Because they are so nourishing, you can reap the benefits by eating only a few ounces per week. It may take some time for you to adjust to the taste (and the

thought) of eating organ meats, but once your body recognizes the nutrients, you may find yourself craving them!

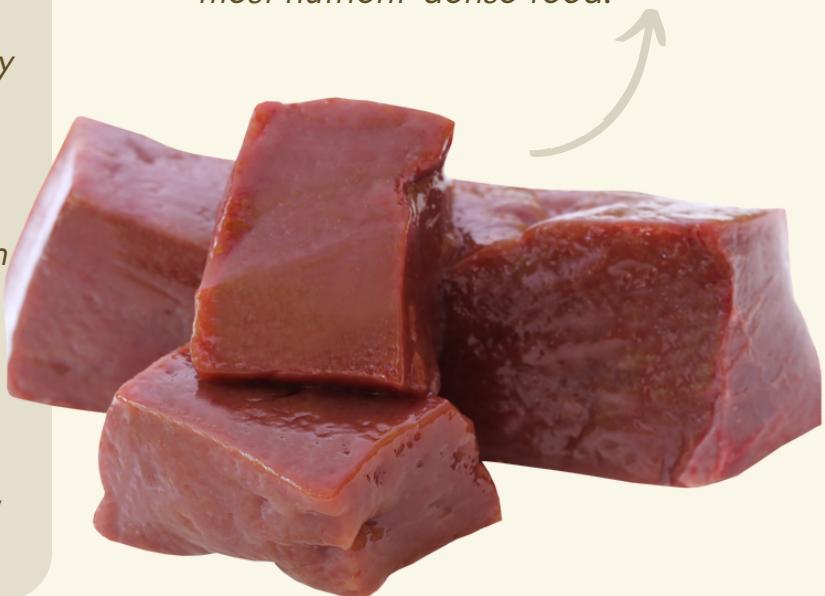
## WAYS TO INCORPORATE

- ADD TO GROUND BEEF  
*use in dishes that have other strong flavors, like chili, meatballs, or tacos*
- COOK WITH GARLIC & ONIONS  
*a classic way to freshen the flavor and balance any dish*
- MAKE PÂTÉ  
*purée with bacon fat and enjoy with raw veggies (like "organ meat hummus")*
- START WITH BONE BROTH  
*although it is not technically an organ meat, it is still a rich source of nutrients*
- FIND AS A SUPPLEMENT  
*if you cannot source or stand the taste of fresh organ meats, try taking as a capsule*

## EXAMPLES

- liver
- kidneys
- tongue
- heart
- brain
- spleen
- intestines
- tripe (stomach)
- organ sausage
- gizzards
- chicken/fish skin
- small bones from canned fish
- bone broth

*Liver is considered "nature's multivitamin" because it is the most nutrient-dense food.*





# Hidden Grains

Grain and gluten content may or may not be clearly indicated on a label. Make sure to read labels carefully and contact manufacturers with questions.

## INGREDIENTS

- MALTODEXTRIN  
sweetener from corn, rice, tapioca
- GLUCOSE  
sweetener from wheat, corn, tapioca
- DEXTROSE  
sweetener from corn, rice, tapioca
- MALTOSE  
sweetener from corn
- MALT\*  
flavor or extract from wheat, barley
- XANTHAM GUM  
binder from corn
- YEAST EXTRACT\*  
flavoring from barley
- CARAMEL COLOR  
flavoring from corn
- BAKING POWDER  
often contains corn starch
- FOOD STARCH  
binder from corn
- VEGETABLE STARCH\*  
generally from wheat, rice, corn, potato, tapioca
- VEGETABLE/PLANT PROTEIN\*  
generally from wheat, corn, soy, pea, peanut
- CORN OIL  
may not have much grain protein remaining, but often rancid from processing/heating

## FOODS

- VINEGAR  
may be from corn or rice (look for those from apple cider or wine)
- SOY SAUCE\*  
from roasted wheat or grains (look for GF tamari or coconut aminos)
- ALCOHOL  
beer, ale, whiskey, vodka, and gin often from grains (look for wine, tequila, or potato vodka/gin)
- BREAD & BAKED GOODS\*  
usually contain grains (look for grain-free alternatives)
- CONDIMENTS & DRESSINGS  
may use grain-based vinegars, starches, or sweeteners
- GRAVIES, BROTHS & SOUPS\*  
most use corn or wheat starches
- LUNCH MEAT & HOT DOGS\*  
often contain grain-based fillers, bulking agents, and sweeteners
- IMITATION SEAFOOD\*  
usually made from hydrolyzed wheat protein
- CARAMEL, LICORICE, & GUMMIES\*  
often contain wheat ingredients
- SUPPLEMENTS  
fillers & flavors can be made with grain (and may not be listed)



\*often contains gluten, look for certified GF label (wheat is required to be listed as an allergen, but gluten is not)



# Thyroid Health

Your thyroid is the gland that acts like your body's thermostat. When metabolism is too low, your brain initiates a hormone cascade to "turn up the heat". When your metabolism is too high, thyroid hormones will be deactivated so they cannot signal. A healthy thyroid can respond to these fluctuations and keep everything in balance. But if the thyroid is compromised at a cellular or glandular level (by stress, toxins, autoimmune damage, nutrient deficiency, etc), then every system in the body will be affected. Thyroid dysfunction is either HYPO (too low) or HYPER (too high).

## THYROID MARKERS

\*tested with complete thyroid panel

### THYROID RELEASING HORMONE

when the TRH signal is "off", so is the rest of the cascade

### THYROID STIMULATING HORMONE\*

if TSH is really high or really low, then the thyroid is likely not receiving its signals

### TOTAL T4 & T3\*

bound & circulating levels of thyroid hormones that give a general idea of thyroid function

### FREE T4 & T3\*

unbound & circulating levels of thyroid hormones that can signal to body cells

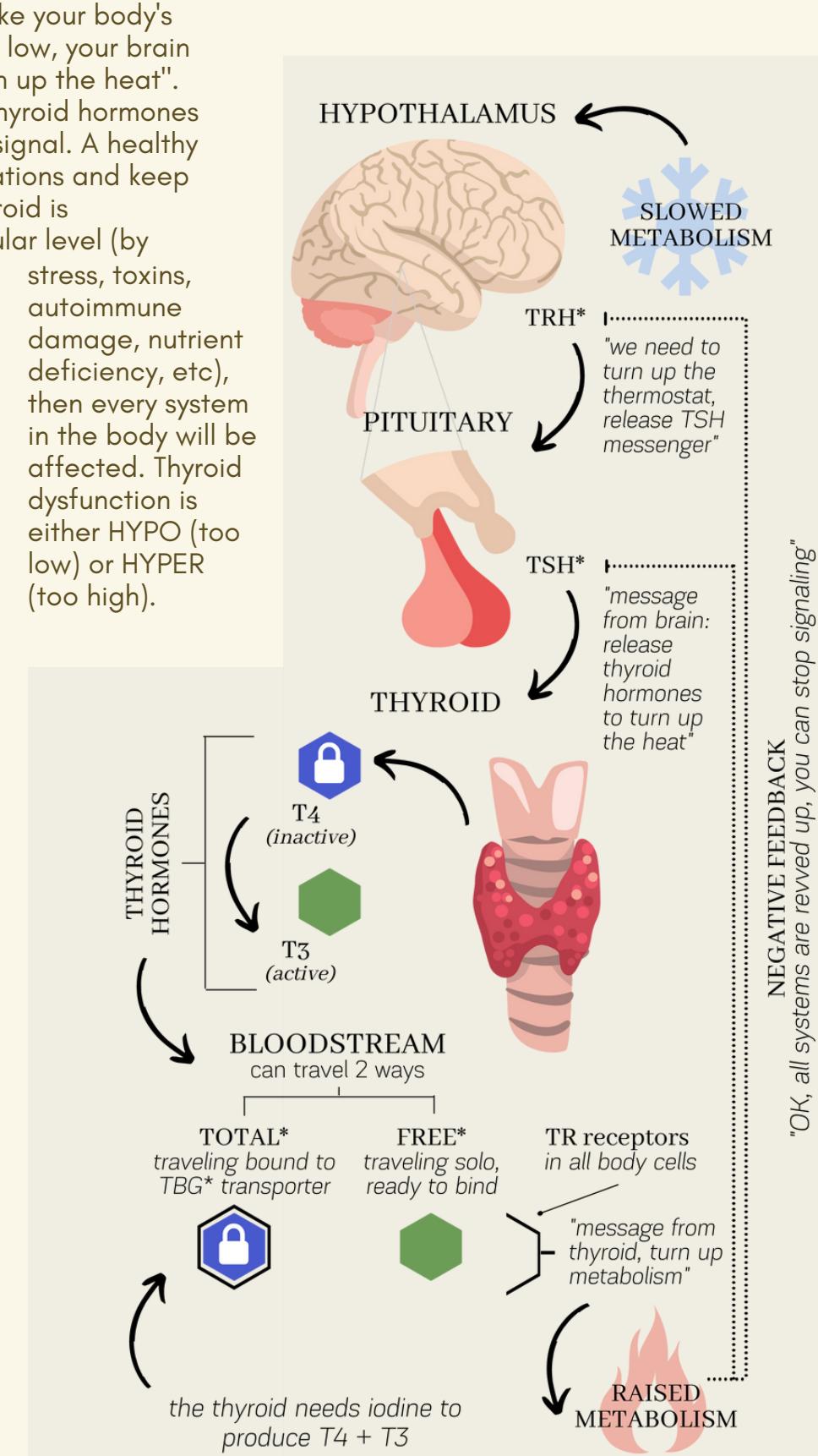
### THYROID BINDING GLOBULIN\*

too much TBG will bind & prevent T4 & T3 from signaling

### THYROID ANTIBODIES\*

TPO, TG, and TSHR antibodies are high when the body starts to attack the thyroid, often before any other symptoms are present

stress, toxins, autoimmune damage, nutrient deficiency, etc), then every system in the body will be affected. Thyroid dysfunction is either HYPO (too low) or HYPER (too high).





# Mitochondrial Health

## POWERHOUSES OF THE CELL

Mitochondria are the parts of your cells that convert caloric energy from food into ATP energy, the form that your body can use. Because your body cannot store this ATP form of energy, your mitochondria work around the clock to keep your body running (and produce your body weight in ATP every day)!

## NUTRITIONAL WEALTH

If calories are like "fuel" for your cellular engines, certain vitamins + minerals are like the spark plugs, oil, fuel line, exhaust valve...everything needed to burn that fuel. This is why eating a poor diet leads to weight gain & lethargy, despite having plenty of caloric energy. You can promote healthy metabolism by eating a diet full of colorful, nutrient-dense, whole foods.

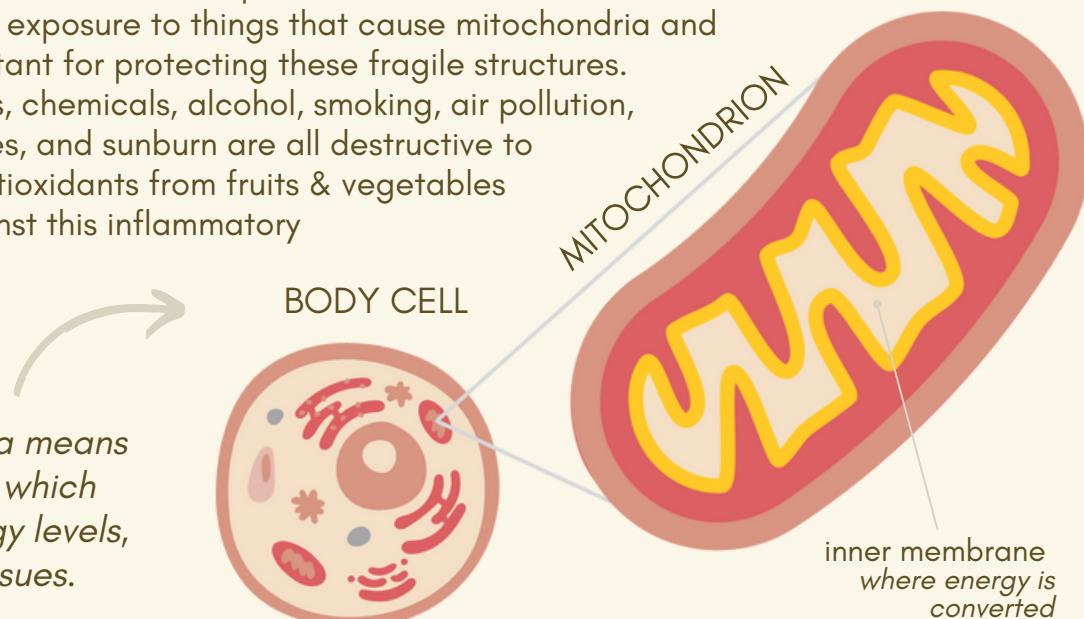
## FRAGILE STRUCTURES

Many diseases & signs of aging (from gray hair to cancer) have been connected to impaired mitochondria. Limiting exposure to things that cause mitochondria and DNA damage is important for protecting these fragile structures. Processed sugar & oils, chemicals, alcohol, smoking, air pollution, medications, pesticides, and sunburn are all destructive to your mitochondria. Antioxidants from fruits & vegetables can help protect against this inflammatory damage, hence their "anti-aging" effects.

*Healthy mitochondria means healthy metabolism, which means healthy energy levels, body weight, and tissues.*

## SUPPORT HEALTHY MITOCHONDRIA

- EAT WHOLE FOODS  
*mitochondrial health is dependent on healthy levels of minerals, B vitamins, and antioxidants from food*
- MOVE + SLEEP  
*just like building muscle, regular movement (esp weight training) and adequate sleep build healthy mitochondria*
- TRY INTERMITTENT FASTING  
*intermittent fasting gives the body time to recycle old and build new mitochondria (not recommended for menstruating women)*
- SUPPLEMENTAL NUTRIENTS  
*CoQ10, L-carnitine, alpha-lipoic acid*





# Autoimmunity

## WHAT IS AUTOIMMUNITY?

An important role of your immune system is to produce antibodies to protect against pathogens, like bacteria and viruses. There are many complex mechanisms to regulate this process, ensuring that your immune cells are active enough to protect, but not *too* active to cause issues.

An autoimmune (AI) disorder is when these mechanisms fail, leaving the immune cells unregulated. This often results in the production of *auto-antibodies*, which target your own tissues (instead of foreign invaders). You can think of it like an army of soldiers without commanders. Although there is currently no cure for autoimmunity, there are many ways that you can manage symptoms and support your body's healing through diet and lifestyle.

## MANAGING SYMPTOMS

- PRIORITY GUT HEALING

*imbalance & inflammation in the digestive system*

*is considered a prerequisite for the development of autoimmunity*

- ELIMINATE GLUTEN

*gluten is the most common symptom aggravator in all AI conditions (in your gut, it is like sandpaper on an open wound)*

- REMOVE AGGRAVATORS

*addressing a latent infection, eliminating allergens, swapping out toxin-containing products, or reducing stress*

- NOURISH YOUR BODY

*a nutrient-dense diet of vegetables, meat, fish & seafood, healthy fats, bone broth, organ meats, and fermented foods is incredibly healing for AI issues*

*Even if these triggers are not always in your control, management strategies are.*

## CONTRIBUTORS & TRIGGERS

- gut dysbiosis
- infections (esp latent)
- toxins & heavy metals
- nutrient deficiencies
- genetics
- inflammatory diet
- emotional trauma

*Beyond gluten, other problematic foods such as nightshades can be identified with the Autoimmune Protocol elimination diet.*



## WHAT IS CELIAC DISEASE?

Celiac disease is an autoimmune condition in which the body attacks its own gut tissue. When the gut lining is compromised or inflamed, gluten becomes a trigger for immune cells. They mistakenly attack it as a pathogen (and the gut tissue along with it). This further damages the small intestine lining, leading to more inflammation, impaired digestion, allergies, and nutrient deficiencies.

## HOW DO YOU TREAT IT?

Eliminating gluten is the obvious first step, but gut healing should also be a priority. It is common for those with Celiac to also have intestinal hyperpermeability (aka leaky gut), food allergies, and gut dysbiosis. Gluten is the trigger, but not the root cause. Stress, an infection, or dysbiosis are known to initiate (and perpetuate) gut inflammation. Even though there is no cure for autoimmune disorders, symptoms can be managed through proper diet and gut healing.

## SUPPORT GUT HEALTH

- **ELIMINATE DAIRY & SUGAR**  
*beyond gluten, dairy & sugar can be very aggravating to an inflamed gut*
- **NURTURE YOUR MICROBIOME**  
*promote a healthy microbiome by nurturing with probiotic & prebiotic foods & supplements*
- **SEAL THE GUT**  
*gut hyperpermeability is a hallmark of Celiac disease, so support healing with aloe vera, L-glutamine, bone broth, & healthy fats*
- **SUPPLEMENTAL NUTRIENTS**  
*vitamin D, vitamin C, B vitamins, iron, zinc, calcium, ginger, turmeric*

## SYMPTOMS

- diarrhea
- constipation
- gas & bloating
- stomach pain
- food sensitivities
- anemia
- bone loss
- anxiety/depression
- lack of focus

*if you experience these symptoms, you can try eliminating gluten to see if anything changes*



*the small intestine is the site of most nutrient absorption; when it is damaged by autoimmune antibodies, the rest of your digestion (and nutrient status) suffers the consequences*