Introduction and Weekly Check-In

hey guys. It is Wednesday morning we're halfway through the week and I hear that tomorrow, it is going to be a little warmer. Which is very exciting less wind hopefully all that good stuff so i've enjoyed the winter i'm enjoying the cold.

Now i's ready for it to start warming up. A little bit or maybe a lot i'll take a lots of. So we've been talking about how to improve your digestion. And last week we put out there the mindful eating ebook that I put together for everybody last year.

Mindful Eating and Digestion Basics

We got through some of the points and I think one of bigger takeaways from it is understanding how important the state that you're eating in is to our digestive health, and how our body is able to absorb nutrients and that type of thing because it's not well what we're consuming is very important don't get me wrong.

That's a big piece of it what were putting into our bodies, but then also understanding the the way that we are eating it and our The environment that we're eating it in and our mental and emotional state when we are eating all contributes to largely to how well we were able to absorb those nutrients.

You could be eating the healthiest food in the world. Garden of Eden quality, you know, I'm talking, and if that environment isn't right externally, then you're not going to get real far with it, even if it is the best food out there.

Food costs are becoming more and more expensive. So it is more and more of an investment to make those decisions for some healthier food. So we want to Make sure that with the investment that we're making is going to be utilized effectively that it's going To actually contribute to our health and our well being.

important to understand that and to make sure that we keep that in mind. So last week we talked about how it can be helpful, you know, being aware of these things can help support a weight loss journey.

It can us to understand our body and what it's trying to say to us because you know it just like any other relationship right the stronger the level of communication and the better understanding you have around what's happening with that other person.

The more effectively you're going to be able to problem solve the more effective way you are going be proactive instead of just reactive, all these things.

This is really important when it comes to managing our health. not to basically shut all that off and to just do, do do. And that's not a state that is going to get us very far in a health journey if we're trying to heal or if are trying maintain health, if were trying prevent illnesses and diseases and that type of thing.

So it's very important to make sure that we Take into account some of these mindfulness practices, when we're eating so that we can really make the most of this healthy food that were learning how to put into our body so then our buddy can actually use it right so this way it's actually benefiting us in some way.

So, When we think about. You know, you can do this with any food and the chocolate meditation comes with the mindful eating ebook. So you'll get that and that's a lot of fun, but you could do it with.

Any food you know?

Nutrient Density and Return on Investment

Let's say you have a berry, whatever it is that you're choosing to eat. You can stop and just get. Let us assume we have some berries laid out for breakfast or you are going to.

Whatever it. Is that your eating? You just got one berry and sit it down in front of you and You know you don't want to just throw a handful of food in your mouth and just it's done.

Becoming more present, becoming more mindful, become more in tune with your body is very different. So it's basically slowing down the process and enjoying each step of it.

Really trying to, not just so much, because maybe it is not an enjoyable experience at first, maybe you're trying adapt your taste to eating a healthier food.

Maybe it isn't quite at the place yet where it 100% enjoyable, but as you are taking the time, to approach this process in a different way, not just this endless consumption, right?

to shut things off, to set alarms off to show that hunger cue off or to shed, you know, a lot of times our hunger cues are really nutrient requests from our bodies, our body requesting nutrients.

And then when we don't give it the nutrients that it's in need of, let's say we go for some comfort food instead of nutritious food. So it still like, hey, then it continues to, to want, it continues to need more and more.

And that's a lot of times when you're eating nutrient food that doesn't have a lotta nutrients in it, you know, your appetite is never satiated because your body's still looking for a specific set of nutrients that it's not getting.

So when your fuel, when you eat food that's very high in nutrients, and you're actually able to absorb and utilize them, you gonna find that the amount of food, that you need to consume is often very different than what you thought you needed to consumer.

Or maybe what your body cues were telling you in the past, because it was getting things that it didn't need. It was things it couldn't use. So that where our appetite starts to kind of rage a little bit out of control.

So we wanna make sure that we're giving it food that's actually nutrient dense. When I coach people with observing, well, should I eat this? Well, when you look at the nutrients, what's the return on investment to this food?

This food may have some nutritional properties, but it has a lot of junk in there that is gonna bog down the system. There's not a lotta return-on-investment there.

as opposed to a food that it might have this amount of nutrients in it and only this about of unusable or fluff, I call them fillers, then that's a different return on investment.

You're getting this much back on your investment with only Okay, so that's definitely a better choice than something like this, right? So that how we evaluate whether or not this is a healthy food or if it isn't.

Practicing Mindful Eating with Real Foods

Now it's not to say that you can never eat something that is, you know, is greater burden with less nutrients. It's just you wanna really minimize those experiences so the bulk of the time you're consuming foods that are very high on that return on investment.

Okay, how many resources does my body have to give in order to consume this amount of nutrients okay well this takes very little resource to consumer whole lot of nutrient so that's a good choice and I shouldn't say good.

It's just a more efficient choice. Okay, so this is a bigger return on investment, where if I decide to eat a food, let's say rice, we've talked about rice a few times, you know, with the arsenic and that kind of thing.

So let say, rice has some nutritional properties. But it takes a lot of resources, if your body can get it at all, and to manage everything else that comes along with that little bit of nutrients that's in there.

So it's not a food where you're going to get a big return on investment. Does that mean you never eat rice again? No, not necessarily. That's probably not realistic to think that you're never going to consume it again.

But if we can keep those experiences to a minimum, then that's going make the process much easier for your body. Okay. going to make a healing process easier.

It's going make, you know, a maintenance process much easier, it's gonna make prevention process, much, easier all that stuff. So in the e-book, I walk through how to be more mindful when you're eating.

So let's take the berry, for example, if you've got some strawberries, maybe it's some blueberries, that kind of thing. So, you know, just take it in front of you and then you just imagine how the journey that that had to go on to get to that place right in the front you, right?

It's, whether you went out to the yard and you picked it yourself, If you happen to be growing them right now, or within it will probably wouldn't be in the yard for most of us, but if maybe you have a.

something that you grow, you are able to grow things in your home, like whether it's herbs or whatever it is, whether you picked it yourself or you purchased it from somewhere, maybe you've purchased from a local farmer, or maybe purchased at from the grocery store, whatever the case may be.

Think about the process that it had to go through and all of the experiences that had before it got to that place right in front of you. So we go through in the e-book and we we through those steps, you know, to just become more conscious and aware of what it is that we're eating, how we are eating it, then make sure that our body can really utilize it fully because that's really super important if we want to have a healthy digestion and want be able to absorb all of these awesome foods that were learning to eat and were developing these tastes for.

and to create a better environment for our soul to live in, right? That's where we are right now. So that's important. When we do that, you want to make sure that a few things happen that are really important, first, non-judging.

Judgment, Food Preferences, and Rewiring Habits

corrected myself when I say good or bad. Okay, is this decision the best return on investment that I can get? There's going to be times, like I said, where you're developing tastes for new foods, because it might not be something that you are used to eating.

So, you know, just start to bring awareness to the judgments that we have that come up as we're eating that food. Because that's gonna have a big impact on what we can absorb too.

because if we are telling our brain one thing, This is nasty, this is gross. I can't believe I have to eat this. You're gonna have a completely different response from your body internally than if you were to say, you know what?

Right now, I'm not completely in love with the flavor, but I love what this is enabling my body to do. I believe in the bigger picture. And pretty soon, if I continue to try to this food, then I am gonna develop a love for this thing that happened to me with flaxseed crackers.

I eat them religiously now because I love them, but the first time that I ate them I spit it out of my mouth I put the bag back in the pantry and it expired because i thought it was disgusting.

And then, one day, you know it kept coming back, this is something that, I need to be eating more of fiber this that so I went back i'm like all right i'll try it again tried it, again hated them a little bit less.

tried it again and then I was able to start wrapping my mind around, okay, I need to approach this differently if I'm

going to be successful here. So for you, it might be a different type of food.

For you some people it's fish. Some people, you know, some of it is chicken. And some, people is vegetables. Well, for some it just depends on what that is for.

You so remember that how we choose to perceive the experience is gonna have a big impact on how well we're gonna be able welcome the nutrients into our body and to actually be able to use it in our clean stomach and our pancreas is where we carry the bulk of worry Because our emotions, different emotions resonates more fully in different areas of our bodies.

So let's say you have a really stressful job and more, you know, a difficult relationship and you're constantly, combating or fighting or arguing or, the stress level is always present around this situation.

say somebody that has a really stressful job, what tends to happen in that situation? Well, tends the happen is that they start with some type of heartburn, reflux, eventually GERD it will lead to, right?

So what happens is it shuts down our digestion and we can't utilize, we cant break down food efficiently, can utilize those nutrients. So that's all, those are things that are really impacting that system and that process.

And that's not going to be helpful for us long term. So it's really important to Be aware of that to. Beware of what's happening around you to, be aware.

Of how you're consuming the food. You know, even when let's say if your goal is weight loss, you know and you have to eat this so that I can lose weight so I cannot be fat.

Support Options and Closing

And you can hear the disgust in your voice of your perception of yourself, your process, and your journey. And there's ways to work on all of that, because it might not be food that lights up your brain in the same way.

The chemicals that were in that unhealthy food, the food with less of a return on investment, Those chemicals light up your brain in a different ways, but that's what we've taught our brain to light out to so our brains nor plastic it can regenerate it, can grow new neural pathways, we can.

We can train our brain, we can teach our brains to light up in different ways to new foods. And that's one of the awesome superpowers that we have. You know, it doesn't have to, were not locked into that experience that, We've had in the past.

We, can choose to change that. Experience and it may require us being a little persistent. It may, require a, little bit of work in that reprogramming process, but it's possible.

It happens, it can be done. It's just a matter of deciding this is what I want, keeping that big picture in mind. This is how these are the small steps that I'm going to make to move forward in this process and to makes them headway.

So I hope that was helpful. If you haven't gotten an e-book yet, then I highly recommend it. That's a great tool. if you say, you know what, I've got an E-Book.

I think that that's very helpful, and I'd like to take it to the next level. Or maybe you hadn't got the book yet and you're like, look, I need, I want to be a little bit more aggressive in this process.

You know, you can always, we can look at some of our programs. If you're looking for supplementation involved, if you, or if your not looking supplementations and you just want learn how to eat better, a better lifestyle practices and start with that approach.

That's extremely impactful as well. So you schedule a call with me. Um, You can do the free 15 minute call on our

website and thrivehw.com. and just schedule a call and we can talk about it.

We can about your goals and can we talk what your concerns are and all of those things and see if there is a plan that would fit what you're needs are at this time or maybe there's some recommendations outside of that that I can give you as a good starting place for where you are.

So either way, it's something that, I would love to be able to support you through. Reach out, schedule the call. And I'd love to get to know you better and talk to you soon.

Have a great day, guys.