WELCOME!

Thank you for taking the steps to pursue a better mood through a healthier lifestyle. What we eat has a direct connection to how we feel. You could be feeling happy, sad, angry, frustrated, excited, satisfied – or anything in-between. Our Mood & Food webinar will give you a deeper understanding of your own body, the experiences you have from the foods you eat and how to embrace the desire to change.

In the next six weeks, you will discover, identify, and learn how your mood is effected by the nutrition you consume. Through the progress of the program, you will also receive tools, activities, and resources to create forward movement, changes necessary to lead a healthier and more satisfied lifestyle.

Please be sure to bring your workbook to each session and track your progress as you go. These activities are designed to enhance your success. The more you engage, the better results you’ll get!

Now is the time to reclaim control and balance in your moods and your life!
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UNCOVER THE TRUTH

FUN FACTS:

PARTICIPATION & LEARNING

» ONLY LISTENING: you'll retain and put into action 10% of the content heard.
» LISTENING AND TAKING NOTES: You'll retain and put into action 40% to 50% of the content.
» LISTENING, TAKING NOTES & PARTICIPATING PHYSICALLY: You'll retain and put into action 80% to 90% of the content.

If you are serious about making changes to your mood, you can take action immediately just by participating fully in our discussions.
WEEK 1

WHY ARE YOU HERE?

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WHAT ARE YOU LOOKING TO ACHIEVE IN THE NEXT SIX WEEKS?

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WHY HAVE YOU CHOSEN TO REGISTER AND PARTICIPATE IN THIS PROGRAM?

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ADDRESS THE TRUTHS

In order for change to take place, you need to have a willingness to address the truths.

YOUR MOOD IS YOUR STATE OF MIND.
IT IS NOT LIMITED TO YOUR FEELINGS.

THERE ARE TWO OPPOSITES THAT RESIDE WITH YOUR MOOD:
POSITIVE AND NEGATIVE

The foods you consume or lack of consumption affect your mental and emotional health. Take a moment to review a day in your life, what you eat, and how your body responds. Write down your findings:

HOW IS YOUR DAILY NUTRITION?

BAD  MEDIOCRE  ALRIGHT  SATISFACTORY  AMAZING

HOW IS YOUR WATER INTAKE?

BAD  MEDIOCRE  ALRIGHT  SATISFACTORY  AMAZING

The foods you consume are essential to regulating your moods. Healthy nutrition leads to a healthy cognition and can dictate and improve your mood. Researchers have found certain nutrients (micro & macro) that are associated with combating depression, disease and physical ailments, as well as boosting your mood.
CHOICES FOR TODAY

Will the choices you make TODAY induce illness and health complications or will they prevent illness?

CLEAN EATING

So what exactly is clean eating? It refers to a way of eating that benefits the body. Eating clean means leaving out artificial sweeteners, preservatives, dyes, and GMOs. It means choosing foods with short ingredient lists and ingredient names you can pronounce and recognize as whole foods. Simply put, clean eating focuses on the quality of the food, leaving the less healthful foods out of your body.

WHY?
Why am I eating what I’m eating?

WHAT?
Is what I’m eating affecting me positively or negatively?

WHERE?
Where is it affecting me in my body?
ACTION STEPS:

Answer the following questions to help bring clarity to how you’re affected from the foods you eat:

1. How is your energy level before/after eating?
2. Do any eat particular foods cause stress, enhance anxiety or take away from sleep?
3. Do you notice if your mood affects your relationships, how your view yourself, or how you view others?

JOURNAL WEEK 1

Write down your personal commitments to building awareness around the foods that you consume. Take notes on your Food & Feel log and begin to identify mood triggers that come up for you.
FOOD & FEEL

USE THIS LOG to track what you have been eating and how those foods affect you physically and mentally.

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IDENTIFYING YOUR MOODS

FUN FACTS:

Mood and food are linked – serotonin equals a good mood. Eating sugary foods boost your serotonin levels instantly through the release of a hormone called insulin. If you consume too much sugar, there will be a lack of dopamine receptors in the brain, and you may not experience pleasure from other things in your life.

Over the past week what did you notice about your mood and food intake? What were your wins? What’s going well?

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LET’S GET REAL!

To gain perspective, ask yourself powerful questions will help you to come up with clear reasons as to “why” you’re moving towards your goals.

1. Be honest
2. Be transparent
3. Make the changes

To gain perspective ask yourself: how would I like to see my nutrition habits change over the course of the six week program? Over the next six months? Over the coming year?

Getting real with yourself will also address any excuses that you come up with. No excuses equals progress.

ASK YOURSELF:

» Are you lifted?
» Are you irritable?
» Are you refreshed?
» Are you down?

Now that you’ve been tracking for a few weeks in your Food & Feel logs, you have started the foundational process of identifying your triggers and excuses. This awareness will help you to see where its necessary to make changes to better your mood in health; physically, mentally and emotionally.

1. What could you eliminate from your daily regimen?
   » Pasta, bread, sugar, alcohol, etc. (examples and not limited to)

2. What could you add to your daily regimen?
   » Fruits, vegetables, protein sources, vitamins, minerals, etc. (examples and not limited to)
BRAIN FOG

Are you starting to feel that you are gaining clarity and the brain fog is lifting? As you remove toxins from your body and adjust your diet/regimen, you will notice and feel a difference within the body.

Sugar overload may cause weight gain, elevated blood pressure, disease, breakdown of the immune system, or Diabetes.

SEROTONIN

Serotonin is a feel good neurotransmitter in the brain. When it’s leveled out you will feel:

» Security
» Relaxation
» Confidence

When your Serotonin levels are low, you have a tendency to CRAVE sugars. Here is just one piece of the puzzle as to “why” you reach for those treats in the lunch room, vending machine or baked good from the coffee shop first thing in the morning. Once you’ve eaten these sugary treats, you instantly boost your serotonin levels, however, over time, your body breaks down. You can support your serotonin levels through the following:

» B Vitamins
» Fermented foods and drinks
» Exercise
» Sleep
» Drastically reduce or eliminate sugars
» Whole foods
**ACTION STEPS:**

1. Continue to log in your Food & Feel log.
2. What adjustments can you make in your daily diet to achieve positive health?
3. Use powerful questioning to know if you are helping yourself or hurting yourself.
   - Are the foods I’m eating helping me reach my goal in good mood or taking away from me?
4. Which natural steps will you choose to use to help support and enhance your serotonin levels?
   - B Vitamins
   - Fermented foods and drinks
   - Exercise
   - Sleep
   - Elimination of refined sugars
   - Whole foods

**JOURNAL WEEK 2**

What have been your common excuses?

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What has led you to take better control of your mood(s)?

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## FOOD & FEEL

**USE THIS LOG** to track what you have been eating and how those foods affect you physically and mentally.

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IS FOOD KEEPING YOU DOWN?

What were your wins? What’s going well? Did you celebrate your wins?

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FUN FACTS:

“AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE.”
- Benjamin Franklin

Often time, eating too much or too little food can be the cause of keeping you “down” in the dumps. It can either cause you to feel revitalized with energy or completely crash. If you consume too much caffeine, your body will crash, overwhelming your adrenal glands.

Essentially, this is when you begin to get those feelings of sadness, anxiety and stress. Learning to be more aware of the foods you eat and how you feel thereafter will help you to learn what works best for you in your daily nutrition. Gaining awareness about your nutrition will help you to take the steps forward to your overall success in being healthy in mind, body and soul.
HEALING THROUGH NUTRITION

Your body is an instrument that is created to be self-sufficient as long as we provide it with proper nutrition. Your body needs fine tuning daily. Every time you eat food, you have the opportunity to fine-tune your body. By eating healthy, whole foods daily, you will provide your body with an array of essential nutrients, vitamins and minerals, which needed for proper cell growth, vision, general health and wellness. A deficiency in any of these nutrients can cause health issues over time.

“THE DOCTOR OF THE FUTURE WILL NO LONGER TREAT THE HUMAN FRAME WITH DRUGS, BUT RATHER CURE AND PREVENT DISEASE WITH NUTRITION.”

— Thomas Edison
ACTION STEPS:

Continue to use your Food & Feel log to help you identify your needs verses wants and any emotional triggers. Try new foods throughout different times of the day and take note of how they affect your body.

JOURNAL WEEK 3

1. Do you regularly feel panicky or calm?

2. In the last month, have you felt tired or have you had a lot of energy?

3. Are you feeling hopeless or discouraged about your weight, nutrition or exercise regimen or all of the above?

Use this space for anything else that has been important to you this week.
# Food & Feel

**Use this log** to track what you have been eating and how those foods affect you physically and mentally.

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THE PURPOSE OF SUPPLEMENTATION

What did you commit to this past week?

Are there actions steps that you implemented? If not what is stopping you?

What are your wins?

FUN FACTS

Minerals compose approximately 4% of the human body and yet are not produced naturally by our bodies. We must obtain them from the foods we consume. A few functions of minerals essential to our day to day lives:

» Maintain our pH
» Maintain proper nerve conduction
» Help to contract and relax muscles
» Regulate our tissue growth
» Provide structural and functional support for the body
SUPPLEMENT BREAKDOWN

A few essential vitamins and minerals that play a large role in your body are:

**VITAMIN B:** Supporting your body to make use of carbohydrates and utilizing the transition for energy production, promotes a healthy nervous system, helps fight stress put on the body, assists in breaking down protein, carbohydrates and fats and promotes healthy skin, hair and a healthy digestive system.

**VITAMIN C:** Full of antioxidant properties that will support your immune system from free radicals you encounter in daily living. It's important for maintaining connective tissues in the cartilage and tendons in the body.

**VITAMIN D:** Known as the ‘sunshine vitamin’ as our bodies actually produce this on its own when we provide our bodies with enough direct sunlight. It aids in the absorption of calcium, to ensure our bones grow strong.

**OMEGA 3’S:** Helps to support in lowering triglycerides, depression, asthma (lowers inflammation) and many more.

**MAGNESIUM:** Helps to support in lowering bad cholesterol levels, anxiety, chronic fatigue, cramps, headaches, restless leg syndrome.

**These are a few functions, however, are not limited to in supporting the body.**

**NATURAL WAYS TO SUPPLEMENT YOUR BODY AT A LOW COST:**

**APPLE CIDER VINEGAR:** Helps to support blood sugar control, detox your system, shines your hair, regulates pH of your skin, soothe sunburned skin, aid in weight loss

**UNREFINED SEA SALT:** This is organic sea salt not processed like mined salt, pesticide and chemical additive free. Benefits are the trace minerals our bodies need, as they do not produce on its own. Helps bodies maintain water balance, essential electrolytes that keep us hydrated.

**KELP (IODINE):** Helps to support and improves dry skin, brittle nails and hair, relieves constipation, helps enlarged thyroid glands, kills herpes virus, impairs hair loss, improves digestion

**COCONUT OIL:** Helps support the immunity, manages type two diabetes, helps with digestion, boosts metabolism, stops sugar cravings, healthy fat to help lower bad cholesterol.
HEALTHY GUT

The digestive system plays a huge role in the bodies overall function. If your gut is not healthy, and you fail to address digestive issues, your health could deteriorate over time. Currently, there are 100 million Americans living with digestive issues.

» A few of those issues are inflamed, dysfunctional intestines that can grow into full blown diseases.
» Many of the diseases and/or sickness’ come from sensitivities and food allergies.

PREBIOTICS AND PROBIOTICS

Prebiotics and probiotics are an essential part of a healthy gut and a healthy body.

» These healthy bacteria can be found naturally in foods, fermented foods and Kombucha drinks. A healthy gut is the key to many components that are performed and needed throughout the body. To be honest there is no health without a healthy gut.
ACTION STEPS:

» What comes up for you after listening to today’s session?
» What can you commit to this coming week to increase your knowledge about your own body’s needs?

JOURNAL WEEK 4
Do you have difficulty resisting temptation?

Are your thoughts ruining your mood and do you recognize if your thoughts are different eating different whole foods verses junk food?
USE THIS LOG to track what you have been eating and how those foods affect you physically and mentally.

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CREATING EVERLASTING CHANGE

Every day is an opportunity to make the changes you desire for your life to grow, develop and pursue a healthier lifestyle, mentally, physically and emotionally.

What actions did you commit to last week?

What are your wins?

FUN FACTS:

There are several different avenues in life that shape the way we think and the way we feel – our life experiences, the foods we consume, the music we listen to, our daily work and home environment. Included and not limited to these are affirmations. The more you tell yourself that you can’t do something the more likely you won’t be able to do so. However, telling yourself constantly that you can and will do something in life... well.. the story remains true that you will listen to what you preach yourself and it will become just that.

Same applies for food. The more we eat whole healthy foods the more we will detox our bodies and live a full healthier life.

THERE ARE HEALTH BENEFITS TO BEING POSITIVE

» You will live longer.
» You will boost your immune system.
» You will reduce your risk of various diseases.
» You will enhance brain activity.
» You will lower your stress levels.
EMBRACING CHANGE

“LIFE IS CHANGE. GROWTH IS OPTIONAL. CHOOSE WISELY.”
- Karen Kaiser Clark

The first step in embracing change is to recognize that you want to make that change. You have taken this step by participating in the Mood & Food six-week program. Once you’ve accepted the changes you’re applying to your life, you will begin to learn, grow stronger and turn that knowledge into wisdom for making healthier choices today and in the future.

The more you practice and repeat, the more you will begin to cultivate that everlasting change you’ve desired for so long.

NUTRITION IS LIFE

Your view on your nutrition dictates your choices. With the information that has been provided in Mood & Food over the past five weeks, where do you see the changes that you can make in your life? What comes up for you?

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CULTIVATE FOR EVERLASTING CHANGE

“HE WHO REJECTS CHANGE IS THE ARCHITECT OF DECAY. THE ONLY HUMAN INSTITUTION WHICH REJECTS PROGRESS IS THE CEMETERY.”
— Harold Wilson

You’ve embraced that change, you’ve started to navigate change to cultivate the new habit by bringing clarity of your goals in changing your nutritional needs – this now becomes your road map that guides you to your outcome.

PAIN & PLEASURE

From all that you have learned and applied to your life over the past five weeks, have you created enough pain and pleasure to your life to gain momentum to create your everlasting change?

Are you waiting to hit rock bottom and causing enough PAIN? You have to remember that we will do far more to avoid pain than we will to gain pleasure. This makes change a MUST. It works but its painful and not sustainable. You need to come up with a good reason to produce that pleasure.

ASK YOURSELF:

» Why is changing my nutritional needs so important to me to change my mood?
» If you don’t change, what will your life be like in one year from today? In five years from today?

CREATING MORE PAIN IN YOUR LIFE DOESN’T WORK. GET UNSTUCK, RID THE EXCUSES AND TAKE CONTROL OF YOUR LIFE OR LIFE WILL CONTROL YOU.
ACTION STEPS:

Cultivate the simple steps of positive thinking and changing your perspective on pursuing a healthier mental lifestyle by taking the following steps:

» Change the way you think about yourself.
» What are you good at? Capitalize on it.
» Use visualization to be who you want to be.
» Be consistent and never give up.

JOURNAL WEEK 5

How can you increase your longevity with the tools you’ve gained today?

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**FOOD & FEEL**

**USE THIS LOG** to track what you have been eating and how those foods affect you physically and mentally.

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C.L.U.E.S.

Bringing you information that you can create knowledge for your life as you apply and practice, practice, and practice. You’ve pursued and are gaining clarity on how your daily regimen of nutrition choices has an effect on your mood and daily abilities. Continue to make positive choices for your life and watch as you blossom into your fullest wellbeing.

What are your wins from this last week?

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What’s going well for you?

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FUN FACTS:

The way we think, our mood, or even our perception about the world can be altered by music, positive affirmations and the foods we eat and to think that most of the things you worry about never actually happen.

  » Anger weakens the liver.
  » Grief weakens the lungs.
  » Worry weakens the stomach.
  » Stress weakens the heart and brain.
  » Fear weakens the kidneys.
Taking all of the C.L.U.E.S. that you’ve discovered, implemented and applied to your life over the past five weeks will help you to continue on with a healthy lifestyle. Not just through the duration of our six week program. Continue to do the following:

» Connect
» Listen
» Understand
» Express desires in creating change
» Seek after your goals

**TAKE NOTES AS WE DISCUSS C.L.U.E.S.**

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“GET YOURSELF GROUNDED AND YOU CAN NAVI-
GATE EVEN THE STORMIEST ROADS IN PEACE.”

— Steve Goodier
**ACTION STEPS:**

Share your learnings with a friend, co-worker and/or family member to create the continued support structure.

**JOURNAL WEEK 6**

How will you continue to pursue a better mood from the foods you consume? Are you in control of your mood or out of control? Either way what would you do differently?

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**FOOD & FEEL**

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Don’t get discouraged if you noticed unhealthy behaviors. Remember you are becoming aware of your starting point, and we can’t change anything we aren’t aware of. With all the ideologies out there, it is easy to get confused when it comes to health. The Clean Foods List below is a great foundation of where to start.

### Produce
- Any Type of Berry
- Apples
- Grapefruit
- Melons
- Nectarines
- Peaches
- Plums
- Pears
- Citrus Fruit
- Cucumber
- Broccoli
- Asparagus
- Beets
- Onions
- Dark Leafy Greens (Kale, Swiss Chard, Spinach, Arugula)
- Green String Beans
- Zucchini
- Fennel
- Summer Squash
- Eggplant
- Spaghetti Squash
- Peppers
- Jicama
- Grapes
- Mushrooms
- Herbs
- Tomatoes
- Tropical Fruits (sparingly)

### Lean Proteins
- Beans
- Eggs & Egg Whites
- Greek Yogurt
- Fish
- Chicken Breast
- Turkey Breast
- Lean Beef
- Whey Protein Powder
- Game Meats (Venison, Rabbit, Bison, Buffalo, Elk)
- Shellfish
- Sausage
- Pork Loin, Pork Chops
- Tofu, Tempeh, Edamame
- Tempeh

### Starches
- Sweet Potatoes
- Yams
- Butternut Squash
- Pumpkin
- Carrots
- Peas
- Corn
- Quinoa
- Cous Cous
- Brown Rice
- Whole Wheat Pasta

### Whole Wheat/ Sprouted Bread
- Steel Cut Oats
- Beans
- Brown Rice Cakes
- Yucca

### Healthy Fats
- Avocado
- Hummus
- Nut Butters
- Nuts (Almonds, Walnuts, Pistachios, Cashews)
- Seeds (Sunflower, Chia, Flax, Pumpkin)
- Olives
- Extra Virgin Olive Oil*
- Avocado Oil*
- Coconut Oil*

### Fluids
- Water
- Milk
- Kombucha
- Juice (No Sugar/ Sweetener Added)
- Non-Sweet Teas
- Black Decaf Coffee

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* Oils should be cold-pressed
CONGRATULATIONS!

You completed the program. Thank you so much for making your life a priority and for sticking with it. You’ve already taken more action than most people - just finishing this program is no small feat. Acknowledge yourself for all that you’ve accomplished!

Remember, persistence pays off. The road doesn’t stop here; it has only just begun. Use the tools you’ve learned during these six weeks to continue your success in all aspects of life. Keep up the amazing work that you’ve started; think of the momentum you’ve built up and use it to Ignite Your Life and bring fire to your world.