



8-Week BLISS™ Body Makeover Program

PHASE Two: Nutrition and Lifestyle Package



Weeks 3, 4 and 5
Strengthening Your Nutritional Profile
"Eating in tune with Mother Nature"



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PHASE TWO: Eating in Tune with Nature



Before we head into PHASE Two of your Nutrition and Lifestyle Package, let's check in, ok? How are you doing so far?

- Are you using your **BLISS™ FOCUS Cards** every morning? Remember, we can't create something different without taking action!
- Have you cleaned out your cupboards? I know, they may look a little bare, but this whole clean eating thing doesn't happen overnight, it takes time. It'll get easier!
- Are you keeping your protein up, and are you eating a good protein breakfast?
- Did you cut the juice, soda and milk and are you drinking 1-2 litres of fresh water?
- Is your fridge filled with fresh fare and are you eating several servings of raw carbs (fruits and veggies) a day?
- Are you including healthy fats in your diet every day?
- Did you nix the late night eating?
- Are you writing everything down, and are you staying within your caloric needs?
- Are you *walking as if....?*

Don't worry if some of this has slipped by the wayside, you'll have plenty of time to get it right (a lifetime, in fact...remember, this is not a diet, it's a lifestyle and that's why **BLISS**, and YOU, are successful, yes?)

In Phase Two, we look at eating in tune with Mother Nature, as we look at the *what* and *when* of food. This is absolutely essential if we want to create a strong immune system, a strong body, level emotions, level hormones and to keep our weight stable. We'll learn to eat in tune with the **seasonal shifts** and our body's **daily rhythms**. And did you know that a **calorie** isn't really a calorie, and labels don't really tell the whole truth? Nope! It's all in how you look at it, or rather, what kind of **glasses** you're wearing!

Remember to print everything off and save it to file so you can draw on it in the future. Your **BLISS™** info is based on solid eating practices that will never become outdated, so save it and refer to it often! Share it!

I trust you are noticing a difference, even if it's in small ways, in how you look and feel. It just keep getting better! I promise! so let's continue to tighten up our eating and expand our mental and spiritual muscles, and learn to *live by example!*



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What Kind of Glasses are YOU Wearing?

People often ask me how I stay so diligent in my eating and training. I always tell them that thing really shifted for me when I started seeing things differently, like wearing a new set of glasses! Here's what I mean (and some of you are experiencing this right now!)

Growing up, I was raised on the classic meat-and-potatoes style of eating. Oh yeah, and sandwiches and canned food! But when I decided to compete in fitness, I had to adopt a whole other kind of eating. Whole foods and absolutely no man made products. I didn't know it, but my Trainer was putting me on what we now call the **Clean Eating Diet**. In other words, eating like our forefathers ate. **Real food**.



It was hard to change at first, because I was used to eating like everyone else – *the wrong way!* And like everyone else, I was overweight, full of toxins and inflammation, and had a fat ass! But after a few months, something interesting started to happen – my perspective started to shift. Soon, I was looking at what *others* were eating and thinking that *they* ate weird – bread, pasta, desserts, late night eating, grabbing snacks.

It was like someone had given me a different pair of glasses. The way I saw it, *I was eating the proper way, and the rest of the world was eating weird*. It was then I knew that I had created lasting change.

So what kind of glasses are you wearing?

Traditional glasses – do you follow tradition, and don't buck the system? It's safe, but dull.

Rebel glasses – you adopt whatever diet is *in* at the time and you have to tell everyone that they too must be on it? Drop it. No one likes to be preached to.

Dark Glasses – you just hide behind convention and follow what everyone else is doing. If they're doing it, so are you? Did you sell your brain to science or something?

So now we need you to shift how you view the world. **Change your glasses.**

Learn to live outside the box, where you are free to eat tuna for breakfast or just have small snacks for dinner, and where sandwiches don't belong. Eat with the seasons, re-look at calories and question eating our traditional practices.

Question Everything – When you learn to stand a tradition / habit / thought on its head, many times, you'll find that it really can't hold water. But we're so used to tradition, but this doesn't mean it is best.

Live on the periphery – after awhile, when you've grown accustomed to your new way of seeing, you'll find that everyone else is on the periphery, and it's you that's in the middle!

Buy magazines and books devoted to clean eating and natural farming. Try different recipes. Start your own clean-eating pot-luck in your area! Pretty soon you'll be wondering why everyone isn't eating and living the healthy, fit life. After awhile, you'll wonder how you ever lived without it!



Eating in Season

Eating in Season is one of the best things we can do to bring harmony back into the body. When we eat in season, we are following the body's natural rhythms. Our digestive juices and body hormones also work best when we eat *summer foods in summer*, and *winter foods in winter* (the exception are low glycemic berries, like raspberries or blackberries which you can have ½ to 1 cup a day in winter).



Having the chance to live close to farms and markets that grow local produce is a blessing. Here, on Vancouver Island, we have that amazing opportunity. Not only that, I can go in and speak directly to the farmer and ask him what his practices and philosophies are, and whether they use herbicides and pesticides. I'm interested in supporting *local*. The carrying cost (and environmental cost) to haul strawberries up from California (even if they are organic) is just too great, in my book. And I have the privilege of being able to look to the farmers' fields to see what I should be eating—*what they grow and when is how we need to eat for optimum health*.

When we eat tropical fruits in winter, our body's digestive enzymes get caught off guard. In winter, they have shifted so as to be able to digest warm winter squashes and root vegetables. Asking your tummy to digest sweet fruits only upsets our body's natural gut flora in our intestines, the very critters that keep our immune systems strong.

If you follow Chinese Medicine, you may already know that there are 4 body types – hot-dry, hot-moist, cold-dry, cold-moist. When you get to know your constitution, you are better able to understand the simple relationship between a body's seasonal fluctuations and the food it most needs to support good health.

For example, a cold, moist constitution is someone who is always cold, often has mucus in the throat or nose, yeast infections, and achy muscles in winter. For this person, eating yogurt or fruits/fruit juices in winter makes them colder and further weakens their constitution. And for them, a raw diet is definitely out! If this cold-moist constitution is you (for most women) eat more root vegetables, and stay away from fruits in winter.

If in doubt about what you should be eating, go to your local farmer's markets and see what they are selling. Pretty soon you'll learn about what a winter food and what a summer food looks like. And of course, some foods (like onions and garlic) are healthy year-round.

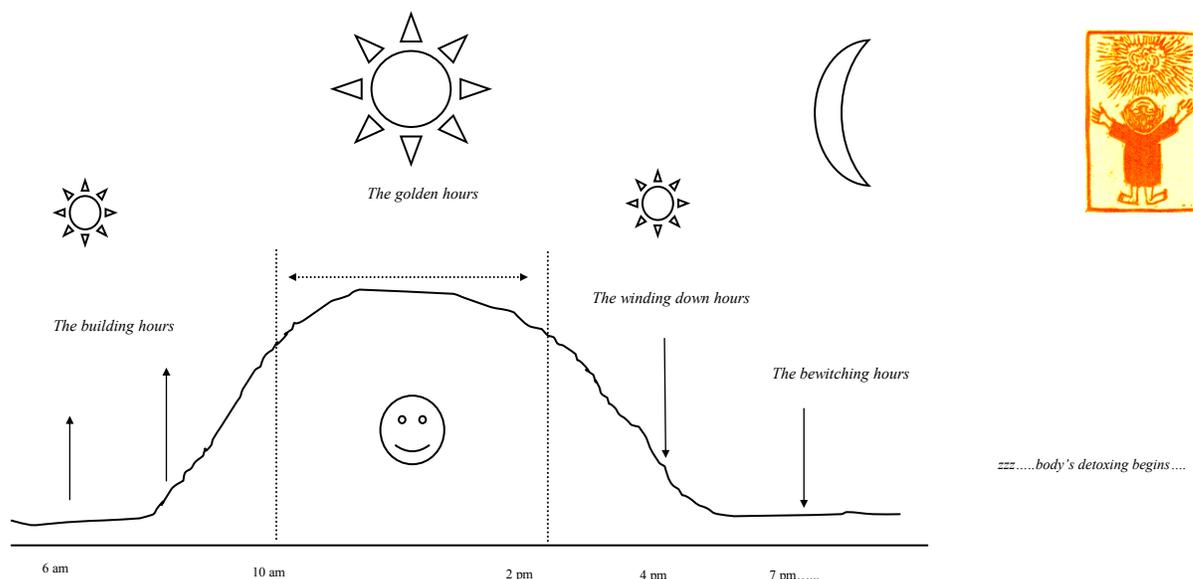
Eating in season is not only about eating fresh. It's about *eating with the seasons*. Honour your body's natural circadian rhythms, and eat how nature intended – in harmony! For an excellent book, read ***Healing with Whole Foods***, by Paul Pitchford..



Living in Tune with Your Body's Natural Rhythms

Metabolism is a misty subject, at the best of times. In fact, they don't really know how it all works, but generalities can be made. But what most nutritionists and coaches neglect to teach (or learn) is the importance of eating in sync with our daily rhythms.

Along with eating and training with the seasons' cycles, we're supposed to *eat and train with the days' cycles*. It's only natural, that's how our bodies are set up, but we continue to neglect this primal aspect of our beings and listen to our bodies' internal whisperings. The following is what your doctor / standard nutritionist don't know about the finer workings of the body (and they're not likely to learn it either!)



The building hours (6 am to 10 am): When the sun rises, so too do all of our bodily functions—digestion, sugars, growth hormones and all. This is the ideal time to do cardio, before breakfast!

The golden hours (10 am to 2 pm): When it's sky-high (noon), our body's functions are rockin'! This is also the best time to train because the body releases growth hormones that allow us to build muscle and shed fat more easily. This is also when we should have our biggest meal... and it is less likely to be stored as fat. And if you want to indulge in heavier carbs (bread, muffins, even a sugary treat) do so here, because after training, your body can chew it up much faster!

The winding down hours (2 pm to 4 pm): as the sun dips, so too does our body's functions. This is when we should be 'curbing' things, especially our food intake..eat lighter carbs and don't over-indulge.

The bewitching hours (after 7 pm): Your body is shutting down for the evening, so when we put our largest meal in at this time —and often man-made starches, breads and treats—it is counter-productive to building good health. It also adds to fat loss because the metabolic pathways are sluggish..your body really doesn't want to have to work that hard, so it pushes the excess away in storage. Night time is also when your body detoxifies, but it can't do its cleaning if there's a bunch of food to be digested. That's just the nature of things...digestion always comes first!

NOTE: If your life won't allow for this kind of exact scheduling, don't fret. We just do what we can do. This is just a *best case scenario*, as many people ask—when's the best time to train/eat etc. during the day.

ORGANIC MATTERS (or does it?)

Eating organic is all the rage, and given the alarm over the 40 chemicals they spray on our fruits and veggies, it's no wonder. And we can take it into our meats, dairy products and even our spices—we're not meant to eat all those sprays, injectables, and radiation-treated products that mainstream farms and grocers sell to the majority of the population.



Let's look at it another way: we're told that a little bit of chemical is negligible (that means it shouldn't do us any harm, and that there's no proof), but if I were to add up all the chemicals you eat over your lifetime and put it into a glass, would you drink it down? But that's essentially what we're doing!

In the course of creating a healthy eating regime, many people resist purchasing organic foods because of the increase in cost (10-15% more). But let me ask you this: if a bunch of bananas are 60 cents more, spread that out over 6 bananas and the cost to you is negligible (10 cents a banana). Or, cut down on the designer coffee and put it towards healthy food purchases. Or, eat out less and eat organic more.

Organics are good for the body (there are over 40 herbicides and pesticides sprayed on our fruits and veggies). They're good for the environment (healthy soils, healthy air, healthy waterways). They promote local farms and markets, and they allow our earthly creatures to live in harmony and as nature intended (have you ever seen how they get chickens to lay eggs, or what happens in a slaughterhouse? I have!).

It's truly all in how you look at it. If you focus on health and well-being, and you're committed to healthy eating for you and your family, you'll make better choices. Period. There will always be an excuse for not buying organic, and there will always be naysayers to spout those reasons off. Don't be one of them! Take a stand. Make a difference. Teach your children. Instigate change. Most importantly, live by example. Others will surely take your lead. I guarantee it.

“Shopping is a political act. When you buy something, you are voting with your wallet. You are supporting the manufacturers of the foods and products you buy, and encouraging them to produce more of the same.

You can create your own reality in the marketplace by using your economic power to foster change. If you want quality foods and products, know that your demand will create the supply.

You can make a difference!”

The Bailey Hunger Scale and YOU!

So now that we know it's important *what* we eat is, let's look at the other side of the clean eating coin—*when* we eat.

The **Bailey Hunger Scale** is a great tool to keep you on track and ensure you're going to bed in a beneficial way! If we go to bed too full, not only do we weaken our digestive abilities, dampen our immune system, and lessen our body's ability to detoxify at night, and we will not be able to lose the excess weight!

10. Stuffed: You are so full, you feel nauseous.

9. Very uncomfortably full: you need to loosen your clothes.

8. Uncomfortably full: you feel bloated.

7. Full: you feel a bit uncomfortable

6. Perfectly comfortable: you feel satisfied.

5. Comfortable: you're more or less satisfied, but you could eat a little more.

4. Slightly uncomfortable: you're just beginning to feel signs of hunger.

3. Uncomfortable: your stomach is rumbling.

2. Very uncomfortable: you feel irritable and unable to concentrate.

1. Weak and light-headed: your stomach is churning.



What Number are YOU?

If you're trying to maintain your weight: 5—6

If you're trying to lose weight:
4—5

If you're in contest preparation
(ie figure competition):
2—3

If you're trying to gain weight:
7—8

Is a Calorie a Calorie? (Not Really)

When someone wants to know how many calories they need to eat to lose weight, I know I've got some re-education to do! The body is a complex machine, and its ability to lose weight is based on a multitude of things including environment, timing, seasonal shifts, cultural background, glycemic index, alkaline values and hormonal fluctuations. So counting calories is not the only factor in weight-loss equation.

A calorie eaten is not a calorie burned—defining a food solely by a number doesn't take into account that different foods have a different *thermogenic effect* on the body (how it's burned up). So 100 calories of broccoli is metabolized differently than 100 calories of chocolate, with an increase in metabolism (and more calories burned) when we eat broccoli versus when we eat chocolate.



When you eat your calories is important—if you eat your larger meals (and heavier carbs like breads and pastas) earlier in the day and taper down to smaller meals in the evening, you're sure to lose weight because then you're in sync with nature and the natural rhythm of your body's fat-burning enzymes. Unfortunately, in our culture, we eat in the opposite way, with our larger meals in the late afternoon and evening. A sure-fire recipe for weight gain.

How often you eat is important - if your daily caloric needs are, say, 1500, and you eat them all in one or two meals, you're guaranteed to gain weight. That's why I often hear people say, 'I only eat once a day but I just can't lose weight'. When we eat fewer meals, our metabolism grinds to a halt. Spread the same calories over 4-6 meals and you'll see the weight slip off.

Using artificial sweeteners may lower your daily caloric count but adds to total weight gain. Countless studies have shown this over the years, and the research continues to pile up. As well, artificial sweeteners and low-fat food choices acidify your body and upset your body's natural hormonal cycle.

Counting calories alone doesn't differentiate between an acidic food (unhealthy) and an alkalizing food (healthy). The more acidic a food, the more it negatively affects your body, and its hormonal and enzyme environment which regulates metabolism and fat burning. Eat mostly alkaline foods and you'll lose weight faster. IN summary—fruits and veggies (mostly greens) and whey isolate are all very alkaline.

Counting calories alone doesn't consider protein values, and all-important facet of losing weight, for levelling out blood sugars and keep cravings at bay. And it has to be eaten spread out in the day.

Counting calories doesn't consider the glycemic index (GI) value of foods, which is intimately related to carbohydrates, those often-misunderstood foods that are defined by their amounts of dense sugars. The higher the GI value, the greater the fat storage.

Counting calories doesn't consider the intimate relationship between our body and its surrounding environment which directly affect weight loss - the rising and setting of the sun, the sleep / rest cycle, and the shifting of the seasons. All of these play a role in fat storage, which must be defined and understood in the big picture.

Having said that, it is important that we count calories, because we need to know our individual calorie ceiling as well as what foods carry what caloric weight, so to speak. But we cannot count calories alone... we need to look at what those calories are made up from, and when we eat them! Because eating 1000 calories of peanut butter versus 1000 calories of broccoli will end up with 2 very different looking (and functioning) bodies! **Saavy?**

Trans Fats—Can you Really Believe a Label? The (Real) Truth about Oreo Cookies



WHAT ARE *TRANS* FATS?

Basically, *trans* fats are made when manufacturers add hydrogen to vegetable oil—a process called hydrogenation. Hydrogenation increases the shelf life and flavor stability of foods containing these fats.

Where can they be found?

Trans fat can be found in vegetable shortenings, some margarines, crackers, cookies, snack foods, and other foods made with or fried in partially hydrogenated oils. Unlike other fats, the majority of *trans* fat is formed when food manufacturers turn liquid oils into solid fats like shortening and hard margarine. A small amount of *trans* fat is found naturally, primarily in dairy products, some meat, and other animal-based foods.

What are the Dangers?

Trans fat, like saturated fat and dietary cholesterol, raises the LDL cholesterol that increases your risk for heart disease. It is also implicated in altering our DNA. Canadians consume on average 4 to 5 times as much saturated fat as *trans* fat in their diets.

What Can You Do About Saturated Fat, *Trans* Fat, and Cholesterol?

When comparing foods, look at the Nutrition Facts panel, and choose the food with the lower amounts of saturated fat, *trans* fat, and cholesterol. Health experts recommend that you keep your intake of saturated fat, *trans* fat, and cholesterol as low as possible while consuming a nutritionally adequate diet. However, these experts recognize that eliminating these three components from your diet is not practical because they are unavoidable in ordinary diets.

Can You Find *Trans* Fat on the Food Label?

Yes, but remember, labels can be deceiving. It's legal to show zero *trans* fats on a label if there is less than 2 grams of *trans* fat *in a serving*.

For example, one Oreo cookie has 1.8 grams of *trans* fats, but because the manufacturers make a serving size as one cookie, it holds under 2 gms of *trans* fats, but legally they can put 0 *trans* fat on the label.

But who ever eats one Oreo cookie? So, if you eat 5 cookies, *you're getting 9 grams of trans fats, and you don't even know it.* Now that's fancy foot-work on behalf of Health Canada and Mr. Christie!

Remember, if the list of ingredients says **hydrogenated** or **modified** oils, it's a *trans* fat in disguise.

Phase TWO: Nutrition and Lifestyle Cheat Sheet



Are you remembering to...

- Start your day with a tall glass of room temperature **water**.
- First a.m. look at your **FOCUS Cards** — close your eyes, breathe, focus, envision them and feel like it's already happening. Carry your cards with you throughout the day. Read them often. *Know* it's happening!
- Start your morning with **20 grams of quality protein** for breakfast!

Let's build on these with this Phase's nutritional summary:

- Are you eating in season—fresh, sweet fruits in summer, warming foods like squash and root veggies in winter?
- Are you abiding by the sun and moon's natural rhythms which dictate your body's daily rhythms, and are you getting more in touch with this?
- Are you remembering to eat bigger when the sun is higher in the sky, and to taper as the sun starts to dip in the sky?
- Are you going to bed with little food in your stomach, a level 4-5 on the Bailey Hunger Scale (if you want to lose weight)?
- Are you eating local and/or organic fare, and supporting our local farmers?
- Are you understanding that not all calories are created equal, and that *what* you eat is just as important as *when* you eat?
- Are you reading your labels and watching for *hydrogenated* or *modified* on the label, understanding that these are really just trans fats in disguise?
- Are you cutting the juice, pop and the cow's milk (or at the very least, drinking organic milk) and keeping your water uptake high?
- Are you allowing other people to live their own lives?
- Are you understanding that the best gift you can give anyone is the gift of *choice*?
- Are you *leading by example* and creating a healthier, happier you?

Before bed, once again pull out your **FOCUS CARDS** and go through each one, read them aloud if that helps. Visualize each of your goals, seeing them becoming a reality, and *feeling* as if they're already happening in your life.

Now, don't watch TV or read after this point, take your new FOCUS to bed with you and let your dreaming creativity put thought into action! **Sleep well!**

FILL IN YOUR BLISS™ Training and Nutrition TRACKING SHEET!



Lead by Example (the Law of Allowing)

When we first embark on a new lifestyle, we get so excited by all the positive changes that we want to tell everyone else around us to do what we do!



Don't do it. Mind your own business.

No one likes to be told that their lifestyle isn't up to snuff, and when you try to convert others, that's all they hear. Yes I know you want them to be healthy and you worry about them, but your job is to do your best job and live your best life, not live other people's lives for them.

I can guarantee you that your spouse, son, daughter, mother, father....they all know what they should be doing, and if they're not doing it, well, then let it go. Besides, don't you have enough to do trying to live your own life and to be healthy and happy?

I've always taught that the best gift you can give others is a healthy you. Your commitment is to live with passion, purpose and health. Period. And the best service you can be to anyone is to model a healthy, whole functioning body and life, and be a model to others. I can guarantee you that without saying a word, others will be drawn to you and ask you what it is that you're doing to look / feel so great.

Don't preach, cajole, chide, or lecture. Just *lead by example*.

And if they follow you, then it's your gift to them. They may even start asking you questions about certain foods, exercise programs and lifestyle habits you've adopted and that they would like to hear more about. And by all means, be the teacher they request. That's our job!

If they don't, well, that's their choice too. I believe after taking full responsibility for one's life, the next most important thing is to allow freedom of choice, even if that choice is not something you agree with. No one can gain confidence and strength, or learn their own individual lessons if they're not allowed to choose—and to even fail—by their own hand.

Trust your loved ones enough and believe in them enough to let make their own decisions. Show them that you believe in them, and you're there to support them, no matter what.

Let go, and return to yourself. Allow them to be who and what they are. Support them unconditionally. When they are free of conditions, controls and your 'soft suggestions' for living life, they are free to move about and find their own way. And that's being a truly loving, supportive and unconditional person.

Love and work on yourself, and others will naturally be drawn toward you.



That's the best anyone can offer another person in return!

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“Fast food is equivalent to pornography.”

- Steve Elbert



“It’s difficult to think of anything but pleasant thoughts when eating a home-grown tomato.”

– Lewis Grizzard



“Nothing tastes as good as lean feels.”

– Karen McCoy



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