

Habit #5

NOURISHMENT

“Let food be thy medicine
and medicine be thy food.”
~Hippocrates

Quick Notes

- How much live food are you eating on average
- Less micronutrients and enzymes when food is cooked
- Think of it like a vitamin
- Fuels your body, mind and spirit
- Foundational piece of your health
- Make it easy
- Plan ahead of time
- Changes your self image

Benefits of Nourishment

- Feel more full and content
- Boosts immune system
- Lowers inflammation
- Healthier heart
- Improved digestion
- More energy
- Brain health- increases blood flow
- Makes you feel more alive

Definition of Nourishment

- Live, Whole, Unprocessed Foods
- Greens, Vegetables, Fruit, Nuts
- Micronutrients & Enzymes
- Fresher the better, More local the better
- Organic ideal, but conventional is fine
- 5 Servings of Live Food Daily:
 - 1 Serving of Greens
 - 2 Serving of Vegetables
 - 2 Serving of Fruit

“Living Vitamin” Strategy

- Think of it like a vitamin (not about taste about benefit)
- Can get all 5 servings at one time
- Keep it simple
- Notice how you feel after you have it
- Easy to track
- Conditions taste buds for natural flavor

Living Vitamin: Smoothies

- Need a decent blender (Vitamix, Ninja)
- 5 Servings of live foods
 - 1 Green (spinach, kale)
 - 2 Vegetables (carrots, cucumber, celery)
 - 2 Fruits (apple, berries, bananas)
 - Water
- Can add chia seeds, protein powders ect
- Misc Notes:
 - Don't make it too sweet (conditioning your taste buds)
 - Can add chia seeds, protein powders

Living Vitamin: Salads

- 5 Servings of live foods
 - 1 Green (romaine, spinach, spring mix, kale)
 - 2-4 Vegetables (carrots, cucumber, celery)
 - 1-2 Fruits (tomatoes, apples)
- Misc Notes:
 - Use whatever dressing you like
 - Can add nuts
 - Ideally eat at lunch

Designing Your “Living Vitamin” Ritual

- Structure increases your chances of success
- How are you going to do it (smoothies, salads, etc)?
- When are you going to do it during the day, which days?
- What do you need to prepare for it (logistics are key)
- What are you going to do before and after you do it?
- What anchors can you use to trigger you?
- When will you measure your success?

Installing Your Living Vitamin Ritual

- Decide which one you're going to do
- Play movie of tomorrow
- Imagine going through day with your ritual
- Notice when you prepare, consume and measure
- Are there any challenges?
- What can you do to solve them?