

Holistic Living and Nutrition



How small changes lead to BIG!

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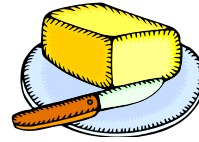
My objective today:

- ▶ How to incorporate small changes into your daily lives
- ▶ How to take care of yourself so you can take care of others
- ▶ Eat to Live do not Live to Eat
- ▶ How to learn to “Let food be thy medicine” ~ Hippocrates
- ▶ Healthy Attitude towards food and body

Sugar

- ▶ **Sugar suppresses the immune system up to 6 hours after consumption**
- ▶ **Breakfast** :Pop tart =16, 1 serving Tropicana orange juice -28- breakfast=44
- ▶ **Lunch**
- ▶ Peanut butter and jelly on bread $2+10+3=15$
- ▶ Yogurt=10
- ▶ Animal crackers=7
- ▶ Milk 12.3
- ▶ **44 total**
- ▶ **Snack-**
- ▶ Fruit snacks 12.3
- ▶ Juicy juice -27=39.3
- ▶ **Dinner**
- ▶ Chicken nuggets
- ▶ Ketchup 7
- ▶ Grapes 20
- ▶ Milk 12.3
- ▶ Pudding for dessert $16.5=55.8$
- ▶
- ▶ **Total 143.8**

Midwest living and love



My Story...My WHY



How we Become Toxic

- ▶ •Poor elimination
- ▶ •Poor diet
- ▶ •Over-consumption
- ▶ •Stress
- ▶ •Antibiotics
- ▶ Sugar



Things that lead to toxicity

- ▶ •Lack of exercise
- ▶ •Eating late at night
- ▶ •Lack of water
- ▶ •Air
- ▶ •Acidic Body
- ▶ •Environmental (home & office)
- ▶ •Stagnation of Channels of Elimination

Changes we started with...

Food- clean eating and whole foods/organic when you can
The “real stuff” (no artificial sweeteners, margarine, low fat/non fat)

Cut the soda- bone health/
water- alkaline drops

What is alkaline? (The higher the PH level the more Alkaline)

Juicing- *Fat, Sick, And nearly dead*



Changes we started with...

- ▶ Supplements- not all created equal
- ▶ Doctoring-functional medicine
- ▶ Exercise- yoga, trails,, walk the dog, play with kids

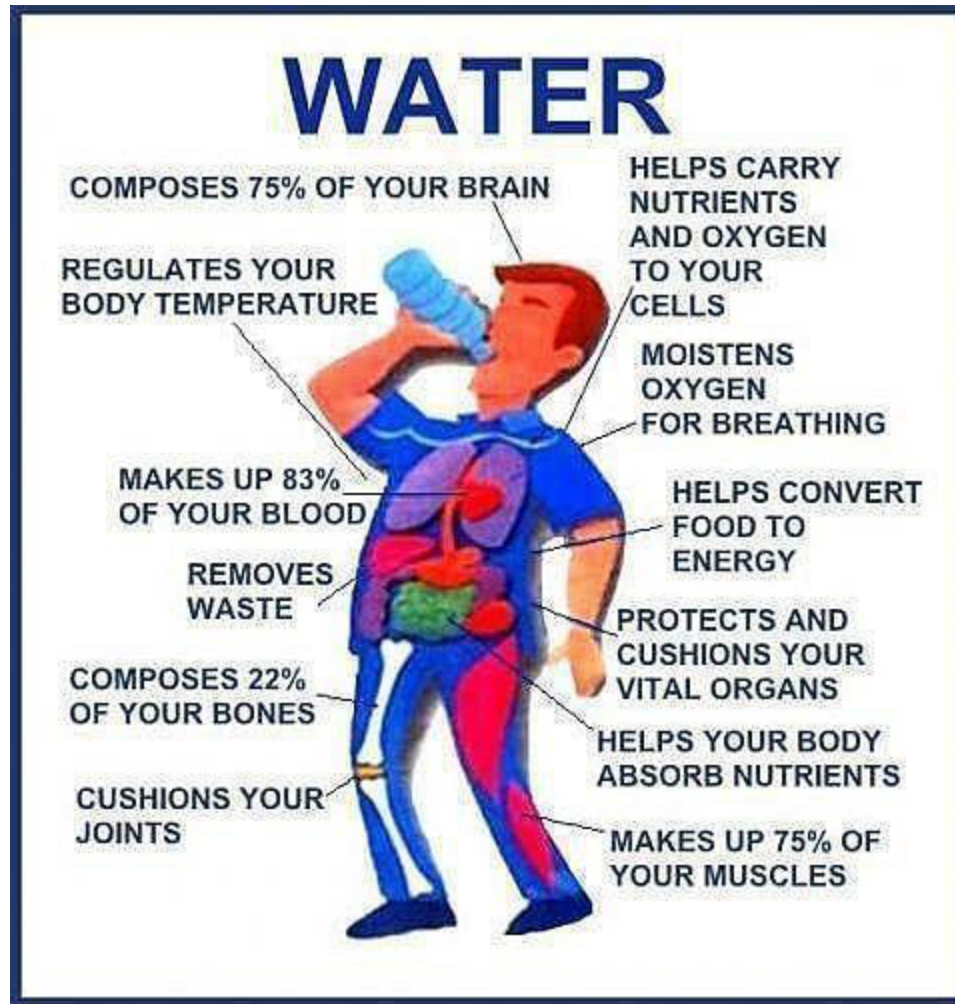


- ▶ Sleep
- ▶ Education... seminars, blogs, books, documentaries (Food Inc, Forks over Knives, Fed UP, Fat, Sick, and Nearly Dead, Delay Don't Deny -Gin Stephens
- ▶ Essential oils
- ▶ Fasting

Alkaline Foods

- ▶ Grasses
 - ▶ Cucumber
alfalfa etc)
 - ▶ Parsley
 - ▶ Kelp
 - ▶ Sea Vegetables (Kelp)
 - ▶ Green drinks
 - ▶ All Sprouted Beans/ Sprouts
- Broccoli
 - Sprouts (soy,
Spinach
 - Kale

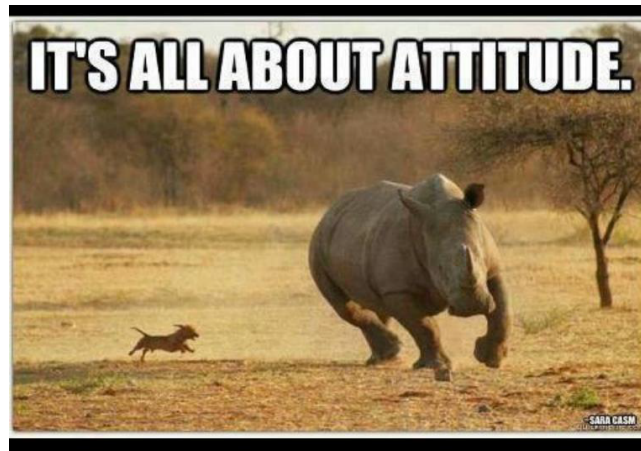
Why Water?



Uses for oils

- ▶ **Lavender:** De-stress, calm, aid in sleep, headache
- ▶ **Peppermint:** Digestive aid, energizing, headache, focus, and alertness
- ▶ **Grapefruit:** Aids in PMS, controls cravings/appetite suppressant
- ▶ **Oregano:** detox, kills fungus, supports respiratory health
- ▶ **Eucalyptus:** Allergies, Herbal steam for colds,
- ▶ Joint/muscle pain, arthritis, insect repellent, ear ache

How can YOU Start today?



- Be a CAN DO KID!
- Be open to little changes that can lead to big
- Goal isn't to be PERFECT but strategic
- Have a support system- not everyone is going to share your passion and convictions

Small changes lead to many...

- ▶ Eat your treat don't drink it
- ▶ Change your mindset about food
- ▶ Get back to the basics - less ingredients the better
- ▶ Make a plan “A plan without a goal is just a wish” ie: Similar to a budget-gives you freedom and choices to be prepared
- ▶ Know your triggers and change your habits
- ▶ Know your supplementation

IT'S NEVER TOO LATE!

