



YOUR HOLISTIC ROADMAP IN 66 DAYS

Welcome to week 4 of The FeelGoodX workshop

Let's recap what we focus last week

- How a simple act of moving your body can make a significant role in your entire life.
- We were able to recognize that being physically active can improve your physical health and improves your overall well-being.
- Self-control, discipline, and work ethic have cultivated within the last week
- How moving your body can turn negative emotions into positive emotions.

Today, we will cover health nutrition through food that you put inside your body. In addition, food is a big part of our health; it brings nutrients to your brain and body to function and keep you fit. Eating well helps to lessen the risk of chronic and physical issues such as diabetes and heart disease. It also helps with providing energy for working out, sleeping patterns, and your general health. Even your mood or emotions often affect the type of food you choose, and how much you eat or if you noticed if you're hungry, you feel angry or stress. Food can lift your mood and concentration. Having a balanced and healthy diet plays an essential role in your overall health and well-being.

Let's get familiarize with the fourth element: Food

You can't control everything in your life, but you can control what you put in your body. Your health problems are generally caused by two factors, genetic (hereditary) and lifestyle factors such as the way a person lives that has an impact on their health. Watching what you put inside your body is a significant life factor. Other important lifestyle factors are moving your body daily, keep your emotions in balance, and doing what you love to do.

Well, a balanced diet helps you to prevent illness by putting the right amount of nutrients in your body the body needs for health. Too much or too little nutrients can cause problems.

“Food has the power to heal us. It is the most potent tool we have to help prevent and treat many of our chronic diseases.” – Dr. Mark Hyman

The table shows different food that contains a particular nutrient. Put them, where they best represent excellent sources of the nutrient.

Meat, chicken, fish, chocolate milk whole-meal and whole-grain bread, fruit and vegetables, nuts, Milk, yogurt, fish, Pasta, sugar, fruit, Take away food, cakes, butter, Red meat, chicken, baked beans, Egg, burger, break
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Eating well is associated with our feeling and mental health. In a healthy sense, we consider our food and our diets mainly in the context of how they shape us physically: what makes our skin glow, what strengthens our bones, what helps with our eyesight or what might make us gain weight.

The impact of our daily food intake, however, goes beyond that.

A nutritious diet can impact our mental health positively, just as much as a poor diet can be damaging to our moods.

If you haven't been feeling like your sharp and energetic self lately, take a look at your daily food profile and identify what's lacking.

You may not be getting enough nutrition even when you eat three meals a day.

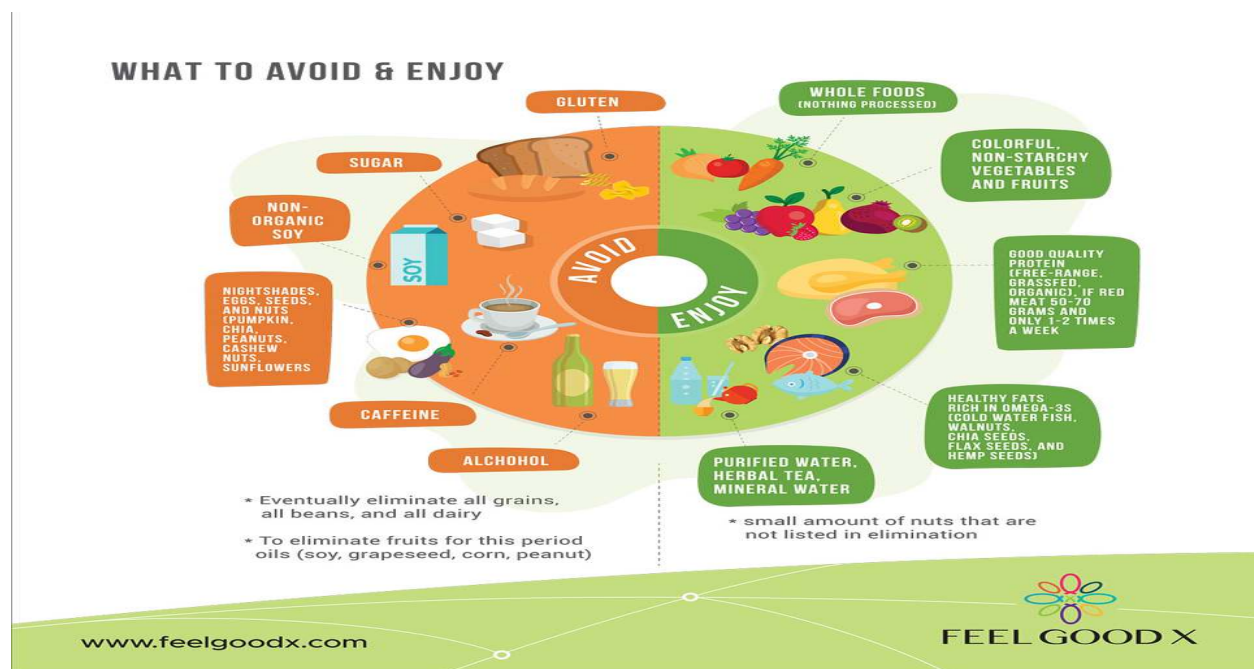
Pay attention to whether you are eating the types of food that improves brain health, and if you aren't, consider how much sugar and processed food you are consuming.

Your mental wellness may very well depend on your cutting back on those high-calorie, nutrient-deficient foods.

Feelgoodx Focuses On The Following:

Keep it simple and stick to whole foods—that is, foods that occur in nature and don't require flashy packaging, like fresh fruits and vegetables, free-range meats, eggs, whole greens, nuts, and seeds.

Emphasize quality over quantity. Not all calories are equal.



Because our lives are full of stressors and we can't have everything that is good for the body, we must detox regularly, or at least twice a year. Consider starting with a fourteen- to twenty-one-day detox program.

Detoxing is like preparing the soil in the garden before planting: we need to prepare the environment in the gut before sowing the seeds of wellness.

Most food decisions are real decisions to change the way you feel. With that in mind, slow down and pay attention to:

- How you felt just before the desire to eat kicked in
- How you feel just after you decide to eat something
- How you feel with the first bite, and with all other bites
- How you feel half an hour later
- How you feel the next day

Even during detox, I suggest you avoid having the same meals all the time. I encourage you to seek out a variety of food sources and combinations. Many fail to get enough variety, particularly of plant-based foods. This might contribute to:

The build-up of toxins that are naturally and unnaturally present in those foods

Lack of certain vitamins, minerals, and other nutrients that may not be present in those foods

During the detox period, here's what to eliminate:

- All sugars and artificial sweeteners
- Alcohol
- Caffeine
- Gluten
- Grains, beans, dairy from cow milk products
- Nightshades (tomatoes, eggplant, potatoes except sweet potatoes, goji berries, tobacco, peppers) - eggs, seeds and nuts (pumpkin, chia, peanuts, cashew nut, sunflowers)
- Fruits
- Oils (soy, grape seed, corn, peanut, sunflower, vegetables, canola)

What to eat and drink:

- Whole foods (nothing processed)
- Colorful, non-starchy vegetables
- Good quality protein (free-range, grass-fed, organic). If it is red meat, 50 grams each portion and limited to only 1-2 times a week)

- Healthy fats rich in omega 3 (cold water fish, walnuts, flax seeds)
- Purified water, herbal tea, green and black tea, mineral water
- Small amounts of nuts that are not listed above

Tips for your fourteen- to twenty-one-day detox program (as best as your budget and local availability allow):

- Look for organic, grass-fed, antibiotic- and hormone-free range poultry, eggs, and meats
- Look for small, wild, or sustainably raised, low-mercury, cold-water fish
- Choose organic eggs
- Look for raw nuts and seeds, and avoid those which are cooked in oil or fried
- Choose cold pressed and unrefined oils
- Peel your vegetables

FeelGoodX Food Pyramid

The FeelGoodX food pyramid illustrates how much you should put on your plate

The first pillar of the pyramid is water

Keeping hydrated is crucial for health and wellbeing, but many people do not consume enough fluids each day. Water has always been my drink of choice. It just makes me feel good. I tell everyone around me to drink water if they are hungry, achy, constipated, etc. Water is so beneficial, so easy, and so free, yet so easily overlooked. It is really a no-brainer, our brain is 90 percent of water. Our body is about 60 percent water. The majority of our blood and every cell in our body are composed of water.

Your body needs water. Now that you have an idea of the nutritious food, now let's discuss the importance of water to your body. Your body needs water to function; your organs, tissue, and cells – it helps to regulate your body temperature and maintain other watery functions. You can lose water through exercising (sweating) breathing and digestion,

Therefore, it is essential to drink enough water or rehydrate by drinking more fluids and eating the right food. The amount of water you need to rely on different factors, including lifestyle, how physically active you are, climate, illness, or other health issues.

Feel in the glasses for each you drink the goal is to complete the week with all glasses filled.



After a week answer these questions:

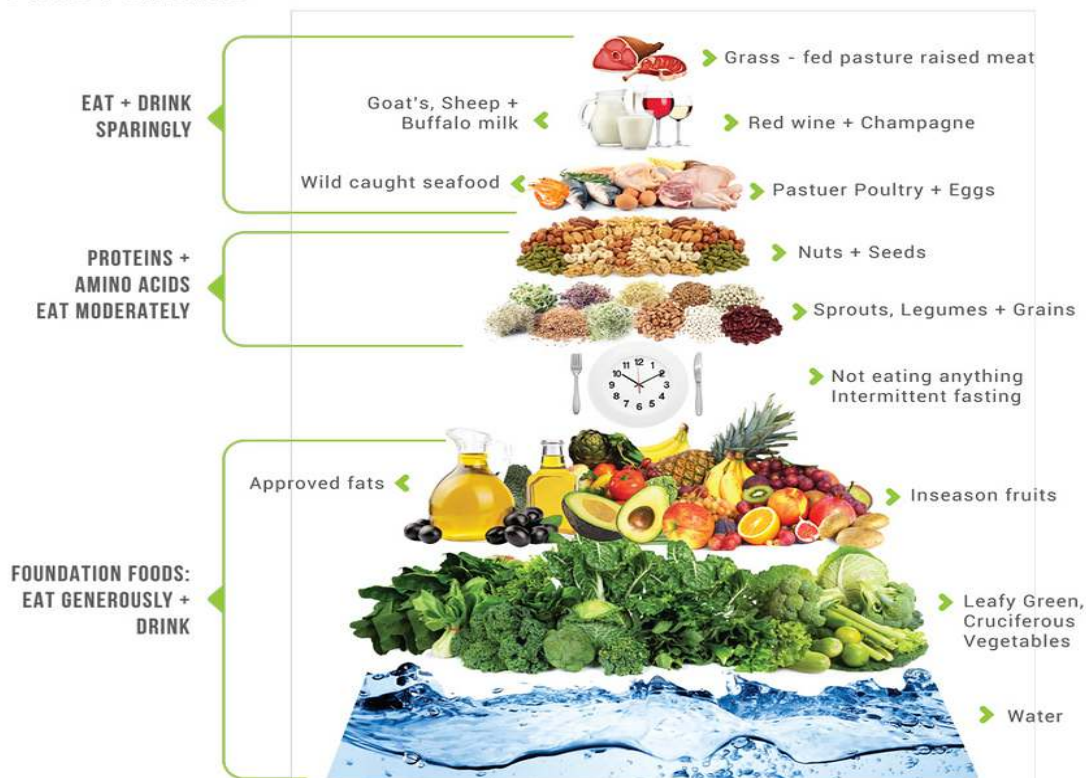
What did I feel when I complete this goal?

Did I feel any changes in my body?

What did I feel when I didn't complete this goal?

Did I feel any changes in my body?

FOOD PYRAMID



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FEEL GOOD X

The next section of the pyramid indicates the most important foods—the foods we should be eating most. Basically, plant-based foods are becoming a staple in many people’s diets today.

The next one is the idea of intermittent fasting

Our bodies actually need to go without food from time to time. From high-carb meals to eating the right kind of fat to abstaining from sugar, we hear a lot about what is best for our metabolism.

Sprouts, legumes, and grains, together with nuts and seeds, are okay to consume daily, but make sure to limit consumption of these foods to small portions per meal.

Seafood, poultry, and eggs can also be eaten in moderation: Focus only on wild-caught fish and organic eggs, but you can definitely include wild-caught seafood and pastured poultry.

Wild-caught seafood: fish is full of important nutrients like protein and vitamin D, and it is a wonderful way to get omega 3 fatty acids, which have numerous benefits like helping with various inflammatory health issues.

Pastured poultry: it is not the same thing as free-range or organic. Often, free-range chickens are never shown the light of day, and they are fed with corn and soy.

Eggs: are tasty as well as nutritious. Whole eggs contain about six grams of high-quality protein. This food is also a rich source of vitamins, including A, E, and K, and a range of B vitamins, such as B12 (for energy) and folic acid.

Dairy: Is dairy a friend or foe? The general answer is, it depends on the individual. We are all different. Instead, stick with goat, sheep, and buffalo milk. I consider this an indulgence and consume only in moderate quantities.

Red wine and champagne: Red wine in moderation, meaning once or twice a week, can actually improve health. Red wine also contains resveratrol, a powerful anti-inflammatory antioxidant. Studies show resveratrol benefits brain health, helps balance blood sugar, and protects against cancer.

How can you stop drinking so much soda?

Today softdrink is everywhere! Even if you wanted to drink something else, you'd be hard-pressed to find it as prominently displayed in vending machines, at fast-food chains, and supermarket checkouts. You might not realize how ubiquitous Coke, Pepsi, and the like are in our society until you try to stop drinking soda.

Now drinking soda is like drinking water, drinking several sodas a day is a bad habit. You know drinking soda is a habit when you find yourself going to the grocery store, because your refrigerator is tapped out, or you feel like having a tantrum when the drive-through attendant tells you the soda machine is broken. If the idea of drinking one token soda a day is unfathomable, you just might have a serious soda habit.

According to Dr. Steven Gundry we can not break the habit of being addicted to soda. He formulates an alternative for soda that can help you digest your food easily during if you drink it every meal time.

The Gundry Soda Recipe

One glass of sparkling mineral water

Not only does sparkling mineral water contain compounds that help ease gas and bloating...

It also helps with food absorption, so you can feel fuller after meals — which can help curb cravings and unhealthy snacking.

Note: Be sure to check the label for any added sugar or artificial sweeteners in your sparkling mineral water.

2. Two tablespoons of balsamic vinegar

Most people don't know this...

But balsamic vinegar actually contains longevity-boosting polyphenols (which help keep you young and full of energy)...

And it's also loaded with gut-boosting probiotics that help you maintain a healthy weight and easy digestion.

Breakfast For The Champions

"Breakfast is the most important meal of the day, and I definitely have a hearty breakfast before I do anything." – Mayer Hawthorne

Each day you start your day every morning, you set the tone for the rest of your day. It is essential to work to develop a powerful morning routine like meditating and working out that sets you on the right path. You'll be more likely to make healthy choices throughout the day if you start with food choice. Got any meal plans yet? It's a pretty nice routine to get into. Now let's take it one step further and actually start prepping your food for the day ahead of time.

I understand life can get in the way, even with the best-planned intentions, and you may find yourself without time to cook healthy. By starting food prep on Monday, or any other day when you have free time, but you can start on Sunday. The early preparations will keep you on track, and often lead to healthier food decisions. Save time and make healthier choices by prepping food for the week ahead of time. Give time at least two to three hours on Sunday to cook and prepare (pre-Chop) food. You can do this in the evening instead of watching television.

Create your own breakfast planner using the table below

WEEKLY BREAKFAST PLANNER

	DAY	FOOD CATEGORY	RECIPE	FRUIT OR VEGGIE SIDE
			Example: Steel Cut Oats	Example: Blueberries
M	MONDAY	Hot Cereal		
T	TUESDAY	Granola		
W	WEDNESDAY	Parfaits		
T	THURSDAY	Smoothies		
F	FRIDAY	Eggs		
S	SATURDAY	Waffles/Pancakes		
S	SUNDAY	Breads/Muffins		

You Are What You Eat!

This word is true when it comes to the health of our gut. Our gut houses hundreds of different species of live bacteria, some good and some bad. The positive effects of healthy gut go far beyond just our digestive system with more and more research showing a healthy gut can influence our mood positively by decreasing anxiety and depression. It also improves immune function. Do you know that 70% of our immune system is directly influenced by the bacteria found in our gut and reduce the risk of chronic disease.

How we can create a healthy gut and to maintain it. The type of foods we choose to eat, heavily influence the types of bacteria that will thrive without gut, thus affecting our moods and disease prevention.

Food Journal

“One cannot think well, love well, sleep well, if one has not dined well.” – Virginia Woolf

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							

My personal nutritional Goals

1. _____
2. _____
3. _____
4. _____

My personal nutritional Goals

Goal 1 meet: Yes () No ()

Goal 2 meet: Yes () No ()

Goal 3 meet: Yes () No ()

Goal 4 meet: Yes () No ()

“There is no love sincerer than the love of food.” – George Bernard

Decide what to put on your plate for the week. Use the dishes below and choose the right food you think will help your body to be healthy.

You can use these healthy tips:

- Everything you eat and drink matters – try to mix your food in your daily meals and snacks it can help you be more robust. Turn small changes on your plate.
- Take control of your food – eat at home, cook your own food homemade food are always the healthiest because you know what you put on your plates.
- Avoid extra fat – Avoid adding too much sauce, and other ingredients containing fats or calories instead squeeze of lemon will do the magic.

To have a nutritious and healthy body, it is best to:

- Eat plant-based foods that are better for health, avoiding factory-created food.
- Eat in-season food for freshness because seasoned foods are more flavored and nutritious when it is grown close to us.

We should also consider the things when we're hungry:

- Drink plenty of water – Our body is mainly composed of water, and staying hydrated helps our collection to reduce cravings/hunger. Dehydration causes your body to believe you need to consume food when your body really needs is liquid.
- Try different menu - According to Traditional Chinese medicine (Yin-Yang imbalance) foods are yin (expansive), and Yang (may lead to hunger) it is vital to change or try different menu to see if it is aligned to your body needs and feel more satisfying.
- Acknowledge the relationship between your emotions and your food intakes – When people experience stress, boredom, and anxiety, it may lead to emotional eating. In this process, we seek comfort foods such as ice-cream, pizza, burgers, etc. Seems the right choice, excessive consumption, fast, carbohydrates, and processed sugar can contribute to an increased risk of obesity cardiovascular diseases and other chronic health conditions.

Smart Eating

"Let food be thy medicine and medicine be thy food." - Hippocrates

I am willing to remove all my favorite food that contains high sugar, high calorie, and high fats.

Please fill in the blanks and be as specific as possible.

This week instead of eating in fast-food restaurant _____

I will choose a food that is _____

This week instead of eating a larger size _____

I will choose a food that is _____

This week instead eating my favorite dessert (ice cream, cookies etc.) _____

I will choose a food that is _____

Here are few things to keep in mind when you're hungry:

Water

Drinking water and being hydrated is a great way to help reduce extreme hunger/cravings and help regulate the amount eaten to match needs more closely.

Yin-yang imbalance

According to traditional Chinese medicine, certain foods are more yin (expansive), while others are more yang (may lead to hunger). For example, eating a diet that's high in low-quality sugar (yin) may cause us to feel hungry even after eating.

Emotion with food

We don't always eat just to satisfy physical hunger. Many of us also turn to food for comfort, stress relief, or to reward ourselves. And when we do, we tend to reach for junk food, sweets, and other comforting but unhealthy foods. You might reach for a pint of ice cream when you're feeling down, order a pizza if you're bored or lonely, or swing by the drive-through after a stressful day at work. Emotional eating is using food to make yourself feel better

Nutrition

This is the only genuine form of hunger. It is the only hunger that tells us when our body needs more nutrients.

Clean home

Simply put, removing junk foods and processed food from your kitchen and storing healthy food can help you stay healthy if the junk is not there.

Surround yourself with healthy eaters

Be with people who help you chose healthy food choices. You're more motivated and share the same goals for being fit.

They say you are the average of the five people you spend most time with. I prefer to surround myself with people who make good food choices.

Watch less TV

TV time is associated with eating, and usually eating junk food. Instead, read a book, meditate, call a friend, etc.

Get enough sleep

Lack of sleep affects hunger hormones and neurotransmitters, and ultimately increases appetite and cravings, particularly for high-carb, high-fat junk food.

Your Kitchen Is Full Of Toxins

It's often said that the kitchen is the heart and soul of the home – so you want to make sure that it's a healthy place for your family and even your guests. You might feel confident when you buy kitchen cleaners with "Green" or "All Natural" labels that you are getting a safer product. After all, you want safe ways to clean your kitchen.

But, are you really?

Cleaning products are the major cause of poisoning of young children and family pets. And this isn't just through swallowing the products directly from the containers. It can happen for children or pets being on or touching surfaces that have been cleaned with these products. This also holds true of certain pots and pans that we use. It is what the items are made of that can be harmful as well as what we clean them with.

In the kitchen the main sources of toxins include bleach, ammonia-based cleansers, all-purpose cleaners, glass cleaner, floor wax or polish, dish detergents and brass or other metal polishes.

Non-toxic cleansers can be made from products you already have in your kitchen

Here's what you need to create your own safe, non-toxic kitchen cleaners.

- White Vinegar (buy a large gallon size) – one word of caution: Never use vinegar on marble or travertine
- Tea Tree Oil
- Rubbing Alcohol
- Corn Starch
- Baking Soda
- Lemons
- Lemon Juice
- Spray Bottles
- Funnel (makes it a lot easier to get the ingredients into the bottle)

What steps should we take to make our kitchens cleaner and what can we do to help eliminate some of the bacteria in our kitchens without using harmful toxic chemicals? Try these easy steps:

- Remember as soon as you enter a kitchen and begin touching things you are spreading around the bacteria. This means the moment your hands touch the faucet of your sink, your refrigerator handle and even the knobs of your stove, germs and bacteria are beginning to get spread. These of course are places you must clean when you are cleaning up your kitchen.
- You must be vigilant about keeping germs and bacteria from cross contaminating. One great way to do this is by keeping color coded sponges in your home. Certain sponges are used for certain purposes.
- Every day or every other day takes the time to clean and microwave your sponge. Make sure the sponges are damp and place them into your microwave for about two minutes. The heat will kill the bacteria in them.

Put That In The Trash

In the space below, list all the foods you think or consider bad for you. These include a burger, pizza, cookies, ice creams, processed foods, etc.

Write the top of your list that is usually the "bad" or "worst" suspects that trigger and the ones you "feel" worst about you eat and to your health.

Worst list	Less stress food (which can you handle)	effects on my body?
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Plant-Based Food, Is There Enough Protein?

Over the past few years, there is the significant increase in people adopting plant-based food. Plant-based food can be any food that focuses on the intake of fruits, vegetables, wholegrains, nuts and seeds whilst reducing your meat intake. These can range from veganism, which is the complete omission of any animal products to 'flexitarianism' a mostly plant-based diet with the occasional inclusion of meat, dairy and eggs, also dubbed as 'casual vegetarianism'.

About 50% said that the reason behind ditching meat is for health and the other 50% divide between for weight management or for animal welfare and environmental reasons. My main reason is for health and for my wife, her decision is more for animal welfare.

Many people are afraid that there is not enough protein with plant-based food. In fact, plant-based proteins contain phytochemicals, nutrients from plants that can ward off disease. Animal-based products may contain higher levels of salt, fat, and saturated fat versus the plant option.

To sum up, not only can whole-food plant-based diets provide enough protein, they may also be lower in fat/saturated fat versus their animal protein counterparts. There is much evidence to show that eating a diverse plant-based diet will fulfill what our body's protein needs with no need for supplementation of protein from other sources.

Is There Enough Vitamins And Minerals For Vegan?

Whole food, plant-based food is probably the food choice to ward off certain cancers, diabetes, and obesity. However, for vegans and at certain extend for vegetarians may need to plan when it comes to getting enough of the following minerals and vitamins: iron, calcium, selenium, vitamin D, vitamin B12 and omega 3, omega 6.

There is an app that has developed a clever dietary-assessment called 'VNutrition' which can help track the minerals and vitamins we may be missing. Consult a dietician or nutritionist if you are unsure.

How What You Eat Directly Influences Your Mental Health

Do remember that time when you have a stomach bug that is crawling inside you? This is known as sickness behavior and it is a kind of short-term depression. Did you know this bacteria is affecting your feeling sometimes, you feel nauseous, it definitely can control your mood too. When they are in your stomach this will affect your brain. In fact, this is just giving microbe power to over run our emotions.

In recent studies, organisms in our gut have been shown any implication of conditions that can affect our mood, that can cause anxiety and depression. However, if you eat healthy food bacteria can also improve your mood, while eating unhealthy food make you feel unhealthy and emotionally low.

Good bacteria thrive on a type of probiotics which are found only in plant-based foods such as fruits, vegetables, wholegrain, nuts, and seeds. I also took a note from one of the highly regarded study conducted in 2014 looked at the difference between a completely plant-based food (vegan) versus animal-based food. It showed that after only 4 days those who ate a diet high in animal proteins spiked their levels of certain bacteria which have been linked to colon cancer and IBD alongside a sharp drop in the short chain fatty acids which have beneficial properties.

In summary, to maintain a healthy gut, it is better to eat a wide range of plants like rainbow color to increase short chain fatty acids which have been linked to lower incidences of certain cancers, type 2 diabetes and other chronic diseases.

Emotional Eating

If you are feeling unsecured about the connection between your body and your emotions, listen to your heart in week two we've worked on the things that trigger your feelings. You can use it has the advantage to connect your body sensation and emotions when it comes to eating healthy. Simply pay attention to the physical shift, which may indicate unwanted behavior. The next to become more aware of labeling your emotions. This means identifying your feelings.

What do you think makes the connection between eating healthy food and your feelings?

What triggers you to unhealthy food?

How did experiences reinforce focusing on eating healthy or not eating healthy when you're emotionally unstable?

Why food more comforting when you're stress, depress or upset?

Why might you turn away from cravings and hunger rather than eating healthy and nutritious food?

In general, how do rate your connection between your feelings and eating habits?

How do you feel about overcoming your emotional connection to food intake?

What do you need to do increase your emotional connection to your food behavior?

Life Changer With Food

Sometimes we cannot get any support from other friends and even family or closed relative when it comes to food choice. There are people that made fun and even made some bad jokes.

However, It should not be this way, you should be happy for deciding to change your diet and there are many well-known people who do the same especially in sport arena. The world number 1 tennis players like Novak Djokovic and Serena Williams are among elite athletes that lead this trend. It is a diet of fruits, vegetables and grains, while minimizing eating animal products and processed foods.

In New York Times recently, I found out that Lewis Hamilton, who is Formula One Champion and about to win his sixth Formula One champion is also into this diet. Hamilton is a great driver with an excellent team, but it is his change to a plant-based diet at the start of 2018 that he said was a big reason for his surge. He said it is about changing your mind. We are taught all these things from a young age about what you should and should not eat. He said it is about educating yourself and being open to it. It is something I really wanted to do. It has not been easy to learn new things and new ways, but he had felt so good for the year and a half. It has been such a great decision.

A plant-based diet brings other nutritional advantages to athletes. It offers more fiber. You replace meats with fruits and vegetables, which mean you are higher in vitamin C and vitamin E, which are good for keeping healthy.

For them, it seems like a life changer, how about you? Are you still sitting on the sideline and carry on the old beliefs?

How I am now with food?

How could I do better?

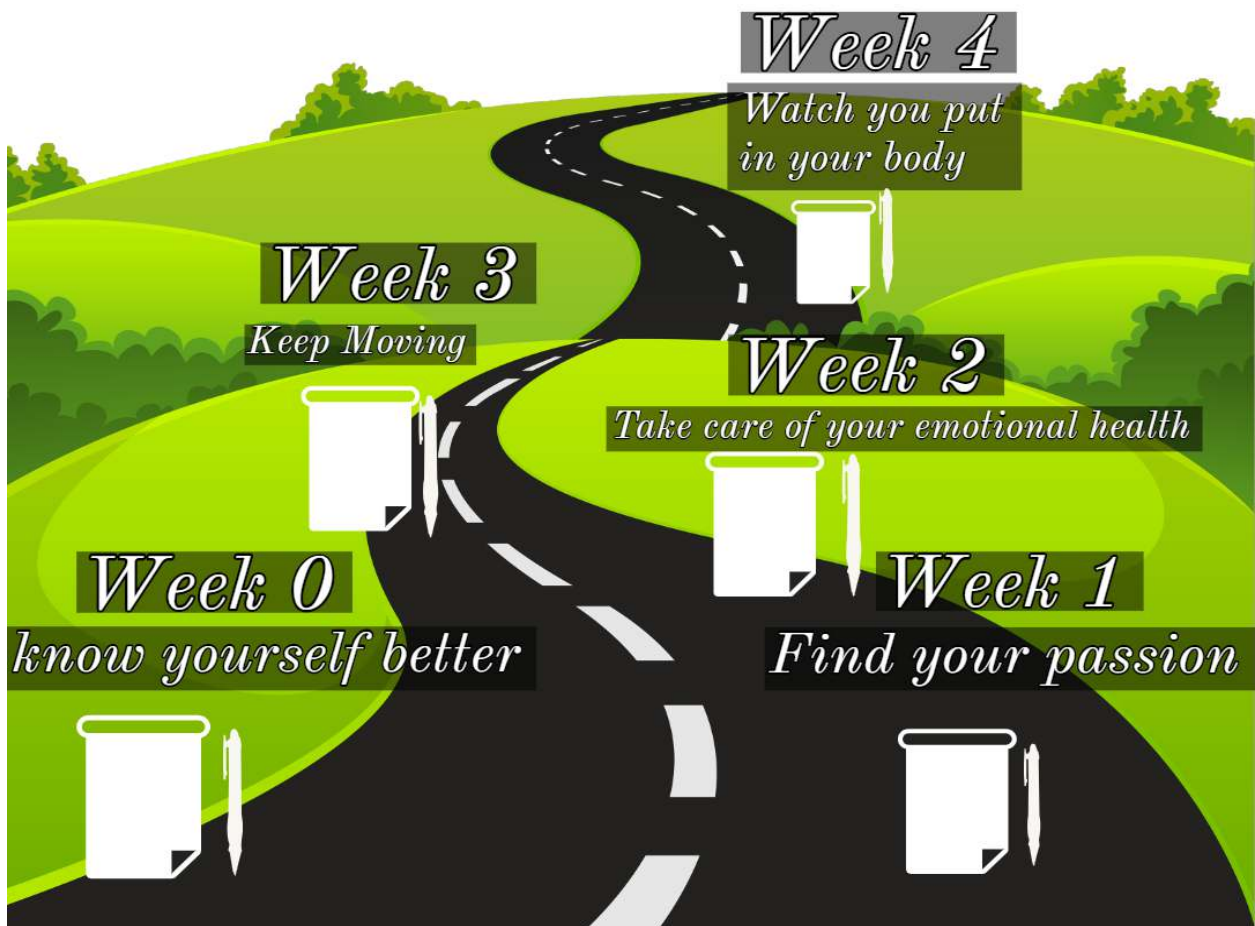
What would it look like if I had a much improved relation with food?

What are my small short-term steps I can get start towards much improve relationship with food?

What would long term success look like?

Write down your own incantation for this week's theme

This winding road is your guide each week. In the space below write down your own intention and three words, what you are excited for this week.



Here's a quick summary of what you have learned this week:

- If you're eating the proper or right food and keeping fit, your body will be healthy and help you to cope with stress and fight health problems
- Food is our weakness when we are stressed, depressed at work, at school and need to feel comfortable through eating; therefore, we will also work on your emotions for food.
- This week proved you an overview of what you put inside your body healthy or not
- This week will help you monitor your eating patterns and habits, what to reduce, and what should you remove from your list that can cause harm to your body.