

# Eating Healthy in the Year



Would you like to:



Feel lighter and **MORE** agile in your body



Have **MORE** mental alertness and sharper brain



Have **MORE** energy

**Patti T Milligan, PhD, RD, CNS**  
**Regenerative Nutrition and Natural Foods Specialist**



# Eating Healthy in the Year



**Mindful Skills Exploration**

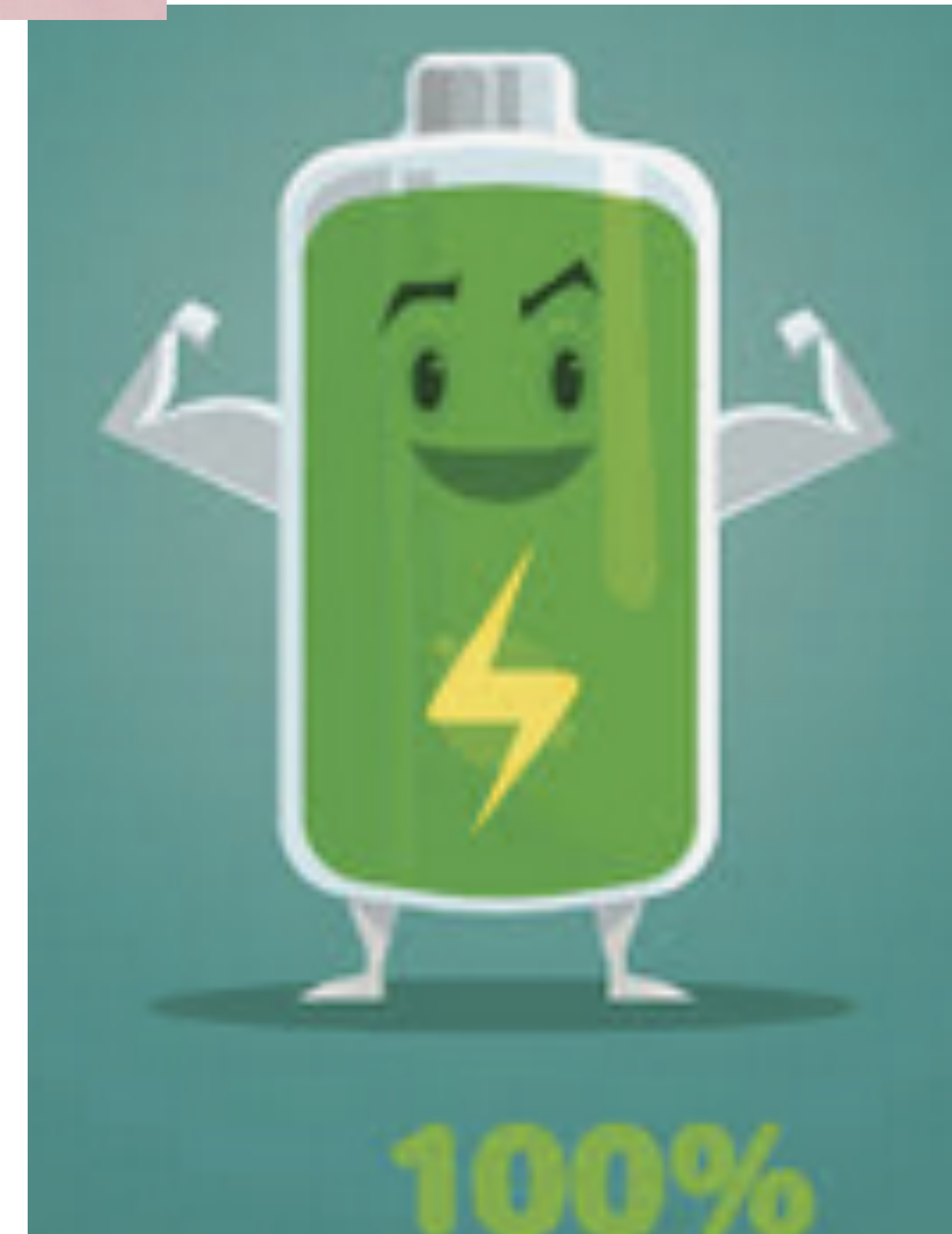
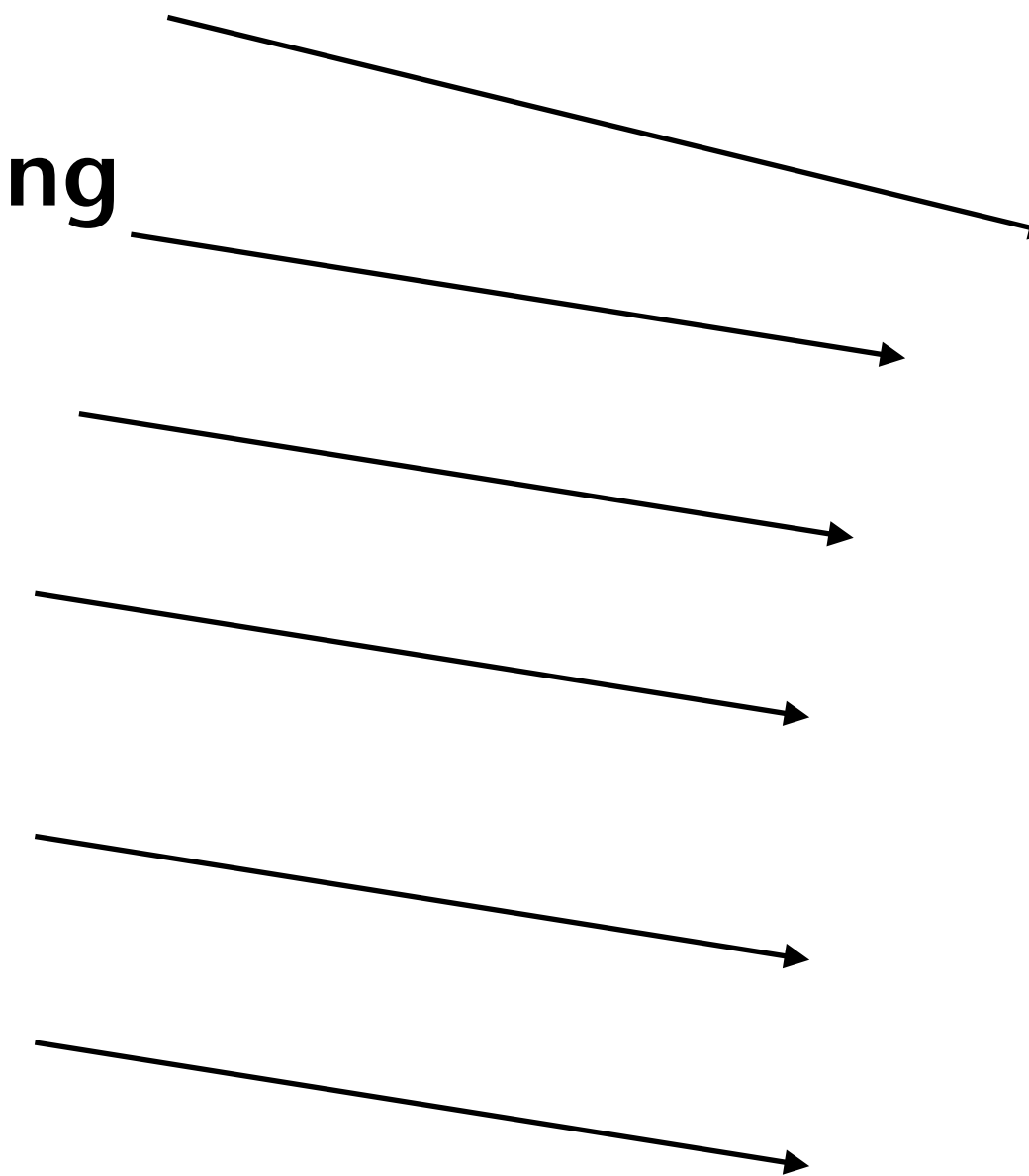
**Conscious Breathing**

**Meditation**

**Sleep**

**Nutrition**

**Movement**



# Eating Healthy in the Year



***The following information is provided as educational purposes only.***

***\*This presentation is NOT prescribing any particular action, supplement, medication, or use of any particular protocol.***

***\*Always wise to partner with healthcare professionals that can advise you personally on proper actions customizing a comprehensive plan JUST FOR YOU!***



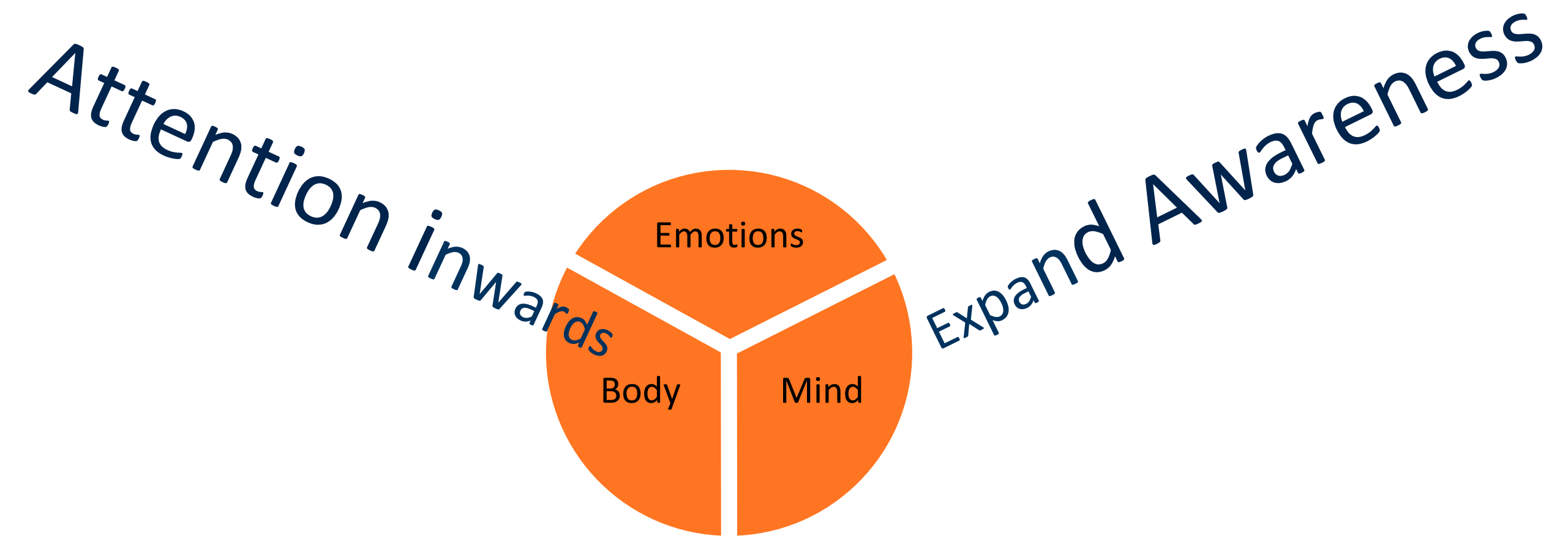
**Acknowledge**

# The facts: Mindlessness

- More than **90%** of the time you are on autopilot
- 
- **95%** of the thoughts you have today you also had yesterday
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- **46.9%** of the time your attention is wandering
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- Less than **1/3** of people know what emotion they are experiencing
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- If you lack self-awareness you only have **4%** chance of successfully managing yourself

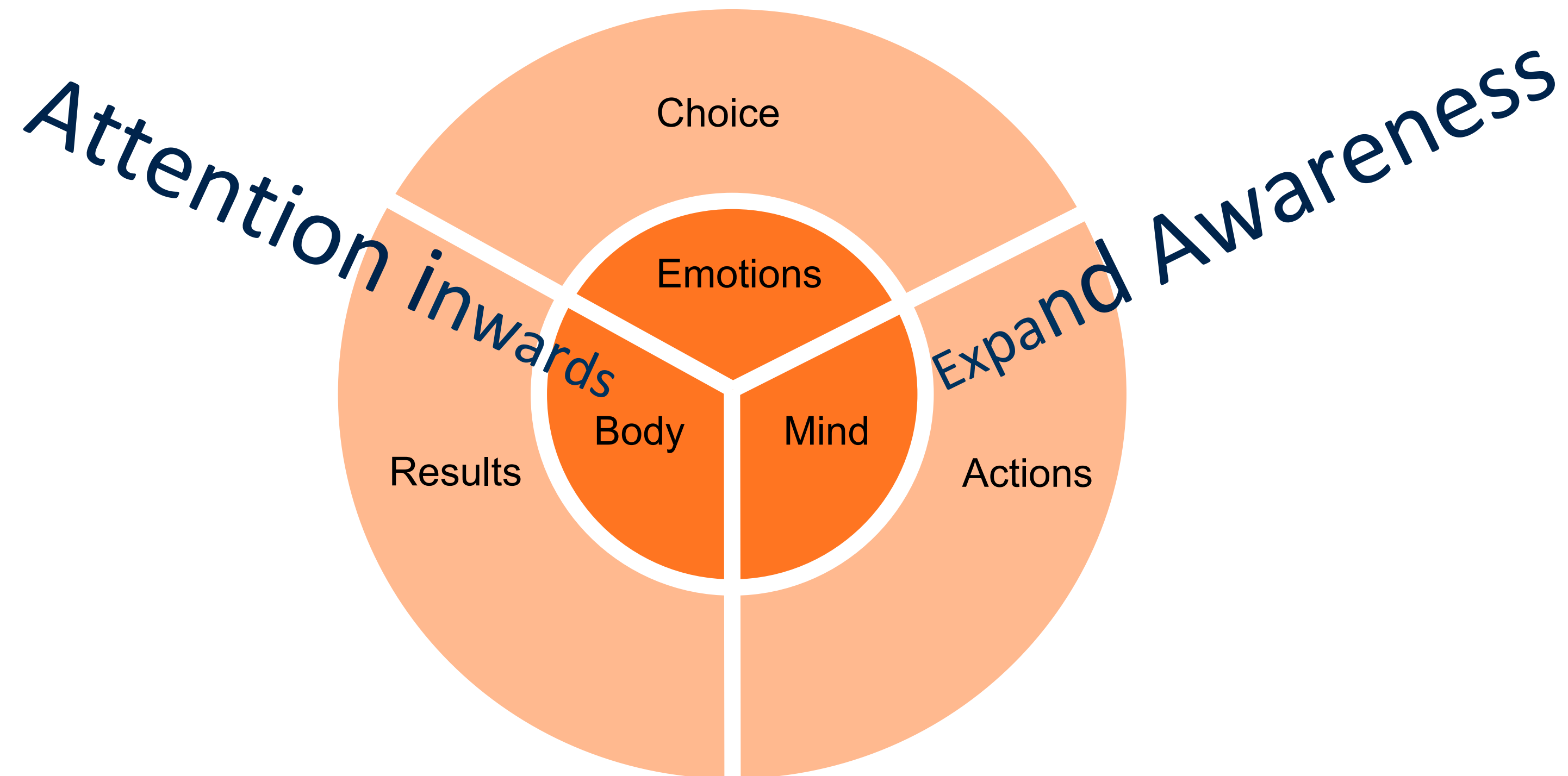
# The Skill of being mindful

**AWARENESS**



# Making better choices

## AWARENESS



# Mindful Skill Exploration

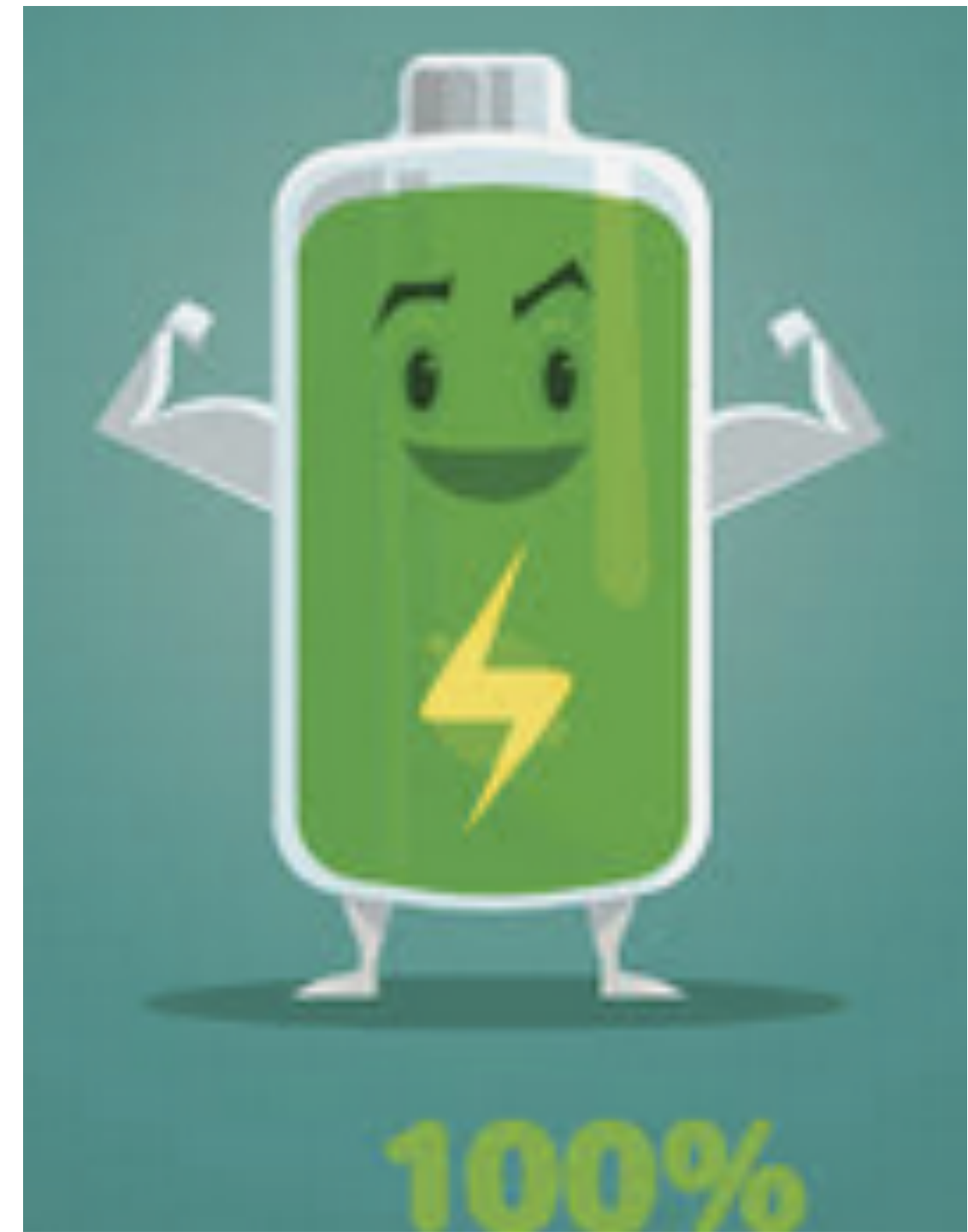
## When Emotions Arise to Threaten Your Energy Level

**Acknowledge**

**Breathe**

**Accept**

**What else is true**



A woman with curly hair, wearing a rust-colored button-down shirt, is sitting at a desk in a modern office. She is looking at a large computer monitor. The office has a clean, minimalist aesthetic with a white desk, a green plant, and a window in the background. The text is overlaid on the image in a bold, black, sans-serif font.

# **MANAGE YOURSELF**

**USING BREATH TO CHANGE  
YOUR MENTAL STATE, EMOTIONS, ENERGY**

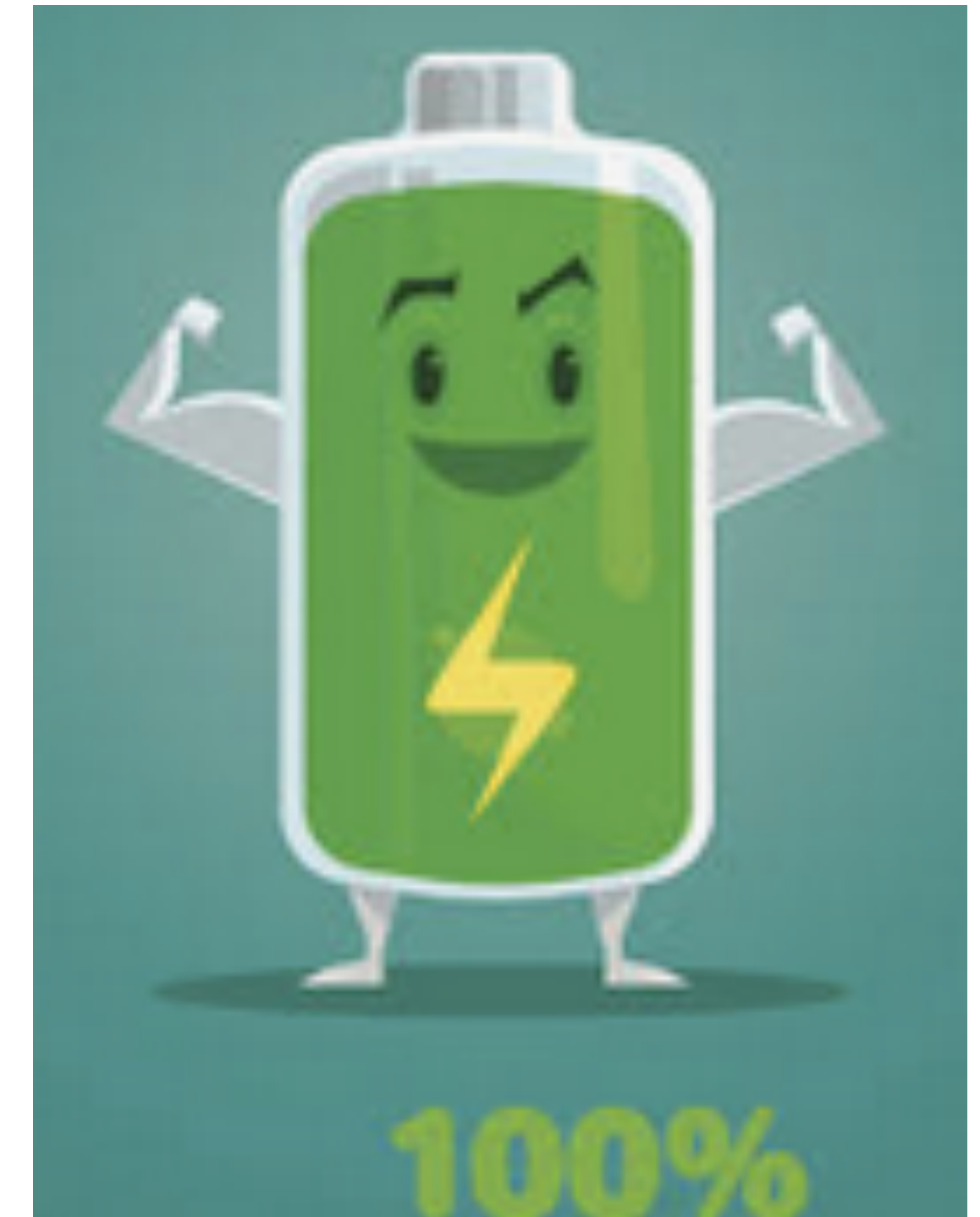


# **BUILD THE TOOLKIT** **for your Energy Battery Level**

**simple centering practice**

**conscious breathing**

**meditation practice**



# BUILD THE TOOLKIT

**Use a mindful breathing break to center yourself  
stuck in a traffic jam  
waiting to enter a zoom meeting  
during a difficult meeting**

**Use a mindful breathing break or meditation practice  
at the end of the day to improve sleep**



# Eating Healthy in the Year



**Actually Begins with Sleep**



# SLEEP

## 4 key tips

**Establish Sleep Ritual**

**Create a restful sleep environment**

**Pay attention to what you eat/drink**

**Manage your sleep debt by your daily physical activity**

## 4 Pitfalls

**Room Temperature**

**Light Level**

**Manage/Clear your mindset**

**Watch what you are “watching before bed”**

# HOW NUTRITION CAN HELP SLEEP



**D**rink warm herbal tea



**D**ab essential oils



**C**onsider magnesium support



**B**edtime snack to promote nervous system calm

**A**wareness



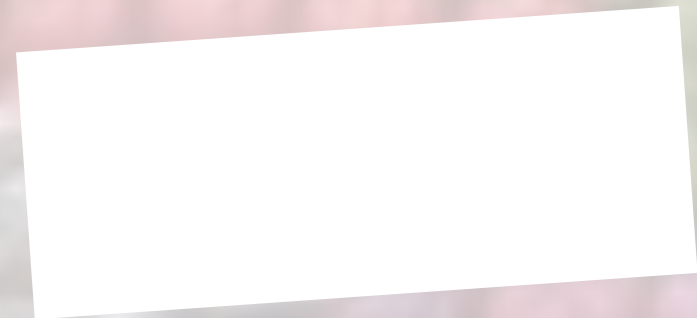
# TAKING CHARGE OF HEALTHIER EATING

“Every time you eat is  
**an opportunity**  
to nourish your body & your mind”





# WHY DO YOU EAT?



# Art of Eating





**How do you eat?**

**Meal Timing & Spacing**

**Pace of Eating**

**Nervous System Check In**

# CHOOSING YOUR BEST “RETAIL HOURS” FOR EATING

## WHAT IT DOES AND HOW TO DO IT

### WHAT IT DOES//

Give your body time off of eating/digesting

Builds in Metabolic Agility and Flexibility

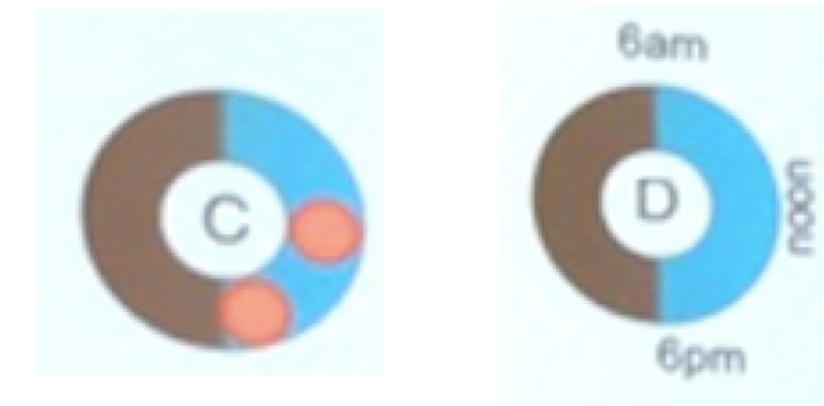
Evidence within many cultures over thousands of years used and combined with times of rest/reflection

### HOW TO DO IT//One size -does not fit all

2 preferred options For For Metabolic reset

Option 1: In 24 hours -EATING WINDOW of 8-12 hours followed by Rest/Fast WINDOW of 16 -12 hours.

Option 2: 5 days normal eating with 2 days in the week -reduced food intake to 1/2 of your calories.



A woman with long brown hair, wearing a teal shirt, is sitting at a desk in a library or study area. She is leaning forward, holding a sandwich with both hands and taking a bite. In the background, there are bookshelves filled with books. The text is overlaid on the image in a blue, sans-serif font.

# Exploring the Awareness of HOW YOU EAT

Do you know your.....

\_ Pace of Eating

\_ Posture of Eating

\_ Nervous System Check In

# Goals for Healthier Eating

## Ask yourself Key Questions

**What meals do you have control over?**

**WHAT** foods work well for you in terms of giving you energy, good digestive tolerance and vitality?

**WHERE** do you eat most of your meals?  
Seated or Standing?



# Goals for Healthier Eating

**Apply Eat-Feel-Perform Thinking**

**What do you have to do in the next 2 hours—how can you eat to feel and perform your best?**

**How can you assign BENEFIT to the choices you make?**

# Let's Get Practical

Sunday

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Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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Saturday

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Could you do a MENU /LIST of Meals  
by  
Choosing Variety based on days of the week?

# Let's Get Practical

## THINK MORE Vs. LESS



Think  
COLOR  
on your  
plate

# Let's Get Practical

**Choose to eat mindfully**

**Check in with your pace, posture and create your nervous system rest/relaxation state before meals**

**Choose the best meal spacing /timing for you**

**Scheduled eating, Frequent small meals or Intermittent Feeding**

**Check in with your hunger scale rating BEFORE meals  
(1=famished, 3=neutral, 5=holiday stuffed)**

**Identify what hunger scale rating you want to end with**



# EATING HEALTHY IN THE YEAR



**People must eat what they need but in real life they eat what they like.**

**Health and Vitality will be maintained only when they like what they need.**

Dr Magnus Pyke, British Nutritional Scientist

# **Find Your Movement Daily**

**Organize ahead of time what that will be...**

**Remember 10-15 min is beneficial**

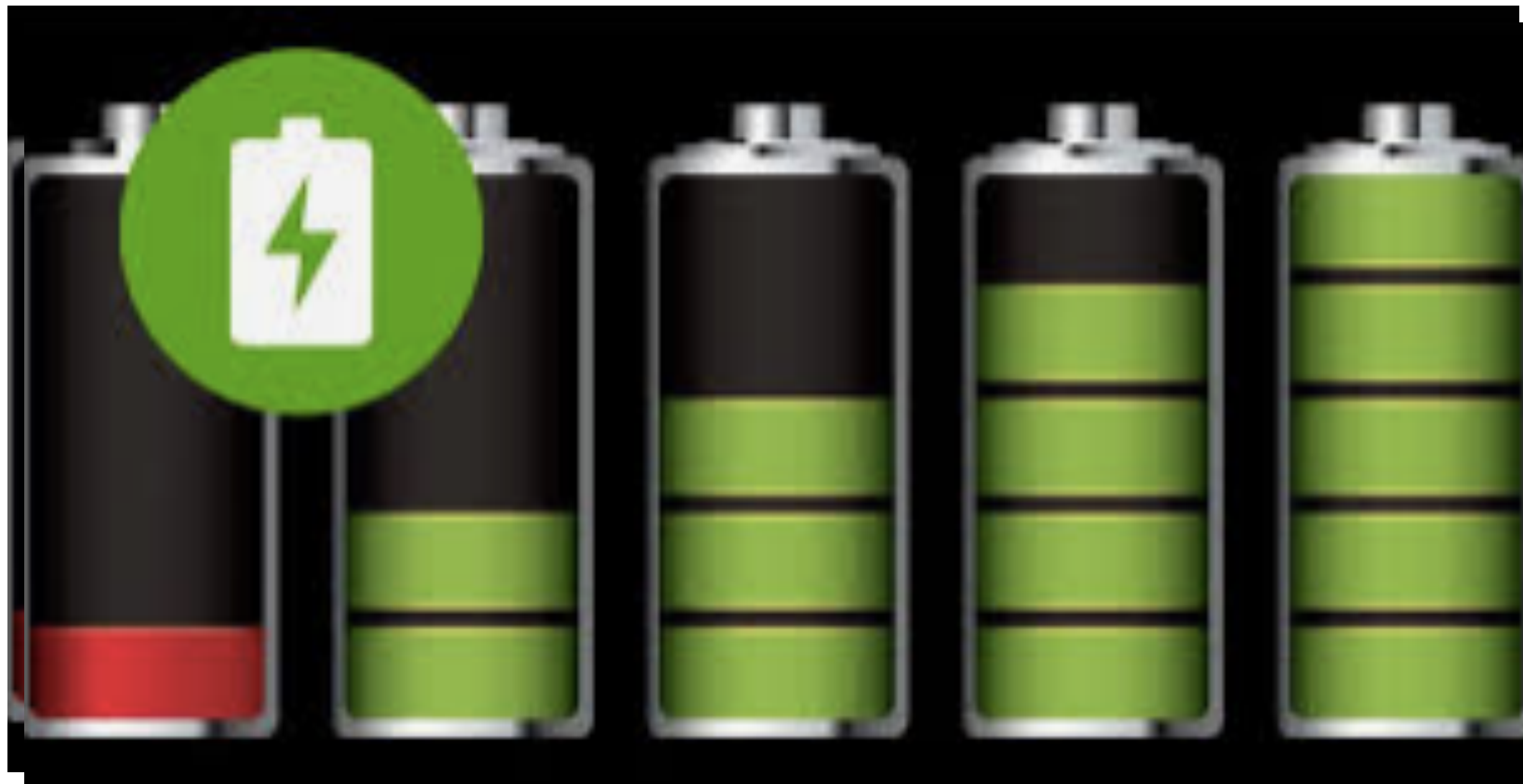
**Make it fun, accessible and realistic**

**What will be YOURS?**

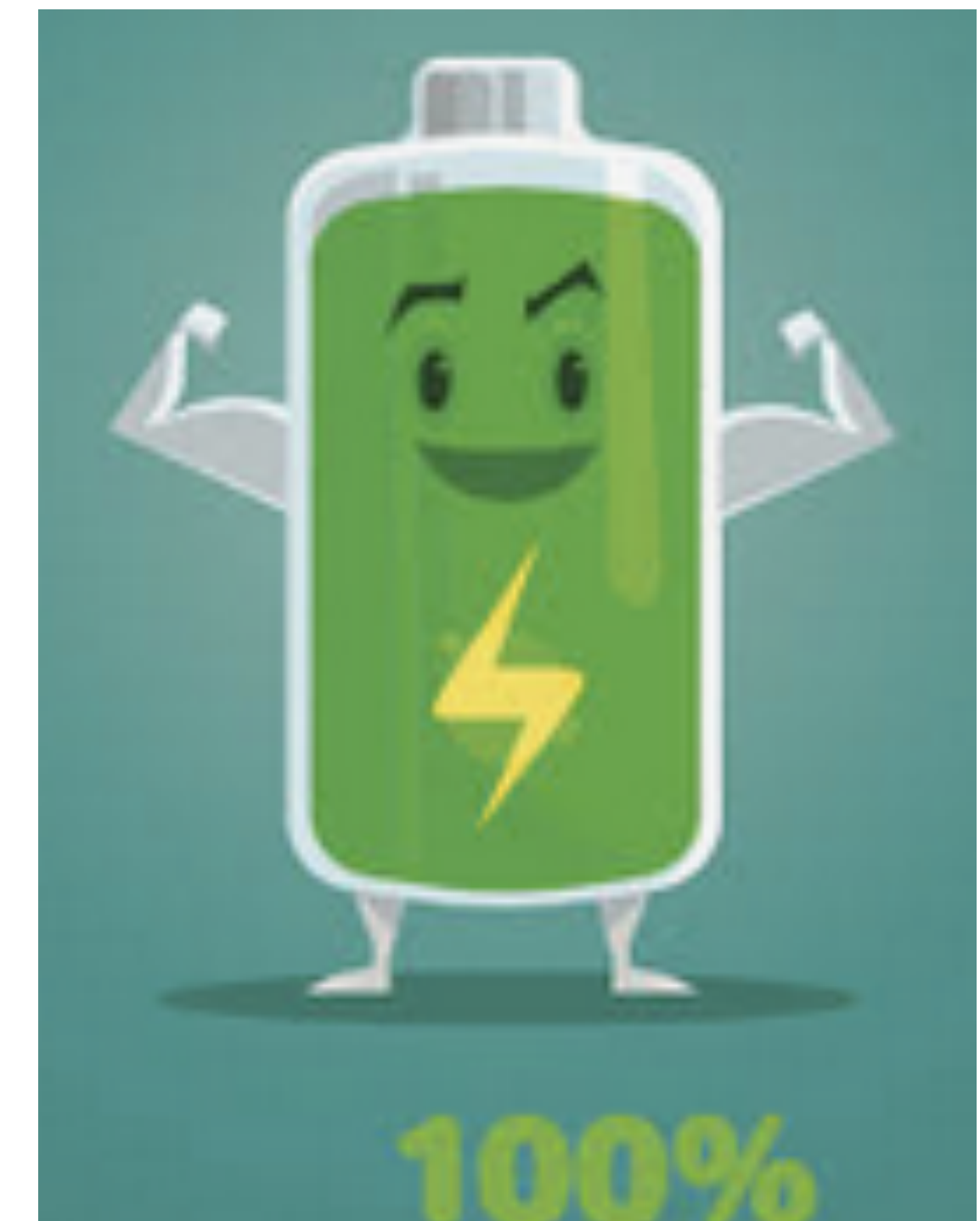
# Eating Healthy in the Year



Where is YOUR energy right now?



Where do YOU want it to be?





**Thank you**  
**for your Time and Attention**

**Wishing you the best YEAR**  
**2021**

# Nutrition Resources/Further Reading

**Brain Food: The Surprising Science of Eating for Cognitive Power**

**Lisa Masconi, PhD**

**The Jungle Effect**

**Daphne Miller, MD**

**Deep Nutrition,**

**Catherine Shanahan, MD**

**The DNA Restart: Unlock Your Personal Genetic Code to Eat**

**Sharon Moalem, MD, PhD**

