

Setting YOUR OWN 2022 Nutrition Reset

- ✓ Rethink your approach to your diet
- ✓ Reset to your vitality through food choices.
- ✓ Refocus your mental well-being

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Eating Healthy in the Year



Mindful Skills Exploration

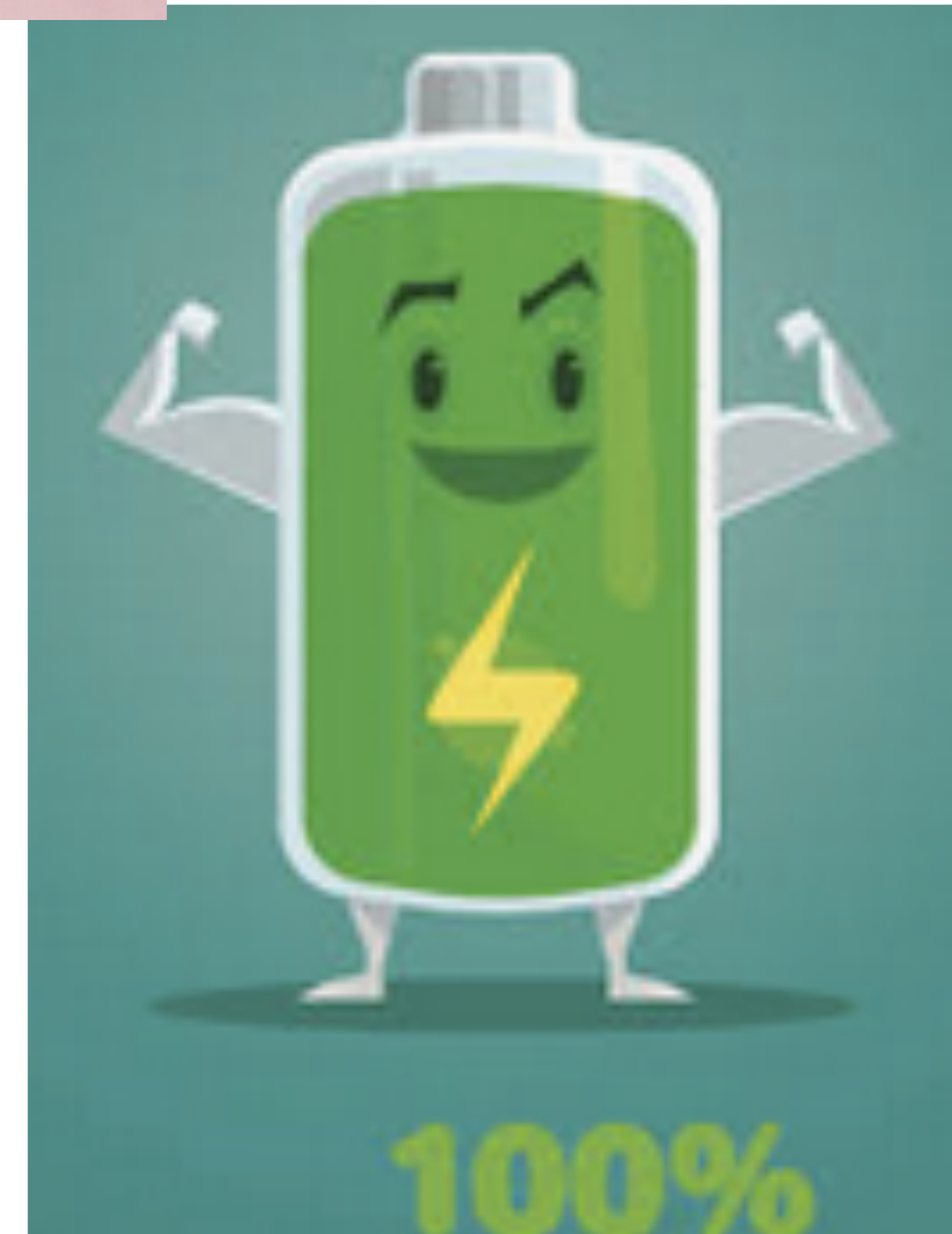
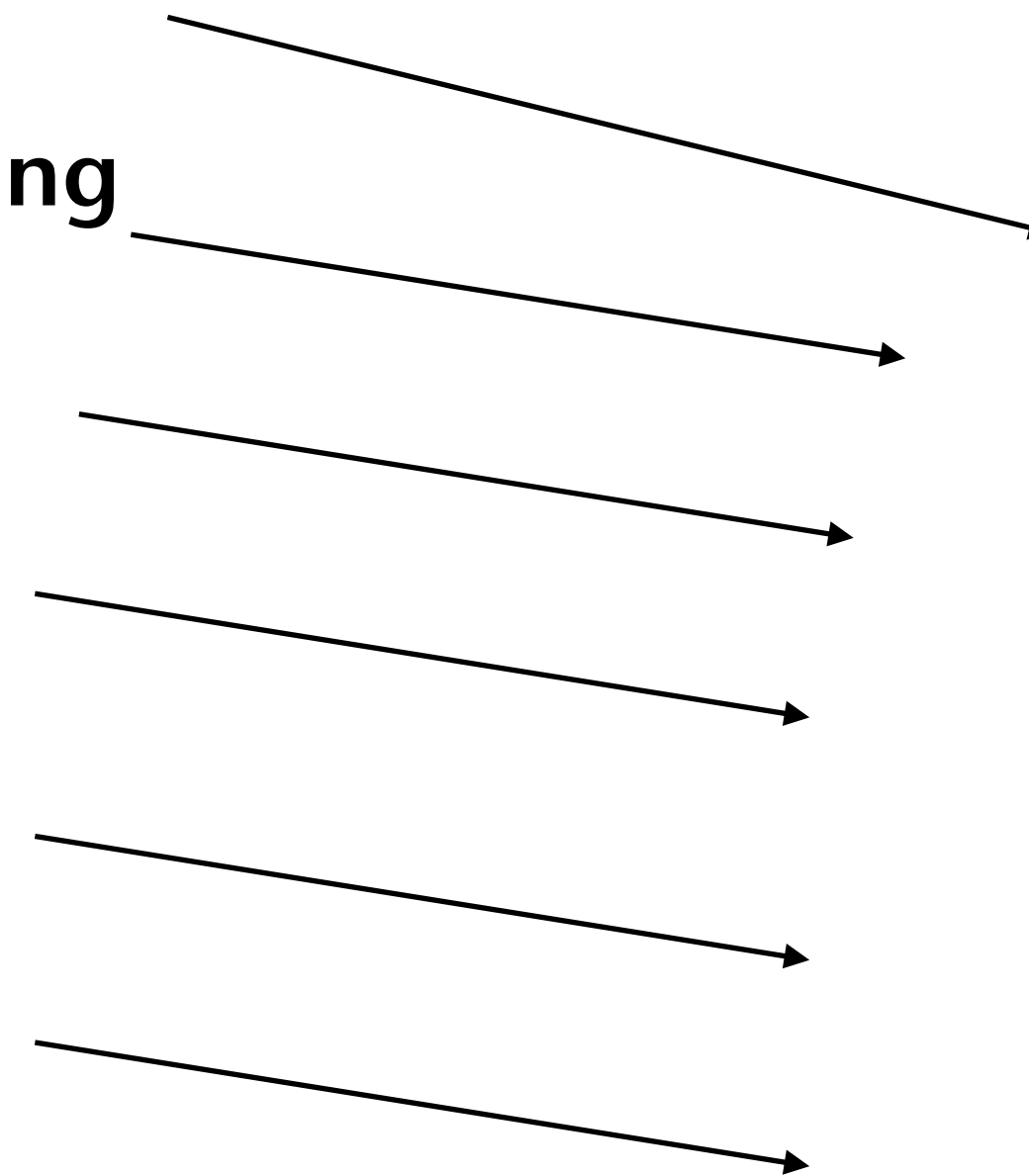
Conscious Breathing

Meditation

Sleep

Nutrition

Movement





2022

Nutrition Reset

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.***

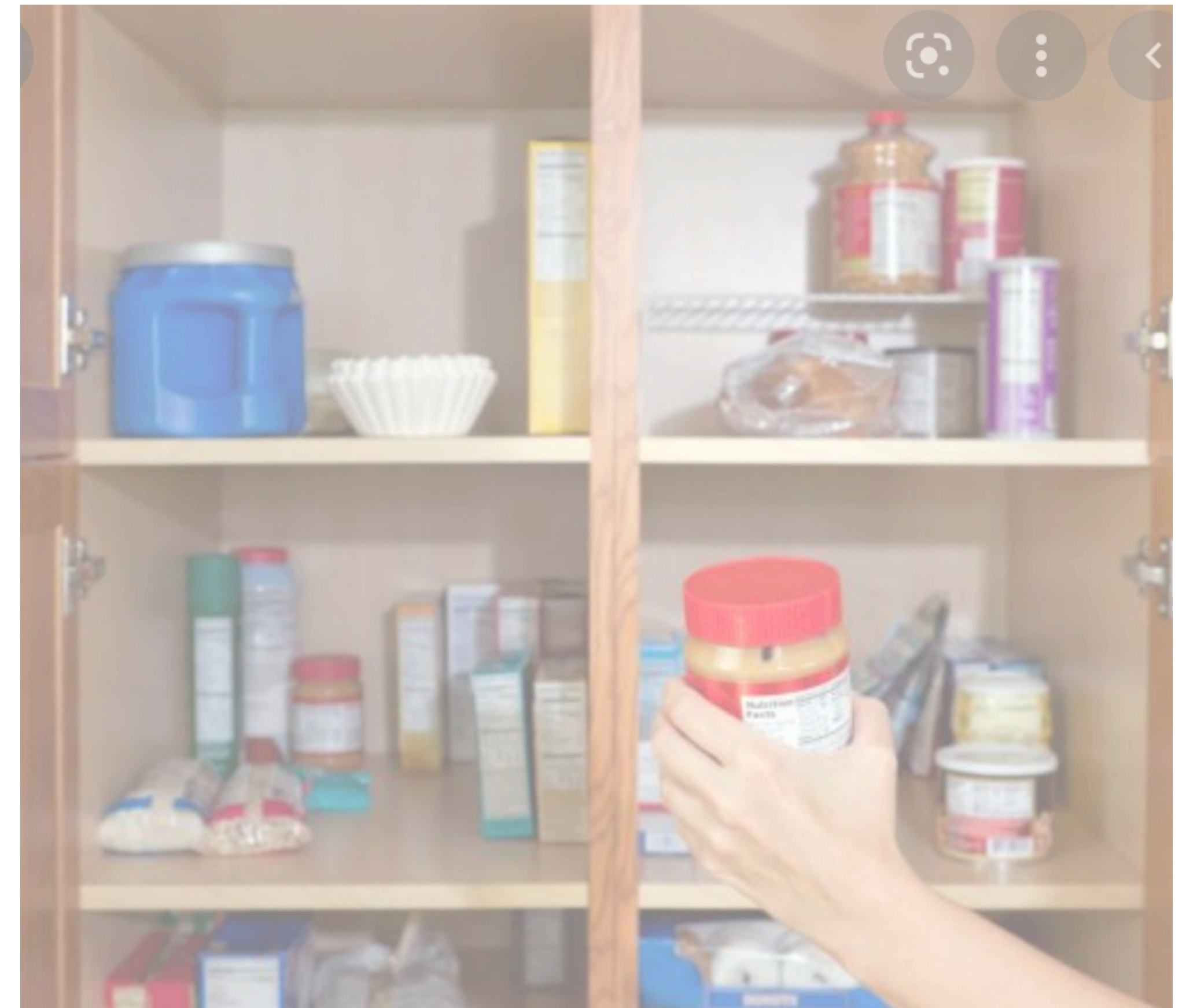
****Always wise to partner with healthcare professionals that can advise you personally on proper actions customizing a comprehensive plan JUST FOR YOU!***



Acknowledge

Rethink your approach to your diet

Examine what you have



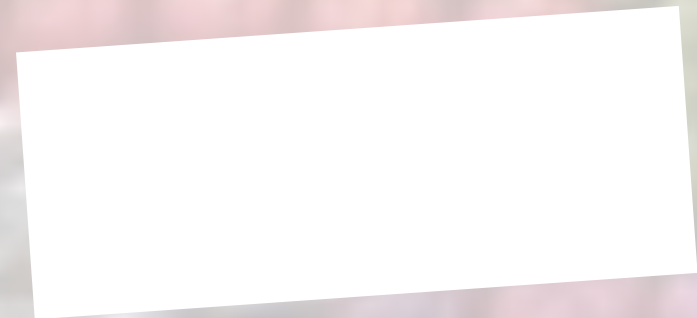
TAKING CHARGE OF HEALTHIER EATING

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





WHY DO YOU EAT?





How do you eat?

Meal Timing & Spacing

Pace of Eating

Nervous System Check In

Reset to your vitality through food choices.

.01 What could you add in?

**.02 Start Day and End Day with
two questions:**

**.03 What are the consistent
foods /beverages you consume
DAILY**

Refocus your mental well-being

.01 Concentrate on BRAIN Promoting Foods

.02 Take OUT THE ONES that drain BRAIN

.03 Review Your Lifestyle Choices:

HOW you eat, HOW you move and HOW you sleep



BRAIN
FOOD



Let's Get Practical

THINK MORE Vs. LESS

- .01 WHAT** can you **ADD** in this week?
- .02 HOW** can you shop different?
- .03** How mindful can you become to **RESET**?



Let's Get Practical

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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



Thank you
for your Time and Attention

Wishing you the best YEAR
2022