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NOURISH YOUR BODY	
Video Five	
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PRINCIPLE #10 HONOR YOUR HEALTH WITH GENTLE	
NUTRITION	

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IF A HEALTHY		
RELATIONSHIP WITH		
FOOD IS NOT IN PLACE,		
IT/C DIFFIGUIT TO DUDGUE		
IT'S DIFFICULT TO PURSUE		
OPTIMAL HEALTH		
	٦.	
HONOR VOUR HEALTH	4	
HONOR YOUR HEALTH		
➤ You don't have to be perfect to be healthy		
From don't have to be perfect to be healthy		
➤ Nutrient deficiencies/disease/obesity is not the result		
 Nutrient deficiencies/disease/obesity is not the result of one meal, snack or day of eating 		
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 Nutrient deficiencies/disease/obesity is not the result of one meal, snack or day of eating Progress, not perfection 		

FOOD ANXIETY	5	
➤ "Latest studies"		
➤ Conflicting data	_	
> Social Media		
> Bloggers		
➤ Conflicting messages from health professionals	_	
No. 11 Vo. Red Director	_	
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	_	
THERE'S A WHOLE LOT OF		
NOISE OUR CLIENTS HAVE		
TO DEAL WITH	_	
	_	

AMERICA VS FRANCE	7	
	8	
➤ Americans ✓ Highest in food worry ✓ Lowest in food satisfaction ➤ French ✓ Lowest in food worry ✓ Highest in food satisfaction		
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AMERICA VS FRANCE	9	
➤ America has twice the incidence of overweight		
➤ France		
✓ Higher life expectancy		
✓ Lower medication usage	_	
✓ Markedly lower rates of heart disease		
 Highest per capita consumption of cream, butter and cheese 	_	
✓ Lower incidence of eating disorders		
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THE FRENCH TAKE LONGER		
TO EAT, BUT EAT LESS.		
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OTHER FACTORS FOR THE HEALTH OF THE FRENCH	11	
➤ Small amounts of wine		
➤ Smaller portions		
➤ More active		
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MVKE DEVLE MITH EUUD	12	
MAKE PEACE WITH FOOD	12	
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MAKE PEACE WITH FOOD TO FIND AUTHENTIC HEALTH	12	
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Eating healthfully should feel good, both physically and psychologically, ultimately resulting in a satisfying experience. But, we've lost sight of that feeling, due to the food and fat phobia that's sweeping the country.

-Michael Polan, In Defense of Food

HONOR YOUR HEALTH

- ➤ Eating "healthfully" feels good
- ➤ Each person has foods that make them feel good
- > It's a very individual experience
- ➤ This is where restriction misses the mark

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OUR CLIENTS GET TO EXPLORE AND DECIDE WHAT MAKES THEIR BODY FEEL BEST		
HOW TO EAT	18	
HEALTHFULLY		

HEALTHFULLY EATING	19	
➤ Portion control		
➤ Explore		
➤ Quality		
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QUALITY	20	
➤ Quality CHO	20	
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 Quality CHO Quality Protein Quality Fats More whole, less processed 	20	

AWARENESS	21
➤ Never stop listening to your body	
➤ What does eating this food or type of meal make me feel?	
➤ How do I feel when I consistently eat this type or food or meal?	
or meal?	
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66 Pleasure can also be derived from the	
feeling you get from your food choices.	
cnoices.	

