New Math:
(3 Magic Questions)

1

WHY:
Desire/Require?

1 + 2 = 3

WHY: Desire/Require? | HOW: How do I want to feel? | WHAT: Reverse Engineer

Why Am I Eating?

★ Is it Because I Need It? Require It?
★ Is it Because I Want It? Desire It?
**Getting to know your body and understanding the difference between hunger vs. "I just want to eat"

New Math:
(3 Magic Questions)

2

HOW:
How do I want to feel?

1 + 2 = 3

WHY: Desire/Require? | HOW: How do I want to feel? | WHAT: Reverse Engineer

How Do I Want To Feel?
(before, during, after)

★ Will this make me feel Good/Positive/Happy?
★ Will this make me feel Bad/Negative/Unhappy?
**Coming from a place of how you want to FEEL…and then moving in the direction that would bring you closer to THAT

New Math:
(3 Magic Questions)

3

WHAT:
Reverse Engineer

1 + 2 = 3

WHY: Desire/Require? | HOW: How do I want to feel? | WHAT: Reverse Engineer

What Am I Eating?

★ Reverse engineer it.
★ But also keep in mind: Is this friendly to my Nervous System? Is it real? Would my body even recognize it?
★ Do I like it? Does it make me feel good?
**Focusing on being mindful of what you are putting in your body and if your brain considers it to be 'healthy'

Awareness 1: Subtraction

SUBTRACT: Be aware of where you are consuming chemicals or additives in your food (Would you eat it if you were pregnant?)

Awareness 1: Subtraction

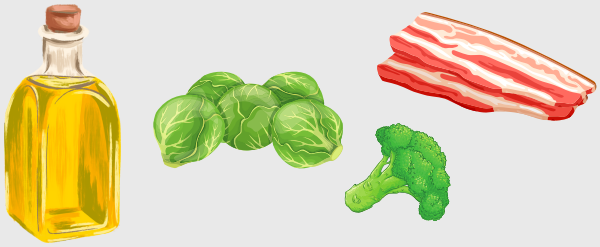
Ditch the chemicals, additives, and 'foreign' substances

Awareness 2: Addition

ADD: Be aware of how much/many nutrients you are getting in your food (Vitamins/Minerals) (Forget about MACROS for now – just focus on getting as many MICROS as possible – even if that means eating more fat to make it taste good!)

Awareness 2: Addition

Get nutrients by making them taste good! (Micros, not Macros)



Tale of 2 Brains (Healthy Cells)

Healthy Cells, Nourished, Fed

- ★ Nutrients to feed and fuel every system in body (Micro-Nutrients, Vitamins, Minerals)
- ★ Energy, vitality, ability to heal and regenerate cells
- ★ Able to optimally digest food, extract nutrients, and keep gastrointestinal system (Metabolism) healthy
- ★ Fights/prevents cravings!

Tale of 2 Brains (Unhealthy Cells)

Unhealthy Cells, Unnourished, Hungry

- ★ Chemicals decrease the health of the cells.
- ★ Not enough nutrients means your cells can't get what they need. (Decreases energy, vitality, and regeneration)
- ★ Cannot optimally digest food, extract nutrients, or keep gastrointestinal system (Sluggish Metabolism)
- ★ Causes MORE cravings