REDUCE CAFFEIENE

DON'T go cold turkey
Try Green Tea, Matte, Herbal Teas and Dandelion

FOODS TO REDUCE

Sugars
Alcohol
Flour
Processed grains
Processed dairy
Corn
Shellfish
Packaged foods
Pork
Farm raised meats
Nightshade Veggies
Eggs and eggwhites

PLAY WITH YOUR HUNGER EDGES

Hunger can bring up some past conditioning and beliefs.

- If you are not hungry at meal time, try drinking water/tea and waiting until you hear/feel your stomach growl.
- This is the time to practice with your Food Relationship Type. Notice the self talk and practice connecting Mind/Body.
  1. Take 5 Deep Breaths in this moment
  2. Ask hot or cold and sweet or savory
  3. Check the Cravings Book and release judgement.
- If this brings up fear, confusion or super dooper intense cravings, email me.

Inflammatory Foods to reduce