NOURISH with Heather

APRIL 2021

Appetizer Course

Overview

INTRODUCTION:

- Set a main focus and intentions for your one week experiment
- Five Deep Breaths before every meal
- Working with your Food Relationship Type
- Grocery List & Meal Ideas: Foods to reduce

CALL #1

- Minimal Combined Meals
- Recipe book review
- Flow of your Day

CALL #2

- What is Tricky & True hunger signals?
- Hydration signals
- Is your Stress hormones responding to this experiment?
- Vitamin C Challenge

Call #3

- Sleep improvement
- Organ function & your intuition

Call #4

- How did your Food Relationship Type respond to this approach?
- What did you learn about yourself?

What is Next?

- We will discuss what to do next?