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### Divine Nourishment

### Embodiment Plan

***Dietary Recommendations***

Now before you read this and get excited about new “food rules” or depleted from the expectation of perfection that you must live by, please remember that this is a guide for those that feel things have gone haywire. When we have fallen off course from our center and placed our wellness on the back burner, it is hard to trust what the body tells us it wants/needs. In this state, the body is also confused and hyped up on stimulants, sugar and chemical induced non-foods.

Therefore, this is a guide to bring your blood sugar, energy levels and emotional escapism reactions back into balance so you are not running to food to save you from your thoughts, the business and/or feelings of boredom, loneliness insecurity and chaos that seem anywhere from slightly uncomfortable to un-survivable.

Use it as a guide and return to it as often as you need but trust that in time, the most natural direction to follow will be that of your own intuitive knowing around what your mind, body and heart require to thrive in radiance and self-compassion. But first, let’s reconnect with your center.

Most importantly, remember that you are not alone on this path, you never are. Reach out to a supportive friend, family member, read one of my blog posts or connect with me for a one on one session if need be. I’d love to hear from you.

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| Groups | Avoid | Foods to Include | Details |
| Meat | Highly Processed Meats such as sandwich meats, boxed burgers, chicken nuggets, cutlets, sausage, etc. Fast food & microwavable meals. | Wild caught fish, organically raised chicken, turkey and eggs (whole, not just egg whites). | Support kind farming practices and choose wild and organic when possible. Try to reduce overall animal consumption by balancing an appropriate intake of live nutrient rich foods. |
| Vegetables | Processed chips advertised as vegetables, deep fried and or canned (nutrients depleted). | Dark leafy greens, powdered greens in smoothies or in lemon water. A rainbow variation of others throughout the week. | 4 servings per day |
| Fruits | Dried (high in fructose), canned, or frozen juices, or fresh juices that are not diluted. | Whole fruit in season, Diluted ,fresh juices (1/2 H2O & ½ juice are OK). Avacados and high fiber fruits such as apples. | Keep Bananas and Grapes as special treats or dessert as they are higher on the glycemic index (ie may cause cravings for other sweets). |
| Grains | White flour (pastas, breads, muffins, bagels, desserts), white rice. | Rice (brown: short grain, long grain, basmati), quinoa, oats (steel cut), kamut, spelt, whole wheat (if gluten tolerant) |  |
| Nuts | Salted/Roasted Nuts  Nut butters with added ingredients (corn syrup is a common filler that creates imbalances in blood sugar stability). | Nut butters or nuts such as almonds, walnuts, pecans, hazelnuts, or hemp hearts. Keep peanuts as a treat and not a staple (actually a legume). | 3 tbsp. of nuts or seeds  2 tbsp. of nut butters  *Keep peanut butter to a minimum and always choose natural* |
| Seeds | Salted with added oils | Sunflower, sesame, **Ground flaxseed** | 2Tbsp ground Flax seed/day |
| Legumes | Keep soy consumption to a minimum and not as your sole protein choice (this happens on many vegan diet plans). | Adzuki, lentils, chickpeas, navy, black, split peas, kidney, tofu (soy), tempeh (soy), miso (soy or chickpea based). | 1 cup cooked beans |
| Diary & Oils | margarine and canola oil. If you have a dairy sensitivity, there are so many nut mylk options to support you or you may easily make your own. Decrease cheese and dairy consumption in general (ignites an inflammatory response in all bodies). | Rice, oat, and almond milk, rice cheese, extra virgin olive oil, flaxseed oil, sesame oil, walnut oil, coconut oil (these oils with the exception of coconut oil have a low heat threshold that vary from no heat to warm). If heat recommendations are not followed, free radicals are released which are taxing and aging to our cells. | Choose coconut oil over butter and butter over margarine. |
| Others | Sugar, smoked or pickled foods, coffee, alcohol, black tea, pop, syrups, processed chocolate, aspartame (read the labels of sugar free foods or low calorie foods), saccharin, acesulfame, neotame, sucralose  MSG, processed or packaged foods. | Herbal tea, green tea or matcha, stevia, monk fruit or xylitol as sweeteners, sea salt, garlic & cinnamon (bld sugar control) | Kelp and other dried seafoods are wonderful for thyroid health and increased metabolic power. |
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***Additional Dietary Recommendations:***

* 1.5 to 2 Litres of water/day (8 glasses) no tap water unless filtered. Avoid chlorinated water. Bottled spring water in a glass bottle is OK but try to avoid reusable and one-time use plastic water bottles.
* Eat meals in relaxed environment void of outside stimuli and/or with good company (do not rush or eat on the go). Allow for a min of 15 mins to sit and enjoy your meal and work towards 30- 60 mins.
* Eat 3 meals, no more than 5 hours apart. You may also need in-between snacks. Avoid snacking within 3-4 hours of bedtime to ensure good digestion and restful sleep.
* Totally eliminate all refined and concentrated sugars, reduce caffeine (coffee, tea, colas), and keep alcohol to a minimum, choosing organic wine whenever possible. No more than 3 glasses/week.
* Your diet needs to consist of protein foods (e.g., eggs, fish, or protein supplement 20-30g 3 times/day) plus complex carbohydrates (e.g., 100% whole grains, legumes, starchy vegetables), green vegetables, and low to moderate amounts of natural fats (e.g. avocado, egg yolk, nuts, olive oil). All of these foods release their glucose into the bloodstream relatively slowly and nourish our brains while signaling satiety.
* Eat organic produce whenever possible or available and wash all produce thoroughly to ensure we are not creating more inflammation and over working our livers.
* Throw Away all Sugar free foods and artificial sweeteners!!! They are neuro-toxic and will affect everything from sleep, weight gain, mood, thought processing and of course hormonal balance. Safe alternatives are Stevia, Monk Fruit & honey in small amounts if needed.

## *Suggested Daily Meal Structure (Ensure 3 Meals a day and use snacks as needed)*

## Breakfast

* 2-3 Egg spinach omelet with a slice of Whole Grain Toast and coconut oil or Avocado
* OR Cooked whole grain cereal (steel cut oats) with ½-1 Tbsp ground flax seeds and 1 tsp. Bee pollen and or ½ scoop of protein powder/nut butter

## Snack

* Apple with nuts/seeds/nut butter or protein smoothie with flax seed; Hummus (homemade or natural brand such as Hanes Hummus) with veggies. Minimize the amount of rice cakes, crackers and protein bars you take in. All are high glycemic index foods that will leave you on a bld sugar roller coaster.

## Lunch

* Protein (chicken, turkey, tuna, salmon) on a bed of leafy greens with olive oil, sea salt, lemon juice and sunflower seeds

## Snack

* Green drink, Veggies and hummus or spelt bread/or sprouted bread (little big bread) with almond butter/ Avocado; or Avocado smoothie with protein powder

## Dinner

## Grains or beans with vegetables OR

* Ayurvedic Soup
* Fish, chicken or turkey with vegetables (Leafy greens as side salad or combined in Stir-fry) with Brown rice or Quinoa. Some people are sensitive to the heaviness they feel after dinner/supper which causes them to continue to eat throughout the evening. If this is you, keep your last meal fairly light but ensure you have taken in enough that you will not be hungry before bed. The most important thing you can do is ensure you go to bed no later than 11pm (ideally you are nestled in by 930/10pm).

*Think about replacing soda drinks for a Kombucha or sparkling water with Lemon and stevia*!

***Supplements & Concentrated Foods***

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| **Brand** | **Supplement** | **Purpose** | **Br** | **Ln** | **Din** | **Bd** | **Notes** |
| Douglas | Chromium | Blood sugar stability | 1 | 1 | 1 |  | 200 mcg/dose for 3 months |
|  | Bee Pollen | *Energy and craving reduction* |  |  |  |  | *1 tsp in oatmeal, apple sauce, smoothie etc.* |
| Harmonic Arts | Kick Start | Coffee Reduction and superfood nutrition to decrease cravings and balance bld sugar |  |  |  |  | 1-2 Servings/day as needed. Follow directions on Pkg or as elixir indicated below. |
| Harmonic Arts | Elevate | Mood Enhancing super food |  |  |  |  | As Directed with tea, on breakfast etc. |
|  | Matcha Powder | Immunity, metabolism, Antioxidant, slow release of caffeine |  |  |  |  | Drink as tea or Add to Hot Milk with almond butter or coconut oil and protein powder (optional) as elixir. |

Legend: Br=breakfast, Ln=Lunch, Din=Dinner, Bd=Bedtime, L.T. = long term for maintenance

***Lifestyle Recommendations:***

1. Stress Reduction techniques: I would encourage fitting one yoga practice in min/week on top of your exercise regime.
2. Body Movement: Working out 5 days/week alternating weight training, cardio and Yoga if possible and simply walking on days where your energy is low. Make it nourishing and something that you enjoy! Do not push yourself too hard in your workouts; they should make you feel better, not more tired
3. Create a self-care ritual where you secure a min of 10 mins a day to connect with your breath and gratitude for what is available to you in your life today. See attached guide below.
4. Minimize Pesticide intake by purchasing organic whenever possible (mimic estrogen in the body, affecting hormone levels, disrupt iodine uptake and therefore thyroid function).
5. Take rest breaks throughout the day, pacing activities and stick to a routine in regards to meals, wake and bedtimes!
6. Sleep Hygiene: sleep at same time each day, white noise or soft music, apply lavender or clary calm essential oil to soles of feet or in diffuser. No TV prior to bed and ensure you have not had caffeine after 12pm.
7. Increase ways to connect with nature as much as possible…winter is more challenging for some, so you may want to invest in a SAD light.
8. Gratitude prayer or mantra prior to every meal: “Thank you provider and to all the beings that made this meal possible from the soil that nourished it to the way it has made its way into my hands. May it nourish my body, mind and heart so I may nourish this life in divine ways”. Take breaths throughout your meal, taking your time to fully ingest so you can fully digest and make the best use of the nutrients.

**10 Tools to Transform your Relationship with Food**

(Adapted from the work of Marc David, Founder of the Institute for the Psychology of Eating)

Breathe: Taking 5-10 long slow breaths before each meal will be a life changer. Oxygen enhances our ability to metabolize and it affirms that we are here and committing to our experience.

Relax: As we increase relaxation, we increase our body’s ability to digest, take advantage of the nutrients and burn calories. Trust more, play more and take time to enjoy the still place within as often as you can.

Slow Down: Slow is the speed our digestive system needs in order to do its thing efficiently. Value your eating experience and slow down with your loved ones and your life.

Feel Nourished: Let food nourish you, warm you, love you and feed you by allowing it to touch a place of satisfaction inside of you that is timeless and carefree.

Be Present: Whenever you eat, simply be aware of your meal and give it the presence it deserves. Attend to your body. Don’t wander or multitask; when you eat, eat and capture every moment.

Be Pleasured: Pleasure is a nutritional requirement, a potent metabolic force, and an agent of health. It makes life worth living, invite it to the table, always.

Celebrate: Food is life. It wants to remind you that you are here to live, enjoy and to celebrate. Allow your meals to be a time when you can smile, share with loved ones, and affirm your beautiful life.

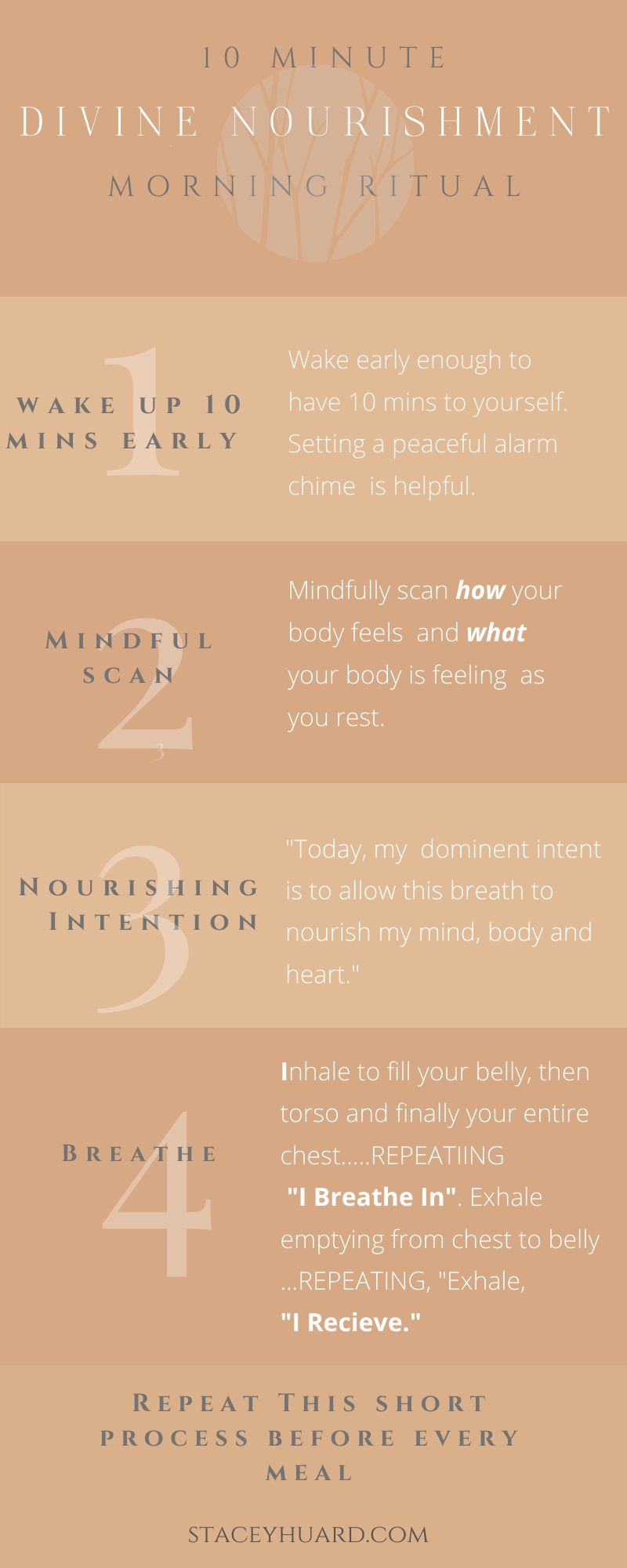
Listen: The body is asking us to listen. It speaks to us. It offers generous insights about how and what we eat. Listen to your body because it speaks in a hidden language and has some wonderful messages to share.

Let Go: Now that you have eaten let go. Give all the worrying a rest. Let go of unkind thoughts about your weight, your body and your meal. Food asks us to fully embrace it, and fully let go. Are you willing?

Be Thankful: The greater intelligence that created us has gifted us with food. Be thankful. Allow gratitude to be an essential ingredient in every morsel of food you eat. Life has given us so much and it’s time to be grateful.

***Homework:***

1. Set some time aside to get a clear picture of your highest self’s desires in-regards to emotions that she wants to feel. Write them down and come up with a mantra for your work towards radiant health and wellbeing. REPEAT it throughout your day, your workouts etc.
2. Think about a meal planning app as a guide for planning so you are not reaching for quick and high glycemic index foods. One that I like to use is PlateJoy.
3. Read about my Breaking Free Online Course to see if it would be a good fit for you or book a one on one session with me @ <http://www.staceyhuard.com>
4. Complete the Daily Inquiry Log when you find yourself eating emotionally or overeating.

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# Daily Inquiry Log (adopted from “The Work,” as permitted by Byron Katie)

This powerful work has been offered by Byron Katie for decades in order to help people rise out of perceived suffering. The questions below have been adopted for transcending food shame as well as the suffering that is soothed by food. Please complete this work as you find yourself eating when not hungry or emotionally unsettled as a result of eating. For more on this process please visit <https://thework.com/>.

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| --- | --- | --- | --- | --- | --- |
| **Time** | **What is the thought I am thinking now?** (right before you soothed with food or after you ate if feeling unsettled) | **Is it true?**  (only a yes or no answer please) | **Can I know without a doubt that it is true?** | **How do I feel when I have that thought/ Who do I become?** | **Who would I be without that thought?** |
|  |  |  |  |  |  |

It is important that you stay in the present moment as you answer the questions and not trail back into the past and gather data to support the thought. Is it true in this very moment.

**Turn it around**

Starting with the first question, “What is the thought I am thinking now”, turn it around by changing the name if an individual to I ……and if you are referring to yourself already, changing I or my body to my mind.

**Examples:**

1. **My child doesn’t give me any time for myself**

Is it true? No

How do I feel when I have that thought, who do I become? I feel overwhelmed/resentful and become a victim

Who would I be without the thought? I would be more patient and generous with my time

**Turnaround:** I do not give me any time for myself

1. **I am sick, too heavy and greedy and need take better care of myself**

Is it true? Yes

Can I know without a doubt that this is absolutely true? No

How do I feel when I have that thought, who do I become? I feel guilty and worthless and become angry

Who would I be without the thought? I would be kinder to myself and others and more trusting and accepting of my body

**Turn around:** My mind is sick, too heavy and greedy and needs to take better care of itself

1. **I have too much to do**

Is it true? Yes

Can I know without a doubt that this is absolutely true? No

How do I feel when I have that thought, who do I become? I feel exhausted, defeated and want to quit and escape my life and become impatient with others

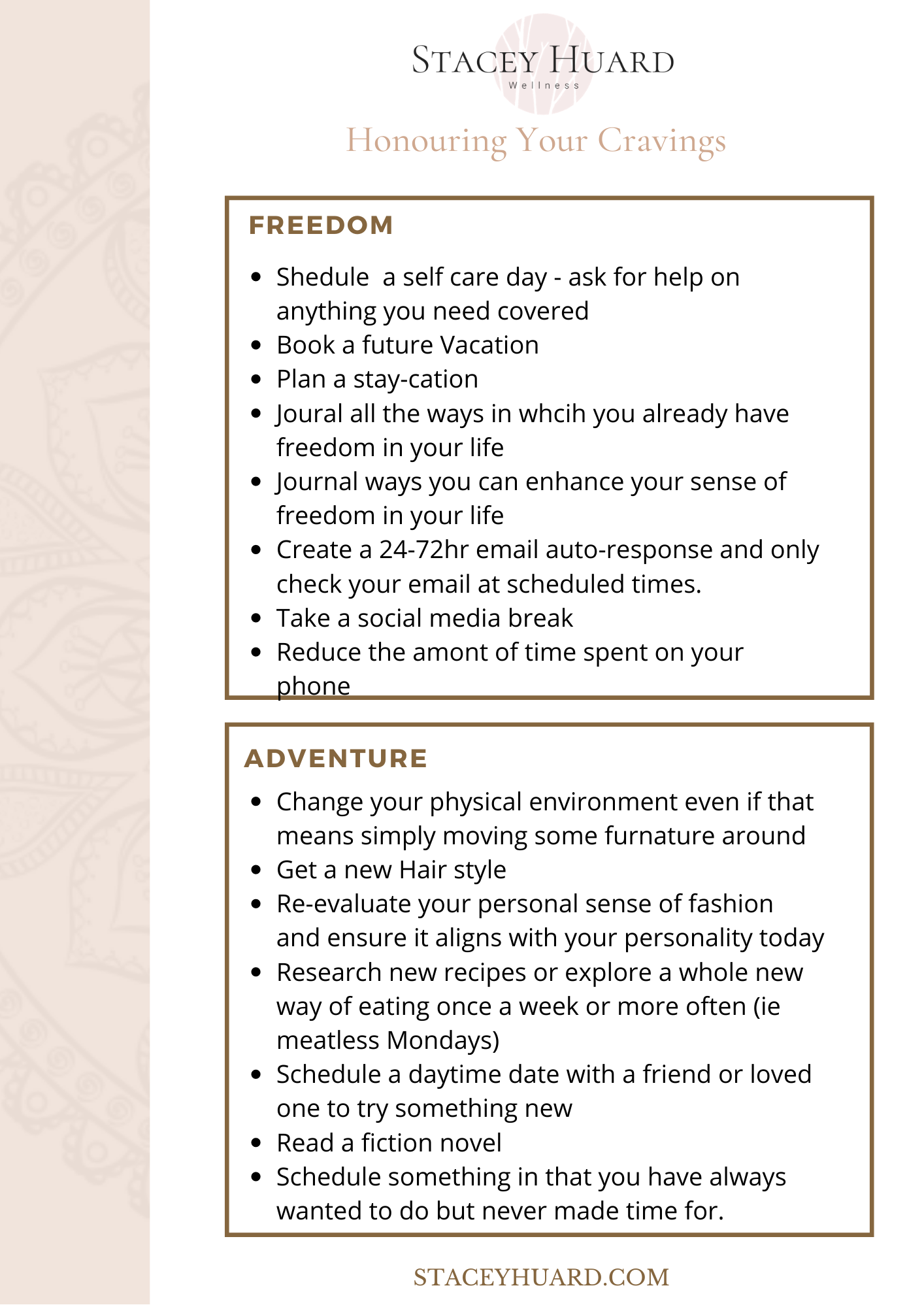
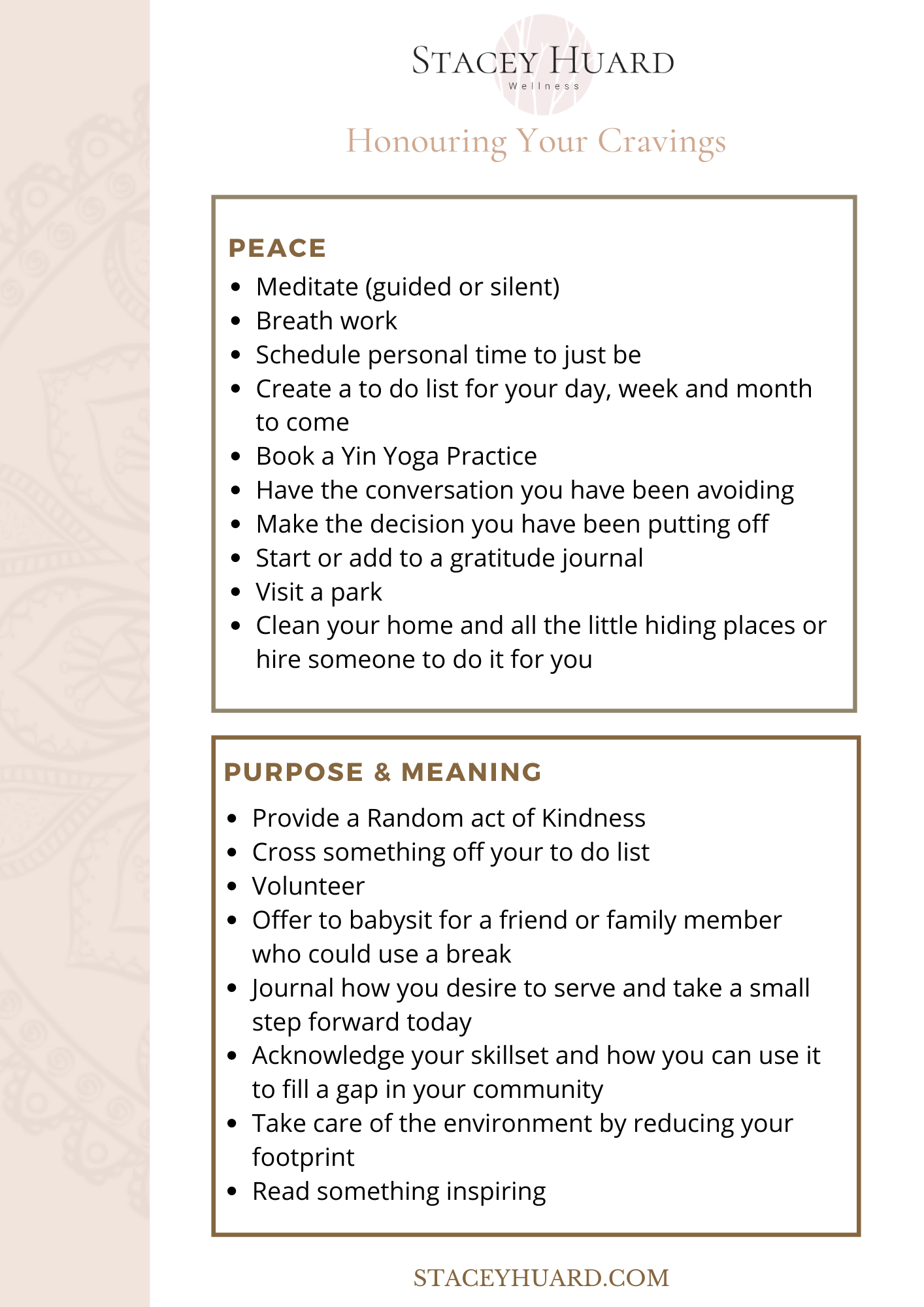
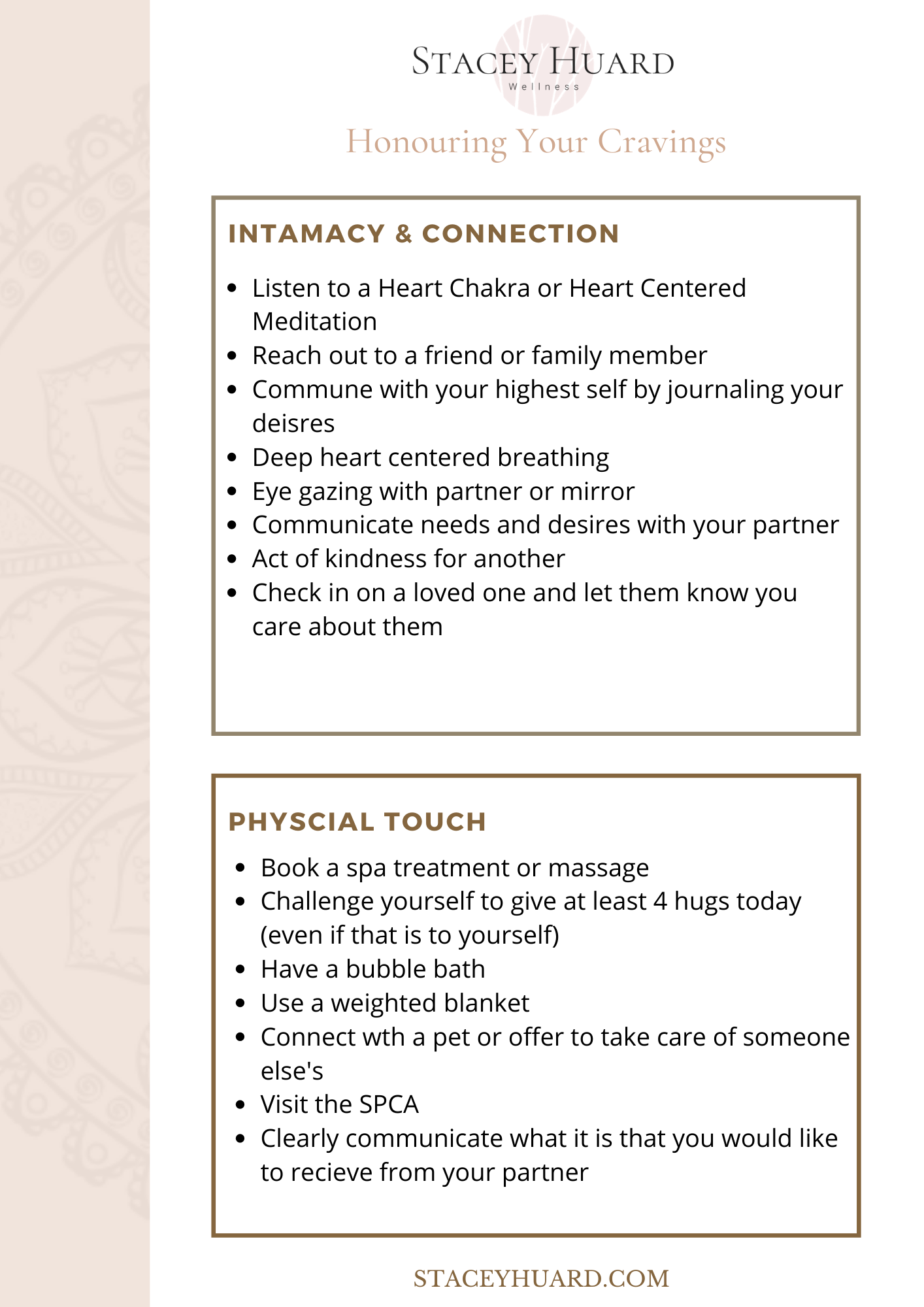
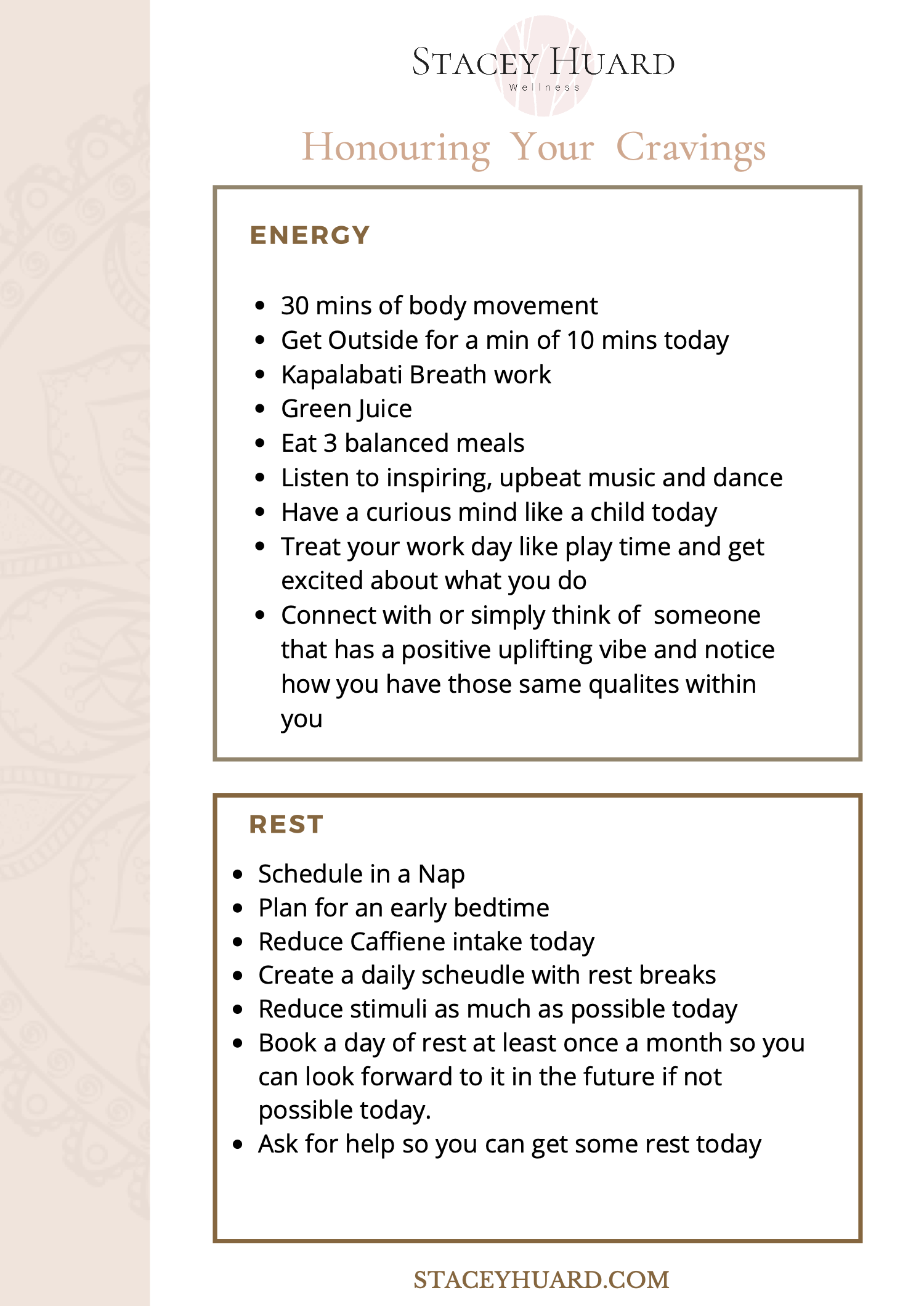
Who would I be without the thought? I would be more patient and my mind would be clearer

**Turn around**: My mind has too much to do

**Notes**

 It is from this place of clarity that we make the necessary changes in our lives and become the individual without the thought. Catch the thought as it arises, expose its untruth and in time/with continued practice, the thought will be free to dissolve.

 It is important to know that it isn’t our life, our bodies, our relationship with food that is causing the suffering but the thoughts we have about them. These thoughts are not real and therefore do not have to steal our power. In time, you will find that the answer to “is it true” is NO because you cannot know without a doubt. There is context that you are not privy to like the other persons true intentions and the bigger picture. This is a challenging way of perceiving the world for most. When you use it this context however, you will see that your suffering is in your thoughts and you can make changes from the inside out to reclaim your sovereignty.

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